



The Holy Father Francis
cordially imparts the requested Apostolic Blessing to
Fr. Antony Solomon the Principal,
Staff, Students and Parents
of Our Lady of the Snows School,
Kullu, Himachal Pradesh,
on the occasion of the 50th Anniversary
of the Foundation of the School
invoking through the intercession of the Virgin Mary
an abundance of Divine graces

July 2019 - 2021

Ex Aedibus Vaticanis, die 12.02.2021

Card. Giovanni D'Ercole



TABLE OF CONTENTS

TABLE OF CONTENTS	P. No.
MESSAGE FROM THE HOLY FATHER	1
BISHOP'S MESSAGE	3
FROM THE PRINCIPAL'S DESK	4
EDITOR'S NOTE	5
MESSAGES FROM DIGNITARIES	6-10
REMINISCENCES	
MESSAGES FROM FORMER PRINCIPALS & VICE PRINCIPALS	11-16
MESSAGES FROM FORMER FACULTY	17-23
MESSAGES FROM ALUMNI	24-41
SCHOLASTIC YEAR- 2019	42
INVESTITURE CEREMONY-2019	42
MESSAGES OF HEAD BOY AND HEAD GIRL	48
ACADEMIC ACCOLADES	49
ICSE TOPPERS-2019	49
CLASS TOPPERS-2019	50
ACTIVITY REPORT - 2019	
CO-CURRICULAR ACTIVITIES- 2019	53
GOLDEN JUBILEE INAUGRAL FUNCTION	80
OLS HISTORY AND HERITAGE EXHIBITION	83-97

TABLE OF CONTENTS	P. No.
STUDENT WRITE UPS :ENGLISH SECTION	98-119
STUDENT WRITE UPS :HINDI SECTION	120
SCHOLASTIC YEAR 2020	127
INVESTITURE CEREMONY -2020 (PHOTOS)	127
MESSAGES OF THE HEAD BOY AND HEAD GIRL	132
ACADEMIC ACCOLADES	133
ICSE TOPPERS-2020 (PHOTOS)/FELICITATION CEREMONY	134
TOPPERS SPEAK	136
ACTIVITY REPORT	137
SEMINARS AND WEBINARS	141
STUDENT WRITE UPS: ENGLISH SECTION	144
VALEDICTORY MESSAGES	188
STUDENT WRITE UPS (HINDI SECTION)	192
OLS FACULTY SPEAKS	201
PARENTS SPEAK	212
ADIEUS AND WELCOME RECEPTION	217
OLS GALLERY	221
CLASS PHOTOGRAPHS	226



Simla-Chandigarh Diocese

Bishop's Message



Rt. Rev. Dr. Ignatius L. Mascarenhas
Bishop of Simla-Chandigarh

I am glad to know that Our Lady of Snows School, Kullu is bringing out school Golden Jubilee magazine SPECTRUM. "If You are planning for a year, sow rice; if you are planning for a decade, plant trees; if you are planning for a lifetime, educate people" - Chinese Proverb. People make impact on the world through different ways but there is no greater impact that you can make than spreading education and empowering people who'll empower and teach people, who, in turn, will empower and teach more.

There is another proverb in Chinese, "Teachers open the door, but you must enter by yourself". The teachers show the ways to the students but then the students need to enter on their own. You can have access to professors from the best universities in the world, but you still need to be willing to do the work, even when it's hard. If you can't do it alone, remember that asking for help is part of doing the work.

Our Lady of Snows School imparts value education in the hearts of the students to know it and live by it. I congratulate and wish the Principal, Management and the Staff all the very best for working hard to teach these values in the lives of the students and may they ever become the spectrum in the society. May God be with them always to lead them in the path of truth.

Yours Sincerely in Christ

† Rt. Rev. Dr. Ignatius L. Mascarenhas
Bishop of Simla-Chandigarh



From the Principal's Desk



"My Soul magnifies the Lord, and my Spirit rejoices in God my Saviour... for he has done great things for me, and Holy is His name...." (Lk. 1:46-56)

Jubilees are indeed times to celebrate the memories of yesterday, the joys of today and the hopes of tomorrow. Last fifty years have truly been an incredible journey for all of us at Our Lady of the Snows School, Kullu. At the outset I would like to record my felicitations to the entire OLS Family as it is celebrating its Golden Jubilee. Almighty God has been showering His choicest blessings upon this unique Temple of learning since the time of its inception. Thousands of pupils have graduated through this esteemed institution and excelled in various fields in different parts of the world. Our Lady of the Snows School, Kullu owned and managed by the Simla Chandigarh Catholic Diocese is one of the leading and most sought after Schools in Himachal Pradesh. It has been imparting quality, value based, practical, relevant and child centric education throughout its service. The vision and mission of OLS "To love, to Serve, to Educate, to Enlighten, and to Empower" has been corroborated by the last 50 years. The motto of the school has proved to be true to its name and is accepted, acknowledged and appreciated by one and all. As Our Lady of the Snows completes 50 years of yeomen service, what is acknowledged here is that "Success comes to those who work hard and stays with those who don't rest on the laurels of the past." The incredible, invaluable, selfless and yeomen service rendered by many missionaries of Simla Chandigarh Diocese and various congregations such as, Apostolic Carmel, Ursuline Sisters of Mary Immaculate, Society of Jesus, Salesians of Don Bosco, MSMSI, Disciples Christ etc... and the dedicated and committed Staff from the beginning to this day is very much praise worthy and momentous.

Psalm 127, 3 says, "Children are the Gift from the Lord; they are a reward from Him." Holy Father Pope Francis says that the parents are the primary teachers of their children especially of moral values. Margaret Mead says, "Children must be taught how to think, and not what to think....", and Aristotle once said, "Educating the mind without educating the heart is no education at all." A school is not merely a building, furniture and staff, but it is the students who complete the existence of a school. Teachers are the most influential people in the lives of young students and they get moulded according to the teacher's guidance and instruction. So it is genuinely appealed to the respectable fraternity of academic staff that never let down the honour and responsibility entrusted to us by the society to lead the nation by making your students upright citizens of the country and the world. Keeping in mind the gratuitous gift of God, here in OLS while education is imparted to match the advancement in technology and globalization, we also march our children ahead with OLS' ethos of moral values and principles. We strive constantly to instill these virtues

in our children. We pride ourselves in helping them grow and developing into sensitive and responsible citizens of the world. It gives me immense pleasure to convey my deepest sense of appreciation to the staff and students who have been performing their onerous duties and fulfilling their responsibilities with a sense of commitment for the last fifty years. The Golden Jubilee edition of the school magazine "Spectrum" is a milestone that marks our growth, unfolds our imaginations, and gives life to our thoughts and aspirations. It unleashes a wide spectrum of creative skills ranging from writing to editing and even in designing the magazine. I congratulate the entire editorial team under the able leadership of Mrs. Meenakshi Chauhan for their committed and dedicated work that has resulted in the publication of this issue of the school magazine.

Above all, we are very grateful to God Almighty for all the blessings that we have been receiving through this blissful institution which was set up in this part of the world through the instrumentality of Simla-Chandigarh Catholic Diocese and His Highness Raja Mohinder Singh, the king of Kullu, and we are very thankful to them. We gratefully acknowledge the invaluable contributions and great works, of His Excellency, Rt. Rev. Dr. Ignatious L. Mascarenhas, the Bishop of Simla- Chandigarh Diocese, the committed and selfless members of Simla Chandigarh Educational Society, Local Administration, various Missionaries, Staff, Parents and Students, who have unitedly brought up this institution to a very remarkable status. Once again, I congratulate and wish all the best to one and all, and may God Almighty shower his choicest blessings abundantly upon all the members of the family of Our Lady of the Snows School, Kullu and all those who are associated with it. I feel proud, privileged and honoured to be a part of OLS ! Hail ! Our Lady of the Snows !

-Fr. Antony Solomon

Principal (2019... ..),
Our Lady of the Snows School, Kullu



Editor's Note



Dear Readers,

Our Lady of the Snows School has journeyed through five decades of imparting quality education to thousands of students in the valley and the successful completion of these fifty glorious years makes for a momentous occasion. We feel immensely proud at reaching this milestone and this Special Edition Golden Jubilee magazine commemorates this triumphant achievement of our school.

We have always firmly believed that OLS is not just a building, not even just a school but it's a temple of learning with a soul and spirit of its own and this very attribute of our beloved school sets it apart from the rest of the schools. The roots of the present lie in the past and we have been extremely fortunate to have had the best of the principals, the best faculty members and of course the best students and parents one could ever ask for. Our ex- principals have laid down a strong foundation of the school with their tireless endeavours. Our ex- teachers have established an unparalleled tradition of excellence with their exceptional teaching skills and unmatched concern and affection for the students. The entire OLS fraternity including the past and present members have been instrumental in bringing up the school to the top echelons and we are forever indebted to them for their tremendous contribution. We also take a lot of pride in the achievements of our students. Our alumni especially have excelled and acquired positions of eminence in almost every field possible and brought laurels to the institute. This Golden Jubilee magazine is a tribute and an ode to all our esteemed fraternity members.

Our Lady of the Snows School has withstood the test of time owing to its underpinning school ethos. Even unprecedented times of the Covid-19 pandemic could not shake the very foundation of our school. Indeed it was a challenging and trying time for all of us, but under the able stewardship of our Principal Rev.Fr. Antony Solomon, we took up the gauntlet, persevered, went above and beyond to support the

students, and metamorphosed our entire teaching-learning methodology. It's high time that we come to terms with the fact that our lives will never be the same after Covid-19 pandemic. As technology has become deeply embedded in our daily lives, we must adapt and evolve to keep pace with the changing trends of education. Today's students must be prepared to work in a world that expects them to be tech- savvy and hone their skills of critical thinking and problem solving to function in the 21st century workplace.

Through this Golden Jubilee magazine extending over a period of two years, we have summed up the chronicles of our Jubilee Year beginning in the year 2019 and culminating in the year 2020. We are sure that the enthusiastic write ups and innovative ideas of our budding writers, poets and scientists will transport you to the surreal world of unadulterated joy and pleasure. The herculean task of selecting and editing the articles wouldn't have been possible without the wholehearted support of the editorial board members.

We hope that this edition of the magazine will be cherished and enjoyed by you all as much as we enjoyed compiling it.

Wishing you a happy reading time!

-Mrs. Meenakshi Chauhan
Editor-in-Chief



Sh. Jai Ram Thakur
Chief Minister in
Himachal Pradesh



Message

It gives me immense pleasure to know that Our Lady of the Snows High School Kullu is organizing its golden Jubilee Function of its establishment and a school magazine 'Spectrum' is also being brought out to mark the occasion.

I congratulate the school management, teachers and students for this auspicious occasion. Education is one of the most pious profession which deals with the enlightenment of human beings hereby making the society aware and educative.

It is a matter of pride that Our Lady of the Snows High School, Kullu has excelled in educational and other co-curricular activities. I hope the annual magazine will highlight the academic and other achievement of the School.

With Best Wishes.

(Jai Ram Thakur)
Chief Minister
Himachal Pradesh



Sh. Govind Singh Thakur
Education Minister
H.P.



Message

It gives me immense pleasure to know that Our Lady of the Snows High School, Kullu, on the completion of its 50 years is bringing out school Magazine 'Spectrum' to mark the Golden Jubilee Celebrations.

I congratulate school administration, teachers and students for the celebration. 50 years journey of any institution is certainly a long journey and the institution might have experienced several ups and downs during this period. A shining evidence of the credibility of this institution has been its students who have excelled in many fields.

School magazines provide good opportunity to the students to express themselves with their ideas and views on various topics and aspects of life. It is a good platform to nurture the creative ability and talent of students besides highlighting the academic, cultural and other achievements of the institution.

I hope the school magazine will inspire more and more students to contribute to this magazine.

My good wishes for successful publication of the magazine.

(Govind Singh Thakur)
Education Minister
Himachal Pradesh



Mr. Sunder Singh Thakur
MLA, KULLU



Message

Dear OLS Family,

It gives me immense happiness to learn that OLS has completed 50 glorious years as the finest educational institution in the Kullu valley. As an Alumnus of the school I feel proud that OLS has continued to nurture and educate the finest students who have achieved various feats in various fields and disciplines.

It has been quite an unprecedented year with the pandemic affecting each and every one of us in some way or the other. I firmly believe that the dedicated staff has shown their care and concern for the students working from home, preparing notes and engaging classes online. I would like to thank the faculty for their selfless service. I believe that this is the time to not just deal with the after effects of the pandemic but also build foundations of resilience to face such difficult events in the future. Let us consider this challenge as an opportunity to setup better online infrastructure and enhancing e-learning content.

To the students I would like to ask them to relish their childhood years as students of this fine institution and stay away from the evils prevalent in the society. It is important not only to excel in education but also in extra curricular activities and sports.

I am confident that the current staff led by the Principal, Rev. Fr. Antony Solomon is leading this great institution to further glory.

I once again congratulate the entire OLS family for completing glorious 50 years.

- Best Wishes -

(Sunder Singh Thakur)
MLA (KULLU)



Sh. Balwant Singh Thakur
Jt. Director (Inspection)
Shimla-1
(Former Deputy Director
Higher Education Kullu.)



Message

It gives me immense pleasure to know that OLS School Kullu is publishing school magazine on the eve of Golden Jubilee for the session 2021-2022. It is the platform where we can show case achievements in the field of sports, culture and academics. I know your school is doing great for upkeeping the academics, sports and cultural activities. As we all know that education is simply the soul of a society as it passes from one generation to another. Students are future of nation and we must provide opportunity where their energy can be utilized in positive way. This is a very good endeavour to come up with such a good idea to publish school magazine and I hope this effort will continue in the future also. It is a matter of great happiness to note that in keeping with this positive approach OLS School has been engaged in a large number of constructive activities in the field of education. I convey my compliments on the publication of school magazine and wish Principal OLS School, all teachers and students success in future.

(Sh. Balwant Singh Thakur)
Jt. Director (Inspection), Shimla-1
(Former Deputy Director, Higher Education Kullu.)



Mr. Sita Ram Bansal
Deputy Director
Elementary Education

Message

It gives me immense pleasure to write a congratulatory message on the joyous occasion of Golden Jubilee Celebrations of Our Lady of the Snows School .

Started in 1968, the school has grown by leaps and bounds to become one of the best institutions in the valley. Over the past fifty years of its illustrious existence the school has produced thousands of students who are serving the nation and the world in various capacities.

In short, I am extremely happy and proud of the achievements of Our Lady of the Snows School.

I take this opportunity to wish OLS, its management, staff and students all success and a very bright future in the next fifty years of its existence.

Mr. SITA RAM BANSAL
Deputy Director
Elementary Education,
Kullu.

Message



Fr. Davis Maniparamben
Provincial, Salesians of
Don Bosco, Delhi Province
Former Principal: (2012-2018)

Message

Message



I am glad to offer my sincere congratulations to everyone celebrating the Golden Jubilee of Our Lady of the Snows School, Kullu. It fills my heart with immense joy and pride to have been part of the long journey that the school has undertaken during the past 50 years.

A big thanks to Simla-Chandigarh Catholic Diocese for inviting the Salesians of Don Bosco, who were responsible for the administration of the school from February 1996 to April 2018. The twenty-two years of committed service by the dynamic Salesians contributed greatly to make Our Lady of the Snows school, without doubt, one of the best schools in the State of Himachal Pradesh. The Salesians also helped to establish a vibrant parish at Kullu, with a stable Christian community.

The six years that I spent as the Rector and Principal of the school were some of the happiest years of my life. The educative community of the management, staff, students, parents and district administration had wonderful spirit of collaboration and bonhomie. The fine blending of curricular and co-curricular activities along with the stress given on moral and spiritual values have made Our Lady of the Snows school a true temple of learning. Many of the students who have passed out of the school are today prominent citizens in the society and are working zealously to build a civilization of love and service true to the motto of the school.

Once again, I extend my heartiest congratulations to the school management, the Principal, Rev. Fr. Antony Solomon, staff and students on this special occasion. May all those who have contributed to the growth of this institution be blessed! And do accept my sincere best wishes for the success of the school in all times to come.

Fr. Davis Maniparamben
Provincial, Salesians of
Don Bosco, Delhi Province
Former Principal: (2012-2018)



Fr. BABU VARGHESE SDB
(Former Principal of OLS School,
Kullu from 2007 to 2012)
New Delhi, 12/02/2021

Message

GOLDEN JUBILEE OF OUR LADY OF THE SNOWS SCHOOL, KULLU

Dear Fr. Principal, staff and students,

50 years gone by and another milestone achieved by Our Lady of the Snows School, Kullu in the journey of creating benchmarks in the sands of time. It is with great joy and pride that I wish you on the occasion of the Golden Jubilee of Our Lady of the Snows School, Kullu. Certainly, 50 years is a long time, and I am proud and happy to have been a part of it.

The history of the institution is laced with rich inspiring stories of sacrifice, hard work, commitment and above all deep faith and trust in God. The pioneers toiled to ensure the realisation of their vision and dreams. The management along the years, including the Salesians of Don Bosco, have worked selflessly to take OLS school to the prominent position that it enjoys in the town of Kullu and in the State of Himachal Pradesh.

OLS has instilled in every student a sense of virtue and wisdom, sensitivity to the needs of the others, the skills, the attitudes and habits that would help them explore and excel, a quest for knowledge and the power of action. All of these have propelled each one of them to an all important goal – Excellence. OLS School will flourish as long as the school remains faithful to its motto ‘To Love & To Serve’ and educate students to love and to serve especially those in need. My wish for OLS family is that we live up to this challenge in a world that calls for tolerance and deeper union with God and one another .

I thank the OLS Management and staff - past and present, staff and students who have worked and are working hard to keep the spirit of OLS alive and relevant in a society of rich traditions and culture.

My blessings on each one of you as you celebrate 50 glorious years of the institution. May you continue to grow, inspire and love. It is a moment to be proud of. So, it is celebration time!

With best wishes and prayers,

Fr. BABU VARGHESE SDB
(Former Principal of OLS School, Kullu from 2007 to 2012)
New Delhi, 12/02/2021



Fr. LD. PHONCE SDB
Former Vice-Principal
OLS, Kullu
ASST. DIRECTOR
DBA, LUCKNOW

Message



SECRET OF HAPPINESS

I was just sitting in my cosy-room and was pondering about some serious issues. Suddenly I heard the mobile message alarm. It was from the OLS Principal, Rev. Fr. Antony Solomon requesting for an article for the Golden Jubilee Magazine. I was in dilemma what to write: I thought of writing a story.

“The Alchemist” written by Paulo Coelho narrates the story of a rich merchant who sent his only son to learn the secret of happiness, from the wisest of men. The young and handsome boy wandered through the desert for almost 40 days. After great effort he reached at the top of the mountain where there was a lovely and lonely castle. In this castle lived the sage, the smart, young boy was looking for. The young boy waited for the sage for almost two to three hours. The old sage listened attentively to the reason for his visit. The old sage told him that at present he has no time to entertain him for the secret of happiness. He gently told the boy to stroll around the palace and come back after some time. He told the boy that he wanted a favour, and then he added handing the boy a small tea-spoon in which he poured some drops of costly oil, “While you move, carry this spoon and don’t let the oil spill.” The young boy very willingly began his homework climbing up and down the palace staircase, always keeping his eyes fixed on the spoon. At the end he returned to the presence of the wise man. The wise sage asked the boy, “so, did you see the Persian tapestries hanging in my dining room, the lovely parchments in my big library and then the beautiful and lovely garden?” The young handsome boy was embarrassed and softly confessed that he had seen nothing. His only concern was not to spill the costly oil, the wise man entrusted to him. The wise man said, “You can’t be trusted if you don’t know my house. He then suggested him to go back and see the wonders of his world. Now more at ease, the young man took the spoon and walked again through the palace, but this time paying attention to every minute detail. Returning back to the sage, he reported in details the entire beauty he had seen. “But where are, the drops of costly oil that I entrusted to you, my young lad?” asked the sage. The young man looking down at the spoon realized that he had spilled the costly oil. The sage of sages said, “Well that is the only advice I have to give you, the secret of happiness lies in looking at all the wonders of the world and NEVER FORGETTING the drops of oil in the spoon.”

Happiness is an emotion in which one experiences feelings ranging from contentment to intense joy and bliss. It is a state of being for which each one needs to work constantly. In the story given above one needs to learn to balance the big picture and the small details of one’s life. As you glance through this issue of “Golden jubilee Magazine”, take a few moments to enjoy the treasures of life.

I personally thank from the core of my heart all the “Golden Jubilee Magazine” team for their quality magazine. This great and amazing magazine deals with all the day to day aspects of our school life. It will be really wonderful and fabulous to read this magazine. I know to take out this noble magazine of knowledge lot of energy, effort, sleepless nights, sacrifice and hard work has gone into it. Once again I thank and congratulate one and all, especially, Simla-Chandigarh Diocese, the School Management, The Principal, the Staff, Students.... May the Good Lord bless all of you. My stay in OLS was simply fantastic. KEEP SMILING AND KEEP SHINING!

Message

Message



FR. MATHEW
Former Vice- Principal of
OLS, Kullu.



Jubilee is a time of memorial and vision. Memorial is not merely an act of the mind but of the heart. Vision is not a mere utopia but an insertion into the future with firm rootedness in the present. When we celebrate the Golden Jubilee we make a memorial of the marvels that God has done for us and through us. We commit ourselves to the present with a view to contribute our share for the building up of the future. The souvenir volume of the 'Spectrum' is a memorial of our hearts. Through it we recognize the presence and action of God manifested in a variety of ways. This leads to a reawakening of our enthusiasm so that we can look towards the future with a renewed vision. We are not alone in this task, there are many staff and students, men and women who accompany us in our endeavours. Their lives and examples will be a constant source of inspiration and commitment for us as we continue the tasks entrusted to us.

Jubilee is a special intervention of God in the existence of this school. 'The Almighty has done great things and holy is His name is the sentiment uppermost in my heart as the Our Lady of the Snows School is completing 50 years.. The school has experienced prodigious growth, and its educative mission has taken its root in Kullu valley and beyond. As we look back we remember with joy and gratitude all our predecessors who led us with a sense of purpose and clarity of vision in the past. It is wonderful to belong to the OLS family. Together we have weathered all storms and stood the test of time for the past 50 years. In confronting the many challenges that the future holds in store.... humankind sees in education an indispensable asset in its attempt to attain peace, freedom and social justice (Jacques Delors). The school has left no stones unturned and spared no pains in providing quality education to its students. So the future is full of hope. The Golden Jubilee challenges us to rededicate ourselves to educating the young. It should make us capable of sharing more deeply and more creatively our love and caring for the young of our school

Some of the Areas in which OLS lead the way recently, every year we saw some new initiatives that were creative additions to usual activities of the school. The school began many new clubs for the students. One of the mentionable is the "Heritage Club", another initiative was the football and cricket matches, began to create interest in these national passions. The students participated in many more inter-school competitions and debates organized for them in the valley and brought laurels. Another initiative worth mentioning is the beginning of PEA, 'Principals for Environmental Awareness' that sought to create interest in nature and planting trees in the neighbourhood.

As we have reached the milestone of this jubilee let us dare the future with courage and enthusiasm. We place trust in God, our wonderful staff, lively students, cooperative parents, friends and well-wishers.



FR. MARTIN SDB
Former Vice-Principal of OLS, Kullu
The Principal,
Don Bosco Hr. Sec. School
Bosco Maiyam, Tamilnadu.



Message

I would like to wish and extend cordial greetings to the Principal, Fr. Antony Solomon, all the members of the Management, teaching faculty, students, past and present, parents and the well wishers of OLS Kullu. I had the great opportunity to serve as a vice principal in the academic year 2016-2017 under the able guidance of Fr. Davis as a Rector and Principal, in this esteemed institution. As it celebrates its Jubilee, I pray for all of you especially those who laboured in bringing up this institution to this great height, those who toiled for its name and fame and all those who gave their heart and soul to build this institution a centre of learning for life. May God continue to bless all, the present and the past.

I remember reading a snippet in a newspaper on the topic what is Education? I would like to just quote the entire article. At the end of the World War II, this letter was found in a Nazi concentration camp. It was addressed to the teachers,

Dear Teachers,

I am a survivor of concentration camp. My eyes saw what no man should witness. Gas chambers built by learned engineers. Children poisoned by educated physicians. Infants killed by trained nurses. Women and babies shot and burnt by high school and college graduates. So, I am suspicious of education. My request is, help your students become human. Your efforts must never produce learned monsters, skilled psychopaths, and educated illiterates. Reading, writing, arithmetic are important only if they serve towards making our children more humane.

OLS has always been a cradle of love and care towards the humanity. Let's join together as a parent, teacher and well wisher and above all as an educator to educate our wards to be more HUMANE in this SELFISH SOCIETY.

My prayers and wishes to all during this time of joy and celebration.

Message



FR. THARTHIUS THOBIAS,
Vice Principal (2018-2020)



I take pleasure in offering my sincere congratulations and best wishes to the principal, faculty, administrative, supportive staff and students on this occasion of the release of this golden jubilee magazine of Our Lady of Snows School, Kullu. I was an integral part of this institution as I served in the capacity of Vice principal for two years. I have knitted some of the most indelible memories of my life here which I will hold dear forever. The zealous and evangelistic principal, enthusiastic and committed staff and stupendous students have taken this school to unmatched heights.

Our Lady of Snows School has never been a static institution but rather it has been evolving in all its aspects by moulding its curriculum program in response to the demands of time and needs. The management and the faculty has always aimed at imparting to our students noble values along with academic excellence.

The tiny institution has grown over the years and is able to give quality education to the children whoever seeks it without any discrimination. This is also an hour to fill our hearts with gratitude to all the flag bearers of the school who have worked tirelessly since its foundation.

As the school is completing its fifty years of its establishment, I wish and pray that this prestigious institution brings to the field of education a surge of freshness and vitality, a spirit of creativity and innovation, and an attitude of openness and freedom. May every Olsian be a guiding lamp to his/her peers and illuminate the firmament of learning. May this institution continue forth as an instrument of love and service to mankind whose name shall be recorded in the sands of time.

FR. THARTHIUS THOBIAS,
Vice Principal
(2018-2020)



MRS. SUMAN SIKKA
Ex-Teacher, OLS



Message

THE TEMPLE OF LEARNING

It seems only yesterday I was appointed here
As a Nursery teacher who would teach, love and care
I grew up as a teacher year after year
Because of OLS family which was so rare and dear

Principals and Vice-principals guided me now and then
As how to teach and how to win over the children
My colleagues were so friendly, our mutual faith grew
I reciprocated their kindness, were members of same crew

Thanks Amrit, Sumit, Sham Lal, Shashikant, Dinesh, Kuldeep
Your respect left impression, deep very deep
Padam, Jitender, Sanjeev, Tejinder and Vishal
Your courtesies and talents will always enthrall

Neeta Parmar and Supriya made me feel at the top of the ladder
They never let me feel as the junior most teacher
Kamla, Rita, Kumud, Manju, Sushma, Meenakshi, Kamlesh
It was wonderful knowing you, you had been so great

Sangita, Neeru, Isha, Nitika, Kalpana, Suman, Reena, Jayanti
You boosted my morale always and gave love in plenty
How can I forget the writers Ishita and Neelam Sen
They helped me rediscover myself and made me rake my brain

Vandana, Shivani, Mukta, Bhuvneshwari, Bimla, Alex and Bipin
You all gave me tremendous regards and love from within
Last but not the least, Father Babu, Father Paul
You both encouraged me and made me feel so tall

With folded hands and silent prayer, Dear God I thank THEE
For letting me be an inseparable part of the OLS tree
This dedication and motivation shows
The highest temple of learning is OUR LADY OF THE SNOWS

For celebrating Golden Jubilee, Heartiest Congratulations
This is the result of dedication in the field of EDUCATION

MRS. SUMAN SIKKA
Ex-Teacher OLS



Messages From Ex-Teachers

THE BEST ADVICE

Dear students,

The best advice that I can give you is to be honest and sincere in your work. Your life is important and you are a gift to this world and it's your responsibility to give back something to this world. Life is not going to be easy. It is going to be confusing, frustrating and hopefully breathtaking. Keep an open mind, be willing to do anything and always work to learn something from everything you do. Being open to new things, preparation, planning, networking and a sprinkle of luck are the key to success. Education is not a few years learning process it's a lifelong process till the end of life. Never stop learning. School can teach you many things but the world has knowledge that extends beyond classrooms. Be open to it. Learning will positively transform your life, blooming into a distinguished valuable being. Listen more than you speak. Listen to your teachers and parents. Learn to listen and really hear what others are saying. This is the skill that many children and adults are never taught. Appreciate the words of all those with experience. Allow yourself to be curious. There is much to learn. Don't make excuses; make it happen. You are capable of overcoming any obstacle in life that comes your way. Life is tough but you can be tougher. Read a lot and never stop learning.



Mrs. RITA BHARDWAJ
Retired Teacher, OLS

Golden Jubilee is a key milestone in the history of O.L.S. It is an occasion to recall humble beginnings – minor and major changes made since inception; to applaud the marvellous ways in which the school has fulfilled its mission in imparting knowledge – moral and spiritual forming in the boys and girls, habits of piety, virtue, discipline, and self reliance; striving incessantly towards excellence in every sphere to create and recreate its own benchmarks; to commend the spectacular achievements – be it academics, co-curricular or sports; to facilitate the work and efforts of all those who contributed in their own little ways to grow to its present stature – standing tall and , occupying the place of pride in Kullu, H.P. The Golden Jubilee could well be called the Year of Gratitude, because we have so much to be thankful for. Pray this institution grows from strength to strength to be a haven for many more youth of tomorrow. I am humbled to have the opportunity to be a part of this institution for almost twenty two years out of fifty. As I look back, I see a kaleidoscope of memories that form a beautiful pattern any way you turn. Must I admit, that was a time I consider the Golden Period of my life – felt a glow of satisfaction matching the golden glow of OLS on the 50th anniversary.



Once again, Congratulations on 50 years of history – making. Here's to the next 50 and beyond.

Mrs. SUPRIYA KATOCH
Ex-teacher

Messages From Ex-Teachers



स्वर्ण जयंती पर संदेश

कहते हैं यादें रह जाती हैं याद करने के लिए और वक्त का कारवाँ गुज़र जाता है। ओ० एल० एस० की यादें स्मृतिपटल पर आज भी अंकित हैं, चाह कर भी उन्हें भुलाया नहीं जा सकता। 1991 से लेकर 2016 तक का मेरा सफर सुनहरी यादों भरा रहा। जहाँ बच्चों के प्यारे सान्निध्य में उनके प्रति जिम्मेदारी निभाने का संकल्प था, उनके अभिभावकों का विश्वास प्राप्त करना था, सहकर्मियों से बहुत कुछ सीखना था और इससे अधिक अपने आपको परीक्षा परिणाम की कसौटी पर खरा साबित करना था। आसान नहीं था पर एक दृढ़ संकल्प एवं लगन के सहारे मैं अपने लक्ष्य में सफलता पाने में सक्षम हुई। जब आज मैं पीछे मुड़ कर देखती हूँ तो सीना गर्व से फूल जाता है। मोबाइल के माध्यम से अनेक बच्चों के संपर्क में भी हूँ। जब उन्हें उच्च मुकाम पर देखती हूँ तो एक सुखद एहसास होता है कि मैं उनके जीवन निर्माण का एक अहम हिस्सा रही। यह सर्वथा आत्मश्लाघा नहीं है। 26 वर्षों में लगभग 2000 बच्चों को एक माँ की भान्ति स्नेहाशीष दिया और बदले में उनसे भरपूर स्नेह व सम्मान प्राप्त किया जो आज भी मेरी अमूल्य निधि है।

इस विद्या के आलय में उच्चकोटि की शिक्षा के साथ-साथ बच्चों को नैतिक मूल्यों का ज्ञान दिया जाता है, जो आगे चलकर उनके चरित्र निर्माण में सहायक होता है, खासकर प्रातः कालीन सभाओं में जहाँ प्रधानाचार्य महोदय बच्चों को संबोधित करते हुए उन्हें जीवन के अनुभव सिखाते हुए उन्हें प्रेरित करते हैं। इसके अलावा पढ़ाई के साथ-साथ छात्रों के व्यक्तित्व एवं चरित्र निर्माण के लिए सह पाठ्यक्रम गतिविधियाँ आयोजित की जाती हैं, जो बौद्धिक विकास के साथ-साथ भावनात्मक, शारीरिक, आध्यात्मिक और नैतिक विकास के लिए भी ज़रूरी है। संगीत, कला, बहस, नाटक, भाषण, कहानी व निबन्ध लेखन, स्कूल पत्रिका में लेख, फेंसी ड्रेस, चार्ट व मॉडल निर्माण, त्योहार व विशेष दिवसों का आयोजन जैसे अनेक कार्यक्रमों के द्वारा बच्चों का सर्वांगीण विकास किया जाता है। इन सभी कार्यक्रमों में बच्चों के सान्निध्य में कैसे इतने साल बीत गए पता ही नहीं चला। ईश्वर करे यह विद्यालय नई उँचाइयों को छूता रहे। इस विद्यालय की स्वर्ण जयंती के अवसर पर मैं सभी को बधाई देती हूँ। बच्चों के लिए यह मेरा संदेश है कि मन लगाकर अपने लक्ष्य की राह में आगे बढ़ते रहें। झूठी चमक दमक वाली जिंदगी से दूर रहें। सत्य के मार्ग पर चलें। विद्यालय का एक-एक लम्हा भरपूर जिएँ क्योंकि बीत जाने पर केवल यादें आती हैं। वक्त नहीं।

श्रीमती नीलम सेन

पूर्व वरिष्ठ हिंदी अध्यापिका



Messages From Ex-Teachers



Celebration of 50 years of existence are much more than just celebrating, say a birthday for one day / week / or a year of jubilation. Golden jubilee in reality is appreciation for the long journey of inculcating true values of life, in case of an institution, and living such values and showing a real indomitable self as a result of it, in case of a person. Golden jubilee celebration year of OLS, reveals how OLS, which is both an institution and also thousands of lives associated, has shown a

whole myriad of values established and inculcated and then released out in society to serve humanity on different fronts. This indeed is a proud year for all of us who are members of OLS family, as we call this, when we are able to recognize and commend the contribution of this school to the society.

This day when I have this opportunity to talk to all those who are reading this, I would love to remember and share with you all my cherished memories of the years I spent in the beautiful environment of this school. When I look back into the years (1996-2014) my heart overflows with love, especially of my students, who in deeper terms are my mentors as my heart knows how much I have learnt in their company.

As soon as the name OLS comes to mind, the loving smiling faces of young boys and girls keep flashing from every possible direction and dimension. These beautiful faces whom I will always cherish as my good friends will always remain the power bank to charge my spirits. Dear friends, if you are reading this, I am sure you will feel my warm fondness of you. I walked OLS premises with just one strong feeling that huge amounts of love poured on young lives is never ever too much. When my kids reciprocated this multiple times and every ounce of my life was soaked in their unconditional love, this became my driving force all through my journey as a teacher. There are uncountable stories of such warm relations, that I can write a complete book. I don't wish to diary here a few of these, because each young life that has touched me is equally valuable, but I certainly wish to say that the impact of my association with my young friends,

on my life is beyond expression. Their very being is an integral part of my personality, if I say this, it is not an exaggeration.

Each individual is known for different roles, good or bad, he plays in society. In addition to what we OLS teachers are as individuals, the fact stands that, we are known as OLS teachers as we walk down the streets of Kullu Town or attend any public gathering. This prestigious status is a gift of love from all young souls. And I would take this opportunity to repay my gratitude to my students. Society often talks about the role of elders in shaping a child's life. In which they say that. Role of parents and teachers is paramount, how can one deny that. But the fact that, 'A human personality keeps growing unendingly', would brace my opinion, that how important is the role of children in adding to the growth of personalities of parents and teachers, considering the vibrant energy of youth constantly nourishing the hearts of grown-ups. In my years spent in OLS, I have received this energy in abundance from my students. My experiences have enriched my writings as well, and I have written quite many poems, stories and a child caring book on basis of my understanding of young hearts, which was possible only through the love that I received from my kids.

I firmly believe that whenever, we elders get an opportunity to be in company of children, this is also an opportunity to learn from them. This relationship of mutual growth then becomes our treasure for life. I wish today to thank God for each moment that I was able to spend with kids; for being able to share this idea, that my creativity hasn't yet ceased to receive from the golden lives that I have come across. The cherished memories flow in my veins to find expression again and again in my writings. I am sure that this beautiful drama of human to human relation will continue at OLS campus till eternity and will continue manifesting this love as elevated human behaviour of teachers and students. I also believe that generations will continue celebrating jubilees as a sign of our success as humanity.

Mrs. ISHITA SHARMA
Retired Teacher, OLS

Messages From Ex-Teachers



Our Lady of Snows, the name in itself is something really warm and remarkable and gives me a sufficient surge of inspiration. I am proud to say that I am an alumna of this reputable institute as it has shaped me into the person I am today. OLS has produced a full basket of fruitful individuals who are taking on the world in every sphere. OLS not only provided academic excellence but also provided students with values and social ethics. Who can forget the Moral Science and SUPW periods? I am forever thankful to the dedicated teachers who nurtured their students into flourishing gardens. We were always taught to respect every religion and to be a good human being. Like me all OLSians are proud of the motto “To love and to serve” and we try our best to follow it in letter and spirit. It was an honour and privilege to come back and serve my Alma Mater for eleven long years and I will cherish the memories throughout my life. OLS stands as a milestone ever ready to lead the tiny lives to attain big. It still bestows a vision to dream big. Long live OLS.

VANDANA PARASHER
(Principal)

La Montessori School, Kalehli
OLS Alumni & Ex-Teacher of OLS

The year passed by had been a constant effort for survival. The entire human race succumbed to the inevitable virus (Covid-19). The fear of the unwelcomed guest forced us to withdraw from our daily life struggle. Lately the biggest scuffle for the human race has been to survive and entrance the instinct of self-preservation. Many lost the battle and departed from life at the same time many of us emerged out as victorious survivors. The pandemic indeed taught us how to become a hopeless and a perseverant survivor. However very few reach within themselves and find ways to cope with the difficult circumstances. In the due course the relentless survivors make things turn out well. These are life's best survivors, people with an amazing capacity for existence under extreme difficulties. The best survivors are silent and resistant to any poignant situation. They regain stability when our life is knocked off track and develop a talent for serendipity. They thrive by gaining strength from adverse conditions and often convert misfortunes into gifts. Over the year most of us have learnt the art of survival and realized the importance of being born as humans. We as survivors should be able to regain emotional balance quickly, adapt and cope well. Life's best survivors cope and thrive well because they are better at using the inborn capabilities possessed by all humans. Nature has taught us to stop behaving like victims and increase our self confidence for handling disruptive changes to emerge out as perseverant survivors. Thus few lines to quote from the poem 'Invictus' written by William Ernest Henley.

It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of the fate
I am the captain of my soul.....



– Jagriti Katyayan
Ex-Teacher OLS



Messages From Ex-Teachers



PANDEMIC PARENTING AND THE PLANET

To say that the year 2020 started off with a bang would be a brazen understatement! The pandemic drastically changed people's beliefs about work, family and life. Never could one have imagined that simple things such as a walk around the neighbourhood, a trip to the grocer, or even meeting up with friends and family would be seen as rare privileges.

As a mother of two, if there's anything to learn from this ongoing pandemic, it's this! Never has parenting been more challenging and demanding, than in these last many months. Fear, uncertainty, and quarantine made it tough for many families to keep a sense of calm. The struggle was real when we parents had to allay our children's fears, maintain healthy routines, manage their emotions and behaviour, and build resilience against the virus. Alongside, also ensure that our youngsters were best prepared for an entirely new education experience. At the start of the pandemic nearly 80 per cent of the parents were educating their children at home. Never were teachers more appreciated, valued and cherished!

However, the pandemic also did something entirely wonderful for families. It came as a mixed blessing because for the first time many families got a chance to experience both work and more leisurely activities together, thereby, solidifying relationships with one another. It taught us how we had actually misplaced our values by giving importance to materialistic possessions, when all that our kids needed was our time. By which I mean, our whole and complete undivided attention. So what did the pandemic actually teach us? It taught us that no matter what, the human spirit is resilient and adaptive. That life can be more flexible than we think. It showed us the value of human connection and the goodness of humanity. It reminded us of our responsibilities to the planet. Of how deeply we were dependent on nature and its resources. Above all, it opened our eyes to the fragility of human existence. That we weren't unconquerable, after all.

As for the planet, it seemed to finally breathe a deep sigh of relief. For the first time in decades the cityscape opened up to clear blue skies and the enquiring birds and animals dared to step out and explore this new and strangely quiet world! Humanity in their feverish pace to conquer the world, severed and pushed back every last bit of greenery and the lives that depended on it. One cannot help but notice the irony, when nature decided to do same with us.

Ms. GEETANJALI KATYAYAN

Ex-Teacher

Memories



It was a soothing moment when I was told that I had been transferred to Himachal, According to Hindu mythology the valley is regarded as the cradle of all humankind. All the modern Government buildings, hospitals, and Govt. bungalows were built around the Dhalpur grounds. It is also embedded by the hills, inhabitants, orchards, and the river Beas. And up on the valley stands tall Our Lady of the Snows School like a morning glory. Its outside appearance is like a little cottage but inside is a two storey building all well set with digital classes for the learning of the students. Right in the middle of the building is a small play ground where the students gather for the morning assemblies and other programmes, right side of the ground, there is the grotto of Mother Mary. OLS creates the ambience of a big family, where everyone looks cheerful, smart, active, enthusiastic, and full of zeal and energy. I admire the Principal and the school management team to bring about such a spectrum within the academic session. There is a group of dedicated and committed teachers who are a big asset to the institution who are competent, and very much like friends to the students. The students are the blooming buds of the school, they are gifted both intellectually and aesthetically and excel in their studies. There is a series of curricular and co-curricular activities being organised throughout the academic session. The morning assemblies are well organised with the help of the Class teachers, either through acting or singing. Students are very friendly and affectionate, straightforward, and ready to take up any activities, or to take part in any competitions and I thoroughly enjoyed teaching them. They are fast in picking up any type of song and they sing melodiously. All academic ceremonies held at OLS were splendid and grand and it brought such honour to the school, especially the opening of the golden jubilee celebration. The teaching and non-teaching staff were really a blessing, they definitely played a big role in my life. I thank God for all the incredible experiences of my life at OLS School.

These are old, sweet old memories, All play their special part, In bringing joy and opening up, The latch strings of the heart.

Sr. SHANTI, MSMSI
Ex-Teacher

Soulful experiences and blessings linger on...



On the occasion of the conclusion of the Golden Jubilee Celebration of the School I am happy to share my personal experience.

My life and mission at Kullu began on 6th of April 2016 as I stepped into Our Lady of the Snows. I vividly remember the warm welcome I received at my arrival, wherein the whole school community was waiting anxiously at the assembly ground. At the very start, I felt accepted, supported and encouraged when I was welcomed in the traditional Kullu way. This warm gesture made me feel at home, and enthused me to begin well.

As I started my mission, it became my great pleasure to live every day joyfully. Days, months and years passed and the duration of my service ended. I never felt out of place and burdened in carrying out my responsibilities. I thank God, each and everyone for sharing your life with me

Though it was for a short period but it is very precious and dear to me. In short I can say, these three years of stay at Kullu helped me to....

Dance according to the rhythm,
Love everyone,
Sing along with the choir and
Live joyfully.

I congratulate everyone who are part of OLS in the past and present, and appreciate your well established traditions and rich contributions you make in every one's life by your friendly nature. Today, I proudly acclaim, Long Live OLS. I am really proud to be a part of OLS.

MAY GOD BLESS YOU ALL.

Sr. Kusum Vandna
Topno MSMHC





Messages From Alumni

Memories of My Days Spent At O.L.S

Our Lady of the Snows School, Kullu, today symbolises commitment to the attainment of all-round educational excellence. The Golden Jubilee of the institution is, therefore, an occasion of much joy for us as we have been partners with the school over the past five decades in this endeavour. In the span of fifty years the school has renewed its commitment in the service of the nation's future through quality educational endeavours. It is a matter of great pride that for the past 50 years, O.L.S. Kullu has done commendable work in providing excellent education to thousands of children in Kullu. I would like to compliment the Principal, the staff and the students of O.L.S. for having planned a series of delightful programmes, to commemorate the Golden Jubilee of the school. In doing so, O.L.S is reaffirming its commitment to maintain the high standards of education they are well known for, and of serving Kullu for long years ahead. Fifty years is a long time in the life of an institution and I feel glad that O.L.S. has made its mark on the city's prestige.

It gives me great joy to offer congratulations to the School — the students, the teachers and the administration on the occasion of its Golden jubilee. A school is a place where the God-given talents in the students are recognised, nurtured, and led to flourish and fructify. If O.L.S. is what it is today, it is because of the excellent men and women who have staffed the School over the past fifty years. As I reminisce over the fifty glorious years of existence and growth of OLS, my heart fills with love, admiration and pride for the fertile soil which the school provides to the five-year olds, who enter its portals for the first time in Kindergarten, to leave as responsible human beings.

I would like to remember and thank God for all the past Teachers, Co-workers, Principals who have worked tirelessly to make O.L.S. what it is today. I feel privileged and humble that God has given me an

opportunity to serve O.L.S. I am happy to extend my good wishes and support.

For those of us who were among the first students to join the School when it opened, we can look back with pride and satisfaction that we were the flag bearers of the name of the fledging institution. The growth of the School has been tremendous and the institution is now well known all over the country as a centre of excellence. It is due to the strong foundation laid and the dedication, vision and wisdom of the first faculty.

The school started in 1969 in a small building in Shastri Nagar Kullu. The school was named as Bishop Alfred Grammar School with a student strength of approximately fifty to hundred students. This building was later used as the residence of the C.J.M. Kullu. I feel great that I was amongst the first few students when it started. Then after one or two years, shortage of space was felt and hence it was decided to shift the school to Sultanpur Kullu near Rupi Palace. I studied there upto class 7. I would love to share a special memory of our English teacher Joseph Sir. He had long nails and that whenever he asked any question in the class and did not get the correct answer he used to pinch the student in the stomach which was very scary. I remember that we had a handwriting competition in the school and Rajni Sood class 8; my senior won the event. We had a big playground in front of the school which still exists. There was also the Himachal Home Guards Office right besides the Rupi Palace. As destined, one of the side walls of the school developed cracks and a part of it fell due to which the school authorities decided to shift the school building. Meanwhile a hotel building named 'Hotel Snowlines' was purchased in Dhalpur from Mr Dhani Ram Thakur (Mohal). This is where the present school exists. Its been history that when the School shifted from Sultanpur to Dhalpur, I was in class VII which had 7 students and class VIII had 9 students,

the school had shortage of staff and hence decided to promote the class VIII to class IX, as a result 7 plus 9 made a class of O.L.S. Senior most group of sixteen. Whether this class meets as a class again or not is beyond our control. But come what may, the days spent at O.L.S. shall always remain in my memory as wonderful school, a place dear to my heart, an institution beyond compare. For it was here that I had the best days of my life. Thank you O.L.S. for everything.

Our thoughts naturally turn to the Senior Most of the School, Fr. George, The Principal was ably assisted by E.D. Joseph (English), George Sir (Maths), Meenakshi ma'am (English) Rita and Romina Khanna (Hindi & English) Rosylyn Mam (Hindi), (History) Mrs George (Economics/ Civics), Keshav Bala Mam, (Sanskrit), Sneh Mehra (Hindi), Suniti Thakur (Chemistry). To all of them we owe our ever-lasting gratitude. I would love to mention the names of senior 16 here in alphabetical order so that everyone knows about the past .Anil Thakur; Anil Suri; AshooBakkoo; Gargi Vaidya; Harvinder Sembhi; Naresh Dogra; Pratima Vaidya; Pankaj Kapoor; Rajneesh Sharma; Ravinder Tikku; Rohit Chauhan; Sunil Suri; Sanjeev Jolly; Vijay Suri; Vivek Sood; Vikram Bhatia.

With a very heavy heart I would like to reveal that from the above

mentioned List, three of my mates are no longer with us. 1. Naresh Dogra Wing Commander who was a fighter pilot in Indian Air Force, his MIG 21 crashed in Bagdogra on 14, 2002. 2. Harvinder Sembhi started his career in ONGC and later shifted to USA and died last year. 3. Sanjeev Jolly who was a orchardist, left us after some illness. I pray to almighty God that their souls rest in peace. May God bless O.L.S, the students, alumni, the staff, the Principal and the administration. Our Lady Of The Snows School will continue to flourish and prosper in the years to come, and the students who emerge, will hold their heads high and proclaim that they are from O.L.S. My message to all the members of the vast O.L.S. Family is to cultivate a feeling of togetherness, transparency and belongingness that will give birth to pride in the work we do. God bless you O.L.S, and everyone who is serving to keep your flag forever fluttering!

ANIL SURI
OLS Alumnus



Bishop Alfred Grammar School 1969 Shastri Nagar Kullu



Our Lady Of The Snows School 1973 / 74 DhalpurKullu



Message

Dear Father Solomon, Staff and students,

It is a matter of immense pride and joy for me to pay ode to the institution which played a crucial role in shaping me during my formative years. Our Lady of the Snows is celebrating its Golden Jubilee, a milestone of sorts. I vividly remember the dedicated faculty and express gratitude for their tireless efforts in preparing countless individuals for successful and rewarding lives, including me.

As we celebrate the Golden Jubilee let us thank the teachers, the staff and recognize the contribution of each and every individual who contributed to the success of the school, during its long and illustrious journey. The school has indeed rendered service which is a significant part of History in respect of the Kullu Valley and the entire State of Himachal Pradesh.

Again, congratulations for this significant milestone and good wishes for many more years of success.

A great salute to all my teachers, my mentors.

Jai Hind

Dated : 20-02-2021
Shimla

Sincerely

(Chirag Bhanu Singh)

Presiding Judge
HP Industrial Tribunal -Cum-Labour Court, Shimla-5, HP



Message

THE SCHOOL TABLE

It was the year 1976 when I was first acquainted with my table “My nursery class lovely, colourful, cute school table of O.L.S.” In life table has a very specific significance. During your formative years you spend most of the time on the study table. I have memories of my school table which was my companion from 1976 to 1989. I learnt my basics on this table. The strong base which was to help me during my life. Then came the turn of my out of school education and a new table of my life. This table was not fixed by my teachers or mentor but I could choose whatever table I liked. We saw a lot of ups and downs together like entrance test....qualifying..... not qualifying and finally we made it together and hence came the phase of the table of my professional college. It was my companion for the next five years 1993 to 1998. The hours spent on this table were the best part of my life. This table finally paved the path of my future life. In 1999 I finally got the government table and from that day till date I am enjoying life on that table.

In life table matters a lot. It has its own aura. It creates its own space and boundaries. All depends on which side of the table you are in life. You can be on the giving side or the receiving side of the table. You can be on the side of the table which has all the powers attached to it or you can be on the opposite side of the table where you are the pleader. You can be on the commanding side or the demanding side of the table.

All this starts from the school table, where on one side is the teacher and on the other side is the student. The relation between the teacher and the taught matters a lot. This relation continues for the whole life. Life depends on what is delivered from the side of the table to what is received on its other end. A relation between what is delivered and what you perceive/ receive makes all the difference.

All this starts from the lovely, colourful, cute school table.

Dr. RANDHIR SINGH
Senior Veterinary Officer
OLS, ICSE Batch-1990

Message



PLANNING FOR TOURISM 2.0 IN KULLU-MANALI-LAHAUL REGION

While watching the Switzerland of yesteryears in the Bond movie Goldfinger I just could not stop myself from noticing the stark similarity between Kullu-Manali-Lahaul region and the Reap of 1960s, its landscape, small winding roads as well as kids selling fruits along the roadside. Since the days of Goldfinger, Switzerland has transformed itself into a tourism powerhouse on the back of massive improvements in accessibility, tourism infrastructure, cleanliness, out-of-box marketing strategy, not to mention the natural beauty of the Swiss Alps. In the last 50 years, Manali has succeeded in projecting itself as a tourist destination for both summers and winters. The opening of Atal tunnel is already proving to be a watershed moment in the history of tourism in the region. Notwithstanding the novelty factor of the tunnel, the connecting highway to the tunnel is world class and has served to attract tourists in droves. The upcoming Chandigarh-Manali highway is going to prove to be a boon for the already booming tourist industry in Kullu-Manali-Lahaul region. With world class connectivity to the region

just around the corner, it is time to plan the transformation of the region's tourism industry. Kullu-Manali-Lahaul would soon need massive doses of private investment in the form of hotels, resorts, restaurants, motels, adventure tourism destinations etc. Considering the fact that the tourism industry is a huge employment generator, the region would also need thousands of service sector professionals.

However, the challenge is to avoid falling into the trap of low cost and low end tourism, as has happened with places like Mussoorie, Nainital and Shimla. Kullu-Manali-Lahaul should strive to become a destination for high-end tourism which brings in higher revenue per tourist. This can be ensured through effective enforcement of town planning not only by the municipal bodies but also by the hotelier associations in the region, besides drawing and enforcing minimum service and safety standards by all the stakeholders involved in the tourism industry.

Studying the growth trajectory of world class tourist destination across the world, the number of tourist footfall is directly proportional to the level of professional competence in the region's tourism industry. This requires an army of well trained professionals for F&B, front office, housekeeping, adventure sport trainers and operators, drivers, transport operators and aggregators, civil, electrical and mechanical engineers etc. The demand for such skills sets is therefore all set to escalate in Kullu-Manali-Lahaul region in the next 2-5 years.

Covid lockdown has shown a very disturbing trend of a huge number of Himachal youth doing petty jobs in far off places like Tamil Nadu, Odisha, Maharashtra, besides Chandigarh, NCR etc. This is not a healthy trend, given the fact that there are so many opportunities in tourism industry back home. This exodus of youth power needs to be reversed.

It is therefore imperative that the local youth start planning and preparing for this bright and challenging future in tourism. Schools can play a very important role in this transformation of thought process of the young minds. Basic skill sets in tourism industry can be imparted in the local schools in order to generate interest in this industry as well as plant ideas into young minds for turning into entrepreneurs rather than job seekers in distant lands.

The Government has already done or is in advance stages of doing its job of providing world-class connectivity to the region. Now the onus lies on the sons of the soil to take the lead and transform Kullu-Manali-Lahaul region into a world-class tourist destination. Developing a highly professional workforce and entrepreneurs is the biggest challenge, and given its long gestation period, now is the time to plan for Tourism 2.0 in Kullu-Manali-Lahaul region.

Mr. AMAN SHARMA,

Deputy DG,
Department of Posts, New Delhi
OLS ICSE Batch-1990



Message

I am elated and enthralled to know that Our Lady of the Snows School is celebrating its Golden Jubilee this year, a rare feat indeed and at this moment I feel proud to be a part of the OLS family. This is indeed a time for looking back and looking forward. I consider myself fortunate to have studied under the able guidance of the best teachers and my mentors. Our formative years at OLS have indeed helped all of us to face the challenges of the real world. Thank you OLS, I owe you a lot.

1st June, 2019; the day we had the Golden Jubilee Alumni Meet was indeed a remarkable event, a memorable day that helped me and all the alumnae members relive their school days.

I hope that OLS will grow from strength to strength in the coming years.

Happy Golden Jubilee to our Alma mater!!

DR. PANKAJ CHAUHAN
MDS
OLS ICSE Batch- 1992



Message



MT. EVEREST

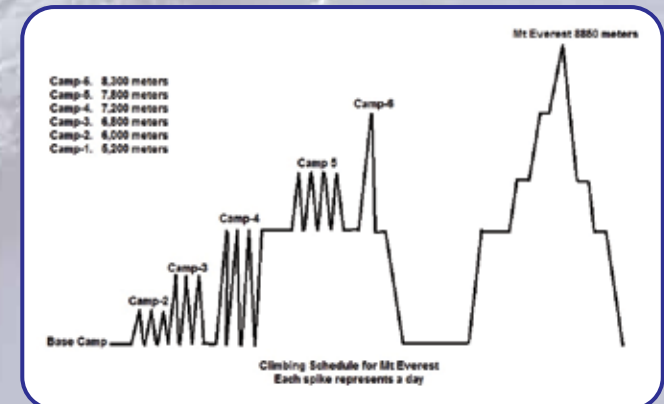
I am an Alumnus of Our Lady of the Snows School, I passed my 10th standard in the year 1992 and completed my MBBS degree from IGMC Shimla. Grit, determination and perseverance were some of the virtues that I imbibed during my school days. I would like to congratulate my alma-mater as it celebrates five decades of service to the people of Kullu.

Mt Everest, the highest mountain in the world, has always been a dream peak to scale for any mountaineer but never could I imagine in wildest of my dreams that a petty mortal like me would ever scale this mighty mountain.

I was commissioned in the Indian Navy on 21st January, 2002 as Surgeon Lieutenant and subsequently became a member of Mt. Everest expedition team the very next year. It all began when I volunteered for basic mountaineering course which I completed with exceptional performance from DMAS Manali (Mountaineering Institute). I was chosen to be expedition doctor in the Pre-Everest expeditions in the Siachin Mountains and Garhwal Himalayas. The Expedition was named "Sagar Se Sagarmatha" as we were a team that originated from the sea soldiers and in Nepal Mt Everest is respectfully called Sagarmatha. As preparation for the expedition, we climbed Mt. Kamet, Abhigamin and Mt Saser Kangri IV and underwent two winter trainings in the Siachen glacier. May-June, 2004 was chosen as the season for our endeavours during these months the Mighty Everest is a bit calm and human friendly. The route of ascent was from the North Col that is via Tibet. It is pertinent to mention here that Mt. Everest lies in the border of Nepal and Tibet and the Northern route is supposed to be the most difficult route of ascent. This is so as here the climb is mainly on rock and ice which makes it difficult to climb using crampons (metal spiked shoe grip).

The expedition was flagged off from a Submarine at 150 meters sea depth somewhere in the Arabian Sea by the then Honourable Defence Minister Mr George Fernandez. The journey started from a submarine off Goa to Nepal via Delhi. From Nepal we drove to the Tibet borders after the official clearances. It was a 4 halt journey to the Everest base camp by road – now that's not a good idea to reach an altitude of 17,500 feet in a land rover as you will not acclimatize in this rapid ascent. From the Nepalese side it is a 10-12 days acclimatized walk to the southern base camp that acclimatizes you well. On 17th April we reached the base camp after doing height gaining on every previous break in the road journey (height gaining means climbing upto 1000-1500 feet with load of 20-22 kg on your back every alternate day). And lo there rose the Mighty mountain in all black and white with a golden stole across its torso clearly showing itself till its feet as if saying "there I am, but I only will decide who can conquer me and not you or your climbing skills".

The base camp was full of expedition teams from all over the world. That season about 60





teams reached there and all had different goals, some were for the highest peak some for lower camps others for the North Col and some for the base camp only. We have 6 camps to the summit at various altitudes depicted in the diagram.

Establishing these camps is painful as it takes a lot of load ferrying on your back however it pays by increasing your endurance. The plan of climbing this particular giant is totally different than the routine high peaks. First we do serial height gains reaching as high as 8,300 meters and climbing all the way back. This effort takes about 20 days and causes most of the unseasoned climbers to wear out. Again a period of rest and recuperation for 9-10 days at base camp and then the final summit climb begins with night halt at each of the six camps.

After all the load ferrying and establishing of the higher camps the final assault began on the 13th of May. A team of 6 climbers was shortlisted with three on the first day and three to follow the next day in leapfrogging manner. Incidentally or as per design the first team comprised of all three medical people. I was made the leader of the assault team as it is called along with two medical assistants. The final assault started on 18 May 2004 from camp 6 at 1 am after a light breakfast of sattu and tea made from fresh melted snow using portable butane gas canisters. The climb was treacherous as it was almost vertical climb in the initial about 300 meters, climbing on rock face with snow boots and crampons on. We carried two ultra light weight oxygen cylinders, climbing gear and emergency kit weighing about 12 kg each. At this high altitude these 12kg felt like 50 kg load on an asthma patient as for each step we had to breathe 2-3 times. The temperatures were much below freezing point causing icicles formation in the nostrils, it was an awesome feeling. All the technical climbing you must have seen in the movies is not possible here because of the altitude. On reaching the altitude of 8,750 meters we saw the most horrific view, bodies of the yester year's mountaineers lying by the route. Bodies we saw were all curled up as if trying to conserve heat with hair and skin marbled white. But this sight did not really shake us courtesy our profession or probably due to the stunted rational thinking that happens in the altitude more than 8,000 meters.

I summited at 08:30 hours (Chinese time) and spent about 35 minutes on the top of the world clicking the most memorable pictures and some video clips. I really did not have any special feelings that the magazines and newspapers expressed on my behalf the day after. What I was really thinking was what all the mountaineers think or should think on reaching the top – how shall be my journey back to the base camp. Climbing down on such a steep slope wearing the most uncomfortable footwear over a terrain of rock and ice with a fall of 3,000 meters really needs a thought.

Many celebrations followed with lots of media coverage. Met the then honorable President of India Dr APJ Abdul Kalam. I became the first doctor in the world to scale the Mt Everest. I was awarded Nao Sena Medal (Gallantry) and I became celebrity in the Army Medical Core. Later I took premature retirement and am presently doing private practice at Kullu (HP).

SURGEON COMMANDER VIKING BHANOO

MS, DNB, FMAS, FIAGES, MNAMS, FALS

Ex Surgeon Commander (Indian Navy)

OLS ICSE Batch-1992



VINEET BRIJ LAL
IGP(Commissioner, Special
Enforcement Bureau)
OLS ICSE Batch-1993

Message

UNEXPECTED CLASS TRIP ADVENTURE

It is easy to be solemn; it is so hard to be frivolous...-GK Chesterton

The year was 1992. It was a time before mobiles, cable TV or wifi which may be quite alien to the newer generation. We were a boisterous but divided bunch in Class Xth. Our class teacher was Mrs Neeta Parmar, who had to keep up with our lot. However, little did we know that an unexpected adventure would unite our class into a tight knit group which endures to this day.

We planned a day hike to Prashar Rishi Lake. Those days one had to hike 6-8 km along a nallah and then climb a ridge to reach the lake. As always, different groups emerged depending on their stamina and pace. A small group which included Mrs Parmar lagged behind. That was the first indication of coming trouble.

After spending sufficient time at the lake, we started back around mid-afternoon. Once we reached the road head, everyone sat down around a campfire as there was a slight nip in the air. One by one, stragglers started trickling back till it grew dark. To our horror, we soon realized our class teacher was missing with five others. Saving them became our cause and everyone rallied to it. A volunteer rescue team was hastily organized with five of us. Adventure was in the air as we set forth!

Using burning torches, we slowly negotiated along the treacherous nallah, intermittently shouting like some primeval hunting party. Then, we heard some crashing sounds in the foliage and bloodcurdling growls. We froze as someone had mentioned a leopard said to prowl in this area. After what seemed like ages, we encountered some shepherds who helped us triumphantly trace the beleaguered group. And it was just as well, as some of them were on the verge of breaking down. However, brickbats instead of bouquets awaited us all back in Kullu as frantic parents had been haranguing the Principal Fr George Peter. This admonishing had the effect of our closing ranks like a besieged Roman legion.

Though the above events took place around three decades ago, the life lessons are still fresh. What we learn unconsciously may be more relevant than the rote academic lessons. So let us be frivolous once a while and enjoy life in the present. To quote John Lennon, "Life is what happens when you are busy making other plans."

VINEET BRIJ LAL
IGP(Commissioner, Special Enforcement Bureau)
OLS ICSE Batch-1993



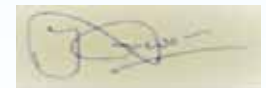
YAJUVENDER SINGH
Senior Civil Judge-cum-
Chief Judicial Magistrate, Kangra,
At Dharamshala (HP)
OLS ICSE Batch-1993

Message

At the very outset, I would like to thank every person associated with this Institution, who has helped me grow as an individual. On this page, I would like to share a personal anecdote that taught me a very valuable lesson. I must have been in 8th or 9th standard, but undisputedly my Class Teacher at that point of time was Mam Neeta Parmar, whom we all venerated and adored. As the Annual Singing Competition approached, she suo motu proposed my name as by then I had earned a reputation of possessing a euphonious voice. The practice sessions went well and we were confident of winning a few prizes for the Class. Unfortunately, on the preceding day from the competition, my proclivity for bicycle stunts, led me to a fall head over heels and I sustained an injury on my arm. Considering it benign, I ignored it but the next morning I found it swollen but even then, I got dressed up for school. As the pain became unbearable, I had to disclose about the same to my father, who then took me to the Hospital. The Doctor diagnosed damaged ligaments and advised me complete rest, but on the back of my mind I was worried that how my Class Teacher will react on my ignominious absence. Thus, I persuaded my father to

leave me at School. I reached my class after lunch hours and found the final rehearsal taking place. My Class Teacher was there and on seeing me, relief on her face was conspicuous, but she also got worried on the site of my arm. After deliberations, she allowed me to participate, which I did donning a sling around my arm. On the day of result, I stood second amongst seniors and on any other day, I would have been dismayed considering my previous record, but not this time. Winning or losing had gone into oblivion. I had realized that if you travel an extra mile for others, irrespective of your own cravings; joy and happiness is assured. Life is all about caring and sharing.

Yours sincerely,



YAJUVENDER SINGH
Senior Civil Judge-cum-
Chief Judicial Magistrate, Kangra, at Dharamshala (HP)
OLS ICSE Batch-1993

Message



OLS : MY SUBCONCIOUS MIND

The recess bell, the PT drums and the Christmas carols; Oh! what a sweet music to ear were those sounds.

For sure, one can take a student out of school but not a school out of a student. Heavenly were those days that I had spent in my alma mater. OLS is not just a school for me it is my subconscious mind. I may have

moved on beyond the school time table into the rat race of life but I still dream of nervously trying to attempt my mathematics exam. Our Lady of the Snows School will always remain a part of my life wherever I go, whatever I do. I remember my kindergarten days when I was lovingly taken care of by my dotting teachers. As I grew up I recall our class picnics, elocutions, fetes, sports day and many such competitions which groomed me inch by inch, making me a more confident and empathic being. Being a senior in school was not just a privilege but also a responsibility, not only for oneself but for my juniors and my surroundings as well. I am indebted to every teacher who disciplined me and pampered me, hence bringing out my humane self. Back in the old days, my life was just centered around the school and even today I try to emulate my teachers and follow their righteousness while trying to take any resolution in the journey of life. I can be nothing but thankful to my school and its teachers who zealously strive to make every student a distinct being in every sphere of life. No matter what tribulations I face in life, my school memories always make me happy and give me fortitude to march ahead. OLS will always remain a guiding light in my life. Today, nothing is satisfying than to see my own son receiving the same ambience of love, discipline and ethical values in my school. Hope OLS remains the torchbearer of integrity, purity, discipline, moral beliefs and compassion for generations to come. Wish my school attains the zenith of educational standards by adhering to its motto of 'to love and to serve'.

CHARU AHLUWALIA

Asst. Professor of English, Govt. College Kullu
OLS ICSE Batch-1998

Message

TO LOVE & TO SERVE

My time at OLS will always be the most incredible part of my life. I still remember the day I stepped out of OLS with big dreams in my eyes and life lessons to keep me going.



I sincerely thank my teachers for inspiring me and for pushing me to rise above all expectations and give my best in whatever I do. Without their motivation and constant support, I would not be where I am today.

In my opinion, the most important lesson imparted to students in OLS is not through the curriculum but through the school motto of 'To love & to serve'. It has been almost two decades since I stepped out of this place and the significance of these words holds true for me even today. If we all abide by this simple phrase, amazing things can happen around us. We all have the power to impact the lives of our fellow beings, our town, our country and our planet. Life after OLS is not very different from life in it - we have to continue working hard towards our goals, immersing ourselves in the daily rigour. Whatever discipline or passion one chooses to pursue, the tenet of 'loving & serving' will always be relevant.

I can't thank the school and my teachers enough for inculcating this spirit in me.

MS. IRINA THAKUR

First Secretary,
High Commission of India, Colombo
OLS ICSE Batch-2002

Message



“अपना टाइम आएगा” संघर्षरत युवाओं के लिए एक संदेश

कुल्लू शहर से एक घंटे की तीखी चढ़ाई के पश्चात हम भेखली गाँव की पाठशाला पहुँचे, जोकि 2015 के कार्यक्रम का पंद्रहवाँ विद्यालय था। अपने ‘एनजीओ’ “स्परिट आफ लार्निंग” के “विद्यार्थी वार्तालाप” के अन्तर्गत कुल्लू से निकल कर देश के विभिन्न कोनों में उच्च शिक्षा प्राप्त कर रहे हम पाँच दोस्तों का समूह स्कूलों में जा जाकर बच्चों से अपना अनुभव बाँट रहा था और कैरियर के विकल्पों पर उन्हें जानकारी दे रहा था।

मस्ती मजाक के माहौल में बच्चों को ज्ञान देने के बाद हमारी मुलाकात अध्यापिकाओं से हुई। गृहकार्य के मुद्दे पर उन्होंने कहा कि विद्यालय के समय से पहले सुबह कुछ बच्चे लकड़ियाँ इकट्ठी करते हैं, तो कुछ घर वापिस जाते समय घास-चारे से भरे किल्टे उठाकर ले जाते हैं। जिनका वक्त घर-खेत के काम में गुजर रहा हो, उन से गृह कार्य की उम्मीद करना जायज नहीं। मिडडे मील ना होती तो शायद कई बच्चे आज स्कूल का हिस्सा ना होते, और जिन कैरियर विकल्पों की हम बात कर रहे थे, उन पढ़ावों से पहले ही शायद ज्यादातर पढ़ाई त्याग चुके होंगे। इस दयनीय स्थिति ने हमें फिर भारत के कस्बों की मुश्किलों से रूब-रू करवाया।

मैंने सुझाव दिया कि क्यों न हर पीरियड से पाँच मिनट निकाल के आधे घंटे का समय बच्चों को स्कूल में ही गृहकार्य करने के लिए दिया जाए ? सुझाव तो सबको पसंद आया, पर एक मैडम ने कहा कि “ठोस बदलाव तो सरकारी अफसर ही कर सकते हैं, हम तो उनके बनाए ढाँचे में ही कार्य कर सकते हैं”। हालाँकि हमने इस प्रकार की कई समस्याओं के समाधान लिखकर एक ज्ञापन कुल्लू प्रशासन को सौंपा और उपायुक्त महोदय ने भी उसे गंभीरता से लिया, परन्तु एक और बार सामाजिक उत्थान में अफसरशाही की अहम भूमिका मुझ पर गहरा प्रभाव छोड़ गई। मैंने भी सपना देखा था प्रशासनिक सेवा से जन सेवा का।

आज मुझे ‘बीडीओ’ के रूप में जन सेवा का मौका मिला है, और इस अवसर पर मैं अपने युवा मित्रों को कुछ संदेश देना चाहूँगा।

जो मित्र आज परीक्षाओं की तैयारी के कठिन दौर से गुजर रहे हैं, मैं उनके संघर्ष को समझ सकता हूँ, उनका आदर करता हूँ, और उन्हें अपने ताजा अनुभव से आश्वस्त करना चाहता हूँ। कुल्लू से चंडीगढ़, फिर दिल्ली और फिर वापिस कुल्लू आकर कई साल अध्ययन करने और तरह-तरह के कोचिंग एवं स्टडीमटेरियल लेने के बाद मैं एक बात पूर्ण विश्वास से कह सकता हूँ – किसी भी परीक्षा में सफल होना आपके लिए मुमकिन है और सिवाए सेल्फस्टडी के और कोई साधन सफलता नहीं दिला सकता। मैंने 2016 में कोचिंग ली थी, पर उसके बाद आयी

परीक्षा में, मैं उत्तीर्ण न सका। कुल्लू जिला पुस्तकालय में महीनों स्वयं अध्ययन करने के बाद ही मुझे सफलता प्राप्त हुई।

आत्म विश्वास रखना होगा, जब लगे कि यह परीक्षा कठिन है। धैर्य रखना होगा, जब नाकामियाँ आपको निराश करेंगी। संघर्ष का आनंद लेना सीखना होगा। मित्र-समूह बनाना पड़ेगा, जो कठिनाई में हास्य का तोहफा दे सके। धर्म और ध्यान से उत्तेजित मन को शांत करना होगा। नशा, नकारात्मक सोच और नकारात्मक लोग-तीनों को इच्छाशक्ति के सहारे कोसों दूर रखना होगा। लंबी दौड़ के धावक बन खुद को तब प्रेरणा देनी होगी, जब साथियों के आरामदायक जीवन की बातें सुनाई देंगी। किसी अर्न्तद्वंद्व के पनपने से पहले ही स्पष्टता लानी होगी-कि जिस राह पर हम चल दिए हैं, अब उसे पूरा करके ही कुछ और सोचेंगे।

और आप यह सब कुछ कर सकते हैं, मैं जनता हूँ। क्योंकि मैंने किया है। क्योंकि आपके पास भी वो माँ-बाप, भाई-बहन, परिवार-गुरुजन और उनका आशीर्वाद है, जो मेरे पास था। क्योंकि मैं अच्छे से जानता हूँ कि कई बार व्यक्तित्व निखारने के लिए असफलता भी जरूरी होती है, इसलिए आप घबराएँ नहीं, हार की जीत में मुख्य भूमिका होती है।

कुछ महीने पहले मैं राष्ट्रीय युवा संसद में हिमाचल का प्रतिनिधि बनकर गया था, और देश भर से आए युवाओं की ऊर्जा देख कर मेरा मन भारत के उज्ज्वल भविष्य के लिए आशावान हो गया। आप भी उम्मीद रखें, सब कुछ आपके बस में है। कुछ पंक्तियाँ मैंने संघर्ष के दौरान लिखी थी, आशा है आपके भी काम आएँगी –

जो किस्मतों के ले सहारे, उठकर तुम्हें नीचा दिखाते,
उन अहंकारी पर्वतों से, ऊँचे उठो, ऊँचे उठो।

जो बारिशों के ले सहारे, गिरकर तुम्हें नीचे दबाते,
उन ईर्ष्या या लुबादलों से, ऊँचे उठो, ऊँचे उठो।

जो तूफानों के ले सहारे, बहकर तुम्हें रोके हैं जाते,
उन विरोधी आँधियों से, ऊँचे उठो, ऊँचे उठो।

–नियोन धैर्य शर्मा

एच. ए. एस. 2018 उत्तीर्णकर वर्तमान में
खंडविकास अधिकारी सिराज (मंडी) हैं।
OLS ICSE Batch-2011

Message

Swinging in Life's Balance



In the given illustration, the force F_1 produces an anticlockwise rotation at a distance d_1 from the point of pivot P (called fulcrum) and the force F_2 produces a clockwise rotation at a distance d_2 from the point of pivot P .

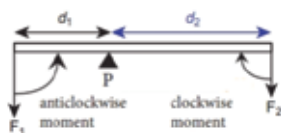
According to the Principle of Moments: For the system to be balanced, Moment in clockwise direction = Moment in anticlockwise direction

Thus, $F_1 \times d_1 = F_2 \times d_2$

Life is just an equivalence to this see-saw system, where forces hang onto each side of the lever, each trying its best to turn the board upside down. One side of force, (F_1) represents our personal and social life –family, friends and responsibilities. The other (F_2) represents the efforts we need to put in, to achieve our dreams and goals.

Let's say, the load on one side starts increasing. Now in order to maintain the principle of balance, we will decrease the distance on the same side, simply by shifting the fulcrum towards it.

In other words ? one must manage his forces in life by adjusting the fulcrum - his focus, by shifting towards the side necessary. Dynamics of this versatility require practice and experience. But if one remains static and tries to decrease the load itself, the force will knock him off balance!



Shubham Chauhan
 Scientist / Engineer - 'C'
 Semi-Conductor Laboratory
 Department of Space
 Government of India
 OLS ICSE Batch-2013

Message



A letter to my Alma Mater

OLS you showed me that world is full of possibilities. I am where I am, and who I am because you encouraged me to go forth and explore, to be fearless and stand for what is right. You gave me many opportunities to excel and with it you advocated instilling empathy in all. Thank you for teaching me to believe in myself. Days at my loving school were the days of my happiness. I am thankful to the dedicated teachers who nurtured us to do well in life. Years of experiences, lessons and memories summed up in one word-OLS.

You gave me wings to fly---my Alma Mater

Mrityunjay Singh Parasher
 Second Prof. MBBS
 Dr. Radha Krishnan Govt. Medical College,
 Hamirpur.
 OLS ICSE Batch-2015

Message

Our Alma Mater, Our Gold Smith!

What is gold but a raw yellow metal before a goldsmith puts his hands on it to transform it into a range of exquisite ornaments. Similarly, what are children before their parents and their Alma Mater— their schools and their teachers— take it in their hands to smolder and transform them into “precious ornaments” of society.

My Alma Mater... our Alma Mater, dear juniors, is no different. It can, in fact, be called the “Doyen of Gold Smiths” of the academic field, and, lucky are we who get to proudly wear the badge of being smoldered and shaped by this Doyen.

My earliest memories of OLS go back to the time when I first joined OLS as a kid who knew how to score good marks by cramming up everything without actually having a skill to use my brain to write even a well-formed sentence on my own. Today, I stand forth you, as a writer who can write articles with a word count of over five thousand, touchwood to that! But what really did change? How did a child who barely knew how to write a sentence has now become capable of writing lengthy articles without as much of a help from other sources? How did a child who knew only to cram has now transformed into someone who has lost all the ability to cram while having gained the ability to write everything, as our teachers in OLS teach us, “in my own words”.

Speaking of cramming up things and writing what’s been crammed? I’ll tell you about one incident that made me drop that habit. I was in Class 3, when I had freshly joined OLS, and it was the time for our first Unit Test. We were sent an essay from the principal office titled “The Balloon” with a note to prepare it for the exam. Out of habit, I crammed the essay up with the help of my parents. But the surprise came when next day I sat down to write my paper and instead of “Balloon”, the essay asked in the paper was “The Balloon Seller”... something that being “prepared” with the “balloon” essay would have been easy for someone who wasn’t used to writing only crammed stuff. That was the day I realized “cramming” is not the right way to learn and get knowledge. And that was the day when I really stopped cramming, focusing more on grasping the concept teachers taught rather than cramming word by word everything teachers told us to write. Who was responsible for this change-for-better in me? My Alma-Mater... my school, Father Paul and the teachers who taught me at that time, Rita Ma’am being my class teacher.

Moving forward from that time, eventually came the time of our lives when our time table included an Essential “Library” period where it was made quintessential for us to read books. Reading, my dear juniors, is a habit so good that no other

habit even comes close to the aesthetic pleasure it gives you... and if not for that “Library” period, I wonder if I would have even ever discovered the treasure that waits to be explored by us in that library we have in our school.

Then came the best time of my school-life, the one that made me realise I had the potential to write and edit articles... the year was 2012 and my teachers gave me the privilege of being an editor of that year’s edition of the magazine that you are currently holding and reading. But for that opportunity, I wonder if I would have ever been able to discover this “raw” factor ingrained in my personality. Truly, then, this makes me believe that only a goldsmith knows the worth of a piece of gold metal in his hands, for, my teachers became the ones who discovered this side of my personality and helped me become acquainted and familiar with.

Improving my writing skills, helping me make a writer out of myself, and, making me develop a habit of reading several books per month, helping me make a voracious reader out of myself— these are just two ways, among many others, in which my Alma Mater transformed. I am afraid if I continue telling you more, I’d force you to be stuck at this one place without letting you take in the many pleasures that wait you further in this beautifully curated magazine.

So, to conclude this little piece I send to my juniors, I just hope that reading what I have written in this article makes you realise that WE ARE THE LUCKY ONES who have the privilege of being transformed by the best of best academic goldsmiths in town. The ways in which each of us get transformed by our Alma Mater might vary, but the crux remains the same... being a member of OLS family is a blessing, and, in it... WE CERTAINLY ARE BLESSED WITH THE BEST. So, cherish being transformed by the smouldering-experts of OLS, for, when you move out of the secure walls of our school and into the real world , you’d realise the gargantuan impact of those transformations in your personality that will help you become precious gold ornaments of society one fine day.

LET THE DOYEN OF ACADEMIC GOLDSMITHS DO ITS WORK BY CHANGING YOU FROM BEING RAW METAL TO PRECIOUS ORNAMENTS... and trust me, in future, you’ll be in for a ride to the skies of being known for all good things hidden inside of you.



Shubhangi Dixit Sharma
OLS ICSE Batch-2013

Message

Role of Artificial Intelligence in Future Technology

I get nostalgic remembering the school days when we started learning about basics of Computers. I owe my alma mater, for sparking the initial interest in the field of Computers for me. I congratulate OLS on celebrating its 50 Golden Years of excellence.

Artificial Intelligence(AI) is a hot topic these days. It is an ever-evolving field and with the research and development being done continuously. We are surrounded by AI everywhere in our daily lives, from voice assistants like Siri, Alexa to Instagram, Snapchat face filters to Youtube, Amazon recommendations. Things like the digital advertisements shown to you by Google based on your search history, to AI integrated CPUs in new Smartphones. AI is taking over even in the transportation industry with companies like Tesla having autonomous electric cars whose success has prompted almost every major automobile company to dive into AI-powered autonomous electric vehicles.

In the manufacturing industry, many AI-powered robots and machines are used for assembly and other tasks and the financial industry and stock market's backbone is AI algorithms too. Hence almost all major industries are using AI in some way or the other, but experts say we shall be majorly dependent on Intelligent AI systems in every possible industry in the coming future. As AI oracle and venture capitalist, Dr. Kai Fu Lee quoted, "AI is going to change the world more than anything in the history of mankind. More than electricity." Let us see what role AI shall play in the coming future.

In a report released by Pew Research centre in 2018 titled "Artificial Intelligence and the Future of Humans", interviews of many learned professors, businessmen and experts were recorded. They were asked how do they see AI affecting our lives and technology by the year 2030. The experts expect that AI will take over almost every aspect of our life and will play a very crucial role in future technology, but raise some concerns also. The five most-often mentioned concerns were:

1. The use of AI reduces individuals' control over their lives
2. Surveillance and data systems designed primarily for efficiency profit and control are inherently dangerous

3. Displacement of human jobs by AI will widen economic and digital divides, possibly leading to social upheaval
4. Individuals' cognitive, social and survival skills will be diminished as they become dependent on AI
5. Loss of privacy, exposure to cybercrime and cyberwarfare

People depend on digital tools too much even today and as these intelligent systems become more advanced the elites who own these systems can influence the lives of normal people very easily causing an unbalance of power in society. It is a known fact that with new digital technology there has been a drop in social skills among the new generation causing mental health issues and other problems like depression. Some experts say the advancement of AI could make it worse with the removal of human contact and human element from most of the things in our day to day life. Hence, keeping all these concerns in mind it is needful we decide what role AI will play in the future as AI would surely be an integral part of our normal lives in the future.

Some solutions offered in the report are:

1. Improving collaboration across borders and stakeholder groups
2. Developing policies to assure that development of AI will be directed at augmenting humans and the common good
3. Shifting the priorities of economic, political and education systems to empower individuals

The perspective and mentality need to be changed as AI is capable of wonderful things from augmenting healthcare, transport, media, to help with major issues like Climate Change, natural disasters etc. It is in our hands to make sure that it is not used to compromise our freedom, privacy and diminish any social and cognitive abilities we possess as humans. Rather the aim should be at augmenting our abilities and making them better with the use of intelligent systems for the benefit of mankind.



Devansh Sharma,

B.Tech in Computer Science and Engineering

OLS ICSE Batch -2014

Message

6th August, 1945

I still remember sitting in the Literature Class reading the poem, 'A Doctor's Journal Entry for Aug 6, 1945' and it inspired me to create this piece. I feel that there was no better contribution to the magazine than one of my first writings, which also reminds me of OLS. The following is my portrayal of the Hiroshima City after the bombing during the Second World War. It describes the mental and physical trauma of the victims and how a single decision destroyed the lives of so many.

She looked around and found none. And then suddenly there was music in her ears and she hummed to the tune. Music that was enchanting. Music she wanted to dance to. Music radiating hope. Then some light and it was difficult to see around. Then came the sparkles, closer and closer and they touched her skin, caressed her hair, and seeped into her soul.

She could watch the fog gathering around her, engulfing her and she was drowning. It's peaceful when you aren't aware of the chaos around you. It is bliss, pure bliss when the world around you slows down, lets you finally breathe. Take in the air you so much needed. That day she wanted to sleep like a baby, wishing not to wake up ever again.

The place was a mess. Broken walls, crumpled around. Shattered windows, melting glass mixing with her skin. She lay still, counting her breaths. She lay there, waiting for the pain to go away. Finally falling into the abyss of sleep, she was free. She looked heavenly, so contented. Her beauty was breath-taking.

The sparks differentiated between none, the old died the same as kids. The burns were same, the melting skin was same, all of it was a painful similarity, a cruel joke on humanity. People all over the world were left with their blood boiling, hurtful that it wasn't a metaphor for some. Skin was charred that day, dropping onto the ground as wax from a candle. Bodies lay formless, a pool of pain. It was a scar carved on the chest of humanity, squeezing out every drop of compassion it ever had. What was left was a pale, lifeless form.

That day Hiroshima cried, cried over the oblivious departure it witnessed. It cried for the survivors with lives more torturous than death. It cried over the fate of each unborn. That day, 6th August, 1945, many were ripped off of their skin and some off of their clothes.



Kritika Purohit
OLS ICSE Batch -2016



Message

Reminiscing the school days

The ICSE Batch 2015-2016 of the Our Lady of The Snows High School, Kullu., that's how we are known. Reminiscing the glorious times of school days can make anyone emotional. Today when I put my pen to paper to write about my school days and my second home- my alma mater, recollecting all the good memories makes me dewy-eyed with nostalgia.

The morning prayers, sound of the period bell, the lunch breaks which actually were the play time, being scolded by our beloved teachers, annual function preparations, our school picnics and what not, all these memories will stay forever in our heart. It's actually ironic how the more I move forward to be a graduate, the more I wish to turn back time and go back to my school days. To be in that loving shelter of our OLS family, from fathers to brothers, to the ever-talented sisters and our hard-working teachers, all I am today is just because of them. Being an alumna of this prestigious school has taught me to be hard-working, sincere, perseverant, gritty, goal-oriented and the most important 'TO LOVE & TO SERVE'.

Back in school days everyday was a new lesson learnt in itself which I realize today. School seemed to be a very difficult place to survive at times, but trust me it is the most cherishable memory of my life. How a day at school started with the morning assembly where we chanted prayers for everyone's well-being. The feeling of responsibility as the prefects of school houses and clubs, the feeling of unity, belongingness and zest for one's house and at the same time the efforts that everyone

put in to emerge as the best class, this is how finely my school taught us the balance between different situations that we face.

Life after school is challenging and demands a lot from us and what I have always felt is that an OLSIAN is always prepared for whatever comes in his or her way. To all the juniors who are presently in the school, all I would like to say is that you are in the most caring hands and you'll be nurtured to bring the best in you. I believe that it becomes our moral duty to maintain the legacy of our alma mater. CHEER CHEER FORGET NOT HER FAME should be the aim of every student of our school. Even after 5 years of passing out from the school, I remember each and every word of the school anthem which we all sang in unison. Even today when I close my eyes and take a recap of my school days, I always feel that I am really blessed to be a part of this family. The longing of going back to the school days and reliving those moments again will always remain in my heart. Once an OLSIAN always and OLSIAN holds true every single time. With that proud note, here I sign off.

With love and respect to my alma mater



Teetikshavi Thakur
OLS ICSE Batch-2016

Message

The day I learned my mom was dying

I went to read about volcanic eruptions, earthquakes, fire, bloody war and murder. I wanted to discover the most awful, because I knew her death would be worse than that; and even crueller would be her absence, not for a day or a year. It meant not coming back. That was what I couldn't imagine. How many days in Never? How many times would we hear her contagious laugh and think, that's her, or hear the phone ring and feel suddenly happy, only to grasp it was basically nobody, and each burst of knowing would be one little death and it will happen all day.

When I reflect on my childhood, it was only my mom's presence that was consistent. My father wasn't around that much due to his work. And the world that my mom and I took on was constantly changing and frankly, never very easy.

We endured many challenges together, but somehow it all worked. It worked because we were not alone. We had each other. Our togetherness enabled us to navigate through the constant change and to conquer the challenges. It gave us an invulnerable strength. That strength endures. It's with me today.

In our time together, my mom taught me some of life's most important lessons. And she did so in a unique, but rather powerful way. Rarely, if ever, did she preach a specific message or compel me to act in a certain manner.

She loved bright colours. She was very spiritual. And she had a contagious laugh that was filled with unsettling amounts of joy. She lived by her own code. Because of her, I now embrace difference. I choose courage over comfort. I live by my own rules. Everyone whispered into my ears, "Time heals everything". I memorised that phrase like I memorised prayers in Hindi, each for a different favour. But, now when I'm 20 and I still miss my mom lost to death, friends went far by distance and indifference, expectations laughing back as disappointments, I don't think of time as a balm but as snow. While it buries down the grief, deeper with each passing moment, it also melts down on a random morning. Exposing old griefs to us like un-healed wounds to heat. The longer the time, the deeper the buried grief, but still it will melt.

Shivam Rawat
OLS ICSE Batch 2015-16

Message

Today as I pen down my thoughts about the institution I spent the formative years of my life in, I am overwhelmed with a myriad of emotions and countless memories are being stirred up in the niche of my heart which even today are as fresh as a daisy. What indeed startles me is the vivid accuracy with which I reminisce the time I have spent here viz. the morning assemblies, the classroom bantering, the co-curricular activities and even bunking a class or two (if I may say). Such profound is the impression my school has left on the canvas of my heart. Needless to shed light on the academic prowess of the institution, I have come to understand that it really is the extra-curricular activities and in turn, the exposure that the students get that enables them to let their creative juices flow. It is this milieu that provides for the overall character development of the students and makes them capable of facing life, head on. Under the tutelage of the able teachers, the virtues of hard work, discipline, teamwork and basically the works are infused into the moral fabric of the students who would later come across as men and women of dignified bearing and character. Not to forget, after having passed out of the school, it now befalls me that the people I have had the merry fortune of calling my teachers and their affection would sadly not be found anywhere else outside of the four walls of this institution. Therefore, we should make the most of our time here as later all we would be left with is memories. As my alma mater completes fifty years of its establishment, all I can hope for is many more illustrious years to come.



Dhruv Ambar Jaswal
OLS ICSE Batch 2017-18



SCHOLASTIC YEAR-2019

INVESTITURE CEREMONY

Leaders are made, they are not born. They are made by hard effort, which is the price which all of us must pay to achieve any goal that is worthwhile.

-Vince Lombardi









OLS SCHOOL LEADERS-2019

HEAD BOY	RAGHAVENDER SINGH SAKLANI 10B	DEPUTY HEAD BOY	OMANSH SHARMA 9B
HEAD GIRL	DAKSHYASHREE JAMWAL 10A	DEPUTY HEAD GIRL	LAVANYA SOOD 9B

HOUSE LEADERS - 2019

BHABHA HOUSE	
MODERATORS	1. MISS. HIMANI SHARMA 2. MRS. ASHMITA SHARMA
CAPTAIN (BOYS)	Parth Awasthi X-B
ICE CAPTAIN (BOYS)	Sambhav Jain IX-B
CAPTAIN (GIRLS)	Jyoti Soni X-B
VICE CAPTAIN (GIRLS)	Siya Sood IX-B
GANDHI HOUSE	
MODERATORS	1. MR. SHASHIKANT PATHANIA 2. MR. RAJESH SHARMA
CAPTAIN (BOYS)	Nawang Tashi X-B
VICE CAPTAIN (BOYS)	Aryaman Kashyap IX-B
CAPTAIN (GIRLS)	Sarisha Katyayan X-B
VICE CAPTAIN (GIRLS)	Shreya Agarwal IX-A

NEHRU HOUSE	
MODERATORS	1. MR. SUMEET UPADHYAY 2. MR. ASHUTOSH SHARMA
CAPTAIN (BOYS)	Raghav sood X-B
VICE CAPTAIN (BOYS)	PranjalSharma IX-A
CAPTAIN (GIRLS)	Kanika Thakur X-B
VICE CAPTAIN (GIRLS)	DakshitaThakur IX-A
TAGORE HOUSE	
MODERATORS	1. MR. MUNISH KUMAR 2. MR. ANKUSH THAKUR
CAPTAIN (BOYS)	Purab Sharma X-A
VICE CAPTAIN (BOYS)	Lakshya Panwar IX-B
CAPTAIN (GIRLS)	Twisha Thakur X-A
VICE CAPTAIN (GIRLS)	Tejasvi Sharma IX-A

CLUB LEADERS-2019

1. LITERARY CLUB (ENGLISH SECTION)

ANIMATORS

MR. ANKUSH THAKUR,
MRS. MEENAKSHI CHAUHAN

PRESIDENT :	Arshia Sethi X-A
V.PRESIDENT :	Rewa Upadhyay X-B
SECRETARY:	Vanshika Thakur IX-A
SECRETARY:	Anisha Thakur IX-B

2. LITERARY CLUB (HINDI SELECTION)

ANIMATORS

MRS. MEENAKSHI SOOD, MRS. BHUVANESHWARI THAKUR,
MRS. BIMLA DEVI

PRESIDENT :	Freya Thakur X-B
V.PRESIDENT :	Abha Acharya IX-A
SECRETARY:	Shriya Thakur IX-A
SECRETARY:	Ashlesha Thakur IX-B



3. SOCIAL SERVICE CLUB

ANIMATORS

MRS. KALPANA SALHURIA, MRS. MANJU JOLLY

PRESIDENT :	Khavaish Dutt X-B
V.PRESIDENT :	Ayush Derma X-B
SECRETARY:	Anubhav Dhiman X-B
SECRETARY:	Sarah Rajgaur IX-A

4. COMPUTER CLUB

ANIMATORS

MR.MUNISH KUMAR, MR.ASHUTOSH SHARMA
MRS. LOVESH PARMAR

PRESIDENT :	Charan Sood X-A
V.PRESIDENT :	Arya Chaudhary X-A
SECRETARY:	Aakash Sharma X-A
SECRETARY:	Anosh Masih IX-B

5. ACTIVITY CLUB

ANIMATORS

MRS. MANPREET, MRS. REENA SOOD

PRESIDENT :	Sneha Bhalla X-A
V.PRESIDENT :	RishitaThakur X-B
SECRETARY:	Satyam Thakur X-A
SECRETARY:	Aadya Kapoor IX-B

6. ECO CLUB

ANIMATORS

MR.NISHANT VAIDYA, MR. DEEPAK THAKUR

PRESIDENT :	Sumati Jain X-A
V.PRESIDENT :	Adheesh Sood X-A
SECRETARY:	Arunima Kaushal X-A
SECRETARY:	Rishi Ahuja IX-B

7. SCIENCE CLUB

ANIMATORS

MRS. SHALINI VERMA, MRS. PRITI SHARMA

PRESIDENT :	Adrisaa Singh X-A
V.PRESIDENT :	Siya Sharma X-B
SECRETARY:	Anchal Soni X-A
SECRETARY:	Prabal Pathania IX-B

8. ARTS & CRAFTS CULTURAL CLUB

ANIMATORS

MRS. SHIVANI SHARMA, MRS. NEETIKA SALHURIA

PRESIDENT :	Devanshi Rana X A
V.PRESIDENT :	Bhuwanshu Nalwa X-A
SECRETARY:	Molly Kapoor X-B
SECRETARY:	Ruth Barjo IX-B

9.PHOTOGRAPHY/MEDIA CLUB

ANIMATORS

MR. MUNISH KUMAR, MR. ASHUTOSH SHARMA

PRESIDENT :	Shreya Saroch X-B
V.PRESIDENT :	Parth Awasthi X-B
SECRETARY:	Aditi Sharma X-B
SECRETARY:	Kunal Thakur IX-A

10. SPORTS CLUB

ANIMATORS

MR. DINESH KUMAR GUPTA, MRS. GAURAV BHARDWAJ

PRESIDENT :	Vishesh Acharya X-A
V.PRESIDENT :	Diya Sood X-A
SECRETARY:	Kashish Kropha X-B
SECRETARY:	Suryanshi Mandyal IX-A

11. QUIZ CLUB

ANIMATORS

MRS. VANDANA SHARMA, MR. PADAM JAMWAL

PRESIDENT :	Alankrit Verma X-A
V.PRESIDENT :	Soumya Makkar X-A
SECRETARY:	Kaamakshi Sen IX-A
SECRETARY:	Anubhuti Mohan IX-A

12. HERITAGE CLUB

ANIMATORS

MR. ERA SUD, FR. THARTHIUS

PRESIDENT :	Aishana Gupta X-A
V.PRESIDENT :	Mrighakshi Patti X-B
SECRETARY:	Rashi Bhardo X-B
SECRETARY:	Omar Labeeb Khan IX-B

13. PEACE CLUB

ANIMATORS

FR. MATHEW PJ, VANDANA SHARMA

PRESIDENT :	Sarthak Mahal X A
V.PRESIDENT :	Sheenam Verma X A
SECRETARY:	Raghavender Singh Saklani X-B
SECRETARY:	Dakshyashree Jamwal X-A

EPISTLE

Life is a journey that is not meant to be made safely. Live life in a way that when you look back at it, you say that I lived it, not survived it. Books give us knowledge but age lets us acquire what books can't reach. This is called experience and it is directly proportional to one's age and professions. Hence messages from our elders, well-wishers and professionals of their field help as a guiding light in this long journey of life.





MESSAGES FROM THE HEAD BOY & THE HEAD GIRL

Head Boy's Message



"The journey of a thousand miles begins with one step" and that baby step I took when I enrolled myself in OLS School. I can distinctly visualise and clearly recall the time when I first stood at the threshold of the colossal building of our school. As a toddler, I was totally riddled and confused at the beginning totally unsure about how my journey at OLS would unfold and change my life.

My journey at OLS has been full of twists and turns comprising sweet and sour moments and till class-8 level, I wasn't really among the toppers. Slowly and steadily, taking one day at a time, I upped my game and was among the toppers of the class. It came as a pleasant surprise when I was announced the Head Boy for the scholastic year 2019. I was on cloud nine when Reverend Fr.P.J. Mathew broke out the news to me that he had elected me as the Head Boy of this prestigious institution. With emotions running high, I felt short of words to express my happiness and gratitude for this opportunity to serve such an elite institution. I was more than ready to accept the insignia of my office as a Head Boy and fulfil my duties.

"To become a diamond you have to be cut and polished and to be a shining star you have to be burnt."

OLS has not only taught me ABC of alphabets but also the ABC of life. I will try my level best to help my fellow students and will leave no stone unturned to make our school reach unscaled heights.

-Raghvender Singh Saklani

Head Boy 2019

Head Girl's Message



Dream Big, Stay Positive, Work Hard, and Enjoy the Journey."

Being the Head Girl for the scholastic year 2019, was truly beyond the words of expression. I feel highly blessed to have attained this position. I am not able to articulate the feeling of holding this inestimable post.

Though being a Head Girl is a prize in itself, it doesn't mean that it was an easy job. Your responsibilities increase as you have to look after all the necessary demands. It would be a travesty to say that the responsibilities end after attaining the position.

It is highly difficult to achieve all your dreams in just one day. Remember "Rome wasn't built in a day". Failures are inevitable and incorrigible in one's life but that doesn't mean that one should quit by just a single attempt. Life gives you a lot of opportunities, you just need to grasp them at the right moment.

I still remember admiring those shining, glittering badges my seniors used to wear whenever they performed their duty. But being one of them was not at all an easy task. I was called upon whenever a special ceremony or any function was to be organised wherein I realized that completing any task with perfection was a challenging job. I learnt that one must appreciate the duties performed by others.

Through the course of this year, being the Head Girl of the school, I came across a lot of lessons which in their truest way are a cherished treasure. It made me know the hard work of people who have striven hard in order to make our day as comfortable as possible, the strenuous efforts of our teachers and incomparable work of our non-teaching staff.

Having a position in life is important but you should know how to handle the responsibility. Being a Head Girl certainly gave me a lot of power over other leaders but one must know how to handle it. "With great power, comes great responsibility" and one needs to be aware of what is going on in the vicinity.

Besides the responsibilities, I learnt numerous valuable lessons this year. Holding a high position in school is truly arduous but it also teaches priceless lessons. But the most important thing that one must focus on is their studies for in school, it is appreciable to hold a specific post but disastrous to compromise your studies for it. Studies are priority and therefore they must not be put aside or compromised in any way.

I enjoyed every second of being the Head Girl of the school. Whenever I would look back, it would always bring a big smile on my face.

"Good times come and go but the school memories stay forever. Cherish them while you can."

-Dakshyashree Jamwal

Head Girl 2019

ACADEMIC ACCOLADES

ICSE TOPPERS - 2019

We are what we repeatedly do. Excellence then, is not an act, but a habit.
-Aristotle



PRAKRITI THAKUR
CLASS 10B



SAMARTHYA SHARMA



ANKITA NEGI
CLASS 10A



SUKRITI PARMAR
CLASS 10B



ANIPREET SINGH
CLASS 10A



ARMAAN
CLASS 10B



JYOTI SHARMA



SAUHARD BHATNAGAR
CLASS 10B



MUSKAAN BODH
CLASS 10B



DAKSH SETH



NANDINI GAUTAM



SIMRAN SAREEN



10 ANANYA SOOD
CLASS 10A

POSITION	NAME	PER. %
1 st	Prakriti Thakur	95
2 nd	Samarthya Sharma	94.8
3 rd	Ankita Negi	94.6
4 th	Sukriti Parmar	94.4
5 th	Anipreet Singh	93.4
5 th	Armaan Upadhayay	93.4
5 th	Jyoti Sharma	93.4
6 th	Sauhard Bhatnagar	93.2
7 th	Muskaan Bodh	92.8
8 th	Daksh Seth	92.6
8 th	Nandini Gautam	92.6
9 th	Simran Sareen	92.2
10 th	Ananya Sood	92

SUBJECT TOPPERS		
SUBJECT	HIGHEST MARKS	NAME
ENGLISH	96	NANDINI GAUTAM
HINDI	99	ANANYA SOOD
		PRAKRITI THAKUR
		SHANVI THAKUR
HIS/ CIVICS & GEOGRAPHY	94	MUNISHA NAGAL
		ANKITA NEGI
		ANIPREET SINGH
MATHS	98	NIHARIKA SHARMA
		DAKSH SETH
SCIENCE	95	ANIPREET SINGH
COMPUTER APPLICATIONS	100	ANKITA NEGI
		ANKITA NEGI



OLS CLASS TOPPERS- 2019

PRIZE DISTRIBUTION CEREMONY

“Winners are not people who never fail, but people who never quit...”

Prize Distribution Ceremony was organized on 18th and 19th November, 2019 to felicitate our achievers, the winners of various events which were held during the year. It was the day when students were acknowledged for their meritorious efforts, they act as role models for the other students and inspire them to work hard and achieve their goals in life.

CLASS-1 A				
POSITION	NAME	TOTAL	%	HOUSE
FIRST	DIVYAM THAKUR	598.7	99.8	GANDHI
SECOND	RHYTHEM THAKUR	598.6	99.8	NEHRU
THIRD	NISHTHA THAKUR	594	99	GANDHI

CLASS- 1 B				
POSITION	NAME	TOTAL	%	HOUSE
FIRST	AARAV CHAUDHARY	597.5	99.6	BHABHA
SECOND	UTHARSH SRIVASTAV	591.5	98.6	TAGORE
THIRD	ATIKSH CHAUDHARY	591.1	98.5	GANDHI

CLASS- 2 A				
POSITION	NAME	TOTAL	%	HOUSE
FIRST	REVA THAKUR	594.9	99.2	GANDHI
SECOND	SURYANSHI THAKUR	592	98.8	TAGORE
THIRD	SHUBH UPADHYAY	590.4	98.4	TAGORE

CLASS- 2 B				
POSITION	NAME	TOTAL	%	HOUSE
FIRST	RIDDWAN NEGI	593.3	98.9	TAGORE
SECOND	ANAV SHARMA	592.2	98.7	TAGORE
THIRD	PRABHAV THAKUR	588.4	98.1	NEHRU

CLASS- 3 A				
POSITION	NAME	TOTAL	%	HOUSE
FIRST	PRAGYA THAKUR	699.6	99.9	NEHRU
SECOND	SANVI MEHRA	696.4	99.5	TAGORE
THIRD	DISHEN THAKUR	690.6	98.7	NEHRU

CLASS- 3 B				
POSITION	NAME	TOTAL	%	HOUSE
FIRST	SWASTIKA SOOD	696.7	99.7	GANDHI
SECOND	KAVISH SOOD	695.4	99.3	NEHRU
THIRD	SHIVANSH THAKUR	694.0	99.1	GANDHI



CLASS- 4 A				
POSITION	NAME	TOTAL	%	HOUSE
FIRST	SANIDHYA THAKUR	690.8	98.7	GANDHI
SECOND	GUNJAN SOOD	686.6	98.1	NEHRU
THIRD	OTHSALGAWA BARONGPA	683.1	97.6	GANDHI

CLASS- 4 B				
POSITION	NAME	TOTAL	%	HOUSE
FIRST	SHARANYAGUMRA	688.3	98.3	GANDHI
SECOND	JAMYANGSINGYE	685.6	97.9	BHABHA
THIRD	YOGITA JAIN	685.3	97.9	BHABHA

CLASS- 5 A				
POSITION	NAME	TOTAL	%	HOUSE
FIRST	ASMI CHAUDHARY	689.0	98.4	BHABHA
SECOND	AASHWI SHARMA	687.4	98.2	GANDHI
THIRD	MAHIMA THAKUR	681.9	97.4	BHABHA

CLASS- 5 B				
POSITION	NAME	TOTAL	%	HOUSE
FIRST	KASHIKA SHARMA	687.7	98.2	TAGORE
SECOND	ANUBHAV KAPOOR	686	98	GANDHI
THIRD	AANCHAL CHAUHAN	680.7	97.2	NEHRU

CLASS- 6 A				
POSITION	NAME	TOTAL	%	HOUSE
FIRST	NAVYAM SHARMA	986	98.6	BHABHA
SECOND	PRANJAL MAKKAR	981	98.1	NEHRU
THIRD	BHARVI KAUNDAL	972	97.2	NEHRU

CLASS- 6 B				
POSITION	NAME	TOTAL	%	HOUSE
FIRST	SHIREEN CHABA	979	97.9	TAGORE
SECOND	KESHICA VERMA	975	97.5	NEHRU
THIRD	DEVANSHIMOU DGIL	960	96.0	BHABHA

CLASS- 7 A				
POSITION	NAME	TOTAL	%	HOUSE
FIRST	SAMANYU THAKUR	962.6	96.3	BHABHA
SECOND	ARJUN SALHURIA	962.4	96.2	BHABHA
THIRD	AARUSHIGAUTAM	931.3	93.1	GANDHI

**CLASS- 7 B**

POSITION	NAME	TOTAL	%	HOUSE
FIRST	NEALKANTH SOOD	992	99.2	BHABHA
SECOND	ALANKRIT THAKUR	988.3	98.8	BHABHA
THIRD	ARJUN PRASHAR	984.3	98.4	TAGORE

CLASS- 8 A

POSITION	NAME	TOTAL	%	HOUSE
FIRST	ANANYA THAKUR	984.0	98.4	BHABHA
SECOND	PRAKRITI SINGH	930.7	93.1	NEHRU
THIRD	ARPIT CHAUDHARY	928.1	92.8	BHABHA

CLASS- 8 B

POSITION	NAME	TOTAL	%	HOUSE
FIRST	ANANYA THAKUR	955.0	95.5	BHABHA
SECOND	RISHABH SAHAY	948.0	94.8	BHABHA
THIRD	ARANYA KAPOOR	946.0	94.6	GANDHI

CLASS- 9 A

POSITION	NAME	TOTAL	%	HOUSE
FIRST	SHRIYA THAKUR	938	93.8	NEHRU
SECOND	ABHA ACHARYA	934.8	93.5	NEHRU
THIRD	ARYAN THAKUR	925	2.5	BHABHA

CLASS- 9 B

POSITION	NAME	TOTAL	%	HOUSE
FIRST	AADYA KAPOOR	970.2	97	GANDHI
SECOND	SAMBHAV JAIN	960.9	96	BHABHA
THIRD	LAVANYA SOOD	950.2	95	NEHRU

CLASS- 10 A

POSITION	NAME	TOTAL	%	HOUSE
FIRST	DAKSHYASHREE JAMWAL	923	92.3	GANDHI
SECOND	BHUWANSHU NALWA	904	90.4	BHABHA
THIRD	ADHEESH SOOD	887	88.7	NEHRU

CLASS- 10 B

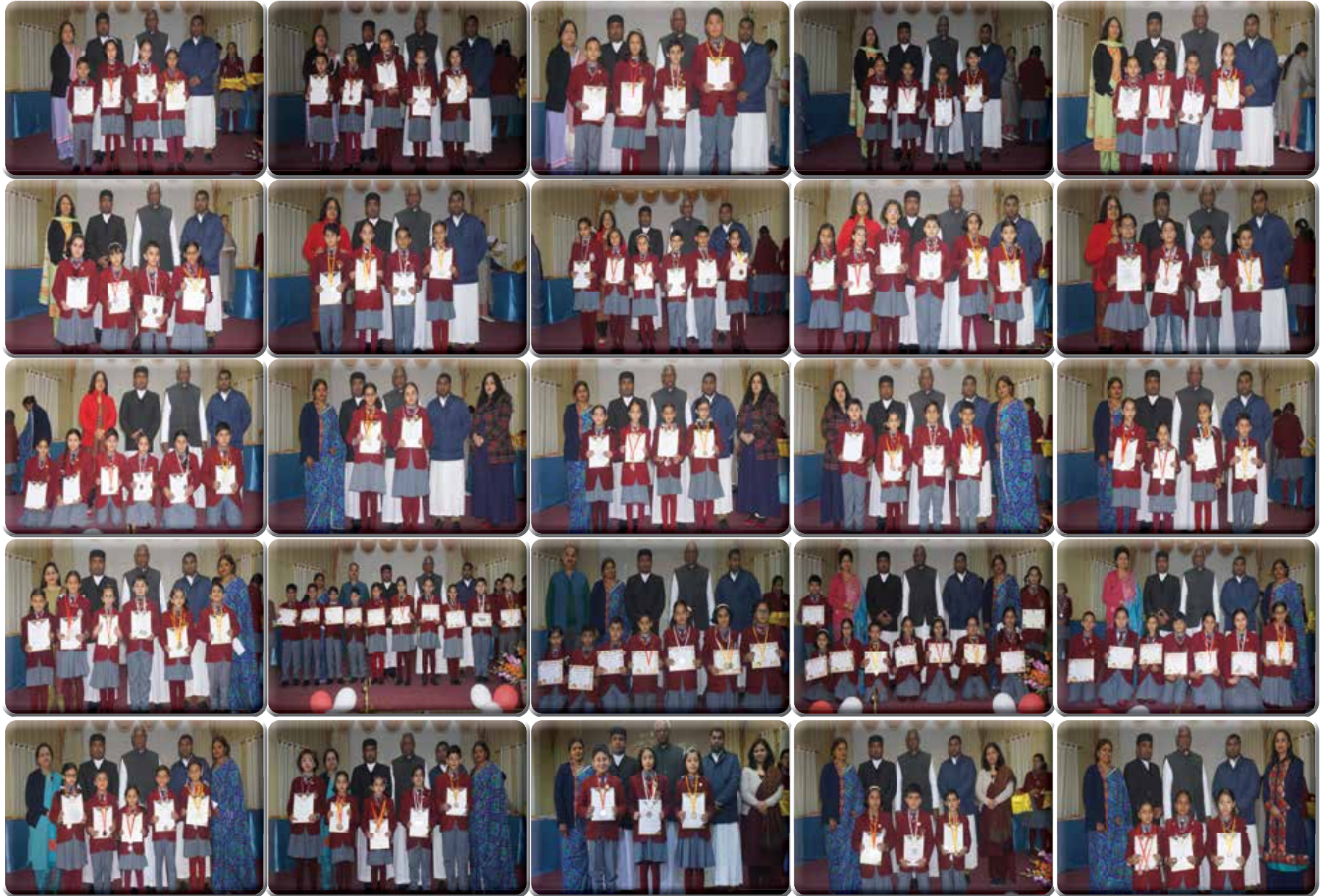
POSITION	NAME	TOTAL	%	HOUSE
FIRST	RAGHAVENDER SINGH SAKLANI	941	94.1	GANDHI
SECOND	KANIKA THAKUR	931	93.1	NEHRU
THIRD	MRIGHAKSHI PATTI	921	92.1	BHABHA

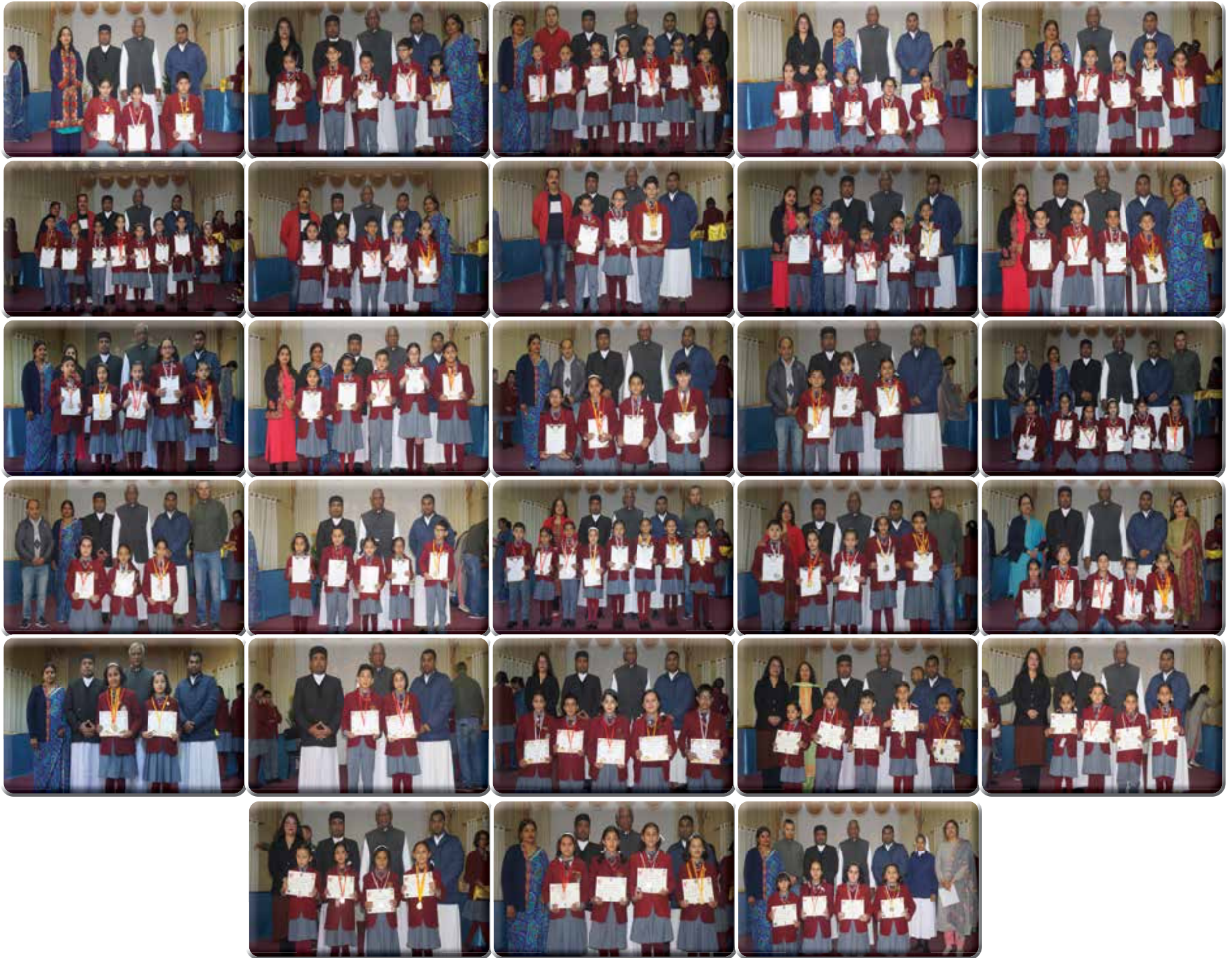
ACADEMIC & CO-CURRICULAR ACCOLADES HELD ON 15TH NOVEMBER, 2019 [SENIORS]





ACADEMIC & CO-CURRICULAR ACCOLADES HELD ON 18th NOVEMBER, 2019 [JUNIORS]









ACTIVITY REPORT

Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it.
-Greg Anderson

ENGLISH CALLIGRAPHY (JUNIORS) : 27TH FEBRUARY, 2019

CLASSES I A & I B

POSITIONS	NAME OF THE STUDENTS	CLASS	HOUSE
1ST	ANIKAIT THAKUR	1 A	NEHRU HOUSE
2ND	RHYTHM THAKUR	1 A	NEHRU HOUSE
3RD	SANYOGITA THAKUR	1 B	GANDHI HOUSE
4TH	VARUNIKA SHARMA	1 B	NEHRU HOUSE

CLASSES II A & II B

POSITIONS	NAME OF THE STUDENTS	CLASS	HOUSE
1ST	AARADHYA THAKUR	II A	NEHRU HOUSE
2ND	KANAV DUTT	II A	TAGORE HOUSE
3RD	CHHOESANGKUNZUM	II B	GANDHI HOUSE
4TH	SHIVANSH THAKUR	II B	GANDHI HOUSE

CLASSES III A & III B

POSITIONS	NAME OF THE STUDENTS	CLASS	HOUSE
1ST	SANVI MEHRA	III A	TAGORE HOUSE
2ND	VARUNEE SHARMA	III B	GANDHI HOUSE
	NEVIYA CHAUHAN	III A	GANDHI HOUSE
3RD	OJASVI THAKUR	III B	TAGORE HOUSE
4TH	AASTHA THAKUR	III B	BHABHA HOUSE

CLASSES IV A & IV B

POSITIONS	NAME OF THE STUDENTS	CLASS	HOUSE
1ST	NAISHA SINGH	IV B	GANDHI HOUSE
	GUNJAN SOOD	IV A	NEHRU HOUSE
2ND	PRIYANSHI SHARMA	IV B	TAGORE HOUSE
3RD	REHA SINGH	IV A	TAGORE HOUSE
4TH	SAHAJ SHARMA	IV A	TAGORE HOUSE

CREATIVE WRITING (SENIORS) : 27TH FEBRUARY, 2019

CLASSES V A & V B

POSITIONS	NAME OF THE STUDENTS	CLASS	HOUSE
1ST	PARINITA KATOCH	V B	NEHRU HOUSE
2ND	PURVI BHARDWAJ	V B	NEHRU HOUSE
3RD	MYTHILI RANA	V A	TAGORE HOUSE
4TH	AADHUNIKA MOHAN	V A	BHABHA HOUSE

CLASSES VI A & VI B

POSITIONS	NAME OF THE STUDENTS	CLASS	HOUSE
1ST	AADIT THAKUR	VI B	GANDHI HOUSE
2ND	NAVYAM SHARMA	VI A	BHABHA HOUSE
3RD	SUHANI THAKUR	VI B	GANDHI HOUSE
4TH	RIJULSHASHNI	VI A	BHABHA HOUSE

CLASSES VII A & VII B

POSITIONS	NAME OF THE STUDENTS	CLASS	HOUSE
1ST	ATHARV BODH	VII A	GANDHI HOUSE
2ND	AARINICHOKHANGPA	VII B	NEHRU HOUSE
3RD	YASH GUPTA	VII A	NEHRU HOUSE
4TH	RIA SINGH PATHANIA	VII A	NEHRU HOUSE
	ALANKRIT THAKUR	VII B	BHABHA HOUSE

CLASSES VIII A & VIII B

POSITIONS	NAME OF THE STUDENTS	CLASS	HOUSE
1ST	VRINDA SHARMA	VIII A	TAGORE HOUSE
	MANNAT BHARDWAJ	VIII B	BHABHA HOUSE
2ND	ANANYA THAKUR	VIII A	BHABHA HOUSE
	ANANYA THAKUR	VIII B	BHABHA HOUSE
3RD	PRAKRITI SINGH	VIII A	NEHRU HOUSE
	ARANYA KAPOOR	VIII B	BHABHA HOUSE
4TH	SWASTIK YAMBA	VIII A	NEHRU HOUSE

**CLASSES IX A & IX B**

POSITIONS	NAME OF THE STUDENTS	CLASS	HOUSE
FIRST	ABHA ACHARYA	IX A	NEHRU HOUSE
	SIYA SOOD	IX B	BHABHA HOUSE
SECOND	DAKSHTA SINGH THAKUR	IX A	NEHRU HOUSE
	LAVANYA SOOD	IX B	NEHRU HOUSE
THIRD	ANANDITA BALI	IX A	BHABHA HOUSE
	AADYA KAPOOR	IX B	GANDHI HOUSE
FOURTH	OMANSH SHARMA	IX A	GANDHI HOUSE
	SATYAM THAKUR	IX B	GANDHI HOUSE

CLASSES X A & X B

POSITIONS	NAME OF THE STUDENTS	CLASS	HOUSE
FIRST	DAKSHYASHREE JAMWAL	X A	GANDHI HOUSE
	FREYA THAKUR	X B	TAGORE HOUSE
SECOND	ADIRSA SINGH	X A	NEHRU HOUSE
	REWA UPADHYAY	X B	NEHRU HOUSE
THIRD	ARSHIYA SETHI	X A	NEHRU HOUSE
	MRIDUL THAKUR	X B	NEHRU HOUSE
FOURTH	PURAB SHARMA	X A	TAGORE HOUSE
	HARSHUL SINGH THAKUR	X B	NEHRU HOUSE

COLOURING COMPETITION-2019 : 16TH MARCH, 2019**CLASS 1 A & B**

POSITION	NAME	CLASS	HOUSE
FIRST	AARAV CHAUDHARY	1 B	BHABHA
SECOND	ANIKA RANA	1 B	NEHRU
THIRD	SARA BHOPAL	1 A	GANDHI
FOURTH	YAKSH THAKUR	1 B	BHABHA

CLASS 2 A & B

POSITION	NAME	CLASS	HOUSE
FIRST	KANAN DUTT	2 A	TAGORE
SECOND	BHAVESH THAKUR	2 A	TAGORE
THIRD	SARIA THAKUR	2 B	BHABHA
FOURTH	SANIDHYASHASHNI	2 A	NEHRU

CLASS 3 A & B

POSITION	NAME	CLASS	HOUSE
FIRST	TVISHA RANA	3 B	BHABHA
SECOND	SRISHTI KAPOOR	3 B	GANDHI
THIRD	SANGHEY DOLMA	3 A	NEHRU
FOURTH	SHIVANSH THAKUR	3 B	GANDHI

CLASS 4 A & B

POSITION	NAME	CLASS	HOUSE
FIRST	MRIDUL BANSAL	4 A	TAGORE
SECOND	MALISHKADOLKARLOPPA	4 A	TAGORE
THIRD	SHAURYA PAUL	4 A	TAGORE
FOURTH	DEEPSHIKHA NALWA	4 B	NEHRU
	ASHUTOSH THAKUR	4 B	NEHRU

CLASS 5 A & B

POSITION	NAME	CLASS	HOUSE
FIRST	VAISHNAVI PATHANIA	5 A	TAGORE
SECOND	RISHITA KOUNDAL	5 B	TAGORE
THIRD	ADVIKA CHAND	5 A	NEHRU
FOURTH	NAVYA CHAUDHARY	5 B	BHABHA

CLASS 6 A & B

POSITION	NAME	CLASS	HOUSE
FIRST	BHARVI KAUNDAL	6 A	NEHRU
SECOND	VASAV TANDON	6 B	GANDHI
THIRD	ADITRI THAKUR	6 B	TAGORE
FOURTH	BHAVYASHREEJAMWAL	6 A	TAGORE

COLLAGE MAKING COMPETITION : (16TH MARCH, 2019)**CLASS 7 A & B**

POSITION	NAME	CLASS	HOUSE
FIRST	CHANDERMOLY PANDIT	7 B	TAGORE
SECOND	SWASTIK BODH	7 A	GANDHI
THIRD	SAMANYU THAKUR	7 A	BHABHA
FOURTH	REET ATTRI	7 A	GANDHI
	AARUSHITA SHARMA	7 B	GANDHI



CLASS 8 A & B			
POSITION	NAME	CLASS	HOUSE
FIRST	MANNAT BHARDWAJ	8 B	NEHRU
SECOND	ANSHUL THAKUR	8 B	GANDHI
THIRD	ANANYA THAKUR	8 B	BHABHA
FOURTH	SIDDHARTH THAKUR	8 B	NEHRU
CLASS 9 A & B			
POSITION	NAME	CLASS	HOUSE
FIRST	ABHA ACHARYA	9 A	NEHRU

SECOND	RUTH BARJO	9 B	GANDHI
THIRD	SHREYA AGARWAL	9 A	GANDHI
FOURTH	KUMUD SHARMA	9 A	BHABHA
CLASS 10 A & B			
POSITION	NAME	CLASS	HOUSE
FIRST	BHUWANSHU NALWA	10 A	BHABHA
SECOND	SHREYA SAROCH	10 B	TAGORE
THIRD	SARISHA KATYAYAN	10 B	GANDHI
FOURTH	SOUMYA MAKKAR	10 A	NEHRU

CO-CURRICULAR ACTIVITIES 2019

DISTT LEVEL INDEPENDENCE DAY CUP TT - 16th AUGUST

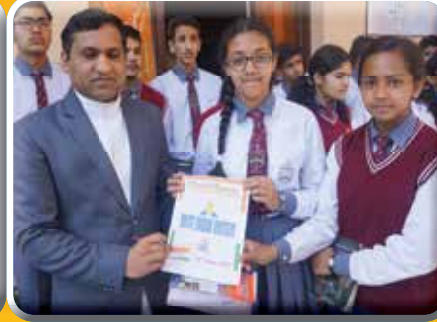


*Activities
held
Outside the
School*





CLASS ASSEMBLIES, APRIL-22 EASTER 2019 AND RELEASE OF MAGAZINE





COLORING COMPETITION 16th MARCH, 2019





INTER-HOUSE CRICKET TOURNAMENT WINNERS 30th MARCH, 2019



GROUP A : BOYS (CLASSES 7, 8, 9 & 10)

Winners	Bhabha House
Runners' Up	Tagore House
3rd Position	Nehru House
4th Position	Gandhi House
Best Batsman	Tushar Thakur House : Nehru House
Best Bowler	Shiven Chadha House : Gandhi House
Man of the Series	Arman Bali House : Bhabha House

CRICKET FOR GIRLS: CLASSES 8, 9 & 10

Winners	Bhabha & Gandhi House
Runners' Up	Nehru & Tagore House
Best Batsman	Varunavi Paul House: Nehru House
Best Bowler	Dakshyashree Jamwal House : Gandhi House
Man of the Series	Rishita Thakur House: Bhabha House

BEST OUT OF WASTE : 30th MARCH ,2019

CLASSES III A & III B

Positions	Name of the students	Class	House
1st	Rochan Kapoor	3 B	Bhabha House
2nd	Yatharth Sharma	3 A	Bhabha House
3rd	Shivansh Thakur	3 B	Gandhi House
4th	Abhigya Gupta	3 B	Nehru House

CLASSES IV A & IV B

Positions	Name of the students	Class	House
1st	Aditi Sharma	4 B	Tagore House
2nd	Hitain Chadha	4 B	Tagore House
3rd	Yashvi Rana	4 A	Tagore House
4th	Akshita Sharma	4 A	Gandhi House
	Swabhiman Bhardwaj	4 B	Nehru House

CLASSES V A & V B

Positions	Name of the students	Class	House
1st	Samayra Thakur	5 B	Gandhi House
2nd	Yatharth Sharma	5 B	Nehru House
	Parth Upadhyay	5 A	Nehru House
3rd	Gauri Mahajan	5 A	Tagore House
4th	Aditya Vardhan Bodh	5 B	Tagore House

CLASSES VI A & VI B

Positions	Name of the students	Class	House
1st	Prajanya Rana	6 A	Tagore House
2nd	Ridhi Sharma	6 A	Tagore House
	Lakshmi Sharma	6 B	Gandhi House

3rd	Mehul Sud	6 A	Gandhi House
4th	Shubhangi Kaistha	6 A	Nehru House
	Devanshi Moudgil	6 B	Bhabha House

SCIENCE QUEST -23rd APRIL, 2019

CLASS 5 A & B

Position	Name	Class	House
First	Anubhav kapoor	5 B	Gandhi
Second	Samayra Thakur	5 B	Gandhi
Third	Aashwi Sharma	5 A	Gandhi

CLASS 6 A & B

Position	Name	Class	House
First	Mridul Bhalla	6 A	Nehru
Second	Kaveri Sharma	6 A	Bhabha
Third	Bharvi Kaundal	6 A	Nehru

CLASS 7 A & B

Position	Name	Class	House
First	Neelkanth Sood	7 B	Bhabha
	Siya Gautam	7 B	Nehru
Second	Aryan Mahant	7 B	Bhabha
Third	Alankrit Thakur	7 B	Bhabha

CLASS 8 A & B

Position	Name	Class	House
First	Ananya Thakur	8 A	Bhabha
Second	Mannat Bhardwaj	8 B	Bhabha
Third	Aranya Kapoor	8 B	Bhabha

CLASS 9 A & B			
Position	Name	Class	House
First	Aadya Kapoor	9 B	Gandhi
Second	Lavanya Sood	9 B	Nehru
Third	Shreya Agarwal	9 A	Gandhi
CLASS 10 A & B			
Position	Name	Class	House
First	NawangTashi	10 B	Gandhi
Second	Pranav Sood	10 B	Nehru
Third	Mridul Thakur	10 B	Nehru
ENGLISH ELOCUTION - 29th APRIL, 2019			
CLASSES I & II			
Positions	Name of the students	Class	House
1st	Aarini Sharma	2 B	Tagore House
2nd	Alankrita Chandel	1 A	Gandhi House
3rd	Kanan Dutt	2 A	Tagore House
4th	Nitya Thakur	2 B	Bhabha House
CLASSES III A & IV			
Positions	Name of the students	Class	House
1st	Dishen Thakur	3 A	Nehru House
2nd	Chandrakant Sood	4 B	Tagore House
3rd	Twisha Rana	3 B	Bhabha House
4th	Othsal Gawa	4 A	Gandhi House
CLASSES V A & VI			
Positions	Name of the students	Class	House
1st	Keshika Verma	6 B	Nehru House
	Vasav Tandon	6 B	Gandhi House
2nd	Ashvi Sharma	5 A	Gandhi House
3rd	Bhavyashree Jamwal	6 A	Tagore House
4th	Devanshi Moudgil	6 B	Bhabha House
CLASSES VII A & VIII			
Positions	Name of the students	Class	House
1st	Vaaruni Sood	8 B	Gandhi House
2nd	Aranya Kapoor	8 B	Bhabha House
3rd	Ananya Thakur	8 A	Bhabha House
4th	Varunavi Paul	8 B	Nehru House
CLASSES IX & X			
Positions	Name of the students	Class	House
1st	Lavanya Sood	9 B	Nehru House
2nd	Mridul Thakur	10 B	Nehru House
3rd	Dakshyashree Jamwal	10 A	Gandhi House
4th	Arshiya Sethi	10 A	Nehru House

Dance Competition - 04th MAY, 2019			
CLASSES I & II			
Positions	Name of the students	Class	House
1st	Viyan	1 B	Nehru House
2nd	Alankrita Chandel	1 A	Gandhi House
3rd	Kanishka Vardhan	1 A	Nehru House
4th	KananDutt	2A	Tagore House
CLASSES III & IV			
Positions	Name of the students	Class	House
1st	Manit Soni	4 B	Bhabha House
	Tvisha Rana	3 B	Bhabha House
2nd	Othsal Gawa	4 A	Gandhi House
3rd	Nviya Chauhan	3 A	Gandhi House
	Yashvi Rana	4 A	Tagore House
4th	Aishwarya Thakur	3 A	Nehru House
CLASSES V & VI			
Positions	Name of the students	Class	House
1st	Ridhani Kaistha	5 A	Bhabha House
	Anchal Thakur	6 A	Tagore House
2nd	Bharvi Kaundal	6 A	Nehru House
3rd	Devanshi Moudgil	6 B	Bhabha House
	Nainika Gupta	6 B	Tagore House
4th	Keshika Verma	6 B	Nehru House
CLASSES VII & VIII			
Positions	Name of the students	Class	House
1st	Siya Gautam	7 A	Nehru House
	Sanvi Sohal	7 A	Nehru House
	Ishita Sharma	7 A	Nehru House
	Kompal Sharma	7 A	Nehru House
2nd	Shreya Thakur	8 B	Bhabha House
	Aditi Karwa	8 B	Bhabha House
	Ananya Thakur	8 B	Bhabha House
	Aranya Kapoor	8 B	Bhabha House
	Mannat Bhardwaj	8 B	Bhabha House
3rd	Richa Chauhan	8 B	Tagore House
	Shambavi Thakur	8 B	Tagore House
	Upasanna Hosanna	8 B	Tagore House
CLASSES IX & X			
Positions	Name of the students	Class	House
1st	Sheenam Verma	10 A	Gandhi house
	Diya Sood	10 A	Gandhi house
	Soumya Makkar	10 A	Nehru House



2nd	Dakshyashree Jamwal	10 A	Nehru House
	Arshiya Sethi	10 A	Nehru House
	Adriya Singh	10 A	Gandhi house
3rd	Vanshika Thakur	9 A	Bhabha House
	Abha Acharya	9 A	Nehru House
	kamakshi Sen	9 A	Tagore House
	Shriya Thakur	9 A	Nehru House
11th MAY ,2019			
CLASS IV A			
Positions	Name of the students	Class	House
1st	Pranav Sharma	IV A	Tagore House
2nd	Akshita Sharma	IV A	Gandhi House
	Othsalgawa	IV A	Gandhi House
	SamkritiLoyapa	IV A	Bhabha House
3rd	MalishkaDolkar	IV A	Tagore House
4th	Sudipta Kumari	IV A	Nehru House
5th	Naitik Khanna	IV A	Bhabha House
	Parikshit Thakur	IV A	Nehru House
	Ryan Sood	IV A	Nehru House
6th	Atharv Kapoor	IV A	Bhabha House
CLASS IV B			
Positions	Name of the students	Class	House
1st	Chinmaya Kapoor	IV B	Bhabha House
2nd	Naisha Singh	IV B	Gandhi House
	Jahanvi Thakur	IV B	Tagore House
3rd	Arnav Vats	IV B	Tagore House
4th	Saransh Negi	IV B	Bhabha House
5th	Swabhimann Bhradwaj	IV B	Nehru House
6th	Aditi Sharma	IV B	Tagore House
CLASS V A			
Positions	Name of the students	Class	House
1st	Akshita Shashni	V A	Tagore House
2nd	Mythili Rana	V A	Tagore House
3rd	Vihaan Rana	V A	Gandhi House
4th	Aarsh Anand	V A	Bhabha House
5th	Jenisha Malhan	V A	Nehru House
	Vaishnavi Pathania	V A	Tagore House
6th	Aryansh Thakur	V A	Gandhi House
	Asmi Chaudhary	V A	Bhabha House
	Srijan Kirti Katyayan	V A	Tagore House

CLASS V B			
Positions	Name of the students	Class	House
1st	Akshit Thakur	V B	Bhabha House
2nd	Aahana Varkey	V B	Bhabha House
3rd	Saanvi Rana	V B	Bhabha House
4th	Aditi Gill	V B	Nehru House
	Tesha Sharma	V B	Tagore House
5th	Sridatri Upadhyay	V B	Bhabha House
6th	Parinita Katoch	V B	Nehru House
	Yashvardhan Joshi	VB	Nehru House
CLASS VI A			
Positions	Name of the students	Class	House
1st	Bharvi Kaundal	VI A	Nehru House
2nd	Shubhangi Kaistha	VI A	Nehru House
3rd	Ridhi Sharma	VI A	Tagore House
4th	Yatharth Chauhan	VI A	Gandhi House
5th	Suryanshi Thakur	VI A	Bhabha House
6th	Kanan Chaudhary	VI A	Nehru House
	Rijul Shashni	VI A	Bhabha House
CLASS VI B			
Positions	Name of the students	Class	House
1st	Lakshmi Sharma	VI B	Gandhi House
2nd	Sashi Rinzin	VI B	Gandhi House
3rd	Nainika Gupta	VI B	Tagore House
4th	Keshika Verma	VI B	Nehru House
5th	Yashika Gupta	VI B	Bhabha House
6th	TanzinTsangyang	VI B	Tagore House
	Vasav Tandon	VI B	Gandhi House
HINDI ELOCUTION-2019 : 11th JUNE, 2019			
CLASSES 1-2			
Position	Name	Class	House
1st	Alankrita Chandel	I A	Gandhi
2nd	Aduavesh Goel	II B	Nehru
3rd	Kanishka Vardhan	I A	Nehru
	Vaibhav Sharma	II A	Nehru
4th	Aarini Sharma	II B	Tagore
CLASSES 3-4			
Position	Name	Class	House
1st	Saransh Gautam	IV A	Gandhi
2nd	Chanderkant Sood	IV B	Tagore
3rd	Tvisha Rans	III B	Bhabha
	Aahana Premi	III B	Nehru
4th	Sharanya Gurma	IV B	Gandhi



STORY TELLING CONTEST : 23rd JULY, 2019			
CLASS 1 A & B			
Position	Name	Class	House
First	Aaradhya Sharma	I A	Bhabha
Second	Rhythm Thakur	I A	Nehru
	Viaan Bhardwaj	I B	Nehru
Third	Aarav Chaudhary	I B	Bhabha
	Ritaksha Jamwal	I A	Gandhi
Fourth	Srija Thakur	I B	Tagore
CLASS 2 A & B			
Position	Name	Class	House
First	Shubh Upadhyay	II A	Tagore
Second	Aarini Sharma	II B	Tagore
Third	Kanan Dutt	II A	Tagore
	Chhoesang Kunzum	II B	Gandhi
Fourth	Charvi Hans	II A	Bhabha
	Divyanshi Bodh	II A	Gandhi
	Vaibhav Sharma	II A	Nehru
CLASSES III A & III B			
Positions	Name	Class	House
First	Sanvi Mehra	3A	Tagore
Second	Abhigya Gupta	3B	Nehru
Third	Dishen Thakur	3A	Nehru
Fourth	Adit Bhapa	3B	Bhabha
	Arghya Sood	3A	Gandhi
Class- IV A & IV B			
Position	Name	Class	House
First	Gunjan Sood	IV A	Nehru
Second	Chinmaya Kapoor	IV B	Bhabha
Third	Sharnya Gumra	IV B	Gandhi
Fourth	Malishka Dolkar	IV A	Tagore
	Vivanshi Awasthi	IV B	Nehru
WORD GAME (CLASSES 1 & 2) PLASTICINE (CLAY- MODELLING) (CLASSES 3 & 4) CONTEST: 27th JULY, 2019			
CLASS 1 A & B			
Positions	Name of the students	Class	House
1st	Avni Sharma	I A	Gandhi
2nd	Alankrita Chandel	I A	Gandhi
	Sara Bhopal	I A	Gandhi
3rd	Avirat Thakur	I B	Nehru
4th	Krishna Ralhan	I A	Bhabha
	Sanyogita Thakur	I B	Gandhi

CLASS 2 A & B			
Positions	Name of the students	Class	House
1st	Kesang Yisha	II A	Tagore
2nd	Nitya Thakur	II B	Bhabha
	Vaibhav Sharma	II A	Nehru
3rd	Anushka Sharma	II A	Gandhi
4th	Kanan Dutt	II A	Tagore
	Samvardhan Singh	II B	Bhabha
	Parnika Thakur	II A	Gandhi
	Ridhwan Negi	II B	Tagore
CLASS 3 A & B			
Positions	Name of the students	Class	House
1st	Twisha Rana	3B	Bhabha
2nd	Neviya Chauhan	3A	Gandhi
3rd	Konark Gupta	3A	Gandhi
4th	Yashita Asthana	3A	Tagore
	Arshiya Thakur	3B	Bhabha
CLASS 4 A & B			
Positions	Name of the students	Class	House
1st	Saransh Gautam	4 A	Gandhi
2nd	JamyangSingye	4 B	Bhabha
3rd	SamkritiLopa	4 A	Bhabha
4th	Shaurya Paul	4 A	Tagore
RIDDLE CONTEST: 13th AUGUST ,2019			
CLASS 1 A & B			
Position	Name	Class	House
First	Alankrita Chandel	I A	Gandhi
Second	Viaan Bhardwaj	I B	Nehru
Third	Abhinav Thakur	I A	Nehru
	Saransh Thakur	I B	Nehru
Fourth	Swastik Sharma	I B	Bhabha
CLASS 1 I A & B			
Position	Name	Class	House
First	Shubh Upadhyaya	II A	Tagore
Second	Samvardhan Sigh	II B	Bhabha
Third	Reva Thakur	II A	Gandhi
Fourth	Satya Sankalp Thakur	II A	Bhabha
POSTER MAKING: 13th AUGUST 2019			
CLASS III A & B			
Position	Name	Class	House
First	Tvisha Rana	3 B	Bhabha
Second	Mokshika Arora	3 A	Tagore



Third	Niveiya Chauhan	3 A	Gandhi
Fourth	Sanvi Mehra	3 A	Tagore
	Shivansh Tagore	3 B	Gandhi
CLASS IV A & B			
Position	Name	Class	House
First	Reha Singh	IV A	Tagore
Second	Shivanshika Abrol	IV A	Tagore
Third	Saransh Negi	IV B	Bhabha
Fourth	Drisha Mariam Dishin	IV A	Gandhi
	Yogita Jain	IV B	Bhabha
MONO ACT COMPETITION : 13th AUGUST, 2019			
CLASSES VA & B			
Position	Name	Class	House
First	Arshiya Verma	V B	Bhabha
Second	Aashwi Sharma	V A	Gandhi
Third	Aashirya Vashisht	V B	Tagore
Fourth	Aanchal Chauhan	V B	Nehru
CLASSES VI A & B			
Position	Name	Class	House
First	Aksh Panwar	6 B	Nehru
Second	Aarav Bhargava	6 B	Nehru
Third	Kaishika Verma	6 B	Nehru
Fourth	Harshita Mahant	6 A	Gandhi
PATRIOTIC SKIT COMPETITION: 15TH AUGUST, 2019			
Position	House	Position	House
1st	Gandhi	2nd	Bhabha
3rd	Nehru	4th	Tagore
SINGING COMPETITION (SOLO & GROUP) : 5th AUGUST 2019			
CLASSES : 1 & 2			
Position	Name	Class	House
First	Krishna Ralhan	1A	Bhabha
Second	Sumedha Sinha	2A	Nehru
Third	Shubh Upadhyaya	2A	Tagore
CLASSES : 3 & 4			
Position	Name	Class	House
First	Yashvi Rana	4A	Tagore
Second	Navya Yamba	4A	Bhabha
Third	Vibha	3A	Bhabha
	Sanidhya Thakur	4A	Gandhi
	Japmankaur	4B	Bhabha
	Chanderkant Sood	4B	Tagore

CLASSES : 5 & 6			
Position	Name	Class	House
First	Devanshi Moudgil	6B	Bhabha
Second	Purvi Bhardwaj	5B	Nehru
Third	Bahvyashree Jamwal	6A	Tagore
CLASSES : 7 & 8			
Position	Name	Class	House
First	Upasna Hosanna	8B	Tagore House
	Shambvi Thakur	8B	Tagore House
	Risha Chauhan	8B	Tagore House
	Parth Sharma	8A	Tagore House
	Vanshika Thakur	8A	Tagore House
	Vrinda Sharma	8A	Tagore House
	Sampda Gupta	8A	Tagore House
Second	Brinda Thakur	8A	Gandhi House
	Mitashi Sharma	8A	Gandhi House
	Ananya Bodh	8B	Gandhi House
	Pragya Talwar	8B	Gandhi House
	Divyangna Chauhan	8A	Gandhi House
	Aarush Kumar	8A	Gandhi House
	Vaaruni Sood	8B	Gandhi House
Third	Arnav Upadhyay	7B	Gandhi House
	Parduman Sharma	7B	Gandhi House
	Kabir Sood	7B	Gandhi House
	Krishna Pathania	7B	Gandhi House
	Diva Gupta	7B	Gandhi House
	Yuktika Thakur	7B	Gandhi House
	Snigdha Sood	7A	Gandhi House
CLASSES : 9 & 10			
Position	Name	Class	House
First	Kanika Thakur	10 B	Nehru House
	Pragya Thakur	10 B	Nehru House
	KhwaishDutt	10 B	Nehru House
	Mridul Thakur	10 B	Nehru House
	Rewa Upadhyay	10 B	Nehru House
	Atharv Sharma	10 B	Nehru House
	Anubhav Dhiman	10 B	Nehru House
Second	Shaurya Thakur	10B	Bhabha House
	Parth Awasthi	10B	Bhabha House
	Mrigakshi Patti	10B	Bhabha House
	Aditi Thakur	10B	Bhabha House

	Jyoti Soni	10B	Bhabha House
	Mahima Marandi	10B	Bhabha House
	Rishita Thakur	10B	Bhabha House
Third	Lavanya Sood	9B	Nehru House
	Abha Acharya	9A	Nehru House
	Rihanna Pandit	9B	Nehru House
	Stuti Sood	9A	Nehru House
	Anushka Thakur	9A	Nehru House
	Dakshata Thakur	9A	Nehru House
	Shriya Thakur	9A	Nehru House
SCIENCE EXHIBITION: 10th AUGUST 2019			
CLASS: 7 A			
Position	Name	House	
First	Reet Attri	Gandhi House	
Second	Sumanyu Thakur	Bhabha House	
Third	Pushkar Raj	Bhabha House	
Fourth	Sukrit Sharma	Nehru House	
CLASS: 7 B			
Position	Name	House	
First	Shivansh Negi	Gandhi House	
Second	Paras Deep	Tagore House	
Third	Kavya Sharma	Bhabha House	
	Sumay Sharma	Gandhi House	
Fourth	Chander Molly Pandit	Tagore House	
CLASS : 8 A			
Position	Name	House	
First	Uday Sood	Gandhi House	
Second	Vansham Thakur		
	Prakriti Singh		
	Tagore House		
	Nehru House		
Third	Samiksha Negi	Nehru House	
Fourth	Vrinda Sharma	Tagore House	
CLASS : 8 B			
Position	Name	House	
First	Aarav Katoch	Nehru House	
Second	Richa Chauhan	Tagore House	
	Siddharth Thakur	Nehru House	
Third	Parth Sharma	Tagore House	
Fourth	Vaaruni Sood	Gandhi House	

CLASS : 9 A			
Position	Name	House	
First	Rayan Sharma	Gandhi House	
Second	Kaamakshi Sen	Tagore House	
	Saurish Acharya	Gandhi House	
Third	Shreya Agarwal	Gandhi House	
Fourth	Tejasvi Sharma	Tagore House	
CLASS: 9 B			
Position	Name	House	
First	Mitali Sharma	Bhabha House	
Second	Pratham Sohal	Tagore House	
Third	Sambhav Jain	Bhabha House	
Fourth	Lavanya Sood	Nehru House	
CLASS: 10 A			
Position	Name	House	
First	Sumati Jain	Bhabha House	
Second	Alankrit Verma	Nehru House	
Third	Bhuwanshu Nalwa	Bhabha House	
Fourth	Dakshyashree Jamwal	Gandhi House	
CLASS: 10 B			
Position	Name	House	
First	Atharav Sharma	Nehru House	
Second	Khavaish Dutt	Nehru House	
Third	Raghavender Singh	Nehru House	
Fourth	Mrighakshi Patti	Nehru House	
LIBRARY ACTIVITIES : BOOK COVER PAGE MAKING WINNERS			
CLASS: - V			
Position	Name	Class	House
1st	Arshiya Verma	V B	Bhabha
2nd	Anika Sharma	V A	Bhabha
3rd	Gauri Mahajan	V A	Tagore
CLASS: - VI			
Position	Name	Class	House
1st	Prajanya Rana	VI A	Tagore
2nd	Devanshi Moudgil	VI B	Bhabha
3rd	Pranjal Makkar	VI A	Nehru
CAPTION WRITING WINNERS			
CLASS : VII			
Position	Name	Class	House
1st	Lakshya Batra	VII A	Nehru
2nd	Aarushita Sharma	VII B	Gandhi
3rd	SupriyalSood	VII A	Tagore



CLASS: - VIII			
Position	Name	Class	House
1st	Aranya Kapoor	VIII B	Bhabha
2nd	Ananya Thakur	VIII B	Bhabha
3rd	Anshul Thakur	VIII B	Gandhi
29th APRIL, 2019			
CLASS : IX			
Position	Name	Class	House
1st	Tejasvi Sharma	IX A	Tagore
2nd	Shriya Thakur	IX A	Nehru
3rd	Lavanya Sood	IX B	Nehru
CLASS: - X			
Position	Name	Class	House
1st	Purab Sharma	X A	Tagore
2nd	Sneha Bhalla	X A	Gandhi
3rd	Kanika Thakur	X B	Nehru
OLS HINDI DECLAMATION CONTEST - 25TH OCTOBER, 2019			
Group: 1 (CLASSES I & II)			
Position	Name of Students	Class	House
1st	Shaviya Dhiman	2 B	Bhabha
2nd	Saumil Acharya	2 A	Gandhi
3rd	Nishtha Thakur	1 A	Gandhi
4th	Nitya Thakur	2 B	Bhabha
GROUP: 2 (CLASSES II & IV)			
Position	Name of Students	Class	House
1st	Tvisha Rana	3 B	Bhabha
2nd	Neviya Chauhan	3 A	Gandhi
3rd	Shivansh Thakur	3 B	Gandhi
	SharneyaGumra	4 B	Gandhi
4th	Vivanshi Awasthi	4 B	Nehru
GROUP: 3 (CLASSES V & VI)			
Position	Name of Students	Class	House
1st	Parineeta Katoch	5 B	Nehru
2nd	Aishwi Sharma	5 A	Gandhi
	Bhavyashree Jamwal	6 A	Tagore
3rd	Devanshi Moudgil	6 B	Bhabha
4th	Kashika Sharma	5 B	Tagore
QUIZZOTICA 2019 (INTER-HOUSE QUIZ FOR CLASSES 5, 6 & 7) 31ST OCTOBER, 2019			
Position	Name of Students	Class	House
First	Anshul Chauhan	5 B	NEHRU
	Keshika Verma	6 B	NEHRU

	Mridu Bhalla	6 A	NEHRU
	Ria Singh Pathania	7 A	NEHRU
Second	Kashika Sharma	5	TAGORE
	Shreya Thakur	6 A	NEHRU
	Shranya Sood	7 B	NEHRU
	Arjun Parashar	7 B	NEHRU
Third	Aashwi Sharma	5 A	GANDHI
	Karma Chhering	6 B	GANDHI
	Sanighdha Sood	7 A	GANDHI
	Kabir Sud	7 B	GANDHI
Fourth	Aadhunika Mohan	5 A	BHABHA
	Navyam Sharma	6 A	BHABHA
	Samanyu Thakur	7 A	BHABHA
	Alankrit Thakur	7 B	BHABHA
QUIZ BONANZA 2019 (INTER-HOUSE QUIZ FOR CLASSES 8, 9 & 10) 31st OCTOBER, 2019			
Position	Name of Students	Class	House
First	Ananya Thakur	8 A	BHABHA
	Aryan Thakur	9A	BHABHA
	Sanbhav Jain	9 A	BHABHA
	Mrighakshi Patti	10 B	BHABHA
Second	Prakriti Singh	8 A	NEHRU
	Shriya Thakur	9 A	NEHRU
	Lavanya Sood	9 B	NEHRU
	KhwahishDutt	10 B	NEHRU
Third	Vanshika Thakur	8 A	TAGORE
	Sampada Gupta	8 B	TAGORE
	Tejasvi Sharma	9 A	TAGORE
	Purab Sharma	10 A	TAGORE
Fourth	Fatima Khan	8 A	GANDHI
	Anubhuti Mohan	9 A	GANDHI
	Dakshyashree Jamwal	10 A	GANDHI
	Raghvender Singh Saklani	10 B	GANDHI
FANCY DRESS COMPETITION 14thNOVEMBER, 2019			
CLASS : I A			
Position	Name of Students	Class	House
1st	Kavish Sharma		Tagore
2nd	Alankrita Chandel		Gandhi
2nd	Kanav Parth		Gandhi
	Sarathi Upadhyay		Gandhi
3rd	Shubhangam Mohan Kapoor		Bhabha
4th	Kanishka Vardhan		Nehru

CLASS: I B			
Position	Name of Students	Class	House
1st	Nandini Rajgaur		Tagore
2nd	Utkarsh Srivastav		Tagore
3rd	Sanyogita Thakur		Gandhi
4th	Samaira Chandel		Gandhi
CLASS: II A			
Position	Name of Students	Class	House
1st	Devatman Gupta		Tagore
2nd	Sumedha Sinha		Nehru
3rd	Aryaman Malhotra		Gandhi
4th	Parnika Thakur		Gandhi
CLASS : II B			
Position	Name of Students	Class	House
1st	Prisha Sharma		Nehru
2nd	Riona Sharma		Tagore
3rd	Akshita Singh		Gandhi
4th	Tenzin Lamo Karpa		Nehru
POSTER MAKING COMPETITION			
CLASS : 5 A & B			
Position	Name of Students	Class	House
1st	Aanhal Chauhan	5 B	Nehru
2nd	Aadhunika Mohan	5 A	Bhabha
3rd	Advika Chand	5 A	Nehru
4th	Mahima Thakur	5 A	Bhabha

CLASS : 6 A & B			
Position	Name of Students	Class	House
1st	Shreya Thakur	6 A	Tagore
2nd	Bhavyashree Jamwal	6 A	Tagore
3rd	Yashvi Soni	6 B	Nehru
4th	Aditri Thakur	6 B	Tagore
CLASS : 7A & B			
Position	Name of Students	Class	House
1st	Anjali Khakha	7 B	Nehru
2nd	Akshat Thakur	7 A	Tagore
3rd	Snigdha Sood	7 A	Gandhi
4th	Sharanya Sood	7 B	Tagore
	Kompal Sharma	7 A	Nehru
CHRISTMAS CARD MAKING COMPETITION			
CLASS : 8 A & B			
Position	Name of Students	Class	House
1st	Richa Chauhan	8 B	Tagore
2nd	Ananya Thakur	8 B	Bhabha
	Divyangana Chauhan	8 A	Gandhi
3rd	Aranya Kapoor	8 B	Bhabha
4th	Parneet Kaur	8 B	Nehru
RANGOLI COMPETITION - 2019			
Position	House		
1st	Gandhi House		
2nd	Nehru House		
3rd	Bhabha House		
4th	Tagore House		

ELECTION AWARENESS PROGRAMME

“Leadership is not about the next election, it’s about the next generation.” :

Being the torch bearers of the upcoming generations, the students need to have first hand knowledge of the elections being held in the country. Therefore, in the year 2019, the students of our school were given a golden opportunity to visit and participate in the Election awareness programme which was held on 24th April, 2019. A group of total 101 students gathered and went to Dhalpur Ground. The teachers Mrs. Meenakshi Chauhan, Mrs. Shalini Verma and Mr. Gaurav Bhardwaj accompanied the students. It was a proud moment for our school as one of our students, Ms. RishitaKaundal was the ambassador for the Election Awareness Programme. This election programme created the much needed awareness among the students, the future voters of our country.





LABOUR DAY CELEBRATION

“No work is insignificant. All labour that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.” Labourers are one of the most important components of our society. Without their hard work, this world would cease to function smoothly as people wouldn’t be able to perform all sorts of tasks by themselves. In order to showcase our sense of gratitude, the Social Service Club organised a special assembly on 1st May, 2019 inviting all our dear non-teaching staff members and offering a token of love and gratitude for their selfless works and deed “Those who wish to sing, always find a song.”





SINGING COMPETITION

Singing is one of the best gifts which God has blessed humans with. The rhythmic words bounce off the very tongue, releasing the tension held in the atmosphere, the voice escalating with every tune that comes out. Even though the song might not be perfect, it provides the needed relaxation to mind, heart and soul. The Singing Competition held in our school was divided into two parts; the first for juniors was solo, bringing the solo melodious voices out to be heard by the audience; the other being chorus or group singing which manifested the combined soothing voices of students in a harmonic melody.





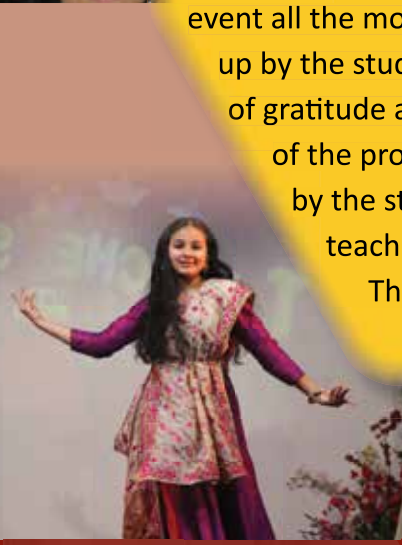
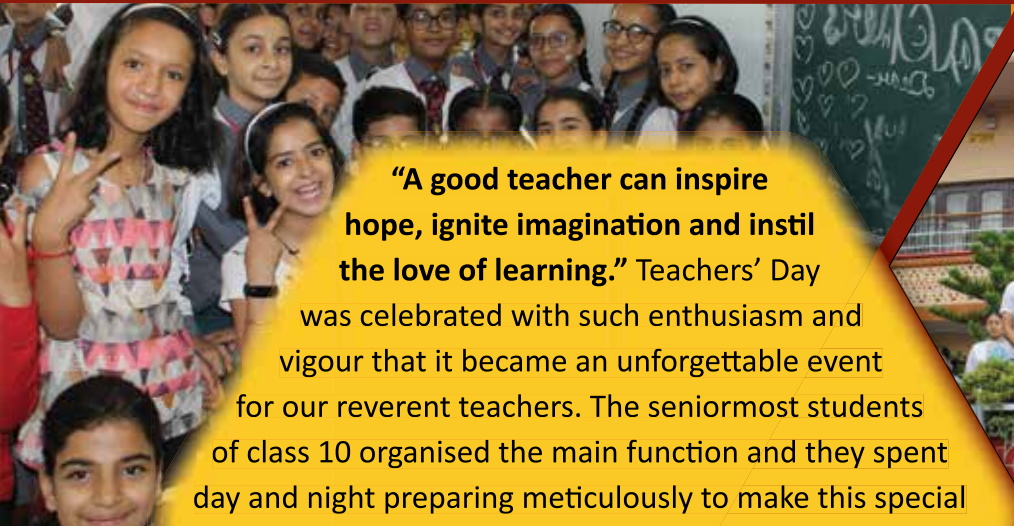
YOGA DAY

“Yoga is the art of awareness on the canvas of the body, mind and soul.” Yoga is a mind and body workout with strengthening and stretching poses along with deep breathing techniques to relax our mind and body. Yoga Day is celebrated on 21st June and therefore the Sports Club didn’t lag behind to teach something profitable to the students. An assembly was organized on 21st June, 2019 to enlighten the students about the various benefits of yoga. Apart from this, students also participated in the Yoga event where they learnt about the valuable gifts of Yoga. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being.



TEACHERS' DAY CELEBRATIONS

"A good teacher can inspire hope, ignite imagination and instil the love of learning." Teachers' Day was celebrated with such enthusiasm and vigour that it became an unforgettable event for our reverent teachers. The seniormost students of class 10 organised the main function and they spent day and night preparing meticulously to make this special event all the more special. Various performances were put up by the students where they showcased their sense of gratitude and respect for the teachers. At the end of the program, a special game was organised by the students for the teachers where the teachers participated enthusiastically. The day turned out to be a huge success.



PRAYER SERVICE



ANJALI MAAM'S SILVER JUBILEE CELEBRATION (11th NOVEMBER, 2019)



SEMINAR ON DRUG ABUSE BY SP KULLU (21st NOVEMBER, 2019)



DANCE DHAMAKA



OLYMPIAD WINNERS 2019-2020



Golden Jubilee Inaugural Function

50 Glorious Years of selfless service

The historic occasion of the Inaugural function of the Golden Jubilee of Our Lady of the Snows School was celebrated in a grand and befitting manner on 1st June, 2019. His Lordship Justice Kurian Joseph, Former Judge, Supreme Court of India; our Guest of honour Rt. Rev. Dr. Ignatius Mascharenhas, Bishop of Shimla Chandigarh Diocese; our special invitee of the day Mr. Aman Sharma, Director, Ministry of Steel, Govt. of India and many other dignitaries graced the occasion with their benign presence. Fr. P. J. Mathew, the Principal extended a warm welcome to the august audience and the momentous occasion commenced with the lighting of the ceremonial Jubilee lamp by the Chief Guest, the Principal and all the dignitaries and the school choir sang a melodious song simultaneously.



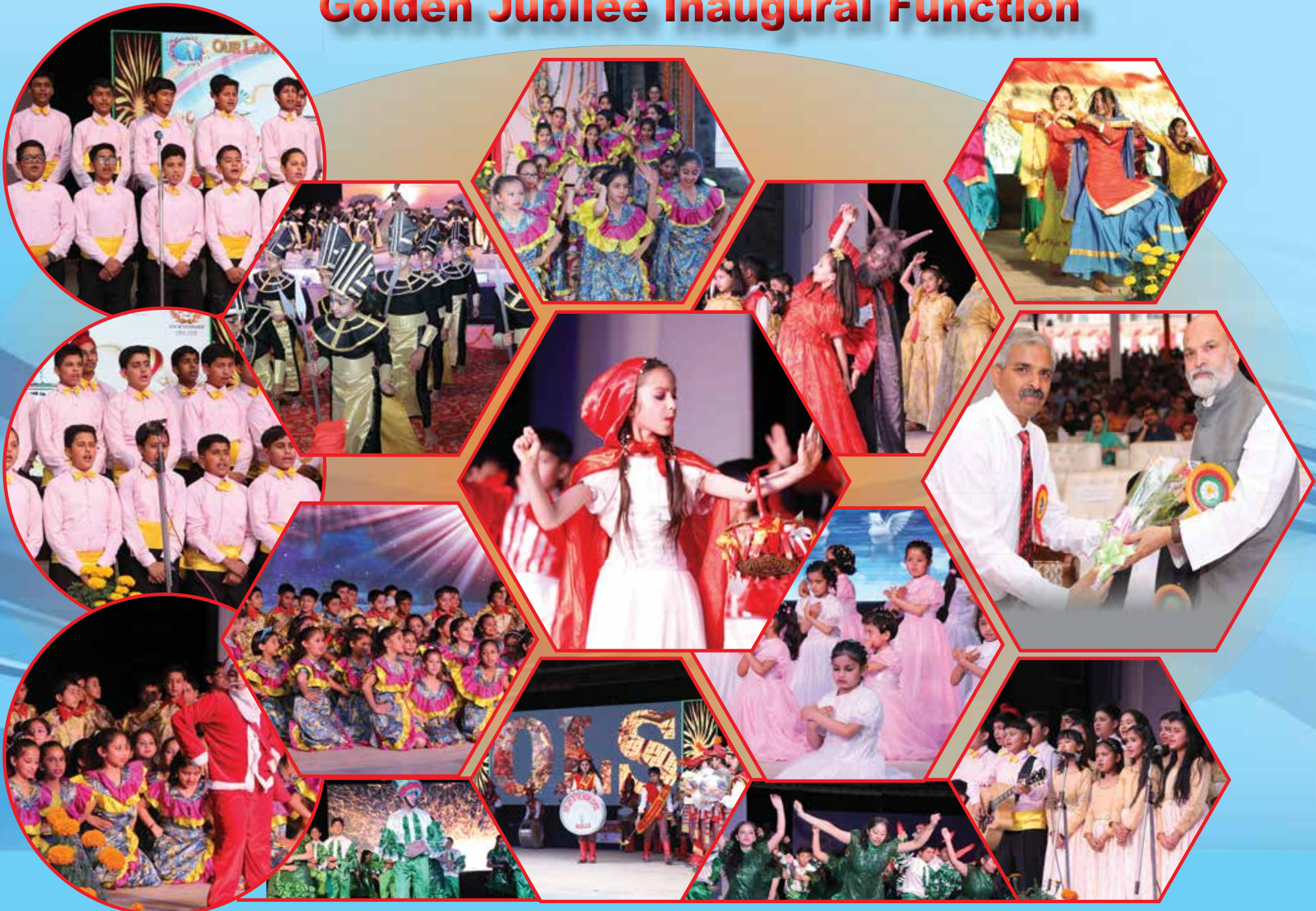
The main highlight of the program was the Cultural extravaganza which comprised the dance performances amalgamating the four elements of nature. The audience were left mesmerized by their synchronised dance movements and flawless choreography. One of the main attractions of the event was - 'The History of OLS' a poignant video encompassing the glorious journey of fifty years of OLS was showcased. Our assets i.e., the former Principals, former teachers, teachers who have completed twenty five years of service to the school and ICSE toppers -2018 were felicitated.



To mark the occasion, scholarships were presented to three underprivileged students by Fr. Mathew P. J. All in all it was a memorable event which ended with the Vote of thanks by Fr. Tharthius.



Golden Jubilee Inaugural Function



OLS History and Heritage Exhibition-2019

Celebrating the legacy of 50 Glorious Years

"It is not the honour that you take with you, but the heritage you leave behind."

The above quote aptly embodies the ethos and legacy of our beloved institution Our Lady of the Snows High, which began as a single project in the year 1968 with a mission to provide learning opportunities to the tiny-tots of the region. The infant school then spread beyond and later transformed into a structured model school with the aim of imparting academic excellence with an emphasis on not merely the literacy aspect but a more holistic, wholesome and all-round development of young, budding minds.

It has indeed been a remarkable and enriching memory for anyone who's ever been associated in any manner with their beloved Alma-Mater. Sincere gratitude goes to all the students, teachers and ex-teachers, parents, non-teaching staff for keeping the spirit and heritage of our esteemed institution alive by way of the indelible legacy they left behind for all those who would follow in times to come.

And thus began the quest to unravel a legacy of 50 golden years- 'hereditatumspectaculum'. Undoubtedly it was going to be a tall order to carefully pick the grains of gold from a treasure-trove spanning a period of 5 decades. The excitement of setting on an opportunity of unearthing the glorious history of our prestigious institution overwhelmed us all. It was with a sense of pride and fervour that we set ourselves upon this month long journey which began with collecting and gathering resource materials and memorabilia from various sources, conceptualising themes and topics for presentation and preparation of the 'Golden Event'. Subsequently, everyone pitched in with their bit of resource material, school paraphernalia and memoirs spanning 50 glorious years. Students of various classes expended their creative ingenuity with a plethora of intricately prepared exhibits, replicas and models representing a rare glimpse of OLS caught in time. The final culmination was the propitious day of The Heritage/ OLS History Exhibition held on 10th May, 2019 which included a Band

welcome, Naati and cultural dances by the students. The D-Day was graced by our honourable Chief Guest Mrs. Suveena Thakur, IFS and also our esteemed judges _Mrs. Suman Priya Sikka, Mrs. Neelam Sen, Mrs. Vandana Parashar, Mr. Veeresh Pathania, Mrs. Neha Kahol Sood and Mrs. Rubel Gill.

-Mrs. Era Sood



OLS History and Heritage Exhibition-2019



OLS History and Heritage Exhibition-2019



House Report

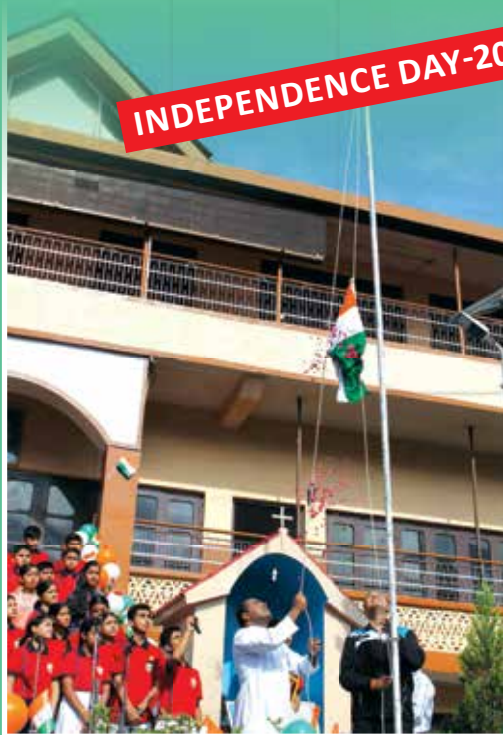
INDEPENDENCE DAY-2019

*“Saare Jahan Se Achha ...
HINDUSTAN Hamara...”*

Gandhi House meticulously planned and organized Independence Day celebrations. Under the guidance of the House Moderators, the students made this patriotic day a memorable moment for all. The prodigious day of Indian Independence was celebrated with great zest and enthusiasm in our prestigious school. On this auspicious day, Gandhi house took up the initiative to conduct a memorable assembly to pay homage to our great freedom fighters and patriots of the nation. The assembly aroused the feeling of nationalism and patriotism amongst the teachers and the students alike.



The flag was hoisted by our esteemed Principal Rev.Fr.Antony Solomon . After the flag hoisting, the program for this day started with the patriotic skit competition where the members of all the four houses depicted the scenes of heartfelt nationalism and created an aura of patriotism in the auditorium. It arouse the patriot in each one of us.



CHILDREN'S DAY

*"Every child is a different kind of FLOWER,
And all together make this world a beautiful GARDEN."*

Children are the building blocks of the nation and hence, the future of the nation depends on how well they are brought up. To celebrate the child in each one of us and especially our students, the most anticipated event of the year i.e., Children's Day was orchestrated sensationally by the teachers. Children's Day was conducted for different classes in different ways. Fancy dress competition; poster and card making competition; rangoli making competition and party games were organized for students.



Club Report

DEBATE COMPETITION-2019

"It is better to debate a question without settling it, than to settle a question without debating it."

Our Lady of the Snows School organized an Inter-House Debate Competition on 26th October, 2019. The main aim and objective of the competition was to hone public speaking skills of the students and provide them a platform to articulate their thoughts and opinions confidently. The topic for this year's debate competition was 'Peace dialogue a better solution than a war to resolve Indo-Pak relations.'

The students of all the four houses speaking for both 'for' and 'against' the motion debated their points enthusiastically. The highlight of the event was the Rebuttal round where a volley of questions were answered by both the sides. The winners of the competition were the opponents, the members of Bhabha and Nehru house. Sumati Jain was adjudged as the best speaker.

PROPOSERS : The year 1947 changed the lives of all Indians. It was the year when India achieved its goal of independence but also got separated into two dominions, namely - INDIA & PAKISTAN; thinking that the situation would take a peaceful turn, but the situation we are facing nowadays is completely contrary to what we thought.

Both dominions are fighting over a matter where we know that the ultimate consequence would be the death of millions of people.

Waging a war against Pakistan wouldn't be a solution. The only winner or the sole loser will be 'HUMANITY'. One war will push India's development 100 years back and moreover, it will worsen the relations between the nations which will end up as a global crisis leading to destruction and catastrophe everywhere! This needs not to be explained as we have already witnessed the condition of the people of Hiroshima & Nagasaki who are still suffering with genetic disorders.



Even if a war will take place in the coming future, then won't a mother lose a son on the other side of the border or it would be just Indians crying over the dead body of the martyrs? Mother is a universal figure. Won't a sister lose a brother after the war? & a wife lose her husband? I think that the people who promote war haven't paid attention to the 'moral science' lectures which used to be taught in school in order to incorporate the principles of peace and humanity.

India is a homeland to leaders like Mahatma Gandhi as well as Lord Buddha who preached the message of Ahimsa.

So war will never be an option. Nothing ever justifies the loss of lives and destruction caused by a futile war. Don't breed hatred but try to spread love among fellow human beings!

OPPOSERS : "Terrorism will spill over if you don't speak up" - Malala Yousafzai

1. All the wars that have been fought in the world have given us some of the greatest generals and soldiers who have shaped the history of the world. Lord Krishna advised Arjun to shed his cowardice and fight and treat people the way they deserve to be treated.
2. How can we forget about 9/11 attack in New York and 26/11 attack at Taj Hotel in Mumbai where so many innocent people were brutally killed.
3. India revealed that the Pakistanis had tortured their prisoners by burning their bodies with cigarette, piercing the ear drums with hot rods etc.

The dead cannot cry out for justice. It is the duty of the living to do so for them.





SCIENCE EXHIBITION

"The Science of today, is the Technology of tomorrow."

Science Exhibition, an astounding opportunity for the students to showcase their passion for science and technology was organized on 10th August, 2019 in the school hall. Inspired and encouraged by the teachers and the parents, the budding scientists of OLS displayed different models and experiments. A mere glance at the projects reflected their extraordinary knowledge, hard work and enthusiasm about the various aspects of science. The exhibition was open from 9:00 a.m. to 1p.m. and the parents were also invited to have a look at the exhibits. It was a proud moment for all at OLS as one of our Ex-students, Mr. Shubham Chauhan working as a scientist with ISRO was our Chief Guest for the day. He inspired one and all with his motivating speech.



QUIZZOTICA -2019

*Everyone loves a sport.
And everyone loves a quiz.
-Sue Barker*

Quiz Competitions encourage students to look beyond their textual knowledge and establish a relationship between theory and application of the learnt concepts.. One such interesting and fruitful event, Quizzotica-2019 was organized on 31st October, 2019 for the students of class 5 onwards. It was an exciting and enriching experience for the participants, students and teachers alike as everyone was involved completely during the course of the event.



ENGLISH DECLAMATION CONTEST-2019



ART & CRAFT CLUB



HINDI POEM RECITATION 11th JUNE, 2019



HINDI ELOCUTION 25th OCTOBER, 2019



POEM RECITATION-2019





TREE PLANTATION DRIVE BY ECO CLUB-2019



Sports Report

*“A man who is good at sports,
Will walk down the hardest of roads
Because with games comes strength.”*



OLS SPORTS ACTIVITIES IN THE YEAR 2019

OLS CRICKET TOURNAMENT-2019



DR. ASHIMA NARU TABLE TENNIS TOURNAMENT-2019



CARROM CHAMPIONSHIP-2019





Student Write Ups

ENGLISH SECTION

From Valley of gods to God's own country



Last January I visited Kerala, God's own country. We saw Dutch house and an old Synagogue at Kochin, I loved Chinese fishing nets which were as big as elephants. Our next stop was Munnar where entire hills were covered with tea gardens. At Thekkady I saw Kathakali and martial arts performance called Kalaripayattu. Early next morning we went to Periyar National Park where I saw real elephants roaming in the jungle. Next we stayed in a house boat on Lake Vembaned which is the second largest lake in India. I was surprised to see school children going to school on school boats instead of school bus or Van. Our last stop was Thiruvananthapuram capital of Kerala where I got traditional dress called Kasavu and visited Padmanabhaswamy temple. Finally we returned to Kullu our own valley of gods richer by all these memories of Gods own country.

Alankrita Chandel
1 A



I Love You Mommy

My dearest mommy
You make me happy
When I am sad
I want to tell you
I really love you
When I am with you
I am so glad!

Daksh Singh
1A

My Village Sissu



I live in Sissu. It is a small village in Lahaul. One can see stunning sight of waterfall on the other side of this town. This waterfall is known as ' PaldenLhamodhar'. There is a campground alongside this waterfall and a lake called as Goldtop. Ruler Ghepan sanctuary is likewise situated here yet is not open for tourists. With Atal Tunnel in Rohtang coming in, it has become supereasy to reach Sissu. It is around 6kms from Tunnel's North End and first village on that way. I love my village. Please do come and visit my village.

Saransh Thakur
1B



An Ideal Student

An ideal student is the one who is an all rounder and the best student. He is fully aware of his duties and has some good qualities.. Discipline, obedience, respect for elders and hard work are his guiding principles.



An ideal student obeys his parents, elders and teachers. He goes out for a morning walk regularly. He is punctual in coming to school and regular in studies. He believes in simple living and high thinking. He takes a keen interest in social service.

He shuns bad company. He is diligent. He never cherishes an evil thought. He is a great lover of truth. He has a thirst for knowledge and learning. He never shirks from work. He is loved by all.

Atharav Thakur
1 B

French Food Rules

Rule

1. Parents : You are in charge of Food Education!
2. Avoid emotional eating -
No Food rewards, bribes etc.
3. Parents schedule meals & menus
KIDS EAT WHAT ADULTS EAT!
(No Short- order cooking!)
4. Eat family meals together- No distraction
5. EAT YOUR VEGGIES
6. You don't have to like it
But you do have to taste it .
7. NO SNACKING!!
It's ok to feel hungry between meals!
8. SLOW FOOD is happy food as in- eat slow!
9. Eat mostly REAL FOOD
Treats-special occasions- ok



Sanidhya Sood
2 A

Money

Money can buy books, but not brain.

Money can buy bed, but not sleep.

Money can buy a man, but not God.

Money can buy hate, but not love.

Money can buy servant, but not friends.



Suryanshi Thakur
2 A

My Father

The living Super Hero of my life is my Dad. I love my dad very much. My father is the one I approach when I am not able to handle things in my life. He has answers to all my questions. My father is my best friend, with whom I share everything. He never lets down anyone, be it family, friends or relatives. My father is the best story teller, entertainer, companion and friend. He is the head and protector of the family who loves his children equally. I want to become like my father. I love him very much and wish him to live longer.



Devatman Gupta
2 A



Trees are one of the best gifts of nature to the human being. We human beings can't survive on this earth for a day without trees. We are completely dependent on trees for food, medicine and many more. In order to live on this planet, we need to save trees. Trees provide us with oxygen to breathe in and trees absorb carbon dioxide from the environment. They also control environmental pollution. So we should make every person aware about how to save trees and also try our best to know more from others too. If we do not start taking part in healing the earth by saving trees, then the doom of this planet is inevitable.



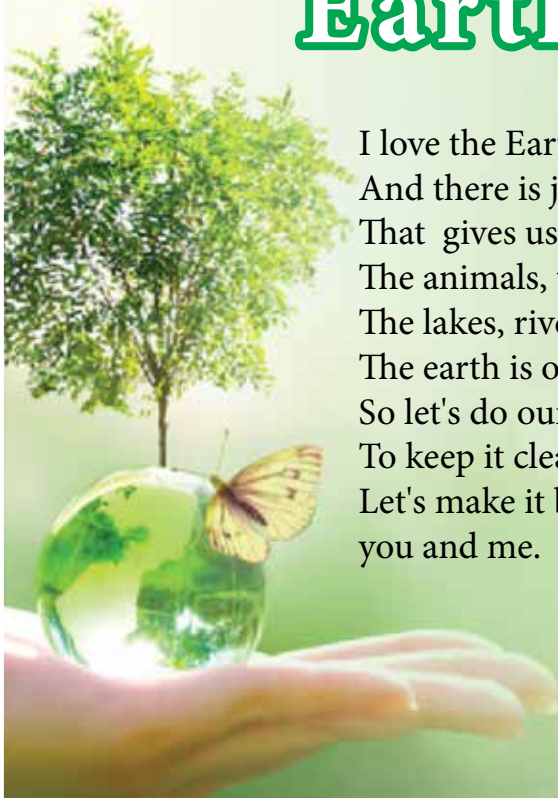
Divyanshi Bodh
2 A

I Love the Earth



I love the Earth
And there is just one.
That gives us water, soil and sun.
The animals, the birds.
The lakes, rivers and seas.
The earth is our home.
So let's do our part
To keep it clean.
Let's make it better home for
you and me.

Anya Jain
2 B



TRAFFIC JAM

Every day there is traffic jam,
But no one gives a damn!
No one follows the traffic rule,
And we get late to school!
Sometimes we see only one child in a car,
Whether coming from near or from far,
We should learn to care,
Let's think about 'Car Share'!



Aduavesh Goel
2 B

CHILD



A child is like a butterfly in the wind
Some can fly higher than others,
But each one flies the best it can.
Why compare one against the other?

Each one is different.
Each one is special.
Each one is beautiful.

Anav Sharma
2 B

My Kullu



I am blessed to be born in Kullu. My town is known as valley of gods. This is a famous tourist destination. It is situated on the bank of river Beas. The main god of my town is Raghunath Ji. We live in a very clean environment. It is famous for Kullu Dussehra. I request all the people of Kullu to keep it clean and save its heritage for the coming generation.

Aaradhya Sharma
2 B



WINTER SEASON



Winter season
The season of cold.
The air is frozen
Like falling snowflakes.
But if you look closer,
there's plenty of gold.
There's beauty in the endless white,
The forest floor is freezing,
And the trees are wearing coats.
Sweet hot chocolates,
Cures the frost,
In cafe conversation,
Minds are lost.

Shivansh Thakur
2 B

Friendship



Friendship is one of life's greatest gifts. A friend is someone you form a bond with and share a deep affection. Friends care about each other and are there to celebrate good times and be there for each other during the bad. Friendship doubles our joy and divides our sorrow. Think! What would be our world like if we don't have them? It would be empty. Having great friends to share your life with is a gift like no other, and having a best friend is one of the most precious gifts.

Aarini Sharma
2 B



My Promise



Each day I'll do my best,
And I won't do any less.
My work will always please me,
And I won't accept a mess.
I'll colour very carefully,
My writing will be neat.
And I simply won't be happy,
Until my papers are complete.
I'll always do my homework,
And I'll try on every test.
And I won't forget my promise,
To do my very best.

Dishen Thakur
3

Be Sweet!

Be sweet and Gentle,
For God looks at your heart.
Does your heart show,
Gentleness, kindness and mercy,
or a tendency to find fault?
Be merciful-not scornful,
Be kind- not cynical,
Be gentle- not harsh,
Be patient- not demanding,
For Jesus is kind, gentle, and patient.
You are judged by the way you treat others.
Then remember that God looks at the heart.
Look within your own heart and see.....

Sanvi Mehra
3 A

Happiness Is...



Happiness is something which makes us feel free and joyful. For many people money is the main cause of happiness. Money can buy you food, luxurious house, healthy lifestyle, servants, and many more facilities but money can't buy you happiness.. But for me , happiness is when my mumma allows me to play after homework. It is when my sister brings me gifts and grandma gives me sweets. And also, when someone praises me for getting good marks. Learn to enjoy every minute of your life. Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom.

Ojasvi Thakur
3 B



PLASTIC-THE MODERN EVIL

Plastic waste is very harmful; here are the four ways that plastics harm the environment, birds and wildlife- and even the people.

1. Plastic clogs street drains in our cities; it litters campgrounds and national parks and is even piling up on Mount Everest and also in oceans.
2. Plastic pollutes water, soil and air with toxins.
3. Plastic not only affects human beings but also poses serious threats to the wildlife..
4. Most plastics last forever- most of the plastics are non-biodegradable, as they are not broken down by microorganisms, so they last forever.



Ojas Sharma
3-B

BALANCING YOUR STUDY AND PLAY TIME

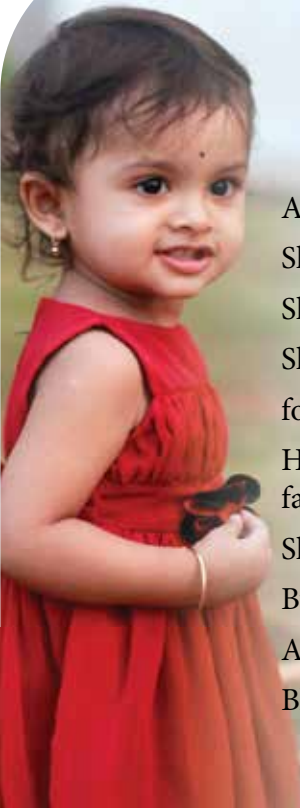
No doubt study time and play time are equally important for a student's overall output but striking the right balance is what needs to be done to get the best of both.

1. Be Organized- make a schedule of your daily routine, on a weekly or monthly basis. Important events or activities can also be marked on a calendar.
2. Prioritize- you should be clear as to what deserves more priority in your life.
3. Know your time wasting habit- you are the best judge of your shortcoming or drawbacks. You should be aware of those habits and work on improving your mistake.


4. Manage stress- to stress is human! So don't worry, what you should focus on is to beat the stress.
5. Know when to take breaks and when to get back to study-taking break is easy but what is difficult is to get back to studying post the break. So you might land up wasting a lot of time if you do not go back to studying on time. So keep a close watch on your 'watch' and do remember to fix your break time. Keep going because you can do it!



Kavish Sood
3 B




A Girl




A girl is a symbol of love and care.
She is a Ray of light in the darkest night.
She can soar up to the greatest height.
She can do a lot for the nation,
for the world in the next generation.
Her birth is not a shame, she can die for her family's name.
She is far ahead of the men, in this modern age,
But her status is just like a bird fluttering in a cage.
A girl is a gentle and amiable creature,
Blessed with beautiful features

Reha Singh
4 A



Attitude



Attitude is a feeling, belief or opinion of approval or disapproval towards something. Attitude and behaviour are woven into the fabric of daily life. Attitude influences how a person lives his life. In short attitude acts as a magnet. A positive attitude attracts goodness and a negative attitude repels the positive energy. A positive attitude helps us more easily with the daily affairs of life. If you adopt it as a way of life it would bring constructive change into your life and makes you happier, brighter and more successful. But negative attitude destroys all good things from the life of a human being. So it is upon us how we shape our attitude. After all attitude matters.

-Samkritiloyapa
4A

Parents

Parents are special gifts, given by God
 Parents are the only ones,
 Who make sacrifices for us,
 Parents are our best friends,
 We should be their pride.
 Parents forgive our mistakes,
 And guide us to the right path.
 If you want to pray,
 Pray for your parents.
 We can progress only,
 With the blessings of our parents.



Reha Singh
4 A

New-New Subject

Mixing chemicals together
 Fixing tools together, Living things together
 In science all these we learnt together.
 As we came to new class,
 New subjects got introduced
 Science delivered three cute babies,
 Physics, Chemistry, and Biology.
 Kings and queens, war and fights,
 Separated from mountains, seas and beautiful sights,
 Study, study hard and hard,
 Wish you good luck in your tarot cards, Let's gain
 Knowledge more and more, read and learn more and more
 So, that not to get bore and bore,
 Because teachers give us knowledge pure and pure.

Suryanshi Sood
4 A

Meditation is Easy

In today's hectic world, students are struggling with the never ending demands of school and personal life. Many a times, they end up feeling overwhelmed. But thanks to our ancestors who have gifted us a great heritage called -Yoga . Yoga consists of a series of poses, meditation, controlled breathing, word chanting and other techniques designed to help individuals. Traditionally, yoga was transmitted using the Guru- Shishya model with yoga gurus as the main custodians of associated knowledge and skills. I generally practise meditation. As meditation appears to be the most beneficial for students. Meditation helps improve concentration- a top priority for any student. I have also learned a technique to increase my concentration and I am going to share this simple technique with you ,which will not only help you to concentrate but will also remove all the stress.

Step1- sit in any comfortable posture.
 Step 2- Close your eyes gently.
 Step 3- Now concentrate on your breath i.e. inhalation and exhalation.
 Step 4- keep you focus on your breath without interfering in the natural rhythm of breath.
 Step 5- remain in this position for 5 minutes.
 Step 6- before opening your eyes, rub your hands and cup your eyes with your palms, thereafter you can open your eye.
 I have learnt this technique from my father who has learnt this from his guru. So , do meditation as it causes positive changes in your mindset and lifts your mood too.



Chinmaya Kapoor
4 B

HOW TO SAVE WATER

Water conservation has become essential in all regions, even where water seems abundant. That's because water resources are finite and they are getting depleted every year, but we still waste water. The 2030 Water Resource Group estimates that if we continue to consume water as per the current rate, India will have only half the water it needs by 2030. We need to use water with more care so as to minimise the wastage of water. We need to realize that saving water will start with us. Instead of waiting for someone else to do it, we have to begin it with ourselves. Thus, here are a few quick tips on how to save water. These simple tips for water conservation in our daily life can help effectively combat the problems related to water shortage.



1. Take a shower of 5 minutes or less.
2. Install a water- saving Toilet Flush System.
3. Turn off the tap while brushing your teeth and washing your hands
4. Don't keep the tap running while washing clothes/ utensils
5. Close taps properly and fix leaking taps, pipes & toilets.
6. Don't water your lawn every day.
7. Never throw/ drain leftover water in a glass or bottle. This can be used for watering a plant.
8. Instead of hosing down your driveway or sidewalk or steps, use a broom to clean leaves and other debris
9. Switch to water- efficient products and appliances for your home and office use.

By following these simple tips to conserve water, you can avoid wastage of water. 'Save water Save life'



Vivanshi Awasthi
4 B

CLASSROOM RULES



CLASSROOM RULES

1. Follow directions the first time.
2. Raise your hand and be recognised before speaking.
3. Listen when others speak.
4. Stay in your assigned seat or arena.
5. Keep your hands, feet and object to yourself.

CONSEQUENCES

1. First time- oral warning
2. Second time- remember chair
3. Third time- 5 minutes of play time
4. Fourth time- note sent home

Mahima Thakur
5A

HOME WORK



Sometimes my homework is less
 Sometimes my homework is more
 But whenever I do my homework
 My homework is always wrong
 Sometimes I do my homework at a slow pace
 Sometimes I do my homework faster than other days.
 But however I do my homework.
 My homework is still a lot of pain.
 Sometimes my homework is easy
 Sometimes my homework is hard
 But whenever I can't do my homework
 I feel i need to work harder.



Ayanna Chandel
5 A

FAILURES ARE THE PILLARS OF SUCCESS



Failures are the pillars to success,
The harder you hit, the higher you rise,
It is the belief that drives away the despair ,
Dreams are shattered, hearts are in grief,
But a ray of hope gleams, changes gloom to a cherishing dream.
Though depressing is the defeat,
But perseverance and dedication are the ways to succeed.
A golden chance to rectify our mistake
where strong will power serves as a brace.
Remember obstacles are not to get frightened
But to make our lives stunning and brightened
So, never let failure get into your heart.
Strengthen yourself and make a new start.

Jenisha Malhan
5 A

Environment



The environment with its treasures.
And so many countries to measure.
Fish and whales in the deep blue water.
Life in the sea, so alive.
Grasslands and forest with terrestrial life.
Cold, freezing mountain peaks.
And hot, tiring deserts.
Life among the trees and sands, so alive
Sky so blue and so clean.
Only sun, moon and stars to see.
Eagles and vultures take their turn.
Life in the sky, so alive.



Ridhani Kaistha
5 A

My Best Friend



In this cruel world, it is tough to find a wise and honest friend. All are trying to pull each other's leg, and no one cares for others. But thank God, that I have a wise and honest friend. Her name is Vaishnavi. She and I first met at kindergarten and we became great friends. She is kind, jolly and helpful. She seems to know everything. Whenever I have a perplexing question, she knows what to tell me. She is calm and patient. She is very entertaining, jolly and helpful in nature. She understands me a lot and is always ready to help me in bad or happy conditions. She always has time for me even in her busy schedule. She is so special for me in my life. She always has a smiling face even in her difficult times and never lets her difficulties show on her face. For me, our friendship is the most important thing in the world. I am proud to say that Vaishnavi is my best friend and she is one in a million.



Akshita Shashni
5 A

IMPORTANCE OF FATHER AND MOTHER

Unconditional love requires the ability to love someone without any conditions or limitations. and without expecting anything in return. I cannot imagine my life without them. They are very loving and caring. Parents are the most important person in everyone's life. They play great role in a child's development. Father is an inspiration for a kid, while mother is the most faithful and reliable friend. Desires in our life are very well supported by mother. While father allows us to do the things which are practical and within our reach. Personally both are like body and soul. We can't be here without our parents. I am

nothing without them. Parents are God and we should worship them. Parents make us happy and provide us with necessities. These words of mine may not be enough to show my gratefulness but sincerely and honestly, I would like to say Thank You mum and dad. I cannot repay you for your extreme support but all I can do is give you a lot of love. I pray for your well being forever.



Parinita Katoch
5 B

HOW DO I FEEL WHEN I DANCE?

Dance is more than just a sport, it's a passion. You have to work hard and push yourself in order to be the best. Dance for me is the easiest way to communicate. Dancing is like having a conversation with the audience. It is something you can enjoy at any point in your life, no matter what your ability. Dancing makes us feel good because, above all, it's such great fun. Dancing makes me feel calm after a busy day, as well as energised. My experience of the world becomes one where I am no longer separate from anything or anyone around me. It's just a form of oneness. Dance is an indescribable feeling for me. People say that food gives us energy I say dance gives me more energy.

I feel happy, carefree and physically fit. I feel wonderful as it heals my weary spirit. I feel wonderful, I feel most like myself when I dance. So, let us dance. It makes us feel alive. Dancing unleashes all your emotions. you don't need any occasion to dance. It just flows within you. It is the best activity/ hobby/ exercise I have found till date.



-Rishita Koundal
5B



MY FAVOURITE MUSICAL INSTRUMENT

What's your favourite instrument, and why? I'm sure I'm biased, but guitar has always been a cool instrument. You can use it in nearly any style of music, which makes it really versatile. Guitar is one of the best instruments of all time! It usually has six strings. The guitar strings are plucked with the fingers and fingernails of the right hand or left hand, or a small pick (plectrum). There are many different types of guitars, classified on how they are made and the

type of music they are used for. I like electrical guitar as well as classical guitar. When classic guitar is played it makes me feel pleasant and when electric guitar is played it makes me feel rocking. I also play a guitar. It is manufactured by the company kaps. I love to play it.

Rijul Shashni
6 A





SPORTS



- S - SOCIAL SKILLS**
- P - PHYSICAL FITNESS**
- O - OBEDIENCE**
- R - RESOURCEFULNESS**
- T - TEAMWORK**
- S - STRESS TOLERANCE**

Play a sport.
It will teach you how to win honorably,
Lose gracefully,
Respect authority,
Work with others,
Manage your time
And stay out of trouble....

Arshiya Verma
6 B

SAVE the Mother EARTH

There was a time,
Trees around us were green.
Water was clean,
Fresh air could be seen.
The tragedy today is that,
Surrounding is full of mob,
Air is not fresh,
But there is smog.
Trees have turned into logs,
Life has become full of clogs,
Today water is drying,
Trees are crying.
Birds are not flying,
Animals are dying.
From humans, I have a request,
Nature is not for a conquest,
So, save nature,
Save the world.



Vasav Tandon
6 B



HEALTH HAZARDS OF FAST FOOD

What did you have in your breakfast today? Was it egg and milk or was it paranthas? I don't know your answer, but one thing I know is that everyone of us has eaten something to fill our stomach and we need some food before going out to work or school.'



We do not always start our day by ordering a pizza, burger or biryani etc. This Junk food contains cream, butter, oil, sugar, lots of spices, salt and preservatives. Like our morning ritual, why don't we always choose fresh food? Nutritionists have researched the bad effects of junk food and have come to the conclusion that junk food manufacturing companies are fooling people by displaying deceitful advertisements. Eating junk food spoils our health. And long term bad habits can cause heart problems, acne, high blood pressure, dental problems, osteoporosis and generally just poor health. But at the same time it is only ME, yes I can only stop myself from eating junk food and believing these sellers who tempt my taste buds.

When God created man, man was lean and fit. God covered the earth with broccoli, cauliflower, spinach; with green vegetables, yellow and red vegetables of all kinds, so man would live long and healthy. But, look at what man did. A healthy body creates a sound mind. 'Eat right to be delight'. So to keep ourselves fit, we should eat healthy food and practice yoga.. I request all of you to eat healthy diet because 'You are What You Eat.'

STAY FIT, KEEP HEALTHY.

Keshika Verma
6 B



1. **Which is the current that we don't get?**
Ans. Black Current (Flavour).
2. **Which is the gate we cannot open?**
Ans. Colgate
3. **The table on which we cannot keep books.**
Ans. Time Table
4. **Which is the city where you cannot go?**
Ans. Electricity
5. **Which is the angle you cannot make.**
Ans. Bangle

TONGUE TWISTERS AND INSPIRATIONAL AND FUNNY QUOTES



INSPIRATIONAL :

- Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.
- Let your smile change the world but don't let the world change your smile.
- Instead of letting your hardships and failures discourage or exhaust you. Let them inspire you.
- Every day may not be a good day but there is good in everyday.
- Stars can't shine without darkness.

FUNNY

- What happens in exams-?
 - Tick-tock
 - Eye-pop
 - Time-up
 - Mind-block
 - Full-shock
 - No-luck
 - Pen-stop
 - Jaw-drop
- Don't break anyone's heart, they only have one, BREAK their bones, they have 206.

WHAT HAPPENS IN MATHS CLASS-

- Is this happening to anyone ? Yes; No.
C when the whole class is fighting over whether the answer is 7 or 10 and you got 188
- Your secrets are safe with me..... I wasn't even listening!
- Dear Monday, I was thinking you should take a holiday..... Trust me, no one will miss you!!
- Dear haters, I couldn't help but notice that 'awesome' ends with 'me' and 'ugly' starts with 'U'.

TONGUE TWISTER

Peter Piper picked a peck of pickled peppers.

A peck of pickled peppers Peter Piper picked.

If Peter Piper picked a peck of pickled peppers, where's the peck of pickled peppers Peter Piper picked?

Shireen Chaba

Poem

OLS! OLS! OLS!

It is the best school I could ever have, teachers are the best,
But students are also not any less.
My lovely Our Lady of the Snows School,
It's famous in Kullu and far,
It shines in district Kullu like a star,
I came as a budding flower,
In pre-nursery class,
I learnt to live with a clean heart, just like a glass.
I wish your name to be written in sky,
You are splendid,
You are bright.

GLOBAL WARMING



In today's world global warming has been a major topic of discussion among the many great nations of the world. Countries have taken the initiative and done a lot for this. One of the major steps to fight global warming is afforestation or planting of trees. The Internet is also helping in the process as there are many

websites where you can donate trees or donate a small amount of money . Even our school, time to time, organises tree plantation programs to spread awareness on global warming and how trees can help to fight it."Forests are a national asset". Therefore it is the duty of the government and the people to protect them instead of destroying them as we have been doing for long.

Plant for the planet!

Parinita Katoch

6 B



Nestled in the lap of the majestic Himalayas, Kullu is a vertible jewel in the crown of Himachal. The town is a gateway to the scenic Kullu valley which extends northward to the source of the Beas river at Rohtang Pass. It is a popular Himachal tourism destination which is why there are a variety of things to do in Kullu. It is famous for its temples, vast and beautiful majestic hills which are covered in Pine and Deodar forests. What is not to be missed in Kullu are the sprawling apple orchards and the many adventure sports activities here that get your heart racing! From rock climbing to paragliding to mountaineering to bike safari, Kullu has a plethora of options to satiate the adventure rush of tourists. Kullu was earlier known as Kulanthpitha, meaning 'the ending point of inevitable world'. The beautiful valley is also mentioned in epics like Ramayana, Mahabharata and Vishnu Purana. Myths and legends enrich the deeply religious beliefs of simple people that can be seen during a variety of festivals celebrated in the valley. In October, the quiet town comes to life when the week-long Kullu Dussehra festival is held. A congregation of Devtas- village deities carried on palanquins, grace the occasion to celebrate the victory of good over evil. Hindi, English, and Punjabi are spoken and understood by those engaged

in tourism. Locals speak Pahari. Summer is suitable for visiting Kullu. Winters are extremely cold. Snowfall generally occurs during December and January or an early Snowfall may occur in November also. This place invites every age group as it has something for everyone starting from unmatched sites to ancient temples.

Snigdha Sood

7 A



Biology is truly an exquisite gift to mankind. It explains us in flesh, and not merely us, but the whole biosphere we have ever known; from the largest Rafflesia to the smallest Bougainvillea, from the fiercest Megalodon to the teensiest Dwarf Minnow, from the heaviest to the lightest wasp, biology has explained it all. It is an amazing study which unravels the great mysteries of nature. It also, is a study of our evolution; it explains the wonders of the biosphere that how the majestic monkeys gradually got transformed into the planet's most intelligent species i.e., humans. How exquisite is that! Who could have thought! And now this intelligent species has been gifted with the mind-power to manipulate all these wonders of the biosphere into a collection called "Biology". We, the humans, define it as the study of biosphere, categorized into specialized fields, covering the physical traits, which are: morphology, physiology, anatomy, behavior and distribution. I feel it to be the most wondrous study ever, every paradox, every phenomena, every interesting fact about us is recorded in this collection we call "biology". It's like an all in one package of wonders, and why to miss it. Besides the evolution chain and the origin of the biosphere, we have added

a new topic to this subject i.e., medication and cure. On the basis of each species' anatomy, morphology and distribution, humans have invented the medication and cure for our various afflictions. This beautiful study has helped a great deal in controlling the death rate of some species, giving a creature an increased lifespan. We should genuinely be grateful to this invention. This also shows that biology aids a great deal in our survival, too. It aids us not only for sensitively handled diagnosis, but also emergency aid hacks, etc. Biology is classified into various branches, so as to make it convenient and efficient for us to handle each and every aspect of our body with care and efficiency. For instance, anatomy is the study of gross structure of the organs of an organism, cytology is the study of plant and animal cells (their structure and function), and much, much more. And also that the biosphere is gigantically vast as far as we can remember, and so as to make it convenient to study it all effectively. For instance, bacterial study is bacteriology, entomology is for insects, virology for viruses, ichthyology for fishes and herpetology refers to the study of reptiles. Modern inventions are a total upgrade and have raised the bar for almost everyone of us to contribute our very best for the welfare of life and for, even more enhanced techniques to deal with biological paradoxes. Isn't that cool! So, this is quite true that we are indebted to biology for almost everything, for origination, for life, for cure, for survival and things. It has helped us to understand life in a better and efficient way and given us a better perspective of life while also with an improved vision!

Shaivya Dhall

8 A

Be THE CHANGE You WANT TO SEE



I am sure most of you must have heard about the famous teen Greta Thunberg. And for those of you who have not, she is a 16 year old environmental activist from Sweden. She has been making headlines for her active role in trying to save our mother Earth. This year she received several prizes including the International Children's Peace Prize. In 2018, at the age of 15, she began spending her school days outside the Sweden parliament to call for stronger action against global warming by holding up a sign saying, "School strike for the climate."

Soon after this other students engaged in similar protests in their own communities. She has stated 4 interwoven themes:

1. Humanity is facing an existential crisis due to climate change.
2. The current generation of adults is responsible for climate change.
3. Climate change will have a disproportionate effect on young people.
4. Too little is being done about the situation.

She has also stated that politicians and decision-makers need to listen to the scientists.

Following her example, we need to try to save our planet in the smallest way possible. Everybody thinks that somebody will do something but the truth is that we are that 'somebody'. We need to be the change we want to see and always remember that there is no 'Planet B'.

Divyangna Chauhan

8 A



INDIAN PREMIER LEAGUE A JOURNEY OF ADVENTURE



Setting a legendary milestone in the world of a sport like cricket, the BCCI created Indian Premier League. The perfect combination of sports and entertainment, it attracts huge number of audiences even the ones who have never watched cricket before the beginning of IPL in 2008.

It is an Indian League of Cricket with Twenty-twenty cricket matches held between different states of India. However each team consisted of players from different countries. IPL has been a trend since it has begun. This is one of the biggest examples in the history of friendly cricket and entertainment, all put together in the same little box and wrapped inside joyous surprises.

The teams are chosen by putting the names of the players in a list to be put in the auction and just like an auction function, they are bid for and with this process the teams are chosen. The teams are owned by famous personalities which resulted into

obvious maddening popularity of the game. The Indian Premier League has taken the Twenty- twenty Cricket's popularity to dizzying heights. The IPL fever has gripped the minds of the people in its full intensity. When the Twenty-twenty cricket was on, IPL and its probable winner was one of the hottest topics of discussion everywhere. Many people are of the view that it is one of the best things that has ever happened to the game of cricket.

IPL's crisp and light hearted ways and a short span of games were really the best way to engross the maximum number of public to watch it. It has proved itself to be the easiest medium to indulge the youth and even the elder mass into watching cricket, thus helping in uniting the people of the country by breaking all the barriers of general diversities.

-Rachit Gupta

8 B

The Unforgettable Nature

Give a thought, look around,
 Observe the beauty of nature, that you surround,
 Where the flowers dance and birds sing,
 It is the best place to be within.
 Where the wind blows with a motherly touch,
 And the trees and plants cherish along,
 It is the place of utmost beauty,
 Where the animals dwell and praise its glory.
 Where the high mountains are touching the skies,
 Where every place is full of greenery and love,
 It is the place of utmost beauty,
 Difficult to describe what it looks like.
 It is the place where we all dwell,
 It is the place where everyone is full of mirthfulness,
 It is the place called nature,
 It is the place where everything is nurtured.



Varunavi Paul
8 B

SAVE NATURE

Today I am going to tell you a story
 That should not be spoken with glory.
 Mother earth is in big trouble,
 With burning of stubble,
 Let's make the earth pollution free,
 By planting a tree,
 With the rivers flow,
 And the wind blow.
 Nature : Our future...
 Recycle the plastic,
 As the situation is drastic,
 Let's save our mother,
 With this way or the other.
 Pollution results in global warming,
 Resulting melting of glaciers is alarming
 Nature should not reach at its end,
 So let's defend our mother.



Shreya Thakur
8 B

EDUCATION SHOULD BE FREE FOR EVERYONE

“Education is a passport to the future, for tomorrow belongs to those who prepare for it today.” Education is a choice for some, while for others, school isn't an option.

Many countries give free and compulsory education to all unprivileged children. But nowadays education has become a business. The right of education of a child depends upon the race, gender and wealth of his/ her parents. Education is the basic fundamental right of a person. Without education it is difficult to survive in the current world. A country needs educated and skilled people to enhance its economic status. This will be possible only if every citizen is educated. Poverty

and unemployment are some of the major reasons which prevent the growth of many countries. To create better educational opportunities free education should be given to everyone irrespective of caste, gender, wealth and race. Free education is very important for the growth of an individual as well as the whole country.

“An investment in knowledge pays the best interest.”



Samaira Chaba
8 B

Competition

A boon or a bane

Cut-throat competition has now a days become an inseparable part of our lives. There is competition almost everywhere i. e., in the field of sports, education, job interviews and even in our own families amongst our fellow family members .It is my own belief that competition up to a certain level is actually good.



Although people today are beginning to take competition negatively, but I still believe in the saying, “A horse never runs so fast as when he has other horses to catch up and outpace”. Competition is essential for making people be good and do better. Sometimes it is needed in order to prove ourselves. It boosts our morale and helps in achieving our goals and ambitions.

Right from the initial stages of our student life competition plays an integral part whether it be in our studies or other activities like sports, etc. For example, when a student gets second position in a race, next time he aims of winning the first position. Competition refers to improving and analysing ourselves and striving hard to make ourselves better. Competition creates a friendly environment for the students to improve their skills and make them ready to face the world.

When we are engaged in competition, it is possible that we may fail. If we are not used to failing, it might be possible that we will get demotivated and distracted from our goal but while we are competing, it is not the case because failures are the pillars of success. Those repeated errors and mistakes will compel us to work harder and rise again with flying colours.

Numerous failures help people develop a fearless mind set and competition gives us opportunities to improve ourselves and also helps us in learning not only from our own mistakes but also from others mistakes as it is rightly quoted by Otto Von Bismarck, “Only a fool learns from his own mistakes. Wise men learn from the mistakes of others”.

In conclusion, I would say that competition is an absolute necessity if we want to succeed in life. Carolyn Murphy has rightly said, “There’s always competition out there; that’s what makes life even more exciting. “ Thus a life without competition is just like a boat without an oar or a body without a soul.

-Ananya Thakur
8 B

EXCESSIVE SMOG IN DELHI



One of the biggest menaces to the human race on this planet today is the environmental pollution. It is increasing with every passing year. It is an issue that troubles us economically, physically and socially. The contamination of the environment is also being linked to some of the fatal diseases. The environmental problem that is worsening each day needs to be addressed so that its harmful effects on humans as well as the plants can be rectified.



In November 2017, in an event known as the Great Smog of Delhi, the air pollution spiked far beyond acceptable levels. In Delhi poor quality air irreversibly damages the lungs of 2.2 million children. The major reasons for it are overpopulation, lack of political priority, motor vehicle emission. Other causes of poor air quality include wood burning, fires on agricultural land, exhaust from diesel generators, dust from construction sites, burning garbage and illegal industrial activities in Delhi.

All these activities have resulted in enormous destruction over the years. All such activities have to be brought to a halt or the crisis will become unmanageable. Last but not the least “Environmental pollution is an incurable disease which is reaching at its apex. All that can be done is prevention.

-Aranya Kapoor
8 B

STRESS ON TEENAGERS

“His best companions, innocence and health. And his best riches ignorance and wealth. How happy is he who crowns in the shade of these. A youth of labour and an age of ease.”

This quote vividly sums up what youth is all about. It is indeed said that this stage in our life tends to come but only once. The youth are however not at all happy, for despite their endowments, their peers and parents tend to expect too much from them. This forces them to stretch beyond their capacity that leads to psychological disturbance and frustration.

The stress youngsters feel occurs in different levels. The stress and pressure result in emotional problems. Mostly in teenagers the stress occurs due to academics and career related problems such as excellence in school, performance in sports, keeping up with the new, latest trends and choosing a higher educational stream.

The reason for higher stress is due to mental illness. Elders create unnecessary stress by demanding too much from youngsters. These days, homework has come to be a measurement, a way in which parents and

teachers can judge how good an education their students are getting. The standard rule is, the more homework, the better the value of education. After all parents and teachers alike want to see their students do well and that means scoring highly on standardized tests and getting into the best colleges. According to a survey, ninety percent of youngsters die only due to unnecessary stress laid down by their parents, peers and teachers. Parents and elders have to be realistic about their child's ability; they can recognize and celebrate their child's achievement in many other areas. “All the world's a stage, and all men and women merely players: they have their exit and entrance: and one man in his time plays many parts.” However, in this play of life the part of youth has but no retake. Teresa of Avila, a sixteenth-century mystic, suggests a thought that may lubricate the youth's mind with peace:

“Let nothing disturb you. Let nothing frighten you. Everything passes away, except god. God alone is sufficient.”



-Snehil Rana

9 A

SELF ACCEPTANCE-THE KEY TO HAPPINESS

A boy was born with over 35 fractures in his body. He was suffering from osteogenesis imperfecta (a very rare genetic disorder in which your bones are prone to spontaneous fractures). He had very less chances to survive but due to God's grace he survived. He survived in order to make a difference; he survived because he had a purpose for which he was actually born. He is no other than the teenage boy SPARSH SHAH- a youtube sensation and a great motivational speaker. I think not many of you know him but he is a 16 year old boy who sang the Indian National Anthem at the Howdy Modi Event. He accepted the way God made him and found his passion and today he is a well known singer and an inspiration to millions.

Have you ever wondered why most of us are never happy with the way God has made us? We tend to have inferiority complex. Maybe because we are too fat, too thin, too short, too tall, or too ugly; maybe we are not so beautiful or handsome; maybe we are dark complexioned or it may be because we have some other physical or mental imperfection. But who says it is sin to be imperfect? Is it mentioned somewhere in the Gita or in the Bible? No, it isn't. Then it may be because you are too worried about what people think about

you. But tell me, how do their opinions about you matter? God has made us different and he definitely has a purpose to do so. Then what is the need of being bothered by someone else's perception? All people have their different perception and outlook and it is a fact that you cannot change their perception. But you don't even need to do so. “THE ONLY PERSON WHOSE PERCEPTION YOU NEED TO CHANGE IS YOU YOURSELF”. You just need to change your perception and accept yourself the way you are.

The worst loneliness is not to be comfortable with yourself. So just let go of others perception. Don't just try to follow others. BE YOURSELF because you are perfect the way you are. Once you accept yourself the way you are, your life will be a blessing filled with lots and lots of happiness. As Roy T. Bennett has rightly said-“Accept yourself, love yourself, and keep moving forward. If you want to fly, you have to give up what weighs you down.” People will start accepting you only when you accept yourself.



-Aadya Kapoor

9B



Kindness, the Cure people refuse !

Little did the five year old me know that giving up on a small bar of chocolate would open doors to a lifelong friendship .Nor did the fifteen year old me realize that sometimes proving one's point might do more harm than good. Deeds they say, sometimes the least may create or break man's greatest fortune. What does it still depend upon? YOU, I'd rather say.

Many a times we have been told by our parents, teachers and well wishers to be KIND. What brings me to write a whole article about this small yet powerful word is the experiences I had in life so far and what I wish I could communicate to my younger self. Though the latter being practically impossible I can still compensate the loss by conveying it to my younger brothers and sisters at OLS and as for the others , reading isn't anybody's loss , is it? I really hope you take my advice and take on whatever life has for you, with a firm and kind attitude.

Being kind isn't really hard. But we perceive it to be. I'll tell you why.

Think about it for a minute for yourself now. Let's call this scenario the old man situation. You are in a bus travelling to whatever place you are supposed to. An old man comes right into the picture with a heavy bag on his shoulders, half dead to be still standing. You're tired too. Do you get up? Not at once, but still do you get up eventually? You should is what the teachings say. And why won't you? But here is the catch! Most of us are hesitant or even reluctant, thus old man situation which urges people to show "common courtesy" receives none. But often it's not selfishness that stops us from making a kind gesture, it's a fear of the consequences. Maybe the petty judgments or there's a fear of getting it wrong, of seeming patronizing or thinking someone is a charity case." It doesn't hurt for the person needing help to ask for it." is what many others feel, according to a BBC survey done on a similar situation.

There are plenty of other examples of people needing seats and passengers refusing to move. And I am definitely not making this up. You can search this up on the internet and hundreds of articles about the same would flood your screen in seconds!

Back to the old man situation, I leave it all up to you. Before you proceed, may I give you a rather optimistic approach to overcome the dilemma. Something that the unkind passengers do not reflect upon. Imagine the scenario in a better way. Think about the lovely smile you'll receive, the bounty humane feelings you'll be surrounded with and the sense of positivity starting to fill within you that will lead to an unparalleled satisfaction. And what is all of this in return for? Just a simple act of you letting go of a seat to someone who needed it more than you! And this is not just for this scenario but it can be applied anywhere, where you can be kind. I have experienced it myself and trust me, that particular day I was smiling like an idiot all the way back home!

Think about the bigger picture , think about life as a long journey where kindness adds to the times of pleasure. Selfishness and hatred are the greatest losses for a man. Kindness and love fill the void! Do not think of me as a clichéd spiritual highschooler ranting on a small and not so useful topic, but believe me it will change you like never before. For as far as my case is concerned I have started to truly enjoy things, both the good ones and the not so good ones too. The only thing I regret is that I realized all of this pretty late, especially when I was a sophomore at high school. But as they say , it is better late than never. I guess it is all part of the game and as Vladimir Nabokov, the great novelist, has rightly said , "Our existence is but a brief crack of light between two eternities of darkness" I truly stand by my word. So dear readers shine bright in this 'light-time', spreading kindness and all the love you have in your heart around. Who knows maybe someday you'll become the happiest human alive !



Kanika Thakur

10 B

SCIENCE IS A WAY OF THINKING

Science is a way of thinking, an ocean of knowledge and universe of mysteries.

Awareness gave birth to science. Science gave rise to knowledge and knowledge led to development. Science has challenged the norms and the superstition of society since the very start of civilization. From believing that the Earth is flat or the sun revolves around the earth we have come a long way. Who could've imagined that one day we could have advanced so far as to discovering possible life on other planets?

Science is primarily aimed at discovering, explaining, describing and predicting the surrounding world. The insurmountable discoveries and invention of science has not only opened new opportunities to the humans but also has eased our lives. Our Lady of the Snows School encourages the students to thrive in every field, Science being one of the favorites. With quality education and the best teachers the children are always open to new possibilities. In order to appreciate and encourage the student's scientific capabilities the school organizes various competitions as such the Science Exhibition, Science Quest. The students are updated about the latest discoveries with the various assemblies organized by the Science club.

The Science Quest: The science quest is a science and general knowledge based competition held at class level. The quiz is an attempt to update the students with the latest scientific theories and inventions and also clear their basics. The quiz provides a golden opportunity to the students to comprehend and learn collectively in a healthy environment.

Science Exhibition: As it is rightly said by Sir Albert Einstien- "The whole of Science is the refinement of everyday thinking." The school creates a comfortable atmosphere for the students introducing them to new possibilities every day. Science Exhibition is an opportunity to present their knowledge and thoughts process in front of everyone. The exhibition is an opportunity to bring out the budding genius in science by providing them, a platform where they compete amongst each other in a comprehensive and healthy way. As it is said child is the father of man, the event also provides a great opportunity to parents to get involved with their children and learn.

The study of science is important. It makes us practical and methodical, rational and realistic. Scientific training is essential for a real and full treatment of any subject. Without a scientific approach, no justice today can be done to any branch of learning. It is the scientific method which makes us objective and impartial. Our Lady of the Snows Schools stands as an epitome for providing scientific opportunities to the young brilliant minds. As it is rightly said- "Even if the open windows of science at first make us shiver but in the end, the fresh air brings vigor and the great spaces have a splendor of their own."



Adrissa Singh
10 A

Farewell Messages

When the moment to part from our school, our alma mater finally dawned on me, I found myself at a loss of words, too overwhelmed to express my feelings and gratitude towards it. I feel grateful to be a part of it, part of the great O.L.S. FAMILY. The time spent here will always be locked in our memories as the sweetest one. Looking back, I realise how badly I'm going to miss coming to this school. I'm going to miss each moment spent here, my friends and teachers, the competitions, the games, the fights, the mischieves, the annual functions and most importantly the exams and then the results which kept us on tenterhooks. In short, I'm going to miss just everything about my school, my second home, my OLS.

Mridul Thakur
10B



Friends Forever

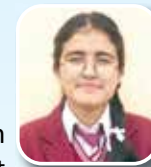
Thirteen years, it's been a long time,
 All these years and the incredible time spent,
 Will never come back.
 And as we leave our school,
 We feel we are at crossroads,
 Utterly confused where we stand,
 Without our alma mater.
 Oh, We wish, we'd known its importance before,
 And now we'll miss it all the more.
 We are parting with sad and gloomy faces,
 Still remember distinctly, we started our days here with
 untied shoe laces.
 All these years we came to a home
 Away from home.



Here, many friends we made,
 And now all those memories will flush and fade.
 We will start our journey afresh,
 This time without our friends,
 We'll surely miss them,
 Can't express our sadness and pain.
 As we bid adieu, there's nothing to gain,
 but everything to lose,
 Our school and our mates
 Such a precious gift of god we lose,
 We can just say 'We loved you Our School!'
 And we will be friends forever.
 And we will be friends forever.

-Mridul Thakur
 10B

Time Flies !



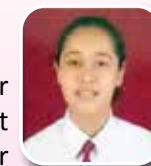
Time flies. This phrase sums up the idea that dawned upon me as soon as I entered the tenth grade. I used to think I hated coming to school but then for the first time in forever, I realized how much I actually loved it. That was the point when I fathomed how good it actually felt to be there. And that was exactly the point when I finally realized how the same school had metamorphosed me to what I am today, a proud, confident, knowledgeable and a good human being. As I am moving out from this prestigious institution, I am sure that the lovely twelve years I have spent here, make me an inseparable part of the OLS family. This end here at OLS is actually the beginning of our lives and thank you OLS for preparing us for the real world. With a heavy heart, I just keep telling myself that what if we have to part from OLS, the law still remains the same- 'We part to meet again'. As for a building to stand tall and strong, we need to lay a deep foundation, Thank you OLS for you have laid the foundation of our life, on which we are proudly standing today. Thank you OLS for providing such unconditional love to each one of us who are indeed an integral part of you .And God, I am already missing it all, the teachers, the classrooms, the corridors, the morning assemblies, the lunch breaks and what not. If I could, I would love to relive some of the moments spent in OLS. Now all that I would like to say is that we never leave someone behind, we take a part of them with us and leave a part of ourselves behind.

-Freya Thakur
 10 B

Cherished Memories

Our Lady of the Snows School, my alma mater is not just a school but our family where we have inculcated values, grasped knowledge and learnt some of the most invaluable lessons for life. The precious time spent in our school, our OLS can never be forgotten. The indelible memories ranging from our reverend Frs and sisters who have shaped our characters; our teachers who have moulded us into who we are today, provided a helping hand to us, their students whenever we needed them; non teaching staff members a.k.a. our uncles and aunties who were always there at our beck and call if we mistakenly spilled water in the class or dirtied the classroom after Teachers' Day celebrations .Last but surely not the least the time spent with my dear friends and fellow classmates will be etched in my memory for a long time to come.

Thank you OLS for all the fond memories that I am going to cherish forever.



-Pragma Thakur
 10B



BLACK OR WHITE : HOW SKIN COLOUR FOSTERS RACISM ?



Look around yourselves. You may not find everyone sharing the same complexion as you do. Some may be fair, some may be wheatish and some with darker complexion. And that's because you are different, I am different, we all are different. And it's okay, it's perfectly OKAY and we need to completely, wholeheartedly embrace our differences!

But sadly, this just seems to be a distant utopian idea! Despite exponential progress, racism specially based on the skin colour still runs deep in our social construction. Racism, prejudice and bigotry are ingrained in the very fabric of people all around the world and even the most developed of countries are fighting this menace. For instance, White people have always showed their dominance over the other races. Let me cite a line from the Great Bard's play 'The Merchant of Venice', the line from Act I, Scene-II , when Portia says :

"If he had the condition of a Saint and the Complexion of a Devil, I had rather he should shrive me than wive me." Clearly reflecting that Portia, the fair lady did not want the gallant, brave but dark Prince of Morocco as her life partner. Her attitude is a living example of racism prevalent in the Elizabethan Era. From that time till now, not much has changed when it comes to racism.

Being treated differently or unfairly because of our race, skin colour or ethnicity negatively affects our whole existence. People facing racism, are constantly bullied and consequently made to suffer for no fault of theirs. They are deprived of their basic fundamental rights to equality. And its high time that this injustice meted out to innocent people should come to an end.

Everyone should understand that skin colour doesn't define us, our potential does. We need to become the vehicles of change, we need to take practical steps to eradicate this problem and make this world a better and safe place for our coming generations.

Lastly, I would like to requite the quoted words of Rabindranath Tagore:

**"Where the world has not been broken up,
Into fragments by narrow domestic walls,
Into that heaven of freedom my father,
Let my country awake, let my country awake."**

Mridul Thakur
10



Student Write Ups
HINDI
SECTION

पहेलियाँ

1. बड़े और छोटे दो भाई, हरदम चलते रहते हैं,
हमारे सब संग बढ़ते जाओ, निज भाषा में कहते हैं।
2. एक नारी के बारह बेटे, पोते हैं कुल साठ
हर पोते के साठ हैं बेटे, नारी बिलकुल काठ।
3. इधर से आऊँ या उधर से आऊँ,
दाँतों से कुतरूँ, कुछ भी न खाऊँ ।
4. तीन अक्षर का का मेरा नाम, सुनते ही मिलता आराम,
राजा रंक सब चाहें मुझको, सात रसों की मुझ में खान।
5. कद के छोटे, करम के हीन किसी को नहीं सुहाते,
बीन बजाने के शौकीन।
6. सरेआम मैं काटूँ जेब, काटूँ बाजू और गला
पुलिस नहीं कहती मुझको, लोग कहें भला।
7. कोई जोड़ न पाया मुझको, एक बार जो टूटी,
अदृश्य रहे वजूद मेरा, न जादू न जड़ी बूटी।
8. एक शब्द बोलूँ नहीं, न मैं मचाऊँ शोर,
पड़ा द्वार पर देखकर, डर जाते हैं चोर।

उत्तर :

- | | | | |
|-------------------|----------|---------|----------|
| 1. घड़ी की सूइयाँ | 2. घड़ी | 3. आरी | 4. संगीत |
| 5. मच्छर | 6. दर्जी | 7. सांस | 8. ताला |

—श्रिया ठाकुर
9 वीं (अ), 2019



हमारे मार्गदर्शक

अध्यापक हमारे लिए उसी प्रकार हैं जिस प्रकार मुरझाए हुए फूल के लिए वर्षा की बूंदें। हमारे प्रिय अध्यापक हम सभी के मुरझाए हुए चेहरे में ताजगी भर देते हैं तथा मुस्कान लाते हैं। अगर किसी मनुष्य के यह विचार हैं कि शिक्षकों का हमारे जीवन में कोई महत्त्व नहीं है तो वह बिल्कुल गलत सोचता है क्योंकि अध्यापकों का हमारे जीवन में महत्त्वपूर्ण योगदान है। जिस दिन से मैंने विद्यालय में कदमरखा था, उस दिन से वे मेरा तथा बाकी विद्यार्थियों का साथ देते आए हैं। मुझे आज भी याद है, जब मैं पहली बार स्कूल आई थी, मैं अत्यधिक डरी हुई थी। मैं उस समय बहुत रोई थी क्योंकि मुझे दिनभर विद्यालय में रहना मंजूर नहीं था। उस दिन मेरी अध्यापिका ने मुझे अपनी बाहों में ले लिया तथा मेरे आँसू पोंछे। उन्होंने मेरे हर कार्य में मेरा साथ दिया। उस समय मैं बस 4 वर्ष की थी। सभी बच्चे गीली मिट्टी की तरह होते हैं तथा यह एक अध्यापक के हाथ में होता है कि उसके शिष्य को उन्होंने किस प्रकार का आकार देना है। आज तक मेरे सभी अध्यापकों ने मेरा सहाय दिया है तथा उस गीली मिट्टी को एक अत्यंत सुंदर मूर्ति का रूप दे दिया है। मैं आज जो कुछ भी हूँ उन्हीं के कारण हूँ। मेरे शिक्षकों ने मुझे सिखाया है कि—‘कोशिश करने वालों की कभी हार नहीं होती।’



उन्होंने मुझे सिखाया है कि जीवन में हर मुश्किल का डटकर सामना करना चाहिए। जीवन में हमें हार तथा जीत का सामना करना पड़ता है तो चाहे जैसी भी परिस्थिति क्यों ना हो हमें हार नहीं माननी चाहिए तथा बार-बार प्रयास करना चाहिए। मेरे अध्यापकों के यह शब्द मुझे हमेशा याद रहेंगे तथा मुझे प्रेरित करते रहेंगे। अध्यापक हमारे जीवन का अत्यंत आवश्यक हिस्सा हैं। वह हमें ज्ञान का भंडार देते हैं तथा जीवन को जीना सिखाते हैं। वह हमें उल्लास तथा खुशियों से भर देते हैं। आज के जमाने में विज्ञान में उन्नति होने के कारण हम अपने जीवन में अध्यापक के महत्त्व पर प्रश्न उठा सकते हैं। लेकिन या एकदम गलत होगा क्योंकि आनलाइन कक्षाओं से हम केवल किताबी ज्ञान पा सकते हैं। लेकिन एक गुरु ही हमें हर तरह से शिक्षित कर सकता है। हम अपने सभी अध्यापकों को आदर तथा सम्मान देने के लिए हर साल 5 सितंबर को ‘शिक्षक दिवस’ मनाते हैं। इस दिन पूरे भारत में सभी विद्यार्थी अपने अध्यापकों को उनके ‘परिश्रम’—जो भी हम विद्यार्थियों के लिए करते हैं, के लिए सम्मानित करते हैं। पर मुझे लगता है कि हमें प्रतिदिन अपने अध्यापकों का सम्मान करना चाहिए। पुराने समय में हम अध्यापकों को ‘गुरु’ के नाम से जानते थे और अब ‘सर’ या ‘मैम’ से। चाहे हम उन्हें किसी भी नाम से पुकारें चाहे ‘गुरु’ या ‘प्रिय अध्यापक’ हमारे दिल में उनके लिए आदर बिल्कुल नहीं घटेगा। हमारे अध्यापकों ने हमेशा हमें प्रेरित किया है। उन्होंने हमारे जीवन को बदला है तथा हमारी सोच को बदलने में मदद भी की है। उन्होंने हमेशा हमें अच्छे कर्म करने की सलाह दी है। हम जो भी मुकाम हासिल करेंगे अपने अध्यापकों की मेहनत, प्रेम तथा आशीर्वाद के कारण ही कर पाएँगे। इसलिए हमें उनके इस परिश्रम तथा लगन का हमेशा सम्मान तथा आदर करना चाहिए ।

—अश्लेषा सिंह ठाकुर
नवीं ‘ब’ 2019



आतंकवाद और भारत

आतंकवाद आज दुनिया की सबसे बड़ी समस्या बनती जा रही रही है। यह दुनिया की एक प्रमुख समस्या है जो ना जाने अभी तक कितने ही मासूमों की जान ले चुका है। वैसे तो यह एक कहावत है कि 'मनुष्य वही जो मनुष्य के लिए मरे', परंतु आजकल तो मनुष्य ही दूसरे मनुष्य को मारने तथा पछाड़ने में लगे हुए हैं। आतंकवाद तो इस दुनिया में एक बीमारी की तरह फैलता जा रहा है और अब इसे रोकने के लिए हम मनुष्यों को ही प्रयास करने पड़ेंगे। इस दुनिया में संपूर्णरूप से शांति लाने के लिए पहले तो हमें पूर्णतः आतंकवाद नामक बीमारी को ही हटाना होगा। हम सभी इस बात से तो बहुत अच्छी तरह परिचित हैं कि किस प्रकार बहुत सालों से भारत और पाकिस्तान के बीच कितने मतभेद रहे हैं और कितना तनाव का वातावरण है। भारत के ऊपर कई सालों से आतंकवादी हमले हो रहे हैं और भारत को भी इस बीमारी के दर्द को सहना पड़ रहा है। हम सभी को पता है कि किस प्रकार से कुछ ही सालों पहले पाकिस्तान द्वारा कई आतंकवादी हमले किए गए हैं जैसे पुलवामा और उरी हमला, पर हमें सिर्फ यही दो नाम अच्छी तरह से इसलिए याद हैं क्योंकि ये बहुत बड़े हमले थे और इनके जवाब में भारत ने आतंकवादियों के 'दांत खट्टे कर दिए' थे।

आतंकवाद का एक मुख्य कारण है 'जिहाद'। केवल इसी वजह से मुसलमान आतंकवादी दुनिया तथा लोगों की सेवा करना नहीं बल्कि उन्हें मारना उचित समझते हैं उन्हें यह लगता है कि अल्लाह उनके खुदा इतने लोगों की मौत से खुश हो जाएँगे पर ऐसा बिल्कुल भी नहीं है अल्लाह ने पवित्र कुरान में ऐसा कभी नहीं लिखा कि किसी भी प्राणी की जान लेना उचित है मुसलमानों ने जिहाद के नाम पर अब तक दुनिया में काफी उधम मचा दिया है इसीलिए अगर हमें इस आतंकवाद की समस्या को रोकना है तो पहले मुसलमानों में पल रही गलतफहमी जिहाद को जड़ से मिटाने का प्रयास करना होगा।

आतंकवाद को नियंत्रण में करने के लिए दुनिया में कई प्रयास हुए जिससे कि यह नियंत्रित हो सके। 1945 में दूसरे विश्वयुद्ध के बाद सभी शक्तिशाली देशों ने एक ऐसी आर्गनाइजेशन बनाई जिस से सभी प्रकार के युद्ध खत्म हो सकेंगे। उसका नाम है, 'यूनाईटेड नेशंस'। इसका कार्य दुनिया में शांति बनाए रखने का है। यह संस्था अपनी क्षमता के अनुसार दुनिया भर से आतंकवाद मिटाने की पूरी कोशिश कर रही है। हमारी भारत सरकार भी आतंकवाद के खिलाफ राष्ट्रीय और अंतर्राष्ट्रीय मंचों पर आवाज उठाती रही है और उसका अच्छा परिणाम भी आ रहा है। परंतु हम आम जनमानस को खाली बैठकर केवल इसकी बात नहीं बल्कि इस पर अमल

भी करना चाहिए। हमें भी अपने छोटे-छोटे प्रयासों से आतंकवाद को हटाने में मदद करनी चाहिए। हमें भी आतंकवाद के प्रति जागरूक होना चाहिए, खासकर कि कश्मीर घाटी में रहने वाले लोगों को जहाँ अक्सर ऐसे हमले होते रहते हैं। अभी कुछ दिनों पहले कुल्लू जिले की बंजार घाटी में एक आतंकवादी पाया गया था जिसे लोग बिल्कुल ही नहीं पहचान पाए, इसलिए हमें आतंकवादियों से सावधान रहना चाहिए और मुसलमानों को तो जिहाद से दूर ही रहना चाहिए और यह समझना चाहिए कि अल्लाह उन्हें विश्व में शांति का संदेश फैलाना सिखाते हैं न कि लोगों को मारना।

महात्मा गाँधी ने तो अहिंसा के पथ पर चलते हुए अपनी जान दे दी थी जबकि ये आत्मघाती आतंकी हिंसा में इस कदर लिप्त हो जाते हैं कि अपने साथ और भी कई मासूम और निर्दोष लोगों की जान ले लेते हैं। जैसा कि मैंने पहले भी कहा था कि हमारी भारत सरकार भी आतंकवाद के खिलाफ काफी आवाज उठा रही है। उरी व पुलवामा हमले के बाद तो सरकार ने आतंकवादियों के दांतखटे कर दिए थे और पाकिस्तान में जाकर ही आतंकवादियों को मारा था वरना आज तक कभी भी भारत ने किसी दूसरे देश के ऊपर हमला नहीं किया था। सरकार जनता में भी आतंकवाद के खिलाफ काफी जागरूकता फैला रही है। आशा करते हैं कि भारत सरकार जल्द ही इस बीमारी को जड़ से हटाने में सफल होगी। अंत में मैं केवल इतना ही कहना चाहती हूँ कि मन मुटाव देशों के बीच में हो सकते हैं पर वहाँ के नागरिकों के बीच नहीं। कवि निराला ने तो दुनिया में शांति लाने के लिए एक कविता लिखी है, "स्वर्ग बना सकते हैं"। और यह सच है कि हम दुनिया को स्वर्ग तभी बना सकते हैं जब जग में शांति हो। इसलिए हमें आतंकवाद की बीमारी को फैलने से जल्द से जल्द रोकना होगा वरना हम मनुष्य एक दूसरे को मारते ही रह जाएँगे।

चुटकुले

1. **दुकानदार** : बोलो साहब, क्या चाहिए?
ग्राहक : होने वाली बीबी के कुत्ते के लिए कंक चाहिए।
दुकानदार : यही खाओगे, या पैक करवाँ ?
2. **छोटू** : कभी प्यार किया है?
पप्पू : हाँ पर जब उसे ILU बोलता हूँ वो ILU 2 बोलती है।
अब पता नहीं ये दूसरा कौन है।
3. **डॉक्टर** : कौन-सा ग्रुप है आपका?
पप्पू : अखंड भारत।
डॉक्टर : अबे वाटसऐप की औलाद, बल्ड ग्रुप पूछ रहा हूँ।
4. एक आदमी को रोज अपने सपने में एक औरत काली-साड़ी में दिखती और वह हमेशा डर जाता। आखिर में उसने पूछा :
आप कौन हैं?
मैं धन की देवी लक्ष्मी हूँ।
फिर तो आपको गोल्डन साड़ी में होना चाहिए
अरे बेटा ! मैं ब्लैक मनी हूँ स्विस बैंक से आई हूँ।

-ओमांश शर्मा

कक्षा नवीं 'अ' 2019

आतंकवाद और भारत

आतंकवाद की समस्या से एक डर बनता जा रहा है। इस डर का कोई अंत नहीं है। भारत में कई लोग आतंकवाद का शिकार हुए हैं परन्तु उसके बावजूद लोग उनके मरने की पीड़ा नहीं उनके मरने का साहस देखते हैं। एक आतंकवादी मर जाता है तो लोगों में उल्लास भर जाता है, कोई सिपाही अपनी जान दे दे तो देश का खून खौल उठता है। हमारा भारत महान यह कथन जब भारतीयों के मुँह से निकलता है तो वे गर्व से अपना सीना चौड़ा कर लेते हैं। एक सिपाही अपना परिवार छोड़ कर अपनी जान देता है और हम उसे श्रद्धांजलि देते हैं लेकिन क्यों? हम किसी अपने की मृत्यु पर उन्हें श्रद्धांजलि नहीं देते, क्योंकि एक सिपाही जान देता है परन्तु देश के लिए। कश्मीर को पहाड़ों का राजा माना जाता था, परन्तु एक आतंकवादी हमले ने उसे एक खतरनाक जगह बना दिया है। हमारे देश में कई हमले हुए उनमें से एक है पुलवामा अटैक। कई लोगों की जान चली गई और कई घर से बेघर हो गए। हमारे देश में कई लोग चाय की चुस्कियाँ लेते हुए उस एक महत्वपूर्ण खबर को नहीं सुनते हैं।



हम डरकर जीना नहीं चाहते कश्मीर के लोग रोज यह कहते हैं लेकिन क्यों? क्योंकि उन्होंने कोई अपना खोया है और उन्हें उसके द्वारा अपनी जान बचाने का एक रास्ता दिखाकर गायब हो जाते हैं पाकिस्तानी क्यों हमला करते हैं। क्योंकि उन्हें कश्मीर चाहिए केवल हमारे एक

राज्य के लिए पाकिस्तानी इतना गिर चुके हैं।

आतंकवाद को जड़ से मिटाएँगे। यह है हमारी सरकार का कहना। सरकार कहती है हम सुनते हैं और कश्मीर के लोग सहते हैं। हमारे देश में एक सरकार ही है जो कुछ कर सकती है परन्तु वे कुछ नहीं करते यदि वे एक कदम उठाएँ तो भारत पूर्णतः स्वतन्त्र हो जाएगा।

‘अब सरकार ने कदम उठाया है कश्मीर को इन्साफ दिलाया है’ हमारे इकलौते कश्मीर को अब एक यूनिवर्सिटी बना दिया गया है जनता में खूब खुशी का माहौल है सबके चेहरे पे खुशी दिल में देश प्रेम और कश्मीर में त्यौहार का माहौल बन गया है।

एक दिन है जब हम स्वतंत्रता दिवस मानते हैं और लोग उस दिन अपना झंडा लहराते हैं सब उसे सलामी देते हैं और गर्व अथवा देश प्रेम में लीन हो जाते हैं हमारा एक कदम हमारी दुनिया बदल देता है तो क्यों न हम ही इन दुष्ट आतंकवादियों का अंतकर दे।

हमें एक जीवन मिला है तो उसे अच्छे से जीना होता है जो लोग आतंकवाद के कारन शहीद हो जाते हैं उन्हें भी एक ही जीवन मिला होता है परन्तु वे उसे डर कर जीते हैं किसी माँ से उसका पुत्र छिन जाता है, किसी पत्नी से उसका पति किसी बहन से उसका भाई और एक देश से उसका वीर जवान।

इस दुनिया में कई चीजें सीखी नहीं जाती बस महसूस की जा सकती है हम इन आतंकवादियों का क्या बिगाड़ेंगे यही कहते हैं ना आप परन्तु आप जानते हैं कि एक आप हैं एक हम हैं और एक मैं ही हूँ जो इस समस्या का अंत कर सकते हैं आतंकवाद को जड़ से ही मिटाना होगा। हमारे देश के रोज लाखों सिपाही मारे जाते हैं किसी को परवाह नहीं है कोई साथ नहीं देगा तो भारत आगे कैसे बढ़ेगा हमारे भाई बहन मरे जा रहे हैं और आप चाय की चुस्कियाँ लेते हुए अखबार के पन्ने पलट रहे हैं क्या आपका उनसे कोई रिश्ता नहीं है फिर कभी ऐसा करें तो मुझे याद करें।

स्तुति सूद नवीं ‘अ’
नेहरु सदन 2019

पुस्तकें-हमारे जीवन की सच्ची मित्र

पुस्तकें हमारे जीवन में सबसे अनमोल होती हैं। वह हमारे जीवन में एक महत्वपूर्ण भूमिका निभाती हैं तथा हमें बहुत कुछ सिखाती हैं। अच्छी पुस्तकें हमें रास्ता दिखाती हैं तथा हमारा मनोरंजन भी करती हैं। पुस्तकें हमारे जीवन की सच्ची मित्र होती हैं और उनसे अच्छा साथी और कोई नहीं होता, यदि हम पुस्तकों को अपना अच्छा तथा प्रिय मित्र बना लें तो हमें जीवन में बहुत सफलता प्राप्त होगी। पुस्तकें प्रेरणा का भंडार होती हैं। वह हमें बहुत जानकारी देती हैं जिससे हमें बहुत मदद मिलती है। पुस्तकों से आदमी को ज्ञान मिलता है तथा कई नई और अनोखी चीजें सीखने को मिलती हैं। जिस इंसान को अपने जीवन में पुस्तकें प्राप्त होती हैं वह बहुत सुखी रहता है क्योंकि ज्ञान से एक इंसान पूरी दुनिया को अपनी मुट्ठी में कर सकता है। पुस्तकें हमें छोड़कर कभी नहीं जातीं और हमेशा हमारे पास रहती हैं। महान लोगों की किताबें पढ़ने से हमें प्रेरणा मिलती है। भारत को आजादी दिलाने में पुस्तकों का बहुत बड़ा योगदान था क्योंकि उस समय पुस्तकों के अलावा प्रचार का कोई और साधन नहीं था अगर पुस्तकें न होती तो हमें हमारे भूतकाल के बारे में कैसे पता चलता। पुरानी शताब्दियों में लोगों को पुस्तकों का महत्व पता था इसलिए राजाओं तथा महान लोगों ने अपनी आत्मकथा लिखवाई और जिसके कारण

उनका नाम आज भी याद रखा जाता है। हमारे कई पूजनीय ग्रंथ जैसे गीता, कुरु, रान आदि भी तो पुस्तकों में ही लिखे गए थे। अगर हम पुस्तकें पढ़ते रहेंगे तो एक दिन वह हमारी एक अच्छी आदत बन जाएगी



जिसके कारण हमें हमारे जीवन काल में हमारी बहुत सहायता होगी और इस आदत से हमें बहुत लाभ प्राप्त होगा। पुस्तकों को हर युग में महत्व मिलता आया है तो अब क्यों नहीं? कोई आधुनिक यंत्र भी पुस्तकों की जगह नहीं ले सकता क्योंकि पुस्तक का अपना विशेष महत्व होता है। अगर हम आज भी पुस्तकों का निरादर न कर उनका आदर करें तो इस आधुनिक काल में भी हमें बहुत लाभ मिलेगा।

एलीशा ठाकुर
नवीं ‘ब’ टैगोर सदन 2019

मानवता क्या है ?

मानवता का अर्थ इंसानियत, दया, मनुष्य जाति का स्वभाव, मानव जाति, मानव स्वभाव, भला मानस का गुण, मनुष्यत्व होता है। जब हम पशुपक्षियों और दूसरे जीवों के प्रति दया का भाव दिखाते हैं तो उसे मानवता कहते हैं। मानवता उस भाव का नाम है जब कोई व्यक्ति दूसरे को दर्द में देख कर दुखी हो जाता है और दूसरों को सुखी देखकर खुश हो जाता है। मानवता ही एक ऐसा भाव है जिसके कारण मनुष्य दूसरे के हित में कार्य करता है। प्राचीन काल से ही यह कहा जाता है कि मनुष्य को परोपकार करना चाहिए और दूसरों की मदद करनी चाहिए। मानवता और परोपकार ही ऐसे भाव हैं जिनकी वजह से पृथ्वी पर जीवन संभव है लेकिन यह हर व्यक्ति में नहीं पाया जाता है। मानवता का भाव रखने वाला व्यक्ति निस्वार्थ होकर दूसरों की मदद करता है और दूसरे के हित के लिए कार्य करता है। मानवता ही है जिससे प्रभावित हो कर मनुष्य विपदा में दूसरों की मदद करता है और पशुओं पर दया करता है। मानवता प्रेम और भाईचारे का संदेश देती है। मानवता ही है जिसे हर व्यक्ति मिलजुल कर विकास की राह पर चल सकता है। लेकिन आज के समय में कुछ लोग मानवता को शर्मसार कर देते हैं। वह केवल अपना स्वार्थ देखते हैं और लोगों से अत्याचार करते हैं और क्रूरतापूर्ण व्यवहार करते हैं। वह किसी की मदद करना पसंद नहीं करते हैं। आज के इस मतलब की दुनिया में जहाँ केवल स्वार्थ के लिए लोग एक दूसरे से जुड़े हुए हैं वहीं आज भी बहुत से लोग मानवता को जीवित रखे हुए हैं। वह हर विपदा में देश की मदद करते हैं और आपसी भाईचारे और प्रेम का संदेश देते हैं।

जिस व्यक्ति में मानवता नहीं है उस व्यक्ति को मानव कहलाने का हक नहीं है। इसलिए प्रत्येक व्यक्ति को अपने अंदर मानवता का भाव रखना चाहिए। अपने इस जीवन को मानव हित के लिए कार्य करना चाहिए। सबका हित सोचना, विपदा में मदद करना, सब के साथ मिलजुल कर रहना, प्रेम और भाईचारे की भावना रखना ही असली मानवता है। ईश्वर ने मानव (मनुष्य) को सर्वश्रेष्ठ प्राणी बनाया है। मनुष्य 86 लाख योनियों में सर्वश्रेष्ठ जीव है। मनुष्य को ईश्वर ने बोलने की शक्ति दी है। मनुष्य बोलकर अपने मन के भावों को व्यक्त कर सकता है। हम अपने सुख-दुख, खुशी, गम, आश्चर्य सभी भावों को बोलकर प्रकट करते हैं। आज दुनिया को मानवता की जरूरत क्यों है? दोस्तों यह सवाल उठता है कि आज दुनिया को मानवता की जरूरत क्यों है? तो इसका बहुत ही सीधा जवाब है। विश्व के अनेक भागों में आज कई तरह का संकट मौजूद है।

समाज में रहते हुए ही मानव में करुणा, सहिष्णुता, भाईचारा, दया, प्रेम जैसे मानवीय गुणों का विकास होता है। मानवता के विकास में इन मानवीय गुणों की भूमिका अहम होती है। प्राचीन काल से लेकर आधुनिक काल तक हुए अनेक युद्धों ने अमानवीय प्रवृत्ति को बढ़ावा दिया है। सत्ता एवं स्वार्थ की लालसा में मनुष्य ईश्या द्वेष जैसे अवगुणों से वशीभूत होकर अनेक प्रकार से अपराध कर बैठता है। मानवता के विकास के लिए मानवाधिकारों की रक्षा अनिवार्य है। जीवन का अधिकार, शिक्षा का अधिकार, जीविकोपार्जन का अधिकार, वैचारिक स्वतंत्रता का अधिकार, समानता का अधिकार, धार्मिक स्वतंत्रता का अधिकार जैसे मूलभूत अधिकार मानवाधिकार के अंतर्गत ही आते हैं। विश्व के अधिकतर देशों में ये अधिकार संविधान द्वारा नागरिकों को दिए हैं। भारत में भी संविधान के भाग तीन के अनुच्छेद 14 से लेकर 35 के द्वारा नागरिकों को विभिन्न प्रकार के अधिकार दिए हैं।

एमनेस्टी इंटरनेशनल मानवाधिकारों की रक्षा को विश्व भर में सुनिश्चित करने वाली एक अंतर्राष्ट्रीय संस्था है, जिसका मुख्यालय लन्दन में है। मानवतावादी दृष्टिकोण मनुष्य की गरिमा में विश्वास करता है। पश्चिम जगत में मानवतावाद सुकरात के चिंतनशील जीवन के महत्त्व की धारणा से उत्पन्न हुआ। मानवतावादी सिद्धांत मनुष्य के मनोविज्ञान एवं विश्व में उसकी स्थिति पर आधारित है। शिक्षा में मानवतावादी मूल्यों को स्थान देने का उद्देश्य मनुष्य का सर्वांगीण विकास होता है। मानवतावाद के अनुसार व्यक्ति व्यक्तिगत संतोष एवं निरंतर आत्मविश्वास के साथ महत्त्वपूर्ण कार्य और समुदाय के कल्याण की ओर योगदान देने वाली अन्य क्रियाओं के संयोजन से शुभ जीवन को प्राप्त कर सकता है।

मानवतावाद के प्रमुख सिद्धांत इस प्रकार हैं परिवर्तनशील संसार में मनुष्य सर्वाधिक शक्तिशाली है। मनुष्य न केवल यंत्र और केवल जीव है बल्कि असीम सम्भावनाओं से भरा हुआ है। मनुष्य अपनी संस्कृति पुनरुद्धार करने के लिए जन्म लेता है। मनुष्य के जीवन में सत्यम शिवम सुन्दर को महत्ता दी जानी चाहिए। मनुष्य जाति की समस्याओं का समाधान केवल वस्तुनिष्ठ रीति से ही नहीं करना व्यक्तिनिष्ठ रीति से भी सम्भव है। मानवता को बढ़ावा देने के लिए मानवतावादी शिक्षा की आवश्यकता होती है। इसके उद्देश्य होते हैं - मानवीय समस्याओं के प्रति संवेदनशील, ऐसे व्यक्तियों को तैयार करना, जो मान वकल्याण कर सके।

सत्यम ठाकुर

नवीं 'ब' 2019 गांधी हाऊस

छात्र और शिक्षक एक रिश्ता या औपचारिकता

आज का युग कला का युग है। यह एक मशीनी युग है। आज लोग फोन, आदि मशीनों में इतना खो चुके हैं कि उनके लिए सब रिश्ते मात्र एक औपचारिकता बन चुके हैं। बात चाहे माता-पिता, पति-पत्नी, बहन-भाई यहाँ तक कि छात्र-शिक्षक का रिश्ता भी औपचारिकता बन चुका है। पहले जमाने में एकलव्य जैसे छात्र भी हुआ करते थे जो कि अपने शिक्षक के लिए कुछ भी कर जाते थे मगर आज के आधुनिक और प्रदूषित वातावरण में रावण जैसे छात्र मिलते हैं। मगर यह कहना भी गलत होगा कि सारे लोग ही रावण बन चुके हैं और कोई रिश्ता श्रवण कुमार या एकलव्य जैसा नहीं रहा। जैसा कि कहा गया है गुलाब के पौधों में सिर्फ काँटे ही नहीं होते बल्कि फूल भी होते हैं वैसे ही आज के संसार में सिर्फ बुरे लोग नहीं अच्छे भी होते हैं। सब हमारे दृष्टिकोण पर निर्भर करता है। यदि हम कोशिश करें तो आज हम इस धरती में अच्छा वातावरण बना सकते हैं। चाहे तो पाताल को भी स्वर्ग बनाया जा सकता है। कबीर ने तो गुरु का महत्त्व भगवान से भी बड़ा बताया है और कहा है - **गुरु गोविंद दोऊ खड़े, काके लागू पाया बलिहारी गुरु आपने जिन गोविंद दियो मिलाय ॥** इसलिए हम इससे शिक्षा लेकर गुरु को सम्मान देना सीख सकते हैं।

आद्या कपूर

कक्षा-नवीं 'ब' 2019

जलवायु, वास्तुकला एवं काष्ठकुणी शैली (कुल्लू के संदर्भ में)

कुल्लू जिला लघु हिमालय क्षेत्र के अन्तर्गत आता है। इसका अक्षांशीय विस्तार 30°22'40' से 32°12'40' अन्तर एवं देशान्तरिय विस्तार 75°45'55' से 77°52'20' पूर्व है। कुल्लू की समुद्रतल से उँचाई 1279 मीटर है। कुल्लू के अन्तर में पूर्व में लाहौल एवं स्पीति अन्तर पश्चिम में कांगड़ा, उत्तर पूर्व में किनौर, दक्षिण में शिमला, दक्षिण पश्चिम में मण्डी है। यहाँ की जलवायु ठण्डी एवं शुष्क रहती है।

यह क्षेत्र उँची पर्वत चोटियों, देवदारों, वान के जंगलों से भरा पड़ा है। लगभग छः महीने यहाँ की जलवायु सर्द रहती है। जिसके चलते स्थानीय लोगों ने पीढ़ियों से भवन निर्माण के लिए यहाँ की जलवायु के अनुकूल वास्तुकला की अनूठी शैली को विकसित किया है। भवन निर्माण की इस अनूठी शैली को 'काष्ठ-कुणी' शैली के नाम से जाना जाता है। काष्ठ - कुणी संस्कृत भाषा का शब्द है। काष्ठ लकड़ी को कहा जाता है और कुणी कोने को! अर्थात् एक ऐसी दीवार जिस के कोने लकड़ी से बने हो। उक्त शैली के भवन निर्माण हेतु स्थानीय संसंधनों का प्रयोग किया जाता है। जिसमें देवदार की लकड़ी, मिट्टी, स्लेट और स्थानीय पत्थरों का इस्तेमाल किया जाता है।

देवदार सीधे तने वाला ऊँचा शंकुधारी पेड़ है इसका वैज्ञानिक नाम सीडरसदे ओडारा है, जो समुद्रतल से 2500 से 3200 मीटर उँचाई पर पाया जाता है। इसकी ऊँचाई लगभग 40-50 मीटर है और जिसका तना लगभग 2 से 5 मीटर तक होता है। लकड़ी के अलावा स्लेट और पत्थर स्थानीय तौर पर उपलब्ध रहते हैं। भवन का निर्माण स्थानीय मिस्त्रियों जिन्हें यहाँ 'थ. 1उई' कहा जाता है। ये पारम्परिक कारीगर हैं जो इस निर्माण कला में पारंगत होते हैं और बरसों से यह काम कर रहे हैं। इस शैली के निर्माण हेतु जानकारी एक पीढ़ी से दूसरी पीढ़ी को दी जाती है। भवन निर्माण के साथ-साथ उन्हें यह भी जानकारी होती है कि लकड़ी, पत्थर व स्लेट के स्रोत कहाँ होते हैं, किस तरह के औजारों का इस्तेमाल किया जाएगा और

किस तरह की नक्काशी की जाएगी।

आमतौर पर घरों में ज्यादा नक्काशी नहीं की जाती है। मंदिरों के निर्माण में नक्काशी का ज्यादा उपयोग किया जाता है। नक्काशी में फूलों, पशुओं एवं पौराणिक देवी-देवताओं के चित्र उँकेरे जाते हैं। नक्काशी के लिए छैणी, हथोड़ी व बसूला जैसे औजारों का प्रयोग किया जाता है। सारा काम हाथों द्वारा ही किया जाता है। इसके निर्माण में कहीं पर भी कीलों का उपयोग नहीं किया जाता है।

निर्माण की प्रक्रिया में सबसे पहले नींव को खोदा जाता है। नींव को उस संरचना के अनुसार गहरा खोदा जाता है। जैसे घर प्रायः दो या तीन मंजिल के होते हैं तो गहराई उसी के अनुसार गहरी होती है जैसे इसी शैली में बना हुआ 'चैहणी कोठी' का मंदिर जो बन्जार में स्थित है, जिसमें दस मंजिल है और उसकी नींव उतनी ही गहरी खोदी गई है यही कारण है कि 1905 के भूकम्प में भी इसे क्षति नहीं पहुँची थी। नींव में पत्थरों के छोटे-छोटे टुकड़ों की भराई की जाती है जिसके सतह से उपर उठाया जाता है पत्थरों की पंक्तियों के बीच लकड़ी के मोटेस्ली पर चीने जाते हैं और इन्ही लकड़ी के स्लीपर को इंटरलॉक किया जाता है, यही इसकी विशेषता है। दो मोटी कड़ियों को इस तरह से रखा जाता है कि उनके बीच में एक निश्चित अन्तर बना रहे, जो खाली स्थान बनता है उनमें पत्थरों के छोटे-छोटे टुकड़ों से भराई की जाती है। इसी तरह लकड़ी और पत्थर की ऊर्ध्वाधार संरचना की जाती है, जैसे-जैसे दीवार ऊँची होती जाती है पत्थर का उपयोग कम और लकड़ी का उपयोग ज्यादा होता जाता है। दीवारों को भीतर से मिट्टी से लीया जाता है इसमें सीमेंट का इस्तेमाल नहीं किया जाता है छत स्लेट की होती है और सीलिंग लकड़ी से की जाती है नीचे की मंजिल में पशुओं को रखा जाता है, जो पशुओं को गर्म रखता है, प्राकृतिक आपदा से बचाता है और हिंसक पशुओं से रक्षा भी करता है। दूसरी मंजिल घर के सदस्यों द्वारा एक तरह से बैठक के रूप में इस्तेमाल होती है

तथा सोने के कमरे का काम भी करती है इस मंजिल के बाहर बालकनी होती है जिसे (चाउड़ी) कहा जाता है। सबसे ऊपरी मंजिल जिसे 'टल्हा' कहा जाता है, में रसोई घर होता है। घर का दरवाजा काफी मजबूत होता है। दरवाजे के दो पल्ले होते हैं दरवाजे को बन्द करने के लिए दरवाजे में दो मोटे क्लिप बनाए जाते हैं और एक मोटी दरवाजे की चौड़ाई के आकार की लकड़ी को उस पर रखा जाता है।

भव्य वास्तुकला का नमूना कुल्लू के बन्जार तहसील के चैहणी गांव में जिसे 'चैहणी कोठी' के नाम से जाना जाता है। नगर तहसील भी इसी शैली में बनी एक अनूठी इमारत है। जलवायु और वास्तु की दृष्टि से नगर किले की संरचना अदभुत एवं विलक्षण हैं। कुल मिलाकर यह कहा जा सकता है कि काष्ठकुणी शैली में बने यह घर, मन्दिर और किले आज भी बरसों बाद ज्यों के त्यों खड़े हैं। यह इनकी अनूठी शैली के कारण ही सम्भव हो पाया है। जहाँ यह शैली इस क्षेत्र को एक अलग पहचान देती है, वहाँ अपनी जलवायु एवं संसाधनों के अनुरूप भी है।





तेजी से बाजार बनते इस क्षेत्र में भले ही कंक्रीट में बदलने को आतुर लोग आधुनिक दिखने की लालसा में अंधी दौड़ में शामिल हैं। परन्तु एक दिन आएगा जब प्राकृतिक आपदाओं स्वास्थ्य कारणों व स्थानीय अस्मिता के कारण आने वाली पीढ़ी इस शैली की ओर रुख करेगी।

सारा राजगौर
कक्षा नवीं 'अ' 2019

आधुनिक भारतीय नारी



'हर कामयाब आदमी के पीछे हमेशा एक महिला का हाथ होता है'। बिलकुल सही कहा है क्योंकि आजकल नारी भी आदमी से कम नहीं। आज वो हर चीज में आदमी को टक्कर दे रही है। पहले के समय में औरत को केवल एक वस्तु समझा जाता था। उसका इस समाज में कोई अस्तित्व ही नहीं था। एक लड़की को केवल एक कर्तव्य था कि वो बहुत ही कम उम्र में विवाह करके किसी और के घर का सदस्य बनकर वहाँ के घर का काम करेगी। साथ ही लोगों के लिए घर में लड़की पैदा होना उनके लिए एक भोज था क्योंकि लड़की के विवाह के समय उन्हें दहज देना पड़ता था छ पर इस प्रथा को महान महिलाएँ जैसे रजिया सुल्तान, झाँसी की रानी, **सरोजिनी नायडू** ने गलत साबित किया। इस बात को योगदान देने के लिए महान पुरुष जैसे राजा राम मोहन राय, दयानंद सरस्वती और अन्य लोगों ने महिलाओं के ऊपर होने वाले बहुत से अत्याचारों जैसे **देहज, बाल विवाह, सती प्रथा** को रोका और महिलाओं की शिक्षा में योगदान दिया। इन्हीं महावीरों के कारण स्त्री मजबूत तथा ताकतवर बनी है।

आज के इस आधुनिक समय में नारी आदमी से कम नहीं है। शिक्षा से लेकर किसी भी ऊँचे पद तक महिला आदमी से आगे है। खेल कूद से लेकर शिक्षा तक वो लड़कों से हर चीज में आगे हैं। यहाँ तक की बड़े दफ्तरों में भी महिलाओं ने अपना स्थान बनाया है। स्त्रियाँ अब नौकरी करती हैं और घर में अपना पूरा योगदान देती हैं।

आजकल आप एक स्त्री को हर जगह पाओगे। कोई डॉक्टर है तो कोई अध्यापिका, कोई इंजिनियर है तो कोई पुलिस ऑफिसर। इस सब से यह साबित होता है कि नारी सब पर भारी। परन्तु आज भी कुछ लोग पुरानी सोच रखते हैं और महिलाओं के विकास में विघ्न का काम करते हैं। उनके अनुसार महिलाओं को इतनी आजादी नहीं देना चाहिए। उनको लगता है कि स्त्री का काम केवल गृहस्थी संभालना है। पर आजकल की सरकार महिलाओं को कई 'जॉब' के अवसर दे रही है। आजकल बहुत सी राजनैतिक नेता महिला हैं। आजकल की आधुनिक नारी खुली हवा में सांस ले सकती है। उसको भी वो सारे अवसर मिलते हैं जो एक आदमी को मिलते हैं। इस कारण हमें यह बात याद रखनी चाहिए कि इस भारत देश में महिलाओं का भी अस्तित्व है। जितना अधिकार नर का है उतना ही नारी का भी है। स्त्री इस समाज का महत्त्वपूर्ण भाग है।

रूत भारजो
कक्षा नवीं 'ब' 2019

SCHOLASTIC YEAR-2020

INVESTITURE CEREMONY 2020







OLS SCHOOL LEADERS-2020

HEAD BOY : SAMBHAV JAIN (10B)

HEAD GIRL : LAVANYA SOOD (10B)

DEPUTY HEAD BOY : MOKSH MEHTA (9B)

DEPUTY HEAD GIRL : ANANYA THAKUR (9A)

BHABHA HOUSE (BLUE)

Moderator	Mr. Padam Jamwal
Moderator	Mrs. Neetika Salhuria
Captain (Boys)	Rishi Ahuja (10B)
Captain (Girls)	Mitali Sharma (10B)
Vice Captain (Boys)	Rishab Sahay (9B)
Vice Captain (Girls)	Ananya Thakur(9B)

GANDHI HOUSE (RED)

Moderator	Mrs. Loveish Parmar
Moderator	Mrs. Manpreet Ralhan
Captain (Boys)	Sourish Acharya (10A)
Captain (Girls)	Ruth Barjo (10B)
Vice Captain (Boys)	Anshul Thakur (9B)
Vice Captain (Girls)	Vaaruni Sood (9B)

NEHRU HOUSE (GREEN)

Moderator	Mrs. Namita Sinha
Moderator	Mrs. Anjali Sethi
Captain (Boys)	Atharv Jamwal (10B)
Captain (Girls)	Abha Acharya(10A)
Vice Captain (Boys)	Shreyas Thakur (9B)
Vice Captain (Girls)	Prakriti Singh (9A)

TAGORE HOUSE (YELLOW)

Moderator	Mrs. Sangeeta Sood
Moderator	Mrs. Manju Jolly
Captain (Boys)	Prabal Pathania (10B)
Captain (Girls)	Tejasvi Sharma (10B)
Vice Captain (Boys)	Manik Mehra (9A)
Vice Captain (Girls)	Vanshika Thakur (9A)

OUR LADY OF THE SNOWS SCHOOL CLUB LEADERS 2020

1.	LITERARY CLUB (ENGLISH)	
	ANIMATORS	MRS. MEENAKSHI CHAUHAN, MRS. PRITI SHARMA & MRS. ISHA KATOCH
	PRESIDENT	AADYA KAPOOR (10B)
	V PRESIDENT	DIVYANGNA CHAUHAN (9A)
	SECRETARY	MRIDUL THAKUR (10 A)
2.	LITERARY CLUB (HINDI & SANSKRIT)	
	ANIMATORS	MRS. BIMLA DEVI, MRS. BHUVNESHWARI THAKUR, MRS. SUMAN PAUL
	PRESIDENT	SHRIYA THAKUR (10 A)
	V PRESIDENT	MANNAT BHARDWAJ (9B)
	SECRETARY	ANANYA BODH (10A)



3.	SOCIAL SERVICE CLUB	
	ANIMATORS	MRS. MANJU JOLLY, MR. GAURAV BHARDWAJ, MR. DEEPAK THAKUR
	PRESIDENT	SARAH RAJGAUR (10A)
	V PRESIDENT	SAMPADA GUPTA (9B)
	SECRETARY	KAMAKSHI SEN (10A)
4.	COMPUTER CLUB	
	ANIMATORS	MR. ASHUTOSH, MRS. LOVESH & MR. MUNISH
	PRESIDENT	VASU MAHANT (10B)
	V PRESIDENT	DEVESH SOOD (9B)
	SECRETARY	PRANJAL SHARMA (10A)
5.	ACTIVITY CLUB	
	ANIMATORS	MRS. SHALINI, MRS. REENA SOOD & MRS. MEENAKSHI CHAUHAN
	PRESIDENT	ANANDITA BALI (10A)
	V PRESIDENT	FATIMA KHAN (9A)
	SECRETARY	ANUBHUTI MOHAN (10A)
6.	ECO CLUB	
	ANIMATORS	MS. HIMANI SHARMA, MR. NISHANT VAIDYA & MRS. ISHA
	PRESIDENT	PRATHAM SOHAL (10B)
	V PRESIDENT	SHREYA THAKUR(9B)
	SECRETARY	SWATI JAMWAL (10A)
7.	SCIENCE CLUB	
	ANIMATORS	MR. RAJESH SHARMA, MR. SHASHIKANT PATHANIA, MRS. NAMITA SINHA & MRS. ASHMITA SHARMA
	PRESIDENT	SHREYA AGARWAL (10A)
	V PRESIDENT	SIDHARTH THAKUR (9B)
	SECRETARY	GAURISHA BISHT (10A)
8.	ART & CRAFTS CLUB / CULTURAL CLUB	
	ANIMATORS	MRS. SUMAN PAUL, MRS. BIMLA CARVALHO, MR.TEJENDER BHARDWAJ
	PRESIDENT	KUMUD SHARMA (10A)
	V PRESIDENT	MANNAT PREET KAUR CHAWLA (9A)
	SECRETARY	REEHANA PANDIT SHARMA (10B)

9.	PHOTOGRAPH / MEDIA CLUB	
	ANIMATORS	MR. MUNISH KUMAR, MR.ASHUTOSH AHARMA
	PRESIDENT	SATYAM SHARMA (10B)
	V PRESIDENT	AMRITANSH PRASHAR (9A)
	SECRETARY	KAVYA THAKUR (10B)
10.	SPORTS CLUB	
	ANIMATORS	MR. GAURAV BHARDWAJ, MR. DINESH KUMAR GUPTA, MRS. PRITI SHARMA, MRS. MEENAKSHI CHAUHAN
	PRESIDENT	SURYANSH MANDYAL (10A)
	V PRESIDENT	MANASVI THAKUR (9A)
	SECRETARY	RACHIT GUPTA (9B)
11.	QUIZ CLUB	
	ANIMATORS	MRS. VANDNA SHARMA, FR. THARTHUS, MR. ANKUSH THAKUR
	PRESIDENT	OMANSH SHARMA (10A)
	V PRESIDENT	VRINDA SHARMA (9A)
	SECRETARY	SIYA SOOD (10B)
12.	ASSEMBLY & NOTICE BOARD CLUB	
	ANIMATORS	MRS. VANDNA SHARMA, MR. ANKUSH THAKUR, MR. PADAM JAMWAL & MRS. REENA
	PRESIDENT	AISHWARYA THAKUR (10A)
	V PRESIDENT	SIDHARTH THAKUR (9B)
	SECRETARY	SIMRAN KAUR KAKKAR (10B)
13.	HERITAGE CLUB	
	ANIMATORS	MRS. ERA SUD, MRS. VANDNA SHARMA & MS. HIMANI SHARMA
	PRESIDENT	ANANYA DHADWAL (10B)
	V PRESIDENT	SHAIVYA DHALL (9A)
	SECRETARY	SNEHIL RANA (10A)
14.	DISCIPLINE CLUB	
	ANIMATORS	MR. ANKUSH THAKUR, MR. GAURAV BHARDWAJ, MR. PADAM JAMWAL, MR.RAJESH SHARMA, MR. SUMEET UPADHYAY, MRS. VANDANA SHARMA, MRS. MANJU JOLLY & MRS. BHUVANESHWARI THAKUR
	HEAD BOY, HEAD GIRL, ALL LEADERS	

Head Boy's Message



*'Smooth Seas Do Not Make Skillful Sailors.'
These are the pearls of wisdom that I live my life by.*

In 2020, on one hand I embraced the golden opportunity to be the Head Boy and on the other lockdown happened. While I was on the horns of a dilemma whether to express joy or sorrow in this unprecedented situation, our school took charge of the situation and started online classes.

The Great Bard of the Avon has rightly said, "It is easier said than done." Though I tried my level best to be optimistic amidst these trying times but despite that I couldn't help getting affected by the unpredictability of these turbulent times. The online exposure that I got by organizing a lot of functions later made me more comfortable and confident.

Who likes the arduous moments and hardships of life? But still rollercoaster rides are always preferred to plain and stable boring rides. Getting a chance to organize many events was in itself a great opportunity for me that helped me evolve and grow as a leader. I didn't perform stupendously always, sometimes things didn't turn out as I had expected, but I always considered it to be the part of my uphill climb. Nobody can be always perfect but trying hard every time and giving it your hundred percent is what makes you stand out from the crowd.

Maybe I did not get to work as a normal Head boy but I am sure that no one ever received and embraced the opportunities that I did. I knew very well that this was my last year in school, nevertheless I gave my hundred percent to all the tasks I was entrusted with. By God's grace and everyone's faith, I completed the year happily and most importantly satisfactorily. Farewells, Teachers' day, competitions were part and parcel of the responsibilities I shouldered as a Head Boy. This work instilled the virtues of patience, generosity, helpfulness and hard work in me and now I can proudly say that everything I did was absolutely worth it.

Thanking Our Principal, Rev. Fr. Antony Solomon, teaching and non teaching staff, juniors and fellow mates.

-Sambhav Jain
Head Boy (2020-21)

Head Girl's Message



*"...and then one fine day you'll find,
ten years have got behind you,
no one told you when to run,
you missed the starting gun."*

While writing this message as the Head Girl for the scholastic year 2020-21, I realised just how fast time flies. I have been a part of this prestigious institution for thirteen years and I can definitely assure you that this is the best institution to be in. Our Lady of the Snows has always been a 'home away from home' for each one of us. These thirteen glorious years here at my Alma Mater have been full of ups and downs, but the guiding light of my teachers has always helped me to crack every hard nut.

I would like to express my immense gratitude towards Rev. Fr. Antony Solomon, Rev. Fr. Tharthius, respected teachers and the entire school management for considering me worthy of being the Head Girl of this prestigious institution. I am grateful to all my teachers for guiding my path throughout my journey in O.L.S. and instilling confidence and moral values in me.

Though this year has been like no other in our lifetime, I, as the Head Girl, have tried my level best to sincerely fulfil all the responsibilities I was entrusted with by the teachers. I am greatly obliged to all my teachers for being so supportive and understanding even during these difficult times.

To my fellow -mates, I would just like to thank all of them for their constant support and cooperation. I wish them success in their life ahead.

Slowly and steadily, this pandemic will fade but the memories of this school will last forever in our hearts. All that laughter, fun, smile and even those scoldings are like carving on stones for me. I pray that O.L.S. may scale new heights of glory and stay at the top of the game.

Thank you OLS!

-Lavanya Sood
Head Girl (2020-21)

ACADEMIC ACCOLADES

FELICITATION CEREMONY OF ICSE TOPPERS -2020





ICSE TOPPERS - 2020



Raghvendra Singh Saklani



Kanika Thakur



Sumati Jain



Anubhav Dhiman



Adheesh Sood



Harshul Singh Thakur



Bhuwanshu Nalwa



Siya Sharma



Mrighakshi Patti



Dakshyashree Jamwal



Khavaish Dutt



Adrisaa Singh



Pragya Thakur



Parth Awasthi



Freya Thakur



Mridul Thakur



Arshiya Sethi



Atharv Sharma



Alankrit Verma



Devansh Thakur



Pranav Sood



Arul Sood



Raghav Sood



Sneha Bhalla



Soumya Makkar



Purab Sharma



Shaurya Thakur



Aishana Gupta



Satvik Garg

SUBJECT TOPPERS

1. **English**- KhavaishDutt 93
2. **Hindi**- Sumati Jain, Anubhav Dhiman
Kanika Thakur, Raghvendra Singh Saklani
3. **History/Civics** - Raghvendra Singh Saklani,
Sumati Jain
4. **Geography** - Raghvendra Singh Saklani
5. **Maths** - Kanika Thakur
6. **Science** - Raghvendra Singh Saklani
7. **Computer** - Raghvendra Singh Saklani
Kanika Thakur, Sumati Jain

LIST OF ICSE TOPPERS - 2020

Sr. No.	NAME	ENGLISH	TOP-1	TOP-2	TOP-3	TOP-4	%
1	RAGHVENDRA SINGH SAKLANI	92	100	100	99	97	97.6
2	KANIKA THAKUR	89	100	99	99	99	97.2
3	SUMATI JAIN	88	100	100	99	95	96.4
4	ANUBHAV DHIMAN	89	99	99	98	97	96.4
5	ADHEESH SOOD	92	99	98	96	96	96.2
6	HARSHUL SINGH THAKUR	87	99	98	98	96	95.6
7	BHUWANSHU NALWA	92	98	97	95	94	95.2
8	SIYA SHARMA	89	98	98	96	95	95.2
9	MRIGHAKSHI PATTI	87	99	98	97	95	95.2
10	DAKSHYASHREEJAMWAL	90	99	97	97	92	95
11	KHAVAISH DUTT	93	99	97	94	90	94.6
12	ADRISAA SINGH	90	98	97	97	90	94.4
13	PRAGYA THAKUR	88	97	97	97	93	94.4
14	PARTH AWASTHI	87	99	98	97	90	94.2
15	FREYA THAKUR	92	96	94	94	92	93.6
16	MRIDUL THAKUR	90	99	98	93	88	93.6
17	ARSHIYA SETHI	87	97	96	93	93	93.2
18	ATHARV SHARMA	90	97	94	93	92	93.2
19	ALANKRIT VERMA	85	98	96	96	90	93
20	DEVANSH THAKUR	84	97	94	94	95	92.8
21	PRANAV SOOD	84	96	96	95	93	92.8
22	ARUL SOOD	84	96	95	94	92	92.2
23	RAGHAV SOOD	87	97	96	91	89	92
24	SNEHA BHALLA	88	97	96	95	83	91.8
25	SOUMYA MAKKAR	85	99	97	94	84	91.8
26	PURAB SHARMA	89	96	95	94	83	91.4
27	SHAURYA THAKUR	83	96	94	92	89	90.8
28	AISHANA GUPTA	85	96	94	92	85	90.4
29	SATVIK GARG	84	93	93	91	90	90.2

Toppers Speak



OLS as a school has always been synonymous with academic excellence. For my excellent Board results, the credit goes to the entire OLS fraternity, the Management, the staff and my parents who have left no stone unturned to help me excel. Each and every teacher has motivated me to go the extra mile and toil even harder.

To all my juniors, I would like to suggest that excellence is never an accident, it is the result of high ambition, sincere efforts and the vision to see

obstacles as opportunities. Sharing my first hand experience I can say that I wasn't a born topper, till class 7 I could barely manage to come among the top 10 students; nevertheless I never gave up and kept working hard. The key to success lies in consistency, keeping abreast with the school and regularly studying for tests and exams. Usually students are petrified by the word 'Exams' but honestly for me exams were the best way to check my preparation level. For that to happen, you need to be consistent all through the year without any fail. While studying students usually tend to postpone/leave out the difficult topics (thinking that they will do it later, which actually never happens) and consequently are not able to put their best foot forward in the examination. The trick is to first tackle the difficult subjects and topics. The moment we start doing this, the rest will of course be a smooth sailing.

Each subject is equally important for the board exams and to plan in advance is crucial.

- Make a time-table and stick to it.
- Make notes for quick revision before the Board exams.
- Try to study long chapters in small chunks and highlight important keywords within the text.
- Don't study for a long stretch of time and take breaks or power naps in between.
- Be regular for Maths and Science subjects.
- For language and literature one should read voraciously and improve their expression in writing.

I strongly believe that in addition to burning the midnight oil and persevering, students should not forget to enjoy their school life to the fullest and at the same time avail all the opportunities provided by the school.

As This Time Will Never Come Back In Their LIFE.

Raghavender Singh Saklani
OLS ICSE Topper-2020

STRATEGY FOR TACKLING ICSE EXAMS : We all know that ICSE in terms of board exams is one of the toughest exams in India. One needs to study consistently and practise a lot to score marks as good as 90 percent or above. I am grateful enough to the School Management, my teachers, my parents and my preparation that I was able to get a good score of 97.2 in the board exams held in the year 2019-20. Here I'd like to break things down for you so that you can make the most out of this:

First of all if you are consistent and religious enough towards your studies it's not that difficult for you to score well.

1. Whenever there is a chapter completed in school in any of the subjects remember that you too need to finish that chapter at home within a week so that you do not forget what has been taught. This way you can clear your doubts on time and understand each and every chapter perfectly.
2. Try to be attentive in class when the chapter is being taught. Being attentive in class helps during self study and your work is completed without much difficulty.
3. After completion of every 3 to 4 chapters keep on revising the 1st, 2nd chapters because you may have started to forget them. Regular revision makes you thorough in the topics.
4. After the completion of entire syllabus of Class 10 in school, prepare your timetable on daily basis for your preparations for the board exams and strictly follow that. This is the most important time for the final preparations for boards. Try to make a time table which you can stick to and don't forget time for recreation also.
5. After completion of one subject try to solve the last ten years question paper of that subject to get an idea about the question pattern and type of questions asked. This will also help you to get familiar with the boards.
6. As for the last 3 months of preparation, give it all you've got. This is the time where you can make the most out of your precious time. Even if you were consistent enough throughout the year or if you weren't, this is the time where you can shoot your shot! Make a daily study routine in which you give enough time for subjects like English (extra reading particularly) and Maths. Sciences can be divided in two shifts in a week. Say Biology and chemistry in the first four days of the week and Physics in the rest. Try to study History and Geography in the mornings, as you grasp more in the morning. In the end follow your timetable religiously. I promise the hardwork you put in now will definitely be worth it.

For the exam day : Take it as a normal examination, don't be nervous during exam, write your exams with full concentration, be cool during the examination and avoid silly mistakes. If you follow these while writing the examination and if you are well prepared, no one can stop you from getting the highest grades achievable!

All the best!!



Kanika Thakur
OLS ICSE Topper-2020

HOW I PREPARED FOR BOARD EXAMS ?

"Small choices become habits and habits become way of life".

Applaud ,appreciation and achievements are just by products of your way of life. The question itself is product oriented but the solution is quite process-oriented. Today's materialistic approach to life has diverted our attention towards rewards, whereas I believe journey is quite important. Just scoring in board exam is quite easy, previous year question papers are available which convey almost everything about the exam. Moderate amount of hard work 10 days before exams makes the job done. This is a false notion, whereas the simple process behind it is continuity.

I focused on sleep, diet, fitness, and most importantly made a proper schedule. No extraordinary hard work is required, only necessary hard work accomplished with little smart does the job. The results

automatically happen, sounds senseless but it's true. Many pupils feel some miracle happens in a day or two before the exam which is a false notion.

I self evaluated my actions and analyzed whether they are life-growing or life-wrecking which made justice to them.

Moreover I was attentive during classes which made the work so easy as the teachers were really wonderful at their part. The credit for success of every student goes to his or her teacher or guardian.

Enjoy the process of growth and evolution and let life happen. The point that we get obsessed with achievements violates the sense of growth.



Sumati Jain

OLS ICSE Topper - 2020

ACTIVITY REPORT

SINGING COMPETITION -2020

CLASS 1 A & B

Positions	Name of the students	Class	House
1st	Shambahvi Nurda	1 A	
2nd	Nischay Tandon	1 B	
	Navya Singh	1 A	
3rd	Kian Parmar	1 A	
4th	Arshit Thakur	1 A	

CLASS 2 A & B

Positions	Name of the students	Class
1st	Sahir Rajgaur	2 B
2nd	Alankrita Chandel	2 A
	Krishna Ralhan	2 A
3rd	Viaan Bhardwaj	2 B
4th	Sanyogita Thakur	2 B

CLASS 3 A & B

Positions	Name of the students	Class	Points Obtained	Points Given
1st	Saira Thakur	3 B		
2nd	Sumedha Sinha	3 A		

3rd	Kanan Dutt	3 A
4th	Suryanshi Thakur	3 A

CLASS 4 A & B

Positions	Name of the students	Class
1st	Nivya Chauhan	4 A
2nd	Mokshika Arora	4 A
3rd	Aishwarya Thakur	4 A
4th	Aahana Premi	4 B

CLASS 5 A & B

Positions	Name of the students	Class
1st	Otsal Gaba	5 A
2nd	Swabhimann Bhardwaj	5 B
3rd	Yashvi Rana	5 A
4th	Japman Kaur	5 B

Class 6A &6B

Positions	Name of the students	Class
1st	Lekisha Anand	6 B
2nd	Purvi Bhardwaj	6 B
3rd	Adhunika Mohan	6 A
4th	Aahana Yarkey	6 B



CLASS 7A & B

Positions	Name of the students	Class
1st	Adil Sharma	7 B
2nd	Devanshi Moudgil	7 B
3rd	Aditri Thakur	7 B
	Lakshmi Sharma	7 B
4th	KeshikaVerma	7 B

CLASS 8A & B

Positions	Name of the students	Class
1st	Nealkanth Sood	8 B
2nd	Chandermoly Pandit	8 B
3rd	Vaibhav Thakur	8 B
4th	Yash Gupta	8 A

CLASS 9A & B

Positions	Name of the students	Class
1st	Tanvi Anand	9 A
2nd	Upasana Hosaana	9 B
3rd	Vanshika Thakur	9 A
4th	Geethanshi Singh Thakur	9 A

CLASS 10A & B

Positions	Name of the students	Class
1st	Vaani Bhardwaj	10 A
	Rishi Ahuja	10 B
2nd	Ruth Barjo	10 B
3rd	Stuti Sood	10 A
4th	Shambhav Jain	10 B

DANCE COMPETITION-2020

CLASS 1A & 1B

S. No.	Participants Name	Total	Positions
1.	Ariana Patial	1B	1st
2.	Navya Singh	1B	2nd
3.	Samaira Chaudhary	1A	3rd
4.	Navya Singh	1A	4th

CLASS 2A & 2B

S. No.	Participants Name	Total	Positions
--------	-------------------	-------	-----------

CLASS 3A & 3B

S. No	Participants Name	Total	Positions
1.	Aaradhya Thakur	3A	1st
2.	Aryaman Malhotra	3A	2nd
3.	Kanan Dutt	3A	2nd
4.	Nitya Thakur	3B	3rd
5.	Apoorva Sharma	3B	3rd

6.	Aduavesh Goel	3B	4th
7.	Anushka Sharma	3A	4th

CLASS 4A & 4B

S. No	Participants Name	Total	Positions
1.	Tvisha Rana	4B	1st
2.	Neviya Chauhan	4A	2nd
3.	Aishwarya Thakur	4A	3rd
4.	Stuti Chander	4B	4th

CLASS 5A & B (15/06/2020)

S. No	Participants Name	Total	Positions
1.	Yashvi Rana	5A	1st
2.	Othsal Gawa	5A	2nd
3.	Manit Soni	5B	2nd
4.	Sanidhya Thakur	5A	3rd
5.	Dinesh Diwan	5B	4th

CLASS 6 A & B (15/06/2020)

S. No	Participants Name	Total	Positions
1.	Rishita Koundal	6B	1st
2.	Ridhani Kaishtha	6A	2nd
3.	Aanchal Chauhan	6B	3rd
4.	Dakshayani Sood	6A	4th

CLASS 7 A & B (15/06/2020)

S. No	Participants Name	Total	Positions
1.	Nainika Gupta	7B	1st
2.	Ananya Gupta	7B	1st
3.	Devanshi Moudgil	7B	2nd
4.	Anchal Thakur	7A	3rd
5.	KeshikaVerma	7B	4th

CLASS 8 A & B (15/06/2020)

S. No	Participants Name	Total	Positions
1.	Vritti Arora	8B	1st
2.	Aarushi Gautam	8A	2nd
3.	Anjali Khakha	8B	3rd
4.	Pragya Malhotra	8A	4th

CLASS 9 A & B (15/06/2020)

S. No	Participants Name	Total	Positions
1.	Parneet Kaur	9 B	1st
2.	Upasana Hosaana	9 B	2nd
3.	Vrinda Sharma	9 A	3rd
4.	Sanya	9 A	4th

CLASS 10 A & B (15/06/2020)

1.	Kumud Sharma	10 A	1st
2.	Rishi Ahuja	10 B	2nd



ENGLISH ELOCUTION RESULT -2020

CLASS: 1 A

Position	Name	House
1.	Aadvik Sharma	Nehru
2.	Kiaan Parmar	Nehru
3.	Navya Singh	Gandhi

CLASS: 1 B

Position	Name	House
1.	Navya Singh	Tagore
2.	Nischay Tandon	Tagore
3.	Lavanya Sharma	Nehru

CLASS: 2 A

Position	Name	House
1.	Alankrita Chandel	Gandhi
2.	Shaurya Parsheera	Tagore
3.	Shubhangam Mohan	Bhabha

Class: 2 B

Position	Name	House
1.	Viaan Bhardwaj	Nehru
2.	Tanisha Singh	Gandhi
3.	Niley Sood	Gandhi

CLASS: 3 A

Position	Name	House
1.	Agrima Sareen	Bhabha
2.	Shubh Uphadhyay	Tagore
3.	Dakshesh Thakur	Nehru

CLASS: 3 B

Position	Name	House
1.	Ridhwan Negi	Tagore
2.	Samvardhan S.Thakur	Bhabha
3.	Prabhav Thakur	Nehru

CLASS: 4 A

Position	Name	House
1.	Naina Singh Sood	Bhabha
2.	Mokshika Arora	Tagore
3.	Lakshay Gupta	Bhabha

CLASS: 4 B

Position	Name	House
1.	Aahana Premi	Nehru
2.	Tvisha Rana	Bhabha
3.	Swastika Sood	Gandhi

CLASS: 5 A

Position	Name	House
1.	Gunjan Sood	Nehru
2.	Ayaana Malhotra	Gandhi
3.	Manav Mehta	Bhabha

CLASS: 5 B

Position	Name	House
1.	Deepshika Nalwa	Nehru
2.	Jamyang Singye	Bhabha
3.	Vivanshi Awasthi	Nehru

CLASS: 6 A

Position	Name	House
1.	Jenisha Malhan	Nehru
2.	Mythili Rana	Tagore
3.	Ayanna Chandel	Bhabha

CLASS: 6 B

Position	Name	House
1.	Rishita Koundal	Tagore
2.	Arshiya Verma	Bhabha
3.	Tesha Sharma	Tagore

CLASS: 7 A

Position	Name	House
1.	Bharvi kaundal	Nehru
2.	Navyam Sharma	Bhabha
3.	Pranjal Makkar	Gandhi

CLASS: 7 B

Position	Name	House
1.	Aradhya Goel	Gandhi
2.	Kaishika Verma	Nehru
3.	Devanshi Moudgil	Bhabha



HINDI ELOCUTION RESULT -2020

CLASS: 1 A

Position	Name	House
1.	Sarahaverma	Gandhi
2.	Pratyush Thakur	Gandhi
3.	Navya Singh	Gandhi

CLASS: 1 B

Position	Name	House
1.	Pranjal Bodh	Gandhi
2.	Nischay Tandon	Tagore
3.	Navya Singh	Tagore

CLASS: 2 A

Position	Name	House
1.	Krishna Ralhan	Bhabha
2.	Alankrita Chandel	Gandhi
3.	Divyam Thakur	Gandhi

CLASS: 2 B

Position	Name	House
1.	Viaan Bhardwaj	Nehru
2.	Nandini Rajgaur	Tagore
3.	Aarav Chaudhary	Bhabha

CLASS: 3 A

Position	Name	House
1.	Suryanshi Thakur	Tagore
2.	Charvi Hans	Bhabha
3.	ShubhUpadhyay	Tagore

CLASS: 3 B

Position	Name	House
1.	Chhoesang kunzum	Gandhi
2.	Nitya Thakur	Bhabha
3.	Shaivya Dhiman	Gandhi

CLASS: 4 A

Position	Name	House
1.	Neviya Chauhan	Gandhi
2.	Mokshika Arora	Tagore
3.	Aditya Singh	Nehru

CLASS: 4 B

Position	Name	House
1.	Tavisha Rana	Bhabha
2.	Swastika Sood	Gandhi
3.	Shivansh Thakur	Gandhi

CLASS: 5 A

Position	Name	House
1.	GunjanSood	Nehru
2.	Ayaana Malhotra	Gandhi
3.	Reha Singh	Tagore

CLASS: 5 B

Position	Name	House
1.	Yogita Jain	Bhabha
2.	Sharanya Gumra	Gandhi
3.	Prarthna Awasthi	Nehru

CLASS: 6 A

Position	Name	House
1.	Janisha Malhan	Nehru
2.	Gauri Mahajan	Tagore
3.	Aadunikka Mohan	Bhabha

CLASS: 6 B

Position	Name	House
1.	Rishita Koundal	Tagore
2.	Bhavya Thakur	Gandhi
3.	Anubhav Kapoor	Gandhi

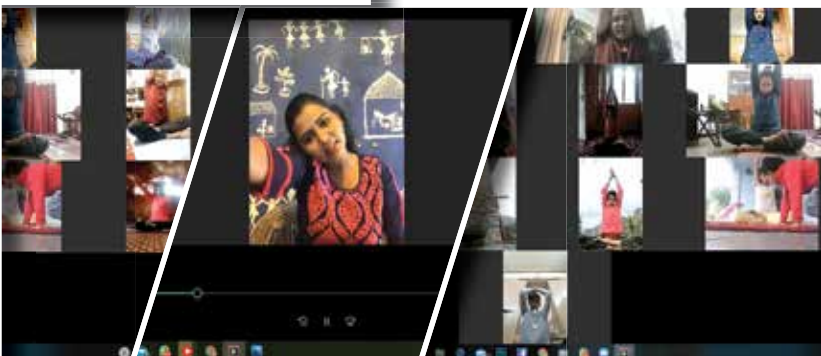
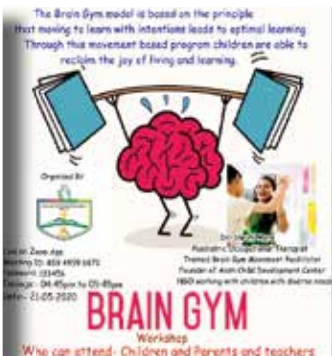
CLASS: 7 A

Position	Name	House
1.	Nandini Singh	Nehru
2.	Bharvi Kaundal	Nehru
3.	Pranjal Makkar	Nehru

CLASS: 7 B

Position	Name	House
1.	KeshikaVerma	Nehru
2.	Devanshi Moudgil	Bhabha
3.	Suhani Thakur	Gandhi

Seminars & Webinars





WEBINARS HELD IN 2020

Integrating digital technology with our studies, Our Lady of the Snows School organized a few webinars in 2020 to provide the much needed exposure and guidance to our students and teachers alike.

Foreseeing the side effects of long screen hours in front of mobiles and computers, a webinar was conducted by Dr. Anup Kumar, a renowned physiotherapist of Kullu on the topic 'Virtual Studies with correct Posture'. In this fruitful experience, the students, parents and teachers were guided about a lot of exercises to minimise the ill effects of online classes.

A webinar enlightening the students about the trap of drugs and alcoholism and how to avoid it in the first place was conducted by Dr. Satyavrat Vaidya. Our students actively took part in the discussion and cleared their doubts.

Last but not the least a webinar was conducted by Shruti More, Occupational therapist working with Samphia Foundation on 'Brain Gym'.

LESSONS LEARNED FROM COVID-19

The world is beautiful and the best part of it is the “Human being”. A body made of bones and muscles is an incredible source of innovation and evolution. Though pushed sometimes to the bitter challenges, we have always overcome and survived. Covid-19 was one of the biggest challenges which we all faced and survived. Though difficult but life always teaches us a lesson. We should thank our health care workers and all the corona warriors and most importantly almighty GOD, who protected us through it. It's not over yet but we are almost adapted to it now and well prepared. Apart from the difficulties we faced, we should also think about some good aspects arising from it. The families started spending time together and the bondings were strengthened. The hygiene was taken well care of. Home made food, self care, relationships so many other good changes came. But the most important change which we should learn from it, the basic human needs, Food, clothing and shelter. Rest everything we do is for our comfort and luxuries. We should learn from it about, how important it is to have an organized life and do not stress ourselves too much for bigger, better and best. We can just have a peaceful life with basics but that doesn't mean we shouldn't progress or strive for growth. As young students, you all are the future of world and someday you all will be the handling powers by being Doctors, Engineers, Lawyers, Administrators and Politicians but for that you all have to be mentally and physically fit and most importantly be stress free. Work hard but don't stress, strive but don't get frustrated, progress but don't be afraid of failures, for everything you do, is to satisfy your needs, physical or mental. Always remember you don't need much more for your survival. Focus on your good contributions to the society, value things, respect life, for that's the key to your existence. Once you exist, you have opportunities everyday. Every day you can be Hero, infact you all are the Heroes of your parents. So very soon we will start back again our normal life. Its ok, almost a year gone, but life has so many years. We will bounce back, we will again get back to our studies and schools. Let's pledge here, we will respect our life and make our survival worthy to the family, school, friends and society.



-DR. ANUP KUMAR
Physiotherapist

BRAIN GYM

**LEARN TO MOVE, MOVE TO LEARN!
SHRUTI MORE
OCCUPATIONAL THERAPIST
AASH CHILD DEVELOPMENT CENTER**



brain or to stimulate brain function. Its focus is improved learning and mental organisation. The idea is that these are simple exercises that anyone can do at home or at work or at school and they are often used with children who have special needs or need to improve their learning ability. They are designed to strengthen the relationship between body and mind and are particularly interesting in this time when so many of our activities are cerebral.

The Brain Gym programme was developed by Paul E. Dennison and Gail E. Dennison and grew out of Educational Kinesiology. It is a set of 26 exercises or activities. Brain Gym or Movement Therapy is often used by therapists or in school classrooms with a reported increase in concentration and reading and listening skills. Learn more about the 26 exercises on <https://www.braingym.com/>

Brain Gym exercises are used to improve focus; children (or adults) repeat the exercises regularly and slowly. In children using these exercises there is often a noticeable improvement in memory, concentration, relationships and communication, and physical coordination. Though it is not 100% clear how and why this happens the thinking is that it exercises areas of the brain and strengthens neurological pathways that may not be well used otherwise. It allows participants to practice and strengthen physical coordination pathways and is used to support children having developmental issues in this area. The therapy also requires them to be focused and present (i.e. mindful) during the exercises, supporting a habit of focus and single-mindedness. Many teachers have found that starting the day with Brain Gym movements helps children to calm down, focus, and perform better. A good time to do brain gym is right before learning. Simply speaking, the Brain gym is a Fun way to learn.

-SHRUTI MORE
(Occupational Therapist)
Samphia Foundation

The impact of pandemic COVID-19 is observed in every sector around the world. The education sector was one which witnessed a major transformation in a way we look at education. It has worked as a catalyst for the educational institutions to grow and opt for platforms and techniques, which have not been used before.

It only seemed appropriate and timely to introduce children to Brain Gym as they were bound to their homes and when learning was restricted to long hours in front of the screen. It was a fun teaching experience interacting with children virtually in May, 2020.

Brain Gym, Educational Kinesiology or Movement Therapy is a series of movements, done with intention and designed to 'wake-up' the



Student Write Ups

ENGLISH SECTION

I Hate Corona Virus



I hate you Corona Virus because you are very bad. Because of you I cannot go to school. I miss my school and my friends. I cannot go to Nature Park. I hate you because I cannot play with my friends like before. If I see you, I will kill you with my sanitizer spray and save the world.

Pratyush Thakur
1 A

My Grandma



My Grandma is so sweet.
She is my best friend.
She loves me a lot.
She helps me in doing my homework.
She likes to knit sweaters and socks.
She cooks delicious food for me.
I love her the most.

Amayra Yamba
1 A

My Brother



My new family member is my little brother.
I love my brother.
His name is Chinmay Gumra.
He is very naughty.
He is very cute.
I play with him.

Yashasvi Gumra
1A

3D Shapes



3d shapes are fat not flat.
A cone is like a party hat.
A sphere is like a bouncy ball.
A prism is like the roof of a building tall.
A cylinder is like a can of pop.
A cube is like a dice you drop.
3d shapes are here and there.
3d shapes are everywhere.

Kiaan
1 A

My Beautiful Village

The name of my village is Nagger.
My village is far away from the hustle and bustle of the city.
My village is surrounded by trees, flowers and mountains.
There is no pollution in my village.
There are temples, art galleries and heritage buildings in my village.
Villagers are simple and hardworking.
I feel glad and grateful to be a part of this beautiful land.

Aadvik Malpa
1 B



WHAT SIMPLE THINGS MAKE ME HAPPY



Playing with my friends.
Getting wet in the rain.
Playing with my family.
Jumping on Mickey Mouse.
Singing and Dancing.
Eating my favourite dishes.

-Aastik Sharma
1 B

OUR WONDERFUL TEACHERS AND PARENTS



We are fighting with COVID-19 in year 2020.
We all are at home in this lockdown.
Our lives have stopped but our studies have not.
Our school teachers and our parents are helping us a lot with our online studies.
Every day we learn something new from them.
Thank you so much to all our wonderful teachers and parents.

-Lavanya Sharma
1 B

WHAT I MISS...



What I miss...
I miss my uniform,
I am fed up of being at home.
I miss my classmates,
There is no taste left in chocolates.
I miss my Tiffin breaks,
Which taught me to give and take.
O Corona! Please end soon,
For I miss going to school the most!

Navya Sharma
1 B

VIRTUAL CLASSES

A virtual classroom is an online learning environment that allows live interaction between the tutor and the learners as they are participating in learning activities. In other words, the virtual class room is a shared online space where the learners and the tutor work together simultaneously.

Advantages of virtual class room

- Personalised learning: Students can learn at their own time and pace
- Long distance learning
- Enhances collaboration and communication
- Real time teaching and learning
- Effective and efficient time management
- Gives students and teachers worldwide exposure
- Introduces students and educators to education technology

- Access to everyone equally from anywhere and anytime
- Affordable
- Encourages digital and smart class rooms

Disadvantages of virtual classrooms

- No control over the students or classroom
- No control over the learning atmosphere or environment
- Virtual classroom requires computers and Internet access, which might not be at hand for everyone
- Expensive: Enrolling to online live class or courses can be costly
- Student lack real time teaching experience
- The risk to traditional student-teachers collaboration



Rishita Rahi

2 A

PARENTS



Parents always guide us to the right path,
 Parents help us in our studies,
 Parents teach us what is right or wrong,
 Parents think about our happiness,
 Parents love and care for us
 Parents are like God
 Parents are the Best
 I love my Parents

Krisha Ralhan
 2 A

BOOKS



A book is a man's best friend,
 Library is the place from where to lend,
 And the book fair is the event to attend,
 There are a lot of things a book will mend.

If we have boredom to a book we should come,
 The book will take us to the fantasy world of the lost Kingdom,
 How brave Knights slayed Dragons for freedom,
 And apart from this books grant us wisdom.

Oliver Twist is my best friend,
 Black beauty is a pet I would like to tend,
 Hermione is a character I like to pretend,
 So come guys make books your new friend!

Alankrita Chandel
 2 A

MY FAVOURITE SUBJECT : MATHEMATICS

My favourite subject is mathematics. I love maths because it is very interesting. Mrs. Anjali Sethi ma'am is my Maths teacher. Every day, she teaches us new sums. I love to solve addition, subtraction and multiplication sums. Tables help me to solve multiplication sums easily and quickly. I learn the magic of lines, shapes, different, symbols and numbers. To tell the Place Value and Face Value of any digit is all fun. Many times I enjoy doing sums on computer also. Maths is useful in our daily lives also. It really is a wonderful subject.



Shourya Parsheera
 2 A

VIRTUAL CLASSES

When lockdown was declared I was sad that I won't be able to go out. No school meant not meeting my friends. Then after some time my school started with virtual classes. It looked difficult in the starting but my teachers explained everything to us, so it is fun now. Best part of virtual class is...



1. I don't have to tell my mother what is my homework for what happened in the class because she is always around.
2. I don't have to be worried about leaving behind my bag, my books, my tiffin, my water bottle as everything is around.
3. I can see my teacher and my friends daily. My school's classes are best in the town. A big thanks to my school and my teachers.

Shubhangam Mohan Kapoor
 2 A

My School

The name of my school is Our Lady of The Snows High School. My school is the best school in our town. My school has the most talented staff members who bring out the best from the student. There are more than 800 students in my school. I study in class II. It is not far away from my house. It was built 50 years ago. It consists of 60 rooms, a big staff room, a computer lab, a library and a big hall. Our teachers explain us everything in a very interesting way with very humble behaviour. I like my School. I am proud of my school.



Rhythm Thakur
2 A

Virtual Classes

A virtual class is basically an online real time teaching-learning interaction method. Virtual Classes are the new online modes of e-learning process in which teachers and students can interact with each other in real time, and they can even see and hear each other via video /audio stream through the internet if the network bandwidth is sufficient. It is made possible by the so called 'Voice-Over-IP technology' (VOIP), It allows teachers and students to interact with each other in a set up called Virtual Classroom from their homes, work places and anywhere.



The web based apps used for conducting Virtual Classes are Zoom, Skype, Microsoft Teams, Google Meet, Jio Meet etc. Computers, mobiles, tablets and internet based electronic gadgets are usually used for undertaking Virtual Classes. Due to Covid-19 outbreak, Virtual Classroom learning has become exceptionally significant. Most of the schools are organizing online classes for their students. Online learning, no matter how good and resourceful is after all virtual.

-Anikait Thakur
2 A

Colors

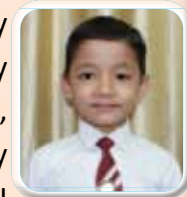
The sun above is bright and yellow,
On the phone we all say hello.
Oceans and seas are deep and blue,
We should always be honest and true.
The night sky is dark and black,
to naughty children mummy gives a smack.
The grass in the garden is wet and green,
We should never ever be mean.
The milk we drink is ever so white,
little children should never fight.



Sreshtha Dangwal
2 A

MY HOBBY

Gardening is my favourite hobby. This hobby is a source of joy for me. I spend most of my free time in gardening. I have my own garden to pursue my hobby. In garden, I work on flowers, vegetables, and fruits. I have different varieties of trees in my garden, Gardening helps me by keeping me healthy and fit. I take care of my garden as a Mother. Gardening keeps me fresh and active. I love my hobby very much.



Divyam Thakur
2 A

BIOLOGY

AROUND MY HOUSE



Some fun facts about living things in my house. As you all know we have been cooped up in the house because of lockdown. I thought that I am all alone, but I realised that I have many members in the house other than my family, some of them wanted but others not so. The animals I love around my house are my pet dogs and pet fish. Did you know that dogs have three eyelids? I think to keep balance; my fish do not have any! Some unwanted animals in my house are insects like mosquitoes, flies and wasps and arachnids like spiders and scorpions. These are called pests as they carry diseases and can harm us. These pests can be interesting too! The housefly has 3000 to 6000 simple eyes making up one complex eye! Wasps can sting us but are exquisite engineers of their nests. During the lockdown, I noted that many plants are living alongside us in the house. I always thought plants grow only from seeds, but I noticed that some of my house



plants were growing from leaves (cactus), stems (strawberries) and bulbs (lilies). Some plants are growing directly in water not needing any soil like money plant and good luck bamboo. I became a proud grower of maize when while playing I put some popcorn kernels into the soil. After three months I harvested the cobs thanks to water, soil, and sun. So in this lockdown if you feel the need of company just look around your house, you will find many interesting and creepy living things sharing your house with you. This exploration of living beings is nothing but BIOLOGY! So happy exploring!

Alankrita Chandel
2 A

Books

Books are man's best friends. They never let us feel lonely and make us rich and intelligent. I like to read many books when I am free. I wish I could write a story book. Books provide a lot of information. Reading books increases knowledge.



B- BEST
O- ORIGINAL
O- OBTAIN
K- KNOWLEDGE

-Anushka Dolkar

Virtual Classes

- Distant student can easily avail education.
- It saves time of the teacher and the taught.
- It does not require any infrastructure barrier to teach students.
- Students can take the help and use resources any time.
- Education is easily available to the student and learner.
- Online learning is more effective because it is accompanied by various teaching aids.
- Online learning is free from boring lecture methods, it includes other methods like demonstration, project method and so on.
- Online learning is not expensive, connects everywhere and flexible.



Athrav Thakur
2 B

My Favourite Subject



1. My favourite subject is Mathematics.
2. It is easy to write in the notebook.
3. It is fun to add, subtract, multiply and divide.
4. The symbols commonly used in mathematics are +, -, x and /.
5. There is no need to memorize everything.
6. The short form of mathematics is math.
7. We use symbols, numbers and letters in math.
8. Math is an interesting subject.
9. It is very useful in our daily life.
10. My maths teacher helps to make the subject clear and interesting.
11. Math is a scoring subject.
12. I love maths.

-Viaan Bhardwaj
2 B

My Favourite Teacher



My favourite teacher's name is Neetika Salhuria. She is my class teacher and takes our attendance on a daily basis. She is very disciplined and punctual and always comes on time. She teaches us English subject and tells us a lot of interesting stories. She is very caring and kind by nature. She clarifies our doubts with smile on her face. She loves us like her own child. She is very close to my heart. She listens to me and loves me.

I LOVE MY TEACHER

-SAMRIDHI
2B

THE VEGETABLES

Carrots peas and broccoli,
Vegetables are good for me,
For my snack and in my lunch,
Veggie sticks are great to munch.
Carrots,peas and broccoli,
Vegetables are good for me.

-Piyush Thakur
2B

COMPUTER

A computer is an electronic machine that takes input information & processes it to give out new information as output. The word 'computer' originates from Latin word 'computere' meaning calculate. It was invented for solving programmes and calculations. With the development of technology, computers have evolved to solve other programmes. Now a days computers are used in various fields like medical sector, Educational areas, Research, Playing games, listening to music and accessing internet etc. Computers can perform powerful functions and hence have reduced our efforts and made our life easy.

-Dhananjay Shounda
2B

The Rainbow



The rainbow is an arc of seven colours in the sky. It can be seen when the sun shines at the end of the rain. The colours of the rainbow are violet, indigo, blue, green, Yellow, orange and red. It occurs when white light passes through the water droplets in the atmosphere. It is the symbol of peace and harmony. Kids love to see the rainbow and usually get excited.

-Avirat Thakur
2 B



Animals

Animals have feelings. Please don't kill them. A day will come when animals will start attacking human beings. If we protect animals and start loving them they will become our friends. They cannot talk to us but their eyes say it all. We should share our planet with animals. Sharing and caring will make our planet beautiful. We should not keep animals in circuses and zoos. I love animals.

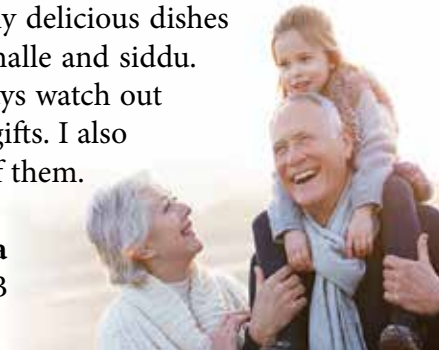
-Samaira Chandel
2 B

MY GRANDPARENTS

Grandparents are more protective and caring than our parents. They are the elder members of our family. They are the most important person in the household. They love us so much and care for us selflessly and endlessly. I am so lucky and blessed to have grandparents. They love, kiss and hug me. My grandmother is 68 years old and my grand father is 75 years old. They get up early in the morning and go for a walk. After that they exercise and do yoga. Then they do their routine work. They worship God daily, read newspaper, magazines and holy books daily. They play with me. They tell me stories, folk songs and many other exciting things. They teach me moral and cultural values. My grandmother makes many delicious dishes and pickles including local dishes like kachori, bhalle and siddu. My grandparents are like angels to me. They always watch out for me and pray for me. They also give me many gifts. I also love my grandparents and respect and take care of them. May they live long!



-Aaradhya Sharma
2 B



NEW SHOES



My shoes are new and squeaky

They are shiny and creaky.

I wish I had my leaky shoes

But mother threw them away.

I liked my old Brown shoes

Better than these creaky shoes.

Oh! I have got to wear today

These shiny, creaky, squeaky shoes.

- Swastik Sharma
2 B



The Game



My friends and I are much the same,
We love to run and play the game.
We clap aloud when a goal is made,
We cheer about how well we played.
We played the game out in the yard,
We get the ball and kick it hard.
We stop and yell; we cheer and run.
We all believe this game is fun.

-Swastik Sharma
2 B

My Love for Dogs



Pets are of great value. I always wanted dog as a pet. But I don't have any dog. There is a dog in my aunt's house named Messi. My mother says that uncle brought him home when I was born. He is of my age, he is 7 years old. He is very lovely; playing with him is a lot of fun. Whenever I go to my aunt's house, he recognises me and follows me around the house. He loves to play with ball and he is very faithful. I like all dogs a lot. Sometimes my father and I feed the street dogs and now they all recognise me as well, and come to me. I think there can be no one as cute as a dog.

-Sahir Rajgaur
2 B

Class Teacher

Neetika Ma'am, my class teacher
Combination of love, beauty and very calm
I always attend your classes with great charm

Dear Ma'am,
I love the alarming words like,
'Am I audible', 'Am I visible',
Mostly I listen everything
But at the time of emergency
I had to be invisible.

My lovely Ma'am,
If I don't attend online classes incase
I missed your benign voice
Or evergreen smiling face!
In this difficult situation, we learned a lesson
For you teaching is not a job, it's a passion
We are without school, but with wisdom and grace
Teachers make our home a better and wiser place.



-Yaksh Thakur
2 B

Festival

(SYMBOL OF HAPPINESS)



Whenever I think about festivals it makes me happy because festivals are occasions that we celebrate with our family and friends .In our country we celebrate many festivals like Holi, Christmas, Diwali, Baisakhi etc. These festivals relate to different religions, no doubt these festivals are the heartbeat of our nation. My grandparents tell me the stories related to these festivals. So I come to know more facts and reasons behind it. The best part about festivals is [POOJA]. I love festivals because we wear new dresses and eat sweets and delicious food. In short festival is the time to feel proud of our culture and symbol of unity,happiness and progress

-Shubh Upadhyay
3 A



Butterfly



When I look outside my window I see my flowers in all colours. There are some beautiful creatures around the flowers. What's that? These are butterflies. Butterflies are the most beautiful insects. They are colourful. It has bright and colourful wings. They are in different colour like red, yellow, green etc. They fly here and there and make the world more beautiful.
Thank you !



-Tanisha Singh
2 B



At the time of lockdown and online classes, I was in Lahaul and I got bored and wanted to go outside, so my family decided to go on a short trip. We went to Guru Ghantal monastery which is in Lahaul Spiti on 30th August; 2020. It is the oldest Monastery of Lahaul. I went to GURU GHANTAL with my parents. It takes 2 hours to climb from Tupchiling Gompa which is near Tandi Bridge. There are spiritual flags on every curved path. It is located 2kms away from the present Gompa. There are statues of Lord Buddha. This was built in 15th century and is the oldest Monastery. It lies near the Chandra Bhaga River. The Gompa was cracked from outside and it was beautiful from inside and had beautiful paintings on the ceiling. The Gompa is situated at the middle of the mountain. There was a stove in the Gompa, so my parents made some tea and drank it and then we ate cookies which we had with us from home. And then we came back down to the main road and we took some pictures to keep as our memories for lifetime. I was very excited and happy because it was my first ever trek.

Kesang Yisha
3 A

The Butterfly

A man found a cocoon of Butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Until it suddenly stopped making any progress and looked like it was stuck. So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily, although it had a swollen body and small, shrivelled wings.

The man didn't think anything of it and sat there waiting for the wings to enlarge to support the butterfly. But that didn't happen. The butterfly spent the rest of its life unable to fly, crawling around with tiny wings and a swollen body.

Despite the kind heart of the man, he didn't understand that the restricting cocoon and the struggle needed by the butterfly to get itself through the small opening; were God's way of forcing fluid from the body of the butterfly into its wings. To prepare itself for flying once it was out of the cocoon.

MORAL OF THE STORY : Our struggles in life develop our strengths. Without struggles, we never grow and never get stronger, so it's important for us to tackle challenges on our own, and not be relying on help from others.

-Aahana Katyayan
3 A

Online Classes

Online classes are like a blessing, in this period of quarantine, A wonderful idea to create a joyful and disciplined routine...

I really admire my school's virtual teaching trait,
Not letting us feel, that we are in dire straits.
Digital classes are giving us immense zing,
Even in this time, studies are going on in full swing.
Virtual interaction with teachers and buddies,
I am glad that we are not lagging behind in studies.
Making us as fresh as a daisy,
Brushing up our skills, has really become easy.
Starting a new session in such a unique style,
Really brings on my face a huge smile.
We are loving these classes and having a whale of a time,
On the mountain of knowledge, they help us to climb.

Suryanshi Thakur
3 A





NATURE

Nature is all around us. It provides beauty to our surroundings. Without the amazing gift of nature, human life would be dull and meaningless. Nature is one of the most precious and noblest gifts of God on this planet. The flowing rivers, the beautiful villages, wonderful mountains, singing birds, the oceans, the blue sky, the changing seasons, the rain, the beautiful moonlight etc, are all blessings of nature. Nature is our best friend, teacher and mother. We need to value the importance of nature and save it for the future generations



-Samvardhan Singh Thakur
3 B

FRIENDSHIP

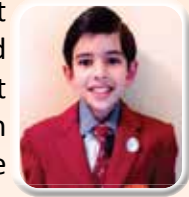
Friendship is one of the most precious gifts of our life. Friends are those who enjoy with you, understand you and help you. We know many people in our life but not all are our friends. My best friend and I have studied together since pre-nursery. We fight a lot but also patch up very soon. My best friend is PrabhavThakur. I hope we remain the same way in future also.



Chhoesang Kunzum
3 B

ONLINE STUDIES

I still remember how happy I was six months ago when I just got promoted to 3rd class and was really happy and excited to make new friends and to meet new teachers. It was just one week after our classes had begun that the lockdown due to coronavirus was declared, and that was the time when our online classes began. It was a new experience for all of us as we had never gone through these virtual classes. It helped me gain confidence as I was little shy to talk to the teachers but through this online teaching, I was able to interact with them, enjoyed it as it was like attending the school but from the comfort of our home. It also helped us gain some technical knowledge. Sometimes it also made me laugh as when our signal was poor and the teacher said 'Hello', I said 'Hello' and we all said 'Hello' and the class ended saying 'Hello'. Overall it is good and I am loving these virtual classes because we are at our home but still in school.



Prabhav Thakur
3 B



Schooling in Corona Times

I think we will never forget Corona Virus as it has been troubling us for many months now. After our winter vacation was over, I was very excited to go to school. I wanted to use my new school bag and wear my new school dress. And then Corona came and everything was shut down. Then our online classes started. We could not step out and my new school bag was put in the almirah. Now our home is our new school but I miss going to school very much. There is no recess time and I cannot play with my friends. I do not want to watch the screen sometimes as it hurts my eyes. It was fun going to school, meeting my friends and learning in the classroom. I pray to God to end Corona so that I can go to school again.



Aarav Kashyap
3 B

My Pet

We had a pet dog named Annie. She was a German Shepherd and last year she passed away. She was twelve years old. She was very strong, gentle and loving. She never barked at anyone. Every evening she went for a walk with my father and had a nice time. When my brother and I came from school she ran up to us, and greeted us by wagging her tail. Then I also told her stories of my school. She lived a long and happy life. We sometimes find her hair in the corners of the sofa and the carpet. She was my best friend and she'll always live in my heart as a sweet memory.



Ayaan Kashyap
3 B

'Nature'

Out of our phones, tablets, laptops and TV some or the other form of screen exposure is happening almost 24X7. That's why it has become all the more imperative than ever for us to unplug and head out into nature. Spending time with nature is good for our mind and soul. Getting out into nature doesn't have to be a big event, go out for a jog or a brisk walk-without your phone and take in the sights and sounds of your surroundings. You might be surprised by how much you are missing- early spring, flowers, pretty ground covers, plants, even some friendly critters right in your very neighbourhood. If you truly love nature, you will find beauty everywhere.

Shaivya Dhiman
3 B

Some Interesting facts about Animals



1. Dolphins have names for each other
2. Sheep can recognize facial expression and they really like smiles.
3. Rats laugh when tickled.
4. Turtle can breathe through their butts.
5. Crows are little pranksters they are so intelligent that they can play pranks on each other.
6. Frogs cannot vomit, if one absolutely has to, then it will vomit its entire stomach.
7. Before chicks hatch, they can communicate with each other and their mother through a system of sounds.
8. Squirrels plant thousands of new trees by nearly forgetting where they put their acorns, (Fruit of oak tree).
9. A snail can sleep for three years.
10. Nearly three percent of the ice in Antarctic glaciers is penguin's urine.
11. If a starfish is split into five pieces, so long as each contains the central disc, then five starfish will survive.
12. It is possible to hypnotize a frog by placing it on its back and gently stroking its stomach.

Ridhwan Negi
3 B

REMINDE YOURSELF EVERYDAY



"I am in charge of my happiness. I will not let anything outside of myself control me. I am creating a life that feels good on the inside and it will turn into experiences that are good on the inside."

Anav Sharma
3 B

Experience with Online Classes



My Experience with Online Classes was very good. I was able to study from the comfort of my home. Online classes saved a lot of time that was earlier spent travelling to and from school. This saved time was spent on my hobbies like Dancing etc. I was able to concentrate better from home. Even when I was sick. I did not miss my studies because of online classes. I would like to thank all my teachers who made the online study experience smooth and fun.

Nitya Thakur
3 B

'Nature'



Out of our phones, tablets, laptops and TV some or the other form of screen exposure is happening almost 24X7. That's why it has become all the more imperative than ever for us to unplug and head out into nature. Spending time with nature is good for our mind and soul. Getting out into nature doesn't have to be a big event, go out for a jog or a brisk walk-without your phone and take in the sights and sounds of your surroundings. You might be surprised by how much you are missing- early spring, flowers, pretty ground covers, plants, even some friendly critters right in your very neighbourhood.

If you truly love nature, you will find beauty everywhere.

Shaivya Dhiman
3 B

A Student's Lament



Year 2020 you've changed everything
I wished for so much, but you've given nothing
Everything is locked down and teaching is ONLINE
Oh! CORONA you've come to break my spine.

I miss my teacher and my class
the lunch with my friends on the grass
The prayers, the fights, the smiles
English, Maths, Hindi and Science.
Things have changed a little now...

My teacher on my Tab, my school is my room
Computer on my lap, you are my sun, my moon

No library, no canteen, no classroom
All I'm worried about is, Google and Zoom.

Alone or together, we still can go far
For now there isn't a moment to spare
Once a bane, now a boon

Come let's learn on our mobile PHONE.

Prisha Sharma
3 B



WHAT I LEARNT FROM LOCKDOWN



- 1. The value of school :-** Though we all love holidays but after a long winter vacations when we started going to school and then we faced the lockdown due to pandemic that's when I realised the routine is important in life and that's what the School gives us.
- 2. Value of Friends and Outdoor games :** I missed my classmates and my friends very much during the lockdown. I miss all the mischiefs and games we used to play in school. The break times, the morning assembly, the van time while coming from home and going back. During lockdown all we used to do was sit inside and take online classes and watch TV or play on laptops. That made me realise the importance of out door activities and gatherings with my friends and school mates.
- 3. Value of Personal Hygiene:** Brushing your teeth, washing your hands , keeping yourself clean and wearing neat and clean clothes. During this time of pandemic everyone was advised to maintain personal hygiene to save ourselves from the Virus.
- 4. Value of Fitness :** During lockdown after sometime when we started getting bored in house, my parents asked us to do exercise and workout at home. We had started gaining weight and we were becoming lazy due to no routine in life. So my mother used to wake us up early in the morning and we used to have a workout session of 1 hour in the morning and with time we used to love that morning session of workout and we felt energetic and active all day.

So after this lockdown experience I will make sure that I follow a healthy routine and I pray that soon we can go back to school and hug my friends and enjoy with my classmates.

Aaradya Sharma

3B

POPULATION EXPLOSION

Our country, India, is facing one of the biggest problems, i.e. population explosion as we know all the developed countries of the world have controlled their population growth rate. But no drastic steps have been taken by the government of India to curb the menace. According to reports, our nation has the resources to feed only 40 crores of people. However, the population has gone up to 130 crores. It is a matter of great concern. If the present rate continues the situation will go out of control. How painful it is when we go the station to board the train, to get treated at hospitals, to go to market, to seek admissions in good schools, to draw money from bank etc. our all natural resources such as pure water, clean air and open space are depleting fast. The remedy is to control the population quickly. Natural calamities like flood, famine, heavy rain and pandemic like Covid-19 are the result of uncontrolled population growth rate. Only government cannot be blamed for this menace. We all are equally responsible for it. The greatest weapon to fight it out is awareness, awareness and only awareness.



Aditya Singh

4 A



NATURE IS EVERYWHERE

*Nature is everywhere,
Nature is everywhere you go,
Everything that lives and grows is nature,
Animal big and small,
Plants that grow so tall,
Nature is beautiful in every way,
Wonderful exciting and needs our care,
So listen learn and do your part,
To, keep nature,
Beautiful forever.....*



Neviya Chauhan
4A

LORD GANESHA

*When Lord Ganesha was born
All the demons were gone.
He loves all kinds of sweets,
Because he loves to eat.
He is very smart and wise,
And eats all kinds of pies.
He is the God, who removes all obstacles,
He rides on his mouse,
Till he reaches his house.
We make his idol,
We pray to him,
With a hymn and rhythm.*



Kavya Sood
4B

THE RISE OF ONLINE LEARNING DURING THE COVID-19 PANDEMIC



COVID-19 has resulted in schools being shut all across the world. Globally, over 1.2 billion children are out of the classroom. As a result, education has changed dramatically, with the distinctive rise of e-learning, whereby teaching is undertaken remotely and on digital platforms. Research suggests that online learning has been shown to increase retention of information and takes less time, meaning the changes corona virus has caused might be here to stay.



Online classroom is a very new concept in India, even for the most sophisticated schools. It is commendable how easily some educational institutions have moved to virtual classrooms, all thanks to tools such as Zoom, Google Hangouts and Microsoft Teams. The teachers and schools are putting extra effort to engage students in classes by revamping time-tables, shifting discussions online, taking feedback from parents and monitoring students constantly.

Online learning has its own share of disadvantages too. Teachers do find absence of a blackboard a disadvantage and network connectivity a constant problem. Too much screen time can be perilous for health. Prolonged online sessions may lead to problems related to vision, body posture and sleep disorder. But there is no denying that for now this e-learning experience is for all and the responsibility is on us to explore its full potential.

Kavish Sood.
4B

Life



Life is beautiful but not always easy, it has problems too, and the challenge lies in facing them with courage, letting the beauty of life act like balm which makes the pain bearable during trying times by providing hope, happiness, sorrow, victory, defeat, day and night are the two sides of the same coin. Similarly life is full of moments of joy, pleasure, success and comfort punctuated by misery, defeat, failures and problems. There is no human being on earth, strong, powerful, wise or rich who has not experienced struggle, suffering or failure.

Akshita Sharma
5 A

"MY FIRST DAY IN MY NEW SCHOOL"

I went to my new school
And I found it very cool,
I entered the school gate with a big smile
And noticed everything new for a while,
Although I was a little sceptical,
But everyone around was so fantastical,
New friends, new teachers were all so supporting,
This CORONA entered our lives and now it is hurting,
I wish everything could get back naturally,
And I could enjoy my school life normally,
Hope the school reopening days arrive
To make them the best days of our lives.



Ayaana Malhotra
5 A

HARD WORK AND SUCCESS



Hard work is the key to success is a well known saying. Hard work and success go hand in hand. Many inspirational fables are there to prove this fact. The example of Gandhi ji and Edison shows that hard work ultimately pays off. All the successful people of the world have one common reason for their success: It is their hard labour. When one puts in all one's efforts with sincere hard work, then one is sure of the results. After that even if the results are not up to one's expectations, the person feels contended. They say luck also favours those who work hard. Honest hard work has the power to exult men and bestow them with glory.



Sonal Shashni
5 A

WHAT MAKES A DAD

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting air of night,
The wisdom of ages,
The power of eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Almighty God combined these qualities,
When there was nothing more to add,
He knew His master piece was complete,
And so, He called it.... Dad



Reha Singh
5 A



Choice of Friends

Choice of friends is as important as the choice of career. One has to be very careful in choosing friends. Friends should be fit and few. We should be aware of flatterers and false friends. Flatterers are worse than enemies. They go on praising us in season and out of season. They find in us qualities which do not exist at all. They are not true and sincere. They never draw our attention to our faults. They encourage our vices. A true friend is the greatest gift of God. He stands by us through thick and thin. He points out our shortcomings and helps us to correct them. We should not be hasty in choosing friends. A friend in need is a friend indeed. We can share our joys and sorrows with him. The right choice of friend will be a source of peace, happiness and inspiration.



Saransh Negi
5 B

My Hobby

I am a student and I like to do different things during free time but my favourite hobby is gardening. I have a garden in front of our home. Every day I work in it for two hours I have put a fence around. I loosen the soil with spade and weed out the grass. I water the plants regularly. There are two parts in my garden. In one part, I plant different kinds of flowers such as rose, China rose, tube rose, sunflower etc. I feel happy when the flowers bloom. They spread a sweet smell. The garden also looks very charming. There is also a part in my garden for planting vegetables. I plant different kinds of vegetables such as carrot, radish, cabbage, cauliflowers, tomato, chilly etc. in it. My mother cooks delicious dishes with these vegetables. It gives me immense pleasure.



Jahanvi Thakur
5 B

My Parents

Our parents are the greatest gift of God ever found to existence. Parents are the ultimate form of God's way of taking care of us. When we are going through rough times in life or even when we encounter difficulties in our studies, they take every possible measure to make us feel better and guide us in the right direction so that we can make something good out of our lives. They try to make us happy in every moment. Both my parents are educators so it is quite a blessing for me as I'm able to ask them what I can't understand and it helps me a lot. My mother is an excellent cook and my father also is quite an expert at cooking. These days due to the corona situation I have come to realize that they care so much for our wellbeing and our safety. Even in this situation they try their best to make me feel happy and at peace. I love my parents for what they are and how they help me to be a better person.



Deepshikha Nalwa
5B

Value of Discipline in a Student's life

Discipline is a fundamental part of our everyday life. It means to follow rules or do things in regular order. It is a very important part of life. Children should be taught to follow discipline while studying, eating, or playing. Schools and places of work teach us discipline. Teachers, parents and elders also help us to learn and follow rules. We must try to be disciplined in our classroom, on the sports ground, in the school assembly, online classes and while visiting places with elders. Friends can also teach each other ways to follow rules and behave properly. Discipline helps us to grow up and become happy and successful.



Pradyuman Thakur
5 B

DETERMINATION

Confucius rightly said that true glory belongs to those who keep their failure in stride and keep going on. Such individuals conquer failure with simple strategy: they make another attempt. If something didn't work it doesn't mean you failed. It simply means that you produced a different outcome from the one you desired. Think of it like this: you figured out a way of not doing things so that the next time around you'll do it differently. Confucius talks about such resolute individuals, who get up after every fall who keep on going even in the face of repeated failures. Their indomitable spirit is an example for the rest of us.

Naisha Singh
5B



Knowledge is Power



Climbing to the top demands strength, Whether it is to the top of Mount Everest or to the top of our career, Knowledge is required ...

There is also a famous Sanskrit quotation that says :

“An educated person is worshipped everywhere, Wherever he goes he is offered a place of honour and given authority and standing ovation, only due to his power of knowledge.”

Knowledge is the burning light which goes on lighting more and more lamps of knowledge. It does not grow less with time but increases with experience. The might of knowledge of pen is far greater than the might of swords and guns. While knowledge has given us the power which has solved many problems. Knowledge is equal to the equation:-

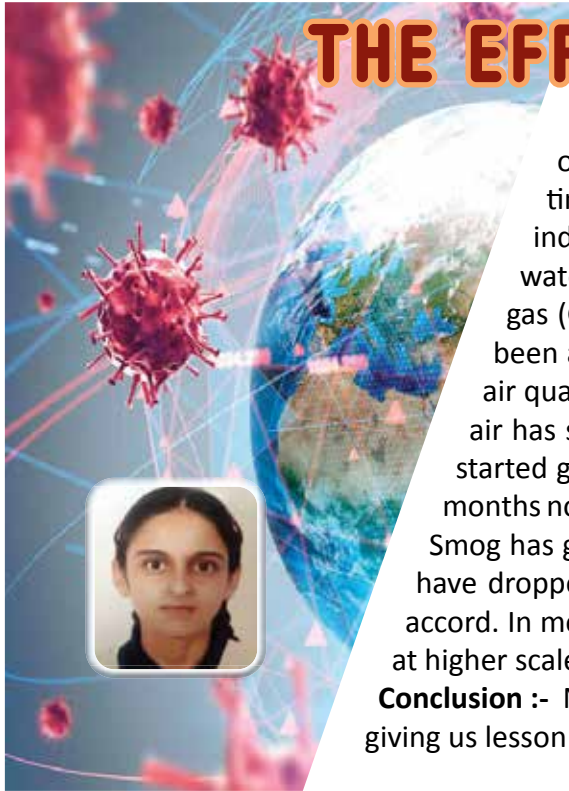
Learning = creativity + righteousness + courage+ indomitable spirit

Knowledge impacts and influences our growth and relationships with work and life. Thus, it's rightly said that knowledge helps people to bloom and keeps them away from corruption and opens the doors to success.

“Learning gives creativity, Creativity leads to thinking, Thinking provides knowledge, Knowledge makes us great.”

Jenisha Malhan
6 A

THE EFFECT OF COVID-19 ON ENVIRONMENT



The worldwide disruption caused by the COVID-19 pandemic has resulted in numerous impacts on the environment and the climate. Restricted human interaction with nature during this crisis time has appeared as a blessing for nature and environment. Reports from all over the world are indicating that after the outbreak of COVID-19 environmental conditions including air quality and water quality in rivers are improving and wildlife is blooming. Climate experts predict that greenhouse gas (GHG) emission could drop to proportion never before seen since World War 2. India has always been a hub of pollution with huge population, heavy traffics and populating industries leading to high air quality index values in all major cities. But after declaration of lockdown due to COVID-19, quality of air has started to improve and all other environmental parameters such as water qualities in river have started giving a positive sign towards restoring self quarantine and social distancing for a more than five months now has given the nature a “healing time” with reduced human interference in natural environment. Smog has given way to blue skies in cities like Delhi, marine life is seeing increased activity, pollution levels have dropped in almost all the metro cities and animals as well as birds are moving around on their own accord. In metro cities like Delhi as the energy foot print was high, the lockdown has improved the air quality at higher scale.

Conclusion :- Nature has the best healing property. It has recovered itself in a very short time. Mother nature is giving us lesson beware of next time.

-Asmi Chaudhary

6A

YOUTH SUICIDAL BEHAVIOUR

Suicide occurs more often in older than in younger people, but is still one of the leading causes of death in children and adults worldwide. This not only results in a direct loss of many young lives, but also has disruptive psychological and adverse socio-economic facts. From the perspective of public mental health, suicide among young people is a main issue to address. Therefore we need good insight in the risk factors that contribute in suicidal behaviour in youth. This mini review gives a short overview of the most important risk factors for late-school aged children and adults.

“Suicide doesn’t end the chances of life getting worse, it eliminates the possibility of it ever getting any better.” Worldwide, 800,000 people die due to suicide each year. It is estimated that 1.5 million will die due to suicide by the year 2020. It is the 15th leading cause of death globally. Suicide affects all age groups in population, but worldwide, rates clearly rise with the increasing age. Among 30-40% who die by suicide had personality disorders, such as borderline or antisocial personality disorders.



-Aadhunika Mohan

6A

A LITTLE KNOWLEDGE ABOUT GHUNGROO

A GHUNGROO HINDI : घुंघरू also known as ghungroo or ghungru or ghungur

(Assamese & Bengali) is one of many small metallic balls strung together to form ghungroos, a musical anklet tied to the feet of classical Indian dancers. The sound produced by ghungroos vary greatly in pitch depending on their metallic composition and size. Ghungroos serve to accentuate the rhythmic aspects of the dance and allow complex footwork to be heard by the audience. They are worn immediately above the ankle, resting on the lateral malleolus and medial malleolus. A string of ghungroos can range from 50 to greater than 200 bells knotted together. A novice child dancer may start with 50 and slowly add more as he or she grows older and advances in his or her technical ability. Ghungroos or salangais are worn in traditional performances of the classical Indian dance forms :Bharatnatyam, Kathak, Kuchipudi, Lavani and Oddisi etc.



-Rishita Koundal

6 B

DID YOU KNOW?

- The fear of going to school is called didaskaleinophobia.
- Olympics gold medals are actually composed of 92.5% silver ! The 1912 Olympics was the last edition to hand over medals made of solid gold.
- The fear of ghosts is called phasmophobia.
- The fear of aging is called gerascophobia.
- March 14 is observed as 'Save a Spider' day.
- Oxford Dictionaries chose 'selfie' as the word of the year for 2013.

-Rishita Koundal

6 B

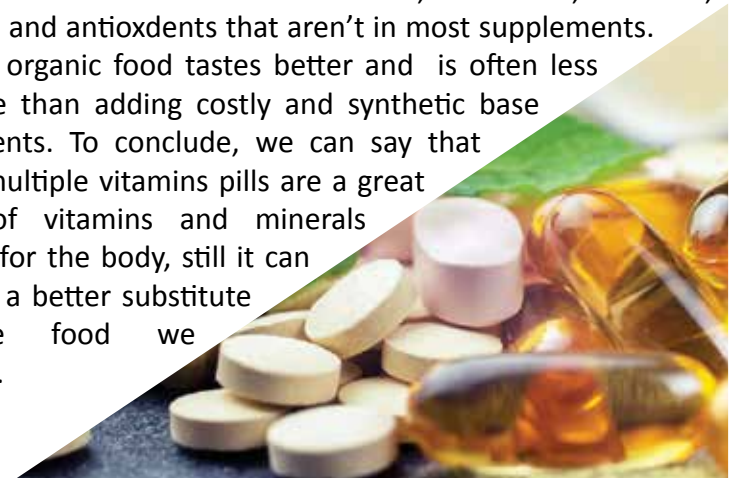
ARE MULTIVITAMIN PILLS REALLY AS GOOD AS EATING THE RIGHT FOOD?

There is a famous saying, “When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.” Our daily food is usually rich in all the necessary nutrients for good health, such as magnesium, calcium and Vitamin A and C. If we take a balanced diet, all essential vitamins are already present in our food. We are not expected to take multivitamins pill if we take a balanced diet yet even though we eat a healthy, well balanced diet, we may still fall short of needed nutrients. That’s one of the consequences of aging and of certain chronic disease like liver cirrhosis, chronic alcoholism. We need extra dosages of vitamin B1 to prevent neuropathy heart failure. For example neutral sources of vitamin B12 is fish, milk, meat and eggs but those who are not taking milk and milk product, animal food is their diet may have deficiency of Vitamin B12. So, they opt to choose supplementary multivitamin tablet on regular basis. However, it is advised that we must try to improve our diet before we use supplements. That’s because nutrients are most potent when they come from food. They are accompanied by many beneficial nutrients such as carotenoids, flavonoids, minerals, roughage and antioxidants that aren’t in most supplements. Plus, the organic food tastes better and is often less expensive than adding costly and synthetic base supplements. To conclude, we can say that though multiple vitamins pills are a great source of vitamins and minerals required for the body, still it can never be a better substitute for the food we consume.



Anvi

6 B



WOMEN EMPOWERMENT

Women are the primary caretakers in every country of the world. When the economy and political organization of a society change, women take the lead in helping the family adjust to new realities and challenges in life. Women empowerment is one of the most important things that everyone should support.

It is when women are given power and right to make decisions for themselves. There will be an overall development of society when women will be empowered. A woman should have equal rights to participate in social, religious and public activities.

A woman will be able to live her life fully with a sense of self-dignity, worth and respect if given chances in every field. Individuals and government must come together to make it happen. We can empower the women also by mentoring them professionally and personally. They should be given freedom to be who they are and pursue what they want to do. They should be helped out by each individual to build their own identity and be self-independent in all the aspects of lives. Some other ways to encourage women empowerment are changes



in a woman's mobility and social interaction, control over resources, increasing the spiritual, political, social, educational, gender, or economic strength of individuals and communities of women, authority and responsibility to make choice and to transform those choices into desired actions and outcomes. It is to be understood that if a woman is boosted or empowered she won't be a burden on anyone. And the next generation will benefit tremendously because of her. Hence a woman should be always supported for development and good change. It is also said—

An empowered woman is powerful beyond measure and beautiful beyond description.



Aahana Yarky
6 B

DID YOU KNOW?

- The fear of going to school is called didaskaleinophobia.
- Olympics gold medals are actually composed of 92.5% silver ! The 1912 Olympics was the last edition to hand over medals made of solid gold.
- The fear of ghosts is called phasmophobia.
- The fear of aging is called gerascophobia.
- March 14 is observed as 'Save a Spider' day.
- Oxford Dictionaries chose 'selfie' as the word of the year for 2013.



Rishita Koundal
6 B

Afforestation

In today's world global warming has been a major topic of discussion among the many great nations of the world. Countries have taken the initiative and done a lot for this. One of the major steps to fight global warming is afforestation or planting of trees.

The Internet is also helping in the process as there are many websites where you can donate trees or donate a small amount of money . Even our school, time to time, organises tree plantation programs to spread awareness on global warming and how trees can help to fight it."Forests are a national asset". Therefore it is the duty of the government and the people to protect them instead of destroying them as we have been doing for long.

Plant for the planet!



Parinita Katoch
6 Bt

A Tribute to My Respected Teachers

Nowadays the world may have come to a stand- still due to the COVID – 19 pandemic. From almost eight months we all are confined within the four walls of our houses. During this difficult time of crisis our doctors, police, health care workers etc. are working day and night doing their bit to take the nation out of this difficult time of crisis.



But here, I am paying tribute to corona warriors who are not talked much and these are our heroes, our Teachers. Thanks to the Teachers and technology at our disposal, through which the education of the young ones is continuing despite this global pandemic. During this difficult time we miss our school, our friends, our teachers and also all the other things in which we had fun out of our houses. We miss everything but the one thing that we don't miss is our "STUDIES" because of our hardworking Teacher!! Our Teachers are working really hard for us in this difficult time. They are doing their level best to teach us through online classes. Even our exams were conducted online. Our teachers are doing their best to impart knowledge to us and make us understand everything as perfectly as they can. And it is rightly said that "If Teachers were not there, then no other professions would exist". So I thank all my teachers from the core of my heart for all their support, receptive and adaptive nature.

Salute to My Teachers!!

Bharvi Kaundal
7 A

FRIENDS

Friends are people we love to spend time with. They give us company when we are lonely, support us unconditionally and accept despite our shortcomings. They make celebrations fun. They help us to be ourselves. Not just that, friends also help us to grow at a spiritual level. Each soul is on a journey and friends are guides who come into our lives, play their role and move on. They are drifted away from our lives when their role as a guide is over. That is what friends are about: providing constant support, our comforting confident and worst critic. What friends do for us can not be described in words. They are the family we choose!



-Kanan Chaudhary
7 A

A CHAPTER OF VIRTUE FROM MY FAMILY

Family is where we belong and where our identity comes from. Every family has its own values. It is also said that a child's first school is his family. He learns values and many other things from family. Man is a social animal, he cannot live without a family. Family is that relationship that never ends. The members of the family love and take care of everyone. A child learns different values from family such as obedience, love, empathy, courage, honesty, forgiveness, respectfulness and many more!!

Now what are values?

Values are the good rules of a person's life. I have learned many values from my family members also. They are loving, caring, polite and humble to everyone. Whenever there is a special event they donate to charity.

When I was born my father and grandfather planted one thousand trees and my mother and grandmother went to the temple and thanked God for all that they have given us. I thank God for all that he has given me.



Shubhangi Rajput
7 A



Health & Fitness

Good health is a great boon for our body. It helps us physically and mentally. Good health can be maintained by doing regular exercise and maintaining a well balanced diet. It is imperative to eat proper meals at appropriate time. Being fit and healthy helps us to perform our daily chores properly without being lazy or dull. Our health is our most valuable asset. A healthy person is someone free from diseases and can perform physical activities without getting tired. Good health can be achieved through proper nutrition and careful eating habits. It's rightly said, "Respect your body, it's the only one you get". One should always prioritise his or her health. Health and fitness both go hand in hand. Being healthy has a lot of advantages and in simple terms being healthy and fit means taking good care of the body.



-Nandini Singh
7 A



Coronavirus disease (COVID -19) is an infectious disease caused by newly discovered coronavirus. The best way to prevent and slow down transmission is to be well informed about the COVID – 19 virus, the disease its symptoms and how it spreads.



We can protect ourselves by taking precautions like washing our hands or using an alcohol based sanitizer and not touching our face. The most common symptoms of coronavirus are fever, dry cough and tiredness. Many countries are struggling to find vaccine for this deadly virus many doctors are staying away from their families and working 24X7 to treat covid patients and making the vaccine. We should salute them because they are ready to give their lives for us. I don't know whether it is a biochemical weapon or not but I know that each and every country is suffering from this pandemic as we all know that all countries are declaring lockdown again and this is for our good only because the cases are rising and the government is worried about the citizens. In my opinion it is good and bad also at the same time good in the sense that because of lockdown we have become tech savvy and bad in the sense that we all are over using the mobiles or laptops. I just wish that we all should be brave enough to face these challenging times and everything should be alright like the good old days.

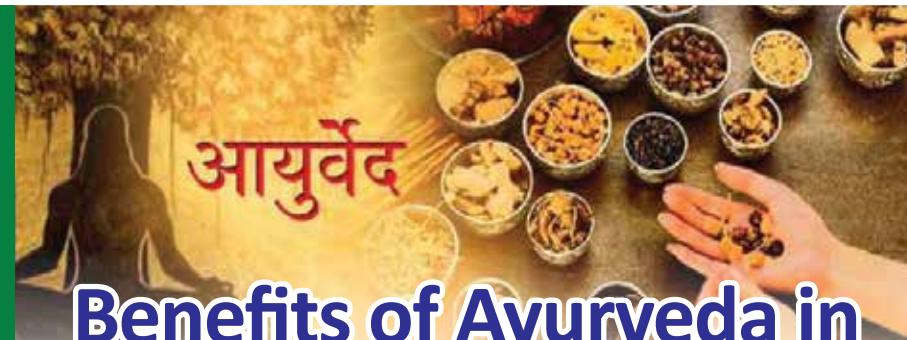
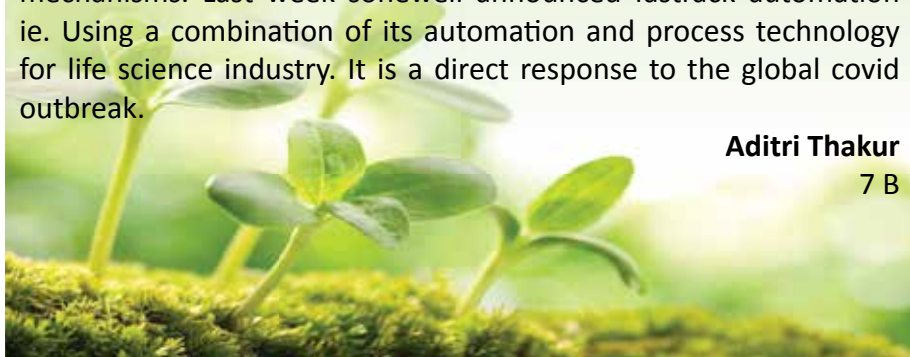
-Shreyas Katoch
7 B

Use of Technology in Biology

“Imagination is more important than knowledge”. Today technology plays a major role in health care, hospital etc. Technology has made significant contributions to our world, namely in the medical industry. With the increase use of electronic medical records (EMR) telehealth services, and mobile technology. There are different electronic gadgets or tools that are used by the doctors. For example: X-ray machine, ultrasound machine, mammography system, ventilator, CT scan etc. Compared with physics, chemistry, and other physical science, biology has not drawn as consistently as quickly, or as thoroughly on the capabilities afforded by emerging technologies. Increasingly, biological research problems drive technology development while, in turn, new technologies stimulate advances in science. This is a report of a workshop held at the national science foundation that had two aims identifying emerging technologies that can have an impact on biological research, and finding ways to develop and harness those technologies more efficiently through changes in the science infrastructure and support mechanisms. Last week sonewell announced fastrack automation ie. Using a combination of its automation and process technology for life science industry. It is a direct response to the global covid outbreak.



Aditri Thakur
7 B



Benefits of Ayurveda in Immunity Building

The word Ayurveda means knowledge of life and longevity. According to ayurveda a healthy person is one who along with other criteria of being healthy also fulfils the norms of having a happy and contented mind, heart, body, and soul.



As the world scrambles to find the cure for COVID-19, our health experts have suggested boosting the body's immune system may help minimize the effects of virus and hasten the recovery from the disease. Good health is the harbinger of happiness; to build a strong immune system we should include consuming warm water, practicing yoga asana, pranayam and meditation for 30 minutes in our daily routine.

We should also consume turmeric, which has anti-inflammatory, antitumor and antioxidant effects. Cumin which is known to promote digestion and provides iron, using coriander and garlic in cooking is also advised.

Immunity will be our savior against the virus. Ayurvedic herbs like tulsi, ashwagandha and giloy help in increasing the production of proteins and antibodies to generate immune response against the virus.

The idea is that if you don't have a potent weapon to combat the enemy, a safe and effective shield is the best bet to protect yourself. SO MYDEAR FRIENDS STAY SAFE AND STAY POSITIVE.

-Aradhya Goel
7 B



Alarming Facts About Water Pollution



The article deals with water pollution facts that the world must be made aware of. With the sincere efforts directed towards reducing water pollution, one can hope to have clean water resources for future generations.

A simple definition of water pollution can be presented as “contamination of water which makes it unfit for use.” Most of the water resources on earth are polluted. Even though our planet is covered with 70% water, not all of it is portable or suitable for human use. Rapid industrialization, misuse of scarce water resources and many other factors play

a role in the process of water pollution. Every year around 400 billion tons of waste is generated all around the world. Most of this water is dumped into water bodies. Out of the total on earth just 3% is fresh water. If the freshwater is polluted repeatedly, water crises would turn grave in the near future. It is therefore, necessary to take care of our water resources. The facts about water pollution presented in the article should be taken seriously in order to understand the gravity of this problem.



Saumya Bhatnagar
8 A

PROS AND CONS OF BEING A VEGETARIAN



Vegetarian cuisine is based on food that meets vegetarian standards by not including meat and animal tissue products. Being a vegetarian and having a vegetarian diet has some pros as well as some cons.



Aarushi Gautam
8 A

PROS :

1. Improved heart health- Having a vegetarian diet lower blood pressure, improved cholesterol level, which decreases the chances of heart attack or stroke.
2. Reduced risk of cancer- Consuming enough fruit and vegetables will strengthen our immune system and helps us fight against cancer cells and other diseases.
3. Improved digestion- Digestive health can be improved by vegetarian diet as it helps food and waste moving smoothly through digestive and excretory system avoiding constipation and diarrhea.
4. Better weight control- Those who want to lose weight are recommended to follow a vegetarian diet.
5. The body absorbs less saturated fat and cholesterol.

CONS :

1. Lack some nutrients- Some vegetarian diet might be missing some nutrients like Omega3, fatty acids, Vitamin B12, VitaminD.
2. Fewer food choices- Following a vegetarian diet can be a real challenge. Most restaurant menu choices can be limited.
3. Proper diet-Not all diets are healthy, eat an unhealthy or an improper diet may lead to higher risk of illness.
4. A varied vegetarian diet is often associated with additional costs.
5. An unbalanced diet can cause vitamin deficiency symptoms.



WOMEN SAFETY IN INDIA



India is a developing country, with about a population of 1.3 billion and a great diversity in languages, religions, food and much more but if there's one thing that our country is failing miserably in is the protection of its women. Considering our present situation with the entire globe being hit by the pandemic, our country has witnessed some of the most brutal cases of rape and sexual abuse that one can ever imagine.



With the 'corona virus' in effect, our country was under lockdown but it was during these days of the lockdown that such crimes were executed. Although there have been many cases but these ones created a havoc in the country. A girl in Madhya Pradesh was raped by her father while her mother stuffed cloth in her mouth.

In July a six year old girl was abducted, raped and then her eyes were severely injured so that she couldn't identify the accused. On 15th August our country celebrated Independence day but along with that we also witnessed that women are no longer safe in our country as a 13 year old girl was raped, murdered and thrown in the field. All these cases just highlight the plight of girls and women and how our country is failing to provide protection to our women. As per statistics in every 16 minutes a women is raped in our country and every four minutes a woman faces cruelty by her in-laws.

Women are often told to stay home and not to go out at night, but what if even this house becomes unsafe for her. If women aren't safe from rape even during this life threatening pandemic then will they ever be? Who is to be blamed? Is it the government or us? It is high time that we change the slogan from 'Beti bachao, Beti padhao' to 'Beta Padhao, Beti Bachao'

Norzin Zangmo
8 A

OLD AGE HOMES -AN ALARMING ISSUE

I, Arjun Salhuria, am only 13 years old and before writing this topic "Old Age Homes -An Alarming issue" I had a very casual approach towards the old and aged people. But after doing a lot of research, reading a lot on this topic and seeing many videos on old age homes, I was literally crying after watching their heart wrenching stories.



The Old Age homes- a place where the inmates get all the basic facilities for a routine living like food, clothing and shelter but the much needed love and care of loved ones is of course missing. For how can outsiders provide solace? I think it is the breakup of the joint family system and the introduction of nuclear family system that has brought this unhappy situation. Today most of the Indian youth, working far away from their homes prefer their parents to live in an old age home safely and even parents also feel this a better alternative than living in a big house. But how shameful it is for a child that he is abandoning his parents to earn his own living or making his career. On the other hand few families find it very difficult to take care of old people as it affects their mobility.

Even some greedy children, grab the property of their parents and then dump them in old age homes. Whatever be the reason, it has been an alarming issue to compel old people to fend for themselves. The point is what is the fault of elders who live in old age homes? Their only fault is being the parents of such shameful children. The children never think twice before saying 'Get out' to those people who sacrificed their lives for them.

So people who neglect their old parents and grandparents should think about the moral values and try to be kind and affectionate towards them. Now think about future generations. Only God knows what will happen to them. Therefore, it is better to save our fortune for old age now itself because-

"We won't know how will our children and grand children treat us."

Arjun Salhuria
8A



CORONAVIRUS : A Global Crisis or a Blessing in Disguise



Coronavirus came as a shock for mankind at the start of the year 2020. Firstly identified in the Wuhan City, Hubei, China in December, 2019. There is no verified data about how this disease developed. Some say it spread from a species of bats whereas some say it was a result of the creation of a biological weapon. It is caused by severe acute respiratory syndrome coronavirus 2 or SARS-CoV2. No special precautions were taken by the government of China to control this virus during its early stage and now we can see how it has adversely affected the world. The world economy has gone down and we are spending our time in our houses like some prisoners of war. Well it is also said that time is a great healer and thus we are able to control its spread. Slowly the world is coming back to normal and the unlock has started. Daily vaccine tests are going on all around the world. People are learning new skills, feeling the importance of helping and caring for each other. Soon when vaccine will be created this virus will be eradicated and will be a part of our history. Well this virus also proved to be

a gift to mother nature to heal itself of the mass pollution that the humans were creating till now. As a result of this pandemic the ozone layer started restoring back to normal and emission of greenhouse gases reduced. As a result the melting of the glaciers slowed down, climate change has been spiralling back to what it was meant to be, certain species which were once on the verge of extinction have started to grow back, wildlife and nature has started to heal itself and the pollution levels are dropping down. I hope that the humans would have learnt something substantial from this pandemic and look forward to a bright future for our mother Earth and its inhabitants.

-Aryan Mahant

8 B



IS NATURE IN GRAVE DANGER?

Nature has provided us numerous gifts such as air, water, land, sunlight, minerals, plants, and animals. All these gifts of nature make our Earth a place worth living. Existence on Earth would not be possible without any of these. Now, while these natural resources are present on Earth in plenty unfortunately, the necessity of most of these has increased extremely over the centuries. Many of the natural resources are being used at a faster rate as compared to their speed of production. Therefore there is an urgent necessity for conservation of nature and the natural resources it offers. Due to growth in the human population these things have started depleting. Our environment has suffered significant threats in the last few decades. The ever-increasing vehicles and pollution have transformed our environment into a mass of smoky mess.

A healthy environment has fresh and bacteria-free air and is not the breeding ground for diseases. To protect our environment, we need to know what we should defend. Humankind has advanced in many ways, but in our materialistic race, we have compromised our natural environment and become the most intelligent and technologically superior species on Earth. Due to the rapid growth of factories and industrial sectors, chemicals and smoke are regularly released in water and air. This causes water and air pollution. Humans have also neglected their responsibilities and have dumped garbage anywhere they could. This leads to land pollution and diseases as insects like flies carry the filth to our bodies and spread harmful viruses. Our environment needs to be protected and conserved. Conservation of our natural energy is significant as it sustains us. There

are multiple ways of protecting our environment, the first being to decrease the levels of pollution. Every year, innumerable birds and sea animals die from the pollution at sea. Marine life is in grave danger as we have allegedly deposited trash and filth on seashores and into the ocean itself. Since the smoke emitted by vehicles causes a lot of pollution, using natural gas as a fuel for cars will reduce the emission of smoke. Battery driven automobiles are also eco-friendly. We can also use solar energy to protect our natural resources. Solar energy is renewable and causes no pollution. We must save our mother nature from pollution toxicity and contamination. Living in a toxic environment can harm our health and permanently cripple us. We can save our planet by using eco-friendly cars and vehicles like battery-driven cars. Cycling or walking is also beneficial. To protect our environment, we must discard plastic and use jute, paper, or cloth in its place. Afforestation is another essential way to save our trees and forests. We must abide by the laws created by the government regarding our environment. The Swatch Bharat Abhiyaan is an example of one such mission. A clean environment is essential for us to lead healthy and fulfilling lives. Our environment must be protected at all costs because it is a life-sustaining force for us. We must save our environment because the lack of fresh air, and oxygen will be toxic for us. If we don't take care of our planet, soon, humankind will be in grave danger.



-Samanyu Thakur

8 B



PATIENCE



It is very important to be patient in our dealings with other people. Patience means to be calm and control one's emotions. It is easy to lose one's temper and fight with someone else. But it is very difficult to be patient. We must always try to control our temper and check our anger. This is the only way to get along with other people.

If we are patient, the other person might realise his mistake. This does not mean that we must remain quiet when we are not wrong. We would act cowardly if we remain silent when the other person is doing wrong. But we require patience to convince him of what is right. A patient person will take the trouble to explain his own point of view, no matter how angry the other person maybe.

It is more difficult to be patient than to be angry. We will be persons of strong character if we can control our temper and be patient with those who do not agree with us. There are many occasions when we have to be patient. When we are patient, we can think calmly and can, therefore, act intelligently. An angry man does rash things. In anger, people hurt others unnecessarily, and later regret what they have done. People who do not have patience will have few friends and many enemies. To have more enemies than friends is certainly not a happy way to live. So if we wish to live happily in society, we must learn to be patient. We must learn to control our temper. Patience is a quality that people should acquire. This is difficult but it is worthwhile.

Arjun Prashar

8 B

'HOW DO TENSION AND STRESS AFFECT OUR BODY?'

It is our own humble duty to take care of ourselves; otherwise there are a lot many difficulties that come in our way. One of these difficulties is stress. Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. It is our bodies' reaction to a challenge or demand.

Firstly stress affects our mind and then the whole body. If one has long term stress, it can cause various problems including mental health problems, such as depression, anxiety, panic attacks, and cardiovascular diseases including heart diseases, high blood pressure, abnormal heart rhythms, heart attacks and stroke. Stress can be cured in many ways but the first way is to stop thinking about the thing or person that gives you stress. "Ships don't sink because of the water around them; they sink because of the water that gets in them." "Don't let what's happening around you get inside you and weigh you down." Righty said by John Keats.

Nextly, you should start being more happy and fun loving. This will make your life happier and enjoyable if one follows these two steps. There is no chance that they will have stress anymore. Mark Twain has rightly quoted "The secret of getting ahead is getting started."

Vrinda Sharma

9 A

KULLU

“The Land of Deities”

Kullu, the land of deities,
The green mountains always look pretty...
And meet the boundless blue sky,
A variety of birds fly so high,
Divine spirits and shade of Devdar trees,
Fill our heart with relief and ease.



Orchards of apple, peach and variety of fruits,
It's a wonderful gift for us, that nature always proves,
I believe in living life to the fullest,
Its beauty makes me proud, strengthens my eternal will.

A variety of rivers, ponds and fountains,
Decorates our whole valley with plains and mountains.
A land of rituals, festivals and fairs,
People are innocent, witty and sincere.
Conserve the nature,
So all the sadness will fade,
Let us protect our “KULLU”,
Otherwise our happiness will evade.

Tanvi Anand
9 A



WHEN SLEEP IS SOUND, HEALTH AND HAPPINESS IS ABOUT”

In today's world of cut-throat competition where we work really hard to achieve our goals and do not leave any stone unturned to achieve, we often forget to take care of ourselves. Sleep is of utmost importance when it comes to taking care of ourselves as it relieves us of any worries and helps us rejuvenate ourselves. An adult needs seven to eight hours of sleep whereas a child needs nine to ten hours of sleep. But the question is how many of us do really sleep this long? For some it may seem as a trivial question as they may be seen saying that sleeping for few hours doesn't really affect my performance. It may not right now but for the long run you may be just damaging your body and it may cost your future as a cumulative effect of sleep deprivation in form of fatal diseases ranging from diabetes to cardiovascular diseases.



For a student time is of the essence, especially if they need to manage a hectic schedule packed with classes and co-curricular activities. A day whizzes by, forcing them to work all night to complete piles of assignments, before hitting the sack for just a few hours of sleep. We may sometimes sacrifice it for sake of our work but doing it every day may take a heavy toll on our bodies. To be sleep deprived has its adverse effects that really disrupt a person's lifestyle, health and relationships.

We always want to know the pros of a thing and sleeping adequately has many advantages. Few of them have been mentioned below:

- 1. Improves Memory :** Many studies indicate that the quality and quantity of sleep can have a strong impact on memory and learning. Consolidation, which occurs during sleep, strengthens your memory and is essential for processing new information.
- 2. Sharpens Attention Levels :** Lack of adequate sleep affects an individual's ability to focus his or her attention optimally, leading to inefficiency in learning and making it harder for him or her to absorb new information. Additionally, overworked, sleep-deprived people find it difficult to coordinate different pieces of information and face a hindered capability to recall previously acquired knowledge.



According to studies, children that lack sleep tend to display Attention Deficit Hyperactivity Disorder (ADHD)-like symptoms affecting their ability to concentrate in school. A low attention span also impairs our judgment as it negatively impacts our ability to accurately assess situations and make rational decisions.

- 3. Decreased chances of getting sick :** Students who are sleep deprived are more likely to get sick because their immune systems aren't functioning at the most optimal level. During sleep, the body releases proteins called cytokines, which are needed when you have an infection or are under stress. If you're chronically sleep deprived, cytokine production is reduced and your body also releases fewer antibodies, which makes you more susceptible to viruses. If you are sleep deprived then there is a higher risk of obesity.
- 4. Improved mood:** Good sleep leads to mental well-being. Even just one night of disturbed sleep or not enough sleep can make students feel moody, irritable, sad and sluggish the next day. And prolonged sleep deprivation can lead to more serious mood disorders such as anxiety and depression.

To experience sound sleep may look difficult especially when we are under stress or workload but the following tips may help you experience it.

- 1. Try to go to sleep and get up at the same time every day:** This helps set your body's internal clock also known as the circadian rhythm and optimize the quality of your sleep. Choose a bed time when you normally feel tired, so that you don't toss and turn. If you're getting enough sleep, you should wake up naturally without an alarm. If you need an alarm clock, you may need an earlier bedtime.
- 2. Avoid sleeping in—even on weekends :** The more your weekend/weekday sleep schedules differ, the worse the jetlag-like symptoms you'll experience. If you need to make up for a late night, opt for a daytime nap rather than sleeping in. This allows you to pay off your sleep debt without disturbing your natural sleep-wake rhythm.
- 3. Be smart about napping.** While napping is a good way to make

up for lost sleep, if you have trouble falling asleep or staying asleep at night, napping can make things worse. Limit naps to 15 to 20 minutes in the early afternoon before 3 p.m.

- 4. Say no to late-night screen time :** Melatonin is a naturally occurring hormone controlled by light exposure that helps regulate your sleep-wake cycle. Your brain secretes more melatonin when it's dark—making you sleepy—and less when it's light—making you more alert. Not only does the light from a TV suppress melatonin, but many programs are stimulating rather than relaxing. Try listening to music or audio books instead. Don't read e-books with backlit devices.
- 5. Regular exercising :** Regular exercise also improves the symptoms of insomnia and sleep apnea and increases the amount of time you spend in the deep, restorative stages of sleep. The more vigorously you exercise, the more powerful the sleep benefits. But even light exercise—such as walking for just 10 minutes a day—improves sleep quality. It can take several months of regular activity before you experience the full sleep-promoting effects. So be patient and focus on building an exercise habit that sticks.
- 6. Postpone worrying and brainstorming:** If you wake during the night feeling anxious about something or have a great idea, make a brief note of it on paper and postpone worrying or thinking about it until the next day when it will be easier to resolve, respectively.
- 7. Make relaxation your goal, not sleep :** Our main goal is to achieve relaxation and rejuvenate our body through sleeping. So its better to relax as it will slowly make us feel drowsy and eventually we will fall asleep.

Consolidated sleep is optimal for memory, and certainly effective in improving your concentration and performance at school. Now that you are aware of the benefits of sleep and ways to sleep soundly, make the choice to reward your body with sufficient sleep and improve the quality of your life!

Ananya Thakur

9 A



I'd consider Napoleon Bonaparte to be a great prophet, as his grave prophecy is relevant in modern times. He once said, "Let China sleep for when she'll wake, she'll shake the world" And she really did shake the world; The outbreak of the lethal Covid-19 virus, resulted in the demise of billions of people worldwide. Several astounding festivals went off, as the brightly colored kites failed to touch the vacant sky on Baisakhi, as the immense chariots of the famous Indian Rath Yatra failed to travel the lone roads and as the melodious and soothing hymns weren't sung in the churches on Easter. This truly was a really big shock for every HUMAN soul on the planet. Well now, this might seem pretty incredible, but I am deeply in favour of this international lockdown; If we try to witness, not only our (human species) fate out of this, but also the fate of other species living on the blue planet, we'll find out that the benefactors of this isolation, significantly outnumber the bearers. For instance, the holy river Ganges turned pure and clean once again, billions of sea turtles came to lay eggs on beaches worldwide, the skies cleared up and so did the oceans, the soil turned soft, the landscape got clean and mother nature bloomed in the most beautiful way, in eons. This was a total delight to me, and all this worked out just due to the fear of this teensy virus. Incredible, isn't it? No matter how many times the Indian Government practised out the 'CLEAN GANGA DRIVE', the river never cleared up, until today. The root cause was the pollution from the factories; the factories which once burnt the skies and boiled the oceans, by flushing out their trash into the rivers were finally shut down. This really was some music to my ears! I now feel truly comforted to know that mother Earth was finally able to catch her breath and a sigh of relief for the first time in forever. Though, in these mundane times, I somehow feel lonely and remember my pals back at school, I comfort myself with the thought that because of this petty sacrifice of freedom to wander, for a short while, greater good now prevails.



Shaivya Dhall
9 A

HINDUISM : The religion believes in 330 Deities

In Hinduism, there are 330 million faces of Hindu deities. Each deity represents a particular virtue for which they are worshipped as a Supreme Being. For example, Saraswati (Goddess of Knowledge) represents the learning and knowledge aspects. Thus, Hindu worship of deities is 'monotheistic polytheism'. Hindus view cosmic activity of the Supreme Being as comprised of three tasks: creation, preservation, and dissolution and recreation. Hindus associate these three cosmic tasks with the three deities: Brahma, Vishnu and Shiva. Lord Brahma brings forth the creation and represents the creative principle of the Supreme Being. Lord Vishnu maintains the Universe and represents the eternal principle of preservation. Lord Shiva represents the principle of dissolution and recreation. These three deities together form the Hindu Trinity. For the Hindu's there are four Vedas the Rig Veda, Sama Veda, Yajur Veda and Atharva Veda. The Vedas are the primary texts of Hinduism. They also had a vast influence on Buddhism, Jainism, and Sikhism. Traditionally the text of the Vedas was coeval with the Universe. Scholars have determined that the Rig Veda, the oldest of the four Vedas, was composed about 1500 B.C., and codified about 600 B.C. The Vedas enlist thirty-three Gods, followed by the word 'koti', which means 'class', but can also mean 'a number equal to 10 million'. Majority of the deities that are worshipped today are the influence of the Aryan migration into the Indian subcontinent. Some deities were developed from pagan rituals, while others are the incarnations or other forms of the major Gods.



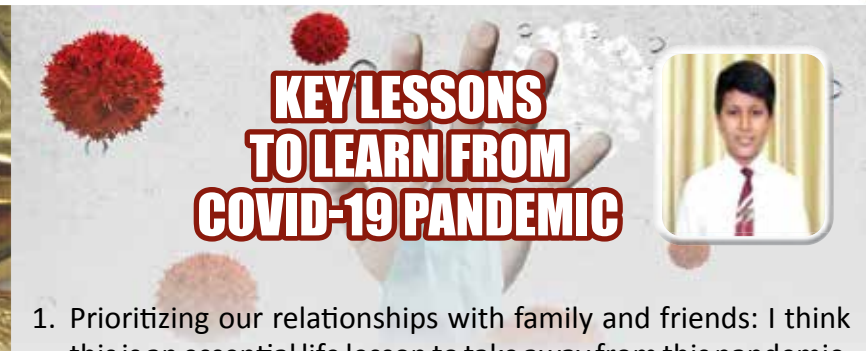
Ananya Thakur
9 B



This proverb was originally used by the Great Bard, William Shakespeare in his play, "The Merchant of Venice" and had the word glistens instead of glitter. Gold is popularly known for its value and its shine makes it all the more attractive and valuable. There are a number of things which score high on their physical attractiveness, but have poor intrinsic value. The proposition of gold and glitters can't be apt in all the situations but when it comes to the concept of looks being deceptive, the proverb finds its context. Since times immemorial, physical appearances have found an important place in our lives. Even, in today's world looks are taken into consideration to judge a person's personality. The face value of people as well as materialistic things are most often observed by people. People are judged on the basis of their looks and dressing style and sadly their virtues and real worth have taken a back seat. Undoubtedly, it is our physical appearances that differentiate us from others and provide us an identity but at the same time, it is our character and inner beauty that play an important role in helping an individual to create a personality of his own. There are chances that a person has an attractive personality but may turn out to be deceitful. On the other hand, there may also be a person with less pleasing personality but has a good soul. This can be clearly understood by the fact that not every shining metal is gold. Sadly, our society values external beauty more in comparison to the inner one. In fact, the tremendous social pressure about looks and appearances has created a market of beauty and fairness products in India. People are expected to live up to the set norms and standards of society and abide by them. A person is supposed to be judged on the basis of his talent and abilities. Gold cannot replace copper and vice versa. Each individual is unique and is blessed with his own sets of abilities and talents.

-Aranya Kapoor

9 B



1. Prioritizing our relationships with family and friends: I think this is an essential life lesson to take away from this pandemic. The people closest to you deserve your time and attention, and vice versa.
2. The importance of health, wellness and exercise: Take steps now to reconsider your view of fitness and health. There is no need to become a bodybuilder, but pay attention to your food and activity levels, and work on developing healthy habits and build a healthy lifestyle.
3. Decreasing pollution benefits us and the planet: The planet doesn't need us; we need it. Let's start respecting the ground we live on and take care of it because by doing so, we will extend our ability to live in it, and we'll make life better for ourselves.
4. We really don't need to spend unnecessarily: How much of our spending is actually necessary? I've saved a lot of money in these months.
5. Emergency fund is important: While you're creating that spending plan, take note of emergency funds.
6. Our teachers are very, very important: Our teachers are some of the most essential people in our society. They really work hard and deserve so much more respect. When schools reopen and we continue moving forward with life, let's give our teachers a huge shout-out and advocate for their support.
7. Mental health is important like physical health: Mental health is important at every stage of life, from childhood and adolescence through adulthood. Mental health is an integral part of our health and needs to be continuously addressed, just like our physical health is. It's not taboo.

-Rachit Gupta

9 B



SHOULDN'T ANIMAL TESTING BE ILLEGAL?

Animal testing is cruel, unreliable and dangerous. The harmful use of animals in experiments is not only gruesome but also ineffective. Animals do not get many of the human diseases such as major types of heart diseases, many types of cancer, HIV, Parkinson's disease, etc. Instead, signs of these diseases are artificially induced in animals in an attempt to mimic the human disease. It is not surprising to find that treatments showing 'promise' in animals rarely work in humans. Not only time, money and animals' lives are being wasted, but effective treatments are being mistakenly discarded and harmful treatments are getting through.

- Most of the drugs fail in human trials despite promising results in animal tests whether on safety grounds or because they do not work.
- Aspirin is toxic to many animals, including cats, mice, and rats and would not be on our pharmacy shelves if it had been tested according to current animal testing.
- A drug trial in France resulted in the death of one volunteer and left four others severely brain damaged.

In conclusion, animal testing should be eliminated. Humans cannot justify making life better for themselves by randomly torturing and executing thousands of animals per year to perform laboratory experiments. Today animals are exploited by humans for their selfish gain. After all, we should not forget that humans are animals too.

Samaira Chaba
9 B

FIRST STEP TO MAKE LIFE A HAPPIER ONE



I truly believe that you frame your own world by the attitude you exude. Being negative to other people just increases the negativity in your own life. I strongly urge you to try just one day of positivity and see how it makes you feel. Search for the good in life rather than always leaning on a cynical outlook. I swear it's the first step to being happier.



Shambhavi Thakur
9 B

Feminism



'Feminism' a word that often finds place in newspapers, magazines and social media. It is a much controversial topic of debate on the radio and the television. It is usually believed that women are gentle, soft-spoken and shy by nature. However, there are women who can outdo men in confidence, supremacy and aggressiveness.

Feminism is a belief and aim that women should have the same rights and opportunities as men.

"We need feminism because a man in a room full of women is ecstatic, and a woman in a room full of men is terrified."



Shreya Thakur
9 B

DEMOCRACY in Crisis

Today in our country sometimes its difficult to find issues not in the country but in the speeches of various political leaders, many do not cast a vote but vote their caste, the crisis is not small; radical and extremist ideology is being used, media is all corrupt, opposition in any form is being crushed, and WhatsApp universities having more people admitted than the real universities in country. Not only that but also the opposition being flawed in raising the real issues the mandate in reality isn't with the common masses but with the people who try to purchase the MLAs and MPs like items.

Even in a powerful democracy, the people have been left powerless!!

Siddharth Thakur

9B



Women : The Backbone of the Society



Like Backbone is the most integral part of the body, women are the real building blocks of the family and in turn the society and country. If we go by the literal meaning, the backbone helps the human body to maintain its posture and equilibrium. A woman also plays the same role as a backbone by supporting a family both emotionally and physically. This apt comparison makes us completely comprehend the exceptional role played by women in the society .Women also play an equally important role in the upliftment of the society. From managing home well as homemakers to carrying out their responsibilities in workplace and in most of the cases both managing multiple roles, a woman can do it all and therefore all women are superwomen. Their capabilities and talent must not be underestimated based on their gender, they should be treated at par and must be given equal opportunities to express themselves . In the middle age people believed that women were born just to manage household chores and take care of children. But time never remains the same and with time everyone's mentality changes. Nowadays women empowerment is being encouraged which has opened new doors for women to shine and thrive. A woman is not born for being down trodden like dust under the feet of men. They are same as men, they too have dreams, they too want to show what they are capable of and want to live their lives to the fullest. In country like India, where 70% of the population is living in villages, people yet believe in the superiority of men due to the lack of awareness. Women in villages are not given the liberty of taking decisions on their own. Even though women are the reason for our existence yet they are considered useless. Despite all the sacrifices they make for their family yet they are considered as a burden. It is high time that we realize the importance of women and the need for their empowerment. Education of women should not be considered a taboo anymore and must be encouraged at any cost. Women now are trailblazers in every field and are standing shoulder to shoulder with men.. At last I would like to end with these words :

**'If man is considered to be the head of the family,
Then a woman is definitely the neck that can anytime
Make the head look in any direction.'**

Varunavi Paul

9 B

MY FAVOURITE BOOK



“Books are my best friends, my companions I can’t do without. They make me laugh and cry and I find meaning in life.” I truly enjoy reading books as they open our minds to new ideas and experiences and analyze the world through others’ lives. It’s the best and the most wonderful way of spending our spare time. Also my teachers and my parents have always encouraged me to read. I find books a great source of entertainment and a power house of information...They help me in enhancing my vocabulary. It’s sometimes a tedious task to choose a perfect book but one book that I can

read again and again is the Prisoner of Azkaban.

Harry Potter was a series of books authored by one of the most eminent writers, JK Rowling. When I started reading this book it got my attention instantly. Even though I had read all previous parts, but none of the books seemed as interesting and gripping as this one did. It gave me a clear perspective into the world of wizards. There are many twists and turns in this book that make us wonder “How, really? It was not what I thought”

Unforgettable Days

How beautiful those days were! As I was trying to recall our days at school before this Pandemic, I got nostalgic remembering how my classmates and I spent time at school, playing, studying, talking, eating, and much more. The way we used to talk during periods, share our lunch together, play together.

The COVID -19 Pandemic adversely affected almost all aspects of our life (personal and professional) and as a result schools, offices and various institutes were shut down indefinitely.

“You think the dead we loved ever truly leave us? You think that we don’t recall them more clearly than never in times of great trouble?” a quote from this book. The book has all the usual components that make a Harry Potter novel great- magic, mystery, a ragtag group of children fighting evil-spirits but it also gives us one of the first glimpses into the world of wizards before Harry joined it through my favourite character Remus Lupin. The arrival of Remus Lupin into the Harry Potter Canon is one of my favourite scenes in this book particularly, Rowling gives us some fascinating collocation between expectation and reality.

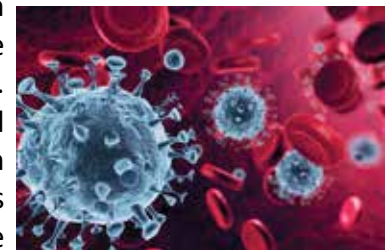
Most interesting part was that Sirius black was not the murderer of Harry’s parents. His animagus form was that of a black dog. He was also Harry’s godfather the only thought on seeing him that comes to my mind and I wish he was real and he was our godfather too.

JK Rowling’s Harry Potter series gave me hope. They taught me meaning of hope and how there is light at the end of the tunnel. It gave me strength to cling on to hope in most desperate times just like Harry did all his life. These are some of the essential things I learned from Harry Potter. In conclusion, while there were many movies made but nothing beats the originality of the Harry Potter series. The inclusiveness of books can’t be replaced by any form of media. Therefore prisoner of Azkaban remains to be my favourite book.

Vaaruni Sood

9 B

Now for students like us studying, going to school and acquiring knowledge has always been an integral part of our lives. So right after the lockdown was announced, we all were in for a surprise and our life went for a complete toss. The situation surely would have worsened if we were left with nothing to do. Initially our teachers gave us work on Whatsapp Class groups. We were assigned Project works and we started to complete our written work. Our teachers gave us various assignments and we used to complete



and submit our work to the respective teachers. Everything was going fine but something was definitely missing. There was a lack of live interaction between the teacher and taught for better understanding of the topic. Then emerged the need for live classes, the so called 'Virtual Classes'. However, our school management without losing any precious time made the crucial decision to start online classes and our teachers effectively shifted to online teaching on Zoom App. We were told in advance about it, we all were thrilled to bits as we were going to see everyone after so many days...!!

We all were new to this experience. Most of us didn't know well to operate the various functions. Initially, both the teachers and the students encountered a few hiccups, but things got sorted in the days

to come.

Everyone got used to this new era of technology. Who would have imagined that some day we would attend our classes directly from home, by not being present physically but still being present; by not being present PHYSICALLY but actually VIRTUALLY..!!!!!! Overall, this pandemic has given us all a plethora of new experiences. We never imagined that we would ever study by staying at home. These days were not only mine but an unforgettable memory for many of us in some or the other way. I will always remember these days of my life....!!!!

Rishabh Sahay

9 B

"SENIORS"

As we all know, these are testing times and the entire world is severely affected by COVID-19. All the countries are in a rather chaotic state as of now. With the USA presidential elections as well as the Bihar elections, 2020 has definitely been a divergent, unprecedented year. Amidst all this, we 10th graders find ourselves in a rather unfortunate situation in a lot of ways. It had hardly been 2 weeks since we started attending school, immediately after giving our 9th Grade board exams, when the entire country was put under a lockdown for 21 days, and the rest they say is history. All the classes have been taking place online ever since, and it has definitely been harder to comprehend our lessons as compared to attending classes in person. I am not being petulant, but unfortunately we didn't get to enjoy our last year in OLS as well. Of all the seniors I've talked to, all have told me that the 10th grade is apparently the most memorable year of all. It might as well be, after all it's our last year in the institution that we have attended for over a decade now. We also did not get to experience being the so called "senior most

class of the school" as well. Though, at the end of the day, our school years are some of the most precious and memorable of them all. So, in my opinion we should cherish them as much as we can while we still have them, as they will obviously never come back.



Irreplaceable, priceless memories are made. It is still too hard for me to accept that I will have to bid farewell to the institute I have been going to for 13 years, the same building I stepped in and out for the past 13 years. My mother told me, I didn't cry a single tear on my first day of school, and apparently enjoyed it a lot. Not that I remember any of it though. If only time could be turned back, and it was possible to relive all of it. If only. OLS has been a very great part of my life, and always will be. All the people I got to know, friends, teachers and others alike. The time spent. Everyone was just like family, rather; even more than family. All the memories made in this school; I will cherish forever. Tears welling up in my eyes as I write this, it's a goodbye I didn't think would come this early; though, goodbyes aren't forever.

Adieu OLS

Sarah Rajgaur

10 A

Fare thee well

My heavy eyes and trembling hands can't narrate my plight today, every drop of tear that trickles down my cheeks symbolizes the pain which I have to undergo with the mere thought of leaving this esteemed school. The pain of leaving a place which more than just being a school became a place where we could find love, a place where we could leave our worries and enjoy ourselves to the most. They used to say 'Time has wings to fly' but I never believed it until I reached the 9th standard. I never realized that my journey in this place was just about to end. I never realized that I would have to leave behind the very teachers who ignited in me the passion of learning.

I never realized that I would be leaving behind all my dear friends who were always there for me through thick and thin. I tried to relent the fact that 'Happiness is TRANSITORY' 'it does come to an end and leaves behind the clouds of sorrow to cast their shadows. Today my heart is filled with two different emotions ; the happiness that is bringing a smile on my face thinking about my embarkment on a new journey where as the sorrow which is tending to grip me as I am leaving my alma mater.

The sorrow of leaving behind the teachers who always played an important role in shaping us, the ones who taught us that

beneath the rose lies the thorn, you taught us that Life will never be a bed of roses but it becomes a bit easier with our persistent efforts. I wouldn't deny that SOME PEOPLE IN OUR LIFE ARE JUST LIKE THE SUN AND THE AIR WHEN THEY ARE WITH US WE HARDLY PAY HEED TO THEM AND REALISE THEIR IMPORTANCE BUT ONCE WHEN THEY ARE GONE. We learn to treasure things when we lose them or are just about to lose them.

I realized what treasures were brought to me by this school when I was about to leave it behind. This place truly proved out to be a place where 'Life Begins and Love Never Ends'. The bountiful journey of pencil to pen has brought with itself immense joy and everlasting memories. The entire journey was not a smooth sailing but as they say a teacher is just like a candle that burns itself to help others, the same dedicated efforts of our dear teachers made it easier for us.

After I leave this place and acquire what I aspire for, I will return to this very place and proudly claim 'I BELONG TO THIS PLACE'. Things would change a lot after we leave this place but the only thing we would be carrying with ourselves would be sacs of memories and bags of happiness.

Snehil Rana

10 A



Sports is an integral part of a student's life. It undoubtedly fosters moral values, spirit of sportsmanship and a sense of competition among the youth specially the students.

I personally feel sports are as important as studies and each one of us should at least take up a few sports and continue playing all our lives. Athletics is a term used for all the track and field sports such as races, long jump, high jump, steeple chase, discus throw and javelin throw.

The one which I like the most is the cross country run and the hundred meter dash. The cross country run is different from others because in it the athletes run over various natural terrains such as roads, woodlands, hills, fields and muddy grounds, without bothering about the weather conditions; sunny or rainy. It is the easiest way to increase one's stamina, stay fit, burn fat and strengthen muscles.

Sports is an important activity as it not only strengthens us physically but boosts our confidence, develops sportsman spirit and grooms our personality.

Suryansh Mandyal

Sports Captain

10A





Good Bye OLS !



Woah! Woah! Woah! Finally! Finally the day has arrived after so many years that went by when I get to write my very own farewell speech. 'Unbelievable' seems to be such an understatement, but I am sure all class 10 students can totally relate. I have spent twelve years of my life in this institution and if it were in my hands, I would spend the rest of it here without any second thoughts. To be honest, I have never been a quiet and docile student. All I wished for in these 12 years was constant love of my parents, teachers and friends, good grades and lots and lots of fun. Of all the times that I've been scolded 'be serious' was the phrase I would definitely get to hear. By God's grace and my loved one's support, I have achieved all of these things I wished for. It seems unrealistic but it's totally true that I would no longer get to sit in the cosiest classrooms of my beloved school, alongside my friends who stand as the earnings of what I have received from the school. It's quite obvious that we all will choose our own respective paths and are bound to part our ways, yet whenever in future I shall remember my good old school days, I would always recognise them as a happy part of my still progressing childhood. Not that I am a retired 65 year old grown up who has enough experience and wisdom and doesn't need to attend senior secondary school, but continuing my studies in any other institution in future can't replace what place OLS has in my heart . I have so much in my mind right now that I could write a book about my 12 glorious years in this prestigious school. I have no idea what future holds for me and where I am heading towards. All I pray for right now is that after at least 10 years from now, when I go through this article, I must have the widest smile on my face. All I hope is that after achieving my goals in life, I can revisit my school and meet all my beloved teachers whom I have sincerely admired (no matter how much of a headache I have been to them). Through this article, I would so like to pay my heartfelt gratitude to Late Mrs. Jayanti Rawat who has always been with me in my heart and my all time favourite teacher Mrs. Rita Bhardwaj (if in case you are reading this ma'am). I don't know how to put into words but Rita Ma'am, you have played the most important role in my life without even realising. I remember every single day of my school when I was in 3rd grade and you were my class teacher. Of all the years I have spent at this school, if I ever had to choose one, I would definitely choose 2013 (my 3rd class) as the best of all. I don't remember being sorrowful even for a single moment in that year even though I am still the kind of person who has a limited time range of 15 minutes as the maximum period for being sad/serious. I think I could go on and on forever but it's still another boring farewell speech no one would care to read. I won't say 'goodbye' to my OLS as I am never really going to part with it at any point. I genuinely hope I can make my parents, teachers and friends proud in future and can have a grand reunion after years from now, when this Covid situation no longer exists.

-Dakshita Thakur
10 A

SOME INTERESTING FACTS



Ever wondered that while you do something, what's happening on the other side of the world. Well, while you are reading this, there are a lot of interesting (and uninteresting) things happening, that too, not only on Earth but also light years away from us. So, let's read about some fun and extraordinary happenings taking place within the short time span of next 1 minute.

1. The Universe is expanding by almost 27,664 miles per second. (About 16,59,840 miles per minute).
2. Nearly 1800 Supernovas explosions occur in the space.
3. About 250 children will be born in the next minute.
4. A person's heart will beat 60-100 times in the next minute. That's about 500 billion beats per minute across the world.
- 5.(I) About 11.5 million pounds (5,200,000 kg) of food will be consumed within a minute.

- 5.(II) Simultaneously, 5.5 million pounds (2,500,000 kg) garbage will be produced and dumped.
- 6.(I) About 400 hours of videos will be uploaded on YouTube
6. (II) Meanwhile, 187 million G-mails will be sent .
7. Jeff Bezos and Bill Gates will make (approximately) \$ 149, 353 and \$ 22,831 per minute, respectively.
8. You will cycle through nearly 48 thoughts. (Don't stop thinking now).
- 9.(I) About 517 people will test positive for the Corona Virus in India.
- 9.(II) Also , nearly 64 people will recover from the virus .
10. You have just spent nearly a minute reading this .

THANK YOU !

OMANSH SHARMA
(President Quiz Club)

10A

WHY WOMEN LEADERS HAVE FARED BETTER THAN MEN IN HANDLING COVID-19?

BRIAN TRACY HAS RIGHTLY SAID-



"The True Test Of Leadership Is How Well You Function In A Crisis". The Covid-19 pandemic has been one of the best opportunities to evaluate leaders around the world and analyse their leadership skills. Amid the Corona Virus Pandemic a clear trend has been observed : "Nations led by women have been more successful at containing- and in case of New Zealand- even apparently eradicating outbreaks of the virus". When women-led countries are compared to countries similar to them along a range of characteristics, it is observed that they have performed better and experienced fewer cases and fewer deaths. From Germany's Angela

Merkel to New Zealand's Jacinda Ardern to Denmark's Mette Frederiksen to Taiwan's Tsai-Ing wen women have managed the corona virus crisis with aplomb.

Australia based Lowy Institute recently published a Covid Response Index analysing the performance of different countries in coping up with Corona. Among the top three countries two countries, New Zealand and Taiwan, are women led and this speaks it all. Now let us examine what might have caused this differential performance. An analysis of 194 countries, published by the WORLD ECONOMIC FORUM, suggests





the difference can be explained by the "proactive and coordinated policy responses adopted by female leaders". Female leaders reacted more quickly and decisively in face of potential fatalities. Females have a tendency of being more practical and have better experience of leading a family. From being a mother and saving their children from flu in normal times to being a leader and saving the country in times of Covid, women have shown that they are a full circle in themselves. We can observe that women leaders have been significantly more risk averse in the domain of human life but more risk taking in the domain of economy. Implementing early lockdowns definitely helped in saving lives but was a big risk to the economy of the country but still female leaders put the lives of their people before everything else. We now have enough evidence to prove that women are not only equal to but far superior to men in almost all fields of life be it leadership or anything else. In spite of this we can clearly see that there are very few countries which are women led. It's high time now and women need to start unlocking their potentials and realize that they are no inferior to men.

In the words of Eleanor Roosevelt:

"A woman is like a tea bag-you never know how strong she is until she gets in hot water".

It's time now that women get into the hot water and start understanding and exercising their power and help in reshaping the world.

Speaking of men leaders there have been many who have given outstanding performances but to the ones who couldn't exercise their power rightly there are a few lessons which they can learn from women leaders:

- Know your own limitations (Be self aware)
- Don't command; empathize (Be a leader not a boss)
- Don't say you're "humbled". Be humble
- Put your people ahead of yourself
- Focus on elevating others

-Aadya Kapoor

Literary Club President

10B

A WALK DOWN THE MEMORY LANE

Life is a journey full of mixed emotions and myriad experiences,
We meet new people all along the way.
Thirteen years ago, when we entered the school corridors,
We were naughty toddlers,
Crying all along the way to our new destination.

As we arrived at school,
We came across new people whom we had never met before.
Our teachers welcomed us with open arms and,
Introduced us to the beautiful journey of school.

We made new friends, with whom we played and fought,
Katti-Batti was our favourite rhyme.
Then we entered our primary school,
Where we learnt to read, write and count with ease.

Now was the time when we thought we were old enough and,
All the teenage tantrums followed.
We had our own squads,
With whom we had all the fun and frolic.

From keeping nicknames to the last bench never-ending talks,
From passing chits to exchanging nasty looks,
Standing out of the classes and,
Blaming our friend for the same was nothing new.

The panic attacks after not completing the homework,
Made us complete it in a jiffy.
Collecting notes before exams and,
Getting punishments for late submission was quite common.
The day our papers were to be returned,



Made us anxious the whole day,
If we scored well, we were on top of the world and,
If not we took a vow to score better in the next,
Which of course, we conveniently forgot in the next few days.

Feeling sleepy in the class was quite common,
Getting scolded for talking with friends was an everyday thing,
All these memories hover over my mind,
As I am ready to finally step out, and start a new chapter of my life.

It brings tears to my eyes,
But when has one been able to escape one's destiny,
Bidding adieu is part of the journey,
It does not indicate the end of our paths,
But of a new journey ahead of us.

I pray to God to bless all of us and our teachers and,
Our beloved school with prosperity in years to come.
It is difficult to bid farewell,
With all the years spent in the school.

So, here I am leaving with a treasure trove of happy memories,
I thank all my friends and teachers,
For being a valuable part of this beautiful journey,
And for walking beside me on this beautiful path.

-Anisha Thakur
10B

ONLINE SHOPPING : A THREAT TO OUR ENVIRONMENT

Hello dear readers!

May I ask you a question – Do you prefer traditional shopping or online?

Your answers may vary according to your personal preferences. According to me, nowadays people prefer shopping products online rather than buying them in person from the stores. With the incoming of the 'online shopping trend' life has become easier for people as products reach their house with just a click on their electronic gadgets. We think that shopping online is much greener and requires much less efforts than in-store shopping.

But, wait! Let me tell you a fact – Online shopping actually has more cons than pros.

Online shopping is a process which is further divided into many smaller steps in order for the product to reach its consumer. After the placement of the order, the system checks the customer's pin code and the order is directed to a warehouse that has the product in stock and is closest to that location. The product is packed according to the order and is dispatched to a delivery person who supplies the custom-

ers with the required product on time.

But have you ever wondered that in doing so how much pollution is caused?

The product is shipped to various locations by means of vehicles which produces a lot of CO₂ and other deadly gases which are dangerous for the environment, thus increasing the carbon footprint. Also, many deliveries fail the first time because of some glitches or complications. So, the deliverer has to make a second or a third attempt to deliver the item which results in loads of pollution. Another thing- if the consumer isn't satisfied with the product and wishes to return it due to some defects in the product, be it due to size if it's a clothing item or the colour or shape if it is another product then that person contributes more in increasing the carbon footprint of the environment. Finally when the product reaches us we find that it is completely secured with cardboard or plastic boxes with a lot of tape attached to it. We then unpack the item and throw its packaging without any concerns about our surroundings. We all know that plastic is a non-biodegradable item and therefore it cannot be broken down into simpler

substances if it is thrown in the locality which will thus cause more pollution and can also block drains and harm animals if they try to swallow it.

Therefore, if all these details are taken into consideration, we conclude that online shopping is certainly convenient but not necessarily green and eco-friendly as people might think. Each and every step costs a lot – even based on money and also our environment. But nowadays as it is the era of technology, many e-commerce websites use electric delivery vehicles which help in lowering the carbon foot-

print. But still, there are other issues such as returning of damaged items which are mostly disposed of which creates waste, thus disturbing the ecological balance. So online shopping is a challenge not only for customers but also for traders and delivery companies.

-Ashlesha Singh Thakur

10B

BEING GRATEFUL

Gratitude is defined as the quality of being thankful and readiness to show appreciation for and to return kindness. Gratitude is the best medicine-it heals your mind, your body and your spirit. It attracts more things to be grateful for. Being grateful for what you have in your life and appreciating little things in life helps you to become a better person. No matter how hard your life may seem just remember someone has it worse than you. Gratitude promotes optimism and helps us to develop a more positive outlook towards life. It helps us to keep healthy as positive thinking helps to reduce our stress and moreover improves our physical health. Not everyone has what you have and there are some things that you don't have so always be thankful and appreciate what you have in life. Always remember to be grateful in life as 'Gratitude turns what you have into enough'.

-Ailisha Thakur

10B

SAMPHIA FOUNDATION DECLAMATION CONTEST: WINNERS

DISABILITY AND SUPERSTITIONS

Most of you might be wondering, what is the link between these two words. Are they even remotely related? Yes, they are.

Ill informed people and our misconceptions are the breeding grounds for superstitions. People in few areas firmly believe that the causes of disability include- an ancestral curse, demonic possession or a curse by witches and wizards.

There is a big superstition prevailing against the transgenders in our society. Their gender has now become a great barrier and disability for them. We don't allow them to come into the mainstream and always sideline them. People blindly believe that we should not be cursed by them or we will end up being in hell.

Another superstition based on disability of a woman who could not bear a child still prevails in our India. She is considered very unholy and cursed for years.

Do you know some people in India worshipped a differently born child for several years! Yes, you read it right. It's a case of Bihar where a girl born with six legs was worshipped for many years as she was considered to be an incarnation of Goddess Durga. People from different parts of the world came there just to have a glance at here. She ended up being dead as she was not given a proper medical treatment.

At the end I would like to conclude by saying that we should not ill treat disabled people because "They are not disabled, they are just differently abled."

-Rishi Ahuja

10B

SOCIETY'S VIEW ON DISABILITY



Disability is not always acquired by birth but can happen through accidents in the course of one's life. It may be temporary or permanent. The person becomes an object of Pity and sympathy but when it comes to help him in some or the other way people refuse to do so. What I have observed is that people with disabilities are still discriminated against at work place, employers refuse to appoint them saying that they have been found unfit in the medical test. They are not seen as the Talent pool of skilled workers. They are always considered weak and helpless. It is these sorts of attitudes that create barrier for people with disabilities.

Why public's attitude is so far from reality? Nobody cares to give serious thought to the suggestions provided by disabled person. If we really want to achieve a real change in attitude towards people with disabilities we need to have at least the moral courage to get to know someone who is differently abled and understand them better. Attempts should be made towards lessening the attitudinal barriers against disabled people because they are a complete human being despite their disability. At last I want to say - The problem is not the person's disability, the problem is society's view of disability.

-Mitali Sharma
10B

THOUGHT POLLUTION-ROOT CAUSE OF ALL ILLS'-HEART FULLNESS ESSAY EVENT 2020

Frank Outlaw has rightly said
 "Watch your thoughts, they become words;
 Watch your words, they become actions;
 Watch your actions, they become habits;
 Watch your habits, they become character;
 Watch your character, it becomes your destiny"

This implies that the seeds of the thoughts sown by us are reaped in the form of our destiny. We read in the Old Testament, Chapter- 23 (verse-7) "As he thinks in his heart, So he is".

The way we think we become. Life is what our thoughts make it. Thoughts are an integral part of one's life and it is extremely important to keep them free from any sort of impurity. Thought pollution is therefore nothing else but the contamination of our inner peace by self destructive negative thoughts. Most of us are completely ignorant of thought pollution and consequently are unable to understand that this is the root cause of all potential degradation. We need to understand that without destroying the root basis of pollution the source can never be purified. Our thoughts whether positive or negative have frequencies to attract similar thoughts and once our thoughts get contaminated by negative thought similar thoughts get attracted. So we need to start cultivating healthy constructive thinking that is simple, natural, frank and unbiased and unselfish having a goal 'All must be well' and this should begin with our very next thought.

-Aadya Kapoor
10B

THOUGHT POLLUTION

In this 21st century, we heard that environmentalists are very much perturbed about air pollution, water pollution and global warming. Environmental pollution is a matter of concern, but, is anyone worried about thought pollution? Has anyone ever wondered what thought pollution is and how it can harm us? In very simple words, thought pollution can be said to be the corruption of good thoughts which destroys our inner peace and fills our minds with negative thoughts. It not only destroys our inner peace but also creates trouble for the people around us. Our thoughts have a great impact on the society. If we think negatively, we tend to spread negative vibes around.

In this world of technology and social media, every third person's mind and thoughts are polluted. The seed of Thought Pollution leads to ignorance, lack of good environment at our homes, desire to try something new and the kind of people in our circle. Such polluted thoughts lead us to the path of corruption, terrorism, violence and dishonesty.

Our thoughts are like the water flowing down a river. If we pollute this river, we will never be able to see and feel its beauty. Therefore, all people should try to inculcate good moral values in their children during the foundation years of their lives. The more positivity we try to bring in our thoughts, the purer our mind becomes. Mastering thoughts enable us to control them and prevent them from controlling us."Pollution is everywhere. But never let your thoughts get polluted; keep them pollution free.

-Lavanya Sood

10B

"Happiness of our life depends upon the quality of our thoughts "said Marcus Aurelius. These words aptly bring out the role of thoughts in our life. Human beings are the only creatures in the entire Universe blessed with both a body and a mind of its own. Our mind is a thought factory producing countless thoughts in a day. These thoughts are both negative and positive. While positive state of mind impacts in a positive manner and negative thought will impact our mind in a negative way. Behaviour is the action generated from our thoughts and feelings. The way we behave in response to something is because our thoughts persuade us to do so. The highest pollution is the thought pollution of human being which causes less peace in the society and destroys humanity in the world. Corruption, murder, rape case, robbery are the outcomes of polluted mind. Greed leads to corruption, hatred causes murder, ill mindset leads to adultery. All these evil deeds are due to a mind filled with contaminated thoughts. Negative thoughts leave our life in ruins.

Polluted thoughts are the root cause of all destruction. In the Bible Jesus Christ said that a greedy man who keeps eye on others wealth has already committed robbery in the eyes of God. An angry person who thinks ill for others has already committed murder in the eyes of God. Polluted thoughts lead to violence and polluted mind is inimical to the country he lives. Polluted mind or a corrupt mind is a power hungry who wants to get the power using any unfair means. A polluted mind is like a magnet which attracts negative thoughts and leads to bad consequences. "Once you replace negative thoughts with positive thoughts you will start having positive results" said Willie Nelson. A negative mind will never give you a positive life. Positive thought is the only key to happiness. Positive thoughts will help you overcome polluted thoughts and will help in removing all the evils from society



-Ruth Barjo

10B



THOUGHT POLLUTION

"There is nothing good or bad but thinking makes it so." rightly said by William Shakespeare. Have you ever heard of thought pollution? We all have experienced it in our lives some or the other way. Actually, thought pollution is contamination of inner peace by negative thoughts. When a person develops negative thoughts about himself it has an adverse effect on his self esteem. The lack of confidence in many people is due to thought pollution. It is the root cause of all ills.

Now, let us talk about a very serious matter that seems very common for some, Rapes and Molestations. "Do not tell me how to dress, tell them not to rape." I think most of you might have heard this saying quite many times. So, does it really have any effect on the rapist? The answer is quite simple, NO! Therefore, the rapist can be called the victim of thought pollution. Another horrific consequence of thought pollution is TERRORISM. All the terrorists are victims of thought pollution. They tend to be young and feel resentment towards mainstream society because of injustice, brainwash and thought pollution they have experienced.

In this materialistic world social media plays a vital role in our lives. Social media is one of the major reasons for people forming negative thoughts about themselves. By watching models and celebrities we get insecure about our lives and end up being anxious and depressed.

Finally, I would like to conclude by these words said by Willie Nelson "Once you replace negative thoughts with the positive ones, you will start having positive results."

-Rishi Ahuja
10B



VALEDICTORY MESSAGES

Valedictory was not the end, but beginning of a new Endless story.....

William Shakespeare has said, "Parting is such sweet sorrow". Indeed this seems to be very true today. Today after spending 12 years of my life in OLS the time has finally come to say Goodbye. Valediction is not easy. It takes a lot of courage to say goodbye. Change is often painful, hard and difficult but it is inevitable. Change is much needful in life to make it even better. Saying goodbye is often tearful, sad and heart wrenching but today I smile because I know that the plethora of memories which I made in OLS will always stay alive in my heart and will accompany me wherever I go. From dreaming of becoming seniors to wishing to be juniors again we have come a long way. The beautiful time spent with my friends, the lunch breaks, the chit chat sessions on the terrace, the game periods and most importantly the class picnics will be missed by me forever. The wonderful teachers of OLS are no less than God's own representatives sent on earth to mould and mentor us to become better human beings. And for all this I am greatly indebted to OLS. I can never thank God enough for giving me an opportunity to be a part of this amazing institution.

Thank you OLS. Good Bye! See you soon!!

-Aadya Kapoor
Class-10B

Saying goodbye to those with whom I spent over a decade is not easy, for the memories with them will last a lifetime. Although, this year didn't go as planned, still, I have so many good memories with my friends and teachers. I will always remember OLS as it is my second home and it has taught me many valuable lessons that will remain with me for a lifetime. It was an unforgettable journey which I will miss very much as I spent the happiest moments of my life in OLS.

-Ailisha Thakur
Class-10B

Turning the pages of my memory lane, twelve years ago, I find myself in an unknown place. At the age of four, I entered this 'new world'. Time flew so fast that I didn't realize when my first day in this institution became my last.

"Everything that has a beginning has an ending" – Jack Kornfield

Similarly, my time in this magnificent place is coming to an end. All those years spent here flash past me with their memories – sweet and bitter. OLS is my Alma Mater and I have reached my last stage here. The time has come to bid goodbye to my second home and enter another world. All these sweet moments spent here make me feel nostalgic and will have a special place in my treasure chest of memories.

OLS is the place where I learnt to read, write and made first friends! This school has provided each one of us with countless opportunities to show our talent and skills which boost our confidence. Overall, this school has inculcated morals of life in me which helped me to become a better human being.

"The only constant in life is change" : I have to continue ahead on the path of education, leaving OLS behind. But I'll not be very sad as I know that I will always remain a part of this beautiful OLS Family.

Never again in my life will I enter OLS as a student. But still, I cherish my memories of the time spent in this wonderful institution. The journey spent here was indeed the best part of my life.

Thank you OLS, for your golden teachings.

-Ashlesha Singh Thakur
Class-10B

Two hardest things to say in life are hello for the first time and goodbye for the last. 13 years that I spent in this school were Golden years of my life that I can never forget. One of the best moments of my school life was lunch break that was more of an excursion for us where we use to share our food and we also used to share with friends. Sometimes, we even used to have our lunch during classes that was a lot of fun. Playing with our mates during games period was too much fun. Sometimes on hearing the news that teacher was absent, made a big curve on our faces. Jokes apart, teacher in this prestigious Institute were more of a friend to us. They taught us life lessons that I can never forget in my life.

-Kinjal Jain
Class-10B

**'I shot an arrow into the air
It fell to the earth I know not where
And the song from beginning to end
I found again in the heart of a friend.'**

It was here at OLS that I made my first friends. The bond that we have developed over these 13 years is unbreakable. No matter what, they have always been there by my side. They have been with me through all the ups and downs of my school life.

I can never forget those 'lunch breaks' where we used to eat less of our food and more of others. The games period was the most awaited period of the week. But alas! "Time and tide wait for none".

Gone are those beautiful days we spent at O.L.S. It feels like yesterday when I entered this prestigious institution. A mere thought of separation from my alma mater sends a chill down my spine. But now it's time to say goodbye. This school will always be missed so dearly. No matter wherever I am, O.L.S. will always be in my heart. Thank you O.L.S!

-Lavanya Sood
Class-10B



I have witnessed and experienced the most beautiful, 13 years of my life in OLS. This was a huge period of time that I spent at my second home. I made many friends and many beautiful memories. School life has taught me everything that will help me in stepping forward and succeeding in my life, and for all this I would like to thank our principal, all the teachers, even the non teaching staff and my dearest friends. At last, I would just like to tell that remembering the memories will not be same as what I have witnessed.

-Mitali Sharma
Class-10B

Goodbyes are not forever, goodbyes are not the end. It simply means I will miss you until we meet again. The time phase from class nursery to class 10 was one of the most important phases in my life. Our dearest teachers didn't only teach us but were our mentor and guide. Thank you, friends for all the fun, the hilarious laughter and unforgettable moments shared with me. School was like a home away from home because of our O.L.S family of which I was a member. But now as it is time to bid adieu to my family my heart is filled with emotions. Every single moment in school is unforgettable. I will miss everyone from the bottom of my heart. Goodbye!

-Ruth Barjo
Class-10B

We say goodbye, to everything that was familiar and comfortable till today". We the students of class 10, ICSE 2021 were not lucky enough to spend this year in our alma mater with our teachers and friends but will surely have in heart the lively 13 years spent here. With every emotion in our heart we are parting away from our second home to a whole new world, but we'll never forget our NORTH STAR, - OLS which has small clear voices in our heart that will be with us... Always

-Reehana Sharma
Class-10B

Students who are passed out from such renowned school are surely the blessed ones not just in studies but during the co-curricular activities. We had all the moments of dedication, hardwork, joy, and fun. I thank all my respected teachers for their selfless efforts; I bid you all happy farewell. This is where I grew up and now I am going away from it I am blessed I am passing out from this great institution.

-Sanidhya Vats
Class-10Bt

I will really miss all the fun that I had with my beloved friends and all those funny chit-chats. I sincerely thank all my teachers for the guidance they provided me throughout my school life.

-Satyam Thakur
Class-10B

Students who pass out from such a renowned school are surely the best one. Not just in studies but also during the co curricular activities, we had the moments of dedication, hard work, joy and fun. We thank all our respected teachers for their selfless efforts. Au revoir!!

-SiyaSood

"Good Byes are not forever and not the end it simply means I'll miss you until we meet again". Now the time has come that I have to say goodbye to my second home, my second family and I do this with a very heavy heart. I have spent 12 years of my life here which were the best days and will be the best days forever. And in the past 12 years I met wonderful teachers and wonderful friends who were always there for me like supporting pillars. But as they say," Every new beginning comes from some other beginning's end" .So at last I would like to thank all of you for always being there for me. See you soon...

-Swati Singh
Class-10B

Flavia Weedn has rightly said - Some people come into our lives and quickly go. Some stay for a while, leave footprints on our hearts, and we are never, ever the same. The teachers of OLS were the people who stayed in my life for a while and left their footprints on my heart and changed me for the better. Even though I haven't been able to develop many strong bonds of friendship in my school life , I enjoyed each and every day of my school life which I won't be able to ever forget and the memories of my school life will always be cherished by me .

-Pratham Singh
Class-10B

Every goodbye that I utter ignites the pain of leaving this school in my heart, every tear that trickles down my cheeks brings the flashback of the memories that I shared in this school, it's a euphoria of each and every day when I threw away all my worries and entered into a new world where my joy knew no bounds. Now when I am going to leave this school my heart can't help but feel much more melancholic and sober. Every classroom, every corridor every corner seems to be urging me to "stay", the sheer hard work and dedication with which our teachers taught us can never be forgotten from holding our hands to being thrown out of the classes the teachers have never failed to prove that they are the perfect blend of love and strictness. As I leave this place I have a heart filled with gratitude and eyes filled with love for everything that this school did for us, a "Thank You" fails to depict all my emotions for gratitude is something that I can always feel and never express.

-Simran Kaur Kakkar
Class-10B

When I was writing down this article for the school magazine 'Spectrum', I came to realize that this is the last article that I will be writing down as a student of OLS. Finally it occurred to me that this is my last year at school. Normally every student wants to live his/her last days of school to the fullest, creating memories and having fun but I feel completely lost in the middle of Covid-19 Pandemic and the subsequent lockdown which compelled me to complete my tenth through online classes. I have had great time in school from pre-nursery till now. Well, now I stand with only a bunch of memories at hand. I realize my school days are over and now I have to move out. I shall miss my school environment as I won't be getting this close-knit kind of family atmosphere no matter where I go. At times we used to feel that we didn't want to attend school physically and that it would be perfect if we could attend classes at our home. It seems God has finally granted this wish of ours! Oh! How impossible it is to satisfy human heart and its wishes, when we actually get what we want we don't want it anymore. I am glad I never missed taking part in school activities. I will cherish all the moments spent here. This school has given me every opportunity to build myself in every aspect possible. Words won't be enough to express how beautifully I spent 13 years of my life here. Besides getting formally educated, I have got some incredible memories and best pals as a return gift. All I have to say is a big THANK YOU!!!



Anubhuti Mohan
10A



The year 2020 brought a number of setbacks. The entire year was a holiday; I never knew that I would say this but these holidays actually did dismay me. I eagerly yearned to ask our teachers, friends, juniors (the entire School actually) to write farewell messages on our school shirts. The love portrayed in form of little miss you and love you messages and will stay with us forever and ever more, in form of that piece of cloth which we would have fought with our mothers not letting them wash it. But now these things provide me more inconvenience than the jubilation it could have given me. Watching my friends name in the zoom class with their videos turned off made us yearn to see their faces. But in the end goodbyes are all I have got to say because "Every new beginning comes from some another beginning's end".

Kaamakshi Sen
10A



Student Write Ups

HINDI SECTION

पर्यावरण दिवस के उपलक्ष्य पर वन विभाग द्वारा आयोजित निबन्ध लेखन प्रतियोगिता में प्रथम पुरस्कार प्राप्त निबन्ध...



विजेता छात्र-संभव जैन दसवीं 'ब'

विषय :- वन बचाओ जीवन बचाओ

“वन हैं जीवन के प्राण वायु रक्षा करके इनकी हम रह सकते हैं स्वस्थ और चिरायु।”

जल और वायु ये दोनों ऐसे हैं जिनके बिना पृथ्वी पर जीवन की कल्पना भी नहीं की जा सकती। मनुष्य जल के बिना कुछ दिन रह सकता है परंतु वायु के बिना.....? केवल कुछ पल। और श्वास लेने के लिए यह शुद्ध वायु हमें वृक्ष प्रदान करते हैं। अतः वृक्ष हमारे जीवन में प्राणदायी तत्वों में से एक है। ब्रह्मांड में पृथ्वी केवल ऐसा ग्रह है जहाँ जीवन संभव है, जिसका कारण है अनुकूल वातावरण। वन हमें ऑक्सीजन ही नहीं देते बल्कि प्रदूषित वायु को भी शुद्ध करते हैं। वृक्ष जीव समुदाय को फल, फूल, लकड़ी, औषधि और अनेक द्रव्य प्रदान करते हैं। वे सुखद छाया से पथिकों को आह्लादित करते हैं। पशु-पक्षी वृक्षों व जंगलों में शरण लेते हैं। यह वर्षा कारक है। भूमि का क्षरण और बाढ़ रोकने में वृक्षों से मददगार साबित होते हैं। वृक्षों से हमें उपयोगी पदार्थ मिलते हैं। वृक्ष जंगली जीवों की शरणस्थली होते हैं। भारतीय संस्कृति में वृक्षारोपण को अत्यंत पुण्यदायी माना गया है। यहाँ तक कि वट, पीपल, आम, केले आदि पेड़ों का तो पूजन भी किया जाता है। कहते हैं- ‘सब वेद पुराण एक पेड़ दस पुत्र समान’ 50 पेड़ों का समूह 80 पाउंड प्रदूषण को अवशोषित कर लेता है। एक पेड़ एक साल में एक कार के 2600 किलो मीटर चलने पर जितना प्रदूषण करती है उतना अवशोषित कर लेता है। एक पेड़ अपने पूरे जीवन काल में 1 टन से भी ज्यादा कार्बन डाइऑक्साइड अवशोषित कर लेता है। जहाँ हरियाली है, वहीं खुशहाली है, धरती पर स्वर्ग है वहाँ, हरे-भरे वृक्ष है जहाँ। इतना सब जानते हुए भी मनुष्य विकास के नाम पर वनों की अंधा-धुंध कटाई कर रहा है। जब जीवित रहने के लिए शुद्ध वायु नहीं होगी तो विकास कैसा और किस के लिए। राष्ट्रीय वन नीति के अनुसार 33 प्रतिशत क्षेत्र पर वन होना अनिवार्य है लेकिन यह हम सबका दुर्भाग्य है कि भारत में केवल 21 प्रतिशत क्षेत्र पर ही वन हैं। नेचर जनरल की रिपोर्ट के अनुसार दुनिया में हर वर्ष 10 अरब पेड़ काटे जाते हैं जबकि लगाए जाते हैं केवल 5 अरब मानव सभ्यता की शुरुआत से अब तक 46 प्रतिशत की कमी आ चुकी है।

“पेड़ काटने आए हैं कुछ लोग मेरे गाँव में, अभी धूप तेज़ है, कह कर बैठे हैं उसी की छाँव में।”

जीवन का आधार हैं पेड़, धरती का श्रृंगार हैं पेड़, प्राण वायु दे रहे सभी को, ऐसे परम उदार हैं पेड़, तो आओ जागो सभी बचाओ, इस सृष्टि के आधार को, पेड़ लगाओ और बचाओ अपने जीवन संसार को।

संभव जैन

छात्र प्रमुख, दसवीं 'ब' 2020

उमंग की उम्र किशोरावस्था



“नई उमंग नई ऊर्जा चंचलता से भरा,
हर रोज़ एक जिज्ञासा करें कुछ नया।”

अपने ख्यालों में खोकर, अपने सपनों की दुनिया बनाते हैं, छोड़ बचपन का बचपन, जवानी की पहली सीढ़ी पर आते हैं। यही अवस्था है जब हम, चिंता भय से मुक्त रहते हैं, तभी तो इसे मनुष्य जीवन का बसंत काल कहते हैं।

किशोरावस्था मनुष्य जीवन की वह अवस्था है जो बचपन और युवावस्था के बीच आती है। इस काल में किशोरों को कई तरह के परिवर्तनों का सामना करना पड़ता है। शारीरिक, मानसिक एवं बौद्धिक सभी तरह के बदलावों का अनुभव होता है। इस अवस्था में किशोरों में कुछ कर दिखाने की चाह होती है। जिस कारण वे कई बार गलत राह पर भी चले जाते हैं। वे अपनी एक अलग पहचान बनाने के लिए अपने कई तरह के प्रयोग करने लगते हैं। वे सदा जोश से भरे रहते हैं। उनके मन में कई प्रश्न उठते हैं, कई तरह की भावनाओं तथा जिज्ञासाओं के कारण कई बार उन्हें मानसिक दबाव व तनाव का सामना भी करना पड़ता है। ऐसे में माता-पिता का फर्ज बनता है कि वे अपने बच्चों से मित्रतापूर्ण व्यवहार करें। उन्हें सहनशीलता, जिम्मेदारी, सच्चाई जैसे गुणों को अपनाने की सलाह दें। यह उमंगों की अवस्था है तो सभी किशोरों को इसका भरपूर आनंद उठाना चाहिए। अपनी जिम्मेदारियों को समझना चाहिए तथा अपनी क्षमताओं को बढ़ावा देना चाहिए ताकि भविष्य में हम अच्छे नागरिक बन सकें।

-लावण्या सूद

छात्रा प्रमुख, दसवीं 'ब'

वर्ष-2020



कोरोना का दौर ऐसा आया है,
हम बच्चों को घर में बिठाया है।
अध्यापक ऑनलाइन ही पढ़ाते हैं,
वक्त के साथ आगे बढ़ना सिखाते हैं।
मम्मी भी अब घर में ही पढ़ाते हैं,
स्कूल की याद अब बहुत आने लगी।
हम दोस्तों ने भी अब वॉट्स एप ग्रुप बनाया है,
क्योंकि कोरोना ने हम सबको घर पर बिठाया है।

-अगम अरोड़ा
प्रथम 'ब'

मेरी प्यारी माँ

मेरी माँ प्यारी माँ,
मेरी अच्छी दोस्त है माँ।
बहुत प्यार मुझे है करती,
अच्छी बातें सिखलाती माँ।
मेरे संग है खेलती,
मुझे पढ़ाती मेरी माँ।
छोटों से है करना प्यार,
बड़ों का सम्मान सिखलाती माँ।
अच्छे बुरे में फर्क बतलाती,
मेरी माँ प्यारी माँ।

-कारमा
कक्षा: 2 'अ'



मैं और हिन्दी



जानता हूँ मातृ भाषा है हिन्दी।
है भारत माँ के माथे की बिन्दी ॥
मम्मा बताती यह पहले थी सिन्धी।
फिर कहाँ से आई मात्राएँ, बिन्दी ॥
यह मात्राओं, बिन्दी का खेल है।
मेरा और इनका न कोई मेल है ॥
यह विषय माँगता दुगुनी मेहनत।
फिर भी आ जाती मुझ पर लानत ॥
दूसरे विषय लगते आसान।
पर मेरी मातृ भाषा रहेगी सदा महान ॥

-यक्ष ठाकुर
दूसरी 'ब'

परिवार

“परिवार” देखने में तो बहुत छोटा शब्द
लगता है। परंतु इसका अर्थ बहुत गहरा होता
है। हमारा परिवार ही है जो हमारे जीवन को
और खूबसूरत बनाता है तथा हमारे चेहरे
पर मुस्कान लाता है। मैं अपने परिवार से बहुत प्यार करता
हूँ। मेरा परिवार मुझे मिल-जुलकर रहना सिखाता है। मेरा
परिवार हर दुख-सुख में सबका साथ देता है। मेरे परिवार में
पापा-मम्मी, दादा-दादी, ताऊ जी-ताई जी रहते हैं। परिवार
एक सुन्दर बाग की तरह होता है, जहाँ तरह-तरह के फूल
लगते हैं, जो साथ मिलकर रहते हैं और इस संसार में
सुन्दरता भर देते हैं।



प्रणत बाली
दूसरी 'ब'

पहेलियाँ

1. तीन अक्षर का मेरा नाम उल्टा सीधा एक समान।
उत्तर : कनक, नयन
2. छोटे से हैं मटकुदास, कपड़े पहने एक सौ पचासा।
उत्तर : प्याज
3. दिन में सोए रात में रोए जितना रोए उतना खोए।
उत्तर : मोमवती



दिव्यांश ठाकुर
दूसरी 'ब'

पेड़ हमारे मित्र



हमारे जीवन में पेड़ों का बहुत महत्व है। पेड़ हमारे मित्र हैं जो हमें बहुत
कुछ प्रदान करते हैं जैसे : शुद्ध हवा, खाने के लिए फल, लकड़ियाँ
आदि। पेड़ बर्षा कराने में भी सहायक होते हैं। गरमी में पेड़ हमें छाया
भी देते हैं। पेड़ों से हमें बहुत कुछ प्राप्त होता है इसलिए हमें पेड़ों का
ध्यान रखना चाहिए तथा पेड़ों को काटने से भी दूसरे लोगों को रोकना
चाहिए। पेड़ लगाओ पर्यावरण बचाओ।

सृजा ठाकुर
दूसरी 'ब'

कोविड को हराना है

कोविड को हराना है
देश से दूर भगाना है
घर पर रहना है सभी को
बेवजह न बाहर जाना है
बच्चों का रखना है ध्यान
बुजुर्गों का रखना है ध्यान।
नमन है उन सब वीरों को
जो बचाए हम सबकी जान
डॉक्टर, नर्स व पुलिसकर्मी
हैं सभी इस देश की शान
कोविड को हराना है
देश से दूर भगाना है



-दिव्यांशी बोध
तीसरी 'अ'

रिश्ते

अंकल आंटी भर में हर रिश्ते को न निपटाओ
रिश्ते को जानों समझो जो रिश्ता है उसी से बुलाओ
ये रिश्ते ही पूँजी हैं इनका मिठास का आनंद उठाओ
दादी, मामी, मौसी, बुआ, जीजा, चाचा, फूफा, मौसा,
सुनते ही स्पष्ट हो जाता किससे हमारा क्या नाता।



-रिमशा अत्री
तीसरी 'अ'

क्या लिखूँ

क्या लिखूँ स्कूल मैगज़ीन लिखने का मिला हमें समाचार
टीचर ने कहा लिख दो-तीन आर्टिकल दोचार
कविता, कहानी, लेख या लिखूँ कोई समाचार
क्या लिखूँ, क्या लिखूँ सोच कर हुआ दिमाग खराब
तीन दिन बीत गए तो टीचर ने माँगा लेख
मैंने कहा "मैम मैगज़ीन छपने में, अभी है देर"
समय मिला फिर थोड़ा, लिख डाली यह कविता।
सोचकर हँसेंगे सभी पाठक और पाठिका।



-आराधया शर्मा
तीसरी 'ब'

हिंदी

हिंदी है माथे की बिंदी, अक्षरों की मुस्कान है।
जन-जन की हितकारी हिंदी, हम सब की पहचान है।
पढ़ें लिखें बोलें हिंदी में, यही एक अभियान है।
हिंदी मातृभाषा अपनी, भारत माँ की शान है।
इससे सरल नहीं है भाषा, लिखना पढ़ना आसान है।
भाती नहीं हिंदी जिसको, वह कैसा इंसान है।



-समायरा गौतम
चौथी 'अ'

एक सवाल

आओ पूछें एक सवाल।
मेरे सर में कितने बाल?
आसमान में कितने तारे?
बतलाओ या कह दो हारे?
नदियाँ क्यों बहती दिन रात?
चिड़िया क्या करती है बात?
क्यों कुत्ता बिल्ली पर धाए?
बिल्ली क्यों चूहे को खाए?
फूल कहाँ से पाते रंग?
रहते क्यों न जीव सब संग?
बादल क्यों बरसाते पानी?
लड़के क्यों करते शैतानी?
नानी की क्यों सिकुड़ी खाल?
अजी, ऐसा न करो सवाल?
यह सब ईश्वर की माया है,
उसे कौन जान पाया है?



-मोक्षिका अरोड़ा
चौथी 'अ'

बचपन

एक बचपन का जमाना था,
जिसमें खुशियों का खज़ाना था।
चाहत चाँद को पाने की थी,
पर दिल तितली का दीवाना था।
थक कर आना स्कूल से,
पर खेलने भी जाना था।
माँ की कहानी थी पर,
परियों का फसाना था।
बारिश में कागज़ की नाव थी
हर मौसम सुहाना था।
रोने की वजह न थी,
ना हँसने का बहाना था।
क्यों हो गए इतने बड़े हम,
इससे अच्छा बचपन का ज़माना था।



-कुशाग्र राजपाल
चौथी 'अ'

दशहरा

भारत त्योहारों का देश है। यहाँ वर्षभर त्योहारों की धूम रहती है। यह त्योहार हमारे

जीवन में उत्साह और उल्लास भर देते हैं। भगवान राम ने इसी दिन रावण का वध किया था। इसे असत्य पर सत्य की विजय के रूप में मनाया जाता है। इसलिए दूसे विजय दशमी कहा जाता है। दशहरा वर्ष की तीन अत्यंत महत्त्वपूर्ण तिथियों में से एक है। अन्य दो हैं चैत्र शुक्ल व कार्तिक शुक्ल की प्रतिपदा। इसी दिन लोग नया कार्य प्रारंभ करते हैं, शस्त्र पूजा की जाती है। दशहरा पर्व को मनाने के लिए जगह-जगह मेलों का आयोजन किया जाता है। यहाँ लोग अपने परिवार, दोस्तों के साथ आते हैं और खुले आसमान के नीचे मेले का भरपूर आनंद उठाते हैं। दशहरा या विजय दशमी नवरात्रि के बाद दसवें दिन मनाया जाता है। इस दिन राम ने रावण का वध किया था। उन्होंने युद्ध के दौरान पहले नौ दिनों तक माँ दुर्गा की पूजा की और दसवें दिन दुष्ट रावण का वध किया। राम की विजय के स्वरूप में ही इसे विजयदशमी कहा जाता है।



-चन्द्रकांत सूद
पाँचवीं 'ब'

वन महोत्सव

हम लोग अपने जीवन में कई प्रकार से उत्सव मनाते हैं। पारिवारिक, धार्मिक, राष्ट्रीय उत्सवों में लोग बड़ चढ़ कर भाग लेते हैं। लेकिन वन महोत्सव एक ऐसा उत्सव है जिसका महत्त्व इन सब से कहीं अधिक है। यह महोत्सव हमें प्रकृति से जोड़ता है, यह मानव को बताता है कि बिना प्रकृति के हमारी न तो कोई पहचान है और न कोई वजूद है। वन समस्त प्राणी जाति के मित्र, संरक्षक व आश्रय दाता है। वृक्षों की बदौलत ही हमारी धरती हरी-भरी है। ये पृथ्वी पर

जीवन एक युद्ध है आराम नहीं

जीवन को पूरी तरह जीना और उसका उद्देश्य जानना हर मनुष्य के लिए बहुत महत्वपूर्ण होता है। जीवन चलते रहने व आगे बढ़ते रहने का नाम है। मनुष्य की सबसे बड़ी लड़ाई स्वयं से है। वह हर क्षण खुद से लड़ता रहता है। जीवन में सफलता प्राप्ति करने के लिए मनुष्य स्वयं से तत्पर होकर युद्ध करता रहता है। परंतु अगर वह सोचता है कि उसे मेहनत करनी चाहिए या नहीं, क्या उसे आगे बढ़ते रहना चाहिए या रुक जाना चाहिए, इसी उलझन से उसे लड़ना आना चाहिए वरना वह पीछे रह जाता है। दुनिया से युद्ध तो वह जीत लेता है परंतु अंतरमन से युद्ध जीतना सबसे कठिन होता है। हम स्वयं के सबसे बड़े दुश्मन होते हैं। अगर हम खुद को जीत लें व खुद पर काबू पा लें, तो हम कोई भी युद्ध व कठिनाई से डट कर सामना कर सकते हैं। किसी के लिए जीवन आराम है और इसका उसे भी आभास है कि वह जो कुछ भी

सौंदर्य के साकार रूप है। इन का सुरक्षा करना परम आवश्यक है। ये दिन प्रतिदिन अपनी सुंदरता खोते जा रहे हैं। कटे पेड़ चीख चीख कर अपनी दास्तान सुना रहे हैं। जिस तरह से हम अपने परिवार वालों की दर्द भरी दास्तान सुनकर उनके हक की सुरक्षा करते हैं, ठीक उसी तरह हमें वनों की सुरक्षा भी करनी चाहिए।



जपमन कौर
कक्षा पाँचवी 'ब'

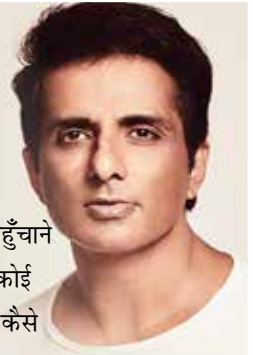
सोचता है और चाहता है उसे वह कभी नहीं मिलता। सपने वही सच होते हैं जो खुली आँखों से देखे व पूरे किए जाते हैं। उपलब्धि भी उस मनुष्य को मिलती है जिसमें कुछ कर दिखाने का जोश व आग हो। आराम करते रहने से मनुष्य को कुछ उपलब्धि नहीं होता सिवाय असफलता, आशाहीनता व नकारात्मक सोच के। कोशिश करके असफलता का मुँह देखना बेहतर है क्योंकि तभी हमें हमारी गलतियों का अहसास होता है। जीवन एक युद्ध है इसे जीत वही सकता है जो सकारात्मक सोच रखता है और जिसमें कुछ कर दिखाने का उत्साह हो। किसी पर अपनी असफलता का आरोप सिर्फ कायर लोग जो आराम करते रहते हैं वही लगाते रहते हैं। अतः "जीवन एक युद्ध है स्वयं से व दुनिया से, इसे आराम करने में गंवाना नहीं चाहिए"।



अनन्या ठाकुर
कक्षा नवीं 'अ'

मज़दूरों के मसीहा

कोरोना वायरस के कारण लगे लॉकडाउन के दौरान अभिनेता सोनू सूद गरीबों के मसीहा बनकर सामने आए। गरीबों को खाना खिलाने से लेकर उन्हें घर पहुँचाने तक, सोनू सूद ने हज़ारों लोगों की मदद की। उन्हें कोई तरीका नहीं मालूम था कि इतने सारे लोगों की मदद कैसे की जाए लेकिन वो घर से निकले और कदम अपने आप बढ़ते चले गए, सभी रास्ते खुलते गए। हम उस दौर से गुज़र रहे हैं जिसका कोई अनुभव किसी को नहीं है। ऐसे में जरूरत है एक हाथ को दूसरे हाथ की। हर किसी को किसी न किसी की जरूरत है और बहुत जरूरी है लोगों को वो मदद पहुँचाना।



-श्रेया ठाकुर
नवीं 'ब'

कोरोना वायरस

कोरोना से बिलकुल नहीं डरना है, हमें साथ मिलकर इससे लड़ना है। ज़रूरी काम के लिए ही घर से निकलना है, वापस आकर हाथ साबुन से मलना है। मुश्किल की घड़ी है, संयम बनाए रखना, उचित फासला बनाकर, खुद को बचाए रखना। सुरक्षित रहने में न रखो, कोई कसर अधूरी, जब घर से बाहर निकलो तो मास्क पहनना ज़रूरी। हमेशा गाँठ बाँध लो मेरी यह बात, अभी सिर्फ बचाव है एकमात्र उपचार। समय से पहले अपनी जान मत गंवाना, मिलकर हमें है इस कोरोना को हराना।।



-ऋषभ सहाय
नवीं 'ब'

प्रकृति

हरे-हरे खेतों में बरस रही हैं बूँदें
आ गया सावन भर गया मेरा आँगन
लग रहा जैसे रोम-रोम खिल उठा
ऐसा आया बसंत लेके फूलों का जश्न
धूप से प्यासे मेरे तन को बूँदों ने दी अँगड़ाई
कूद पड़ा मेरा तन मन थामे बसंत का दामन
मनोरम है प्रकृति करती सबका पोषण
गुजारिश है सभी से न करो इसका शोषण।



-मन्त कौर
नवीं 'अ'

करत करत अभ्यास के जड़मति होत सुजान

कविवर वृंद के रचे दोहे की एक पंक्ति
वास्तव में निरंतर परिश्रम और जीवन में
कठिनाइयों का महत्त्व बताने वाली है। पूरा दोहा इस प्रकार है-



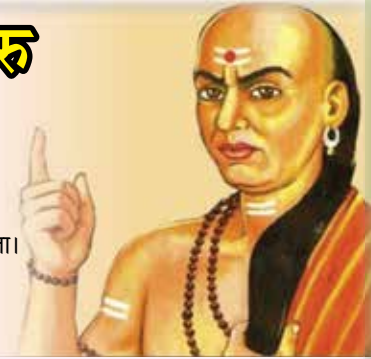
**करत करत अभ्यास के जड़मति होत सुजान।
रसरी आवत-जातते, सिल पर पड़त निसान ॥**

इसकी व्याख्या इस प्रकार से है कि निरंतर प्रयास करने से
असंभव माना जाने वाला कार्य भी हो जाता है। असफलता के
माथे कील ठोककर सफलता पाई जा सकती है। जैसे कुएँ की
जगत पर लगी सिल पानी खींचने वाली रस्सी के बार-बार आगे
पीछे होने से, कोमल रस्सी की रगड़ पड़ने से घिसकर उस पर
निशान अंकित हो जाता है। उसी तरह ये निरंतर अभ्यास और
चेष्टा करते रहने से एक निट्टला और जड़ बुद्धि समझा जाने
वाला व्यक्ति भी कुछ करने योग्य बन सकता है। यदि व्यक्ति
लगन के साथ साथ निरंतर चलता रहेगा, तो एक न एक दिन
अपनी मंजिल तक पहुँच ही जाएगा। यह अनुभव सिद्ध बात है
कि कुछ पाने के लिए सिर्फ अच्छा इरादा ही काफी नहीं होता
है, उसके लिए निरंतर परिश्रम भी आवश्यक होता है।

-आरन्या कपूर
नवीं 'ब'

सच्चा गुरु

कोशिश तो सब करते हैं, लेकिन,
सबको हासिल ताज नहीं होता,
शौहरत तो कमा लें लेकिन,
चाणक्य गुरु जैसा अंदाज़ नहीं होता।
दोस्तो जो महसूस किया वही
लिखने का प्रयास किया है-



सही राह पर चलना सिखाया है गुरु ने,
गिर कर भी संभलना सिखाया है गुरु ने।
कितनी भी मुश्किलें हों, हम आगे बढ़ते रहेंगे,
क्योंकि हर मुश्किल से लड़ना सिखाया है गुरु ने।



मुश्किल से मुश्किल सवालों का हल दिया है,
जो भुलाया न जाए, सफलता का वो पल दिया है।
कभी सख्त हो जाते तो
कभी दोस्तों की तरह प्यार से समझाते हैं,
गुरु अपने शिष्य की हरबात जान लेते हैं,
गुण हो या अवगुण हो वह तो पहचान ही लेते हैं।

गुरु ने ही हमें, अपने आप से मिलाया है,
हम नासमझों को भी समझदार बनाया है।
गुरु का महत्त्व होगा न कम
चाहे उन्नति कितनी भी कर लें हम।
अब तो हम गुरु की दुआएँ व सर पर हाथ चाहते हैं,
ज़्यादा कुछ नहीं बस सच्चे गुरु का आशीर्वाद चाहते हैं।

अंत में बस यह कहना चाहती हूँ-
शिक्षक है एक दीपक की छवि,
जो स्वयं जलकर दे दूसरों को रवि,
न रखते हैं ख्वाहिशें बड़ी,
बस अपने शिष्य की सफलता ही है
इनके लिए खुशियों की लड़ी॥

-तन्वी आनंद
नवीं 'अ'

ऑनलाइन शिक्षा से लाभ

शिक्षा प्राप्त करना हर व्यक्ति
का अधिकार होता है। शिक्षा
से व्यक्ति का पूर्ण विकास
होता है। शिक्षा ही व्यक्ति का
पूर्ण विकास कर सकती है।
शिक्षा से हमें सही और गलत
का पता चलता है। शिक्षा प्राप्त
करके हमें अपने पैरों पर खड़े होने की शक्ति
मिलती है। जिस देश का हर एक नागरिक शिक्षित
होता है, उस देश का भविष्य बहुत ही उज्वल
होता है। एक सुरक्षित भविष्य के लिए अच्छी
शिक्षा लेना अनिवार्य होता है। आजकल कोरोना
के कारण विद्यालय बंद हैं, परंतु ऑनलाइन
शिक्षा के माध्यम से बच्चे घर बैठकर शिक्षा
प्राप्त कर रहे हैं। ऑनलाइन शिक्षा हमारे भविष्य
को सुरक्षित करने में अहम भूमिका निभा रही है।
ऑनलाइन शिक्षा के कई फायदे हैं। इस में हम
घर बैठे बैठे शिक्षा हासिल कर सकते हैं, जिससे
स्कूल जाने और आने का समय बच जाता है।
सभी छात्र अपनी सुविधा के अनुसार सीख सकते
हैं और कक्षाओं की रिकॉर्डिंग कर सकते हैं,
जिससे पढ़ाई करने में बहुत आसानी भी होती है।
ऑनलाइन क्लास काफी सुविधा जनका माध्यम है
पढ़ाई करने का, इस कोरोना काल में शिक्षा प्राप्त
करने का इससे अच्छा कोई भी माध्यम नहीं हो
सकता है। इस माध्यम से समय तथा पैसे दोनों
की बचत होती है। छात्रों को ऑनलाइन क्लास में
पढ़ाई करना बहुत अच्छा लगता है और अध्यापकों
द्वारा भेजे गए विडियो के लिंक पढ़ाई को बहुत
दिल-चस्प बनाते हैं।



प्रकृति सिंह
नवीं 'अ'

पिता



तपती धूप में छाँव देता तरु विशाल सा
पिता हर झंझावत हर पीर सहे
समेटता भावनाओं का ज्वार हृदय में
कभी दिखता कटोर तो कभी मौन रहे
होता है ममतामयी अंक माँ का अगर
वात्सल्यमय पिता बन कवच हर तीर सहे
पिता पीता नीलकण्ठ बन हलाहल सारा
ताकि संतान के हिस्से में सरस पीयूष रहे
नेह की स्नेह सुधामयी फुहार यदि माँ है
भावनाओं का अनंत आकाश पिता है
चाँदनी की शीतलता लिए ममता माँ की
तो गुन-गुनी धूप सूरज का उजास पिता है
औलाद के लिए वारती निजप्राण भी माँ
लुटा सर्वस्व संतान के लिए जीता पिता है
जन्मदायिनी, प्राणदायिनी यदि एक माँ है
तो पालनकर्ता, रक्षाकर्ता भी एक पिता है
बच्चों की पीड़ा में अश्रुधार है माता
तो सुरक्षा का एहसास पिता है
प्रसव वेदना यदि सहती माता
तो सुखमय जीवन का संघर्ष पिता है
ईश्वर का यदि स्वरूप है माता
तो विधाता का प्रतिमान पिता है



-मन्मत भारद्वाज
कक्षा नवीं 'ब'



अनकही बातें...

माँ की कोख में बेटी ने एक राग जो गाया माता।
बोझ समझ कर मुझे इस दुनिया में क्यों न लाया माता।।
माँ, पापा, दादा, दादी का ख्याल में रखती माता।
सुख दुख में धड़कन का तेरी हाल मैं समझती माता।
चमकती चाँद तारों सा, सूरज सी दमकती माता।
बोझ नहीं मैं कंधा बनकर, इस जग से लड़ती माता।
दुख अगर तुझ पर पड़ता, ढाल तेरी मैं बनती माता।
सुख में तुम संग सखी बनकर, हँसती और गाती माता।
इन्द्र धनुष सी दुनिया, मैं भी देख न पाई माता।
सोच जानकर इस दुनिया की, फिर तो मैं पछताई माता।
गर लड़कर भी इस दुनिया में, तुम मुझको लाती माता।
रंग बेढंगे इस दुनिया के हैं, राक्षस अकड़े बैठे।
मुँह में ओढ़े परदा वो कोने में जकड़े बैठे।
जहाँ भी लड़की मिलती है वो नोच नोच कर खाते।
लाजशर्म सब भूल-भाल कर असलीयत पर आते।
जननी लड़की, बेटी लड़की, बहन भी उनकी लड़की।
पूजा करते घर में जिसकी वो भी जो है एक लड़की।
रंग देख कर इस दुनिया के अब मैं न पछताई माता।
अब मैं खुश हूँ, संतुष्ट भी हूँ कि...
अच्छा हुआ इस दुनिया में तुम मुझे न लाई माता।

-कामाक्षी सेन
कक्षा दसवीं 'अ'



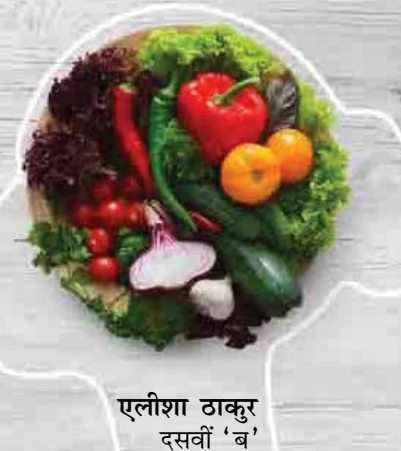
हरा भरा था वातावरण,
मुस्काने लगी मैं मन ही मन,
हवा में एक महक सी थी आजादी की,
तभी-मन में एक ख्याल आया,
उसने पलट दी सारी माया,
करके आत्मनिरीक्षण उभरा एक गहरा प्रश्न,
“क्या हम सच में आजाद हैं?”
अंग्रेजों ने तो छोड़ दिया भारत को 73 वर्षों पहले,
मगर ख्याल रह ही गए हमारे मैले,
आज हम आजाद होकर भी आजाद नहीं हैं
कहीं जकड़ा है जातिवाद की बेड़ियों ने
तो कहीं सांप्रदायिकता की हथकड़ियों ने,
कहीं बंद है लोग नस्लवाद के पिंजरे में,
तो कहीं फँसे हुए हैं भ्रष्टाचार के धंधों में,
कहीं है आतंकवाद का खौफ,
तो कहीं है पितृ सत्तात्मकता का रौब,
तो ...
जब हर ओर है इतना षड्यंत्र
तो कैसे हुए हम स्वतंत्र ...
स्वतंत्रता अभी है दूर, मेहनत लगने वाली है भरपूर,
तो कस के अपनी कमर हो जाना चाहिए हमें तैयार,
ताकि हर तरफ हो प्यार ही प्यार।।

-आद्या कपूर
कक्षा दसवीं 'ब'



स्वस्थ शरीर तो ही स्वस्थ दिमाग

स्वास्थ्य ही धन है एक ऐसी कहावत जो हमें बताती है कि स्वास्थ्य से मूल्यवान मनुष्य के लिए कुछ नहीं है। स्वस्थ शरीर में ही स्वस्थ मस्तिष्क का निवास होता है तथा एक स्वस्थ मस्तिष्क के होने पर हमारी सोचने समझने की क्षमता तथा कार्य के प्रति हमारी निष्ठा सही होती है। और तभी मनुष्य किसी भी कार्य में सफलता हासिल कर सकता है। इस बीमारी कोविड-19 में हमें हमारे शरीर को स्वस्थ रखना और भी ज्यादा आवश्यक हो गया है। हम बाहर तो नहीं जा सकते लेकिन घर में रहते हुए हम योग तथा ध्यान कर सकते हैं जिस से हमारे शरीर के साथ-साथ हमारा दिमाग भी स्वस्थ होगा। योग से हमारे शरीर पर सकारात्मक प्रभाव पड़ता है तथा ध्यान से हमारे मन पर सकारात्मक प्रभाव पड़ता है। हमारा मन शान्त होता है तथा एकाग्रता भी बढ़ती है। जिस कारण हम अपनी पढ़ाई पर भी ज्यादा ध्यान दे सकते हैं। अंत में मैं बस यह कहना चाहती हूँ कि प्रत्येक व्यक्ति को अपने स्वास्थ्य का ख्याल रखना चाहिए क्योंकि स्वास्थ्य से बढ़कर कुछ नहीं होता।



एलीशा ठाकुर
दसवीं 'ब'

कर्म का महत्त्व



श्रीकृष्ण ने गीता में कहा था कर्म करो फल की अकांक्षा मत करो। कर्म का मतलब ही मेहनत होता है। आपने सुना ही होगा :-

जो करेगा सो पाएगा

जो सोएगा वो खोएगा

यह कथन हमेशा सत्य होता है। भगवान ने हमें हाथ सर के पीछे रख कर सोने के लिए नहीं दिए हैं। बल्कि कर्म के माध्यम से अपनी किस्मत बदलने के लिए दिए हैं। हमारी किस्मत कैसी होगी यह हमारे कर्म निर्धारित करते हैं। भगवान भी हमें समझाते हैं कि हम अपने हाथों की उंगलियों का प्रयोग नहीं करते हैं तो हमारे हाथों की लकीरों पर लिखा भविष्य बुरा बनता जाता है। इसलिए 'कर्म करो और कर्म करने से न डरो'।

स्तुति सुद
दसवीं 'अ'

मैं महान भारत की भाषा हिन्दी हूँ



सौ टूटे घरोंदे की दरारे अब हिम्मत से भर रही है
धीरे-धीरे ललक अंदर ही अंदर घर कर रही है
एक आवारा धूप का कतरा भी
उस परिंदे को गहरी नोंद से जगाता है
उसकी उड़ान की चाह से बल्कि मेरी भी पहचान है
ठोकर खाने पर नकली आह से वाकिफ मेरी भी जुबान है
मेरी पहचान सिर्फ इतनी सी है कि मैं एक रचयिता हूँ
कला मेरी पहचान है, काम मेरा सम्मान है, कलम मेरा
अभिमान है शब्दों का सैलाव है, सोच का मेहराव है,
भावनाओं का ठहराव है।

अनुभूति मोहन
दसवीं 'अ'

चुटकुले



- अध्यापक : बच्चों, दिल्ली में कुतुबमीनार है ...
एक छात्र को सोते हुए देख उठाते हैं और
अध्यापक : कक्षा में सोते हो कि पढ़ने आते हो ? !
छात्र : सर, पढ़ने.....
अध्यापक : तो बताओ मैंने क्या कहा ?
छात्र : सर दिल्ली में कुत्ता बीमार है
2. टीचर : मछली जल की रानी है
बच्चा : रात को तल के खानी है।
3. एक आदमी : डॉक्टर साहब मुझे भूलने की बीमारी है ।
डॉक्टर : अच्छा ! कब से है आपको यह बीमारी ?
आदमी : कौन सी बीमारी ?
4. पप्पू : ऑफिस में पूरा दिन काम कर रहा था शाम को.....
बॉस : वाह! आज पूरा दिन कम्प्यूटर पर क्या काम किया आपने ?
पप्पू : सर, की बोर्ड की ए. बी. सी. डी. उल्टी - सीधी थी,
वह ठीक कर रहा था



-ओमांश शर्मा
दसवीं 'अ'

सर्वेभ्यः शिक्षिकाभ्यः शिक्षकेभ्यः च समर्पितम्

किम् अस्ति तत् पदम्
यःलभते इह सम्मानम्
किम् अस्ति तत् पदम्
यःकरोति देज्ञानम् निर्माणम्
किम् अस्ति तत् पदम्
यम् कुर्वन्ति सर्वे प्रणामम्
किम् अस्ति तत् पदम्
यस्य छायायाः प्राप्तम् ज्ञानम्
किम् अस्ति तत् पदम्
यःरचयति चरित्र जनानाम्
गुरु अस्ति अस्य पदस्य नाम
सर्वेशाम् गुरुणाम् ममशतं शतंप्रणामः॥

शुबांगी राजपूत
सातवीं 'अ'



स्वच्छता

आधुनिके संसारे अस्मिन् वयम् उन्नतिपथे
अग्रसरः स्मः। विकासेन सह प्रदुष्टाणाम् अपि
सर्वत्र दव तनोति। अघत्वे स्वच्छतायाः महती
आवश्यकता वर्तते।

यत्र, तत्र, सर्वत्र एव मलिनताजातः येन अनेका
निरोगानि उत्पन्नः भवन्ति। अस्माकं प्रथमं
कर्तव्यः अस्ति स्वच्छता।

निज शरीरेण सहनिज राष्ट्रस्य स्वच्छताअपिपरम्
आवश्यकती अस्ति।अपजिष्टपदार्थान् यत्र तत्र न
क्षिप्तव्यम्।

शुबांगी राजपूत
सातवीं 'अ'

समः दोष समः अग्नि समः धातुमलः क्रय
प्रस्न आत्मेंद्रय मन स्वस्थ अक्षिधियते।

The word 'Ayurved' means knowledge of life and longevity. According to Ayurveda a healthy person is one who along with others criterias of being of health also fulfils the norms of having a happy and contented: mind, head, body and soul.

हित अहित् सुखम् दुखम् आयुस्तस्य हित अहित्।

Ayurveda also give grand knowledge which defines good and what is bad for our of life. As the word scrambles to find the cure for covid. Our health experts have suggested boosting the body immune system may help minimize the effect and ... the recovery from the disease. Good health is the harbinger of happiness to built a strong immune system we should in our daily routine including consuming warm water, practising yoga asanas, pranyam and meditation for 30 minutes every day.

प्रकृतिः

प्रकृतिः मातासर्वेभ्यम्
बहूनाम् अफिलानाम्
बहूनामअस्ति वृक्षाणाम्
पुष्पाणाम् चापिमतियम्।
भ्रमराणां, पजूनां,
पक्षिणां च मातास्ति
जनेभ्यः जीवन सदा

ददतिप्रकृतिः माता।
अस्तिसा तु मनोहरी
मातृणाम् अपिमातास्ति
प्रकृतिः मातासर्वेषाम्
नमोस्तुतेमात्रे प्रकृत्यै॥।।

अर्शिया वर्मा
छठी 'ब'



अराध्या गोयल
सातवीं 'ब'

ARTICLES BY OLS FACULTY



कोरोना (CORONA)

सिमट गई दुनिया, सड़कें हैं खाली ।

कभी जलाए दिए, कभी बजाए ताली ॥

फैशनेबल दिखना, ब्रांडेड पहनना,

अब है मात्र एक बवाल ।

घर ही है सुरक्षित अब तो,

बस दो वक्त की रोटी का सवाल ॥

नींद न आए तो, फिर से सोना ।

हाथों को है अपने बार-बार धोना ॥

यात्रा जहाँ से शुरू की थी,

वहीं आकर रुक गई है ॥

हाथ मिलाकर मिलने की शान अब,

हमारे नमस्ते के आगे झुक गई है ॥

-मंजु जौली
हिन्दी अध्यापिका



अर्थ डे पृथ्वी दिवस

22 अप्रैल को पूरा विश्व, मनाता है अर्थ डे।

यह दिन है इसके संस्थापक, जी० नेलसन का बर्थ डे ॥

दिन यही था, साल था उन्नीस सौ सत्तर (1970) ।

मानवता ने सोचा, पृथ्वी के लिए कुछ बेहतर ॥

पृथ्वी पर ही जीवन संभव, क्यों यह सत्य भूलें हम ।

सभी देश भाग हैं लेते, है पर्यावरण बचाने की मुहिम ॥

पेड़ काटना, प्रदूषण फैलाना, मानव के दैनिक कार्य ।

पेड़ होते आभूषण समान, स्वच्छता है पृथ्वी का शौर्य ॥

यही पृथ्वी है जन्मदात्री, मत आने दो विचारों में मोच ।

करो रक्षा हमेशा इसकी, मत रखो शोषण धारित सोच ॥

मत मानो यह तथ्य कि, प्रदूषण है विकास की गंध ।

हालात अगर यही रहे तो, टूटेगा पृथ्वी से जीवन संबंध ॥

'बसुधैव कुटुंबकम' है या, हर देश की नस में दूषित रिएक्शन ।

पृथ्वी दिवस 2020 की थीम है देशवासियों, Climate Action ॥

आज इस दिन ने पूरा किया, 50 वर्षों का लंबा सफर ।

यह दिन अर्थ पूर्णत भी है, रहेगी पृथ्वी स्वच्छ हमेशा अगर ॥

इस पृथ्वी में, इस प्रकृति में फिर भी,

ताकत है इतनी कि सभी जरूरतें पूरी हों।

ख्याल बस इतना रखना कि ऐ मानव,

तेरी जरूरतें कभी लालच न बनें ॥

-बिमला देवी
वरिष्ठ हिन्दी अध्यापिका

प्रदूषण



प्रदूषण की चिंगारी से जीवन जलता जा रहा है

हर सांस शिकायत करती हवा में प्रदूषण बढ़ता जा रहा है

हर संसाधन दिया प्रकृति ने खुशी खुशी जीवन जीने को

और हमने नए-नए जख्म दिए प्रकृति के सीने को

कूड़े करकट का असीम भंडार दिया

वृक्षों को कुल्हाड़ी से मार दिया

ज़हर हवा में घोलकर बेशुमार दिया

सागर और नदियों को हमने गंदगी का उपहार दिया

पिघल रहा है ग्लेशियर ताप धरा का बढ़ रहा है

आने वाली नस्लों के लिए तू सोच जरा क्या कर रहा है

पल-पल प्रदूषण में रहता तू

फेफड़ों में लग गया जहर यह कहता तू

मैं सांस लेता तो खाँसी आती है

पहले मैं रोता था अब हँसी आती है

हर सांस शिकायत करती हवा में प्रदूषण बढ़ता जा रहा है

-विमला कारवालो
हिन्दी अध्यापिका



अनमोल रत्न



1. कर्मों की आवाज, शब्दों से ऊँची होती है।
2. संसार में चन्दन को शीतल माना जाता है लेकिन चन्द्रमा चन्दन से भी शीतल होता है। अच्छे मित्रों का साथ चन्द्र और चन्दन दोनों की तुलना में अधिक शीतलता देने वाला होता है।
3. एक प्यारी सी लाइन उलटी या सीधी कैसे भी पढ़ो अच्छा लगता है। “है जिंदगी तो अपने हैं”
4. “अकाल” अगर “अनाज” का हो, तो “मानव” मरता है। “ परंतु अकाल” अगर “संस्कारों” का हो, तो “मानवता” मरती है ।
5. अगर मैं सोचूँ कि मुझे किसी की भी जरूरत नहीं.. तो ये मेरा ‘अहम’ है ॥
और अगर मैं सोचूँ कि सबको मेरी जरूरत है... तो ये मेरा ‘वहम’ है।
6. बात कड़वी है पर सच है लोग कहते हैं, तुम संघर्ष करो हम तुम्हारे साथ हैं, यदि लोग सच में साथ होते तो, संघर्ष की जरूरत ही नहीं पड़ती।

-दिनेश गुप्ता

नब्बे के वो दिन....

बीत गए नब्बे के वो दिन,
आता संडे था दिन गिन-गिन।
रामायण की चाह में भागे,
महाभारत की चाह में जागे।
चंद्रकांता की थी अपनी शान,
कम न अलिफ और शक्तिमान।
बंद हो गया वी.सी.आर.,
नहीं कैसेट के गानों से प्यारा।
अब तो डिश से सब कुछ आता,
छत पर एंटीना न कोई घुमाता।
मीठी सिगरेट थी सबको भाती,
मछली-संतरे की गोली आती।
किस्मी की टिक्की थे खाते,
कभी बुढ़िया के बाल बनाते।

समोसा, जलेबी, चाट था खाना,
अंताक्षरी में मिल-जुलकर गाना।
बारिश में भी खूब नहाते,
कागज की थे नाव बनाते।
अब न लिखते चिट्ठी-पत्र,
न आती फ्रंटिअर की ज्योमेट्री।
चाचा-चौधरी की शान निराली,
नागराज-ध्रुव, पिंकी मतवाली।
भूले कोंट्रा, मारिओ जैसे खेल,
मोगली से न कोई मेल।
ऊँच-नीच न चोर-सिपाही,
भूल गए अब छुपन-छुपाई।

-राजेश शर्मा

शिक्षा में संगीत की उपयोगिता

संगीत संपूर्ण मानव-जाति हेतु ईश्वर प्रदत्त सबसे अमूल्य उपहार है। इसे सीखने हेतु मनुष्य प्राचीन काल से ही लालायित रहा है। संगीत शिक्षा सर्वप्रथम गुरुओं द्वारा मौखिक रूप में दी जाती थी। लेकिन वर्तमान में संगीत को विद्यालयों एवं महाविद्यालयों के पाठ्यक्रम में शामिल कर के सिखाया जाने लगा है। इतना ही नहीं अन्य दूसरे विषयों की भांति संगीत विषय को भी मान्यता मिली है।

संगीत हमें मानसिक तथा शारीरिक रूप से स्वस्थ रहने में हमारी सहायता करता है, विचारों में सकारात्मकता लाता है। संगीत का अभ्यास हमारी स्मरण शक्ति को भी बढ़ाता है।

गीतों के माध्यम से किसी विषय वस्तु को सरलता से न केवल अभिव्यक्त किया जा सकता है बल्कि कहीं अधिक बोधगम्य भी बनाया जा सकता है। गीत वातावरण की नीरसता, एकरसता, ऊब और भारीपन को दूर कर सरसता, समरसता, उमंग और उत्साहपूर्ण वातावरण का निर्माण करते हैं। सीखने-सिखाने की प्रक्रिया को गीत सरल और रोचक बना देते हैं।

जीवन में प्रसन्न और व्यस्त रहने के लिए संगीत सबसे अच्छा तरीका है। इस व्यस्त जीवन में तनावग्रस्त होना स्वभाविक है, ऐसे कठिन समय में संगीत हमें प्रसन्न रखता है और हमारे मस्तिष्क को शान्ति प्रदान करता है।

पढ़ाई के दौरान विशेष रूप से परीक्षा की तैयारी के समय संगीत एकाग्रता को बढ़ाने में काफी मदद करता है और यह वास्तव में काफी अच्छा परिणाम भी देता है। जिसके कारण हम अपने विषयों में अच्छे अंक प्राप्त कर सकते हैं।

रोजगार के दृष्टिकोण से संगीत का क्षेत्र असीम संभावनाओं से भरा है। देश में आये दिन बढ़ते चैनलों ने युवाओं के लिए संगीत के क्षेत्र में काफी संभावनाएँ पैदा की हैं। लोगों में जहाँ एक ओर डॉक्टर, इंजीनियर, प्रोफेसर आदि बनने की चाह रहती है, वहीं आज बदले परिवेश में गायक, वादक व नर्तक बनने की चाहत रखने वालों की संख्या भी बढ़ी है। क्योंकि थोड़ी सी मेहनत करने पर उन्हें काफी प्रसिद्धि मिल जाती है। संगीत की शिक्षा के लिए स्थानीय, प्रदेश व राष्ट्रीय स्तर पर कई संगीत विद्यालय व महाविद्यालय हैं। यहाँ से संगीत की शिक्षा प्राप्त कर अपने सपनों को साकार किया जा सकता है।

-तेजेन्द्र भारद्वाज
संगीत अध्यापक

50th Anniversary

OLS has been a landmark in the district's educational ecosystem for decades. It has been an institution to reckon with – producing bright minds and doing wondrous work. It is a beautiful feeling to see this institution nurture the talents of the students and producing exemplary citizens. It fills my heart with joy to see OLS complete a full five decades of existence and service. Fifty years, of which I have been a part of for the past 25 years is a matter of pride for me. A lovely milestone in a long but magnificent journey that shall continue for years to come. Here's to another 50 years, and to the OLS family!

-Sangeeta Sud

'The Earth is what we have in common.'

-Wendell Berry.

The tragedy that shook all of us on the morning of February 7, 2021 where a glacier's breaking apart in the upper reaches of Uttarakhand has rung another alarm for us. Flash floods that occurred in the Dhauliganga and Alaknanda tributaries have caused havoc in Uttarakhand. It is but an alarming situation for the entire human race. Though the actual reason of the glacier collapse is not yet confirmed, but it is high time that we rethink about the developmental projects or multipurpose dams that are blindly being constructed not only keeping all the rules and regulations at stake but also the lives of innocent civilians especially in the hilly region of Himalayas. We all know that the Himalayas are the young fold mountains and they are still rising. This collapse of glacier is not the first incident that took place in the Himalayas. We don't need to go very far, let's take the example of Kedarnath floods. Why couldn't we learn a lesson from this catastrophe? We cannot blame nature for this or that disaster, but the real culprit here is the widespread commercialization that changed Kedarnath from a remote and deserted area to a crowded land. Why so many animals enter the cities? So many incidents have taken place where animals that enter the city are killed by the humans. But when we enter their natural habitat, no-one stops us. The result is large scale massive destruction.

Gandhiji has rightly said, "Earth provides enough to satisfy every man's need, but not for every man's greed." It's time we modify our ways or our future generations will have to pay a heavy price!!

-Himani Sharma

“Importance of Discipline in life”

Discipline is a concept which everyone is aware of, but very few truly understand the true meaning of it. It is very important for us to be disciplined on a daily basis.

Discipline is the attribute that resists our urge to give in to negative behaviours and helps us to focus on all of the positive attributes.

For students, discipline is very important in their life. Here are a few points to help you understand why discipline is important in the life of students, especially for practical subjects like Mathematics.

- Students often find Mathematics to be difficult and fear the subject. Discipline helps them to build a positive attitude towards it. This helps them to improve their performance slowly and steadily.

- Discipline helps a student to maintain regularity which is very important in Mathematics that require constant practice.
- It helps the student to remain calm and composed. This helps him/her to maintain the focus and to keep moving on with the problems.
- Discipline helps the student to maintain a proper schedule for everything which includes time for all his/her subjects.
- Discipline helps them to prioritize their work as per its importance.
- It improves their concentration and focuses which is very important in Mathematics.
- Finally, discipline helps students to build a healthy mind which is very important to develop a healthy body.

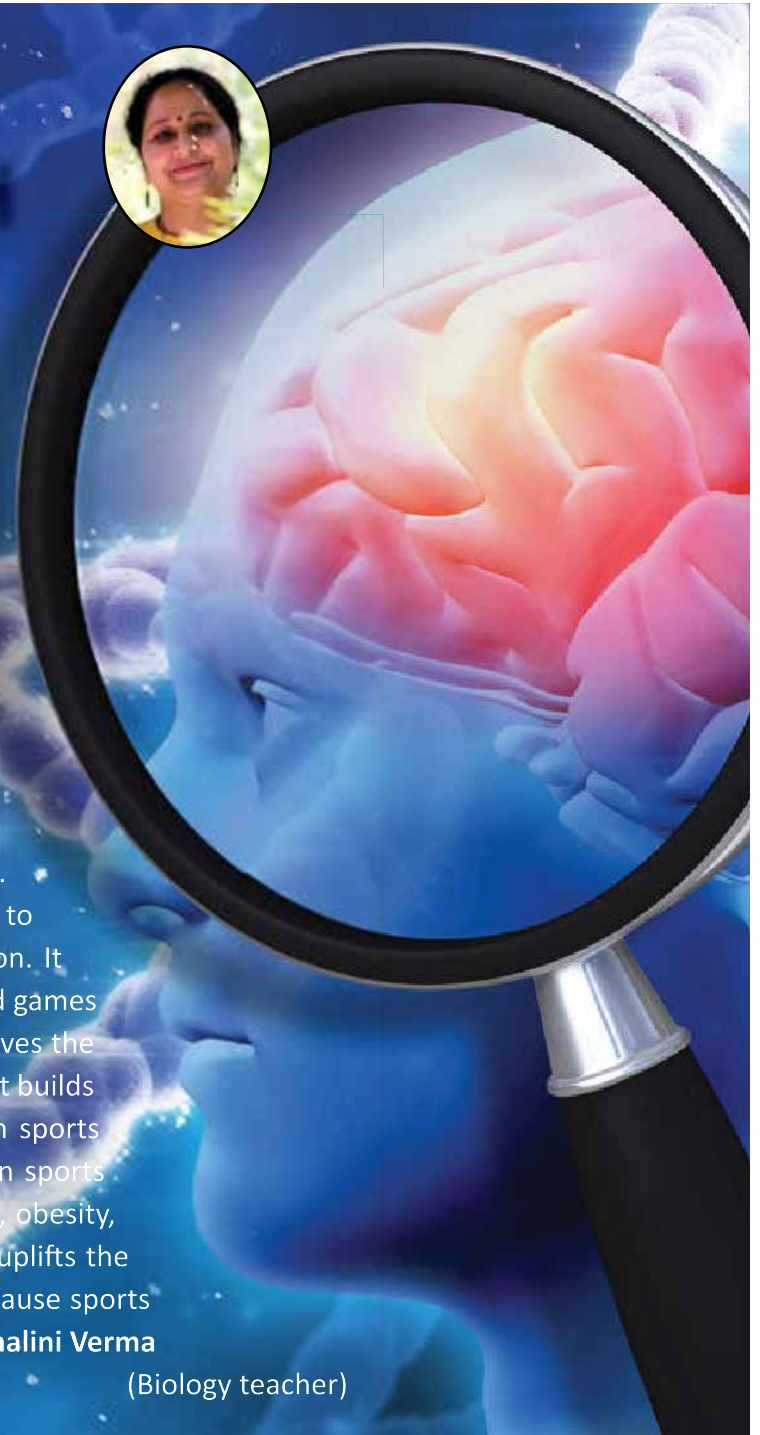
-Padam Jamwal

THE UNCONSCIOUS CATASTROPHE OF HEALTH

John F. Kennedy said, "Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong". This quote portrays a profound message; health and fitness are curative not just at the grass root level but even at the top most ranking. But let us ask why? "A sound mind in a sound body". This famous quotation by Thalas, a Greek philosopher demonstrates the harmonious relationship between physical and mental health. Not going into much detail, let's start at the grass root level. Reading and writing involves mental strain and of course that fatigue and physical strain with anxiety is sometimes unbearable. The mind then hungers for relief and the physique then needs extra fuel. Regular participation in outdoor games in such cases makes the body fit and at the same times provides the much required relief. So, inclusion of games in the work place curriculum including in all levels of education can now not be considered as just an option but as a necessity and demand of the modern times. It's time when the saying 'All work and no play makes Jack a dull boy' is brought into practice on the field and not just in writing. In this context, everyone is pretty much aware of the problem, but still unable to do much. Now-a-days, sports and games should be taken up as a career option. It plays a pivotal role in shaping a child's interest towards his profession. Sports and games also help in character building and provide strength and energy. It not only involves the development of skills but also stimulates the competitive spirit among students. It builds up the confidence in the minds of the students. So we should involve them in sports activities even if for a small duration of time through the day. Being involved in sports activities helps us in getting protected from numerous diseases such as arthritis, obesity, heart problems and diabetes etc. Excelling in some or the other sports activity uplifts the profile of a student and it helps him or her move ahead of others and shine because sports inspire us to compete.

-Shalini Verma

(Biology teacher)



An open letter to fellow humans

Covid-19 wasn't what we were prepared for. The pandemic has shown us the need of technology in our day to day lives. The lockdown forced people around the world to remain confined to their homes. In the context of schools and academic community, the disruption in the teaching-learning process forced us to learn and use new techniques. Regular classes turned into virtual classes with the use of mobile apps like WhatsApp, Zoom, Google Meet etc. Homework and assignments turned into online documents shared and stored safely on Google Classroom. Soon the teachers as well as the students were using the afore-mentioned tools comfortably. The academic session was completed successfully without the face-to-face interaction (though the same happened virtually). Even the grading and the report-card generation was done with the help of technology. But the big question remains;

'Why is technology so important and what should be the limit to the use of technology?'

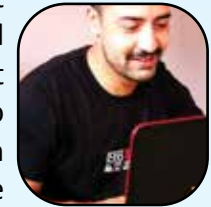
I think everyone knows answer to the first part of the question because we know what saved us in the time of pandemic was not only social distancing but social proximity using technology which kept us connected (unless the internet data-pack finished or the battery was drained).

Let us head to the second question: What should be the limit of technology? (Or maybe being an IT-person has marred my use of semantics of English language and the sentence should be: What should be our limits in the use of technology?) Whatever the right sentence, I hope you got my point. Let us start from the beginning. Oh no; not from the big-bang and the formation of the universe but a little (probably some millions of years) after that. We, the human beings are different from rest of the animals (though we are just a bit smart apes who walk on two legs). We are same as other animals because we can have thoughts like I hope most animals do. But what is important is that we can have thoughts about our thoughts as well. And I don't think there are any other animals capable of doing that. This "thoughts about our thoughts" is commonly known

as imagination. We have achieved a lot in a short time span of our planet Earth because we imagined things and then we worked hard to achieve what we imagined. From the times of cave-drawings to the missions to Mars we haven't changed much in appearance. But we kept having thoughts and we did our best to fulfil those dreams (and mostly we succeeded). But where does technology fit into this picture? The answer is 'everywhere!'. Technology in a broad way is something that makes our tasks easier. Invention of wheel was technology to the early humans and you can follow the chain of events to the present day: Computers, Smart-Devices, Internet, Apps and Software etc. Everyone I know has a smart-phone, but as through this article it is my right to ask questions so here is another one: If devices are getting smarter are the people using those devices getting smarter too? And as an IT-guy I can give an average answer: 'No.' But why? Please hold the reins of your horses as I will disclose the details in a moment. So moral of the story till now is:

We (the human-beings) use technology for our benefit (work, entertainment etc.) and technology is having exponential growth but not the users of those tech. I think we have raised enough questions so now let us venture towards the answers. What makes us strive is curiosity and we want to collect as much information as we can. What is the workout routine of Salman Khan? Where is God? What is out there on Mars? Where are aliens? What is the name of new jeans of Levis? Does Maggi Masala improve the taste of boiled vegetables? What is there in the horoscope for me today? We have so many queries and we want to get all the information we can. We are information-collecting devices built by God. The problem is technology (or the better term would be companies making technology) know this in-built weakness/strength of ours and exploit that.

Let me give you one very common example: I have read many books and watched many movies and all of those had an end. I repeat



‘an end’ was there in all media that I used. But what about your Facebook timeline or Instagram or Twitter? If you keep scrolling, you’ll not find an end of the page there. Is that a mistake by the company? No. They want you glued to the screen as long as possible so their timeline is also endless. ‘Endless flow of information for Information-seekers (humans).’

Let me tell you same thing from Biology’s point-of-view (I told the same to Class-7 in Moral Science, so why not you?). The human brain seeks pleasure and tries to avoid hardships. Brain actually releases a chemical named dopamine which is a sort of neurotransmitter that when released by our brain gives us the feeling of pleasure (feel-good is the term?). Same dopamine is released when you receive new information (I hope you remember we are information-seeking devices). So, when on Facebook (or whatever you use) you see a new post by your friend having lunch at a posh restaurant, your brain knows it is time to release dopamine as it has got some new information and you’ll feel pleasure. Am I saying feeling of pleasure is bad for you? Oh, obviously not. Please read on to see the revelation!

After seeing that post you’ll feel bad as well. Why? Because you are stuck here writing lessons-plans or assignments and your friend is having a good time. We as humans think in relative terms. Without being conscious we compare ourselves to others. The endless

timeline of your social media gives you momentary feeling of pleasure but ruins your present as well. By the way, I am not an employee of rival social-media company so I’m just trying to lay down the facts before you. Also, I’m not going to mention the bad effects on health as its already known to you. And one last point before I conclude my article here: Regular and prolonged use of social-media (tech in general) makes you feel privileged. Look at that Facebook timeline of yours: All happy faces, people having good times, celebrating. But what about hardships? Life wasn’t a bed of roses last time I looked. We have to work hard, we have to face challenges, we have to earn six-packs by blood and sweat. But the world-view portrayed by Facebook/media/tech mostly won’t show you struggle of people. So, as I mentioned earlier it should make you wonder why the grass looks greener on the other side? Whether you have a smart (TV, Phone, Watch) or not doesn’t matter, what matters is that you are smart enough to see the things in their true light!

The answer is : The limit of use of technology is what you want it to be. It’s a good day to have a walk in the park and feel the sun on your face and wind in your hair (of course if it is not a working day and you do not go to park to take selfies and post online).

-Ashutosh Sharma

KULLU VALLEY

“When you educate one person you can change a life, when you educate many you can change the world”

- Shai Reshef

If there is any school in Kullu valley which proves the above saying correct ,it is ‘Our Lady of the Snows School’ which has achieved remarkable standards of teaching and all round development in the time span extending to fifty years. Since its inception in the year 1968, OLS has not only given the best results in academics but also a myriad of its students participate in extra-curricular activities at the district as well as at the national levels. Although it has reached the pinnacle of its glory, OLS still strives to become

better and better with each passing day. I feel honoured to be a part and parcel of this journey for the last 16 years. Our school serves as a role model for the other schools that aim to achieve the highest standards not only in the field of education but also in the all round development of a child. I express my sincere gratitude to OLS not only as a proud teacher but also as a thankful parent for its wonderful contributions to the all round development of the students in the valley.

-Reena Sood



50 Years

Fifty years have gone by in the blink of an eye and O.L.S my Alma mater has grown into a mighty institution shining like a star radiating every life it has touched . People of Kullu have been blessed ever since this institution came into existence way back in the year 1969 .Ever since then O.L.S has grown by leaps and bounds and scaled new heights not only in the field of academics but also has set a standard for others to look up to. On this occasion when the school is celebrating its Golden Jubilee, I would like to congratulate the entire O.L.S fraternity for their remarkable contribution in rendering their invaluable services to the society and living up to the motto of the school 'To love and To serve'. May this heritage institution keep up the rich legacy marching onwards preparing the students for a better tomorrow.

-Isha Katoch

POEM ON MATHEMATICS

Mathematics is full of fun
 With so much to learn
 Profits are added
 While losses are subtracted
 Degrees are multiplied
 And percentage is divided
 Geometry is full of mystery
 Algebra has a big history
 Integers as different as brothers
 Lines are parallel
 Angles are similar
 Maths is necessary in life
 Without it, it is difficult to survive
-Sumeet Upadhyaya

YOGA THE WAY OF LIFE



Most people think of yoga only as a physical exercise where people twist, turn, stretch, and breathe in the most complex ways. But it is much more than that. The term 'Yoga is derived from the Sanskrit word 'yuj , meaning union. Yoga is union of body, mind and soul. Yoga is a natural way of living healthily and happily. It is the ancient wisdom for your full potential. It is the wholesome discipline for taking care of your body, mind and spirit, and maintaining harmony between them. Yoga has never been alien to us. We have been doing it since we were a baby and growing inside mother's womb. In today's techno world our children forget to work out, they are happy with gadgets and T.V. etc. Excessive use of gadgets and watching T.V weakens the memory and peace of mind of the children. While some of the benefits can be expressed in words, others are beyond description and can only be experienced. Yoga is a low-cost, helpful tool that can have a positive impact on children. It reduces the stress level in body of a child and increases the Prana level (Life force). Through increasing of Prana in body, the pattern of life changes which helps children to excel in very field. Yoga also helps kids in the following ways :



- Develop body awareness through regular practice.
 - Improve digestion, circulation and immunity.
 - Learn how to use their bodies in a healthy way.
 - Makes them more creative.
 - Manage stress through breathing and meditation techniques.
 - Increase concentration level which will help them in studies.
 - Increase their confidence and positive self-image.
 - Have an alternative to tuning out through constant attachment to electronic devices
- Yoga is undoubtedly a sure shot way to lead a fulfilling life a hallmark for successful and content life. So start practicing and feel the difference.



-Dr Gaurav Bhardwaj
 Physical Training Instructor & Football Coach
 O.L.S School Kullu
 Media Co-coordinator Art of Living Kullu

IMPORTANCE OF SCHOOL LIBRARY

Libraries store the energy that fuels the imagination. They open up windows to the world and inspire us to explore and achieve, and contribute to improving our quality of life.

—**Sidney Sheldon**

A good school library provides us with quality fiction and nonfiction books that encourage us to read more for pleasure and enrich our intellectual, artistic, cultural, social and emotional growth. The ambiance of the school library is perfect for learning without getting disturbed. This makes it easy for us to learn and grasp faster. It provides teachers the access to professional development, relevant information and reference material to plan and implement effective learning programs. Thus School library is helpful to every member of the school community whether its students, teachers or any other staff member. It helps gain skills and knowledge for personal development. School library has a positive impact on the academic performance of the students. It helps them develop the overall skills necessary to succeed in the modern-day digital

and social environment. Education and library are interrelated and fundamentally co-exist with each other. Education is the process of gaining knowledge, values, skills, habits, and beliefs. It is the social process in which children are subjected to the influence of the school environment to attain social competence personnel development. Library, on the other hand, is the source and storehouse of knowledge, information, and resources vital for the leap in the advancement of knowledge. Libraries enhance the cause of education and research.

A library plays an important role in meeting the growing needs of people in literacy. The library is essential for self-education, a means of information and knowledge. Education is the complex social process of gaining knowledge and experience formally. In involves a system used for the development of the students. Library provides spiritual, inspirational, informative and interesting reading experience. Library facilitates each student with access to essential resources and learning material for a smooth learning process. It plays a vital role in a student's life.



—**Deepak Thakur**
Librarian

WHO IS GRADUATING, “WE” OR “THEY”?



The flashback goes to 1977 when my husband entered in this school. Years passed by and he completed his tenth class in the year 1989. Then, as destiny would have it, in 2008 my son Pranav was admitted to this institution and with luck by my side I also became a part of O.L.S. family in the year 2009 as a teacher of chemistry. Being a teacher and a parent is a dual responsibility and a ticklish job. You have a lot of unrealisable, unforeseen and different kind of pressures, not only physical but also psychological. I could see my son growing... growing together. Meanwhile my daughter Prakriti also got admitted in the year 2009. Now the responsibility doubled but I was enjoying both parenting and teaching side by side. The year 2017 was very special for all of us, as Pranav completed his tenth from O.L.S. this year. I was overwhelmed and nostalgic at the same time “A son passing out from the same school as his dad is really a second feather in the cap.” I was short of words that day to express my feelings. Now this golden Jubilee year is also special for my family as this year our daughter Prakriti is in 10th. Time flies and it does repeat. I am not finding exact words to express the events. I hope the day O.L.S. celebrates its 100 years of existence in this beautiful valley of Gods, my grandchildren will also be a part of this school. To summarise I would just like to say that school is like a flowing river. You can't take a dip in the same water twice but you can enjoy fresh water every time you enter it. The cycle of life and growth continues constantly and we don't know who is graduating out of the school, “WE” or “THEY”. (We the teachers or they the students)

—**Mrs. Namita Sinha**

ENTHUSIASM : THE SOUL OF LIFE



The semicentennial celebration of Our Lady of the Snows, Kullu is an auspicious occasion to express our indebtedness to the founding Society for contributing growth to this heritage institution over the past years since 1969. A big THANK YOU for the enthusiastic efforts which have brought positive changes into the lives of many children of this Valley of Gods: Kullu. The pupils, the faculty, the administration must have fond memories of this shining

academic institution as a treasure trove. Here I extend my heartiest congratulations to the entire OLS Family and pray to the omniscient, omnipotent and omnipresent God almighty to bless our great institution to scale new heights of glory. Amen! Penning down especially for my dear Students.....

Let's talk about life. During this formative period of your life, you need to be inspired, motivated and moreover made aware about your unlimited creative power which is all at your command.

Undoubtedly, life is a mixture of joys and sorrows, successes and failures, high moments and low moments, but enthusiasm is the only driving force in life which empowers emotion that makes a human come alive and go ahead with spirit, zeal, zest and passion for life. As a human being our potential is unlimited and always keep in mind these meaningful inspiring words of Charles M. Schwab, "A man can succeed at almost anything for which he has unlimited ENTHUSIASM."

In a precise manner, keep these three words permanently stored in any one of the drives in your mind and even keep a check on these three on a regular basis. (1) THINKING (2) SPEAKING (3) ACTING

1. THINK.....As thought is the parent that gives birth to all things, so try your level best to create good positive moral value based thoughts to give a right focused direction to the most precious gift i.e. Life, which we have received from the Giver of Life.
2. SPEAK.....Spoken or unspoken words are more creative energy than one's thought. Select good decent words outside importantly, but more importantly inside.

3. ACT..... The 3rd and the highest level of creation is action. Take enthusiastic action...Now!

Therefore, the process with right or wrong thought, followed on through right or wrong unspoken or spoken words, manifest through our right or wrong actions. Choice is all ours. But in all this, VALUES are the conditions and standards to build solid foundation for our life and undoubtedly, the basis for a focused direction. A person's values will direct him or her on the right path of action and will ultimately define who he becomes. So keep your Values and Goals well aligned.

CHARACTER i.e. Positive personal development is actually the progress or success.

"Reputation is what men and women think of us, Character is what God and the angels know of us", aptly quoted by Thomas Paine.

Remain inquisitive, as spirit of enquiry and asking questions are the creative acts of intelligence.

My Dear Students, History is inescapable in all this. Read biographies of great people those who have contributed to the growth of humanity. Get inspired. Unfold human records and get access to the laboratory of human experiences. Utilize the latest technology only as the constructive sound character building tool, but not to ruin your thought process with negative destructive thinking. I wish and pray God almighty to help YOU ALL to be consistent, courageous, committed, diligent and determined students transforming into true, noble, compassionate, humble and worthy citizens, who shall play a vital role in making this world a better place to live in.

Conclusion: We all have a choice....choice of mediocrity and dullness due to unenthusiastic attitude OR successful passionate enthusiastic life full of brilliance.

Choose Life with Passion and Enthusiasm. So.....Take ENTHUSIASTIC ACTION Now!

"Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it", J.W. Von Goethe quoted.

With Love & Regards,
- Mrs. Vandana Sharma

A Successful life v/s a Satisfied life.....

Please don't feel forced by the thought provoking statement that 'A satisfied life is always better than a successful life.' There are many people who are successful but not necessarily happy. Success brings happiness or peace, only if we are satisfied with the success that we achieved. But people will never stop at that place. They want to be more and more successful. There comes the problem. Every individual has a different script.... A different story....why be a copycat and waste time impressing or imitating others.....? Life is like a puzzle and one must never waste time trying to place people where they don't fit because the rat race shall never come to an end.....

We define our life. We define our goals. We set targets.....The journey or the course should be enjoyable. Not just the end or the result or the product or the fruit we receive towards the end. If we feel overpowered by the Struggle, pain, anxiety experienced in the process or journey to get the end result or to achieve the goal then it is a waste. We will earn nothing but frustration and end up being depressed. Don't let what's happening around you get inside you and weigh you down. A lion doesn't lose sleep over the opinion of sheep. So never be swayed by success or failure or critics around you. Just give your best shot!'A content man is always rich' says a Latin proverb. The goal should be SOURCE OF HAPPINESS and not a SOURCE OF PLEASURE which can be SHORT LIVED and turn out to be MEANINGLESS after attainment.

Bottomline- "A SATISFIED LIFE IS BETTER THAN A SUCCESSFUL LIFE. BECAUSE OUR SUCCESS IS MEASURED BY OTHERS. BUT OUR SATISFACTION IS MEASURED BY OUR OWN SOUL, MIND AND HEART ".

Choice is all yours.....

Ankush Thakur



Winter Dusk

The shades of the dusk,
reflecting in the river,
conspiring with clouds and birds,
whisper secrets in my ear.

The mountains screaming silence,
capped with the white winter present,
singing their misery and content,
pouring unfathomable colours.

On the foot of the hills,
beautified with blessings and curses,
I think about perdition,
while I feel close to heaven, or something like it...

-Mrs. Manpreet Ralhan

ARTICLES BY THE PARENTS



As a writer, I may have got several opportunities to get my write ups published in various magazines, books or newspapers throughout the country but the real happiness is to find a column in my daughter's school magazine with her write up. I really feel privileged to be the part of OLS family and I extend the heartfelt gratitude to team OLS.

Jubilees are occasions to be celebrated, to recall the marvellous ways in which the school has fulfilled its mission in imparting education, moral and spiritual values, and discipline. This year when OLS has completed fifty years carved in gold I can claim that Our Lady of the Snows School is the unquestioned pioneer in providing education which not only excels in the field of education but making a culture of peace and love which our society and country needs today.

The school is celebrating its golden jubilee in order to get an opportunity to reflect on the past achievements of the school as well as introspect on the preparations to meet the challenges that lie ahead. The school celebrated its Golden Jubilee in the year 2019 -2020. The festivities included a plethora of exciting events spread over the year, making it one of the most festive and memorable

periods in the history of the school.

Being a parent, I feel that the school has worked in every possible way to groom my ward. The individual attention and the emotional support the teachers provide to every students is exemplary indeed!

I have been there with OLS family for more than a decade and I personally feel that the school has been providing best of the best opportunities to the kids and I'm more than happy to say that this bond will continue for another decade as my younger daughter has become the proud part of the school this year.

This year, we witnessed an unprecedented problem in the form of the pandemic named Covid-19. There were a few schools who didn't let the students down. Every thing was closed but the worthy teachers were busy making new teaching strategies and lesson plans. The teachers deserve all the accolades for their excellent job in the hour of need.

The way OLS is handling every problem is really commendable. Teaching in front of camera was not an easy task at all but I've witnessed the teachers not only doing the academic work with great mastery but also inculcating the moral values in the students. They simply became the strength for the kids in the toughest moments of the life. I fall short of words for the sincere efforts by team OLS. I'm really grateful to the school for what my kid is today.

I wish the school to continue carving the futures and creating a new horizon for its every student. May new chapters of success and fame keep on adding to the glorious story of OLS. Amen!

-Mrs. Indu Navneet Bhardwaj
Mother of Mannat Bhardwaj, 9B





DRUG PREVENTION AND ALCOHOLISM

Addiction of drug abuse, a major social health concern in India, is defined as chronic, relapsing disorder characterized by compulsive drug seeking and use despite adverse consequences.

Drug addiction is considered a brain disorder, because prolonged exposure to drugs alters the brain in ways that result in powerful cravings and compulsion to use and these changes may last a long time after a person has stopped taking drugs and if left untreated, and may lead to death also. These brain changes make it extremely difficult to quit by sheer force of will.

In present era, teens are particularly at risk. They may try drugs to improve their focus in school or at work or the abilities in sports because peer pressure can be very strong and because friends are also doing it. When they enter High School, teens may encounter greater availability of drugs, drug used by older teens, and social activities where drugs are used. The desire to try new things and become more independent is healthy, but it may also increase teen's tendencies to experiment with drugs.

As a common dictum goes, 'Prevention is better than cure', drug abuse prevention begins with education, spreading the word regarding the dangers of drugs to oneself and to the community. Drug prevention programs seek to involve the family, community of workplace in the prevention process. Don't wait to intervene until the addict has lost everything. Lifestyle changes, like increase physical activity and using other stress reduction techniques, help prevent drug use disorder in teens. Recovery from drug addiction is a long process that often involves setbacks. Relapse doesn't mean that treatment has failed. Rather, it's a signal to get back on track, either by going back to the treatment or adjusting the treatment approach.

Take home message for parents to curb teen drug abuse:

- Talk openly about the dangers of both illegal and prescription drug abuse with your kids
- Lay down rules and consequences
- Keep prescription medicines in a safe place
- Encourage other interest and social activities
- Talk to your child about underlying issues
- Monitor your teen's activity

-Dr. Mayank Bhargava
Father of Aarav Bhargava (6th-B)

To learn is to Seek

To learn is to seek,
A reason to be,
A reason to live,
A reason to see,
Of all that is right,
Of finding the light.

To learn is to be,
A soul who seeks,
The answers to the riddles,
And not being superficial.

To learn is to seek,
A reason to be,
A reason to live,
A reason to see,
Of all that is right,
Of finding the light.

Be it the moon or the stars in the sky,
They fail to beat the beauty of that smile,
The one so innocent, that is of a child,
The one so true, that makes the world alive.

They're the children who dream,
Of a reason to believe.
They wish to find the things,
That adults cease to see.

For childhood is itself a dream,
And to dream is to be,
So let the child in you never leave,
Because he forever believes.

-Mrs. Sampada Bharti
Mother of Vedansh Bharti (2A)

Note of

THANKS

It gives me immense pleasure to share my views for the school magazine. The academic year 2020 will remain a year to remember. The entire world has experienced the desolation and devastation of a deadly virus, Covid -19. Everyone of us was enforced to stay at home for several months. In such a crucial phase of life, the only rays of hope were TEACHERS. To the world, you may be just a teacher but in the eyes of a student, you are HERO. Teaching isn't just about knowing the topic, but a chance to nurture the students and enable them to ignite the flame of learning within them, which is an essential aspect of teaching. Words alone can't express our gratitude for all the endless efforts made by you. Thank you so much for going the extra mile, not only in teaching, but also in guiding and nurturing all the children in all these glorious years.

-Anjali Sharma

Mother of Omansh Sharma (10B)

The Art of Bird Watching

"To recognise trees and plants, to be able to identify different species of birds, gives one a sense of belonging, adds immeasurably to one's interest in life and the enrichment of one's personality."

-Indira Gandhi



Bird watching is observing birds in their natural habitat. Various terms like Birding, Twitching etc. are however used these days as synonyms. In the simplest of terms Bird Watching means looking at birds while Birding means looking for them. While Birding it's not even necessary to see the bird, just hearing its' call is enough. Twitching deals with ticking off a particularly rare bird rather than enjoying everything the area has to offer.

Bird watching evolved from the 1880s onwards. It first became popular in Great Britain during the Victorian era and later on spread to North America and some Commonwealth countries. Another major revolution occurred in the means used for this activity. For 19th century watchers, a gun was indispensable because the only way to identify a new species was to shoot the bird down and then study its corpse. Eventually, guns were replaced by binoculars. Slowly with progress in science and technology, better and advanced equipment are being introduced which are making bird watching a fairly smooth, pleasant and peaceful activity. It is a very popular activity around the globe. It is said that every third British and every fifth American is a Birdwatcher.

There are many perks of being a birdwatcher. It gives us a reason to explore the world around. It increases our observational power and so is very useful for science students. One learns to be grateful and mindful while living and enjoying the present moment. It is a wonderful hobby. People often pair Bird watching with other hobbies like hiking, kayaking, painting, photography and even gardening. It makes us more environment conscious. From indifference, we step into the light of awareness. It makes us care about saving trees, not throwing plastic in water bodies, illegal trading of animals and often times may start actively doing something about it. Bird watching is full of surprises. We just need a notebook, binoculars and a field guide for birdwatching. Field guide is a book containing bird pictures on one page and their description on the other side of the page. As far as binoculars are concerned, popular birdwatching binoculars are in the 8x42 or 7x35 range. The best way of learning identification of birds is practicing with experienced birders. However, we can also google the birds found in our area to give us an idea about what we might see and that'll enhance the whole experience. These days we can also make use of various birding apps. We can identify a bird by its size, pattern of head, bill shape, size, back, wings, under parts etc.



A few tips useful for bird watching are:

Avoid sudden movements : Birds have a very good sense of vision. Even sudden movements can startle them and drive them away from you. So be very careful and avoid sudden movements.

Habitat Study : Knowing the habitat beforehand helps in looking for the right bird in the right place. For example, we won't find owls in bushes because they prefer hollows in trees.

Listen to that call and follow: Often times birds form flocks of mixed variety. Following the call of one bird can lead you to a group of birds perched on the tree together.

Camouflage : We should not wear the reds, pinks, yellows and instead use more of blues, grays and blacks. Dark neutral shades which make you less conspicuous are the way to go. Patience is the essence of bird watching. Birds don't and won't move about according to your whims and desires, so you have to be patient until they decide to do so on their own. **Follow the flock:** Chances of spotting a new bird are always strong in a flock. So next time you see one, don't just walk away. Observe them with the same enthusiasm.

Look for the right light : Position of the sun can change your birding experience. If the sun is behind you and bird in front of you, you'll be able to see the bird in its full glory and identification would be much easier.

Pishing : When bird becomes obstinate and refuses to come out, you might have to try to lure her out. Birders call it pishing- "making small repetitive noises to gain attention of bird". This could be any small sound like clicking of tongue, or pish or psst or a really small soft whistle. In nut shell, to be a birder you need to see a bird, find it in the binocular, look for field marks and other clues, try to determine the category and reach for the field guide to find the matching specie. Congratulations!!!! You are a birder.

-Suveena Thakur, IFS
DM, Forest Working Division, Kullu



LOVE AND RESPECT ALL LIFE FORMS

In the present times when there is gloom and despair there is a need to bring positivity in our lives. We need to bring our attention to something we have been taking, for granted for too long. In his poem “Lines Written in Early Spring” William Wordsworth states that man is the unhappiest being on earth, even though every other living being is enjoying its existence on this planet. The reason for this sad state of human beings, that he suggests is that man has broken all his ties with nature and has thus forgotten to rejoice in the simple things in which all other beings find pleasure. Man has forgotten to appreciate little things like the sunrise; has become oblivious to the sound of the river; never feels the need to watch the clouds or admire the tall trees which are a thing of joy and beauty in themselves. He is completely lost in materialistic pursuits and has complicated his life in such a way that he has just forgotten to remain joyful, which otherwise should be a natural state. He is so preoccupied with accumulating things and filling his mind with innumerable worldly thoughts that, he just doesn’t realize, how silently without much expectation, nature, including all life forms contribute to the sustenance of our planet.

Thich Nath Hanh a renowned Vietnamese Buddhist monk emphasizes the importance of stillness and silence in order to come to the present moment to see and cognize the interconnectedness of everything. He says that when he looks at a sheet of paper he can see a cloud floating in it, as without a cloud there will be no water; without water the trees cannot grow; without trees you cannot make paper, so the cloud is in here. He wants us to perceive how one form of life completely depends on the other for its existence. Gautam Buddha similarly talks of this interconnectedness of beings and the importance of sharing with and caring for each other. He says that a tree takes from earth only till it grows to its full capacity, and after that it only shares all its possessions unconditionally with everyone, till it remains on earth. This is where men have failed. As, they have only learnt to take but never to give or share. Only when we as humans learn to value, love and respect all forms of life we will become more responsible. Only then we will realize our responsibility towards nature, animals and fellow humans and only then we will be able to pass on these values to our children. So, I feel we should unplug our devices sometimes and take our children by hand to feel a tree, should watch the clouds change shape, gaze at the majestic mountains or feed a hungry animal. We should try to give back anything to the universe that enhances its beauty and brings a positive change in anyone’s life. We should smile more often. We should learn and teach our children to appreciate the bounties we have received from the Lord and the universe and learn to take care, respect and share their sources with one and all. And if we cannot do much, at least we should learn and teach our children not to cause harm to any life form, so that we can all live in harmony to make this world a better place for us and for our coming generations.



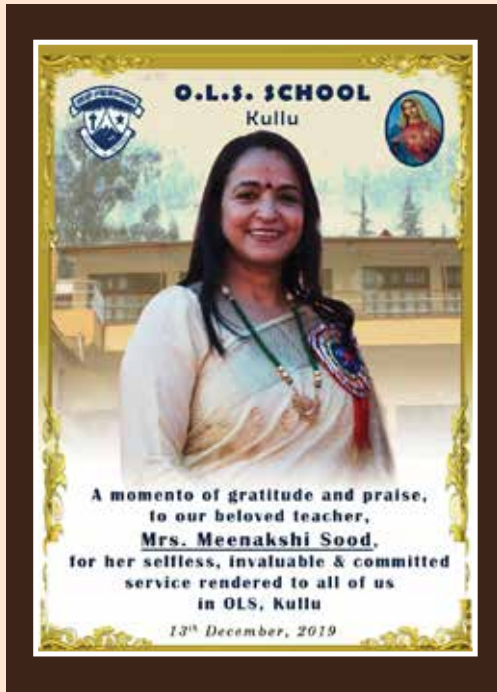
-Dr. Mahi Yogesh
(Mother of Ayaan Kashyap & Aarav Kashyap)
Assoc. Prof. Dept. of English.

ADIEUS & WELCOME RECEPTIONS

WELCOME TO REV. FR. ANTONY SOLOMON, THE PRINCIPAL AND REV. FR. AMRIT LAL, PARISH PRIEST



Farewell : Mrs. MEENAKSHI SOOD

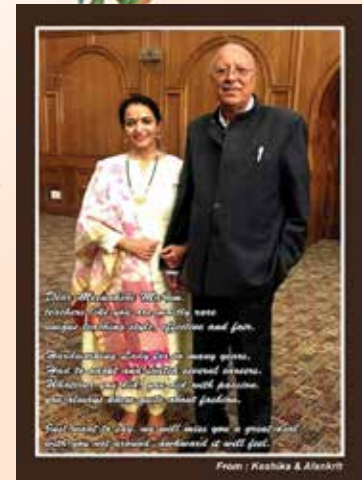


Dear Meenakshi Ma'am,
 Excellent teachers like you are rare,
 Unique teaching style, effective and fare.
 It's not easy for you to leave your beloved profession,
 Don't even want to think about your succession.
 You've been a hard-working lady for so many years,
 Had to adapt and make a fulfilling career,
 Whatever you did, you did it with passion,
 You always knew quite a lot about fashion.
 Your positive attitude we simply adored,
 With you around, we never got bored.
 When there was an issue, you always understood,
 Your skill with people has been extremely good.
 Many life lessons we have gone through,
 Some have gone, some stuck like glue.
 Most important thing we did learn,
 Love your neighbors and show concern.
 You made sure that our homework was always done,
 Explained to us that learning is fun.
 We'll make it a point to make you proud,
 And we'll always be your own crowd.

When you told us that your retirement is official,
 Shocked and sad were the emotions initial.
 You have taught, as we do understand,
 There is much more to live than books and sand.

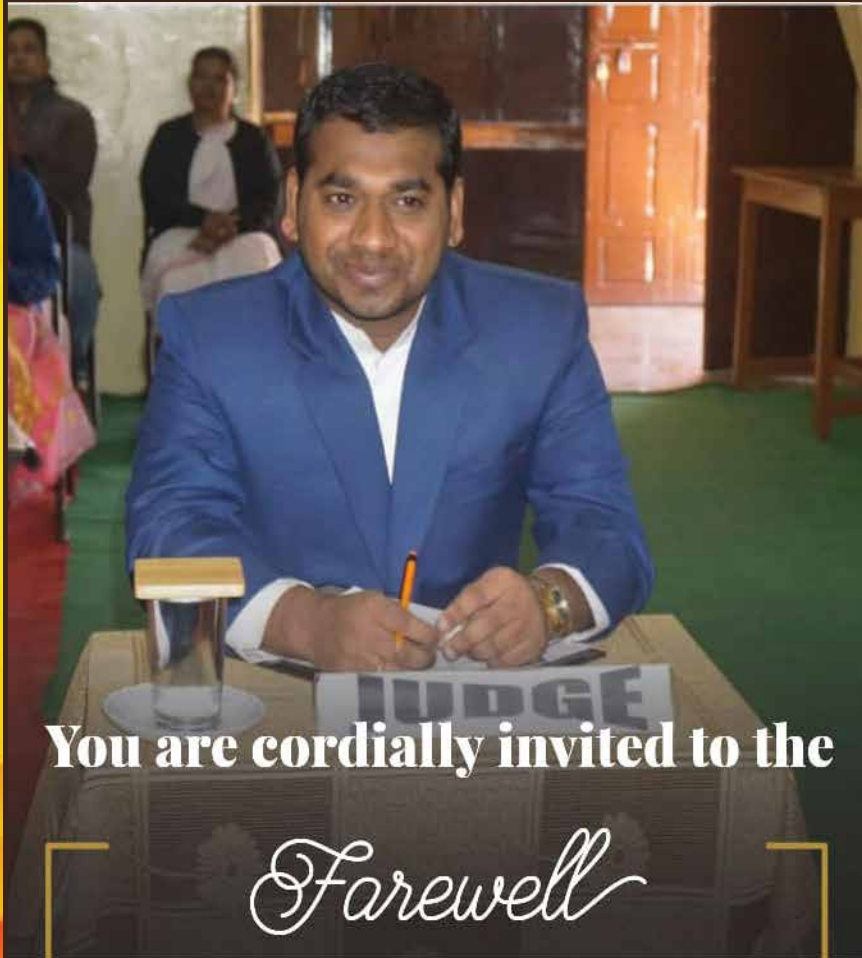
Dear ma'am, we have learned a good deal from you,
 You encouraged us over the years as we grew.
 With pride you said, "We'll all achieve",
 Now we are sad that you will leave.

Just wanna say, we will miss you a great deal,
 With you not around, awkward it will feel,
 Wish you the best as you retire,
 You will do all those things that you truly desire.
 Thank you so much ma'am!



-Keshika Verma
 7B.

FAREWELL - FR THARTHIUS



You are cordially invited to the

Farewell

HONORING
FR THARTHIUS

Saturday, August 1 at 11:40AM
Virtual farewell on ZOOM

*Best Wishes From Fr. Antony Solomon, Principal & Co.,
OLS School, 1st August, 2020*

FAREWELL - MRS. SALHURIA

A Memento of gratitude and praise
to our beloved teacher,
Mrs. Kalpana Salhuria
for her selfless, invaluable & Committed service rendered to all of us in OLS, Kullu
11th February, 2020

Our Lady of the Snows School, Dhalpur, Kullu



Father, I can never thank you enough for the things that you did for us and for the school. I would like to thank you from the core of my heart for your love, patience and kindness which you showered upon us. You are a very humble and generous person. Thank you father, we will miss your presence.
-Mitali Sharma
10B

Dear Father Tharthius, it is really hard for us to bid you goodbye, but we would use this opportunity to thank you whole heartedly for your selfless service and relentless efforts. You will always be remembered for your guidance, leadership approach and friendly behaviour. You've always been a great source of inspiration for all of us. Thank you for all the support and guidance that you provided us. We all are really grateful to you for your positive impact on our school.

"Words can't express our sorrow as we bid you farewell today. Your teachings will always light up the way that leads us to a better future."

We wish you endless happiness, peace and love. May luck and success always be with you.

*May you always have sunbeam to lead you,
Goodluck to charm you,
A sheltering angel
So nothing can harm you!*

-Lavanya Sood
10B

Dear father,

We all know these are hard times but we all know that we are all deeply connected for we are one impenetrable, inseparable family. We all kids adore you and you have been a great father to us all. We'll miss every bit of time we have spent with you. Thank you for everything and adieu father. Good bye and good luck!

-Shaivya Dhall
9A

One day we all have to say Goodbye to our loved ones. Goodbyes are often hard to bid but we can't run away from the truth and from our destiny and so is the scenario today. Today again with a heavy heart filled with a treasure full of happy and joyful memories, we have to say Goodbye. But dear father this is not the end of our love for you, we will always cherish and remember those precious moments spent with you, that every single Moral Science class, which was not just a class for us but our favourite part of the whole day actually the whole week. This was the class we waited for more than anything in a week and it was just because of you. Those classes with you just not created learning atmosphere for us but a class full of fun learning with so many activities. I can barely remember a day when we had a class and we have not been smiling. Just seeing you brightened our face. All those classes taught us that Moral Science is not just an additional subject but it is as important as any other subject. You always made us feel so special and important. You were more than just our teacher, you were our friend and the person who we can confide in disguised as our guide. You were always so frank

with us that we never hesitated to ask for chocolates from you. I can never forget those Moral Science classes which were always full of laughter and life changing lessons. From lessons on health to lessons on kindness we enjoyed every single class with you, and the funny part of all our lessons was that whenever you were angry we always predicted that you are joking and not serious, because we knew that you can only smile, we can never imagine you with a frowning face. But the best part of the whole journey is that, we will always remember your ever smiling face. Your journey with us has been very beautiful here and I pray to God Almighty that it may become more beautiful for you in years to come.

We bid you goodbye, not with the thought that we will never meet again but with the hope that we will meet again soon.

We just want to say THANK YOU father for being the part of our life and I pray to God this part continues forever and we will meet you soon.

We will always remember you in our prayers and,

WE WILL MISS YOU FATHER.....

-Anisha Thakur
10B

OLS PICNIC TOUR STAFF & STUDENTS



GOLDEN JUBILEE ALUMNI MEET-2019



OLS GALLERY (PRECIOUS MEMORIES OF OLS STUDENTS-STAFF ETC)







OLS GALLERY

CLASSWISE GROUP PHOTOGRAPHS

CLASS-IA



CLASS-IB



CLASS-II A



CLASS-II B



CLASSWISE GROUP PHOTOGRAPHS

CLASS-III A



CLASS-III B



CLASS-IV A



CLASS-IV B



CLASSWISE GROUP PHOTOGRAPHS

CLASS-V A



CLASS-V B



CLASS-VI A



CLASS-VI B



CLASSWISE GROUP PHOTOGRAPHS

CLASS-VII A



CLASS-VII B



CLASS-VIII A



CLASS-VIII B



CLASSWISE GROUP PHOTOGRAPHS

CLASS-IX-A



CLASS-IX B



OLS GOLDEN JUBILEE ICSE BATCH 2019-2020





**OLS
TEACHING
STAFF**



**OLS
NON TEACHING
STAFF**

FAREWELL FUNCTION-2019

