

The Sophian Bulletin

2019-2020

Sophia Girls Sr. Sec. School

Vallabh Nagar, Kota



"I want to create a world where the environment doesn't need protection."

FROM THE PRINCIPAL'S DESK



The word 'Education' comes from the Latin word EDUCARE, which means 'to bring out'. The vital essence of education is the education of the heart. Our school has been doing the same since its inception. So many have passed out from this prestigious institution with a better heart, as mature adults, shouldering responsibilities of society, being better people to play a role of better citizens of our mother land-India. That's why, even today, it is one of the most sought after institutions around the city. We have worked hard all these years to form young minds and hearts for a better society. Our experience shows that success comes to those who work hard and stays with those who don't rest on the laurels of the past.

Today's world is changing at a quick pace. We have tried all the latest innovative methods and techniques of keeping pace with the times. We have trained our students to face both, today and tomorrow with courage and optimism. Our strength also lies in the efficient and able staff we have. They motivate the students to channelize their potential in the pursuit of excellence. They are good at teaching students how to think and to think positively. They know, educating the mind without educating the heart is no education at all. That's why our pivotal emphasis is values of the heart in this time of globalization. We are committed to working collaboratively with the parents to nurture an individual who possesses love for the nation and society.

Our theme this year is 'Greener World', echoing the international theme of Plant Health. We are aware of the urgency of curative measures that need to be implemented for a greener world and at Sophia we are careful to imbibe in our students a love for Nature and its protection.

Dear students, be the people of the times with a strong character, who are committed to working for the good of all. Be a friend to all by respecting the dignity of all.

May Sophia, which means Wisdom, guide and lead us. STAY HUMBLE, STAY BLESSED.

Sister Lavina

EDITORIAL

We are snowballing towards an environmental catastrophe due to our forceful exploitation of the Earth. We have almost reached the point of no return and the future of nature is at stake. Nature, however, is a forgiving victim. She rewards us when we aid her. With concerted efforts we can edge away from the brink of disaster. It is our prime duty to be aware and make others aware of our moral responsibility towards our Earth and towards the future generation. In this International Year of Plant Health we dedicate this issue of our magazine to a virescent world and pledge to renew the verdancy of our earth in our own small ways.



Genevieve D'silva

SOPHIA SHINES

BOARD RESULTS OF CLASS XII 2019

Candidates Appeared	176
Candidates Passed	176
Distinction	118
First Division	48
Second Division	10

BOARD RESULTS OF CLASS XII 2019

Candidates Appeared	168
Candidates Passed	168
Distinction	143
First Division	20
Second Division	5

CLASS XII HIGHEST PERCENTAGE

Overall	Ritika Jain	97.0%
English	Iram Khan	95
Hindi	Akshita Sharma, Ashmika Rasanika	97
Maths	Ashmika Rasanika	100
Physics	Devanshi Lakhota, Himani Bairwa	95
Chemistry	Akshita Sharma, Archi Jain, Ashmika Rasanika, Mallika Rai, Rashmita Bajaj	95
Biology	Akshita Sharma	97
Informatics Practices	Simran Singhal	99
Economics	Rishika Modi, Sriyashi Garg	99
Business Studies	Akshita Jain	98
Accountancy	Akshita Jain, Jaishree Taparia, Pratiti Jain, Rishika Modi	95
Political Science	Atoshi Sikdar	99
Geography	Sriyashi Garg	99



CLASS X HIGHEST PERCENTAGE

Overall	Dhiranshi Jain	98.4%
English	Sandisha Jain	99
Hindi	Sandisha Dangi	99
Maths	Dhiranshi Jain, Ishika Bhandari	100
Science	Dikshita Jaisinghani	98
Social Studies	Evita Tiwari, Mudita Malav, Prashasvi Bansal	100
Info. Technology	Anukriti Sethi, Dhiranshi Jain, Diya Medatwal, Kashish Sadwani, Khushi Yadav, Saloni Sharma, Shreya Mathur	100

CLUB ACTIVITIES

The various Clubs of the school took out a number of Rallies as a part of their Club Activities. Some of them were; Rally on Anti Corruption, Save the Girl Child, Anti-Suicide, Say No to Plastic, Save the Environment and Anti-Tobacco. The students, accompanied by their teachers made the public aware of the issues that needed to be resolved through slogans and placards.



THE COMPETITIVE SPIRIT

KG SECTION

April	Colouring Competition (LKG), Self Introduction Competition (HKG)
July	Hindi Poetry Comp. (LKG), Fancy Dress Comp. (HKG)
August	Flag Drawing and Colouring Comp. (LKG)
September	Fancy Dress Comp. (LKG), Solo Folk Dance (HKG)
October	Diya Decoration Comp. (LKG), Thali Decoration Comp. (HKG)
November	Writing Comp. (LKG & HKG)
December	Christmas Decoration Comp. (LKG & HKG).
January	Hindi Writing Comp. (LKG)



PRIMARY SECTION

April	English & Hindi Writing Comp. Classes 1 to 5, Drawing Comp Classes 1 to 3, Chart Making Comp. Classes 1 to 5
May	Skit Comp. Classes 4 to 5, Initiation Ceremony
July	English Writing Skill Comp. Classes 1 to 5, Elocution Comp. Class 1, Computer Quiz Classes 2 & 3, Debate Comp. Class 5, Patriotic Song and Speech Comp. Classes 2 & 3
August	General Knowledge Quiz Classes 1 to 5
October	Swastik Decoration Comp. Class 1, Diya Decoration Comp. Class 2, Bandarwal Making Comp. Class 3, Rangoli Making Comp. Class 4, Thali Decoration Class 5
November	Camlin Drawing Comp.



SECONDARY SECTION

April	Chart Making Comp. Classes 6 to 10
July	Elocution Comp. Spellathon Class 8, Inter House Flower Arrangement Classes 9 to 12
August	Patriotic Song Comp. Class 6, Bulletin Board Comp. Classes 10 to 12
October	Diya Decoration Class 6, Thali Decoration Comp. Class 7, Bandarwal Comp. Class 8
December	Christmas Star Making Comp. Class 6, Christmas Bell Making Comp. Class 7, Christmas Gift Wrapping Display Comp. Class 8
January	Fancy Dress Comp. Class 6, Salad Arrangement Comp. Class 7, Fruit Decoration Comp. Class 8, Hand Painting Comp. Class 9

THE CELEBRATORY MOOD

Sophia is known for her celebratory mood and there is hardly an occasion that is not celebrated. The Initiation Ceremonies of the Primary and Secondary, Helpers Day, Independence Day, Teachers Day, Management Day, Gandhi Jayanti and Shastri Jayanti, The Sophian Centenary, Diwali, Children's Day, Christmas, Republic Day and Women's Day have all been a cause for celebration this year.

SPECIAL DAYS

Every day in Sophia is special but some days are extra special. They are made special by Assemblies specifically dedicated to them. Some of these special days are Ram Navmi, Mahavir Jayanti, Ambedkar Jayanti, Founder's Day, Eid-ul-Zuha, Plantation Day, St. Claire's Feast, Raksha Bandhan, Janmashtami, Girl Child Day, Ganesh Chaturthi, Dussehra, Guru Nanak Jayanti, Constitution Day, Army Day, St. Francis' Feast Day, Advent Assemblies, Lodhi, Makar Sankranti, Martyr's Day and Basant Panchmi.





NATIONAL CADET CORPS

The Annual NCC Camp was held from 25th June to 6th July at Maharshi Gautam Samudayak Bhavan, Kota. Training was imparted on subjects like Drill, Weapon Handling, First Aid, Adventure, Self Defence, & Physical Fitness. There was good interaction between the cadets of the different districts.

Firing- The cadets of Sophia were given hands-on practice of the .22 rifle and fired five rounds of ammunition. They were also given a description of the parts of the rifle.

Flying - The Sophian cadets had a real-time flying experience with the C.O. of the Unit. They learnt about the Cockpit and found that flying was a thrilling experience

SPORTS ARENA

INTER-HOUSE TOURNAMENT WINNERS

Basketball (Seniors)	Green House
Basketball (Juniors)	Green House
Volleyball (Seniors)	Yellow house
Badminton (Seniors)	Red House
Badminton (Juniors)	Blue House
Table Tennis (Seniors)	Blue House
Table Tennis (Juniors)	Red House

STATE LEVEL TOURNAMENT WINNERS

Lawn Tennis (Under 17)	2nd Position Simran Hora, Lila Jha, Diya Gupta
Badminton (Under 14 - individual)	3rd Position Anshika Garg
Badminton (Under 17 - Individual)	2nd Position Vedika Jain
Swimming (Under 17 - Individual)	2nd Position Navya Mishra
	2nd Position 50m Butterfly
	2nd Position 50m Breast Stroke
	2nd Position 50 Freestyle

DISTRICT LEVEL TOURNAMENT WINNERS

Basketball (Under 14)	1st Position	State Selection - 6
Basketball (under 17)	1st Position	State Selection - 5
Basketball(Under 17) Best player	Reva Jaiswal	
Basketball(Under 19)	1st Position	State Selection - 5
Basketball (Under 19) Best player1	Taru Arora	
Volleyball (Under 14)	1st Position	State Selection - 5
Volleyball (Under 17)	1st Position	State Selection - 5
Volleyball (Under 19)	2nd Position	State Selection - 3
Badminton (Under 14)	2nd Position	State Selection - 2
Badminton (Under 17)	2nd Position	State Selection - 1
Badminton (Under 17 - Individual)	3rd Position Vedika Jain	
Badminton (Under 19)	3rd Position	State Selection - 1
Badminton (Under -19 - Individual)	2nd Samriddhi Agarwal	
Table Tennis (Under 14)	2nd Position	State Selection - 1
Table Tennis (Under 17)	--	State Selection - 1
Lawn Tennis (Under 17)	1st Position	
Lawn Tennis (Under 17-Individual)	1st Simran Hora	
2nd Lila Jha	State Selection - 3	
Swimming (Under 17-Individual)	Navya Mishra	
50m Butterfly - Gold		
50m Breaststroke - Gold		
50m Freestyle - Silver		
Individual Championship	State Selection - 1	
Athletics (Under 17 -Individual)	Rimisha Gupta	
500m Gold		
200m Gold		
Long Jump Gold		
Individual Championship	State Selection - 1	

SELECTION AT NATIONALS

Basketball (Under 14)	Charvee Jajoo
Swimming (Under 17)	Navya Mishra
Lawn Tennis (Under 17)	Simran Hora

SELECTION AT CBSE NATIONALS

Badminton (Under 17) Agarwal	Samriddhi
	Vedika Jain
	Anshika Garg
	Trisha Rajawat
Athletics Long Jump	

The Primary and the Secondary Sections also held their own individual Sports Day with a variety of races and field events. The school also played a friendly Basketball game with St. Paul's School, Mala Road and participated in their Sports Day -Inter School Relay. Our Basketball team also participated in the Inter Sophia Basketball Tournament held at Ajmer to celebrate the Centenary of Sophia School. We bagged the Bronze Medal.

CBSE WEST ZONE TOURNAMENT WINNERS

Badminton (Under 17)	2nd Position
Athletics (Under 14- Individual)	Rimisha Gupta
	Long Jump 2nd Position
Taekwondo (Under 14- Individual)	3rd Position Adishree Sharma



SEMINARS IN SOPHIA!!!!

A variety of Seminars held throughout the year keep the students and teachers updated and aware of changing trends. The various seminars held were 'Updates for the Syllabus of Smart Classes' for the Primary Teachers; 'Mother and Daughter' for the students of Classes VII and VIII; 'Health and Hygiene' for Classes VI to XII; Stress Management for the Staff; 'Social Media and Cyber Crime' for Classes IX to XII; 'Identification and Assisting Children with Learning Disabilities' for the Primary Teachers.



A HEALTHY SOPHIA

With a view to promoting health awareness and good health a Vaccination Camp was held for Classes LKG to X. The students were vaccinated against Measles and Rubella.

Dr. Saket Goyal addressed the students on the importance of a healthy heart and encouraged them to take part in the 'Walk O Run' Marathon that was being organised. A Drawing Competition, 'Art for Heart' was also held, in which Sophia bagged the 2nd position.

REACHING OUT TO OTHERS - OUR HUMANITARIAN ACTIONS

Reaching out to the poor and needy is woven into the moral fabric of Sophia. As part of the Outreach Programmes, the Sisters, Teachers and students paid a visit to the Central Jail on the occasion of Raksha Bandhan. They also visited the Women's Jail where they held a short Prayer Service and a cultural programme that was highly appreciated by the inmates.

Class XI made a trip to the Oriya Basti, Anantpura, where they interacted with them and gave them woollens and biscuits.

The orphan children of Karni Vikas were invited to the school for the Christmas celebration. A Prayer Service and a Cultural Programme was held for them. Later, games were organised which they enjoyed immensely. The visit concluded with snacks being served to them. Their shy enjoyment of the whole programme was heartwarming.

The trip to Mother Teresa's Home is an integral part of Sophia's Outreach Programme. The students collected groceries and toiletry articles as part of their voluntary contribution. The students of Class XI paid a visit and interacted with the inmates. They came back, sobered by the thought that all were not as blessed as they themselves were. They were also amazed at the dedication with which the Missionaries of Charity served the sick and the aged in the Home.



DE -STRESSING!!!

In the month of November, the whole school took a day off from their busy schedule of study to relax and spend some leisure time in the lap of Nature in lieu of the celebration of Children's Day. The different classes picnicked in various places in and around Kota and returned refreshed and rejuvenated, ready to take on the rest of the session.

An educational tour was organised by the Management for Class XII to Shimla, Mashobra and Kufri. It was an exhilarating experience, fun filled and hectic. The group visited many places of interest like a number of nature points, museums, the zoo at Kufri.



BEYOND SOPHIA

Students participated in large numbers in the Camlin Drawing and Colouring Contest. The results are awaited. We also took part in the Art for Heart Drawing Competition where we bagged the 2nd prize. The School also hosts the Silver Zone Olympiads in Maths, Science, Informatics Practices, English and General Knowledge. Students have made it to the second round. The Maths Genius was also conducted.

Two students took part in a Debate Competition hosted by Central Academy on the topic 'Are Atom Bombs Necessary in Today's Context?'

Students of Class V visited a Book Fair organised by Sir Padampat Singhania Sr. Sec. School as part of the CBSE Hubs of Learning Programme.

The Geography students visited Kaithoon to find out the socio-economic status of the people and to explore the income-generating activities of the locals.

The students of Class XII visited Modi School where a Science Exhibition had been organised by NRSC on the occasion of Vikram Sarabhai Centenary.



SOPHIA AND NATIONAL PROGRAMMES

The live telecast of 'Fit India' where the students were addressed by the Prime Minister Mr. Narendra Modi was watched and much appreciated by the students.

'Pariksha Pe Charcha' was also well received as our Honourable Prime Minister expressed his views on how to face the 'exam challenge'.



JUBILEES AND RETIREMENTS

This year the school truly realised that joy and sorrow are two sides of the same coin. On the one hand we celebrated the Silver Jubilee of Mr. Sanjay Joshi, Member of the Primary Staff and of Baptist, member of our D Staff and on the other hand, we bade goodbye to Mrs. Jane Rajan of the Secondary Section and Mrs. Elizabeth of the Primary Section. We celebrate those who are still a part of our Institution working with zeal and we will miss those who leave us to begin new chapters of their lives. God Bless Them All



AUTHORS AND POETS

WITH A GRATEFUL HEART

God has given us many things to help us live.
God has given us food, water, and air.
God has given us this beautiful earth to live on.
God has given us animals and birds.
God has given us plants and trees.
God has given us flowers to make the world pretty.
God has given us parents to help us in our needs.
God has given us teachers to teach us.
God has given us a school to study in.
God has given us all things to make our lives beautiful.
Thank you God!!!

Jivi Mewara
III B

NATURE

No other thing in this world is as beautiful as Nature.
The trees and plants are the ultimate beauty of Nature.
The mountains and plains are the Lord's wonderful creation.
Mother Nature gives us every pleasure
Her cool shade and ripe fruits are no less than a treasure.
But, today, Man does not understand her worth
So, we children will have to teach him
To stop destroying the marvellous beauty of the world.

Darshita Maheshwari
VII B

THE MOVE - V to VI

The days went by,
The nights did fly,
How to bring them back,
Wonder I.
So many things,
Back to bring
So many memories,
Many, many smiles.
Fun-filled days,
The new ways
Picnics and games
The Annual days.
But now is the time to change the view,
Cherish the past,
Be ready for the new.

Paurvi Jain
V C

KEEP LEARNING

Keep learning from everyone.
Everytime, every place.
Learn with desire, learn with excitement.
Keep an open mind when learning anything.
Listen to everybody but take your own decisions.
New ideas make new works interesting.
So, go on learning, Learn from your mistakes.
Learn always.

Saanvi Arora
VII C

SAVE OUR FORESTS

Climate change is a topic that has been constantly surfacing for more than two decades and has left the newspapers, TV channels and other multimedia flooded with the news of environmentalists and nature lovers. Some recent examples of climate change are the fire in Australia, Delhi pollution and the prediction that Mumbai will drown by 2050. So, what can youngsters like us do to save the environment?

The perfect example is set by Greta Thunberg, a 17 year old Swedish girl who protested in front of the Swedish Parliament to bring about an awakening among the people about Global Warming. Greta is a role model for many and an epitome of Naturalists.

We must take steps to prevent the rise in global temperature. We need the forests to help us in this. So we should protect them, as the cutting of trees leads to climate change and other unpredictable situations. The death of various species of animals occurs due to this. Cutting down our green jungles and building up concrete ones is one of the greatest problems the world is facing as concrete increases heat.

We, now have to stop all this by cutting less trees and using gas instead of using wood for burning.

People say they love their children above everything else, yet their parents are stealing their future in front of their very eyes. 'Only when the last tree is dead and the last river is poisoned, the last fish is captured will humans realise they cannot eat money.' We, as responsible citizens of our country should take foolproof measures to ensure a healthy and green environment. Otherwise the day is not far when we will be questioning our own survival.

Faizah Chisty
VB



SOPHIA, MY DREAMHOUSE

I stepped in here as an unknown creature,
Unaware of the world beyond the walls of my house.
The campus appeared weird and frightening to me,
But it didn't take much time to become a second home for me.

Sophia taught me to stand up,
To face challenges and take them up,
To face those who obstruct my way,
And transformed me into this confident identity I carry today.

The teachers moulded me with moral values.
Throughout the journey they were the ones
Who were my mentors and guides.
They nurtured in me the spirit of courage, compassion and worship,
Taught me helpfulness and leadership

These twelve, precious years
Opened my mind to the ethics and motto of life
And unknowingly, taught me the most useful lessons of my life.

Sophia gave me true friends
Our gossip usually used to be about fashion and trends.
Sharing yummy, crunchy eatables,
Taught us about friendship and love.

Sharing our notes at the time of examinations
Was the only way to get rid of the tension.
It's time to bid goodbye to this home of mine
As tears flood my eyes
I beg for some more days and months
That I could spend with these lovely ones.
These moments transformed into memories
Will be treasured by me
They will teach me to smile when confronting the failures of my life.

My position in any corner of the world would hardly matter
As I would never forget the first step of my life
From where my journey began
This beloved platform occupies a special place in my heart
And it will sustain me till I breathe my last.
I will miss you Sophia!!!!!!

Radhika Porwal
X A

EDUCATION

The passport to the future is Education.
Where there is knowledge, there is no discrimination.
Education is the key to reach your destiny.
It is not hard to make decisions when you know what your values are.
Your Knowledge will take you forward when the dream destination seems too far.
The best gift of life is Knowledge and Enterprise.
With which you can win the world and without which no one can survive.
For the world in which we live today
Education is the only way -
So cherish it and do your best.
And God will surely do the rest.

Anushka Gupta
IX B

A PART OF ME - MY GRANDPARENTS

Recalling the past, some feel pain,
Some shed tears
But I feel you.....

Some might think death rent us apart
But of me, you are a part .
Who, for me, were always free
A part of me.
Who led me to a new world,
Who actually filled my life with glee.
You are a part of me.
How can I ever forget you?
You are a part of me.
I can never go away from ,
But I'll forever care for you.
Till my last breath.
I'll be there for you.....
I'll be there for you.

Geetika Nag
X A

DAD

Dad, you were the step to my fame;
The one whose sacrifices fanned my flickering flame.
You became my torch in the fog of life,
The one who held my hands on the weary roads of life.
You are a genie to my desire; a happiness to my cries.
You are the one whose presence I witnessed amidst all the troubles,
In whose lap, heaven seems a world apart;
With whom all anxieties depart.
Someone asked me, 'What do you call peace?'
I answered, 'My dad's hand on my head as I sleep'.
You are the sunlight I crave in the winter's cold;
To whom all my secrets I told.
You are the answer to my prayers, the source of my laughter
Truly you are the best dad to your daughter.
Thank you Dad, for your sacrifice is inestimable.

Kairvee Vaswani
X-B



TRUTH

'I have nothing new to teach the world. Truth and non- violence are as old as the hills.' -M. K. Gandhi

If you want to be honest, you should first behave well, be disciplined and speak the truth, as it is the only path to success and respect. When a person is honest in all his actions, he is trusted by everyone. He enjoys happiness as there is no evil in his heart. In life there are many ups and downs. Everyone will face situations where one's honesty is at stake or questioned. It is at those times that you need to stay strong, favouring honesty. Even if the mistake is yours, admit it. Correct others. Have the courage to speak the truth. This will benefit you as an honest person. Have the courage to tell the truth and you will hold a respectable position. Let the absolute truth become your shield. Remember that truth is as hard as a rock and as tender as a blossom.

Charu Gupta
VII A

WITH FREEDOM COME DUTIES

Freedom means being happy -internally, from deep within, not externally.

Freedom does not mean being 'not restricted'. It means that our hearts should be free from negativity and grudges.

Our hearts should not sing a melancholy strain but a melody..... This can only happen when we remain positive and do our best to spread positivity and to bloom where we are planted.

Now a question arises. Is only freedom responsible for our happiness? No, as we are in the stage of adolescence, we want to be independent. But complete freedom can lead us down the wrong path. We must realise that there are a plethora of responsibilities that go hand in hand with freedom. When one starts maintaining a balance between the two, you will achieve great heights for sure.

Freedom is a feeling but it comes only when you fulfil your duties. So, fulfil your duties and enjoy your freedom.

Saanvi Arora & Nandini Jain
VII C

THE BEAUTIFUL HILLS

Vacations! A blessed time to relax and rejuvenate! My winter vacations were indeed rejuvenating and all the more memorable because of our trip to the beautiful state of Uttarakhand. Actually we went chasing snow so we decided to visit Mussoorie, which is at an altitude of 6600 ft. above sea level. Apart from snow, what attracted us to the place was the fact that it is home to my favourite author, Mr. Ruskin Bond. We set out on a long and arduous journey of over 800 kms. which took us two days of driving, one way.

At the end of the journey when we reached the access road to our resort I was really startled! It was hardly a footpath and such a steep climb on so narrow a path that it seemed impossible that a vehicle could ever climb that path but we did climb and that too in our car. What an adventure it was! Apparently we had climbed up to the second highest point in Mussoorie - Gun Hill. That's where our resort was located and indeed it was beautiful. From the balcony of our apartment we could see twinkling Doon valley and a wonderful unique sight - The Winterline'. We were lucky to be able to see this phenomenon which can only be seen in Switzerland apart from Mussoorie. The Winterline appears in the form of a second horizon in glorious hues of red, orange, yellow and mauve at the time of sunset above the western horizon.

As the next day was Saturday we quickly got ready and queued up at Mall Road in front of Cambridge Book Store to meet Mr. Ruskin Bond. After a long wait I was finally able to meet him and take an autograph. My trip was already a success! We celebrated New

Year there with a grand party at the resort and the lively Winterline Carnival at Mall Road. But as we had not seen any snow we decided to go further to Kanatal which is a quaint little hamlet in the Shivaliks at an altitude of 8500 ft. The drive from Mussoorie to Kanatal was beautiful but risky on very narrow roads with snow on both sides. All the while we were there the temperature did not go above 4° and was negative for most parts of the evenings and nights. Brrr!!!. It was crispy cold!!!

I really enjoyed myself as we finally saw snowfall and I also had the unique experience of Zip-lining in falling snow. I also made a very unusual friend - a monkey with a sweet tooth! Yes really! The monkeys there were the smartest I have ever seen. They not only knew how to open the balcony door but also where exactly to search for sugar in our room. It opened the balcony door, reached across the room and took all the sugar pouches from the tea cabinet with the skill and precision of a top grade spy!

I am really going to miss those smart monkeys, handsome, husky-like street dogs, cute, narrow winding roads, sloping roofs covered with snow and tall deodars - 'the trees of the gods'. Those tall cedars well above 100 ft. tall with their divine aroma, seem to whistle in tune with the rustling winds and draw me back towards them.



Saumya Singh
VI B

FREE PERIOD

There are times when, after a few weeks of intensive study, students plead, rather diffidently, for a free period. I give my permission with alacrity. (I myself need a break). Immediately books are closed and there is excitement as they try to decide how to spend the next forty minutes.

Some immediately put their heads down. (They are the studious ones who have been studying all night). The buzz in the classroom immediately becomes louder. I don't mind. Some sit back in relief. Some take out a notebook with the intention of doing 'something'. Some exchange glances with their friends across the class, wishing they were sitting with them. A few seconds later I am approached to grant permission to sit with..... as 'she wants a problem solved'. Ignoring the old, traditional excuse for friends to sit together, I grant it. The smiles become wider. Space is made on the bench to accommodate the newcomer and the 'solving of the problem' begins amidst giggles and 'shushes'.

I look around the class and am amused at what I see. Two are softly laughing their heads off, another two are playing 'tic tac toe'. Some more are chatting or planning. Or plotting? Two have turned back to those behind to make a gossiping group of four. There will be the serious ones, too busy practising Maths or Accounts to even look up. One or two will be sneaking bites of their tiffin or a sip of water, all the while watching to see if I have observed them. I pretend not to notice. Some are mischievously passing slips of paper under the table. The girlish giggles are a constant background sound though there are pauses of sudden silence. But then, the buzz begins again.

Now and again I have to assert my authority. I prevent one girl from talking through the window to a passing friend in the corridor and another from poking the girl in front of her with a pencil. I do not grant permission to 'friends' to go to the washroom. (They take ages to come back). And no one is allowed to read novels which do not belong to the school library.

The time passes pleasantly. And then the bell rings. A great sigh goes up! Friends separate reluctantly and go back to their seats. Books which lay on the table untouched are closed and put away. Benches are pushed back as the girls stand to say "Thank You, Ma'am", and I pass out of the class. The end of a Free Period!!

Genevieve D'silva
Teacher

दिव्य उपहार

मैं यदि एक पेड़ तो,
वे दोनों मेरी छाया ।
जीवन के हर कदम पर चलें,
बन के मेरा साया ।
एक ने दिया जन्म,
एक ने जीना सिखाया ।
ये दोनों ही हैं मेरे जीवन का अहसास,
क्योंकि ये दोनों हैं मेरे खास ।
ये दोनों रहते हैं मेरे दिल के अंदर,
इन दोनों में नहीं दिखे मुझे कोई अंतर ॥
आज देखो इन्हें कैसे खिल-खिलाते,
किसी के दिल में
अगर, बस जाए,
तो उसके जीवन में गुल खिलाते ॥
इनसे बस यही कहना चाहूँ मैं,
यह बात हमेशा याद रखना कि,
तुम दोनों थे मेरे दिल के पास,
तुम दोनों हो मेरे दिल के पास,
और तुम सदा रहोगे सबके दिल के पास,
क्योंकि तुम हम सबके अनोखे,
हम सबके खास ॥

पौरवी जैन
V-C

सरहद के पहरेंदार

जज़्बात हैं वो उनके जो उन्हें सरहद तक पहुँचाते हैं....
हिम्मत है वो उनकी जो तिरंगे में लिपट कर घर आते हैं.....
गर्मी है वो उनके खून की जो उन्हें अंधरे में भी जगाए रखती है.....
वर्दी है वो उनके जुनून की जो दुश्मन के सामने भी उन्हें बनाए रखती है.....

है हौसला खुद पर तभी तो मकसद से सरहद तक जाया करते हैं,
है प्यार अपने वतन से तभी तो खुशी-खुशी मिट जाया करते हैं,
है बुलंद इरादे उनके तभी तो दुश्मन को दहलाते हैं.....
जो पत्थर को भी चीर दिखाए वो जाबाज़ यूँ ही नहीं वीर कहलाते हैं

देखा जाए तो हम दो पल भी अपनों के बिना नहीं रह पाते हैं.....
तो सोचो उन जवानों की जो सालों के लिए परिवार छोड़ जाया करते हैं....
दो खरोच की चोट से जो हम सिसक कर आँसू बहाया करते हैं....
वो जवान अनगिनत गोली खाकर भी जी जाया करते हैं....

जज़्बात हैं वो उनके जो उन्हें सरहद तक पहुँचाते हैं.....
हिम्मत है वो उनकी जो तिरंगे में लिपट कर घर आते हैं.....
एक बार फिर एहसान है उनका जो हमारे ऊपर ज़िंदगी भर रहेगा.....
एक बार फिर वो जवान सितारा बन आकाश में चमकेगा॥॥

साक्षी शर्मा
XII Arts

बाल मजदूरी

है भगवान! क्या हो रहा है इस देश में महान,
छोटे-छोटे हाथ कर रहे हैं काम,
क्या यही है इस देश की रीति और यही है मुकाम?
बड़े-बड़े अफसर यहाँ कर रहे आराम,
और ये नन्हें-सी जानें कर रही अपनी नौद को हराम,
आज यही उठा है इस दिल में सवाल,
क्या नहीं उन्हें खेलने का हक न सुख से जीने का अधिकार
उस चिलचिलाती धूप और कड़कड़ाती सर्दी में कर रहा
वह कुछ इस तरह काम, जैसे काम ही उसका सब कुछ हो,
वही हो मंज़िल, वही हो जीवन का अंतिम मुकाम।
उसके मुख पर कहाँ वह मुस्कुराहट,
कहाँ उसे बचपन की नादानी का आभास,
वह तो बस काम में लगा हुआ है,
जिसने कर दी है उसकी ज़िंदगी बेकार।
इस अभिशाप को मिटाकर करना होगा एक महान काम,
ताकि उन बच्चों की ज़िंदगी सुधर सके जो आज हो रही है बेकार।



मीमांशा उपाध्याय

XI Arts

प्रकृति

यह पंछी हमसे अच्छे हैं,
यह सीधे हैं, यह सच्चे हैं।
न नफ़रत को जाने यह,
न सरहद पहचाने यह।

हरी धरा से नील गगन तक,
कली-कली से चमन-चमन तक।
जहाँ चाहे वहाँ घर है इनका,
निर्मल कोमल, उज्ज्वल, प्रज्वल
फूलों जैसा मन है इनका।

यह नदियाँ हमसे अच्छी हैं,
यह सीधी हैं,
यह सच्ची हैं।
न नफ़रत को जाने यह,
न सरहद पहचाने यह।

ऊँचे पर्वत, गहरी घाटी,
चौर कर पत्थर की यह छाती,
निडरता से बहती है,
हिन्दू, मुस्लिम, सिख, ईसाई,
सबकी प्यास बुझाती है।

यह पौधे हमसे अच्छे हैं,
यह सीधे हैं यह सच्चे हैं।
न नफ़रत को जाने यह,
न सरहद पहचाने यह।

मौन खड़े रहकर भी,
हमको कितना कुछ दे जाते हैं।
बदले में यह फिर हमसे,
वार कुल्हाड़ी की पाते हैं।

आओ हम सीखे कुदरत से
कैसे आगे बढ़ते हैं।
देश, धर्म और जाति से उठकर
मानवता से मिलते हैं,
मानवता से मिलते हैं।

फैजाह चिश्ती
V-B



स्वप्निल हिंदुस्तान

न मजहब की हो बात, न भाषा करे परेशान,
आओ मिलकर बनाए एक ऐसा हिंदुस्तान।
न बात हो पंजाब की, न बात हो गुजरात की,
जब बात चले विकास की,
तो बात हो सिर्फ मेरे हिंदुस्तान की ॥

न सरहद की हो बात, न दंगे-फसाद करे परेशान,
आओ मिलकर बनाएँ एक ऐसा हिंदुस्तान।
पेड़ उगाएँ, धरती बचाएँ, खुली हवा में साँस लें,
पक्षी, जानवर और इंसान।
आओ मिलकर बनाएँ एक ऐसा हिंदुस्तान ॥

पढ़े बेटियाँ, बड़े बेटियाँ,
नील-गगन में उड़े बेटियाँ,
और न टूटे कभी इनके स्वाभिमान,
आओ मिलकर बनाएँ,
एक ऐसा हिंदुस्तान ॥



जिया चिश्ती
IX-B

सफाई का बिगुल

भारत मेरा देश महान,
इसकी सफाई का हमें रखना है ध्यान।
कूड़े को न इधर-उधर फेंकना,
प्लास्टिक को बाय-बाय तुम कहना ॥
गंदगी को न रखें पास,
स्वच्छता की अब है आस।
यही हमारा है नारा,
स्वच्छ भारत रहे हमारा ॥
स्वच्छता की ओर प्रगति,
से ही होगी राष्ट्र जाग्रति।
दुनिया में हमें छाना है,
क्लीन इंडिया बनाना है ॥

पृथा विजय
VII-B

सफलता की कुंजी

मनुष्य जीवन निरन्तर कार्यशील है तथा एक सामाजिक प्राणि होने हेतु समाज के प्रति उसकी कुछ जिम्मेदारियाँ होती हैं। जिनकी पूर्ति हेतु वह सफलता प्राप्त करना चाहता है। जहाँ एक ओर स्वप्नदर्शियों की सफलता देखकर मन प्रफुल्लित हो उठता है वहीं दूसरी ओर असफलता देख प्रसन्नता मानो ओझल सी होने लगती है। नवयुवकों का इस तरह से अवगत होना अत्यधिक आवश्यक है कि सफलता सरलता से नहीं मिलती। आकाशगामी सफलता के पथ पर कठिनाईयों का होना तो स्वाभाविक है। आग में तपने के पश्चात् ही सोना बहुमूल्य आभूषणों में परिवर्तित हो पाने में समर्थ होता है, उसी प्रकार मार्ग में प्रस्तुत होने वाली बाधाएँ ही व्यक्ति की योग्यता में आवृत्ति करती है। जीवन की विषम परिस्थितियों के भयवश अपने लक्ष्य के प्रति कर्मठता, दृढ़संकल्पता, उत्सुकता एवं जागरूकता को त्याग देना उचित नहीं। प्रत्येक व्यक्ति की सफलता के पीछे अत्यंत कठोर संघर्ष व त्याग छिपा होता है।

आधुनिक युवा पीढ़ी की मनोधारणा और मानसिक स्थिति उन्हें पथभ्रष्ट कर रही हैं। प्रतियोगिता के इस युग में अपने प्रतिद्वंद्वियों को सफल होते देख स्वयं के प्रति असमर्थता के भाव को जाग्रत करना अकरणीय है। अपितु उससे प्रेरित होकर अपने उद्देश्य के प्रति सजग होना ही सफलता की कुंजी है। निंदकों के इस युग में आवश्यकता है कि मनुष्य स्वयं को ईश्वर की सबसे अमूल्य रचना मानें और अपनी क्षमता को पहचाने उनमें यह समझने का सामर्थ्य हो कि ईश्वर का प्रयोजन आपको गंतव्य से विचलित करना नहीं अपितु आपके कौशल में वृद्धि करना है। परिणामस्वरूप युवा पीढ़ी अपने लक्ष्यपूर्ति हेतु आत्मविश्वास और दृढ़संकल्प के साथ कार्यरत रहने में सफल होगी। वह अपने जीवन में मिली सफलताओं से प्रेरणा लेकर उपलब्धियों का शिखर प्राप्त करने की कला में निपुण हों और राष्ट्रोन्नति का आधार बनें। इसके पश्चात् असंभव भी संभव होकर आपके समक्ष होगा।

राधिका पोखवाल
X-A

“हिमालय से ऊँची माँ
किन्तु पाषाण सी कठोर नहीं ।
सागर से गहरी हे माँ
किन्तु सागर सी खारी नहीं ।
वायु से गतिशील हे माँ
किन्तु वायु सी अदृश्य नहीं ।
परमेश्वर की जननी हे माँ
किन्तु परमेश्वर सी दुर्लभ नहीं ।
माँ की कोई उपमा नहीं हो सकती क्योंकि
माँ अनुपमेय एवं अतुलनीय है।

चेष्टा तिवारी

VIII-A

जीवन क्या है?

यह जीवन अनुभवों का केन्द्र बिन्दु है,

- (1) समुद्र सा गहरा, आसमान सा विस्तृत,
समीर सा चंचल, कुदरत की यह है सुन्दर देन,
जिसका है अनोखा रूप, यही है जीवन का स्वरूप ।
- (2) कुछ पल इसके खट्टे, कुछ पल इसके मीठे,
बनाते हैं जीव को, सशक्त और सबल
ईश्वर इस जीवन की डोर, पतवार है
चलाते बहाते जा रहे हैं ।।
यह जीवन अनुभवों का केन्द्र बिन्दु है ।

“ धन्यवाद ”

श्रीमती जेन राजन पौलुस

जलता हुआ दीया

जब विश्व में फैल रही थी निरक्षता;
जब विश्व में व्याप्त था अंधविश्वास ।
जब विश्व में था चारों ओर दुःख
जब विश्व में थी गरीबी
तब प्रभु यीशु के आशीर्वाद से,
अवतरित हुए फ्रांस में;
फोर्चुनैटिस हैनरी कॉमो ।
वे शुरू से थे बड़े होनहार ।
वे शुरू से थे बड़े देनदार ।
वे थे माता-पिता की आँखों के तारे ।
हुनर से बन गए विश्व के सितारे ।
भारत में समस्या देख,
उनको आई सोच ।
मिशन सिस्टर, अजमेर
की कर दी उन्होंने खोज ।
वे बन गए गरीबों के मसीहा
तेज कर दिया साक्षरता का पहिया
सलाम है हमारी सिस्टर को,
जिन्होंने जला रखा है दीया ।
ऐसे महान बिशप को हमारा
शत शत नमन ।।

प्रांजल जोशी

V-C



कहने के लिये बहुत कुछ है, लेकिन मैं समझ
पाने में नाकामयाब हूँ कि शुरू कहाँ से करूँ।
जीवन के इस नये पड़ाव में मुझे गीतकार की
चन्द पंक्तियाँ याद आती हैं।
“ये जीवन हैं, इस जीवन का
यही है, यही है, यही है रंग रूप
थोड़े गम हैं, थोड़ी खुशियाँ (2)
यही हैं, यही हैं, यही है छाँव धूप
ये जीवन हैं।।

आदरणीय प्रबन्धक महोदया जी,
प्रधानाचार्या जी, प्राइमरी प्रधानाचार्या जी, के.जी
इन्वार्ज, शिक्षक गण, सहायक गण एवं मेरे
प्यारे-प्यारे बच्चों!



जीवन के इस नये पहलु में, एक उमंग है, पर बीते हुए पलों की सुमधुर
यादें भी हैं। मेरे जीवन की वे सभी यादें सोफिया विद्यालय प्रांगण से जुड़ी हुई हैं।
जहाँ मैंने अध्यापिका के तौर पर सत्ताईस वर्षों तक सम्माननीय, सिस्टर, मेबल
जोसफ, सिस्टर, जोहनेस, सिस्टर लिण्डा, सिस्टर फ्लोरेट, सिस्टर लूसी, सिस्टर
आइडा, सिस्टर जोसेन, सिस्टर दीपा, सिस्टर मेबल, पुनः सिस्टर लूसी तथा
सिस्टर मीना के रूप में सच्चे मार्गदर्शक एवं प्रेरणादायी, पथ प्रदर्शक मिले।
जिन्होंने अपने प्रेम, सहयोग व प्रेरणा के माध्यम से मेरे शैक्षणिक कार्य एवं
व्यक्तिगत व्यवहार को अत्यधिक परिष्कृत कर मुझे मेरी अपनी पहचान से अवगत
कराया। इसके लिये मैं सृष्टिकर्ता पिता परमेश्वर को, ममतामयी, प्रेरणादायी शाला
प्रबन्धकों को कोटि-कोटि आभार एवं धन्यवाद ज्ञापित करती हूँ।

वर्तमान में सोफिया विद्यालय में आई प्रधानाचार्या जी सिस्टर लवीना से
रूबरू होने का अवसर मिला जिन्होंने अपना स्नेह बरसाते हुये मुझे कृतार्थ किया।
मैं उनकी भी आभारी हूँ।

मैं विद्यालय परिवार के अपने पुराने व वर्तमान सहयोगी
शिक्षक-शिक्षिकाओं के स्नेह, सहयोग व बन्धुत्व की भावना से परिपूर्ण प्रेम सदैव
अविस्मरणीय रहेगा। आप सभी ने मेरे जीवन में आने वाले सुख-दुःख में मेरा
भरपूर साथ दिया, मुझे दृढ़ प्रतिज्ञाबद्ध एवं आत्मविश्वासी बनाया इसके लिए मैं तहे
दिल से आप सभी की शुक्रगुजार हूँ।

शाला के सभी सहायक गणों का सहयोग व स्नेह मेरे जीवन में
अविस्मरणीय रहेगा, जिन्होंने पूरी तरह हर कार्य में सहयोग दिया। मैं उनके प्रति भी
कृतार्थ हूँ।

इस विशाल बगीचा रूपी विद्यालय की पुष्परूपी छात्राएँ जिन्होंने मेरे
जीवन को अपने प्रेम व स्नेह रूपी सुगन्ध से महकाया है, मुझमें उत्साह व उमंग का
संचार किया एवं अपनी निःस्वार्थ भावना, मेहनत व लगन से मुझे प्रेरित किया, मैं
उन सभी छात्राओं के प्रति भी अपना आभार व्यक्त करती हूँ।

हे परम पिता परमेश्वर आप बच्चों को अपने सानिध्य में रखें। उन्होंने
जिस अभिष्ट लक्ष्य का निर्धारण किया है उसे प्राप्त करने में आप उनके
पथ-प्रदर्शक, सच्चे मार्गदृष्टा बनें तथा अपना आशीर्ष सदैव उन पर बरसाते रहें।

विद्यालय में बिताया समय स्मृति बन जाएगा।

यादों की किताब बनकर सबको गुदगुदाएगा।।

समय जीवन को एक नई दिशा दे जाएगा।

समुद्र सा गहरा, गुड़-सा मीठा व्यवहार सिखा जाएगा।

अन्त में, मैं सर्व शक्तिमान पिता परमेश्वर को तहेदिल से सत्ताईस वर्षों
तक इस विद्यालय परिवार का अभिन्न हिस्सा होने का धन्यवाद ज्ञापित करती हूँ
सोफिया विद्यालय परिवार की खुशहाली की कामना करती हूँ कि मेरा विद्यालय
ऊँचाई की शिखर तक पहुँचें।

“नगमें हैं, किस्से हैं, शिकवे हैं, बाते हैं।

बातें भूल जाते हैं, यादें याद आयेगी-आयेगी
यादें यादें।।

“ धन्यवाद ”

श्रीमती जेन राजन पौलुस

RETIREMENT (FAREWELL) 2020

Respected Sr. Principal Lavina, Superior Sr. Clara, Primary Incharge Sr. Rita, K.G. Incharge Sr. Renuka, Sr. Violet, My Loving Staff Members and children.



सुप्रभात,

आज की नवीन शुभ बेला में आप सभी का अभिनन्दन करती हूँ और ईश्वर को उनके चरणों में समर्पित करते हुए अपने सेवानिवृत्ति के उपलक्ष्य में धन्यवाद देती हूँ।

वास्तव में मुझे पता ही नहीं चला कि मेरे कार्य के 34 (चौतीस) वर्ष पूर्ण हो चुके हैं। ये समय चक्र ऐसा बीता जैसे कल ही तो मैंने सोफिया प्रांगण में कदम रखा था। लेकिन ढल जाती है हर चीज़ अपने वक्त पर, बस एक व्यवहार और लगाव ही है, जो कभी बूढ़ा नहीं होता।

इस सफर की शुरुआत मैंने आदरणीय सिस्टर मेबल जोसफ एवं स्वर्गीय जनरल मरदर फ्रांसिस की उपस्थिति में आरंभ की थी। वक्त एक रथ के पहिए स्वरूप चलता रहा। समय-समय पर मुझे ईश्वर के तथा सिस्टर जोहानिस, सि. लिंडा, सि. आइडा, सि. लूसी, सि. प्लैरेट, सि. जोसेन, सि. दीपा, जिनके कार्य काल में मुझे अपनी रजत जयंती मनाने का सौभाग्य प्राप्त हुआ था। तत्पश्चात् सिस्टर मेबल मैंनेज्स्, सि. मीना और वर्तमान काल में आदरणीय सिस्टर लवीना के सानिध्य में रहते हुए अपने कार्य काल को विराम करने का सौभाग्य प्राप्त हुआ।

‘विदाई’ शब्द एक ऐसा शब्द है जिसमें सुख की अनुभूति भी होती है और दुःख की भी। इस संसार का नियम है आना और जाना। लेकिन आज मैं अत्यंत दुःख का अहसास कर रही हूँ कि मैं उन लोगों का साथ छोड़ कर जा रही हूँ जिन लोगों ने, जिस विद्यालय परिवार ने मुझे विगत 34 वर्षों में इतना प्यार-सम्मान दिया है कि मैं उनका आभार किन्हीं भी शब्दों में व्यक्त नहीं कर सकती। विगत वर्षों में जितने भी सहकर्मी मेरे हमसफर रहे, उनसे मेरा पारिवारिक नाता सा बन गया था, जिनसे बिछुड़ना अहसास करता है।

मैं तहे दिल से सिस्टर प्रिंसिपल एवं अन्य सभी सोफिया सिस्टर्स का आभार व्यक्त करती हूँ कि जिन्होंने प्रत्येक सुख-दुःख में धूप-छाँव की तरह मेरा साथ दिया और मुझे जीवन के इस मुकाम तक पहुँचाया है। मैं अपने सोफिया परिवार के प्रत्येक सदस्य की शुक्रगुजार हूँ जिन्होंने कदम-कदम पर मुझे हँसाया, मार्ग दिखाया और मेरा सहयोग दिया है। प्रत्येक कर्मचारी को धन्यवाद देती हूँ, जिन्होंने अपनी सेवा द्वारा मेरा मान-सम्मान किया है और मेरे प्यारे-प्यारे बच्चों का जिन्होंने मेरा जीवन सँवारा है।

मिलना-बिछुड़ना यही जीवन का दस्तूर है एवं कुदरत का नियम है। अपनी इस जीवन डोर को अब मैं आपके हाथों में सौंपती हूँ कि आप सभी अपनी पूर्ण निष्ठा, लगन एवं परिश्रम से अपने विद्यालय के प्रति कर्तव्यों को पूर्ण करते हुए सोफिया का नाम रोशन करें।

इस अवसर पर यह जरूर कहना चाहूँगी कि मानव प्रवृत्ति होने के कारण गलतियाँ होना स्वभाविक है। इस सेवाकाल के दौरान मुझसे जो भी गलतियाँ हुई हो, या मेरे द्वारा किसी का दिल दुखा हो तो मैं करबद्ध उन सबसे क्षमा चाहती हूँ। एक बार पुनः आप सभी का आभार – धन्यवाद।

अंत में अब मैं यही कहना चाहूँगी कि

Time is not measured by the passing of years, but by what one does, what one feels and what one achieves.

Good Bye अलविदा!

श्रीमती एलिजाबेथ

‘धन्यवाद गोविंदी जी’

मैं सोचती हूँ कि उस उपहार को जो सबसे पुराना है,

जो सबसे अनुभवी है, जो सबसे कीमती है,

जो हमारे दिल के काफी करीब है

वो ओर कोई नहीं “वो” हैं, हमारी आदरणीया एवं ममतामयी “गोविंदी जी”।

शाला परिवार के हर सदस्य ने चाहे वो मैनेजमेंट हो या शिक्षक, गण और चाहे वो छात्राएँ या सहयोगी गण हों, सभी ने गोविंदी जी के करुणामयी व्यवहार एवं समर्पण भाव को सदैव महसूस किया है। समय व स्थान अलग थे, किन्तु अनुभव एक ही था।

आप शाला परिवार में एक अनुभवी बुजुर्ग की भाँति सबसे पुरानी किन्तु सबसे मजबूत सदस्या थी। आपकी लगन, निरन्तर सीखते रहने का गुण वास्तव में अनुकरणीय है। साल दर साल आप ने शाला-प्रबन्धन के साथ कंधे से कंधा मिला कर कार्य किया।

स्टाफ रूम सदैव आपकी बनाई स्वादिष्ट चाय को याद करता रहेगा। मेम सबरीना आपके द्वारा सिले परीक्षा के पार्सल्स याद करेंगी तो मेम नेहा शर्मा की लाइब्रेरी और वहाँ की पुस्तकें आपकी राह तकती नज़र आयेंगी।

बायोलॉजी लेब की तो आप प्यारी दादी अम्मा हैं, जो लेब में अनुशासन से लेकर सफाई और सोल्युशन्स तैयार करने से लेकर स्लाइड प्रिपेरेशन करने में एक्सपर्ट हैं। अब बायो-लेब आपको याद करेगी एक कर्तव्यनिष्ठ कर्मचारी के रूप में, उसके संरक्षक के रूप में।

प्रेक्टिकल परीक्षा में तो आप साक्षात् अन्नपूर्णा का रूप ही धारण कर लेती थी। एक्सटर्नल परीक्षक एवं इंटरनल परीक्षक दोनों को पूर्ण मनोयोग से आप ध्यान रखती थी। आपकी तत्परता, समर्पण एवं बुद्धिमत्ता से सब सदैव प्रभावित हो जाते थे।

आप शाला की प्रत्येक छात्रा की सहायता के लिए सदैव तत्पर रहती थी।

शाला की हर अध्यापिका आपको उस समय याद करेगी, जब किसी भी कार्यक्रम में दिया प्रज्वलित होगा क्योंकि दिये को सजाने एवं तैयार करने का काम भी आप बड़ी सहजता व सृजनात्मकता से पूर्ण कर देती थी।

फ्लॉवर डेकोरेशन में आपकी सृजनशीलता अतुलनीय है। सोफिया प्रांगण का कण-कण आपके प्रति कृतज्ञ है और आपका आभारी है।

हम आपका धन्यवाद करते हैं कि आप शाला, प्रबंधन के साथ एक सशक्त सम्बल बन कर रहीं। हम अध्यापकों के साथ एक कर्मठ सदस्य की तरह, सहायकों के साथ उनकी मार्गदर्शक एवं हमारी शाला के बच्चों के साथ उनकी मददगार बन कर रहीं।

गोविंदी बाई जी, आपका व्यक्तित्व बड़ा प्रेरणादायी है। वह हमें ईमानदारी और पूर्ण ऊर्जा के साथ अपने कर्तव्यों का निर्वाह करने की प्रेरणा देता है।

आपका जीवन दृढ़ता, सकारात्मकता एवं सृजनात्मकता की मिसाल है। आपका व्यक्तित्व हमें हर परिस्थिति में मुस्कुराते हुए, अपने कर्तव्यों का ईमानदारी से निर्वहन करने की प्रेरणा देता है। सोफिया परिवार सदैव आपका ऋणी रहेगा एवं आपकी निश्छल मुस्कुराहट सदैव हमारे हृदय पर अंकित रहेगी।



श्रीमती निधि शर्मा

GOODBYE SOPHIA

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

As I walk through the corridors one last time, I look towards the sprawling field, into my classroom and stop there with moist eyes-

'Be it weakness it deserves some praise.

We love the place of our early days.'

I am thankful for my years spent with this family,' for everything we shared, every chance we had to grow. I'll take the best of them with me and lead by their example wherever I go'. It has been a privilege and honour to be the Vice Head Girl and Head Girl of this prestigious institution. Soon we will leave Sophia and we feel this emancipation is due but believe me, we know that with Sophia to guide us, a new life awaits us and I am sure we will all reach majestic heights because of the values and virtues inculcated by the constant effort of this institution. Finally, as I leave the safe and secure portals of this exceptional school to seek new horizons, yet carrying these moments that will forever leave their imprint on my heart, I pray that Sophia may rise to the pinnacle of excellence and shine like the brightest star in the sky.

'.....only in the agony of parting do we look to the depths of love.'

Shubhanjali Sharma

XII Sc.

Head Girl



OUR JUBILARIANS



Mr. Baptist



Mr. Sanjay Joshi



It is always a pleasure to showcase the talent of students. A mini Exhibition organised for one Parent-Teacher Meeting took our breath away with its artistry and creativity. There lies within each child a wealth of talent. It only needs to be tapped. We tap it at Sophia.

Editor : Ms. Genevieve Dsilva
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