

SOPHIA GIRLS' SCHOOL MEERUT CANTT.



NEWSLETTER
2020-'21
Volume XVII

From the Principal's Desk



Dear Readers,

Each day is an extension God provides to improve ourselves, each opportunity a gift from him to rebuild ourselves, each new experience is an assurance of God's providence. Greetings to you all on yet another successful launch of the school newsletter.

The former President of America Mr. Barack Obama, rightly said, "Education is not a name of any degree or certificate that can be shown to others as a proof. Education is the name of an attitude, actions, language and behaviour with others in real life!"

The bygone year brought with it pangs of pain to humanity as the microscopic foe brought the world to a standstill. With graveyard silence wrapping the surroundings all over, it posed an unprecedented threat to our very existence. However, turning to God is and always shall be the only solace.

Nevertheless, this otherwise grim period of lockdown also unravelled infinite opportunities to evolve and shine out. It once again iterated the message loud and clear that the values of caring and sharing are universal and fundamental. It brought the families closer than ever before knitting them in one fabric of love.

How can I not remember the doctors, nurses and paramedics for working 24x7 instilling hope to the victims in times of crisis. May God reward them!

I also congratulate the parents who responded to the need of the hour and played multiple roles to the extent of being in the role of a Principal. Kudos to you for being perfect role models to your children.

The ever-changing scenario demanded that we too change gears. It fills me with pride to see how the teachers left no stone unturned to adjust to this novel mode of teaching – learning process. While on one hand, containment of the malignant COVID – 19 is our utmost priority, not compromising on educational ethics is our prime objective on the other. As Sophia Girls' School continues its mission with a vision, we thank the almighty, the supreme power for His benevolence. We can proudly affirm that with the unflinching support of the teachers and students we could accomplish our chalked-out activities for the session 2020-2021, of course online. I am sure this edition of our newsletter shall take the readers to the surreal world of pure joy and elation.

Sometimes it is required for a generation to be great, be that great generation. This is my message to you dear students as you shall be the architects of tomorrow.

God Bless you!

Co - Editor – Mrs. Namita Pant



Editor – Ms. Afshan Hasham

Dear Readers,

‘Life is not about waiting for the storm to pass but learning to dance in the rain.’

The COVID-19 pandemic disrupted the education sector globally forcing institutions to shift to online methods of teaching. Following the government directives, Sophia Girls’ School, also moved educational resources online, to virtual classrooms to ensure the safety of the teaching faculty and the students. However, the school kept the staff and the students in high spirits, and provided an excellent online platform wherein the students participated in various co-curricular activities thereby enhancing their creative skills.

As we fight the pandemic together keeping in mind the theme of the current session: ‘Vision 2020: I Can, We Can,’ we hope that these times will help us learn the true meaning of life with simplicity, in line with lasting values, love and respect for each other and nature.

We invite you onboard the **Sophian Cruise** - a look back at the cherished moments and accomplishments of the Sophian family, collated with utmost assiduity.

But before I leave you to peruse through this communiqué, I wish to convey my profound gratitude first and foremost to our patron **Rev. Sr. Gail**, for placing her devout trust in my capability and giving me the worthy task of compiling this newsletter. I also acknowledge and appreciate the contribution of Mrs. Namita Pant, Co-Editor, English, for contributing wholesomely in the shaping of this issue.

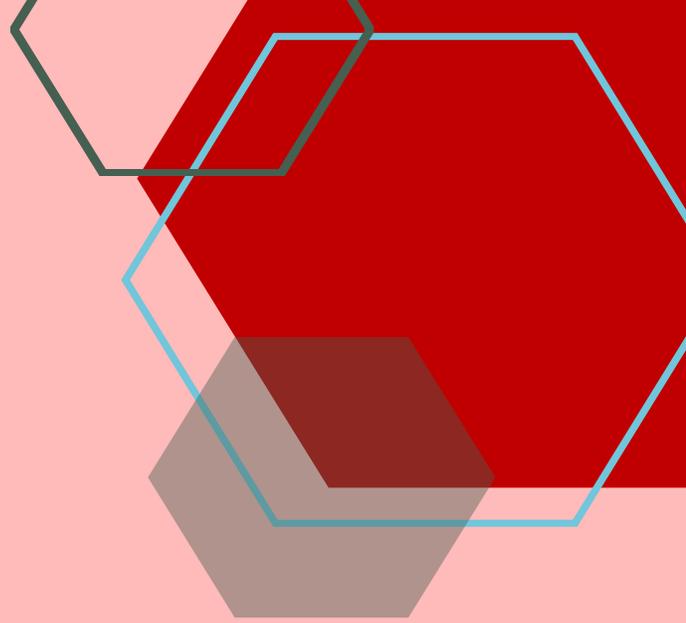
Above all, I thank Almighty God for his goodness and for showering His bounteous benedictions on us through all our ventures.

I convey my hearty wishes to all the readers and hope this souvenir will enjoy your acclamation.

Sub – Editor's Note.....
By – Ms. Vrinda Sharma
XII Science

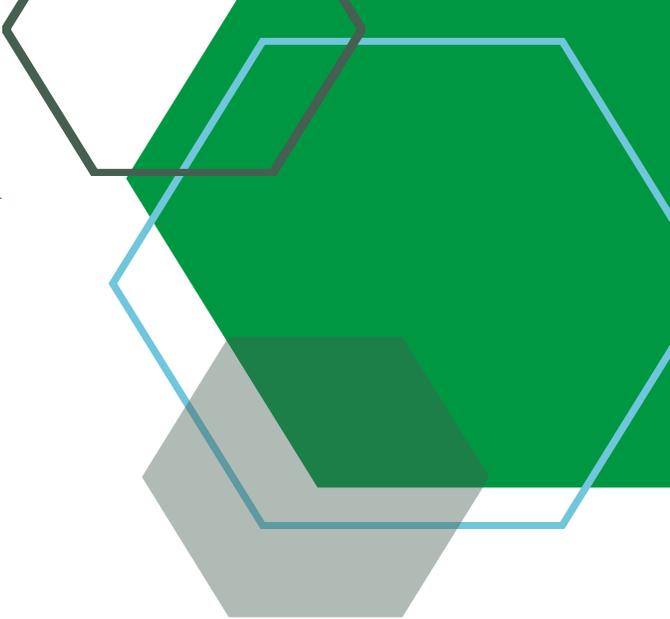


With the never-wavering values of leadership, honesty and integrity, lies the glory of the office of the Sub - Editor in English for Sophia Girls' School's editorial board. This office helped me bloom outside my comfort zone and explore the vaults of hidden potential in me. Through this office, I was blessed with an opportunity to learn a great deal from my teacher cum mentor, Afshan ma'am whose guidance was a lighthouse that ushered the ship of my talents in the right direction. Sophia Girls' School is a marvel of an institution and being a part of its editorial board has been a great honour for me. It has polished my skills to a gem-like sparkle and I hope to put my talents to use to do greater good in the society as I finally spread my wings to soar high and soak the sun of the vast, expansive world.



SPREADING CHEER THROUGHOUT THE YEAR

A Wrap Up of Activities in the Primary Wing (2020-21)



KNOW THE ARTIST IN YOU

(May 2020)

Various topics were given related to the pandemic to Class V students to showcase their creative and artistic skills. One such topic was – ‘Positive Fallout of the COVID-19 Situation.’ The children gave a picturesque shape to their perceptions on the situation and developed a positive attitude towards life.

CONFLUENCE 2020 – NURTURING CREATIVITY AND IMAGINATION

(May 2020)

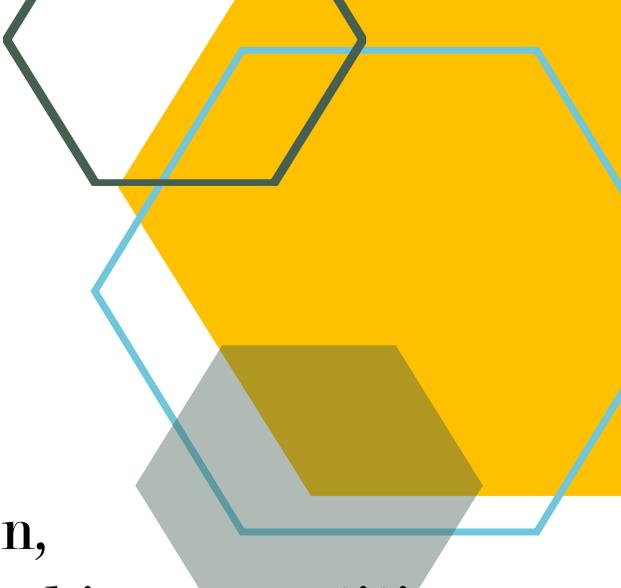
The students of the Primary wing participated in diverse Poster Making Competitions. The main objective was to bring out the creativity and inventiveness of the students and enable them to understand the gravity of some global issues such as road safety, water crisis, happiness amidst nature and kindness in human beings.

GANDHI JAYANTI – HOMAGE TO THE FATHER OF THE NATION (October 2, 2020)

As a tribute to Mahatma Gandhi on his birth anniversary, the students of Class V were asked to make posters, thus enabling them to be a part of our Prime Minister's campaign of a Clean India. Students of Class IV were made conscious about cleanliness through an innovative programme under which they were asked to make videos helping their mothers in household chores. Under the same initiative, the students of Class III were also asked to make their videos while cleaning their rooms. Students of Class II portrayed their love and respect for the Father of the Nation by making pictures related to him. In an attempt to spread information about the necessity of trees for a clean and green environment, students of Class I were asked to plant saplings.

DIWALI SYMBOLS MAKING USHERING IN THE SPIRIT OF FESTIVITY AND POSITIVITY (November 10, 2020)

Like every year, Diwali came with new hopes and new lustre. The students came forth with novel ideas in candle and diya decoration, lantern decoration, rangoli making and bandanvar making competitions. These competitions sparked a new light in every heart especially in such trying times.



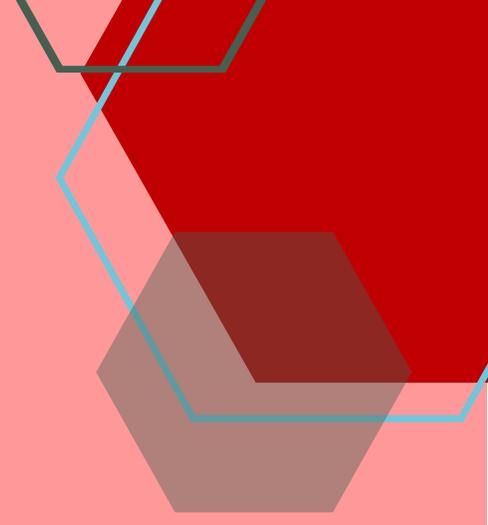
**CHRISTMAS SYMBOLS
MAKING COMPETITION
CHRISTMAS CHEER EVERYWHERE
(December 16, 2020)**

Crib making, Christmas tree decoration, bell and star decoration, and wreath making competition was all it took to spread the merry cheer of Christmas and brighten up the faces and souls of the Primary students and proved to be a befitting way to celebrate the birth of Lord Jesus – the Saviour of mankind.

IT QUIZ – TECH WIZARDS IN THE MAKING

(February 4, 2021)

The students of Class V were encouraged to participate in an online computer quiz on current IT topics. This stimulated their techno savvy brains to whole heartedly be a part of their favourite activity and even increased their interest in the subject manifold.



**A SPECTRUM OF ACTIVITIES
IN THE SECONDARY WING
(2020-2021)**



LIGHTS....CAMERA....ACTION

(April 10, 2020)



*'Start where you are.
Use what you have.
Do what you can.'*

- Arthur Ashe

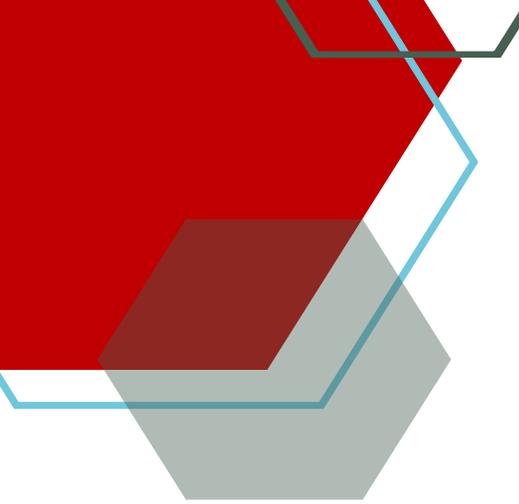
To lift up the spirit of the students, the school asked the students of Classes VI to X and XII, to prepare short films of approximately three minutes duration, on “Issues Close to their Hearts” in the safe environs of their homes. The students participated enthusiastically in this digital competition as it was an all-new experience for them. Best two videos from every section were uploaded on the school website for everyone to view.

INDIA KA SUPERSTAR

(April 24, 2020)

'Your talent is God's gift to you. What you do with it, is your gift to God.'

Vidya Prakashan Mandir organized an online talent hunt competition in pursuit of the best talent in the field of drawing and painting, art and craft, singing, dancing and instrumental music and Hindi and English story and poetry writing. It was an open contest for children from the age of 3 to 18 years. Sophians participated in a large number in diverse competitions and won laurels for themselves as well as for the school.



ENGLISH & HINDI CREATIVE WRITING COMPETITION

(April 27, 2020)

‘Writing is the painting of the voice.’ - Voltaire

The school launched yet another creative initiative for Classes I to X and XII, to provide the students a platform to channelize their creativity by writing and releasing their mental stress. The students of different classes were asked to write poems, prayers, experiences and essays on diverse topics and submit their creative expressions on reopening of the school with the inducement that the best compositions would be rewarded.

LABOUR DAY CELEBRATION

(May 1, 2020)

*‘If I cannot do great things, I can do small things in a great way.’
- Martin Luther King*

To applaud and acknowledge the painstaking efforts of our helping staff, the Sophian family celebrated their day on the virtual platform but with great zeal, inculcating in the young students the values of kindness and appreciation. The students of Class VII expressed their gratitude and respect for their selfless service through posters and self-composed poems. A heartfelt tribute was paid by the students of Classes IX, X and XII, through audio and video messages and handmade posters, to Mr. Naresh Chand, a dedicated senior member of the school maintenance staff and Physics Lab Assistant, who left for his heavenly abode on March 14, 2020.

SAVE MONGOOSE CLEAN ART CAMPAIGN (May 10, 2020)

*'Those who protect and save other animals lead the way
in protecting and saving humanity and earth.'*

All living beings whether plants, animals or humans are intricately woven in the fabric of nature, delicately balancing it and imparting it amazing beauty and uniqueness. It is a harsh reality that this beauty is continuously being marred by the selfish motives of some greedy humans who are engaged in indiscriminate destruction of animals thereby disturbing the balance of nature. One such animal, which plays a very important role in balancing the eco system, is the mongoose. It is being mercilessly hunted for its fur, which is used in making varnish and paint brushes. **The Wildlife Crime Control Bureau** launched 'Operation Clean Art' with the aim to sensitize students towards mongoose protection and say 'no' to paint brushes made of its furs.

Sophia Girls' School has always appreciated and supported such noble initiatives and to make this campaign a success, our Principal, Sr. Gail left no stone unturned. The tender minds of the young students were exposed to animal trafficking, its destructive consequences and ways to conserve and protect them. The information was disseminated to 3000 students through online classes, WhatsApp messages and was even displayed on the school website. The students were pained to learn about the brutal behaviour towards the innocent creature. They pledged not to use brushes made of mongoose hair and thus help in saving them. Such initiatives help in developing the students into compassionate and caring human beings.

SISTER YVONNE: AN UNTIRING SOUL

(May 15, 2020)

*'The eternal God is your refuge, and
His everlasting arms are under you...'*

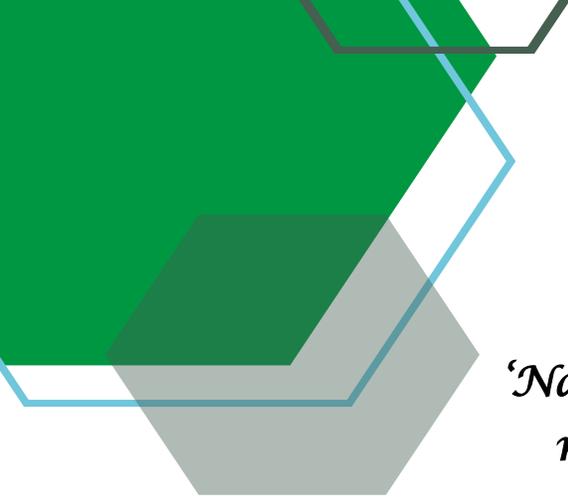
- Deuteronomy 33:27

Death is inevitable. The goal is not to live forever, the goal is to create something that is everlasting. Sister Yvonne, a stalwart of the Congregation of the Mission Sisters of Ajmer, not only lived a pious and blessed life but also touched the life of others in a special way. Sister was a pioneer, a visionary and an epitome of piety, courage and determination. Sister was a blessing to all as a dedicated member of the church. Sister is fondly remembered by her students and the teachers who worked under her guidance as a great teacher, an able administrator and a loving, generous and warm-hearted person. Her contribution in the field of education and building Karuna Hospital was commendable. She holds a very dear place in the hearts of the entire Sophian family, Meerut, and will always be remembered as a dedicated Principal and Superior and a loving and caring Counsellor.

May God grant Sister eternal reward for her services to mankind by counting her among His chosen ones.

Those we love don't go away; they walk beside us every day.

Unseen, unheard, but always near; still loved, still missed and very dear.



A WALK WITH NATURE

(May 28, 2020)

'Nature is a tool to get children to experience not just the wider world, but themselves.'

- Stephen Moss

Planting a tree is a universally recognized act – it is a symbol of caring for our environment and a tangible way to connect with nature. To sensitize students towards safeguarding nature, a Value Education Project was assigned to them wherein each one was asked to sow seeds of either fruit bearing or shade bearing perennial plants in a pot, garden or an open area around their house and experience the joy of seeing it grow. The students were asked to capture their observations in photographs or audio-visual films of every stage of their respective plants.

CONFLUENCE 2020 - A MEDLEY OF ACTIVITIES

(June 1, 2020)

'School is one big family with an optimistic mindset to engage students in a healthy behaviour and to help them achieve their goals.'

To help maintain a high morale of the students, to advance their mental, physical and creative skills and to engage them in fun filled and interesting activities during the pandemic times, Sophia Girls' School, Meerut, organized an inter - school event "Confluence 2020." This event mainly aimed at spreading the virtues of happiness, love and faith in students. The online activities were not only educative, interesting and creative but they also sensitized the students towards their contribution as a responsible, caring and loving global citizen.

The plethora of activities organised included Story- Telling through Short Videos, Singing and Dancing, News Reading, RJ in the Making, Physical Fitness and Ramp Walking. The activities like Joy of Giving, Corona through the Eyes of a Child, Mother- A Walking Miracle and Martyrs - The Immoral Souls, made the students exhibit their love, care and concern towards the society.

All together there were 14 different activities which were judged by 30 experts from diverse fields. The efforts of the students were appreciated by all the judges. The event was a grand success and e-certificates were awarded to the winners and participating students. Such activities help unravel new vistas in education thereby encouraging the students to widen their horizons.

It is truly said that children are naturally creative. It is our job to give them freedom, materials and space to let their creativity blossom to its full potential.

ADIEU TO SISTER KAREN **(June 1, 2020)**

*'Fare thee well, for its time to leave,
Let not the parting make you grieve;
May God be with you, is our earnest prayer,
May He keep you in His choicest care.'*

It was a poignant moment for the Sophian staff to bid adieu to Sr. Karen, a smiling angel. It was a pleasure and honour to work under the able guidance of Sister Karen who worked in the capacity of the Manager as well as the Vice Principal of the school. Though the pandemic impeded the physical presence of all the staff members to say good bye to their loving Sister but could not stop the warm wishes, greetings and messages that were sent to her through the digital platform in the form of a presentation. Prayers and petitions were offered to God Almighty to bestow His benedictions on Sister Karen and to illumine her path as she takes her next step to serve humanity and assume new office and responsibilities. A few senior teachers of the staff visited Sister and bid her farewell, wishing her a successful and fruitful journey ahead. Sister thanked everyone for their love and support, and promised to keep everyone in her prayers.

Wishing you much joy and happiness as you begin a new chapter of your life.

WELCOMING SISTER JACINTA

(June 1, 2020)

'Sunshine is a welcome thing. It brings a lot of brightness.'

It was indeed a special moment for the Sophians to welcome Sister Jacinta, the new Vice Principal of the school. This was the second time that Sophia Meerut was blessed by her presence. Sister's first inning in Sophia as the Bursar, was indeed remarkable and truly appreciable. The teaching faculty was all set once again to work under her able guidance. Sister assured every one of her enduring support in the coming times.



**PAYING HOMAGE TO
THE CORONA WARRIORS
(July 28 - 31, 2020)**

*'The most truly generous persons are those
who give silently without hope of praise or reward.'*
- Carol Ryrie Brink

Amidst the Corona crisis, when the country had given up all hope, the nation's corona heroes – the soldiers, the health workers, the police and the administrative department, proved to be a ray of hope and light in the dark. Paying homage to these heroes didn't seem to be an easy task but Sophia Girls' School made them feel loved and accredited their unwavering commitment by distributing handmade rakhis. Raksha Bandhan, a festival that glorifies the bond of eternal love between brothers and sisters, also signifies the promise of always protecting the ones we care about. Sister Principal, Sr. Gail along with some members of the teaching staff, personally met some renowned Corona fighters and gave them boxes of love filled with beautiful rakhis made by the students of the school, acknowledging the unswerving courage, determination and dedication of these heroes towards fighting Corona by risking their lives. This initiative was an unconventional approach to salute and honour the brave hearts who have worked tirelessly, putting their own lives and the lives of their loved ones in jeopardy, to save the nation from the deadly pandemic.

ORATE MUN SUMMIT

(August 8 & 9, 2020)

*'All power is within you;
you can do anything and everything.'*

- Swami Vivekananda



MUN is all about opening vistas of knowledge, enhance personalities, recognize potentials, bring youth forward and express views to make change in the world. 27 students of Sophia Girls' School, Meerut, participated in the Orate MUN Summit, 2020 and connected with delegates from across the globe on the virtual platform. The summit had 3 UN simulation committees - WHO, UNHRC and UNCSW. Mrs. Shweta Chopra – Mrs. India 2019 and Mr. Varun Talwalkar - a Lifestyle Influencer, were the distinguished guests. 26 students participated in one committee each, putting up an exemplary performance and showcasing their leadership skills. 7 Sophians received prizes including cash prizes and certificates of merit, whereas participation certificates were awarded to all.

The Secretariat members and winners are as follows:

SECRETARIAT

Khushi Chadha – USG Delegate Affairs & Content Writer. She was awarded certificates, Letter of Recommendation and Rs. 750 Cash Prize.

UNHRC: UNITED NATIONS HUMAN RIGHTS COUNCIL

WINNERS:

Kavya Rajput - High Commendation & Rs. 250 Cash Prize

Shivranjani - Special Mention

UNCSW: UNITED NATIONS COMMISSION ON THE STATUS OF WOMEN

WINNERS:

Tisha Arora – High Commendation

Kashvi Arora – Special Mention

Suhani Vyas – Special Mention

Kajal Goel – Verbal Mention

The other participants were Priyanshi Singh, Agrima Arya, Priyanjali Garg, Khushi Jain and Hamda Rehman.



SAVE WATER
THE LIFE-GIVING ELIXIR
(August 13, 2020)

*'We forget that the water cycle
and the life cycle are one.'*

- Jacques Yves Cousteau

Conservation of water and reduction in water pollution have been the top priorities of various government departments, NGOs and environmentalists all around the globe. Water resources, the life support systems of all organisms on earth, have been fast depleting. Working towards the cause of water conservation and spreading awareness regarding the same, the Department of Drinking Water from the Ministry of Jal Shakti, took the initiative of indoor digital and outdoor physical exhibits to use modern technology to chronicle India's Swachhta journey in a high-tech edutainment format. In association with the same, two competitions were held where students of Sophia Girls' School showed active participation from the corridors of their own homes.

The competitions were: - Classes VI to VIII- Painting Competition and Classes IX to XII- Essay Writing Competition.

**CELEBRATION OF 50 GOLDEN AND GLORIOUS YEARS
IN THE SERVICE OF THE LORD**

(August 14, 2020)

*'We don't serve God to gain His acceptance; we are accepted so we serve God.
We don't follow Him to be loved; we are loved so we follow Him.'*

- Neil T. Anderson

August 14 was indeed a blessed day that witnessed the joyful occasion of the Golden Jubilee of Sr. Sarah. The devoted, dedicated, spiritual and committed life of Sister was celebrated by the teachers and the Sisters of the Management. The occasion commenced with a welcome song followed by a warm welcome note. Prayers were offered for Sister's well-being and good health, followed by felicitations by the Sisters of the Management and the teaching staff. The entire Sophian fraternity expressed gratitude to Lord Almighty for having gifted us a true worker in the person of Sr. Sarah, who has always worked tirelessly for the benefit of humanity.

The life journey of Sr. Sarah with the Mission Sisters of Ajmer was presented through a wonderful video presentation that highlighted the noble and inspirational endeavours of Sister as a follower of the Lord.

Sr. Sarah thanked the Almighty for being her constant guide and companion. She also appreciated the efforts put in by the Sisters of the Management, the teachers and the helping staff in making the event so blessed and special. The event culminated with a cake cutting ceremony followed by a sumptuous lunch.

Dear Sister, your abiding devotion and faithful service to the Lord has touched countless hearts and inspired so many souls. **'What a blessing you are to all of us!'**

INTER – SCHOOL HINDI DEBATE 2020 & SONG AND DANCE COMPETITION (August 14 & 15, 2020)

*‘Competition reveals the greatness
that’s already within you.’*

On the occasion of the 74th Independence Day, Hindi Jyotsna Club of La Martiniere for boys organised a virtual Annual Patriotic Meet, which saw the participation not only from schools in Kolkata but also three schools in Meerut, Sophia Girls’ School being one of them. On August 14, an Inter-School Debate Competition was organised online in which 18 schools took part. It was held in two rounds. The topics for the two rounds were “Online Classes are Useful for Students” and “Money is the Only Motivation of Work” respectively. It was indeed a proud moment for Sophia Girl’s School as Priyanshi Singh of Class VIII bagged the ‘Best Speaker’ award against the motion. Samridhi Singh also of Class VIII, spoke for the motion and got the participation certificate.

On August 15, a Patriotic Song and Dance Competition was organised which was attended by the students of 22 schools. The children prepared videos at home, which were then compiled into one video and was uploaded on the YouTube. Saanvi Bansal and Atishi Bansal of Class VIII participated in the dance event and received certificates of participation.

May God bless the endeavours of the Sophians and be their guiding light!

TRICOLOUR SKIES AND PATRIOTIC VIBES

(August 15, 2020)

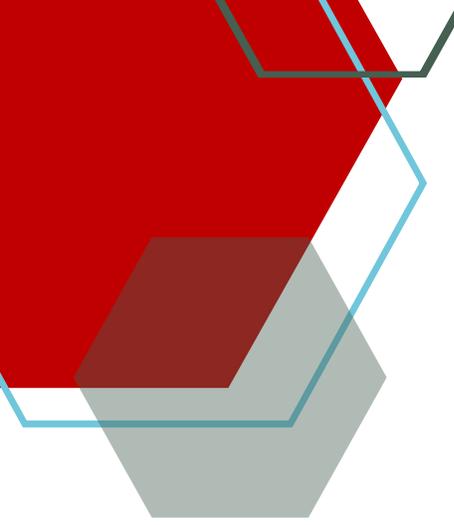
*‘Only the people who take learning, growth and skills development in their
own hands will be tomorrow’s leaders.’*

- Alli Worthington

On the glorious event of India’s 74th Independence Day, the Sophians were given an opportunity to showcase their nationalistic fervor and skills through diverse activities, wherein the students were encouraged to participate from the safety of their own homes. This series of competitions lifted up the gloomy spirits of all the students and their family members, who also helped their children in participating in these activities.

The competitions were as follows:

- Class VI – Hindi Speech Competition
- Class VII – English Speech Competition
- Class VIII – One Act Play (Hindi)
- Class IX – One Act Play (English)
- Class X – Musical Symphony - An Ode to the Nation
- Class XI – My Dream of India in 2021
- Class XII – Patriotic Dance Competition



A TRIBUTE TO THE NATION (August 15, 2020)

*'Every nation has a message to deliver,
a mission to fulfil, a destiny to reach.
The mission of Indians has been to guide humanity.'*
- Swami Vivekananda

Independence Day fills the heart of every Indian with love for the country and the countrymen. Sophians celebrate this day with untiring zeal and enthusiasm every year but due to the COVID-19 situation the school campus missed the physical presence of the enthralling and vibrant Sophians. The management and the teachers of Red House got together to celebrate this day glorifying the courage and valour of not only the soldiers at the border but all the Corona warriors as well. The Chief Guest for the day, Mrs. S. Ghuman, was warmly welcomed by Sister Principal, Sr. Gail and all the Sisters of the Management. After the unfurling of the National Flag, the harmonious recital of the National Anthem filled every nook and corner of the school campus with the spirit of nationalism and happiness. A prayer service was conducted by the teaching staff that commenced with the readings from the scriptures of all religions followed by prayers for the protection of all the countrymen, soldiers and their families, global citizens and a special prayer for COVID-19 warriors who have served mankind at the cost of their own lives. Sister Principal, Sr. Gail wished a happy and healthy Independence Day to all and prayed to the Almighty for protecting everyone from the fatal disease. The Chief Guest, Mrs. Ghuman conveyed her heart felt wishes and shared her views on the development of the nation in the field of education, trade, technology, defence and women empowerment. In her message to the young Sophians, she advised them to stay safe, stay indoors, follow the health guidelines and study sincerely thereby exhibiting their patriotic feelings for their motherland.

Let us celebrate the glory of free India and uphold the Pride and Honour of being an Indian.

TEACHERS' DAY CELEBRATION (September 4 & 5, 2020)

*'If the country is to be corruption free and become a nation of beautiful minds,
I strongly feel there are three strong societal members who can make a difference.
They are the father, the mother and the teacher.'*

- Dr. A. P. J. Abdul Kalam

The role and responsibilities of a teacher keep changing with time. They equip themselves with the state-of-the-art skills and knowledge to make learning easy and interesting for their students. In this current situation of COVID-19 pandemic, the educators have made a lot of efforts to keep the education system intact. In order to show their love and gratitude for the teachers, the Sisters of the Management organized a short prayer service on September 4, 2020, invoking God's presence. It was indeed a pleasant surprise for all the teachers who were deeply touched by this generous and kind gesture of the Sisters. To make the day more special the teachers were presented a sapling as a mark of their unwavering love and concern. The management and the students of the school also acknowledged and appreciated the efforts of their dear teachers on the digital platform on September 5, as the schools were shut down due to the pandemic. Although the students missed the celebrations in school but they exhibited their love and respect for their teachers through an online presentation which included a very meaningful prayer service, some mesmerizing dance performances, soulful songs and well recited self-composed poems. Even the tiny tots of the K.G. section and the adorable students of the Primary wing shared their warm feelings for their loving teachers. Sister Principal, Sr. Gail congratulated all the teachers for their untiring efforts in making sure that no child is left out. She expressed her prayerful wishes for the safety and wellbeing of each teacher and their family members and encouraged them to keep up their good work. **May God bless us all!**

FEAST OF THE EXALTATION OF THE HOLY CROSS (September 14, 2020)

*'If anyone would come after me, let him deny himself
and take up his cross and follow me.'* -Mark 8:34

September 14 is celebrated as "The Feast of the Exaltation of the Holy Cross" - A celebration and commemoration of God's greatest work - his salvific death on the Cross and His Resurrection through which death was defeated and the doors to Heaven opened. We at Sophia celebrate a day prior, as the day of reverence, love and thanksgiving, a day to express our regards and pay respect to our dear Sisters of the Management who have dedicated their lives to the service of humanity and for the greatest purpose of educating and uplifting the Girl Child.

Due to the restrictions imposed by the government on account of the COVID-19 pandemic, students could not be present in the school and only a few members of the teaching staff were permitted to hold a short prayer service to entreat God's blessing upon the Management of the school. The students though couldn't be present physically, made their presence through virtual messages of the Head Girl and other members of the newly formed Student Council in the form of a video presentation.

The management was presented a common floral bouquet and small tokens of gratitude by the staff members, followed by a PowerPoint presentation exhibiting the importance and the reason for celebrating this auspicious day. It also showcased the way Sr. Principal and all the Sisters of Sophia, Meerut, bravely moved to reach out to the sick and suffering. Not a day did these brave souls sit back at home, but were out on the streets to help people in whichever way they could – giving food and other basic necessities, making and distributing masks, educating people about the precautions to be followed, offering prayers for the entire world to be healed it is a never-ending list.

Sr. Superior, Sr. Sarah's meaningful message through a PowerPoint presentation had a special touch of her personal views and was a cherry on the top.

Thanks giving could not be complete without the cake cutting ceremony that signified the will to celebrate life even in the dreariest of situations.

COVID – 19 AWARENESS CAMPAIGN

A STRONG STEP TOWARDS A SAFE AND HEALTHY INDIA

(October 1 – 5, 2020)

*'If our youth arise and act, they have the strength
and dynamism to generate a huge transformation in society.'*

The role of education in the present times to prevent, limit or slow down the spread of Corona virus, is indeed important. Schools are the primary institutional form of government which are linked to the community through children and their parents. Information and knowledge can be communicated effectively through the students thus making them an important part of the COVID-19 Campaign. With the purpose to strengthen the students' participation in fighting the deadly virus the CISCE launched this programme in its affiliated schools encouraging students to make this campaign a success by spreading awareness among the masses through various activities.

As a part of its social responsibility, Sophia Girls' School joined the campaign of the CISCE with activities related to public health. Class VIII was encouraged to be benevolent towards the needy through the activity 'Charity Begins at Home.' They were also made aware of the 'Aatm-Nirbhar Abhiyan' and were motivated to buy local goods to give boost to the Indian economy. Class IX students contributed to this campaign by composing jingle toons advertisements and bring out a message to focus on preventive measures. The students of Class X gave their input by presenting a short message or a song on the awareness about the virus via Radio Jockey and FM Station Campaign while Class XI students got the opportunity to spread awareness about physical health through exercises to fight COVID-19. The senior most students of Class XII Science and XII Commerce were provided an opportunity to express themselves to tackle two issues of national concern, "Pollution Impact during COVID-19" and "Atrocities on Women" respectively. The active participation of the students not only exhibited their talents and skills but also proved that they are sincere and honest in dispensing their duties towards their nation like a true leader.



**POLE STAR FOR THE
YOUNG VISIONARIES
(October 24, 2020)**

'Our students need to learn that planning is the key when picking a career and deciding what you want out of life.'

- Chris Ross

This Saturday morning brought with itself an opportunity for the about-to-bloom students to have a deep insight into degrees and courses offered by various colleges in diverse universities like Ashoka University, Korea University, Plaksha University, Indian Institute of Hospitality, O.P. Jindal Global University, NIIT, Marangoni and others. This was done through an online video calling platform. Representatives from all these institutions provided the attendees valuable information regarding the benefits of their respective institutes and the courses offered, and prioritized passion for the students' choice of subjects as it is what truly inspires and motivates them to do more. At the end, an open question and answer session was organised for the attendees to clear out all possible doubts and confusions.

**FIGHTING AWAY THE NEGATIVE VIBES
A WEBINAR BY TEAM GIRL UP
(October 31, 2020)**

'Think of all the beauty still left around you, and be happy.'

- Anne Frank

Girl Up is an association founded by the United Nations Foundation to help and support the UN agencies which focus on empowerment of adolescent girls. On the bright morning of October 31, Sophia Girls' School became the proud platform for Girl Up Meerut group, to present itself and express its views before the students of Classes IX to XII, by the means of an interactive webinar. The highly intellectual and motivational speaker, Mr. Deek Parassini, played the pivotal role of conveying the actual realistic idea of what we call depression and anxiety. The webinar strongly focused on making the students aware of the fact that depression and negativity are what we create around us on our own. This webinar also introduced children to the fact that another important reason for overthinking among adolescence is an unengaged or idle mind. Through this webinar, the children were enlightened on how one should not trust every article they read on Google blindly and assume that it is their condition. One should first analyze what is keeping them low and then work to eliminate it out of their life.

DIWALI – THE HARBINGER OF JOY, LIGHT AND GOODNESS

(November 11, 2020)

*‘Candles of hope are burning bright,
Filling our hearts with eternal delight.’*

Diwali, the festival of lights, always brings with it happiness and delight. This auspicious festival is celebrated with enthusiasm and zeal by the Sophians every year. The current raging pandemic situation impeded the celebration in school but couldn't dampen the Sophian spirit to spread the light of love, joy, hope and happiness. The management, teachers and students enjoyed the spirit of togetherness on the virtual platform. The students gave a powerful message to stay indoors and protect oneself from the Corona virus through the life of Lord Ram, Sita and Lakshman thus proving that the Ramayana had an impact in the past, is impactful today, and will be so in the future as well.

The students portrayed some important events from the life of Lord Ram, Sita and Lakshman during their exile such as the crossing of 'Lakshman Rekha' by Sita and its consequences, the way a small leaf kept Ravana away from her during her stay at Lanka and the fire ordeal given by Sita to prove her purity. Through all these events the students highlighted the importance of staying at home and not to get lured by the invitation of friends and cross the 'Lakshman Rekha' of their homes. They also emphasized on wearing the mask as protection against the virus and use of warm water, warm food and steam that will keep the virus away protecting the body from illness. The students were encouraged to celebrate an eco- friendly Diwali and support the 'Aatm-Nirbhar Bharat Abhiyan' and be vocal for local thus spreading love, joy and prosperity.

Sister Principal, Sr. Gail expressed her concern for such families who lost their near and dear ones due to COVID and advised the students to brighten the life of such people through their kind and generous acts. She prayed for the good health and well- being of the entire Sophian fraternity and beseeched the Almighty to dispel the darkness of Corona virus and bring in the light of hope, peace, happiness and prosperity in everyone's life.



CHILDRENS' DAY CELEBRATION

(November 10, 2020)

'The soul is healed by being with children.'

- Fyodor Dostoyevsky

When it comes to the well-being or the happiness of their students, the management and the staff of Sophia Girls' School always go an extra mile to do their best and how could they let go the opportunity to greet and bless the students on Children's Day. In the wake of the present scenario, they took to the virtual platform to express their love and shower their blessings on their beloved students. A prayer service was organised imploring the Lord to instil in them virtues of leadership, hope, generosity, humility, grace, strength, courage, kindness, charity and to lead them on the path of righteousness. The acme of the entire presentation was the amazing dance performances by the Sisters and the teachers. This astounding gem of a presentation came to a beautiful conclusion with Sister Principal, Sr. Gail's words of wisdom and prayer to keep the students healthy and be successful in life.

FINLAND MEETS INDIA

(November 26, 2020)

'The main hope of a nation lies in the proper education of its youth.'

- Erasmus

The All-India Association of Catholic Schools in collaboration with Thinglink Education, Finland, conducted a webinar for bishops, manager superiors, education directors and secretaries, principals and teachers with the aim to compare and collaborate the Finnish education policy with the New Education Policy of India that will come to effect from 2023-24. The resource personnel on the panel discussed diverse factors pertaining to the current education system, be it to fight inequalities in education, provide quality education not only to the students but to the teachers as well, make a judicious use of technology and digital devices specially in the present scenario, adopt a flexible education system, avoid rote learning among students, impart values and develop humanistic ethos among students, improve learning and teaching skills and many more facts that would be beneficial to both students and teachers. This hour-long webinar was attended by more than 3000 educationists and provided motivation to all to work towards an enhanced education system that would cater to the demands of the 21st century youth and the welfare and well-being of the world at large.

FOUNDER'S DAY CELEBRATION **(December 10, 2020)**

*Each of you should use whatever gift you have received
to serve others, as faithful servants of God's grace
in its various forms.'*

- 1 Peter 4: 10

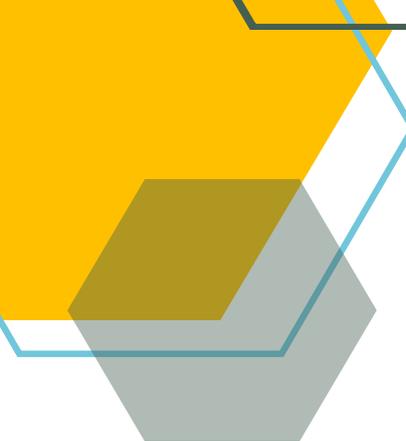
This quote truly accentuates the life of Bishop Henry Caumont, the founder of the Mission Sisters of Ajmer. He was studious and hardworking, gifted with great intelligence, delicate artistic sense and personal charm. His birth anniversary is celebrated as the Founder's Day by the Sophian fraternity with a purpose to increase awareness of the students about the glorious achievements of our founder, Bishop Henry Caumont. This year the life journey of our founder was presented on the virtual platform. The students witnessed the glorifying work of the Bishop in uplifting the life of the poor and destitute and his tireless efforts to educate the women of Rajasthan which was indeed a herculean task. Prayers were offered for the Sisters of the Management asking God to keep them healthy and safe as they carry forward the legacy left by our dedicated founder. The presentation ended with the peace prayer of Saint Francis of Assisi, 'Make me a channel of your peace' which is indeed very meaningful in the present situation.
May the life of each Sophian be illumined with wisdom, knowledge and blessings of the Lord!

HUMAN RIGHTS DAY

(December 10, 2020)

'All human beings are born free and equal in dignity and rights.'

To promote awareness about the social, cultural and physical rights of the people among the students, a short video, displaying the importance and history of the Human Rights Day, was presented by the students of the Yellow House. The blessings of the Almighty were sought through prayers, petitions and readings from the holy scriptures. The students were not only apprised of their rights but also sensitized to respect the rights of others with their words and deeds.



jag ART – A VIRTUAL ART WORKSHOP
(December 10, 2020)

‘No Human Rights without the Earth Rights.’

NINEISMINE, a national advocacy campaign of, for and by the children, organized a virtual art workshop ‘jag ART’ in collaboration with Adelaide Central School of Art, Australia, to appreciate the creative work of the students from 96 schools from across India. The PRATyek Society which is the convening organization for the NINEISMINE Campaign, trains the young minds and provides them the opportunities to understand, enjoy and accomplish their rights. The virtual art workshop was a wonderful platform for the students not only to showcase their talents but also to contribute towards the sustainable development of the earth through their imaginative and artistic expressions. The creative masterpieces of the students were presented in the form of five MP4 books based on different Global Goals aiming at sustainable development of the earth and Rights of the children to lead a healthy and happy life. The MP4 books were released on the Human Rights Day. One of these books was released on an international platform, TEDx COUNTDOWN on October 17, 2020. The UNICEF India has used some of the illustrations of these books on its different handles. The students of Sophia got a wonderful opportunity to witness this creative conclave. The Sophians were truly inspired by the art work of the students and were motivated to contribute towards the sustainable development of the earth by the enlivening and inspirational inputs of the guest speakers.



FITNESS WEEK 2020
A CISCE INITIATIVE
(December 13 - 19, 2020)

*'Exercise not only changes your body;
it changes your mind, your attitude and your mood.'*

Physical activities and sports are indispensable in a student's daily routine. To encourage the school children to indulge in active field time 'Fit India School Week' programme was launched in 2019 by our Hon'ble Prime Minister, Shri Narendra Modi. Sophia Girls' School, in coordination with CISCE, celebrated the 'Fit India School Week - 2020.' The students, parents and staff of Sophia once again used the virtual platform effectively to showcase their physical and mental fitness and high spirits during the COVID-19 pandemic. It was a six-day event organized under the guidance of Mr. Mirza S. Baig, Mrs. Sangeeta Sharma and Mrs. Julie Singh. Class VI expressed their ideas on fitness through self-composed poems, whereas Classes VII and VIII showcased their skills through poster making and essay writing competitions on the topics 'New India Fit India' and 'Fitness Beats Pandemic' respectively. The staff and students also participated in the various virtual challenges as squats challenge, rope skipping, spot jogging and step-up challenge, and ball dribbling challenge. The students also participated in fun and fitness activities that included Zumba, self-planned workout, common yoga protocols, brain games, zig zag and shuttle running. Students were enlightened through a symposium and a lecture on 'Diet & Nutrition during Pandemic' and were encouraged to use home based equipment for fitness activities. Sister Principal, Sr. Gail also contributed in making the programme a success by motivating the students, parents and the staff. Such initiatives instil in the students the significance of regular physical activities and higher levels of fitness, thus enhancing their self-esteem and confidence.

MAKE IT A DECEMBER TO REMEMBER
(December 13, 2020)

'The world is one, Christmas is for everyone.'

To celebrate Christmas in its true spirit and to encourage children to showcase their talents and skills in various fields, some fun filled activities were designed for the students' participation. Class VI was engaged in the activity of making Christmas symbols and an Inter-Section Carol Singing Competition in English and Hindi, the students of Class VII showcased their expertise in storytelling and as radio jockeys, Class VIII put their baking caps on and prepared cookies and delicious cakes for their less privileged brethren, Class IX students showcased their painting skill by designing a colourful and unique COVID stamp while Class XI students prepared video presentations exhibiting their physical and emotional attributes for the well-being of their families. All the students participated energetically and the best entries were appreciated and awarded certificates

JOLLY – HOLLY DAYS TO YOU AND YOURS! (December 23, 2020)

*'Christmas will always be, as long as we stand
heart to heart and hand in hand.'*

- Dr. Suess

Like most festivities this year, Sophians celebrated Christmas, the festival of love, joy and hope virtually, imploring Lord Jesus to render His healing touch and divine grace on all the people around the world. 'The Christmas Story' began on a positive note with a mesmerizing dance performance on 'Yeh wakt bhi guzar jaega' followed by a short skit that gave a loud and clear message that Christmas is all about caring, sharing, spreading love and above all serving mankind specially during the pandemic situation. The dance performance by the Primary students was a feast to the eyes. Sister Principal gave a befitting message 'Love is the essence of Christmas' and urged the students to celebrate Christmas in its true spirit by being a beacon of love, hope and joy for others.

'Truly Christmas is tenderness for the past, courage for the present and hope for the future.'

NATIONAL WEBINAR

(January 5 & 6, 2021)

*'Continuous effort - not strength or intelligence
- is the key to unlocking our potential.'*

- Liane Cardes

Sophia Girls' College, Ajmer (autonomous) hosted a National Webinar on 'Making India a Global Sports Powerhouse' on January 5 & 6, 2021. It was organised by the Department of Economics and Physical Education to discuss the various challenges that hinder the progress of India in the field of sports through open discourse by various sports persons and subject experts. It discussed the various careers in sports, the reason students drop out of it, the need for building sports culture and the toxicity that sometimes revolves around sports. It was a golden opportunity for our students to not only participate in this webinar as audience but also express their views on these issues. E -certificates were awarded to the students for the same.

KHADI FOR NATION, KHADI FOR FASHION (January 13 & 14, 2021)

*'Imagination is the beginning of creation.
You imagine what you desire,
you will what you imagine,
and at last, you create what you will.'*

- George Bernard Shaw

The Khadi Design Council of India in association with Vidya Institute of Fashion Technology, remembering the ideals of the Father of the Nation, Mahatma Gandhi, and the vision of our Hon'ble Prime Minister, Narendra Modi, Khadi for Nation, Khadi for Fashion, conducted a two-day online workshop on Draping and Styling, to recognize the creative acumen of our youth. We are proud of Shubhika Goel of Class XII Commerce who participated in this initiative and received the First Prize for her artistic talent.

REPUBLIC DAY CELEBRATIONS

(January 26, 2021)

'Our ancestors gave us a glorious past; we need to create the future.'

The 72nd Republic Day was celebrated with complete commitment and enthusiasm by the management, staff and students of Sophia. The event was blessed by the presence of Mrs. Neena Bansal, the Chief Guest for the day. The students of the senior classes were all set to adorn the Sophian campus with their presence. Floral greetings were presented to the Chief Guest that was followed by the unfurling of the National Flag to the rendition of the National Anthem. Prayers were offered for the good health, prosperity and well-being of the countrymen and global citizens. The students of all houses put up a spectacular marchpast. The Chief Guest, Mrs. Neena Bansal, expressed her gratitude on having been invited to share the day and appreciated the endeavours of the management and the staff members in making the day memorable for all. Our Principal, Sr. Gail conveyed her valuable message emphasizing on the freedom of speech, religion and freedom from poverty. Sister prayed for peace and harmony in the world and thanked everyone for their successful endeavours.

May the true spirit of patriotism brighten the heart of every citizen!

INTER – FAITH PRAYER MEET (February 2, 2021)

*‘Oneness of God is the most essential faith.
It is the foundation for all humanity.
As we navigate our diversity, we must learn to promote
and respect all religions and faith,
and build a peaceful society.’*

The Sophians once again used the virtual platform to give a powerful message that God’s love supersedes all religions. The students were enlightened about different religions, scriptures and the founders of each religion through a short prayer service. Such assemblies help in enhancing mutual understanding among the students and help in building a strong and peaceful society with a firm foundation of love, harmony and brotherhood.

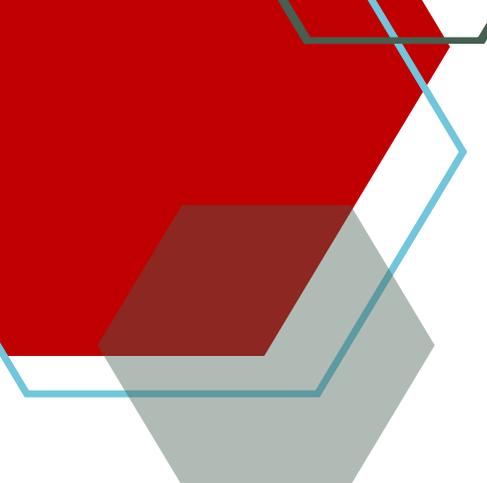
FELICITATING THE FINEST

(March 9, 2021)

‘A winner is someone who recognizes his God-given talents, works to develop them into skills and uses these skills to accomplish his goals.’

Basketball is one of the most popular sports played all around the world. Though one can acquire the basic skills to play basketball, becoming a truly skilled player takes a lot of practice and determination, and Sophia has never been short of such accomplished and talented players.

On the occasion of Women’s Day, the District Magistrate of Meerut, Mr. K. Balaji, on behalf of the Uttar Pradesh government, felicitated all the National basketball players of Meerut, who represented the Uttar Pradesh Team at the National level in the recent years. We are immensely proud of the fact that out of a total of 17 players of Meerut, 9 players were from Sophia Girls’ School, Meerut, namely Chandrika Sharma, Isha Chaudhary, Divyanshi Chadha, Aruni Singh, Palak Chauhan, Aastha Yadav, Somya Sheoran, Sanskriti Chaudhary and Jiya Jain. The players expressed their thankfulness to the Sisters of the Management, very specially to our Principal, Sr. Gail, for her immense support for basketball. Sr. Principal in turn congratulated all the players for this massive feat and gave her blessings to them.



BON VOYAGE
LET THE ADVENTURE BEGIN!!
(March 25, 2021)

*'Great is the art of beginning,
but greater is the art of ending.'*

- Henry Wadsworth Longfellow

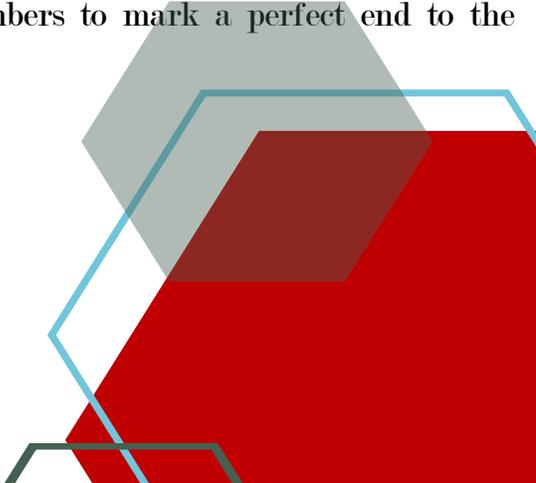
Retirements are all about endings and new beginnings and what is left behind are beautiful memories that we make in our life journey. One such bitter-sweet moment for the Sophian Fraternity was when six stalwarts of the school were bid a tearful adieu.

'The beautiful journey of today can only begin when we learn to let go off yesterday.' The six gems of the Sophian Family - Mrs. Sandhya Mital, Mrs. Sarabjeet Ghuman, Mrs. Neena Bansal and Mr. Vijay Joseph from the Secondary Section and Mrs. Saroj Solanki and Mrs. Komal Sharma from the Primary Section were all set to board the 'Retirement Express,' specially designed and decorated, to usher them to the auditorium that had been transformed into a beautiful railway platform. The event commenced with a prayer service by the Sisters of the Management followed by a magnificent cultural programme by the staff members showcasing their love and gratitude towards their beloved colleagues. Citations were read for the retiring members along with wonderful power point presentations giving details of their journey from childhood to the retirement day. The management, the teaching staff and the helping staff felicitated the guests with floral greetings, shawls, mementos and gifts. Sister Principal expressed her heartfelt gratitude for their dedicated, sincere, remarkable and efficient contribution to the institution and wished them a successful journey ahead. The programme concluded with a farewell song presented by the teachers along with Sister Principal, Sr. Gail, wishing them good luck for their onward journey.

It was also a landmark event for Mrs. Alka Bhatnagar, who completed 25 silver years of her committed service at Sophia. A simple, sweet and sincere teacher, she has always believed in giving her best to the institution. As a Hindi and Sanskrit teacher, she is highly admired by the students and the staff members for her gentle ways and politeness. Her contributions were acknowledged and felicitated by the management and the teaching faculty. The day turned out to be ultra-special for Mrs. Komal Sharma as it was a day of dual celebrations for her as she too completed 25 years of her devoted service at Sophia.

A sumptuous lunch was arranged for the guests and their family members to mark a perfect end to the celebrations.

**'May the road rise up to meet you,
May the wind be ever at your back,
May the sun shine warm upon your face,
And the rain fall softly on your fields,
And until we meet again,
May God hold you in the hollow of His hand.'**



MAGNUM OPUS OF OUR BUDDING LITERARY LAUREATES

Would They Still Hold Us, Without the Body?

If there was no flesh but just the soul,
would they still hold us, without the body?
Nothing gives more delight than sharing, right?
Because what belongs to you and me anyway!
At times even the heaven permits things to pass through us and blend,
Things we often confuse with a cloud, the fog,
Which is nothing but a delusion, just like the memories of our childhood,
Ignorant of what we might be stepping on next.
Nothing regarding this pain can ever be lyrical,
Because I break the doors of poetry every five days in a month.
As I bleed in red, but die in soot,
Just like the blood on the moon, during an eclipse.
They lock me in a room, because suddenly nobody wants me around,
They say it's impure, and nobody would ever wish to see it.
Silly of them to believe that I'd ever want somebody to witness,
The wonders that I have within me, in my blood.
Once I grew up and left behind all the stories that caused ache to my heart,
I understood that work was not a place, it was a competition,
In which the males were supposed to win and the females were supposed to lose.
They told me to be quiet as there was no comparison between the moon and the sun.
And they were right, there was no comparison in the above two,
Because unlike the moon, the sun shines on its own,
But still somehow the moon is known.
So, to the people who I blinded by my hard work and the beams of my sun,
I'm sorry than I'm not sorry that I was a ton.
My in-laws told me that "The purpose of my life is now complete,"
Because not only did I get married but also,
I've entered into this new role, of a birth giver.
It felt like rain, beautiful yet made me sweat a lot by the end.
I engraved my child's name on my womb,
but yet nobody called him by his mother's name.
But I never bring any of this up, because the point of a rainy day isn't actually the rain,
it's the rainbow it leaves behind.

**-Aadya Grover
XI Humanities**

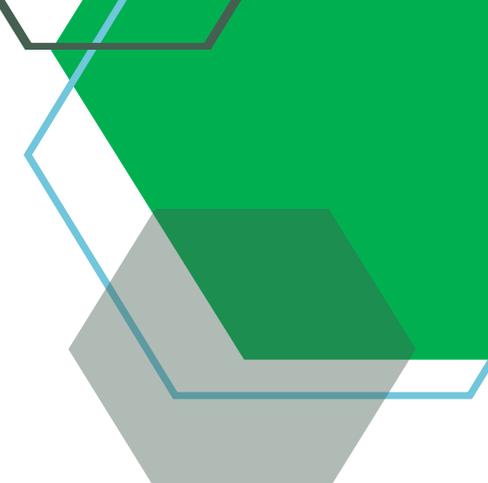
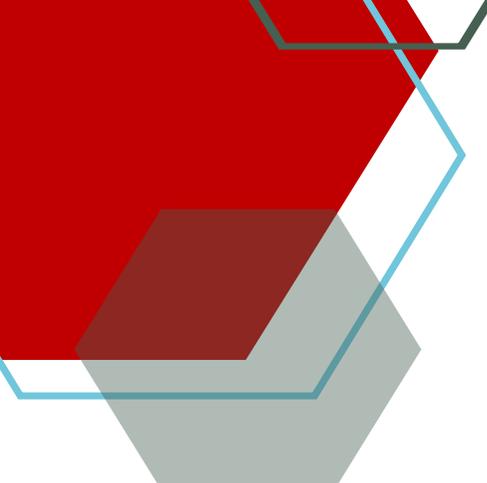


A Beautiful Day

A day will arrive when I will be free,
From all the boundations of the earth;
I will fly as high as a bird,
And, nothing is going to be weird.
The day will be like a fairy tale,
And the cheeks of all the bandits will become pale;
I will do what my heart will say,
I'll fly along the margin of a bay.
The sun will shine, with a broad smile;
And the flowers will bloom,
And finally!! My mother's hands will be free of broom.
The day will be as beautiful as a princess,
And all the evildoers will be speechless.

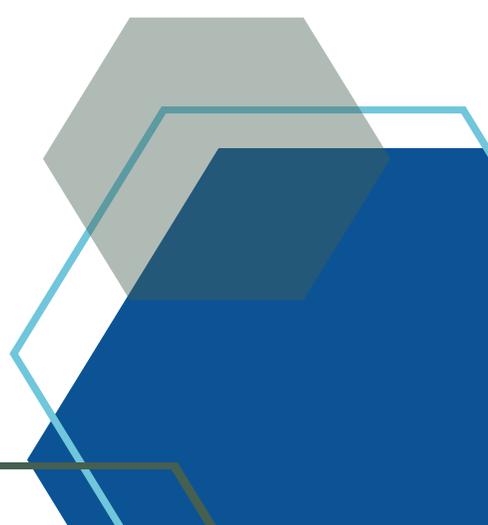


**-Shivi Vij
X B**



Self - Love

When people point out your flaws,
When beyond your imperfections they can see nothing at all;
When they tell you that 'you're too fat' or 'you're too thin,'
Like you've committed a sin;
When they give you that fairness cream,
Cause they don't like your skin;
And then you feel so insecure,
And hate yourself like you've never before.
I know this feeling, that's why I'm here to say,
Don't ever stop loving yourself in any way;
Don't you worry about your scars,
They are the souvenirs of what you are.
Throw those beauty products so far,
You are beautiful as the way you are;
See beyond that mask of flesh and bone,
Love yourself for your soul alone.



**-Nandani Dhasmana
IX D**



Smoke, Fog and Haze

Trembling hands and lips, a sweaty forehead, heart thudding so hard against the ribcage - it feels as if it will force its way out. Butterflies (and not the good kind) create a havoc in the stomach and thoughts run so fast in the head it's like TV static short circuiting your brain. That's what anxiety feels like, the fear of not knowing what's going to happen, the trepidation inside you due to overthinking of an uncertain future.

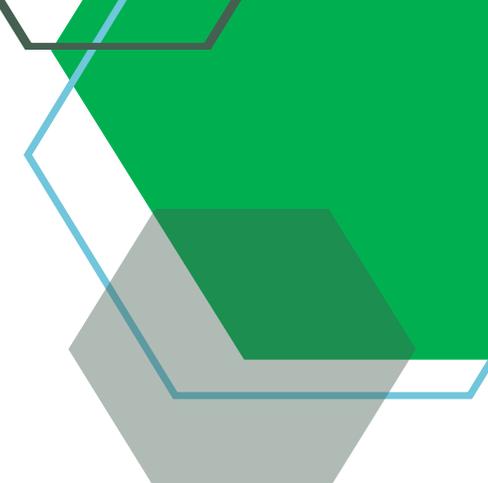
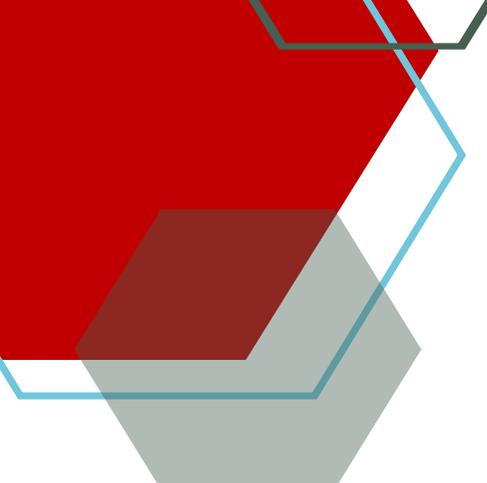
Life is such a chaotic and complicated mess that people never appreciate the present moment and live in it. We don't understand the importance of just being there, appreciating the serenity of the moment and the bliss that it gives us. We all are just constantly worrying about the future so much that we forget the present moment exists and we are living in it. The constant pressure of achieving something is so onerous that we neglect that we exist now, right then and there is low-key mortifying. I think that it is very crucial for us in these trying times to just bask in the glory of us trying to live. Doing small tasks and appreciating ourselves for the small victories that we achieve every day.

Just breathing and living in the moment. You got this. Try to be yourself for one moment and maybe you will find the true meaning of your existence.

Stop and stay. Stop trying to look past the smoke, fog and haze.

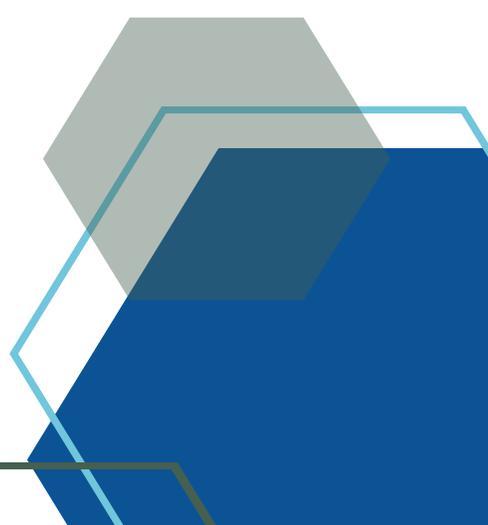


-Devki Pant
XII Commerce



Captured

Flipping through my album pages,
With fingers maneuvering over the forgotten faces;
Mind goes back down memory lane,
Heart gets hit by a nostalgic wave.
Smiles that were plastered everywhere,
Brought so many memories for me to bear;
I wish I could relive those moments again,
Those smiles, laughter and even the pain.
Every picture holds a thousand stories for us to narrate,
Those unforgettable moments came rushing back in haste;
Each picture brings back a memory with it,
Things I once took for granted, is all I now miss.
The blank canvas of the past has been painted by colorful memories,
Using the plethora of feelings as their brushes;
By going through these pictures, I travel back to my life's ventures,
These memories are the best thing that the camera and my heart has ever captured.

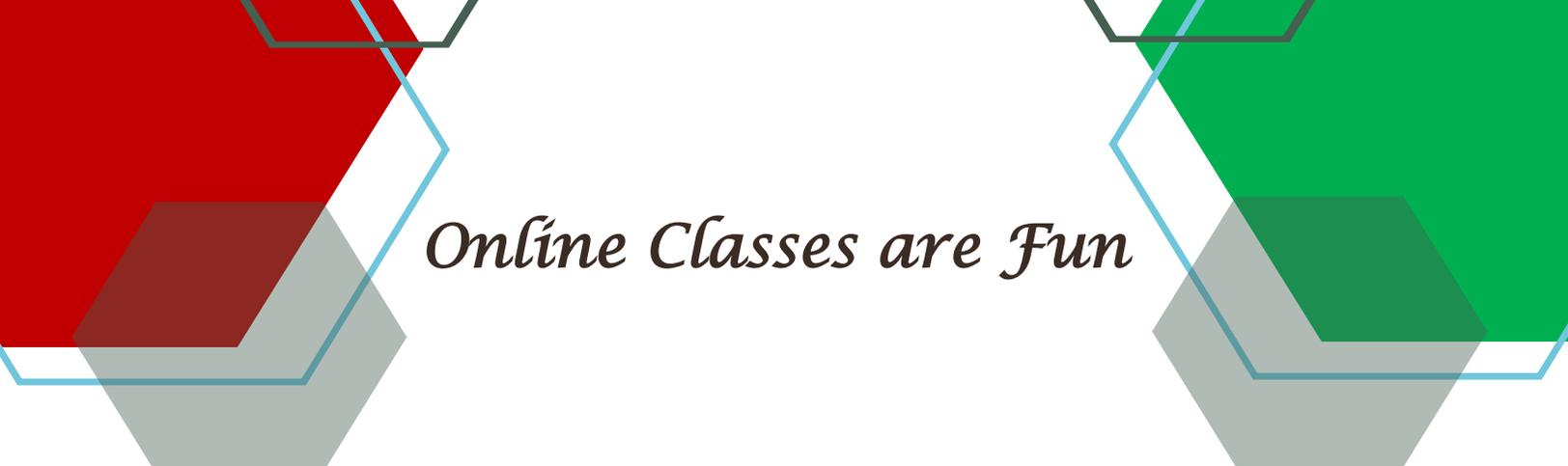


**-Arshia Mahajan
XI Science**

Heroes Taken for Granted

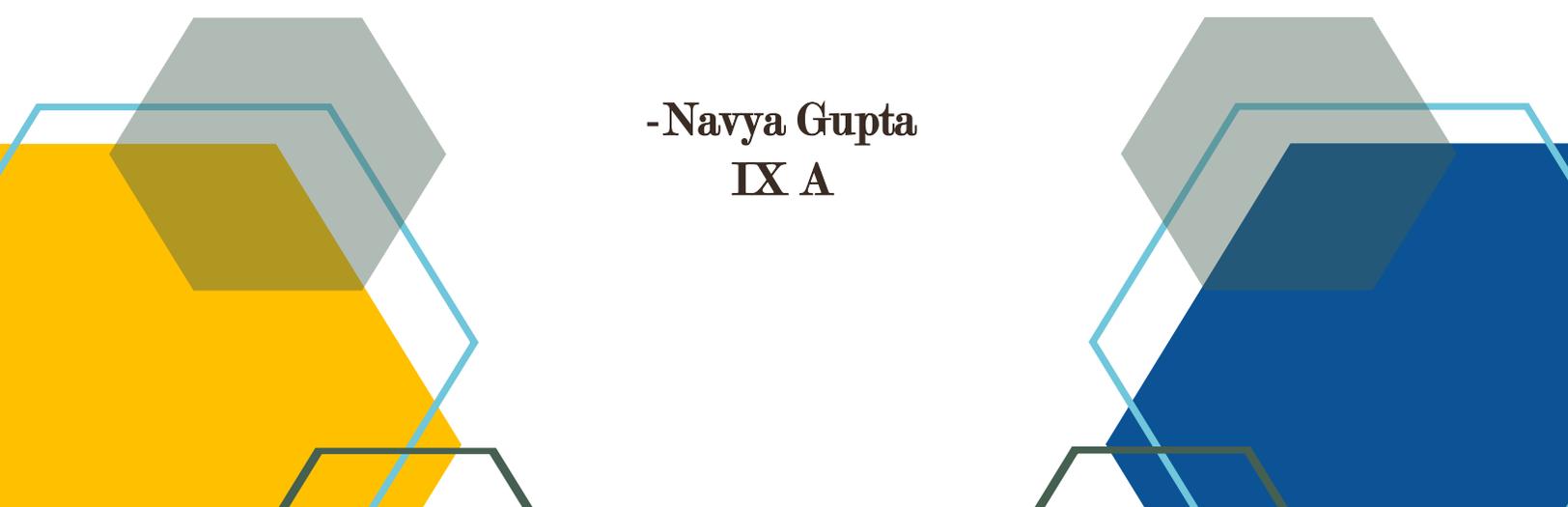
Someone somewhere is out there,
For whom day and night have an equal standing;
For whom prickly heat is not too prickly,
For whom chilly winters are not so chilly;
Whose calendar lacks holidays,
For whom sleepless nights enter and exit like the oxygen enriching our lungs;
Whose weekends are synonymous with weekdays,
For whom leisure time hardly ever pays a visit;
For whom paradise resides in the smiles of their countryfolk,
Whose dictionary is devoid of the words - caste, creed, race and religion;
For whom serving the nation is like food to his soul,
For whom festivity is defined as complete devotion to the country.
Do you know who they are??
They are the doctors, nurses and helping staff, running to and fro in the hospitals,
Navy officers sailing across the vast bed of the ocean,
Army men patrolling the borders,
Air Force pilots scanning the Indian airspace,
Policemen keeping an eye out for anything fishy,
They are the ones without whom our life will be stripped off its sparkle,
And nationalism will lose its nationality.
The word 'Safety' will be lost in the darkness of dangers,
India will not remain ' Our India' sans their spirit indefatigable.

-Mallika Matin
XI Science



Online Classes are Fun

Online classes are like blessings in the period of quarantine,
A wonderful idea to create joyous and disciplined routine.
We really admire our school's virtual teaching traits,
Not letting us feel that we are in a dire state.
Digital classes are giving us immense zing,
Even in this downtime studies are in full swing.
Virtually interacting with teachers and buddies,
We are glad that we are not lagging behind in our studies.
Making us all fresh as a daisy,
Brushing up our skills, has really become easy.
Starting a new season in such a unique way,
Has pushed the darkness far away.
Removing the sadness and all the boredom,
Because of e - learning our studies have gained momentum.
We're loving these online classes and having a lot of fun,
Gaining a mountain of knowledge that'll help us to shine like a sun.



-Navya Gupta
IX A

A Brave Tale

You'll ask me what is brave,
And I'll tell you a tale.
"What do you do?" You'll ask her,
"Me? A Doctor," a reply with spurt.
A proud grin resides,
In her ever-glorious eyes.
And when you ask about her little one,
To a curiosity you succumb.
Her smile fades,
The bright eyes lose the shade,
"He lives far away,
We're not together destined to stay.
Oh, he's a big boy you know,"
She takes out a picture to show.
"He's grown three teeth,
Two up and an underneath."
You see, again, her eyes spark,
And her smile large.
"He crawls well, you know,
And walks a little, slow.
He's a big boy, you know,
Oh, what a pace, he grows!"
And you suddenly realize,
How a mother is separated from her son.
Leaving her child in his first year,
A mother, stuck up in a career.
With curious and searching eyes,
Glued to the door till his mother arrives.
If someday you see a doctor around you,
Bow to them for the sacrifice they go through.
They work all day round,
So that we can sleep sound.
A bow to all the brave mothers,
Who work leaving their little kids,
Just to fulfill their responsibilities,
That's what real bravery is.

**-Ananya Pahwa
XI Science**