



SOPHIA GIRLS' SCHOOL MEERUT CANTT.



***God's Wings:
Man & Nature
Divine***

NEWSLETTER

2019-'20

Volume XVI

From the Principal's Desk...



Dear Readers,

*“With God what’s possible will
always be infinitely greater than what
we believe to be probable.....*

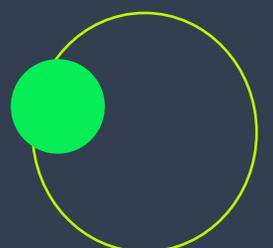
Through God’s one word, all of creation is brought into existence. Mountains and oceans, birds and beasts, flowers and grains tumble forth in profuse richness from the fingertips of the creating God- and all is done in Silence! One will experience the deep meaning of silence if and only if one can withdraw from one’s busy fragmented world that pull us into so many directions, at times filling us with frustration and anxieties, and enter into God’s silence found in all of primeval nature, and then there will be peace and bliss beyond pragmatic description. It is where life and love merge into the same experience.

The academic year 2019-2020 has ended on a positive note. A lot could be achieved under God’s Wings for which we are grateful to the Almighty. The dedicated staff and sincere students left no stone unturned until all intended activities were accomplished. Among all the learning experiences, a great need was felt to foster religious harmony, thus emphasizing on reconciliation, peace and human development, by invoking people of all religions to collaborate with one another and work together to build bridges of understanding and promote respect for human life everywhere. Therefore, education is not only imparting knowledge and enlightening minds but also touching hearts by reaching out in love and extending further to protect nature.

Let me conclude by saying that children are path- breakers; they will show us the way to foster seeds of peace in our communities.

God bless,

Sr. Gail



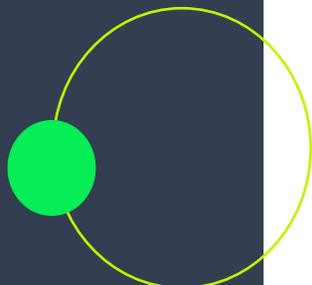
Editorial...



Afshan Hashmat



Nivedita Sharma



Dear Readers,

Another exemplary year passed by, embedding itself into the splendid chronicle of Sophia Girls' School. The scholastic year blossomed amidst the theme-

God's Wings: Man and Nature Divine

which stemmed from the urgency to save nature.

The Sophian Family embarked on yet another voyage through the sea of endless opportunities, riding the waves of challenges, harnessing the power of education and ingenuity, propelling towards literary, athletic and intellectual glory.

We invite you onboard the **Sophian Cruise** - a look back at the cherished moments and feats of the Sophian family, compiled with utmost ardour.

I express my heartfelt gratitude to Sister Principal, Rev. Sr. Gail, for entrusting me with the responsibility of compiling this bulletin.

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.



Vrinda Sharma
XI Science

A splendid voyage with storms of challenges, harlequin adventures, sunshines of accomplishments and a golden destination, is what this prodigious year has been. The multifarious possibilities empowered the aspiring Sophians to evince their flairs and extend their competency into spheres unknown.

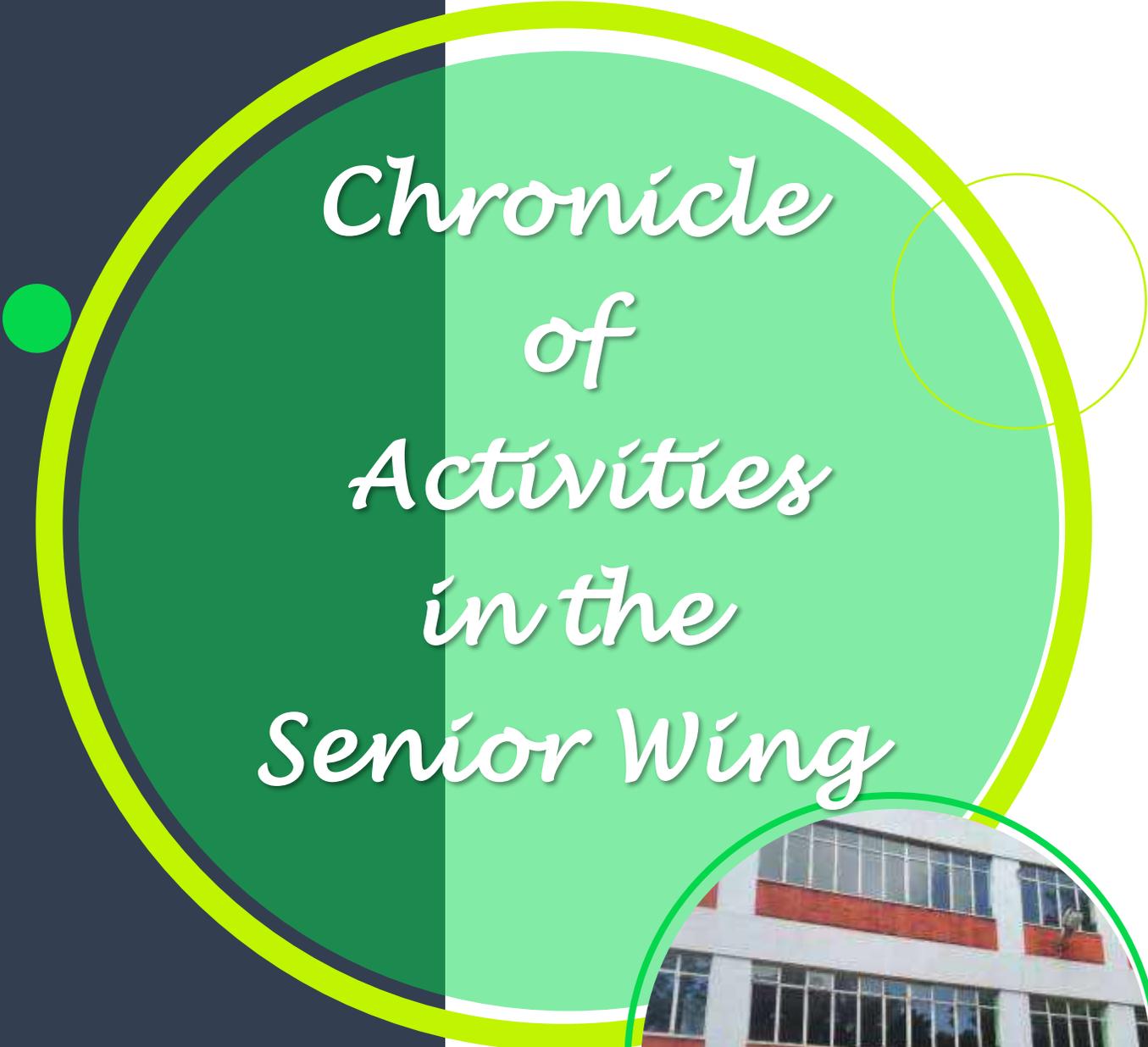
The sobriquet of the Sub-Editor in English has been not only a responsibility but an honour and privilege as well, which has weaved the raw fabric of our flair into a delicately embroidered silken forte.

It was truly enriching to assist Ma'am Afshan Hashmat in penning this panorama of the former year that has polished our writing proficiency for the better. We sincerely thank her for this tremendous opportunity and congratulate the entire Sophian family for yet another efficacious academic year.

Sub-Editors'
Note...



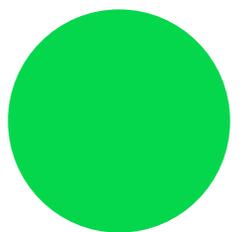
Kavya Rajput
IX D



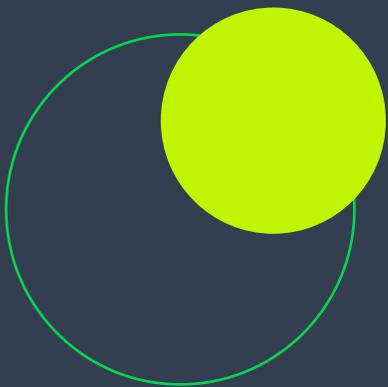
Chronicle of Activities in the Senior Wing

**A fresh start is a journey
– a journey that requires
a plan.**

**The Sophian family with
immense faith in God's
plan for the new
academic year and
confidence in
themselves, ventured
forth on a new voyage
with the resolve to give
their best and create a
blazing trail of success
stories and
achievements.**



*Expressing
Literary
Excellence*



Inter-Sophia Debate and Declamation Competition (April 27, 2019)

“Words are singularly the most powerful force available to humanity.”

- Yehuda Berg

A clash of words took place in the campus of Sophia Senior Secondary School, Ajmer, as many budding orators participated in the Inter-Sophia Debate and Declamation Competitions, organized to mark the centenary celebration of the institution.

Our young speakers, Mansi Chauhan and Shubhangi Bharadwaj of Class XII Sc. travelled to Ajmer and enthralled the judges with their strong opinions and wonderful oratory skills, as they bagged the Third Position in the debate competition.

Let's Play the Play (May 16, 2019)

A collaborative form of performing arts, using live performers and a perfect blend of personality, self-confidence and acting skills, move on to do miracles in the world of theatre. The students of Class IX put up a spectacular show and enacted scenes from Shakespeare's eminent comedy, 'The Merchant of Venice.' These overwhelming performances by the creative thespians received accolades from the audience.

Exploring Literary Calibre (May 16, 2019)

“Creative Writing is the language of the heart and words of the soul.”

Sophians participated in the Essay Writing Competition conducted by the Association of the Catholic Educational Institutions in Uttar Pradesh and Uttarakhand, on the topic, 'Spare the rod and spoil the child.' Sarah Zaidi of Class XII Com. and Gauriya Gupta of Class VIII D impressed the judges with their remarkable expression and both of them bagged the Second Prize in the senior and the junior category, respectively.

Creativity at its Best (July 13, 2019)

“This world is but a canvas to our imagination.”

- Henry David Thoreau

Every stroke of a brush and every word written makes a difference. They have the power to transform and Sophia harbours some masters of this craft.

Sophians got a chance to flaunt their artistic and writing skills at the CISCE Zonal Creative Writing and Drawing Competition held at St. James School, Meerut. A total of eight schools participated with seven of our girls posing a tough competition to them.

It's well said, "Everybody walks past a thousand stories every day. The good writers are the ones who spot them." Keeping the spirit up, Navya Gupta of Class X D bagged the Third Position in the junior category of the Creative Writing Competition. The seniors too proved their mettle as Shubhangi Bhardwaj of Class XII Sc. secured the First Position and Devki Pant of Class XI Com. secured the Second Position in the same event.

Wrangle of Words – Inter-School Debates (July 13 & 20, 2019)

“The true history of the world is the history of the great conversations in elegant rooms.”

Truly, such intellectual conversations are the ones that mould the future of the society. The girls at Sophia are ever ready to shoulder the responsibility of making a difference in the world by putting their opinions strongly forward.

On July 13, 2019, St. Mary's Academy, Meerut, witnessed a fierce battle of words in the Bro. G.P. Gannon and Bro. C.T. Ritchie Memorial Inter-School Debate Competitions. Many prestigious schools from Meerut, Dehradun and nearby cities participated in both the debates.

Kavya Rajput of Class IX D and Srishti Bansal of Class X C represented the school in Bro. G.P. Gannon Inter-School Debate and bagged the Runner up Trophy for their oratory aptitude.

In Bro. C.T. Richie Memorial Inter-School Debate, our very own Head Girl, Mansi Chauhan of Class XII Sc. and Vice Head Girl, Khushi Arora of Class XI Com. represented the school putting forward their views. They were awarded participation certificates.

Sophians got yet another opportunity to exhibit their debating skills as St. Mary's Academy, Meerut, organized the VI Patrician Debate on **July 20, 2019**. Parneet Kaur of Class VIII C and Nandini Solanki of Class VIII D did us proud by bringing home the Runner Up Trophy.

Skirmish of the Speaking Wise (August 17, 2019)

The CISCE Zonal Inter-School English Debate was hosted by Sophia Girls' School for the very first time, with the aim to provide an environment where the contestants' quick-wittedness and confidence while speaking publicly, were put to test through a healthy competition, judged by individuals with expertise in the language. The Sophians yet again brought laurels to the school with Nitya Ghai and Meet Chahal of Class X C bagging the First Position in the junior category while Shubhangi Bharadwaj of Class XII Sc. and Sangini Kapoor of Class XI Com. bagged the Runner Up Position in the senior category.

The Artful Spellerz (August 29, 2019)

Sophia Girls' School organized a Spell-Bee Competition to test the accuracy of spellings of the students. Sophia Girls' School, St. Mary's Academy, St. John's Senior Secondary School and St. Thomas English Medium School participated in the event. The competition aimed at examining the extent of precision of the students while spelling some typical English words. Out of the four participating schools, Sophia Girls' secured the First Position while St. Mary's Academy bagged the Runner Up position.

Spell Bee Competition (September 27, 2019)

To learn to read is to light a fire; every syllable that is spelt out is a spark. Exact spellings have become the norm, so to develop a good spelling skill in the students from an early age, an English Spell Bee Competition was conducted for the students of Class VI. The students qualifying the written round made it to the stage round and represented their section. The students of Class VI B excelled in this round and were the winners.

CISCE State Literary Events (October 4, 2019)

Sophia participated in three state level events, namely, English Creative Writing, Quiz and the Debate Competition held at Kanpur. Shubhangi Bhardwaj of Class XII Sc. did the school proud by securing the Second Position in the Creative Writing Competition.

Newspaper Reading Competition (October 5, 2019)

Newspapers are an important tool in the classroom for improving reading skills, writing, grammar, vocabulary and speaking skills. A Newspaper Reading Competition was organized for the students of Class VII. The students made every effort to read articles from the newspapers with confidence and clarity. Those who read with proper articulation and exhibited good presentation and oratory skills were awarded.

A Wrangle of Wits (October 14, 2019)

The Rotary Club, Meerut, organized a debate competition in the Sophian campus which focused on the expenditure that India entails on space missions when problems like poverty still afflict the nation. A number of schools participated in the event. All participants gave in their best and tried to emerge the best at the podium. Meerut Public School for Girls emerged victorious among the participating teams and bagged the First Position.

Demonstrating Tech Talent



COSMA- A Boost to the Techy-Minds (August 9, 2019)

The day brought with it an ocean of opportunities for the proud Sophians, with brains no less techy than a super computer, who represented Sophia Girls' School at the annual COSMA fest held at St. Mary's Academy, Meerut. The event pertained to challenging the participants' technical know-how and focused on providing a healthy competitive environment to the youth. It comprised of various cyber-tech activities like AD-ZAP, Pic-o-magic, cyber talk with visual aid, arcade elation, code canyon, coding and cyber quiz. It was indeed a proud moment for us, as the Sophians once again emerged the Winners for the sixth consecutive year.

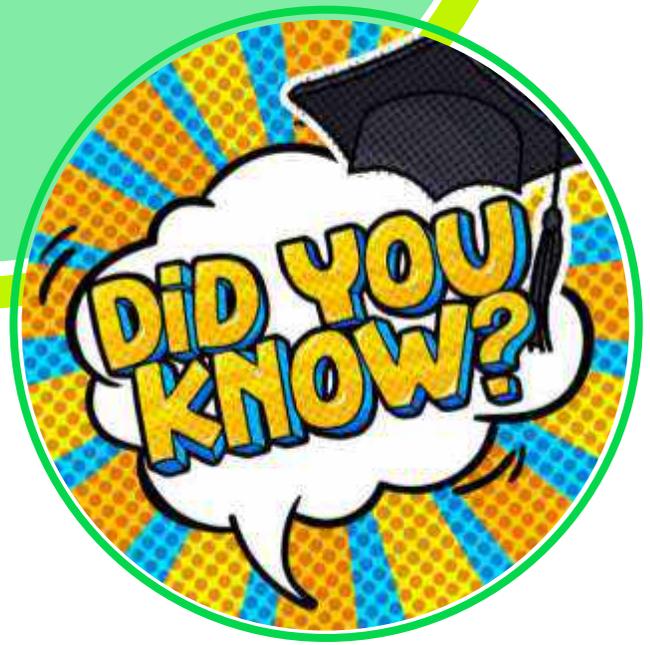
STSAP Computer Fest (October 4, 2019)

The tech wizards of the school participated in a computer fest at St. Thomas English Medium School, Meerut, and bagged the Runner Up trophy for their excellence in cyber abilities.

Sophian Tech Fiesta (October 12, 2019)

This is the age of digital revolution; so it becomes essential for schools to equip students with the necessary technical skills and Sophia is no exception. Around three hundred students from twenty-one schools participated in this annual tech marathon hosted by Sophia Girls' School, that aimed at testing the best techno wizards in ten events, with the host school participating on a friendly basis. Beating every other school, St. Mary's Academy yet again emerged the overall Winner, while Dewan Public School bagged the Runner Up Position.

*Perusal
Of
General
Savoir-Faire*



Know Your Phrontistery (July 11, 2019)

The customary annual Diary Quiz was held for the students of the secondary section to assess their cognizance of the glorious history of their alma mater as well as to keep them updated with the latest changes and the rules that govern the school. To ensure maximum and fair participation, each section was asked two questions. The students who were thoroughly apprised with the required information, answered correctly and were awarded for their efforts.

GENIAC: The Battle of Brains (July 18, 2019)

“Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family.”

- Kofi Annan

The Sophian campus experienced a wrangle of wits as Sophia Girls' School organized the CISCE Zonal Inter - School Quiz Competition, GENIAC, Season 3. Many prestigious schools from Meerut and nearby cities participated, sending in the brainiest of their students. Sophia was represented by Ananya Jain of Class X C and Shreya Tyagi of Class X D in the junior category. In the senior category, we had Mansi Chauhan of Class XII Sc. and Khushi Arora of Class XI Com. The four teams who made it through the elimination round were all set on the stage to test their general knowledge further. We couldn't be prouder of our girls who emerged winners both in the junior and the senior category after four bustling rounds of questions and answers. All in all, it was a mind bogging session of rapid questions. Truly, a battle of brains.

It's Quizzing Time (September 25, 2019)

Children learn through all possible ways, not just through books and class room teaching. A written Intra-Section Quiz Competition was organized for the students of Classes XI and XII, through a questionnaire to test their knowledge. The students prepared well for the quiz. The top scorers were awarded for their efforts.

Put On Your Thinking Caps (October 5, 2019)

A Sudoku Competition was organized for the students of Class IX to test their dexterity with numbers. The students tried to solve the puzzle with extreme swiftness within a stipulated time. The best and the fastest were awarded.

Bharat Ko Jaano (October 13, 2019)

“Bharat ko Jano,” an initiative taken up by the Bharat Vikas Parishad, is a written test which aims at examining the know-how of the youth apropos the cultural, monumental, religious, historical and geographical heritage of our motherland, India

The students of Sophia Girls' School, after having qualified in the first round, participated in the second round of this quiz competition organized at City Vocational Public School. Twenty-four schools participated in the competition. After a tough contest, both the senior and junior teams qualified for the final round. The junior team was able to seal the Second Position while the senior team stood fourth.

Know Your Green Infrastructure (November 7, 2019)

“One of the first conditions of happiness is that the link between man and nature shall not be broken.”

- Leo Tolstoy

55 environmental conscientious Sophians from Classes VI to XII participated in the Saviour exam with the objective to enhance their knowledge about the environment and to make them aware about the endangered and extinct species of our flora and fauna.

Maths Olympiad (December 13, 2019)

The above activity was held to test the innate problem solving and numerical skills as well as the mathematical creativity of the students. Many young and blooming genius minds participated in the test to give a boost to their mathematical talent and gave their best to score the highest.

*Unleash
The
Artist Within*



Kala Utsav - A Celebration of Skills (April 26, 2019)

“Every child is an artist. The problem is how to remain an artist once we grow up.”

- Pablo Picasso

When creativity and skill work together, expect a masterpiece. Sophians once again showcased their creative expertise at the 'KALA UTSAV,' organized by Vidya Institute of Fashion Technology, Meerut. This event allowed the students to display every bit of their talent from artistic to digital skill and from comic timing to innovative minds. The competitions included, Jugaad: An Innovator, Digital Logo Designing, Creative Pot Decoration, Creative Painting, Cooking without Fire and Open Mic.

Schools from all over the city participated in this event and Sophians are known for trying their hand at everything. Thirty-five students from Classes IX to XII participated and the girls did us proud by emerging winners in the following categories -

- Open Mic- Adeena Siddiqui, Class XII Sc.
- Cooking without Fire- Suhani Mittal, Class XII Com.

Let's Fill the Room with Colours (April 29, 2019)

“Art washes away from the soul the dust of everyday life.”

- Pablo Picasso

A hint of sparkle and colours can make life magical. To ease the academics-oriented schedule of the students and to celebrate the spirit of art and creativity, cultivate team work and hone the artistic skills of the students, a Bulletin Board Decoration and Annual Time Table Display Competition was organized. Though all the classes toiled tirelessly but the creative efforts that stood distinctly apart were declared the winners in two categories:

- a) Time Table Display: Classes VI A, VII A, VIII D, IX A & D, X D, XI Com. and XII Com.
- b) Bulletin Board Decoration: Classes VI C VII C, VIII B, IX C, X C, XI Sc. and XII Sc.

Ornamental Vegetable Craft on a Platter (September 7, 2019)

The activity was organized to whet the culinary skills of the future homemakers of Class VII. The students came up with innovative ideas. They learnt the importance of including salad in our regular diet for maintaining good health and working in a team.

Every Child is an Artist (September 21, 2019)

To unleash the artistic skills of the students a Tiara Making and an Ikebana Flower Arrangement Competitions were conducted for the students of Class IX. The students participated enthusiastically and came up with innovative ideas. The best entries were awarded.

Non Fire Cooking Contest (September 21, 2019)

“Cooking is a philosophy; it is not a recipe.”

Cooking with children is not just about ingredients and recipes. It's harnessing imagination and creativity. Cooking can happen even without fire. A fireless cooking contest was conducted for the students of Class X to bring out their creative best. The students worked in pairs and proved their versatility. They prepared mouthwatering dishes and exhibited them in the most attractive way. Their efforts were applauded by all.

*Our
Public-Spirited
Pursuits*



Joining Hands to Become the Agents of Change (April 22, 2019)

“The environment is where we all meet; where we all have a mutual interest; it is the one thing all of us share.”

- Lady Bird Johnson

The Earth Day was observed in the school campus to celebrate the great bounties of nature and remind ourselves of our responsibilities to save the planet from its approaching death. A special assembly was conducted emphasizing the need to conserve the resources of Mother Earth, followed by a skit. Through an impressive power point presentation, it instilled in the students the concern for survival and empathy for the degrading environment, motivating them to take steps to resolve the issue of climate change before it takes an inevitable turn.

Blood Donation Camp (September 21, 2019)

Every blood donor is a life saver. SOGAM (Sophia Old Girls Association, Meerut) in collaboration with IMA Women Doctors' Wing and NGO 'SHRUTI' organized a blood donation camp in the school premises under the patronage of Sr. Gail. A large number of donors turned up to be a part of this social endeavour. A total of forty donors registered and thirty donated blood successfully. These included school teachers, ex- Sophians and their family members, army personnel and parents. The event witnessed several first time blood donors as well. Sr. Principal too supported this cause and donated blood quite enthusiastically.

'Say No to Plastic' Campaign (October 19, 2019)

The entire Sophian family pledged to commit themselves to a plastic free lifestyle. The students painted paper bags and the slogan 'Say No to Plastic Bags' was the chief phrase for the day. The students not only pledged to shun the use of plastic bags but also spread the message to the masses, to avoid the adverse effects of polythene bags on the environment, human beings and animals.

Christmas – The Season to Sparkle and Sprinkle (December 19, 2019)

“Christmas will always be as long as we stand heart to heart and hand to hand.”

Carrying forward the tradition, to love and live for one another, the Sophian family organized a special programme for our less privileged brethren and children of the 'Gyanoday' foundation. Students put up an eloquent skit depicting the birth of our Saviour, Jesus Christ, who preached the values of love and brotherhood. The rickshaw pullers and the less privileged children were given lunch and ration packets. The smile on their faces was priceless and made it all worthwhile. Certificates were awarded to the students of the evening tailoring class on the completion of their course.

*Right
Information
is the
Key to
Success*



Which Way? What job? (May 3, 2019)

One of the most usual problems that the teens face, is the confusion while choosing a career to pursue. To aid them in identifying the right career, a counselling session was conducted in the school by Dr. Benu Gupta, Associate Professor, Department of Physical Education, Kirori Mal College, Delhi University. She enlightened the students on how physical education and sports are becoming popular as a career option in today's world. Students felt gratified with their queries being answered satisfactorily.

A Helping Hand to the Teens (May 9, 2019)

Youngsters, especially teens, undergo tremendous physiological changes which need to be managed appropriately to facilitate a smooth transition to adulthood. A session to serve this purpose and help teenagers to successfully handle this transition, was conducted by Mr. Vinay Anand for the students of Classes XI and XII, wherein he shared some tips for proper time management, fighting stress and anxiety especially during exams, handling peer pressure and ways to cope with the pressure from the environment and society due to high expectations.

Paving Way to a Bright Future (September 7, 2019)

“The belief that you can have a meaningful career is the first step to finding one.”

- Sean Alkene

One of India's leading Coaching Institutes, Aakash, organized a career counselling programme in the school premises for students of Classes VIII, IX and X. The representatives shared amusing anecdotes of their lives which helped in creating a light and cheerful atmosphere. They explained that majority of students aspire to become a 'Doctor' or an 'Engineer' but very few of them realize their aspirations because they lack proper guidance despite deserving to compete. They advised the students not to get influenced by peers but select subjects they have interest in. On the same day, another counselling session was held in the auditorium for the students of Classes XI and XII. The guest of honour was Dr. Vikrant Jawla, Director, Career Launcher, who elaborated on the broad range of career options available for the students of various streams and also on the long run benefits of opting a particular field. The students also put up some queries and interacted enthusiastically.

Youth Connect (September 11, 2019)

“Don't downgrade your dreams just to fit your reality. Upgrade your conviction to match your destiny.”

One of the leading newspapers of the city, Dainik Jagran, organized a 'Youth Connect' - a platform for innovative minds of Classes XI and XII to expand their horizons and explore various career opportunities. The chief guest of the day was Ms. Meghna Nagar, a Chartered Accountant, an ex-Sophian and also the district topper of 2019. She enlightened the students on the scope of every subject and various career choices available to them. This was followed by an interactive session with our guest, in which the students put up their queries to get a clearer idea of their career pursuits. The session helped the students gain a new focus and perspective in making a correct career choice.

Guidance to Choose the Right (September 20, 2019)

Mr. Love Jain, Public Choice Award winning career counsellor from Young Achievers counselled the students of Classes XI and XII regarding various career choices available to them. He explained to the students that quest for success becomes interesting if one chooses a career which suits one's personality and likes. Therefore, he guided them to identify their goals and then make a befitting choice.

Walk Safely Through the Maze of Life (October 21, 2019)

A motivational session was organized for the always-under-pressure-minds of Classes XI and XII. The students were made aware of facts pertaining to coping with anxiety, the dilemma while choosing streams in Class XI and later on choosing a career to pursue. It aimed at highlighting that giving up is never a solution and the importance of time management to be successful in life.

Counselling Programme for Parents (October 21, 22 & 31, 2019)

Parenting can be challenging and many parents find it difficult to adapt to the changes in their child's behaviour as they grow up. To help parents deal with the same, Mrs. Ranjini Rajgopal, the school counsellor, took a counselling session for parents and discussed measures to help them deal with sensitive teenagers, keeping an eye on the company of their wards and anger management.

Education Fair (December 14, 2019)

"The future depends on what you do today."

– Mahatma Gandhi

Realizing the significance of planning ahead, specifically when it is related to the future of the students, an education fair was conducted by the school, to give the much needed direction to the students regarding their career options. The presence of delegates from eighteen prestigious universities of the country under one roof offered the students with ample options to choose from. The fair aimed at making the students aware of their strengths and skills, and the knowledge that is required to achieve one's goal in future.

The Price of Success is Hard Work (February 3, 2020)

"If hard work is your weapon, success is your slave."

Ms. Arunima Sharma, an ex-Sophian and an alumna of Indraprastha College, New Delhi, Stanford and Columbia Universities, addressed the students of Classes VIII, IX and XI. She emphasized on the importance of hard work, dedication, perseverance and determination, which proved to be the key virtues for her to turn her life story to be an inspiration for thousands of young minds. The session helped the students to know that when obstacles arise, the solution is to change the direction to reach the goal rather than the decision to get there.

*Track
&
Field
Triumphs*



Dribbling their Way to Excellence (July 12 & 13, 2019)

“Ability may get you to the top, but it takes character to keep you there.”

- John Wooden

Sunny weather and a set basketball court welcomed the morning of July 12, 2019 as Sophia Girls' School once again got the proud privilege of hosting the CISCE Zonal Basketball Tournament for boys and girls in the sub-junior, junior and senior category. Many prestigious schools sent in their basketball teams and the host team too was ready to shine through it all. The tournament flagged off with the welcome of the Chief Guest, Mr. Jaideep Gambhir, Additional District Judge. Our Principal, Sr. Gail then officially announced the tournament open which was immediately followed by the first match. The event reached its successful culmination on the eve of July 13. The final was no short of thrill and excitement but it was Sophia who lifted the Winner's Trophy in all the three categories for girls. Our girls consequently qualified for the state level in the championship held at Varanasi.

If You Believe It, You Can Achieve It (July 21 - 23, 2019)

“A champion has to be disciplined by practicing regularly in the right manner, respect coaches and most importantly ought to have self-belief.”

- Saina Nehwal

Badminton is like ballet dancing. It requires a lot of control, strength, mind play and measured movements. The Sophians proved yet again that they excel not only in academics but also in sports. The badminton court at St. Thomas English Medium School, Meerut, was ready to witness some deadly smashes as a part of CISCE Zonal Badminton Championship. We couldn't be prouder to pen down that the sub junior as well as the senior team of Sophia emerged Winners in their respective categories. Vaishvi Chaudhary of Class IX A received the 'Best Player Award' in the senior category and Avni Raj Tomar of Class VI D did us proud by bagging the 'Most Promising Player Award.'

CISCE Zonal Kho-Kho Championship (July 23, 2019)

Kho-Kho is termed as one of the most popular traditional sports of India and truly connects us with our roots. The run and chase not only excites every player but every spectator present. The Sophians ardently proved their grit at this game in the CISCE Zonal Kho-Kho Tournament held at St. Teresa's Academy, Modinagar. A junior and senior team represented our school in this tournament, wherein the seniors clinched the Runner Up Trophy while the juniors acquired the Third Position.

Dribble, Pass, Shoot (July 31 to August 2, 2019)

CISCE State Basketball Tournament was held at Varanasi. The sub-junior, the junior and the senior team of Sophia Girls' School participated in the tournament. As a result of their dedication, hard work and perseverance, the senior team managed to reach the quarter finals.

We are proud of Sanskriti Chaudhary of Class XI Sc. who, owing to her dribbling gift, got selected to represent Uttar Pradesh at the national level.

CISCE Zonal Athletic Championship (August 27, 2019)

The sports meet was held at St. Mary's Academy, Meerut, that encompassed diverse athletic events. Nine schools participated in the event. The Sophians yet again with their weeks of practice and hard work outshone the other participants.

		FIRST	SECOND	THIRD
U	100m RACE	Niharika Garg	Somya Sheoran	
N	200m RACE	Niharika Garg	Somya Sheoran	
D	400m RACE		Kopal Kaushiki	
E	800m RACE	Aditi Meena	Kopal Kaushiki	Nishtha Parwanda
R	HURDLE 80 m		Sneha Mehra	
19	LONG JUMP		Niharika Garg	Somya Sheoran
	SHOT PUT	Sneha Mehra	Shruti Raj Tyagi	
	4*100 m RELAY	Somya Sheoran		
		Niharika Garg		
		Sneha Mehra		
		Aditi Meena		
U	100m RACE	Khushi Chadha		
N	200m RACE	Khushi Chadha	Aaradhya Garg	
D	800 m RACE	Aaradhya Garg		
E	HURDLE 80 m		Vanya Arora	Vidhisha Malik
R	LONG JUMP	Khushi Chadha		
17	HIGH JUMP		Aaradhya Garg	
	SHOT PUT	Khushi Sharma		
	DISCUS THROW		Khushi Sharma	
	4*100m RELAY	Khushi Chadha		
		Aaradhya Garg		
		Vanya Arora		
		Akshita Garg		
U	100m RACE	Shreeja		Juhi Meena
N	200m RACE	Shreeja	Lagan Makhija	
D	600 m RACE		Lagan Makhija	
E	LONG JUMP		Shreeja	
R	SHOT PUT	Natasha Bhati		Shivranjini Singh
14	4*100 RELAY	Shreeja		
		Lagan Makhija		
		Juhi Meena		
		Natasha Bhati		

All the winners went forward to participate in the CISCE State Athletics Meet.

CISCE Zonal Throw Ball Tournament (August 31, 2019)

The month of August brought with it a spate of events, one of them being the CISCE Zonal Throw Ball Tournament held at All Saints School, Meerut. Among the five teams that participated, Sophians played with tremendous zeal. Displaying some unique and spectacular skills of the game, the junior team bagged the Runner Up Position while the senior team lifted the Winner's trophy.

CISCE State Athletics Championship (September 1-4, 2019)

There is no magic to turn your dreams into reality. It takes sweat, determination and hard work.

-Theodore Roosevelt

The Sophians yet again proved their mettle at the CISCE State Athletics Championship, organized at Lucknow. Thirteen students participated in the event. Amidst tough competition and the best of athletes from all over the state, Sneha Mehra of Class X B managed to bag a bronze medal in shot put U-19 category while Khushi Chadha of Class X C distinguished herself by clinching gold in 200m race and a silver medal in 100m race in U-17 category. She shone through it all and was the only girl from Meerut Zone to qualify for the nationals.

CISCE State Badminton Tournament (September 6 – 9, 2019)

After emerging victorious at the zonal level, our badminton team represented the Meerut Zone in the state level tournament held at Lucknow. In the U-14 Girls' category, Vanshika Anand of Class VIII D bagged the bronze medal.

CISCE State Throwball Championship (September 15 - 19, 2019)

The senior and the junior team of the school participated in the championship held at Prayagraj. The junior team bagged the First Position. Sanskriti Chaudhary of Class XI Sc. and Aaradhya Garg of Class IX D from the junior team were selected to play at the nationals to be held at Ludhiana in the month of October.

CISCE National Athletics Meet (October 11 -14, 2019)

The girl representatives of Uttar Pradesh and Uttarakhand participated in this national athletic meet held at Pune. Our promising athlete, Khushi Chadha of Class X C was a member of this team. Putting up a tough competition to other participants, she was able to clinch the fifth position in 4*100m relay race, the sixth position in 200m race and the seventh position in 100m race. Moreover, the UP and UK team was declared the Runner Up team in the championship.

CISCE National Throwball Championship (October 17, 2019)

Sanskriti Chaudhary of Class XI Sc. and Aaradhya Garg of Class IX D were the proud members of the Uttar Pradesh and Uttarakhand throw ball team to compete at the national level and who with their exemplary sporting skills and coordinated efforts, were able to clinch a bronze medal, thereby bringing laurels to themselves and the school.

Reliance Foundation Youth Sports (October 21 – 23, 2019)

Our immensely talented young athlete, Khushi Chadha of Class X C, got the opportunity to participate in one of the most prestigious youth sports events and as always not missing the prospect of making a name for herself in the field of sports, she won the bronze in the 100m and 200m race along with bagging the sixth position in long jump.

The Fastest Four (November 2, 2019)

Sophia Girls' School participated in the invitational Relay Race Competition organized at St. Mary's Academy, Meerut, on the occasion of their annual sports day. Seven teams were a part of this event, but being true to their inherent nature of giving their best in all they undertake, the Sophians outraced all and emerged the winners. The team comprised Lagan Makhija of Class VIII A, Shreeja of Class VIII C, Juhi Meena of Class VIII D, Niharika Garg of Class IX D and Khushi Chadha of Class X C.

*Other
Myriad
Momentous
Moments
at a
Glance*



Learn While You Teach (April 5, 2019)

“Who dares to teach, must never cease to learn.”

- John Cotton Dana

Living up to this motto, the teaching faculty of Sophia expressed their urge to learn more to prepare themselves for the upcoming challenges. A special workshop was organized for the teachers by the prestigious Oxford University Press in the school campus. The resource person for the day was Father (Dr.) Paul Pudussery, a spiritually motivated leader. Father shared his valuable knowledge with the teachers and elaborated on the techniques of classroom management. He guided the teachers on how to bring the best out of each child and allow their talents to grow.

Cooperate and Collaborate (April 6, 2019)

“Great teachers focus not on compliance but on connections and relationships.”

Teachers and parents provide a vital support system to help students flourish. When they communicate and work together effectively, it can significantly impact each student's long-term success. To strengthen this relationship, an orientation programme was conducted. Parents of students from U.K.G. to Class XII were invited in the campus and made aware of the rules and regulations of the school. They promised to cooperate completely for their child's healthy development.

Life is Service and Service is Joy (April 26, 2019)

“No matter where life takes you, don't forget where you came from.”

A day etched in history where the world witnessed the noble deeds of one man who rose above all the sufferings and turmoil and proved to be the messiah of the masses. Such a man was Rt. Rev. Bishop Henri Caumont, who decided to give up all the luxuries of life to free people from misery. Not to forget, the leading lady of the Mission Sisters of Ajmer and our co-foundress, Mother Mary Matilda, who is still an idol for us Sophians.

The morning of this momentous day was filled with gratitude, as the Sophians honoured the founders of the institution. The inspiring lives of our honourable founders, were narrated by the students, followed by a prayer service thanking the Almighty for his blessings all along and asking for his protection on our institution in future as well.

Let's Acknowledge the Back Stage Heroes (May 4, 2019)

The glory of the unsung was sung out loud, the unacknowledged were acknowledged and the back stage heroes came into spotlight on this significant day. A well-organized show was put up by the Sophian fraternity on the occasion of the ministerial staff day. Sister Principal, Sr. Lucy, expressed gratitude to the concerned staff for their immense dedication and contribution in the smooth functioning of the school.

Display Your Flairs (May 11 -17, 2019)

The blooming creativity and imagination of the students were put to test through myriad competitions and co-curricular activities organized by the school which also ensured the students' overall development.

Class VI - Hindi Skit and Hindi Dictation

Class VII - Origami / Trinket Making

Class VIII – Inter-Section Kho-Kho Match

Class X – Inter-Section Throwball Match

Honouring the Leaders-to-be (May 15, 2019)

The school auditorium was packed with spectators as the Sophian fraternity assembled once again to bestow their confidence on the newly invested office bearers of the student council, as they donned the mantle of accountability and pledged to discharge their duties to the best of their abilities. Sister

Principal, Sr. Lucy, initiated the proceedings along with our Guest of Honour, Ms. Aryaka Akhori, Chief Development Officer, Meerut. Sr. Principal administered the oath to the newly elected members. The Guest of Honour, Ms. Aryaka Akhori congratulated the office bearers, believing that they would consider the Sophian fraternity as their family and extract the untapped courage, wisdom and leadership in themselves so that they move on and take the school to newer peaks of glory, prestige and pride.

Au Revoir to Sr. Lucy (May 16, 2019)

“Goodbyes are for those who love with eyes, but not for those who love with their hearts.”

With heavy hearts and heartfelt gratitude, the Sophian community bid farewell to Sr. Lucy, who served as the Principal for two years in the institution. The school owes a non-repayable debt to this amazing personality. Sr. Lucy with her great wisdom, inordinate compassion and bountiful courage, helped Sophia reach greater altitudes of achievements. She proved to be an epitome of leadership for the staff and the students to emulate.

A Hearty Welcome to Sr. Gail (July 1, 2019)

“A great Principal builds character, inspires dreams, encourages creativity, instills confidence, touches the hearts and changes lives forever.”

The sky was clear, the sun was gleaming bright and we, the Sophians, were eager to welcome our new Principal, our very dear, Sr. Gail, with a wide smile on our faces and immense warmth in our hearts. A special assembly was conducted by the students to welcome Sr. Gail, our new Principal and Sr. Kripa, the new in-charge of the Kindergarten wing.

The new members of the management were greeted with flowers and a huge applause. Sr. Gail embraced the Sophian family with open arms. She thanked the teachers and the students for the warm welcome and promised to take the school to newer heights with the cooperation of the entire institution.

Keeping Our Tryst with Destiny (August 15, 2019)

The sun shone pleasantly with a warmth that smelt of patriotism on the morning of the 73rd Indian Independence Day. The entire Sophian campus resounded with excessive nationalistic fervour. Col. G. S. Dhillon graced the occasion as the Chief Guest and gave a valuable message to the students to contribute towards nation building in their own small way. He praised the efforts of the students and the beauty which lies in several cultures coming together and spreading vibes of immense pride and love for the nation. A tableau dedicated to the martyrs of the Kargil War and the spectacular parade by the four houses were the highpoints of the day and much appreciated by the Chief Guest. The Blue House was judged the Winner among the seniors as well as the juniors, in the march past.

IIMUN- Shaping Future Leaders (August 23-25, 2019)

The United Nations Organization (UNO) conducted the International Indian Movement to Unite Nations (IIMUN) summit at CJDAV Public School, Meerut, with a view to shape the leaders to be and augment their leadership skills. A large number of confident and visionary Sophians from various classes participated in the summit. Some exceptionally sagacious Sophians stood out of the crowd and their leadership skills were applauded.

Khushi Chadha of Class X C was awarded ‘The Best Delegate Award.’

Srishti Bansal of Class X C and Parneet Kaur of Class VIII C received ‘The Special Mention Award.’

Suhani Rastogi of Class X A was awarded for being ‘The Best Cartoonist.’

Anushka Maheshwari of Class IX B received ‘The High Accommodation Award’ for being the most confident speaker.

Books – Portable Magic Vials (August 29 - 31, 2019)

Keeping in view the infatuation among the students for fantasies, romance, myths and thrillers, Scholastic Publications, a globally renowned publication press, organized a book fair in the school premises. The fair had an exotic range of books from varied genres. It turned out to be a huge success as immense crowds of children, along with their parents visited the fair and bought books of their interest in fairly huge numbers.

Teachers' Day Celebration (September 5, 2019)

A teacher plants seeds of knowledge; sprinkles them with love and patiently nurtures their growth to produce tomorrow's dream.

The day of September 5 is never an ordinary one. On this day, our hearts are filled with reverence and gratitude for our mentors, our guides - our Teachers. It is rightly said- "It takes a big heart to shape young minds." And so it was time for us students to celebrate and honour our mentors, who put in tremendous efforts to secure our future. The day was filled with much extravagance, splendour and enthusiasm because there wasn't one but two occasions to celebrate. Mrs. Deepa Dutta, our remarkable Mathematics teacher, joined the hall of Silver Jubilarians, on completing 25 years of selfless and dedicated service to the school. All in all, it was a day filled with gaiety and merriment. Amidst the celebration, a strong bond of love was renewed - the bond between the tutor and the taught.

A Weleful Day at the Worlds of Wonder (September 3 & 9, 2019)

School picnics.....Every student simply loves the sound of it. September 3 and 9, were days filled with gaiety and enthusiasm as the Sophians set out for Worlds of Wonder - Water Park, Greater Noida. Classes VI, VII and X enjoyed their day at the water park on September 3 whereas Classes VIII, IX and XI went on September 9. An exuberant vibe could be felt as the buses left the school campus. Students enjoyed themselves thoroughly on the thrilling rides. This adventurous trip concluded on a euphoric note leaving pleasant memories in everyone's mind.

Management Day Celebration (September 13, 2019)

While others are busy being materialistic, men and women of worth devote their lives to the service of others. While the former are forgotten forever, the latter transcend the pages of history.

Such are the Sisters of our institution - kind, loving, humble, giving, an epitome of humanity, indeed. To appreciate their hard work and tireless efforts, the Sophian family put up an excellent celebration on the pious occasion of the Feast of the Exaltation of the Holy Cross. The students offered prayers for the well-being of our dear Sisters and staged a meaningful presentation on the events of Jesus Christ's life and His miraculous resurrection. At the end, our Manager, Rev. Sr. Karen addressed the gathering giving an enriching message on the relevance of the Holy Cross in our lives.

Sanskarshala – An Initiative by Dainik Jagran (September 26, 2019)

Children love listening to stories and stories are the best way to impart values to them. Keeping this aspect in mind, Dr. Shivcharan Sharma Madhur, a senior poet, writer, educationist and former Principal of Kendriya Vidyalaya group, explained the significance of hard work through a story. He made the students realize that nobody can defeat them if they have trust and faith in self-worth.

Recalling Our Great Leaders (October 2, 2019)

A special assembly was organized to commemorate the “Father of our Nation,” Mahatma Gandhi on his 150th birth anniversary. As a befitting tribute to this great leader, who strongly emphasized on sanitation and good habits, a cleanliness drive was conducted in the school. The students participated enthusiastically and wholeheartedly, that gave impetus to the Clean India Mission of our present Prime Minister. It was a day to also remember another prodigious leader of our country, Lal Bahadur Shastri.

Centenary Celebrations for Sophia Girls’ School, Ajmer (October 4, 2019)

The day marked the completion of a hundred years of Sophia Girls’ School, Ajmer. To commemorate this milestone, a special assembly was conducted to acknowledge the valuable contributions of our founders – Rt. Rev. Bishop Henri Caumont and Mother Mary Matilda. The skit presentation gave us a glimpse into the life and works of our founders and their selfless love and service to the suffering humanity. A Poem Writing Competition on Bishop Henri Caumont made the occasion even more momentous

Inauguration of Solar Panels (October 4, 2019)

Keeping pace with the growing necessity to switch to renewable sources of energy, Sophia Girls’ School took a giant leap installing solar panels. Father John Chimman, in the presence of Sr. Principal, Sr. Gail, Vice-Principal, Sr. Karen and Sr. Sarah, inaugurated the solar panels and prayed for the success of this mission.

Health is the Key to Happiness (October 9, 2019)

A healthy mind resides in a healthy body. A team of Amar Ujala organized a health checkup camp to ensure sound mental and physical well-being of the students. The team apprised the students with the benefits of eating a balanced and healthy diet, and the ill effects of eating junk food. The students were really enthusiastic and also got their queries related to personal hygiene clarified.

Stay Fit India (October 13, 2019)

To make our Prime Minister, Mr. Narendra Modi’s vision and mission of a fit India become a reality, Meerut participated in an event that comprised a 3km race and a 2km walk. The teachers and students of Sophia also became active participators of this event. It turned out to be a spectacular experience for all, with a strong message conveyed to the people to be physically fit and active.

The Older, The Wiser (October 18, 2019)

What children need most are the essentials that grandparents provide in abundance. They give unconditional love and lessons for life. To acknowledge their contribution in our lives, Sophia organized a grand function on the occasion of the Grandparents’ Day. The grandparents of the students of Classes VI and VII were invited to grace the occasion with their presence. The show aimed at paying obeisance to the most essential elements of our lives, our grandparents.

A Glimpse into the World of Electronic Media (October 22, 2019)

The students of Class XII got a golden opportunity to visit the premises of City Hulchul and become news anchors. It was very exciting for the students as they saw themselves on air on the local television channel of the city. It was an enriching experience for the youngsters who are on the threshold of choosing their career.

Regional Bible Festival (November 2 & 3, 2019)

Six Sophians represented the Meerut Diocese in the Annual Regional Bible Festival organized at Varanasi. The event was attended by representatives from seven different dioceses. Our girls, competing against a total of eighteen teams, secured the Second Position in the dance category and emerged the overall Runner Up team.

The Dazzling City of Ahmedabad (November 14 – 18 & 21 – 24, 2019)

“Travel as much as you can, as far as you can and as long as you can! Life is not meant to be lived in one place.”

Packed with loads of excitement and enthusiasm, the aesthetic voyagers of Classes XII and X embarked on an adventurous and exhilarating trip to the charming city of Ahmedabad, Gujarat. During this four day trip they visited ISRO, Kankaria Lake, Gandhi Kutir, Sabarmati Ashram, the Science City and most distinctly, the world’s tallest statue, the Statue of Unity. The spectacular show at Akshardham Temple mesmerized the students imparting indelible memories. It truly rejuvenated the students giving them reminiscences to last for a lifetime.

Gratitude Speaks: Thanksgiving Assemblies (November 25 & December 12, 2019)

“Showing gratitude is one of the simplest yet most powerful things humans can do for each other.”

Right from the first day, when tiny toddlers enter the portals of Sophia to the day they bid goodbye to this temple of education, the Sisters of the management and the teachers give their all in morphing them into the best versions of themselves. With love, reverence and gratitude in their hearts, the students of Classes XII and X paid homage to their alma mater for all it has done in shaping them into responsible and strong women. They conducted special thanksgiving assemblies to express their indebtedness to the Sisters and the teachers for their relentless endeavours in drawing the best out of them.

Children's Day Celebration (November 26, 2019)

“There can be no keener revelation of a society’s soul than the way in which it treats its children.”
- Nelson Mandela

Sophia leaves no stone unturned when it comes to showering love on their students. Every year, the Sisters of the management and the teachers, surprise and delight them with their singing, dancing and acting skills, on the occasion of Children's Day. This year was no different. Although the programme was delayed, the zest and zeal was ever more. The students got a chance to witness the glamorous and groovy side of their teachers as they presented scintillating dance performances which set the stage on fire. The show stopper was, undoubtedly, the Garba folk dance presented by, none other than, our Sisters. The cherry on top was the DJ which made the students dance their heart out to the throbbing beats of hit numbers. The inspiring words by Sr. Principal, Sr. Gail, culminated the event on a cheerful note.

The Bliss of Christmas Cheer (December 13 – 18, 2019)

The gifts under the tree, the lights in the windows, the cards in the mail, dinners with family and friends, snow in the yard, stockings hanging in the living room ... yes, it’s Christmas time again. Turning on their Christmas spirit, the Sophian family got together to celebrate the much awaited Christmas season. The merry making started with the special Christmas assemblies conducted by Classes VI to IX. They imparted wonderful Gospel virtues of love, faith, hope, charity, togetherness, sacrifice, peace and goodwill.

Shoot for the Stars (December 17, 2019)

“Man’s feelings are always purest and most glowing in the hour of meeting and farewell.”

– Jean Paul Richter

With a plethora of emotions brimming in their hearts, the students of Class XI organized a gala farewell to bid adieu to the outgoing batch of Class XII. The day was a fiesta devoted to the years spent in school and to reminisce joyous moments. It was a day of dual delight for the meritorious students who were felicitated for excelling in diverse fields. In accordance with the theme, Sr. Principal counselled the students to shine like stars. The symbolic ceremony of the Passing of the Flame followed by lunch marked a perfect culmination to this eventful day.

Christmas Magic in the Air (December 21, 2019)

“Blessed is the season which engages the whole world in a conspiracy of love”

– Hamilton Wright Mabie

Indeed, the gift of time and love are the basic ingredients of a truly merry Christmas. To foster and celebrate the spirit of togetherness, the management organized a Christmas celebration with friends and well-wishers.

To convey the true meaning of Christmas, the students enacted the famous play of the Victorian Era, ‘A Christmas Carol’ by Charles Dickens, which preached the message of giving up greed and avarice to spend precious joyous moments with one's family and friends. Following this, was the Nativity dance which beautifully depicted the birth of Jesus Christ.

Rt. Rev. Bishop Francis Kalist graced the occasion as the Chief Guest, who in his message expressed that Christmas is not just about celebrating our Saviour's birth but essentially about walking on the path of love and righteousness that Christ showed us.

Honouring the Historic Day (January 26, 2020)

Sophia Girls’ School witnessed a pompous celebration of India’s 71st Republic Day by way of a colourful expression of its patriotism and reverence for the nation through a trail of nationalistic cultural presentations and speeches, and above all the perfectly synchronized march past by the legions of the proud, dedicated and fervid Sophians. The Chief Guest for the day was our very own Mrs. Sandhya Mital, who praised the students’ partisan fervour and inspired them to be virtuous and responsible citizens of the nation. The Sophian family also remembered Mrs. Preeti Bajwa, a teacher par excellence, who left for her heavenly abode two years ago. An award has been initiated by her family in her memory, which for this scholastic session has been awarded to Chhavi Jain of Class VI.

Joyful Experience at the Jim Corbett National Park (February 1, 2020)

Accommodated in two buses, at the peep of day, the Sisters and an extremely excited group of teachers, headed for the Jim Corbett National Park at Ramnagar. Songs, snacks and smiling faces made the journey a befitting beginning to a fun filled and adventurous day. After a little relaxation and a sumptuous lunch at the Winsome Resort, came the much awaited time for the jeep safari in the Jhirna zone of the jungle. The revelers spotted numerous wild animals in their natural habitat and admired the flora and fauna but unfortunately, the chief attraction, the Royal Bengal Tiger remained elusive. However, that did not mar the excitement and all returned with pleasant memories to cherish forever.

Visit to the Basilica of Our Lady of Graces (February 3, 2020)

Upholding the tradition, initiated years ago, the Sisters of the management and the teaching staff paid a visit to the world-renowned church at Sardhana, to entreat our Patron, Mother Mary, for her blessings and benedictions on the students of Classes X and XII as they prepare for their forthcoming board examination as well as for their sound health, safety and well-being.

*Weaving
the World
Together*



Interfaith Initiative (September 23, 2019)

“All differences in the world are of degree, and not of kind, because oneness is the secret to everything.”

- Swami Vivekananda

As the sunrays touched the ground, the stage in the Sophian Campus was set for the most spectacular display of the ethos of all faiths. The essence of ‘Vasudhaiva Kutumbakam’ was celebrated as we all came together with a shared vision – the vision of one world, one family.

At Sophia, we believe that humanity can only flourish when diversity unites into the most splendid blend of hues and bonds in love and peace.

The day marked the merger of religious preachers of different religions in the Sophian campus to spread the common message of love, brotherhood and harmony.

This meaningful event started off with the welcome of our Chief Guest, Dr. Rajeev Agarwal, founder and chairman of ‘Sushila Jaswant Rai Hospital,’ with floral greetings. The occasion was honoured by the gracious presence of government officials, religious preachers, doctors, Principals of neighboring schools, SOGAM members and parents.

The Chief Guest unveiled the holy edifice as a symbol of religious solidarity. Religious preachers of Hinduism, Christianity, Islam and Sikhism graced us with the honour of placing the pious religious books on the edifice and citing a teaching from the respective scriptures, marking the amalgamation of all religions into one - the religion of humanity and love.

Blessed is the abode where tolerance abides. Blessed is the heart where spirituality resides.

Sophia is one such home which treasures diversity, where people of all faiths come together under one roof with the sole incentive of learning. The entire experience left each one enriched with a new perspective and every heart filled with awe and reverence. Together, let’s break down walls of hatred and build bridges of understanding. Let’s value, cherish and celebrate our differences.

Dismantling Social Evils (October 23, 2019)

Father Dayakar with his team of performers from Varanasi, staged a meaningful play to make the youth aware of the social evils which are prevalent in the Indian society. One such evil is discrimination and hatred towards people belonging to other religions. The performers put up a street play based on this prevalent societal ill and aimed at spreading the messages of religious tolerance and brotherhood.

Breaking Walls, Building Bridges (February 4, 2020)

“Plants of humanity and justice grow and prosper only in the soil of inter religious faith.”

The second session of the inter religious meet was organized in the Sophian Campus on the theme “Vasudhaiva Kutumbkam” i.e. the world is one family. The aim of this meet was to train the young minds to be more tolerant and respectful, and to promote understanding among different religions. White doves were released to impart the message of love and peace. The event involved the participation of religious leaders from six faiths, namely Hinduism, Islam, Sikhism, Jainism, Buddhism and Christianity,

Our eminent guests - Mr. Rajeev Mohan Trivedi, Father Titus, Guru Bhante, Mr. Shahid Chaudhary, Mr. Surendra Kumar Jain and Mr. Ratinder Singh, all reflected on the shared dictums preached by all religions - peace, harmony, tolerance and brotherhood. At the close, Father K. V. George compiled the teachings of all the religions magnificently.

Fun and Frolic on the Field – Annual Sports Day (January 28, 30 & 31, 2020)

Exuberant sun, cool breeze, colourful flags and white painted tracks coupled with the high spirits of the athletic Sophians embraced the momentous event of the Annual Sports Day, that took place in three phases.

The tiny tots of the Kindergarten Section, Classes I and II exhibited their sporty skills on January 28 and the event was presided over by Lt. Col. Vinay Sharma. The Primary Section had theirs on January 30, graced by the presence of Mr. Jaideep Gambhir, ADJ, while the Secondary Section hosted it on January 31, chaired by Mr. Ali Haider, Regional Sports Officer, Meerut, as the Chief Guest and our very own, Mrs. Ila Singh, our ex-sports teacher, as the Guest of Honour.

The event was an amalgamation of innovative drills involving mass student participation, numerous track and field races and a perfectly synced impressive march past by the senior students that gripped the entire campus. The zealous parents, who attended the event in large numbers, constantly applauded the enthusiastic young sports stars with loud cheers. The game of Musical Chairs for the Sisters and the teachers was an added treat to the excited spectators.

All in all, the event was a grand success and proved to be a day of achievement and rejoicing for all the winners.

The occasion was also sought to applaud the pride of the school, our State and National level champions, who were felicitated and honoured. Among the seniors, it was the Blue House that lifted the Winner’s Trophy while the Green House secured the Runner Up Position. In the juniors, the Yellow House emerged victorious and the Blue House took the second place.

*Pursuits
Of
the Peerless
Prodigies
in the
Primary Wing*



Back to School (March 25, 2019)

The students returned to school after a rejuvenating break post final examination, with immense enthusiasm, all set to move to their classrooms, of course, with curiosity and excitement to know all that would be new in the fresh academic session.

English Handwriting Competition (May 9, 2019)

Writing is a part of daily life and building a good handwriting can go a long way in helping students to improve their academic performance and increase focus. Therefore, an English Handwriting Competition was conducted for the students of Classes I to V, at the very onset of the scholastic year, to encourage them to develop fine motor skills.

Imagine and Create (May 11, 2019)

Challenging themselves to come up with creative thoughts, builds the confidence students need to succeed in all areas of life. With a view to build self-confidence and improve their writing skills in Hindi, a Creative Writing Competition was held.

Spellings Count (May 14, 2019)

With the resolve to enable students to develop expertise in language and be immaculate in writing, a Spell Bee Competition was conducted to inculcate in them the practice to spell words correctly.

Wealth Out of Waste (May 16, 2019)

To generate the habit of recycling old things to create beautiful crafts, amongst students at an early age, and to sensitize them towards saving the environment, a Best Out of Waste Competition was organized for the primary classes.

The Whiz Craft (July 3, 2019)

After a restful vacation, the school commenced on a very active note. A Diary Quiz was conducted to verify the students' savoir-faire of the glorious history of their alma mater.

A Test of Tech Intellect (July 4, 2019)

Realizing the importance of technology in today's world, the young technocrats of Class V were provided a platform to showcase their cyber skills, by means of a Cover Page Designing Contest in MS-Word.

Patriotic to the Core (July 12, 2019)

A Patriotic Speech Competition was planned for the young patriots of Classes IV and V, in view of the approaching Independence Day of the nation. Students participated with great enthusiasm with nationalistic fervour vibrantly alive in their speeches.

Jingoistic Jingle (July 12, 2019)

Nothing moves you like music does. The tiny tots of Classes I, II and III kept the patriotic zeal alive with their melodious group singing in the Patriotic Group Singing Competition.

Musical Extravaganza (July 18, 2019)

The burgeoning musicians of Classes I to V participated in an Instrumental Music Competition. Their soul-stirring melodies kept the audience captivated throughout this musical gala.

Celebrating the Familial Bond (August 13, 2019)

A Rakhi Making Competition was conducted to celebrate the bond of love between brothers and sisters – the noblest of all human relationships. The students exhibited exquisite hand crafted rakhies that portrayed their profound love for their siblings as well as their innovative artistic perspective.

Learn as You Play (August 20, 2019)

A fun filled educational trip was organized for Classes III, IV and V to 'KidZania,' an Indoor Entertainment and Learning Centre, Noida, that emulates the working of a real city. The students thoroughly enjoyed the numerous role-playing activities and got an opportunity to play the role of doctors, nurses, firemen etc.

Recite in Unison (August 30, 2019)

An English Elocution Competition was held to arouse interest in poetry and promote English speaking skills in the young wordsmiths of the Primary Section.

Scuffle of the Techno Brains (September 7, 2019)

It is indispensable to have some computer knowledge early on in our lives and quizzes make learning fun. Keeping this in view, a Computer Quiz was held to evaluate and enhance the technical know-how of the budding technocrats of Classes I to V.

Math Mania (September 21, 2019)

Each multiplication table has its own pattern and poses a different challenge to learners. To help children learn tables and at the same time boost their confidence in multiplication, a Multiplication Tables Competition was held for the potential Shakuntala Devis of the Primary Section.

Eloquence at its Best (September 28, 2019)

Poetry is the core of literature. To indoctrinate love for poetry amongst our young versifiers, a Hindi Recitation Competition was held for Classes I, II and III. Our endearing poets enjoyed the beauty of expression, feeling, rhyme, rhythm and the music of words.

Parnassian Passion (September 28, 2019)

Poetry writing is an excellent practice for strengthening one's writing skills. It turned out to be a memorable day as the young poetesses of the school penned down their amazing pieces of poetry on Rev. Bishop Henri Caumont, Founder of the Congregation of the Mission Sisters of Ajmer.

English Creative Writing Competition (October 5, 2019)

The students of Classes I to V participated in this creative challenge that helped them to unleash their imagination and translate their spontaneous response into a coherent text. The competition provided a boost to their creative spark and an impetus to refine their writing ability.

It's Christmas Time Again (December 11, 2019)

Christmas is full of wonder, meaning and tradition. To enhance the joy and cheer of this yuletide festivity, the students crafted wonderful decorations such as wreathes, bells, candy canes, stockings, mistletoe etc. setting in the mood of Christmas and exercising their artistic aptitude to the maximum.

Jesus is the Reason for the Season (December 18, 2019)

Carol singing is a wonderful way to welcome the birth of baby Jesus and to spread the festive cheer. The young maestros of the primary wing sang carols with great sparkle and zeal that echoed the spirit of Christmas and imparted the message of faith, peace and goodwill.

Eureka Moments (January 7 & 8, 2020)

A prize distribution ceremony was held to celebrate the achievements of this year's winners in various co-curricular activities. This boosted the morale of the achievers to continue with their hard work as well as inspired the others to put in more efforts to excel.



*Weaving Wonders
With
Words.....*



2010s: A Decade of Degradation

“You have stolen my dreams and my childhood with your empty words.” These were the words of a 16-year-old Swedish climate activist addressing the world leaders. Greta Thunberg has given voice to the anger felt by many who are inheriting a hotter, inhospitable planet.

The 2010s were the decade of climate change consequences and will go down as the decade of floods, fires and scorching heat waves.

Wildfires broke out in Russia which turned the skies sickening yellowish orange. Famine crisis in east Africa killed more than half a million people. In 2019, for the first time in human history, the global quantity of carbon dioxide in our atmosphere reached 415 parts per million.

During this decade, some of the worst heat waves were recorded in India and Pakistan. Torrents of rain drowned South Asia. 2012 and 2019 were Greenland's extreme melting seasons. Hurricanes and typhoons reached unprecedented levels of ferocity.

The deforestation rates are on the rise and this couldn't be happening at a worse time for the planet.

The Amazon rainforest, often known as the lungs of the earth, was engulfed in fire as thick plumes of smoke blanketed Brazil whereas Australian fires have burned more than twice as much land as the Amazon blazes.

On the cusp of 2020, the state of the planet is far direr than in 2010. The virtual end of coral reefs, the drowning of some island nations, the worsening of already-devastating storms and the displacement of millions - they seem close to inevitable. Humans are wrecking the environment.

There is hope though. The bright spot, amidst all this, is that the young people are waking up. Stepping up because of what they see as failure by adults, **YOUNG PEOPLE** lead the fight for a sustainable and just future. Greta goes from being a lonely teenage girl sitting with a little sign outside the Parliament building, all by herself, to having 4 million people marching in the streets with her all around the world.

Yes, this truly is a horrible mess we've made.

And we – you and me, must fix it. It's no more a choice, it's a necessity. We are at the beginning of a mass extinction. As the climate crisis escalates, we must recognize climate emergency as the defining issue of our times. As the decade closes, let's set out on a global mission to 'make a difference'.

Kavya Rajput
IX D

The Flow

A watchful gaze, and anticipation brimming high,
It sits there cradled among the shoots,
Without a single blotch of expectation,
Merely awaiting a greeting anew.

“Will it be a gentle sway like yesterday,
Or a tickling flutter like the day before?
Or will it be sullen and full of rage,
As it usually is on a day of storm?”

Sauntering in, the breeze slowly whispered,
“My dear, I have something new for you –
It's time for you to take off me,
And dance your ballet, to sail through.”

As the leaf swayed along,
It finally detached from the shoot.
To grow again it had to fall,
But did so with a flaring hue.

Perhaps this is the beauty of life,
It frees us from the fear of the unknown,
We can either wither or dance along,
As we surrender to the flow.

Mansi Chauhan
XII Science

Stars Can't Shine Without Darkness

Don't worry about the end,
I'm sure you'll rise even if you bend.
The road will be full of failures,
But believe me you'll turn out stronger than earlier.

It's perfectly fine if you fall,
To walk, we need to first crawl.
The journey will be beautiful,
Just to yourself, be faithful.

Heartbreaks will too take place,
To face them, you'll need to move apace.
Just give your best,
And don't dare to rest.

In the end, all will be stunned,
To see the success, you'll have earned.
You are tough, to your goal you must adhere,
Just take courage and overcome your fear.

Tavishi Gulati
VIII B

Education

For some it is a privilege,
For others it is a right,
The difference between darkness,
And a future that is bright.

Some think it to be a burden,
While others see it as a gift,
The key to moving forward,
And to give your life a lift.

If school is not your calling,
Look beyond its doors,
The world can be a teacher,
With sundry adventures in store.

As long as you are learning,
Your education will amplify and grow,
That will lead to contributions,
As you share the things you know.

Riddhima Gandhi
V B

Soldiers

Soldiers are the true sons of the country,
They fight against the enemies valiantly.

They work for the well-being of the nation,
To protect us, is their only mission.

They bear the scorching rays of the sun,
Facing cold winds and thunderstorms, for them is
fun.

They stand boldly at the border,
To protect us and keep the country in order.

They put their lives at stake,
Life for them is surely not a piece of cake.

Vibhuti Kaushal
V B

The Beauty Of Life

Life is a journey, which has a beginning and an
end,

It's all about how you live it and comprehend.
You may think it to be burdensome,
You may consider it as a precious gem.

Life is a roller coaster, with several ups and
downs,
It's your call, either to live it with smiles or
frowns.

You can be as happy as birds that sing on a tree,
Or as sad as a black stone under the blue sea.

Life is a blend of experiences sweet and sour,
You have to rise and shine like a blossoming
flower.

Live life to the fullest in the best possible way,
You are fortunate to be born, so be happy and
gay.

Kritika Goel
IX D

A Narrow Escape

What an adventurous day it was – full of exploit
and excitement, as the teaching staff headed for the
Jim Corbett National Park for an escapade in the
forest.

The day began with an exhilarating bus journey
early morning to Ramnagar which the power
packed enthusiasts enjoyed to the maximum.
The bright sunny day welcomed us at the Winsome
Resort where we had a scrumptious lunch followed
by the jungle safari in open jeeps in groups of six.
Our guide instructed us to be silent to enjoy the
sights and sounds of nature to the fullest, as noise
could alarm the animals.

We were at a peaceful spot exploring the scenic
beauty when suddenly there came two angry
tuskers, fighting madly with each other, quite near
us. Their trumpets were scary and moves quite
unpredictable. In a state of extreme shock and
horror, we quickly got down from the jeep as
advised by our guide to climb up a nearby tower
for safety. Surprised and terrified, we remained
speechless. Fortunately, after a while, the two
giants, their tusks stained with blood, rushed to the
other side and we took a sigh of relief.
Meanwhile, the jeeps with our companions, came
searching anxiously for us. We thanked God for
this miraculous escape. Nonetheless, the virgin
world of wildlife came close, giving us the highest
thrill of this eventful trip.

Mrs. Payal Aggarwal
Teacher, Primary Section

Plant a Tree, Plant a Hope (July 19, 2019)

“The true meaning of life is to plant trees, under whose shade you don't expect to sit.”

- Nelson Henderson

We, the Sophians, know how to heed to the call of nature. Sophia Old Girls' Association, Meerut, SOGAM, took a green initiative of increasing the tree count on the planet as a step to turn the environmental crisis around, also upholding the theme of the scholastic year 'Gods Wings: Man and Nature Divine'. SOGAM provided the young Sophians of Classes IX - XII with one sapling each. Our nature loving students pledged to nurture the promising saplings into selfless trees.

The event was marked by the presence of Sr. Gail, the Patron, Mrs. Shruti Sehgal, President of SOGAM, Mrs. Shalini Pratap Singh, Vice President of SOGAM, Mrs. Sheetal Khurana, Mrs. Sumedha Rastogi, Mrs. Sonam Mahajan, Mrs. Archana Chadha, Mrs. Payal Agarwal and Mrs. Shalini Sachdeva, who handed out the saplings.

‘The best time to plant a tree was 20 years ago, the second best time is now.’ The inspiring wisdom hidden in this proverb speaks of the need of the hour. We will have to make enormous changes if we wish to meet the urgent needs to avert global warming and the loss of our precious biodiversity. And let's be real-

**It is not a choice, it is a necessity.
It is now or never.**





Priyangana Gupta
XI Science

*The Team
behind
the designing
of this
Year's
Gazette...*



Anuradha Sharma



Varima Dudeja
X C