



THE NEWS LETTER OF SOPHIA GIRLS SR. SEC. SCHOOL

**VALLABH NAGAR, KOTA
2021-2022**



From the Principal's Desk

Dear Readers,

Education is the key element of everyone's life today. The holistic approach of education aims at the training of 3H's: Heart, Head and Hand. Heart stands for the attainment of right values, Head stands for the acquisition of knowledge and the Hand stands for the gaining of skills to achieve economic and material gain.

But the concern of most of the schools and parents seems to be Head (intellectual growth) and Hand (economic concern) rather than the Heart (Enlightenment). Age old Aristotelian thought "Educating the mind without educating the heart is not education at all" seems to be fading in recent years.

It is seen that on-line classes have their own demerit in educating the hearts. At the same time, due to the growing aspect of artificial intelligence, it has been predicted that robots will begin to replace teachers in the classroom within 10 or 20 years, as part of a revolution in one-to-one learning that can be adapted to each individual child. This system of robotic education will drastically massacre the education of the heart.

It is aptly said that the 'Heart of education is the education of the Heart'. Unless you train the children to empower their Hearts, it is useless to galvanize their Heads and Hands. The primary reason for the fraud, corruption, insincerity and suicide in today's world is due to lack of education of the heart. The knowledge and technical skills taught to the students will be transitory, but it is the values that educators instill in their students that will have a lasting impact.

Dalai Lama insisted on the education of the heart saying, "It is vital that when educating our children's brains, we do not neglect to educate their hearts by nurturing their compassionate nature".

The word 'Education' is the noun form of 'Educe'. To educe means to bring out. The sole purpose of the education is not to fill the students with knowledge and skills, but to bring

out new thinking from their own mind. This kind of education will trigger their creativity and imagination to create a job, and not just to seek a job. It will enable them to pave a new path and to become the master of their own destiny.

This new concept of education has to be introduced in our education system. Bhutan's (though one of the smallest countries,) educational motto "Importance not to the GNP (Gross National Product), but to the GNH (Gross National Happiness)" stands ideal to the educational system. In other words, it is not teaching our children how to gain economic and material products, but to live happily on this planet earth with love, peace, justice and harmony. An education doesn't just mean getting good grades, it means preparing them to be good people," says Dukpa. "This next generation is going to face a very scary world as their environment changes and social pressures increase. We need to prepare them for this."

We as educators, parents, guardians need to teach our children to use not only their heads and hands, but primarily their hearts. This will help them to relate to each other with the attitude of brotherhood and to look at nature with amazement.

Perhaps the time has come now in our education system to pay more attention to the need to teach kindness, empathy and love rather than facts.



Sr. Lavina
Principal



From The Editor.....



How often we pick up a school magazine, glance through it and put it aside without further thought! Perhaps the abundance of glossier magazines has lessened the value and impact of the School Magazine.

But, a School Magazine is all about the student's expression of thought, a pouring out of sentiment, an outburst of emotion, a play of words..... It is also a palette of colours, brush strokes of hues and tints swirling, mixing, highlighting – living expressions in crayon, watercolours or acrylics. It is a capturing of moments on paper – moments of achievement, of joy, of reaching out, of celebration.....

There lies within the pages of the School Magazine, a piece of the soul of every contributing author, poet, painter, photographer, cartoonist..... The pages also carry the hard work of

every editor, proofreader, compiler and printer.

And when we glance through a School magazine it can evoke a plethora of feelings – happiness, sadness, reminiscence, satisfaction, achievement..... You can learn much from a magazine..... bits of poetry, wise quotes, a new line of thought; it may arouse in one, a desire to write, to draw, to paint.....

The fact that you may not like the fare offered does not detract from the value of the magazine. It is an amalgamation of a student's best efforts and for this reason alone, must be applauded.

Therefore, glance through our magazine, laud the efforts of our contributors and encourage them always. God Bless.

Genevieve D'silva

SOPHIAN TIMELINE

APRIL

15TH : School Reopens

MAY

1st : Helpers Day was celebrated

15th : School closed for summer Vacations

JULY

1st : School Reopens . Online classes for the students.

12th - 19th July: PT 1/UT conducted

AUGUST

6th : Workshop conducted by Dr. Darshan Gautam & R. P. Meena of Kota Orthopaedic Society in observance of Bone and Joint Week.

15th : Independence Day Celebrations were held in the school. The programme was conducted by the Management and Staff. The students attended the programme on Zoom. Mrs. Sagi Francis was the Chief Guest. The Retirement Programme of Ma'am Kavita Sehgal was conducted. Due to health problems she attended the programme on Zoom.

23rd : The sudden demise of Ma'm Bandana Khanna after her battle with Corona left the Sophian Family shocked and bereft. In her memory a prayer service was held in the school auditorium on 24th Aug.

24th : Our students participated in an online Science Quiz organized by Sophia Girls Sr. Sec. School, Bhilwara.

28th : our students participated in a Commerce Quiz Competition held by Sophia girls Sr. Sec. School. Bhilwara. Riya Sabharwal and Raina Porwal stood second in the Quiz.

SEPTEMBER

6TH : The Management encouraged the teachers to celebrate themselves on Teachers Day. Four Silver Jubilarians were also felicitated. They were Ma'am Genevieve Dsilva, Ma'am Jyoti Verma, Ma'am Sabrina Fernandes and Mr. Floyd Dsilva. The theme for the day was 'Pearls of the Ocean'.

15th : Management Day was celebrated in honour of our Management with a prayer service, songs power point presentation and a skit. It was an enjoyable celebration.

15th : 1st Oct : Term 1 Exams were held for Classes 1 to 8 and PT 2 was held for classes 9 to 12.

OCTOBER

2nd : The Management and Staff celebrated Gandhi Jayanti and Shastri Jayanti . Prayers were prayed , hymns were sung and a brief speech on each of these eminent leaders was presented.

11th : Diwali Competitions were held . a variety of competitions like Gift wrapping, Paper Bag Making, Origami Diwali Lantern Making , Paper Lehanga Competition were held. The winners were awarded certificates.

12th : A special assembly on Dussehra was conducted through intercom by Class IX.

NOVEMBER

18th to 25th : Practical Exams for Classes XI & XII were conducted.

29th : Since no live programme was permitted due to Covid restrictions, a Diwali programme was recorded and uploaded on the school website.

15TH: Children's Day was celebrated with a prayer service by the teachers to express their love towards the students. The students enjoyed the programme presented by the teachers which included a prayer service and some cultural items by the teachers. Sweets were also distributed to them.

26th : Constitutional Day of India was celebrated by the NCC of our school. They organized a rally with many messages on Clean India, Green India, Save the Girl Child, Educate Girls , Fight against Corruption, etc. The cadets voluntarily cleaned the school grounds and planted some saplings.

27th : A Thanksgiving service and prayers for the first Advent Week were offered. Advent Friens were chosen among the teachers with the promise to pray for them during the advent Season.

29th : Prayers for the first Advent Week were offered. The theme was Hope.

30th : 22nd Dec. Board Exam -Term 1 was held for Classes 10 & 12.

DECEMBER

1st : The PT 2 exams were held for Classes 1 to 9 & 11.

6th : Prayers were offered for the second week of Advent. The theme was Peace.

10th : The 150th Birth Anniversary of the Founder Father of the MSA Congregation, Bishop Fortunatus Henri Caumont was celebrated. A special programme was organized to celebrate the day in which the students presented a prayer service prayer dance, poems and a skit depicting his life story and his contribution to society. The programme was recorded and uploaded on the school website.

13th : The theme for the third Advent Week was Joy. Prayers were offered on the occasion.

Christmas Competitions were also organized to enter into the spirit of the festival. The competitions organized were Star Making, angel Making, Christmas Tree making, Wreath Making, Santa Face Making, Candle Decoration etc.

20th : The Fourth Advent Week was celebrated with prayer. The theme was Love.

23rd : Christmas Celebrations took centre stage as children came dressed in coloured ddress to enjoy the wonderful programme that had been organized. The programme which had a strong Christmas message was uploaded on

the school website. The school was beautifully decorated .
We sadly bid goodbye to Shri Ram Narayan Bhaiyaji as he retired from the school. We wish him all the best for the future.
We also had the Silver Jubilee celebrations of Smt. Sushilaji. A short cultural programme was organized for them.
The teachers made a contribution to Mother Teresa Home on the occasion of Christmas.

JANUARY

24th to 1st Jan : Winter Vacation

14TH: Competitions with a patriotic theme were organized in lieu of Republic Day. Some of the competitions held were Book Mark Making, Tricolour theme Dish Making, Poster Making, Declamation, Patriotic Themed Modelling etc. the winners were awarded certificates.

24th - 31st : PT 3 exams for Classes IX & X.

26th : Republic Day was celebrated by the Management and Staff. Ms. Neetu Singh (RAS) was the Chief Guest for the day. Unfurling of the Flag, a prayer service, speeches , patriotic songs were combined to celebrate the occasion.

FEBRUARY & MARCH

9TH Feb to 14th Mar. Practical Exams, Pre Board Exams and Annual Exams.

19th: The Farewell for Class XII was held. Class XI put up a cultural programme which was preceded by a prayer service. The games added the fun element . the Passing of the Flame lent solemnity to the occasion. We wish all our outgoing students 'A Bright Future'.

23rd & 24th : Result Day for Classes L.K.G to IX & XI

26th : We bid Farewell to Ma'am Sagi Francis, Ma'am Neeta Mahana and Ma'am Neena David as they leave us to begin a new life of resr and leisure. We wish them all the very best for 'A Very Happy Retired Life'.

In Loving Memory of a Dear Teacher

Service to the Institution: 22 years



Mrs. Bandana Khanna

17-10-1965 To 23-08-2021

*Sophia was your second home,
Your children, the students
The teachers were your sisters dear,
Your Mentors, the Management.*

*You treated all with tender love,
And gently gave your care,
And never held yourself back
But everything you shared.*

*The students loved your radiant smile,
The teachers loved your laughter.
You will be remembered dearly
Now and forever after.*

May the Lord grant you eternal rest.

*From: The Management, Principal,
Staff & Students
Sophia Girls Sr.Sec School,
Vallabh Nagar, Kota*

Little Artists of KG

Vinay Agarwal



Navya Adwani



ManasviGautam



Navya Nyati



Nehal Agarwal

Our Pets

I have a pet, named Obi
He is an obedient dog,
Who always likes to hog,
His fur is brown and golden;
And loves to play with children,
He listens to me carefully and
Follows my command,
That's why I love him so very much.

Alicia Mascarenhas
I A

I have a small pet.
It's a tortoise.
My grandfather gifted it to me.
I call him Deva.
We celebrate Deva's birthday on
6th February.
It likes to eat cucumber and lady
finger.
I like to take care of Deva and love
him a lot.
Chanaya Bishnoi
I A

I have a rabbit. His name is Pintu. He like to eat fresh fruits and vegetables. He plays with me and my family. He likes to jump in my bed. He sleeps at 9.30pm. He is my lazy rabbit.
We play in the park. We go for a walk. I love my pet.

Saarvi Jain
I A

1. My pet's name is Lucky.
2. He is black in color and is 3 years old.
3. He eats pedigree, chapatti and milk.
4. He loves our family members.
5. I take him for a walk.
6. He protects our house.
7. We all love him.

Parinita Rathore
I A

My father brought a pet for me. It is a cute white **Rabbit**. I have named her **Mini**. My Mini is very soft and has red eyes. I give her spinach and coriander leaves to eat. I play with her and she moves here and there. My Mini loves to play in water. We keep her in a big wooden box. Sometimes she goes and sits under the bed. I love my pet rabbit 'Mini'.

Purvi Wadhwa
I A

हमारी प्यारी गैया गौरी

- 1 हमारे घर पर एक प्यारी गैया रहती है उसका नाम गौरी है।
- 2 वह भूरे रंग की है और उसका एक प्यारा छोटा सा बछड़ा भी है।
- 3 गौरी का स्वभाव सरल एवं शांतिपूर्ण है।
- 4 गौरी सिर्फ पालतू गैया नहीं है वो हमारे घर की सदस्य है।
- 5 हम सब उसकी माँ के रूप में पूजा करते हैं क्योंकि गऊ माता हमें बहुत उपयोगी एवं स्वास्थ्यवर्धक चीजें जैसे दूध, प्राकृतिक खाद के लिए गोबर, एवं औषधियों के लिए गौमूत्र प्रदान करती है।
- 6 मैं और मेरी बहन गाय को चारा खिलाते हैं और छोटे बछड़े के साथ खेलते भी हैं।

नैनिका यादव
प्रथम-ब

I have a little cat.
It's name is Kitty.
It has golden & white fur.
Its favourite meal is
chicken wings.
It also likes milk to drink.
Kitty loves to play with us.
It calls mew-mew all the
time.
I like to spend my time with
Kitty .

Fatima Aairah Khan

1. I always get happy when I think about my pet animal.
2. I have a kitten and its name is Daisy.
3. It is very cute, soft and attractive.
4. It is brown and has blue eyes.
5. It plays and comes for a walk with me every day.
6. It is just like my family member and I take care of it nicely.
7. I love my Daisy very much.

Jenil Kataria
I-C

I have a pet dog and his name is Jackie. He is white in colour. Jackie is very humble and friendly with each member in our home. In the morning I go for a walk with Jackie and in the evening we both like to play with a ball. Jackie loves eating milk and bread. When I come back home, Jackie rushes to me wagging his tail. I love my Jackie a lot.

Aarohi Agrawal
I-C

Animal Friends

Most of my friends have pets. I too have a pet - a parrot. It talks whenever it sees me. When I feel lonely, it sings for me. I call it 'mitthu'. My grandma taught it some hymns.

I love my pet.

Khushbhu Baheti
I B

I have a pet.
It is a tortoise. His name is Taru.'
He has a big shell which is very strong.
His favorite food is bottle gourd.
He is very cute. I love to play with him
He bites me if I don't listen to him.
My family found it near my home
And then we adopted it. He is almost
12 years old. I love my pet.

Ishani Solanki
I B

Eat fresh
Be
Healthy



Chanaya Bishnoi
1 - A

Chanaya Bishnoi
1-A



Girishma Soni
1-A

Tashvi Sharma
1-C



Arvi Singh
1-C



Manasvi Gautam
LKG



Navya Nyati
LKG

Inauguration of the New Floor



Inauguration by Mother General Sr. Savina

Bone Week



Workshop conducted by Dr. Darshan Gautam & R.P. Meena of Kota Orthopaedic Society

MY MOTHER

My Mother is the Best Mother in the world for me. I think she is a super mom because, she understands everything that is going in my mind. She cares for me, teaches me, and guides me at every step and in every way. My mom is my everything.

I love her very much. My ideal person is "My Mother"

AnanyaSingh
IIA

'MOM, MUMMY, MUM' is what I call my mother. She's a homemaker and a teacher.

She cooks for us,

Plays with us,

Reads with us,

Without any fuss.

When I grow up, I want to be like her

*Strong, loving and caring
forever and ever...*

Greyana Jhamb
IIB

My mother's name is Ishrat Khan. My mother is the most important person in my life. She does everything for me. She is very loving and caring. My mother is a house wife. She is very beautiful. She gets up early in the morning. My mother is very good at cooking. She cooks lots of delicious food for us. She takes care of everything in the house. She has a special place in my heart. I love my mother very much and thank her for all her love and support.

Anam Khan
II C

My mother's name is Ambica Sharma.

She is very beautiful.

She cooks very tasty food.

She is very caring, and takes care of every member of the family.

Her favorite colour is purple.

She sings very sweetly.

She is very kind.

She loves gardening.

She loves everyone in the family.

She helps me in all my work.

I love my mother very much.

Samiksha Sharma
Class II C

- 1. My mother's name is Sheeba Renny.*
- 2. She is very caring and loving.*
- 3. She is very pretty.*
- 4. She keeps our house neat and tidy.*
- 5. She satisfies all my wishes.*
- 6. She buys new clothes for me.*
- 7. She is very kind to me.*
- 8. The food which I like, she cooks for me.*
- 9. I love my mother.*

Janet Renny
II B

She is the best. She is my world.

She is my sunshine. She is my angel.

She is my strength. Yes! She is my mother.

Kushagri Nainani
II A

My mother's name is Prashansa Gupta. She is so good. She is not strict. She takes care of my whole family. She is a House Wife. She cooks delicious food. She is the first teacher of my life. She helps me in my studies. My mother is the world's best mom. My mother is a hard working person. She does all the work of my house. My mother's hobby is reading books. My mother is good at heart. My mother's dream is that I grow up to be a good child. I love my mother and she loves me.

Varnika Gupta
II C

My mother is a kindhearted and helping person. Sometimes she is strict and sometimes very sweet. She has a lot of work to do but she never forgets to take care of me. She helps me with everything. She teaches me to be good. I love her a lot. She is the best mother in the world. She gives me so much love. When I grow up, I wish to be like her.

Pranvi Jain
II A

My Mother

My mother's name is Mrs. Priyanka Joshi.
She is very hardworking. She keeps the family together.
She is a very loving mother. She cooks delicious food. She helps me in my studies.
She takes great care of my health. She does 'Yoga' everyday and inspires me to do the same. I want to grow up and be an honest and loving person like my mother.
She is the best mother in the world. I love her so much.

Gracy Tiwari
II C

My mother is a kindhearted and helping person. Sometimes she is strict and sometimes very sweet. She has a lot of work to do but she never forgets to take care of me. She helps me with everything. She teaches me to be good. I love her a lot. She is the best mother in the world. She gives me so much love. When I grow up, I wish to be like her.

Pranvi Jain
II A

My mother is the best,
My mother is really great.
My mother is most loving,
My mother is most caring.
My mother is my best friend,
My mother is my first teacher.
Thank you, mother, for your endless love,
Thank you, mother, for all the things that you do.

Kimi Jain
II A



Ananya Singh
II A



Shree Pareek
II



Kimi Jain
II A



Tanisha Bodhwani
II A



Kushagri Nainani
II A

Earth Love

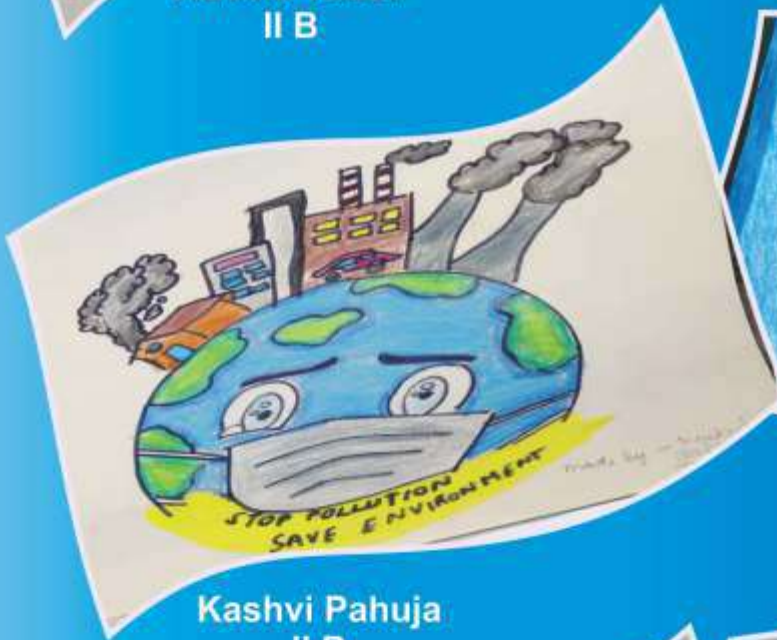
PROTECT THE EARTH



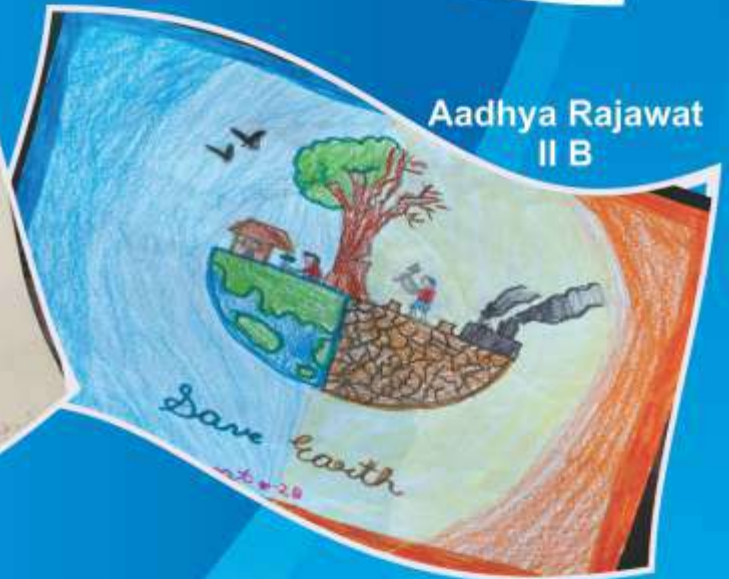
Advika Yadav
II B



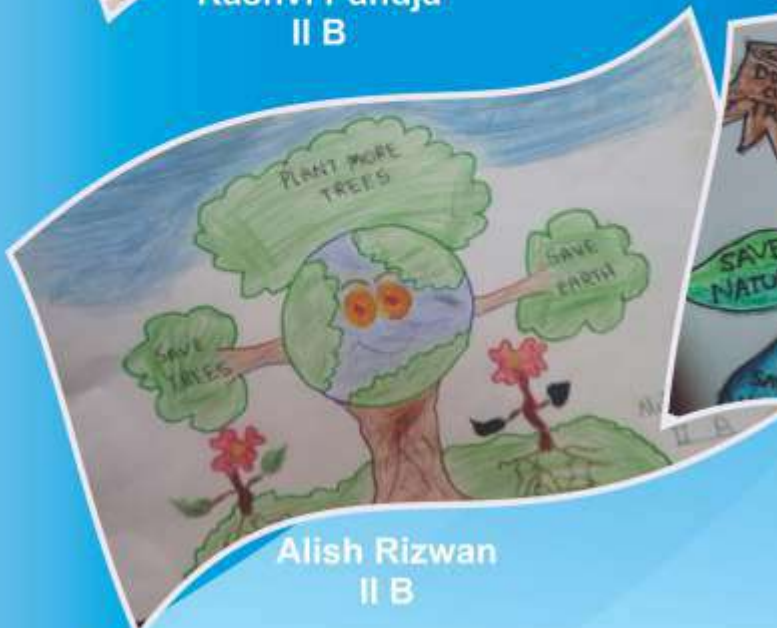
Aarvi Sharma
II B



Kashvi Pahuja
II B



Aadhya Rajawat
II B



Alish Rizwan
II B

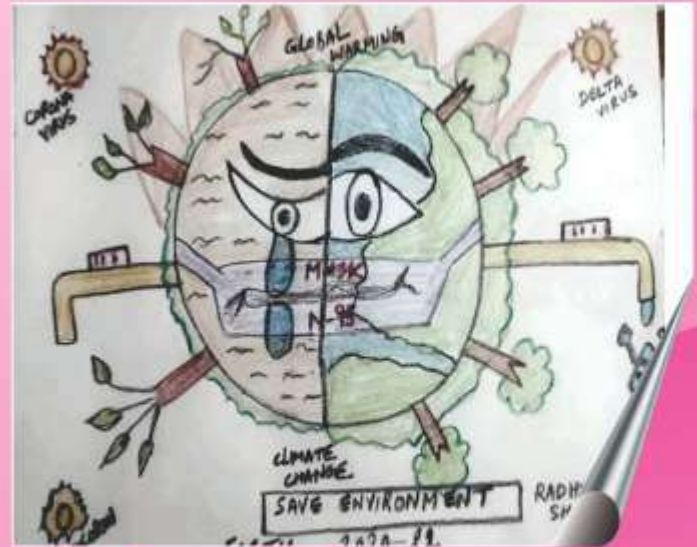


Himanshi Arora
II B

SAVE ENVIRONMENT



Mehreen Tauseef
II C



Radhya Sharma
II C



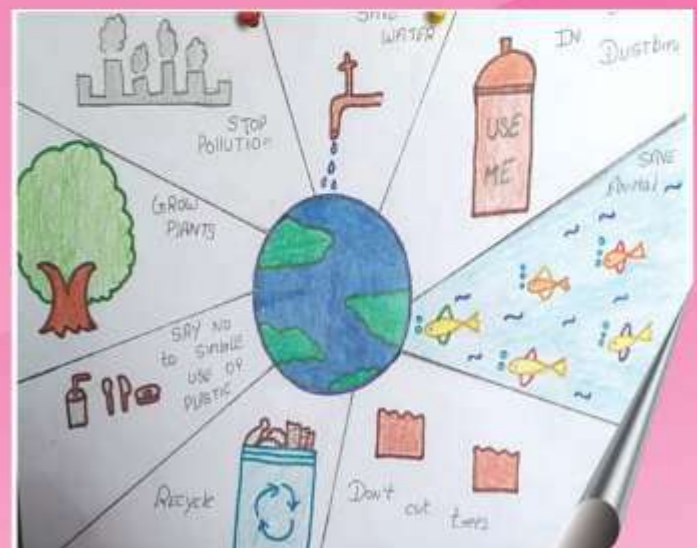
Anam Khan
II C



Jiya Nainani
II C



Aaradhya Gupta
II C



Anika Agarwal
II C

SAVE ENVIRONMENT



Sanjoli Saraswat
II C



Anvi Vijayvargiya
II C



Fatima Malik
II C



Ishavi Garg
II C

My School

My school, Sophia Girls Sr. Sec. School, is the best school in Kota.

My school has three buildings and a big playground.

My school has a big library with lots of books.

There is a huge hall in our school. We celebrate all the functions in the hall.

There are many teachers in my school.

I love my school very much.

Gurbani Singh

III A



मेरा विद्यालय

मेरा विद्यालय ना केवल शिक्षा में बल्कि खेलकूद एवं मनोरंजन एवं संस्कार, अनुशासन देने में भी काफी आगे है। इस कोरोना काल के अंदर जब हम ऑनलाइन अध्ययन कर रहे हैं तो हमें विद्यालय ना जाने पर हमें विद्यालय की कमी हर पल महसूस हुई जिसमें संस्कार, अनुशासन, मित्रता, खेलकूद, मनोरंजन इत्यादि से हमको वंचित होना पड़ा इसलिए मेरा विद्यालय ना केवल शिक्षा में अर्थात् बल्कि हमारे विकास में भी महत्वपूर्ण है तथा हमारे विद्यालय के शिक्षक एवं परिवार की तरह हमारा ध्यान रखते हैं इसलिए मेरा

Let me tell you a story,
Of a wonderful place called school.
Mine is in Kota by the name of
Sophia Girls School.

I reached the gates on the first day
Nervous and crying.
My 'mumma' would leave me here
How could I survive?

I reached the class with others like me,
And saw a lady trying to coax me,
Just like my 'mumma'
She took my hand and guided me.

I am now in the third class and my
school has protected me.
I am loved and cherished by all my
teachers.

I am proud to say
'I am a Sophian!'

Akshada Bhatt
III A

During this pandemic, the most missed place by me was my school. School is the only place where we learn equality. Children of different religions study together under one roof; we learn that we are firstly, Indians whether we are Hindu, Muslim, Sikh or Christian.

In school, we learn value education, discipline, punctuality, sharing & caring with friends etc. School helps us to improve our skills and by playing various games, we become active and stronger. In school, we perform many activities on special occasions like dancing, singing, giving speeches, playing musical instruments that give us confidence. Every student is like a mould, a teacher gives us perfect shape to become successful in life.

That's why school is called as "Shiksha ka mandir"

Mokshi Surana
IIIA

I love my school.
I love my school.
Today, tomorrow, everyday,
I just love going to school.

I study there,
I learn new things,
I play there.
I make new friends.
Today, tomorrow, everyday,
I just love going to school

During the holidays,
I miss my teachers
I miss my friends
I miss eating my lunch box
And riding in the school
van.
Today, tomorrow, everyday
I just love going to school

I wish, I pray everyday
I go to school everyday
I see my friends everyday
I meet my teachers
everyday
Today, tomorrow, everyday
I just love going to school

Kanupriya Mishra
III C

Tring ! Tring! Tring!
When the school bell rings,
The school gate opens,
We all fight for education.

The teachers are lovely,
We all love them truly,
They make us so strong,
It feels like 'second home'.

We play and we fight
But, we are taught
What is right.
But, today we are sad,
A 'virus' made it bad.

With our wistful memories,
Would remember for centuries
Coming days shall be fine,
And we shall be back to offline!

Ridhima Midya
III C

Have you seen my school,
And wondered how it is so pretty?
The teachers are so nice,
The Sisters so caring.
That's the real beauty.
Sincerity, Creativity, Honesty,
Obedience, Observance and
Learning
These virtues we get from Sophia
More precious than any other
learning.

Rajvi Dadhich
III A



Divisha Gupta
III C

Loving Elders



Ritvi Jain
III B



Prisha George
III B



Paridhi Jain
III B



Janiya Bhagtani
III B



Hiya Katariya
III A

Loving Elders



Reet Kaur Deepchandani
III C



Palak Khubchandani
III C



Gaurangna
III C



Aditya Varma
III C



Gaurangna
III C

TEACHERS DAY







संगीत ही जीवन

संगीत ही जीवन का मूल है,
तार दिल के जुड़े सभी इसी से,
सोचूँ मैं कैसे कोई भाए इतना मन को
क्या संबंध है इसका जिन्दगी से?
आँख मूँद के सुनूँ जिसे मैं,
खो जाऊँ हर सुर के साथ,
खुदको दूँ न पाऊँ कभी मैं
जब होने लगी बरसात
बिन संगीत के जीवन भी क्या,
लगता है सब कुछ सुनसान,
संगीतकारों और संगीत की बात सुनकर,
खुद ही आ जाती है मुँह पर मुस्कान।

आध्या गुप्ता

खुशहाल जीवन

हँसते गाते हुए सदा, जीवन करो व्यतीत
जियो आज में, ना भविष्य, ना सोचो कभी अतीत
स्वस्थ निरोगी काया को, जीवन का मूल बना लो
सकारात्मक सोच के संग जीवन खुशहाल बना लो

नायंशी जैन
II-B

शिष्टाचार

शिष्ट और आचार की संधि शिष्टाचार,
शिष्ट अर्थात् सम्य और आचार से तात्पर्य व्यवहार
भारतीय संस्कृति का परम तत्व शिष्टाचार,
इससे प्रधान किसी कथन का नहीं आधार
कभी भी अदब रहित वाक्यों का न हो प्रयोग,
न जानबूझकर, न अनजाने में और न किसी संयोग,
परिकल्पित हो क्रिया और आकलित हो प्रभाव,
दूसरों के मन को न पहुँचे ठेस और किसी की भावना की
देख-रेख में न हो अभाव
सम्य व्यक्ति वही जो रखे इन बातों का ध्यान,
व्यावहारिकता ही इस जगत में बनाए
उसको सबका पसंदीदा और महान

गुंजन वासवानी
IX-B

नैतिक शिक्षा

नैतिक शिक्षा हमें सिखाती,
वास्तविक मूल्य शिक्षा का,
समाज में ढंग रहने का
नैतिक शिक्षा हमें सिखाती,
जिम्मेदारी निभाने का,
अच्छा नागरिक बनने का
नैतिक शिक्षा से,
विद्यार्थी का होता विकास सम्पूर्ण,
समाज का होता विकास परिपूर्ण
नैतिक शिक्षा से,
देश के हर नागरिक का होता विकास संपूर्ण
स्वस्थ रहने का, अच्छा खाने का,
ज्ञान देती नैतिक शिक्षा
कसरत करने का पाठ पढ़ाती,
बुद्धिहीन को बुद्धि देती,
दृढसंकल्प, त्याग करना सिखाती
जीवन में क्या गलत क्या सही,
का पाठ पढ़ाती नैतिक शिक्षा
यह कभी ना खत्म होने वाली है हमारी धरोहर,
डॉक्टर, इंजीनियर, उद्योगपति, हैं इसकी मोहर
आओ करें संकल्प, अपना ज्ञान बढ़ाने का,
नैतिक शिक्षा से अपने भारत को चमकाने का।

डेलसी जेठवानी
VII-B

प्रार्थना और प्रार्थना का भाव

परम है जो आत्मा, वही परमात्मा है ।
वे हमें क्या दे, क्या ना दे हमें क्या चिंता है ॥
तत्त्व रूप में, सूक्ष्म रूप में, तेरा ही बसेरा है ।
तेरी आँखें खोलने पर होता सबेरा है ॥
हृदय की ज्योति से निकले प्रार्थना के रूप अनेक ।
सकाम, निष्काम, स्वेच्छा परंतु है तो इन्हीं से एक ।
प्रार्थना जो मन से होती है ।
ईश्वर तक पहुँचती एक आहुति है ॥
जिसने यह सृष्टि रची है ।
उसी में हमारी आत्मा बसी है ॥
जो हृदय सच्चे मन से प्रार्थना है गाता ।
ईश्वर उनकी सुनता ही हर एक गाथा ॥
आओ हम सब करें उस सच्चिदानंद को प्रणाम ।
जिसका है रूप अनेक परंतु है अभिराम ॥

गुनिथा शर्मा
V-B

प्रार्थना और उसके प्रभाव

प्रार्थना प्रेम है,
जो हमें ईश्वर से जोड़ती है ।
प्रार्थना शांति है,
जिसे हम महसूस करते हैं ।
प्रार्थना वह आशा है,
जो सबके मन में निवास करती है ।
प्रार्थना आध्यात्मिक शक्ति है,
जो एक दूसरे को जोड़ती है ।
यह एक मजबूत संबंध है,
परमात्मा और मानव के बीच ।
प्रार्थना ईश्वर को धन्यवाद देने का एक तरीका है ।
प्रार्थना सुख और दुख के बीच का बिंदु है ।
निःशब्द प्रार्थना में भी कई शब्द होते हैं ।
प्रार्थना भावनाओं का सागर है जिसमें आशा की लहरें उठती हैं ।
प्रार्थना एक सेतु है,
जो हमारी भावनाओं को सर्वशक्तिमान पिता तक पहुँचाता है ।

तन्मय टेलर
V-B

प्रार्थना और उसके प्रभाव

प्रार्थना का मनुष्य के जीवन में एक महत्वपूर्ण स्थान है। प्रार्थना हमारे जीवन का एक अभिन्न अंग है। प्रार्थना ही वह एकमात्र माध्यम है जो मनुष्य को ईश्वर से जोड़ता है। जिसके द्वारा असंभव कार्य भी संभव में परिवर्तित हो जाते हैं।

हमें प्रतिदिन नियमित प्रार्थना करनी चाहिए क्योंकि प्रार्थना में वह दिव्य शक्ति है, जो हमें सच्चाई का मार्गदर्शन कराती है और एक नया जीवन प्रदान करती है। प्रार्थना के बिना हमारा जीवन निर्जीव है। प्रार्थना हमारी आत्मा को एक नया बल प्रदान करती है जिससे हमें ज्ञान, बुद्धि, प्रज्ञा एवं सामर्थ्य प्राप्त होती है। प्रार्थना ही हमारे जीवन का मूल आधार है। यह हमें प्रेम, दया, शांति, विश्वास और आनंद से परिपूर्ण करती है। अतः हमें हर एक मुश्किल में, दुःख में एवं कठिनाई की घड़ी में निरंतर प्रार्थना करनी चाहिए।

जेनिस इवान V-B

शिष्टाचार की बूँदे

जल की असंख्य बूँदे मिलकर धारा का तथा धारा के प्रवाह से नदियों व समुद्रों का निर्माण होता है। स्वाति नक्षत्र की एक बूँद सीप में गिरकर मोती तथा सर्प के मुख में गिरकर विष बन जाती है।

जिन मनुष्यों का हृदय स्पर्श शिष्टाचार की बूँदों से होता है, वे महापुरुष, संत, साधु या महात्मा बन जाते हैं, क्योंकि शिष्टाचार की बूँदे मानवता की धारा का निर्माण कर शिष्ट मनुष्य का सृजन करती हैं। क्षमा, दया, प्रेम, आदर, सहानुभूति, परोपकार, नम्रता, कृपा, भलाई, धैर्य, संयम ये वो बूँदे हैं जो मानव जीवन को अन्य प्राणियों से भिन्न, समर्थ, क्रियाशील एवं प्रभावशाली बनाती हैं। शिष्ट व्यक्ति के मुख से निकली मोती की लड़ियों के समान झरने रूपी सुखदाई मधुर वाणी सबका मन मोह लेती है। मधुर शिष्ट वचनों का प्रवाह सनातन एकता को प्रकट करता है। शिष्ट मनुष्य से ही सभ्य समाज का निर्माण होता है।

वर्तमान समय में यह बूँदें मानव हृदय से लुप्त होती जा रही हैं। शिष्टता की धाराओं में अलगाव हो गया है और यह अलगाव सभी को विखंडित कर रहा है। आवश्यकता है धाराओं को नियंत्रित करने की, सही दिशा में प्रवाहित करने की ताकि शिष्टता की नियमितता बरकरार रह सके क्योंकि यह बूँदें मानव मन को नियंत्रित करती हैं

और तभी मधुर वाणी प्रतिध्वनित होती है। जिस प्रकार ज़िन्दगी साँसों में बँधी होती है, उसी प्रकार शुद्ध आचरण शिष्टता में बँधा होता है।

बच्चों के व्यक्तित्व निर्माण में उसके आसपास का वातावरण एवं विद्यालय महत्वपूर्ण भूमिका निभाते हैं। विद्यालय वह स्थान है जहाँ जड़ को चेतन, साधारण को विलक्षण बनाकर बच्चों के व्यक्तित्व को निखारा जाता है, उन्हें सही दिशा का बोध कराया जाता है।

सोफिया रूपी नक्षत्र से गिरने वाली शिष्टाचार की बूँदें, बच्चों रूपी सीप में गिरकर उनके मोती रूपी व्यक्तित्व का निर्माण करने में अपनी महत्वपूर्ण भूमिका निभाती है।

बुराई को त्याग कर, सबको दें सम्मान।

शिष्टता से सींचकर, व्यक्तित्व बने बलवान

अशिष्टता को त्याग कर, जीवन बनाएँ आसान।

सद्गुणों को अपनाकर, नवनीत बने इंसान

फूल जो बन जाए, तो खुशबू है पहचान।

शिष्टता को अपनाएँ, यही है मानवता की पहचान

अनिशा सोलोमन

अध्यापिका

TIME MANAGEMENT

We should not waste our time because time is precious. If once lost it can't be regained. Time is the only thing in world which never waits for anyone. One who manages time well remains a path changer also. Everyone has the same time in a day that is 24 hrs every day at our disposal, yet some succeed while some don't. That is because those who succeed have learned the trick of utilizing their time. Time management is a technique to use your time effectively and productively. Time management means properly managing the time available to you.

Time is very important in students life. It is almost certain that a good student perfectly manages his or her time without wasting it. Student should avoid wasting time on things that don't benefit at all. By eliminating activities that don't matter, you can save time for other beneficial activities. Student can avoid stress and get leisure time only if they are good in managing their time.

So Time is the only key whoever manages it well will always finds growth in his or her life forever.

In other words we can say :

* Lost wealth may be replaced by industry, Lost knowledge by study, lost health by temperance or medicine , but lost time is gone forever

Aadhya Vijay
IV - A

Time management is an act of planning or managing our time that is spent on various activities in the day! Time is limited hence it is important that we plan our time wisely and make the best use of the limited hours in a day. We can't retrieve the time that has been wasted.

Aavishika Soni
IV A

- Make time for setting your goals.
- Break each goal into smaller parts.
- Make checklists with deadlines for each part of your goal.
- Add your checklist deadlines to your calendar.
- Leave time for when goals take longer than expected.

Kavya Gupta IV A

THE VALUE OF TIME

Riya was a very lazy girl and always used to postpone things. One day her father called her and made her understand the value of time. He explained to her that one should always value time that one should always do things on time. Riya promised her father that she would never postpone things.

One day she came to know that she had won the first prize in a Drawing Competition that had been held the previous month. She was asked to collect the prize the same day. She didn't bother and went to collect the prize the next day. But the prize became useless for her as it was a ticket to a stand – up comedy show, which was held the previous day.

Moral – Time is very precious you should not waste it.

Kenisha Shivani IV A

Time Management

Time Management is the process of organizing and planning how to divide your time between different activities. Today, people are so busy, they have no time for themselves. By making a timetable for every activity we can utilize our time for various activities. If we waste our time in useless activities we will have less time for useful and important work because the time we have in a day is fixed. We also need time to relax and sleep so that we may be refreshed. If we do not get rest we will think we have lots of work to do and we will be confused. Then we are not able to do them all and this is not good for us. We should respect time because time lost never comes again. So, we should manage time properly.

The most precious thing in the universe is 'TIME'. Students should divide their 24 hours in such a way that they use each moment or second of these hours. Everyone has the same 86,400 seconds, 1440 minutes or 24 hours in a day. Some use each second and some the whole day. They mostly say "I have no time". If we do not take care of time, time will also not take care of us, so we must respect our day and night, each moment or second.

"The bad news is that time flies. The good news is that you are the pilot."
Kara Bhagashra IV-C

Time is very precious. We should not waste it because "once lost it can never be regained". We should manage our time in a planned way in different activities so that we can improve our effectiveness and productivity. If we plan our day properly we can get spare time for our hobbies and some other activities.

Not only is making a time table important but following it is even more important. We all have 24 hours in a day but it is up to us how we utilize these 24 hours. If we manage our time in a pre-planned way then we can reduce last minute stress. Many times we postpone the work for tomorrow, but tomorrow never comes. We should improve our habit of postponing things as Time and tide waits for none.

Dimeera Jain IV C

Time is very important. When it passes it will never come again. We should not waste time. We should manage our time. In today's life people are so busy they don't get time for themselves. We should make a time-table for us so we can manage our time. Time management creates a disciplined life. We should save our time. We need to go step by step with time. We should also give time to ourselves. Instead of wasting time we should do something interesting. A disciplined person has more time than an undisciplined person and therefore has more time to give to himself.

Riddhima Mehra IV-C

HELPING OTHERS



BEING KIND



Dressing Up!





PRAYER

Earth is a wonderful creation of God. We should thank God for giving us this wonderful earth. We should thank God by prayer. While praying you connect with God and after prayer your heart feels very good and your body feels relaxed. Prayers improve our mediation.

Some people are dependent on God and do not want to work hard. We should depend on God, but we must work hard too. You can pray and thank God for whatever He gives you. Use the talents God has given you and be successful in life.

You can make God happy by being kind, helping the poor, taking care of your parents. Then God will love you and you will get His blessings.

Ojasvi Ranwa V A



1. When we pray, we are filled with positive energy.
2. Prayer makes us strong to face problems.
3. Prayer helps us to overcome our fears and negative thoughts.
4. When we pray with a calm mind, we find a solution to all our problems.
5. Prayer helps us to check our deeds and makes us generous and kind.

Lakshika Jain (V-C)

Prayer means different things to people of different cultures all around the world. Some people identify it as a religious and need an idol or an image to pray to whereas some people identify it as a form of reflection and meditation. Some people pray many times a day, others just when needed. Prayer is associated with various physical, psychological and relational benefits. And I believe that 'A day without prayer is a day without wisdom and a life without prayer is a life without energy'. Prayer not only gives peace to our minds but also plays a very important role during the hard times of our lives; for example during failures in life we tend to lose hope and surround ourselves with negative thoughts. Here is when prayer plays its role by providing enough strength and positivity to deal with these difficult situations and keep us going.



Chitra Nainani - VA



Prayer means the words that you use when you speak to God. We will thank God through our prayers for giving us a beautiful life, such a wonderful family etc. Prayers gives us peace of mind. Our day should start with prayer. Whenever we are in trouble, God shows us the right path. It is not necessary to go to the temple to pray, we can pray anywhere. Prayer gives us strength and confidence. We should not pray to God just to ask for something. Prayer should be done with the heart. We can communicate to God through prayer.

Heeya Chaudhary-V C

Prayer is very important in my life; I pray in the morning and at night before going to bed. Prayer gives me peace whenever I feel low and bad. It gives me strength to work hard and never give up on anything.

For me prayer is the way to talk with God. I feel that God is with me. I share my problems with Him and He shows me the solutions. Whenever I feel fear, I pray to God and I feel better. It gives me happiness and joy. Prayer brings positivity in my life. I thank God for everything I have. I pray to God to keep everyone safe and blessed. I think everyone should pray to God for positivity.

Angel Charan
V-B

Prayer is the ultimate source of God. It is a communication which connects us to God. By praying we motivate ourselves to do anything, even what seems impossible to us. Prayer gives us strength to fight evil. It gives us the ability to do work. It takes away all our tensions and worries. We should pray to God every day. It helps us in several things like giving exams or in a serious matter.

We should pray in the morning after we wake up and at the night before we sleep. In the morning we should thank God for giving us a beautiful day. It makes our day bright. At night we should thank God for keeping us safe throughout the day and should say sorry for the mistakes that we have done through the day.

Nusha Jain
V A

Prayer is a medium to connect our soul and mind to God. It strengthens our faith in the loving presence of the almighty Lord. Prayer done with a pure heart and positive thoughts sends our humble wishes directly to the supreme power. Therefore, it helps people achieve their goals and dreams. During the pandemic, when human help was rare to find, prayer was the only way to send help to the people who were suffering. Prayer is also an act of surrendering oneself to God. It can be helpful to maintain one's peace of mind and thus strengthen our emotional health. The best way to start our day is by praying and we in India pray for universal peace by chanting the mantra "Om! Sarve Bhavantu Sukhin ahSarve Santu Niramaya".

Deepta Chaturvedi
V B

Prayer is the moment when we leave all our worries and surrender ourselves at the feet of God. It is the way we can communicate with the Almighty and tell him our thoughts, our desires. He can make our wrongdoings right if he finds we are devoted to him. He tells us what is right and what is wrong. He gives us strength and helps us to avoid committing mistakes. By communicating with God we are able to solve our problems, anxieties and other difficulties of life. It helps us to forget it all and think clearly. If any sin is done, none can help us except God. The purpose of prayer is not to demand or ask for everything. We can pray anywhere because God is everywhere. It is our duty to pay gratitude to him whole heartedly. It is rightly said 'A day without prayer is like a day without God's blessings and A life without prayer is like a life without hope and peace.'

Vidushee Solanki (V C)

I pray because I have no doubt that God will answer my prayers
I pray because God allowed me to wake up to see another day
No matter what others think or say
I will pray
Your prayer for someone
May or may not change them,
But it changes you.

Paridhi Yadav V-A

Prayer is one of the most powerful weapons God has given us. I believe it has never been more important than now for God's people to be on their knees. But knowing how to pray is not always easy.

Here are eight keys that can help us develop a more powerful and effective prayer life.

1. Know to whom you are speaking. Prayer is a conversation with God and every conversation begins by addressing the person to whom you are speaking by name.
2. Thank him. A heartfelt 'thank you' is always a great conversation starter. Like any parent, God loves to see that we have grateful hearts.
3. Ask for God's will.
4. Ask for forgiveness.
5. .Pray the Word

Benefits Of Prayer -

1. Prayer Solves Problems
2. Prayer Builds Your Confidence
3. Prayer Brings Peace Of Mind
4. Prayer Helps You Understand God's Will
5. Prayer Releases Anxiety

Maanvi Sharma V B

Prayer can change a person's life. It can convert a person into a good human being. Prayer has so many positive effects. Prayer is a way to calm our mind. It generates positive energy and gives us strength to face problems. It guides us in life and shows an enlightened path. It develops human values and helps us to develop high morals. Prayer teaches us gratitude, patience and focus. It builds confidence and concentration.

. Prayer, done with the rest of the school, allows us to start the day on a positive note. The prayers, the words of wisdom and motivational passages read and shared during the morning assembly promotes the spiritual well being of each individual. One comes to terms with the fact that all religions teach the same thing and that no religion is greater than the other. Prayer means trust in God. It gives us courage and confidence. Prayer binds us to God. Prayer is a must because it gives us strength and courage to face our problems. It gives us peace of mind and comfort. Prayer is necessary to keep us on the right path, away from the evil ways. Prayer has other benefits such as improving focus, building trust, faith, compassion, forgiveness, and discipline. Prayer makes us humble and teaches us respect.

Standing straight, with joined feet and closed eyes, everyone aligned to one rhythm - this is the greatest form of concentration. Praying gives us a few moments of silence to appreciate the good things in life. It encourages morals and values.

Ridhi Charan V A

My Garden



My Garden



My Garden





During this past week, a number of teachers asked me if I was feeling excited as the day of my Jubilee drew near and I would answer 'No'. And their smiles would fade away and they would look awkward and embarrassed. I would laugh within myself. They did not understand. No, I was not especially excited about today. I have been excited every day of my teaching career. Maybe, I should not use the word 'excited' for it denotes a fleeting happiness. I would rather say that teaching makes me deeply contented. I was blessed to have become a teacher for it is something that I am passionate about. Something, that I love deeply and find immensely satisfying. I praise and thank God for giving me the graces and capabilities to be a teacher. He has blessed me and helped me to do my best. I hope I have been a worthy instrument to spread his message. I thank you and praise you, O Lord.

I remember with deep honour and respect Rev. Fr. Raymond Coelho who saw the teacher in me and gave me my first opportunity to teach in St. Anselm's, Jaipur. Thank you Father, for your belief in me. I hope I have done you proud.

Gratitude to Sr. Mabel Jacob for giving me my first opportunity to work in Sophia. She was kind and patient with me as a new teacher. I took a three year hiatus thereafter.

How can I not recall dearest Sr. Linda who reappointed me to Sophia? She also appointed all the other Jubilarians. She groomed us to be what we are today. We still follow the precepts she gave us. God bless you, Sr.

On behalf of all of us I would like to express my deep gratitude to all the Principals we worked under - Sr. Johannis, Sr. Fleurette, Sr. Lucy, Sr. Josain, Sr. Deepa, Sr. Mabel, Sr. Meena and our very own Sr. Lavina. And we offer our prayers for Sr. Ida. There have been many Sisters who have played an important role in our lives. We thank them for their guidance and support. God bless them all.

Teachers!! My biggest support at all times. I can write pages about each of you. There are a thousand incidents that are indelibly printed on my mind where you have shown your love. I am sure Jyoti, Floyd and Sabrina will agree when I say 'Hats off to you'. The programme today, was evidence of the love you have for us. We appreciate the amount of personal time you dedicated and the struggles that you underwent to put up this extremely, energetic, fun-filled programme. We love you all. Thank you for making our day so very, very special. Where would we be without our Auxiliary Staff? Latoor who always has something witty to say, quiet Ramnarayan, Battoo, efficient and quick, Kamal, always busy, Jagmohan, so polite and hardworking, Lal Bahadur who attends to our beautiful garden, Small Naresh, Big Naresh ever ready to help, Shailesh so dependable, Sushila, Pinky, Sunita, Anita, Rajni, all so dedicated and loyal. I miss Govindi baiji. May God protect them all.

I cannot fail thank to my students. They are the reason I am a teacher. I have learnt so much from them. How to laugh; how to remain young; how to walk away from failure; how to be positive and optimistic. (Youth has no worries.) I also learnt how to keep my temper, how to outsmart them, how to learn constantly, how to forgive when they apologise without an ounce of repentance!!!! I love them all. God bless them.

Thank you everyone for this beautiful celebration of our 25 years of service.

Rev. Sr. Isabel, Sr. Lavina, Sr. Divya and Sr. Sarah. It is with full hearts that we thank you for this wonderful Teachers Day. I remember how distressed you'll were when Teachers Day could not be celebrated last year. It only made us feel loved. This year too, Teachers Day began to look doubtful but you have made it happen. Of course, the students have expressed their love for us, you, but you, Sisters, have helped us to celebrate ourselves. And what a lovely time we have had! Praise God for our loving Management! And praise God for each of us. A Very Happy Teachers Day to each of us! We rock! We are the Best!

Genevieve Dsilva
Jubilarian Teacher

Lord God ,

You are the reason..... I lift up my voice.

You are the reason..... I sing of your strength and your power.

You are the reason.....I am here

You, only You, I praise, I thank and I adore.

A very bright and silvery Good Morning to Respected Sr. Isabel, Sr. Lavina, Sr. Sarah, Sr. Divya, my dear Teachers, our Supporting Staff and all my lovely Angels,

Today, my heart overflows with gratitude and joy as I recall my past memories. The door of Sophia was opened for me on 3rd July, 1995 and this very first opportunity was rendered by Sr. Linda. I pray the Almighty to bless her abundantly with good health of mind, body and soul. I would like to express my gratitude to all the Principals, Superiors and Sisters with whom I have worked and in the process have learnt several rich lessons that I shall always hold close to my heart . A special word of thanks to all my colleagues with whom I have shared unforgettable moments. I am proud to say that in Sophia we work as a team with a family spirit, showering unconditional love .

It is also a matter of great delight and lovely coincidence to celebrate the Silver Jubilee of four teachers. I congratulate Ma'am Genevieve, our live encyclopedia, Ma'am Sabrina, dexterous personality & Sir Floyd, who gives life to each and every programme of Sophia - Happy Silver Jubilee!

I also extend my heartfelt thanks to my parents for their love and support.

In the end, I pay my gratitude to you, Sophia.....

It's you, Sophia, that gave the proud identity of a Teacher

It's you that made me independent.

It's you that adds value to my life.

It's you, Sophia that blesses us with dedicated Sisters. May God bless our MSA Sisters abundantly and accompany them to spread the Lord's fragrance of love to humanity.

It's to you, Sophia, that I owe my life.

Last, but not the least, I thank my Sophian family for all the lovely gestures of love through their splendid programme.

Thank you and God bless.

Jyoti Verma

Jubilant Teacher

CONGRATULATIONS Jubilarian's







Respected Sr. Isabel, Sr. Lavina, Sr. Sarah and Sr. Divya,

My heart resonates with gratitude and overflows with thanks to the Almighty for choosing me for this noble vocation, to enlighten my students and make them outshine in the galaxy of stars.

As a young, shy and tender branch, I was planted as a Geography Teacher in this beautiful Sophian garden by my dear Sr. Linda, under whose guidance and care I grew and blossomed. She taught me to face the vagaries of life, to be self confident and diligent and to be rooted firm in faith and carry out God's plan.

My hands are folded in gratitude to all the Principals whom I have worked with and am still working under; who were always there to rejuvenate me with each passing year, making my second home filled with sweet memories and cheer.

My dear colleagues and friends, your presence brings sunshine in my life, energizing each day with warmth and love. With the passing of each beautiful season, be it the beautiful Spring or Autumn or the chilling Winter or the oppressing Summer, your kind words and deeds, your comfort in times of need, your guidance in my daily walk help me to grow and change from one season to another. With deep gratitude I thank each and every one for your love and kindness on this special day.

To my dear students who are like tiny droplets, dripping and dropping. Though you pitter patter the whole day long, your love and concern turns these raindrops into a beautiful, chromatic rainbow in the blue sky.

Our dear supporting Staff is always ready to erode all unwanted circumstances through their hard work. They are always ready to help out always at every ebb and fall of the tide. My sincere gratitude goes out to each one of them.

God is able to do exceedingly and abundantly, above all that we ask or think. We need to surrender to God's will and let Him take control of our lives.

Thank You, dear Sisters and Teachers for making this day a most memorable and cherished one. These silver memories will always linger in our hearts. The external grandeur may fade but its thoughtfulness and memories will always be etched permanently in our hearts.

THANK YOU

Sabrina Fernandes
Jubilarian Teacher

GIVING THANKS

'I give you thanks, O Lord, with a grateful heart, for Your steadfast love, graces and blessings.'

Good Morning Respected Sisters, Sister Principal – Sister Lavina, Sister Superior – Sr. Isabel, Primary In-Charge – Sr. Divya, Kg In-Charge – Sr. Sarah and my dear colleagues,

Today, my heart is filled with Gratitude and Joy that overflows within as I recall the path I have travelled these 25 years, reaching a milestone in this esteemed institution in the Teaching Vocation.

I fondly remember the Principal, Sr. Linda who appointed me and from thereon my journey began in this esteemed institution under the able guidance of 9 former Principals and at present, under the loving guidance of Sr. Lavina.

With much gratitude and appreciation would like to take this opportunity to thank Sr. Principal, the Management, and all the Teachers, my loving colleagues and the Supporting Staff for putting in an extra effort to make our Jubilee special, memorable and indelible for us.

Thank You. I am touched beyond words.

God bless Our Sophian Family.

Floyd D'silva
Jubilarian Teacher



R E A D I N G HABITS

Reading is a very good habit that an individual should have. It helps in the development of our mind. Reading is very essential for us. A good book can help us many ways. It can enlighten our path, enhance our vocabulary, and give us new idea of thoughts. Apart from books, newspapers and magazines are also good for reading. They give us knowledge and also introduce us to the current incidents happening all around us.

There are several advantages of reading. When we feel alone or are stressed, books act as our best friends. They give us the power to acknowledge the whole world. If we like reading books, we cannot abandon them for a long time. In times of boredom or loneliness, a few minutes of reading can give us a whole new world. During long journeys books are the best companions one can have. Reading helps us to develop positive thought. It provides us knowledge and improves our communication skills. Books give us a glimpse of different people, cultures, beliefs, geographical features etc. We get a lot of information from books.

Reading boosts our imagination and creativity. It gives us new thoughts and opinions on various subjects. It allows us to think freely, creatively and use our imagination. By active reading, we can explore several aspects of life. We learn many life lessons, and gain values based on our daily lifestyle.

In recent times, technology has given us a new method of reading. We can read a variety of e-books on the internet.

Thus, the habit of reading plays an important role in our life. It not only gives us knowledge but also motivates us to achieve various goals.

NANDINI AGARWAL
(VI-A)



Reading Habit

Books are known to be one's best friend. Reading is a very good habit that develops language skills & vocabulary. A person who has excellent language skills & vocabulary finds recognition everywhere. Someone has rightly said "The world is ruled by the spoken word" and it is only possible when one has good reading habits. The reading habit is effective in stress reduction and restoring positivity to life. It helps to cope with loneliness. It has also been found to be a "career booster". Reading habits make you self-dependent in terms of having comprehensive knowledge & awareness about various sectors & fields.

Navya Mishra
VI - B

Reading is the best habit a person can have. A good book is like a thousand friends. It not only helps us to lighten our mood, it also helps in increasing our knowledge, creativity etc. Reading also keeps our minds sharp and if we build a reading habit in ourselves we will get knowledge in various fields and that knowledge will help us a lot in the future. Reading also helps in improving vocabulary. Reading can also inspire us to write, and we can write good stories and maybe become writers in the future. Students will score better marks if they have the habit of reading as they will not only depend on one book for their study but will have many books for the same subject and this will result in creative minds for our future. So, 'Book a day keeps dark future away.'

Anushka Nagala
VI A

BOOKS ARE THE KEY OF OUR MIND

Reading is a very good habit that one needs to develop in life. Good books can inform us, enlighten us and lead us in the right direction . There is no better companion than a good book. Reading develops language skills and vocabulary. Reading books is also a way to relax and reduce stress. If we read books with great attention we are able to know the full story of the book. It is important to read a good book at least for a few minutes each day to stretch the brain muscles for healthy functioning. Good books always guide us to the correct path in life .They help us to develop positive thinking. Books help us to learn how to use language creatively. They also make us better writers. The habit of reading is one of the best qualities that a person can possess. At present, children do not read books other than school books. Parents should encourage children to read because books give us a new direction and insight. We don't even know about our Holy books. Children should read fables , motivational stories, our history books and books which are based on great personalities .We have many facilities in our smart phone for reading books like Pratilipi or E-Library, Kindle etc . We can read books from anywhere. I would suggest that we should visit the school library in our free time to improve ourselves.

"You can abandon books but , books never abandon you " They are your true friends.

Avani Vyas (VI A)

READING HABITS

It is rightly said- "The world belongs to those who read."

Reading is a very good habit that one needs to develop. Good books can apprise us, inspire us, enlighten us, and teach us to move in the right direction.

Books are indeed the best source of information and knowledge. They help us to develop vocabulary and enhance our language skills.

In today's world with the growing influence of social media, the tendency to read books is decreasing. Social media is unproductive, as it only entertains and gives no food for thought.

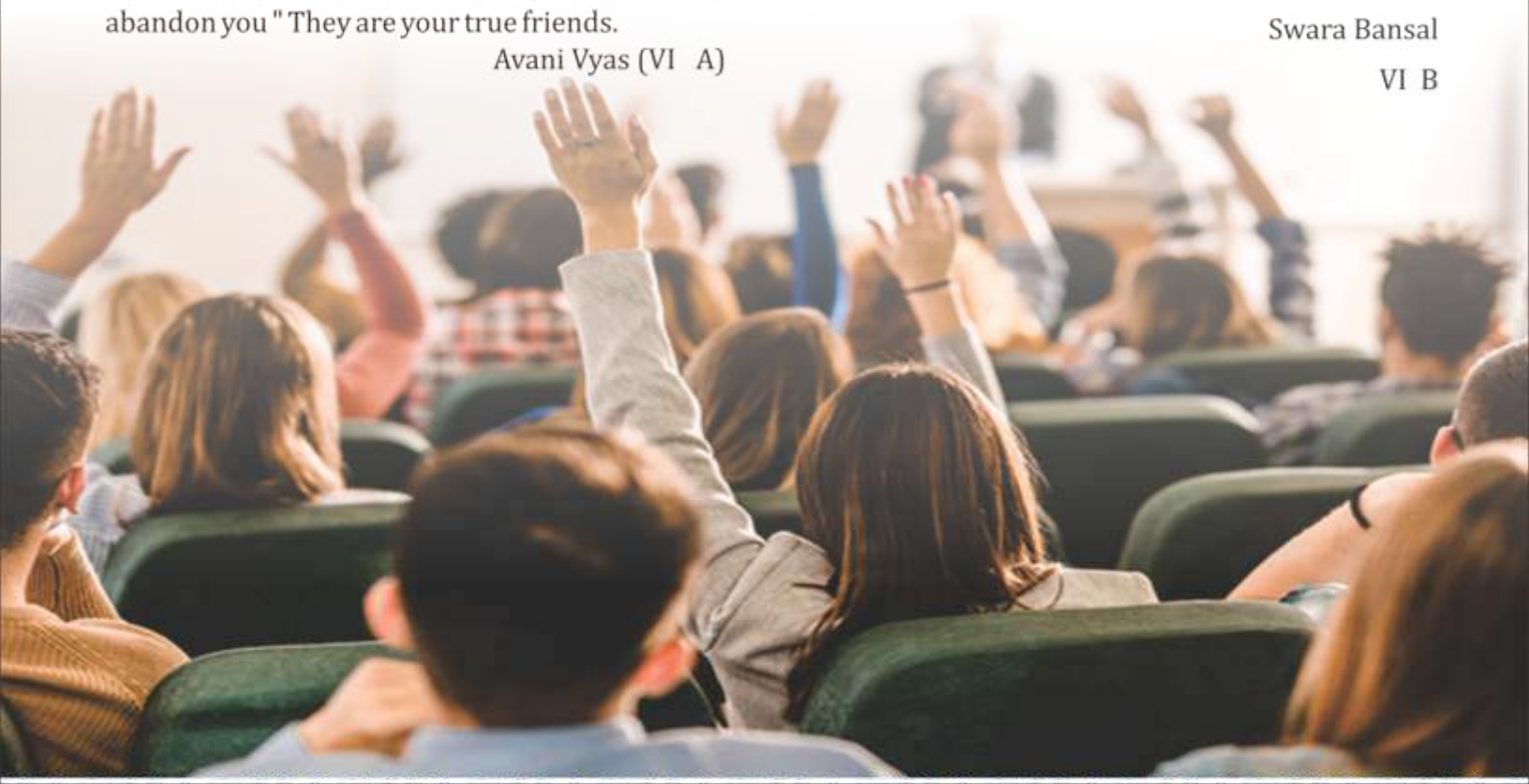
The usage of new abbreviations to express oneself hampers language development which is greatly enhanced by reading books. Reading enriches intellectual abilities and develops the personality of the person.

So I would like to conclude with a quote of Sasha Salmina-

"A child who reads will be an adult who thinks."

Swara Bansal

VI B





READING HABITS

Reading is a great quality that everyone should develop. It helps in enhancing and boosting our brain. It keeps us mentally healthy and strengthens our vocabulary. A book is a great companion which leads us in the right direction. It gives us knowledge and moral values. It can also act as a source of motivation. Reading motivational books can change your thoughts to make you more optimistic about life. Reading autobiographies can make you more of a hard working and dedicated person, who can achieve their goals in life. There are an infinite number of reasons why you should read. Just remember- the more you read, the more you will know

Nishita Chaudhary
VI-B

The Value of Values

Patriotism

Patriotism is our Pride,
Let's show ourselves, why to hide.
Our flag that flies;
With waves of ORANGE, GREEN and WHITE.
It shows our Pride, It shows our Wisdom;
It also stands for our Freedom.
Better than Heaven, Greater than all;
You gave me such a beautiful Nation.
Thank you O Lord
THANK YOU O LORD.....

Hiral Bishnoi
VII-B

PUNCTUALITY

Punctuality is a habit which must be cultivated by every cultured person. It is the mark of civilization and culture. It has been rightly called the 'soul of business'. In our daily life, we have to attend to various type of business. This brings us in contact with other people. We hardly realize that in being late, how much annoyance and worry we unnecessarily cause to others and make them suffer on account of our lethargy for no fault of theirs. It is not easy to be punctual. It requires all our energy to regulate our life, if we want to be punctual. Unpunctuality invites trouble and worry. A man who is punctual and keeps his appointment is sure to be held in high esteem by others. Everyone has confidence in him. Everyone trusts him because he keeps his word. Sometimes people have lost opportunities in life by being late by only a few minutes.

Kashti Peswani
VII C

Values

My mother taught me-
To love and care,
Value the things which my sister
shared.

My father taught me-
To be brave and kind,
And do something for mankind.

My sister taught me-
To stand for myself,
From lessons of self-confidence
to self-defense.

My grandparents taught me-
To be respectful and polite,
They used to say-'This will make
you a bright child.'

My teacher taught me
To be hardworking and true,
All my excuses she already knew.

My friends taught me-
To be loyal and fair,
And with patience, my difficulties
to bear.

My haters taught me-
To be careful and wise,
I came to know, there are people
who are enemies in disguise.

But life taught me-
To be ready as ever,
Cause' learning these values is a
process;
Which will go on forever,
Which will go on forever....

NIRALI JAIN
VII A

VALUE EDUCATION

In the sea of culture and vast variation...

The seed of tolerance is VALUE EDUCATION.

Where bitter battles of truth and injustice are fought,

The triumph of humanity and its presence is VALUE EDUCATION.

Education gives you insight to wars, science and fiction.

But what makes you humble and just within is VALUE EDUCATION.

In the time of isolation and fear of separation...

What makes our heart warm and alive and communicate
with emotions in our eye -

The spirit of being Alive is VALUE EDUCATION.

In a negative situation where decisions can go biased and difficult
is self-evaluation...

To still choose right and fair, that inbuilt conscience is VALUE EDUCATION!

Shelley Issar

VII B



Management Day





The Teacher 2021

" An Evening Star "

We Saw A Shooting Star In The Evening,
Many Must Have Seen
A Breath Taking View
It Was A Beautiful Scene....

It Went In A Flash
Something Like This Year;
But That Moment In Our Hearts
Will Not Disappear .

It Was Quite A Dark Evening
But Still It Shone
Just Like Our Teachers
Who Were Always With Us, During This Time

They Brightened Our Day
Not Just A Little Bit
Only To See Our Smiles
They Put Their All Into It.

They Walked Behind Us
Even If We Didn't Realise
On Whichever Path We Were
They Were Always There With A Smile

We All Want To Keep That Shooting Star With Us
Because To Many It Must Have Mattered
But It's Ok
We Know It Will Always Remain As A Beautiful
Chapter

Just As We All Watched It Go,
With The Sky It Merged
Our Teachers, Our Evening Stars
They're On Their Way To Brighten Someone Else's
World

Dianna Shekhar
VIII C

The Adapting Teacher

'Home is one's first school.'

This is an old but true saying, because homes have become not only our initial but regular schools. Approximately 2 years ago... no one had even imagined teachers meeting us at our personal residence, virtually. Due to COVID, laptops and mobile phones have become a tool for teaching. Teachers who were the experts of blackboard and chalk are now handling our 'E-learning' with laptops and tablets like pros.

Yes, the teachers of 2020 are the laptops but only by the efforts of our school teachers who are fulfilling their responsibilities. Though these technologies are helping us a lot to keep on with our schooling, these are only the actors in our movie, 'New Normal', the real credit belongs to the directors - our teachers.

According to the words of George Couros, "Technology, will not replace great teachers but technology in the hands of great teachers can be transformational."

Manya Manchand
VIII-A

My Techno Savvy Teacher

Lessons come from everywhere. Some we seek, some are served!

The past year 2021 has been quite a roller coaster. It had an apparently benign start...with the human race soaking in the euphoria of its faux victory over Covid. But the turn of events later hit us all hard, with the stupendous overthrow that it brought along.

We braced ourselves again this time, even more. The lockdown pastimes now had become mundane; we had tried every possible dessert and every single hobby.

The education world and the social normalcy was swirled into a tailspin. The SCARE was everywhere....`WHEN ON EARTH IS ALL THIS GOING TO END??'

All that came easy turned into a distant luxury. The malls and the lovely treats...the horns and the bustling streets, now stood silent.

What mattered was LIVES!!

Connections regained their value...family meant the

most.

Enslaved, thrown into isolation and locked with uncertainties...the year taught us some 'hit hard lessons'

Everyone was learning...everyone was uplevelling the skills learnt. Our teachers came out to be maestros with gadgets; we had taken challenges and turned them into opportunities.

We students now truly realized how much school means to us. Dads and moms no more had defined tasks, we masked up but opened our hearts.

Breaths were valued more than ever; each one forwarded a message in the hope of saving a life.

EDUCATORS, COOKS, LIFE BUILDERS, STUDENTS AND SAVIORS....ALL CAME ALIVE IN THE TRUE SENSE.

THAT'S HOW 2021 TAUGHT US ALL!!

GURSHEEN KAUR JHAMB

VIII C

My Changing Teacher

"Every cloud has a silver lining." Clinging to this thought we passed the year 2020.

But alas! Even 2021 had been destined as school from home for us....

Oh! How tiring it had been, sitting in front of the laptop for hours, first doing classes, then home work from the pdfs and then...causing havoc in the kitchen.

But now, thinking back in time I wonder how excruciating it must have been for teachers. Adapting themselves to the technology they had used so little, learning the functioning of the laptop from scratch, making notes and pdfs available to us, attending to our doubts even after classes, taking the trouble to get the best out of us even when they had to tend to their own families must have had been

quite of a handful.

Even though it took a lot of them, their teachings helped us not to fall back a year. They helped us to understand our courses, which would have been quite impossible for us to do from the leisure of home had they not been there. Even with the pandemic reaching its peak, even with the net issues, they handled our revisions, our orals, our doubts, our silly questions, all with a smiling face. Their motivation helped us not only to do school studies, but also encouraged us to try something new and helped turning those inconvenient days into productive ones.

Nainika Baheti

VIII-C

MY TEACHER 2021

Covid came with a basket full of challenges,
But she overcame them regardless.
From cell phone, she switched to zoom
For household work, there was probably no room.
 She faced a lot of problems, and was totally sore,
 From explaining algebra, while hearing us snore;
 Calming us down by continuously shooing
 When she foresaw-a huge tornado brewing.
 Managing thousands of incoming messages, all the while her mind stresses,
 With wariness she says, "In exams, please no guesses!!"
Yet, she managed it all with great care,
Even if she had to run from here to there;
She held us up and did not let us cower,
Like a stem supporting a fragile flower.
 She did not let anything stop and make her worry,
 My teacher 2021- I thank you dearly!!

Niharika Baheti (VIII-A)

MY ADAPTING TEACHER

After 2020 came 2021 the year full of difficulties and fun
Difficulties of work and fun of family
But still we shaped out all things
Looking for a good year on.
 Millions of people fighting each day
 For the country to bloom one day
 But one warrior without weapons fighting just for the future each day
 Yes, you got it right! It was our teachers each day!
Balancing family and students
It was our teachers each day
Full of patience
Full of delight
Full of passion and much more
It was our teachers each day! .
 Having difficulties but still coming on camera with a smile,
 Just for our sake
 Yes it was our teachers each day!
 Some of them never had laptops
 But still bought one just for our sake
 Spending thousands of their income
 Yes it was our teachers each day!

Samaira Sali (VIII C)

ETIQUETTE

Etiquette is the system of rules and regulations defining good form or 'good manners' in social, public or official behaviour. Etiquette today is based on common sense or consideration of the other person. It is the barrier which society has drawn around itself as a protection, a shield against the intrusion of the impertinent, that is, the improper. Etiquette and manners have been taught since ages. Many times we are asked to behave graciously. Ever since childhood days, hundreds of times we are asked to sit properly, eat properly, talk properly, etc.

This guidance does not end until we have mastered all our manners. Manners are a very important skill in our day to day life. In our age, we must learn to:

1. Apologize: it shows empathy that you are taking responsibility for your actions.
2. Use proper table manners while eating.
3. Use appropriate language and answer questions when asked.
4. Say 'please' and 'thank you'.
5. Say 'excuse me' when you need to interrupt or accidentally bump into someone.
6. Ask permission to do things.
7. Never break promises.
8. Do not make negative comments about someone or anything.

In today's digital world, many people, especially students, do not practise these basic tips of manners and etiquette. However, practice makes a man perfect and therefore they can achieve it with regular training.

Charu Gupta
IX C

ETIQUETTE- THE BREAD AND BUTTER OF OUR DAILY LIVES

Like air and water, etiquette is the bread and butter of our daily lives. It is the building block of our character that helps in shaping our personality phenomenally. Etiquette is all about being respectful and harmonious. Our demeanour actually shows how courteous and gracious we are. Nowadays, people might not give much significance to etiquette and ethics but they actually indicate how urbane and sophisticated a person is. Etiquette enhances our personality and increases our fortitude. It moulds our temperament and helps in creating an amicable and a serene environment. It is a standard to make judgement on behavior, whether our deeds are right or wrong. In public, we need to be very vigilant about our actions and need to mind our P's and Q's. It costs an arm and a leg to build reputation and fame, but if we misbehave and fool around, our esteem will get sabotaged in the blink of an eye. In the long run, where cultures and civilizations interact, etiquette has become the bread and butter of the modern era. Lastly, etiquette also acts as our companion since it helps in eliminating our boorish behavior.

Saanvi Arora
IX B



Etiquette'

What does etiquette mean?

Etiquette is referred to a set of rules that is to be followed in social and professional settings. To understand the meaning of etiquette here's an example, there is a woman who just got on a bus which is completely full and has no place to sit, all the seats are occupied, a man giving up his seat for that woman is proper etiquette. The man is being respectful towards the woman. Etiquette is about respecting yourself and others around you irrespective of their age, caste, gender or religion. It is really important for a person to have proper etiquette in order to be successful in his/her life. These include: Workplace etiquette, eating etiquette, communication etiquette and many more.

The three principles of etiquette are: Respect, Consideration, Honesty.

Good manners directly or indirectly convey the above three principles.

Let's talk about the benefits of proper etiquette-

- ~ Etiquette helps us to be confident and deal with difficult situations calmly.
- ~ It helps us to manage our daily schedule, which leads to productive days.
- ~ Etiquette helps us to develop good life skills and maintain a healthy social life.
- ~ Having proper etiquette also helps us to promote kindness, politeness and humility.

Proper Etiquette should be an integral part of our lives.

The three magic words- 'Please', 'Thank you', 'Sorry', which we all are already introduced to, should be taught to children in an early age because little children tend to grasp things faster. This helps them to maintain good habits in the future.

Nowadays it is really important to teach young boys and adult men to respect young girls and grown women, as in this generation women are considered to be less important than men. Men should learn to become gentlemen, being rude is

not manly at all. Being respectful to one another is a part of proper etiquette.

Having proper table manners is really important. You shouldn't talk while eating. Never stuff your whole mouth with food, take small bites and chew properly with your mouth closed. Serve yourself a sufficient amount of food on your plate, don't overdo it. Never waste food. Wash your hands before and after meals. Always wait for everyone to finish their food and then take your leave from the dining table. In the end, Don't forget to compliment the host for the feast.

Regarding communication etiquette, the use of three magic words is essential. Always show interest in the conversation. Use polite words while addressing, don't be rude or negative towards the person you are communicating with. Always listen to the speaker and try to understand his / her opinions. Don't make gestures that may make the person talking to you uncomfortable. Stand straight while listening, and make eye contact while talking. Don't make gestures that convey your lack of confidence. Be confident at whatever you present.

The above RULES should be followed by every person to maintain healthy habits.

It may take time to develop some habits, but in the end it's all worth it.

And always remember, NEVER hesitate to present your true self.

I would like to conclude with a beautiful saying-
" Good manners open the closed doors; Bad manners close the open doors".

Viha Yadav
Class- IX-B



BUSINESS ETIQUETTE

ETIQUETTE, A MUST

Etiquette, The customary codes
If we want to have good personality
We Must Note.
Greetings, Good morning to Good day to Good night
Refreshes one's mood, faces illuminates with light
When you need help say "Please"
Be kind and loving never tease
Say "Hi" when meeting someone new
And be a friend whose words are true
If you win a game don't gloat,
To thank someone, write a note.
And clean your space so it looks so neat.
These etiquettes are perfect start
To show everyone that you have a heart
Etiquettes you can always cultivate in you
You can learn them all,
In life as you walk.

Shashwita Bangia
IX B

GOOD MANNERS

Good manners are complimentary,
They cost nothing.
To voice a word of gratitude is straightforward,
Whenever you get something from someone.
To voice a word of sorrow is effortless,
Whenever you hurt pretty bad to someone.
To voice a word of request is uncomplicated
Whenever you need something from someone.
All the three magical words of courtesy;
PLEASE , THANK YOU, SORRY
Are the building blocks
of proper etiquette.
Etiquette is like the precious pearls
Of an attractive necklace,
Just like our personality.
Which should be polished since the childhood
to make it shine vigorously.

Nidhi Kataria
IX-B

Etiquette: The Art of Growing in the Realistic World

We have been told to learn good manners, have etiquette or else one will not be valued anywhere. But what actually is Etiquette and are those who teach us really able to maintain them??

"Good manners open doors which the best education cannot" because the test of good manners is to be patient with bad ones. Etiquette is the invention of a wise man to keep fools at a distance. A person with right etiquette is able to handle situations more effectively. When you perform a task in a given time followed by the next task on time to keep the chain moving is etiquette. Eating wisely, talking on a phone calmly, or while giving demonstrations of a presentation confidently indicates how well mannered a person is. At times the biggest stars & highly educated people also forget about etiquette. A person not highly educated, but well mannered will always make a difference.

Manners are a sensitive awareness of the feeling of others. If we have that awareness, we have good manners, no matter what fork we use. Etiquette reflects something from inside i.e. an innate sense of consideration for others and respect for self. Let us always strive to be well mannered.

Sanskriti Sharma
IX C

अप्रतिम दीप्ति

एक दूरदर्शी, एक पैगंबर, एक अद्भुत प्रतिभा
थे प्रकृति के स्नेही, विशप हेनरी कोमॉंट।
गरीबों, जरूरतमंदों के रखवाले बनकर, उन्हें आत्म-संयमित रहना सिखाया ॥
अपनी उम्र से बढ़कर अनुपम, थे अनोखे, अविस्मरणीय संरक्षक।
नारी जीवन के रक्षक बनकर, उन्हें शिक्षा का महत्व सिखाया ॥
सुन्दर, संवेदनशील, स्नेह के कुलीन, थे जन-जन के कल्याणी ॥
यीशु को अपना उद्धारकर्ता मानकर, जीवन मुक्ति का मार्ग बताया ॥
मिशन सिसटर्स ऑफ अजमेर की स्थापना कर
नारी जीवन की राह को, कर दिया आसान ॥
नारी शिक्षा की नींव बनकर, उन्नति, प्रेम का परचम फहराया ॥
जन्मदिवस पर आपके, करती हूँ अभिनन्दन
कोटि-कोटि प्रणाम आपको, स्वीकारों मेरा चरणबंदन ॥

विहा यादव
IX B

MANNERS MAKE A MAN

A wise man once quoted, "Manners are the basic building blocks of civil society" Nowadays, many people do not realize the importance of a civilized life. A country's future depends on the youth, children aren't taught the basic and moral values properly. One major factor is that parents are unable to give proper attention to their kids as they are busy with their jobs and the workload is way too high.

Another major factor which plays a key role is that children are less exposed to their grandparents because the priorities and preferences of people are changing day by day, 'Old Age Homes' are showing the volume of people's apathy at large. Our elders are the banks of knowledge as they have more experience and the bond which a child shares with his/her grandparents is gentle and adoring. Grandparents will always be helpful in guiding a child to have good manners and moral values.

Etiquette tells one a lot about a person's personality, values, family background, qualifications etc. Having good manners always helps in the development of oneself. 'Politeness costs less and yields very much'. One should be polite and have a good attitude towards others.

Ifra Khan
IX C

ETIQUETTE

The word 'etiquette' finds its origin in the French language. It is an underlying set of rules or laws on how one must conduct herself in public or social situations with grace. Etiquette can be also defined as a way of behavior in certain situations. It is strongly influenced by culture as something acceptable in India, may not be acceptable in France. Basic etiquette should be taught to everyone and not to a selected few. Proper etiquette or manners if taught and practised, reflect strongly on a person's character and further on how they were raised. Proper etiquette should be a part of everyone's routine.

Etiquette should not only be taught to only to the upper echelons of society but to everyone. But is etiquette a way to separate upper classes from lower classes? Does a word hold so much power it may create a difference in society? In my opinion it does but still in the modern era where classism doesn't exist etiquette can prevail freely and unproblematically.

Yuvika Chandrawat
IX C

MOBILE MANIA

You wander around in a world of your own.
Your attention directed at the screen on your phone.
Your headphones are strapped to the side of your head,
And you have no awareness of what's done or said.

For all those around you, you don't have a care;
In the bubble you live in they aren't even there.
When you change your direction, you don't even look
Because your head and your thoughts are stuck in a book.

You have no idea of the things that you spill
Because you pay no attention and you show no good will

You really don't care when you ride out on bikes
Since your world is governed by the number of likes.

When you walk into someone you take such offence
You generally swear and turn the air tense.
You're too selfish to realize, you don't have a clue
That the cause of these problems is totally you.

So take off your headphones and put down your phone
And walk through the streets as if you're not alone.
Then maybe give thought to the strange irony
That you use social media anti-socially.

Nandini Jain
IX A

Olympiad Success



Tree Plantation By Mayor



Digital World

"The great engine of change - Technology."

From the pigeons to the letters, from the letters to the telephone and from the telephone to SMS; the night bonfire gatherings have changed to group chats. The way we learn has transformed from chalk to stylus. We have walked a long way modifying and improvising our lifestyles. The boon of technology and the innovation of science have made it possible to connect the world with a single click. The internet, a virtual treasure trove, is constantly contributing to the development of the human race.

"It's still magic even if you know how it's done." Teaching, Consultation, Trading, Banking, Advertising and Shopping have become digital. Cashless transactions and paperless office work have contributed to the reduction in deforestation. Ease of access has been possible to all the daily needs. And this is a beginning. Living in a digital world has its own disadvantages too; Advancement in technology has lead to increased screen time thus affecting the mental and physical health negatively and spending hours on social media has deteriorated individual's productivity.

Technology is a tool and its constructive usage will develop the world.

Kaushiki Sharma
X-A



Digital World

It is said 'Education is the key to success'. I feel these days; technology is the key to progress in life. With the growing world technology is also advancing it and we see so many new things being discovered.

I want to first focus on how digitally we were able to connect with each other in this pandemic. During this Covid scenario schools, colleges, universities were all shut down due to lockdown and the fear of getting infected by corona. Students all over the world were locked up in their houses but due to technology they weren't deprived of education. We are blessed with such great technology which makes anything and everything easy to access for people like us. Students sitting in any part of the world were able to give exams and attend online classes due to advancement of technology in this digital world.

Not only in the field of education but advancement of technology has been seen in several other fields such as artificial intelligence, machine learning etc. In today's world of digitalization with the help of technology and other things we are able to order our food using apps which deliver it to our door steps. e are able to order several other things of utility using online apps , we are able to pay digitally by making online transactions. So technology is the need of the hour in today's digital world. It is helping us to grow and modernize ourselves in today's modern and digital world.

By- Amreen Kaur Makkarh
Class- X-A

Digital World

Counting stars
Visible beyond the bars
A girl named Lavender
Had a curiosity for a digital world.
With a mind full of thoughts
She opened a box of questions
Amazed by her daring
A voice was heard sweeter than violins.
It said, "A digital world in the future
Fate will be programmed by a computer.
We will consume our nutrients
But each thing will be tested before eating.
We will play with our mates
But first we have to enter into cyber space.
We will make our beds to sleep
But dreams will be virtual for a fantasy leap."
Lavender saw a figure appearing
It's body was built of metal
Shining like stars in every spot
It was a humanoid robot!
It was the robot that had spoken;
From the dream Lavender 'awaken'.

Name - Michelle Dhawan
Class - XC



Digital Sensation

In a time when work is complex and difficult,
India being introduced to digital world is a miracle,
With technological advancements happening
regularly,
India will surely reach the pinnacle.

Where education in India is seeing it's growth.
And the time has come when ideas of young minds
float,
Knowledge is spreading through digital
applications,
Which can bring positive change to our nation.

Whether rich or needy,
Or young or elderly,
Digital world is fulfilling their needs,
And all can live at their own ease.

From online money transactions , to online trade
and orders,
And huge network of internet and communication,
Who can stop India from becoming ,
The World's largest' Digital Sensation'.

Smriti Sorai
X A



Children's Day



The Starscape

The night has brought me today
To some good decisions
The stars have added sparkle
To my long lost visions
Staring at the heaven above me
As I lay on the green sod
I cherish the moments left behind
As to my life I applaud

I open my eyes to the
Greatest painting I can sight
For it's the best creation
'The universe at night'

My thoughts bounce and roll away
The endless sky forces that out
Makes my desire shine bright
Within myself as I wander about

The falling star be like
The shimmering tear
Telling the pain behind
The controversial fear

There's everything up above
Whatever I have been through
My joy and my sadness
Windows, my eyes have seen through

I try and talk to
The star that shines

What makes it glitter
as there's nothing fine

The sky says a bitter truth
Life is like darkness all around
But when you make it gleam
Happiness will have no bound

The view says aloud
You aren't just a star
You're the whole sky so what if
it's too far?

It makes my heart beat faster
The thought of another me
Somewhere lost and wandering
as so many possibilities I see

now that the sky knows
so much about me
I found a good friend
Setting my doubts free

It was a beautiful night
Completely lost in dreams
I now wait to watch tomorrow
The morning sun beams.

Anushka Gupta
XI Sc.

My Daily Exercise

Yoga is one essential part of our lives. The world is full of materialism and in a state of commotion. Each and every person is running for something materialistic. Everyone is busy with their daily schedule. But there is this one thing that can make this noisy life still for a short time. It is 'YOGA', 'The state of mind.'

In Sanskrit, Sage Patanjali said: "Yoga chitta vritti nirodha." Which means calming the mind through meditative techniques.

Our mind goes performs a myriad tasks during the whole day. Therefore, we should take out some time from our lives to calm it. This can be done through Yoga. During this activity our mind goes through many good vibrations and our body is filled with these vibrations. Meditation is mostly done post yoga to gain a stable condition - the state of complete silence.

Quoted in Bhagwad Gita: The real Meaning of Yoga is a deliverance from contact with pain and sorrow

Chahak Kakwani
XI Arts



YOGA THE ESSENCE OF LIFE

In this world where everyone is in a rush, hustling and working hard for their lives and for their families, what a person needs is just peace of mind. And that is where Yoga comes in.

Yoga has its origins in ancient Indian philosophy. It basically helps a person to gain an understanding and complete mastery over the mind which means that it is very different and more than just some asanas, breathing exercises and postures.

All the physical asanas of yoga improve memory, increases muscle strength while the meditation and the breathing improves focus, calms and develops the mind.

There are many more advantages of yoga. We hear daily about depression, anxiety and other health issues like blood pressure, distress. Yoga helps to overcome all this.

Studies have proved that yoga increases the quality of life. Sustained practice of yoga leads to self awareness, changes in life perspectives. 40 minutes of yoga daily in the morning will protect us physically and mentally. In the modern world where medicines have the capacity of treating diseases yoga has the power of rooting them out completely. So choose yoga as a way of life.



Harshita Jain
XI Arts

The 'Lasted' Therapy

In India it originated,
To maintain health, it was generated.

Improves the soul spiritually,
Enhances the body physically.

It reduces the unwanted stress,
It's a step towards mental success.

Provides one with better sleep,
It is a habit one should keep.

It is the reason for a happy heart,
To practice self care, it's a good start.

It develops strength and flexibility,
It supplies the needed stability.

It is Yoga the best exercise,
It is for your body to be energized.

Anushka gupta
XI - Sc.



**Nature- The Creator and its creatures,
Men, argue. Nature acts. —Voltaire**

Nature- A whole canvas of serene art, shades of spectrum painted with a mystical palette of earthly browns, watery blues, fierce reds, snowy whites, and drifts of sunrises and sunsets, painted by the creator of all and showered down on this earth through rain, thunder, storms, and hurricanes.

These vivid elements give birth to creatures, species of plants and flowers, and, yes humans. This beautiful work of art proliferated throughout this planet is not just a masterpiece but a cradle of origin and life, extending lives to its entire offspring. Literature, science, or theology, all of the utmost studies have defined nature as the creator of all. Despite all of this awareness, humans (also one of the offsprings of this ecosystem) influenced with power and progress has turned the canvas upside down, experimenting on each of its branches, destroying its fragments for one's use and comfort with nature allowing it and contentedly providing all of this to us. This process has been taking place for centuries now, with humans eating on nature's fruit, breathing with its air, and dwelling under its engulf, only to grasp more of it with its every discovery. But this process violates the scales of balance between the creator and the creature. The persona of nature, a mother providing all, only for the protection of her and her children was never

respected and fulfilled by us. Thus, this brings us to the very first sentence, the quote of this article. "The action of nature" The irony lies in the fact that nature destroys itself to exhibit human's treatment on her, floods uprooting trees, landslides tearing earth, the destruction of inhabitants. As long as it was not affecting masses the situation seemed mild and normal. Despite all the signs of destruction nothing much changed. Until now, every one of us is locked in our homes fighting for our survival against an invisible vicious virus. That has destroyed so much of our habitat and has brought extreme changes to our lifestyle, turning down manufacturing units, workplaces schools, and whatnot. At this phase, we have at last come to learn what we were unintentionally doing to our ecosystem which has brought us to be grounded in our rooms. And the fact that by locking us down, nature has finally come to breathe and extend itself, valid through sources of 1\4 of increase in the forest area of the country, decrease in pollution and a good balance of temperature in the mercury, this seems valid and enforces us to look down upon our actions. Only the understanding that we are a part of this canvas, a fragment of nature painted by that mystical palette brings us to a lot of awareness, love, and respect towards our mother nature.

Lucky Yadav
XI-Commerce

Meditation

In the world of hurry scurry, competition, pressure and stress have made a place in our lives and so within our minds stress, anxiety and tension not only disturb the speed of the working of the mind but also have ill effects on relations as well as on one's health. Meditation is a remedy to these aspects of our lives.

Meditation means inner peace. It means to control your thoughts and have an internal awareness. It is about listening to what your body says. It enhances positive thinking, removal of negative thoughts which causes anxiety to us. A healthy mind and body can be gained through meditation. As meditation intensifies your focus which results in increased productivity and increased quality of work in a short period of time. We can practice meditation in these simple ways:

- " Focus on your breath or repeat a mantra and don't allow your focus to deviate while sitting.
 - " Look for a place where you can walk without obstacles. The area should be peaceful. Now sense the ground beneath your feet and be aware of the many sensations within your body. Pay attention to your feet and breath.
- Ajahn Brahm rightly said- meditation is like a Gym in which you develop the powerful mental muscles of calm and insight.

Yusra Ali XI Science



योगा

करो योगा करो योगा
स्वस्थ तुम्हारा शरीर होगा।

मेडीटेशन है योगा का एक भाग,
जिससे टेंशन जाती है भाग।

योगा सीखो रामदेव से,
करो पूरे तन मन से।

योगा तुम्हे स्वस्थ रखती है,
बीमारी इस से दूर भागती है।

आओ मिल कर योगा करें,
एक स्वस्थ शरीर का निर्माण करें।

योगा से बढ़ती है प्रतिरोधक क्षमता,
जिससे कोरोना की घटती क्षमता।

योगा के साथ दो खाने पे ध्यान,
फिर जीतेंगे कोरोना मुक्त अभियान।

Nature

A symbolic scenery dances
Upon this starry grey night.
Nostalgic nature is painted patiently
Off the canvas and into life
Autumn colour, speaking of
celebration,
A now faded forgotten dream.
The wildly water runs its limless path,
Prevailing peacefully to do as it may
please.
It trots as it splashes. It's aqua
In mother nature's yard.
She awaits her spring to bring
Everything back to green.

Tashneet Kaur Arora
XI Com.

We Need Yoga

Make yoga a habit, turn it into routine. Yoga makes you relax. It refreshes the mind and keeps you fit and healthy. For good physical and mental health Yoga is a must. Yoga can be done in the form of sports, dance, exercise, aerobics, etc. It is just a way to flip your body. The movement of body parts is necessary and yoga is one way to keep yourself fit. In today's world, where everyone is affected by physical health or mental health issues, Yoga is one way to keep yourself away from stress and focusing on one's health. Keep yourself fit. Do yoga!!!

Prakshi Sen
XI - Arts



YOGA- A WORK-IN

"Yoga means addition- addition of energy, strength and beauty to mind, body and soul."

Living in a world where we have so much going on around us especially this particular time with the pandemic we are both physically and mentally exhausted and the need to relax and mitigate has risen. Yoga and meditation is not only a choice but at this moment when the world is in such a sprint, Yoga has now become a necessity.

To calm our mind and body the best option available to us is Yoga. Yoga comes from the Sanskrit word 'Yuj' meaning unite therefore it is the union of mind and body. Yoga is a group of physical, mental, and spiritual practices which was originated in ancient India with the aim to control and still the mind and body. It is the perfect synchronization between the body and mind. Yoga has been proven to cure several diseases has several benefits like it boosts metabolism, immunity which is highly required in the existing time, it improves posture, builds muscle strength, helps in lower blood sugar, increases self-esteem as required by the present youth and enormous amount of profits. It also adds years to our life. In the present time Yoga has become vogue and people have started practicing it. Yoga is not just workout for our body but also our mind and soul. It helps heal oneself. Yoga is a journey of the self, through the self and to the self.

In conclusion Yoga not only makes you physically healthy but mentally sterling.

Kashika Rasania
XI Commerce



SHANU DUBEY 11-Com



SAMEEKSHA SHARMA 11-ARTS



AAYESHA ZAMIR-11-ARTS



HIMANSHI-11 com



Kishra Ansari-11Sc



SAMEEKSHA SHARMA-11-ARTS



Feminism in the 21st Century

How do you define feminism? Where does the term originate from? What does it really mean? These are queries that must bother you. Well I am here to answer your questions. The traditional definition of feminism is "a belief in the political, economic and cultural equality of women and men". The word "feminism" comes from the French word "feminisme," which was coined by the utopian socialist Charles Fourier and first used in English in the 1890s. The way I see it, feminism isn't just limited to women's rights but also includes the rights and equality of every single gender identity there is.

Feminism can find its roots way back in history. The first wave of feminist movements began in 1880s and went on till the 1940s till women were granted suffragette. The second wave hit during the 1960s as a demand for the upliftment of the social status of women. The third wave was not a separate event but rather a more advanced form of the second wave because a younger generation of women with unique ideas and perspectives emerged during the 1990s, continuing to this day.

But how is it relevant today? We're living in the 21st century, a century in which women are still suppressed by the patriarchy which has been going on since the beginning of time. Women are still paid less than men having the same jobs as them, constantly trying to prove their worth, without getting the recognition they deserve. Even in social spheres, women are treated unjustly. This is not just about the female gender but also other gender identities out of the gender binary. People of each

gender identity are highly suppressed. The world still operates on patriarchy, which is a really saddening fact. Even cisgender males are constantly under pressure to be a certain way because of the patriarchal regime. Patriarchy suppresses individuality.

We live in the age of machines, the modern era, the age of social media. People get to raise their voices through an open platform. Initiatives like #MeToo have been a great way for women to open up and get inspired by other women, but at the same time, a lot of misinformation is being spread all around through these social media platforms. The young generation has mistaken feminism as a way of establishing matriarchy, which I would like to point out is not the case. As I said earlier, feminism is about the equality of each and every gender. It's not about any particular gender ruling the world but rather, a chance for people of all gender identities to be treated like equals.

Feminism is much needed in today's world especially because of the emergence of the LGBTQ+ community whose rights are just as important as ours. If we want to move ahead, then it's absolutely necessary. NO human is superior or inferior. Therefore, let's bring equality and let's spread love, for we're all equally unique individuals.

Rishika Kulshreshtha

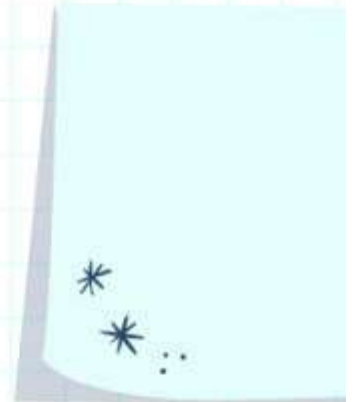
XII Arts

WOMEN EMPOWERMENT

I've had enough of you
Who decides on my part
You need to end this now
Cause it's my time to start

You think you know me better
That's where you are wrong
I've known myself all this time
So much that I can write a song

I don't need you reminding me
Of my faults and lapses
I know that I am a puzzle
And I will find my right pieces



I don't need you assuming
Of how little power I own
I am the queen who gave you birth
And made you sit on the throne

I never wished women to have
Power over men ; but themselves
And it's about time you realize
That no one can help you except yourself

This is my message to all the nymphs
To stop hiding behind a shelf
You have a voice of your own
So speak for yourself

- Insiya



Insiya
XII Arts





Empower the Future Maker



Empower The Future Maker

-by Shreya Gupta

If someday somebody asks me
What's your identity, who are you?
I am a woman I'll say
And that is of-course true
But if a woman are you too
Do you know about our rights
That we can make our own choice
And against the wrong we can fight
But then these rights are not ours
As males dominate the society
Considering themselves supreme
Though we're all equal by Almighty
Most of the us are surrounded
By the clouds of ignorance

And our desires are suppressed by
The so-called male arrogance
They take advantage of our
Endurance and soft nature
Forgetting that they're because of us
And we are the Future Maker
To make this clear we have to
Make them understand that
We have an independent identity
And are not just a helping hand
For we are the world
And the world is ours
If we decide to shape it
And if we Empower,

SOPHIA GIRLS SR. SEC. SCHOOL -A KEY TO WOMEN EMPOWERMENT



WOMEN EMPOWERMENT

By sana ali



Introduction

Empowering of women pre-supposes a drastic, dynamic and democratic change in the perception of and expectation from women in every society.

To help women to attain economic independence is the first priority for such change.

Facilities like drinking water, fresh air, light clean surroundings, housing, communication, transport, education and basic health constitute the basic needs.

A scientific perception of women's needs is essential for the process which leads to the empowering

Women power in world



PRINCIPLES OF WOMEN EMPOWERMENT

- Establish high-level corporate leadership for gender equality
- Treat all women and men fairly at work -- respect and support human rights and nondiscrimination
- Ensure the health, safety and well-being of all women and men workers
- Promote education, training and professional development for women
- Implement enterprise development, supply chain and marketing practices that empower women
- Promote equality through community initiatives and advocacy
- Measure and publicly report on progress to achieve gender equality

STAGES OF WOMEN EMPOWERMENT



empower



#empower

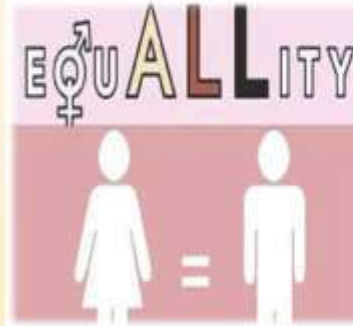
NEED FOR WOMEN EMPOWERMENT:

WOMEN ARE DEPRIVED OF:

- Decision Making Power
- Freedom of Movement
- Access to Education
- Access to Employment
- Exposure to Media
- Domestic Violence

**No
TO VIOLENCE
Q AGAINST
WOMEN**

Gender equality



DIMENSIONS OF WOMEN EMPOWERMENT

• Women empowerment has multiple interrelated and independent dimensions focus the main areas as follows-

- Women's political and legal empowerment.
- Women's economic and social empowerment.

Indian Women Entrepreneurs



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Women

ROHA SIDHU
12 ARTS

Our resilience has a greater role
For thanks to those,
Who stood for their role
Mocking the system
cleaning it through

Theirs all grief to them
No time to glow
But this dirt isn't anything to
Be looked upon
As results in the night sky
Tells us all the stories
Full of pains and woes

Stars cry the injustice
Moon seems paler
they stand for what
They think is true

Now clear the roads
For their victory has come
The ones who stood against
Their strength
Now kneel with swords
Being taken from them
Now it ignites others mind
To clearly explore their range of choice



Christmas Celebrations



Christmas Celebrations



Republic Day Function Speech

Respected Sister Principal, Sisters, Teachers and my dear Sophians, wish you all a very happy Republic day. May this day empower you to exercise your fundamental rights and abide your fundamental duties as well. It is a matter of immense pride and pleasure for me to be here on the auspicious occasion of Republic day in my very own school. I feel like coming back home. Once a Sophian is always a Sophian. You can get out of Sophia but you cannot get Sophia out of you.

Similarly Bharat a Supreme Nation, where does it derive its power from? The power of India lies within 'we the people of India'.

On 15th August we celebrate our Independence and on 26th January we cherish our Responsibilities. Our responsibilities to make India Sovereign, Socialist, Secular, Democratic, Republic.

Justice, Liberty, Equality and Fraternity are the soul of our constitution. We own the largest written constitution of the world.

हम ऋणी हैं डॉ. राजेंद्र प्रसाद, बाबा साहेब वी.आर. अंबेडकर, सरदार वल्लभ भाई पटेल जैसे राष्ट्र भक्तों के जिन्होंने भारत को भारत की आत्मा साँपी। आप देश का भविष्य हैं। आज 73 वें गणतंत्र दिवस पर मैं ही नहीं बल्कि पूरा देश आपसे ये आशा करता है कि भविष्य में आप किसी भी क्षेत्र में अपने कर्तव्यों का निर्वहन करें, किसी भी क्षेत्र को अपनी कर्म भूमि बनाएँ पर हमेशा हर निर्णय लेने से पूर्व ये जरूर सोच लें कि....

क्या वह निर्णय क्या भारत के संविधान निर्माताओं की भावना को साकारित करता है?

क्या उस निर्णय से समाज के किसी भी वर्ग का भला हो रहा है?

क्या मेरा योगदान मेरे देश को उत्कृष्ट बना रहा है?

हमारे देश के संविधान की सार्थकता और उद्देश्य को साकारित करने का Potential आप में है। आज हम अपने आप से एक वादा करें—चाहे हम किसी भी Stream से हो Science, Arts, Commerce etc. पर हम सभी भारतीय होने के नाते भारत के संविधान के प्रति निष्ठा रखेंगे। Lets learn our preamble of Indian constitution by heart and practice its ideology in our day to day life.

हर भारतीय का दिल भारत माता के लिए वही जोश, जुनून, जज़्बा रखता है जो हमारे Freedom Fighters में रहा होगा, और इकबाल की इन पंक्तियों से रोम-रोम रोमांचित हो उठता है—

सारे जहाँ से अच्छा हिन्दोस्ताँ हमारा,
हम बुलबुले हैं इसकी ये गुलिस्ताँ हमारा

And again I would like to express my heartfelt gratitude towards this institution, whatever I am today, I owe it to my school, teachers, parents, family and loved ones. I wish all Sophians may everyone achieve the best in their life and shine with grace wherever life implants.

Once again wish you all a very happy Republic day.

Jai Hind

Jai Bharat.

(Nitu Singh)

REPUBLIC DAY



Ms. Nitu Singh (R.A.S.) Ex. Student of Sophia Girls S.S. School was the Chief Guest at the Republic Day Function.

SEMINAR SERIES

The present academic year saw the teachers honing their presentation skills with a series of Seminars by Teachers for teachers on a variety of topics. It was an interesting activity , undertaken enthusiastically. The knowledge, the games, the skits, the enactments made for a very pleasant 1 hour. Let us share with you the topics we touched upon:

1. Sr Lavina (Principal): Mission Sisters of Ajmer
2. Durgesh Singh: How to create a google Form
3. Swati Saxena: Power Point Presentations
4. Genevieve dsilva: Classroom Management
5. Janette Gilder: Etiquette
6. Monika Sukhwani: an Exemplary Teacher
7. Devna Chandel: Logical Thinking in Blood Relations
8. Shefali Saggar: Aptitude
9. Reena Jhamb & Manju Dalawat: CTET & Social Science
10. Aminesh Agarwal: Coding & Decoding
11. Neha Saxena & Neelu Nagarwal: Health and Diet
12. Anisha Solomon: CTET & Hindi
13. Sini Chacko & G. P. Swarna: Moral Values
14. Mamta Gopi: Dimensions of Hindi poetry
15. Francis Menezes: Insurance, Banking & Finance
16. Jyoti Verma: Common Errors in the English Language
17. Preeti Soral: Maxims of Learning
18. Nidhi Sharma: Health is wealth
19. Saba Anwar: Stress Management
20. Sabrina Fernandes: Learning Disabilities
21. Sarabjeet Kaur & santosh Singh: Loyalty & Commitment
22. Florance Fernandez: Story Telling as a Teaching tool
23. Payal & Seema Sharma: Art & Craft
24. Sangeeta Chaudhary: Positive thinking
25. Sweta Shrivastav: Personality Development
26. K.P. Liya & Kavita Mathur: Leadership Qualities
27. Ashveen Makkarh & Barkha Manik: Role of a Teacher
28. Kavita Pancholi & Rekha Kumari: Yoga and its Benefits
29. Sagi Francis: the Importance of Prayer
30. Neeta Mahana: Co-ordinating the Annual Functionz
31. Rupinder Shekhawat - Inculcating the Habit of Reading
32. Deepti Tandon Analysing an Examination Schedule.

SEMINAR SERIES



Retirement Speeches

‘धन्यवाद सुशीला जी’

परम आदरणीय प्रधानाचार्या सिस्टर लवीना, आदरणीय सिस्टर इसाबेल, प्राइमरी इंचार्ज आदरणीय सिस्टर दिव्या, के. जी. इंचार्ज आदरणीय सिस्टर सेरा,

स्नेहिल अध्यापकगण एवं हमारे प्यारे बच्चों! आप सभी को मेरा प्रातः अभिनंदन।

मैं अपने इस धन्यवाद अभिभाषण का आरंभ एक उदाहरण से करती हूँ-

‘आपकी मुस्कान आपके चेहरे पर भगवान के हस्ताक्षर हैं।’

क्रिसमस त्योहार है, प्रभु के जन्म का, उनके आशीर्वाद का, स्नेह का, सहयोग का, त्याग का और सौहार्द्र का।

प्रभु की कृपा से आज से 25 वर्ष पूर्व हमारी शाला को भी एक उपहार प्राप्त हुआ और उसी उपहार को धन्यवाद देने का सौभाग्य मुझे प्राप्त हुआ है।

वो उपहार और कोई नहीं, हमारी अपनी प्रिय सुशीला जी हैं। आप हमारी शाला के लिए वह उपहार हैं जो अपनी जीवंत मुस्कान से यहाँ सकारात्मकता का प्रकाश फैलाती रहती हैं। आपकी कर्मठता व कर्तव्य निष्ठा हम सभी के लिए प्रेरणा का स्रोत है। नए से नए हर कार्य को सीखने और सहजता से करने की प्रवृत्ति, आपको एक उत्कृष्ट व्यक्तित्व बनाती हैं। आपसे कोई भी कार्य करने का आग्रह किया जाए तो सदैव एक ही उत्तर प्राप्त होता है- ” हाँ मेम! मैं कर दूंगी। “

शाला के प्रति आपका समर्पण भाव असीम प्रशंसा का पात्र है। आप अपने इन सद्गुणों के साथ सदैव शाला की सेवा के लिए तत्पर रहती हैं। आपके असीम सहिष्णु एवं सहयोगी स्वभाव के कारण ही आप शाला के हर कर्मचारी के साथ कंधे से कंधा मिला कर अपने कर्तव्यों का ईमानदारी से निर्वहन करती हैं।

आज हमारा संपूर्ण शाला परिवार परमपिता परमेश्वर को उनके द्वारा प्रदत्त उपहार हमारी प्रिय सुशीला जी के लिए कोटि-कोटि धन्यवाद ज्ञापित करते हैं।

हमारी ईश्वर से यही प्रार्थना है कि वह इसी प्रकार सदैव अपना आशीर्वाद आप और आपके परिवार पर बनाए रखें। आप स्वस्थ, सुखी और प्रसन्न रहे और अपने इस सकारात्मक व्यक्तित्व से सभी को अपनी अमूल्य सेवाएँ प्रदान करती रहें।

धन्यवाद



Good Morning to our Respected Sr. Principal, Sr. Superior, Sr. Isabel, Primary-In-Charge, Sr. Divya, K.G-In Charge, Sr. Sara and my dear Staff Members, First of all, I extend my gratitude to all of you for being present here and gracing my Retirement through this online platform due to my inability to attend the occasion physically.

I aspired to be a teacher ever since my childhood and my passion became my profession. As Ma'am Monica has mentioned, my tenure of schooling and teaching as calculated by my association with Sophia has been for around 36 years and whatever I have achieved till date is because of our school. I am very grateful to Sr. Lavina and the Management for their immeasurable support, co operation, consideration and their generosity towards me. Sister, I am especially thankful to you as it was under your administration that I had innumerable opportunities to enhance my skills and gain a great amount of knowledge in Computers. I also wish to thank each and every Staff Member for their overwhelming love and concern for me. I value the love and friendship you have given me over the years, especially during the time of my sickness which is unforgettable. I have enjoyed working with you and have learnt a lot from you with new challenges and opportunities. My daughters Ritika Sehgal and Nivita Sehgal have also studied in this institution and the credit of the success they have achieved in their careers goes to the teachers who taught them. I am very grateful to them.

How can I forget the helpers for respecting and helping me whenever I needed them. Thank you so much.

Since it is my last day of service I apologise if I have hurt anyone intentionally or unintentionally. I pray to the Almighty to shower His blessings on our Sophia.

Ma'am Kavita Sehgal
Retiree





**विदाई तो है दस्तूर, जमाने का पुराना,
पर जहाँ भी जाना, अपनी छाप कुछ ऐसे छोड़ जाना,
कि हर कोई गुनगुनाए, तुम्हारा ही तराना।**

आदरणीय सिस्टर लवीना, सिस्टर इजाबेल, सिस्टर दिव्या, सिस्टर सेरा, अध्यापकगण एवं कर्मचारीगण।

जैसा कि आप सभी जानते हैं कि माननीय **श्री रामनारायण जी** आज इस संस्था से सेवानिवृत्त हो रहे हैं, इसलिए हृदय से उनको विदाई देने के लिए हम सभी यहाँ एकत्रित हैं। समय निरंतर गतिशील है, समय कब और कैसे बीत जाता है, पता ही नहीं चलता और पीछे छोड़ जाता है सिर्फ यादें! उन्हीं यादों की छाप आज हमारे हृदय में छोड़ कर जा रहे हैं माननीय रामनारायण जी!

आपने इस संस्था में अपने सेवाकाल को सफलतापूर्वक पूरा किया है। खुशियों भरे अहसास के इन शानदार पलों के बीच, इस सेवानिवृत्त विदाई समारोह पर हम सभी आपको हार्दिक शुभकामनाएँ देते हैं।

किसी भी संस्था में एक लम्बे समय तक कार्य करते समय, कब मन के तार जुड़ जाते हैं, पता ही नहीं चलता और जब विदा होने का समय आता है तो ये एक यादगार पल बन जाता है।

"आपके कर्म ही आपकी पहचान हैं
वरना एक नाम के तो हजारों इंसान हैं"

आपने इस संस्था को जो अपनी सेवाएँ दी हैं उसके लिए हम सभी आपको हृदय से धन्यवाद देते हैं। आपने इस संस्था को जो अपनी सेवाएँ दी हैं उसके लिए हम सभी आपको हृदय से धन्यवाद देते हैं।

आपने इस स्कूल में होने वाली सभी गतिविधियों का किसी न किसी रूप में एक हिस्सा बनकर अपना अमूल्य सहयोग दिया है। आपका कोमल व्यक्तित्व व मधुर स्वभाव सदैव याद रहेगा।

इन बीते सालों में आपने ईमानदारी, कर्तव्यनिष्ठा, मेहनत, लगन व दृढ़ता का जो परिचय दिया है उसके लिए हम सदैव आपके आभारी रहेंगे। आपने इन कार्यों द्वारा हम सभी के मन को जीता है।

विदाई समारोह एक ऐसा अवसर होता है, जब मन में सुख व दुःख दोनों भाव आते हैं। संस्था को छोड़कर जाने के दुःख से आज मन भावुक हो रहा है। लेकिन खुशी इस बात की है कि इस सेवाकाल के बाद अब सुनहरे पल आप अपने परिवार के साथ बिताने वाले हैं, वह प्रसन्नता वा आशीष से भरे हों। आपकी यादें व कार्य हमें सदैव प्रेरित करते रहेंगे।

हम पिता परमेश्वर से प्रार्थना करते हैं कि सेवानिवृत्ति के बाद आपके जीवन का हर पल खुशियों से भरा हो और आप स्वस्थ जीवन व्यतीत करें।

"असीम अनंत हो खुशियाँ आपकी,
नए संसार का योग बन जाए।
सुनहरे भविष्य का हर दिन,
जीवन की नई खोज बन जाए"

अंत में एक बार फिर से हम संस्था की ओर से आपको हार्दिक शुभकामनाएँ देते हैं।



I WILL MISS YOU SOPHIA

Hello Everyone,

I am elated to be here to express my gratitude to Rev. Sr. Principal, Sisters, Teachers and the Supporting Staff. My heart swells with love and gratitude when I think of the efforts and time invested for the beautiful decoration. I can't thank you all enough for these special arrangements and would like to express my gratitude for showing me such overwhelming love today.

As I reminisce the past today, looking at the walls of this institution that were a part of my daily life till today, I am deeply moved and have recently realized how lucky I have been to receive so much love and care from this institution and my beloved students.

The first day I stepped into the premises of this school as a teacher was indeed a significant day in my life. But I would trade nothing to go back because all the experiences I have gathered in all these years and the memories that I have collected are even more precious.

I would like to thank Sr. Principal for being

so understanding and supportive for, when need be, I always got the needed guidance and help from the Management.

My profession as a teacher would have been very bland without my colleagues. I would like to address them as my friends instead, the friends with whom I have spent a great chunk of my life. I recall the day I joined as a teacher in the Primary, spent some wonderful days there, learnt a lot and continued my journey to the Secondary Section, where I was welcomed with open arms.

We've walked a long path together, from sharing tiffins in the recess to giving exam duties. From celebrating festivals to having a gala time on picnics. Not to forget how Covid times made us all tech savvy. I still have the memories afresh when it used to feel a nightmare not knowing how we would cope with the online methodologies. But here we have successfully completed courses and taken exams online. I am surely going to miss these happy times we had and the learning which made me more confident and self reliant.

It was indeed an honour to impart





whatever little knowledge I behold to my students. But if I compare that to the amount of knowledge and experience I gained from my students and my colleagues, it would indeed be much less. The students, my colleagues, the Management here was like a family to me, like no matter what, no matter how grim the day was I used to forget my worries for the time I was in school.

How can I forget the Supporting Staff for the kindness and cooperation shown towards me especially for the number of times they have helped me to get rid of the lizards. Thank you so much for all your efforts.

I would also like to thank my life partner who has been with me, getting up early every morning everyday, and helping me to reach school on time.

Every year I witnessed my students' farewell and them flying off to achieve their dreams. This time it is my turn to bid adieu.

Robert Gallagher said that 'Change is inevitable'. A cloud of sadness prevails over me as I address you for the last time as a teacher in this fashion. Although a bit emotional I am truly honoured for this opportunity that I am getting to

bid everyone of this school a formal goodbye. I have way too many precious memories with the people hearing me today as each of you has contributed to making me who I am today. I will always keep on praying for everyone's good health and success.

'Retirement is when you stop living at work and start working at living.'

I am moving confidently towards the next endeavour of my life and am excited to see what lies ahead. I will definitely like to stay in touch with you all and I wish you all the very best in your future endeavours, careers and personal lives.

I hereby rest my speech and pray our School may progress and excel even more and help to change the levels of young girls and make them self sufficient women of tomorrow.

At last, Goodbyes are not forever, goodbyes are not the end. They simply mean I'll miss you until we meet again.

Achcha chalta hun, duaon mein yaad rakhna,
Mere zikr ka zubaan pe swaad rakhna na.
Dil ke sandukon mein mere acche kam rakhna,
Chitthi mobile mein bhi mera tu salaam rakhna.

Ma'am Neeta Mahana

Retiree

Good Bye Sophia

Respected Sr. Principal, Management and Staff and all my Sophian family,
First of all I would like to thank Sr. Linda that she gave me a chance to serve this Sophian family. As my journey in Sophia is going to end I would like to thank all of you for making my journey so pleasant and memorable all throughout.

I have gained a lot of experience, and learnt a lot from the institute. I would like to thank Sr. Principal as she always supported me. Thank you, sister.

Thank you all of you for the meaningful and memorable programme. This will always be in my memories. Thank you for your support and wishes. Wish you all, lots of Good Luck and Success for your future.

Mushkil tha, alvida kehna

Mushkil tha alvida kehna,

Par ab zaroori sa ho gaya hai

Aap sabhi se juda hona

Ma'am Neena David

Retiree





THANKS BE TO GOD

'What shall I return to the Lord,
For all His goodness to me?
I will lift up the cup of Salvation,
And call on the name of the Lord.

Respected Sisters, Teachers and my dear Students,

I am sad to say goodbye to you all but I am grateful to each one of you present here. I would like to express my gratitude to God Almighty who has provided me with more than I could ever have imagined. You, O Lord, have surrounded me with people who always look out for me. You have given me family and friends who bless me everyday with kind words and actions. Thank you for keeping me positive and hopeful even in the toughest of situations.

I would also like to extend my warm gratitude towards the Management. Thank you, Lord, for giving me a chance to work under Sr. Linda, Sr. Johannes, Sr. Ida, Sr. Fleurette, Sr. Lucy, Sr. Deepa, Sr. Mabel, Sr. Meena, Sr. Divya, Sr. Sarah and of course Sr. Lavina. Sr. Ida will be watching this programme from heaven and I pray for her soul. May her soul rest in peace! The Management of Sophia has always shown me the right path. The Sisters have always been very generous.

This is for the present Management and Teachers. Working with you all has been an incredible privilege. I am thrilled to celebrate my Retirement with you and humbled that you planned such a function in my honour. I am excited about retirement and some recreation but the impact you have made on me will last my whole life. I am a better person because of working alongside you. We have had so much fun

and made memories over the years. Each one of you holds a special place in my heart. I am ever grateful to have been a part of this respected institution. You are the best people to work with. You are inspiring, creative and supportive. I loved the Retirement Function put on for me and it meant more than I can ever express that you included so many personal touches to make it memorable.

My dear students, it was great to have you all in my class this year. You joined the class with a lot of enthusiasm and I am happy to see you promoted to the next class with the same energy. There is nothing a teacher would want more than the success of her students. I look forward to seeing you confidently strive towards whatever you want to do in life. Keep in touch and Best of Luck. Make me proud.

I would also like to give thanks to the Supporting Staff who were always there, for helping me whenever I asked for their help.

At last I would like to end my speech with a Bible verse.

'For I know the plans
I have for you.'

Declares the Lord.

'Plans for welfare and not for evil.
To give you a future and a hope'.

Ma'am Sagi Francis
Retiree



My Wonderful School Sophia

I was a little girl ,
Got admission in Sophia school.
Where existed a pool of values,
And I was unknown of these virtues.

Then I slowly grew up,
Grasping and acquiring the knowledge up .
Being more intelligent than before,
Being more powerful respectful obedient,
And getting more improvement.

Countless values Sophia has taught,
So hard to mention in the text ,
But my actions can reflect.

Admiration to all the sisters and teachers,
Who have built my mora features.

This poem has come from my heart,
As these values play an important part,an
important part.

A Strong Mind

Do you know you are creative,
Just you need to be more imaginative.
You can do fabulous in mathematics,
And you can do wonders in athletics,
Just you need some more practice.

An important ingredient is confidence,
Which comes from smart work,
And a Result of Hard work.

You can do it,you can do it,
Are not merely words.
See them logically not just as words.

Life Lessons

When we say we can't do it,
Then we find an obstacle not to do it.

When we say we can do it,
We find ways to do it.

When we say we will do it tomorrow,
Just ponder when is tomorrow.

When we say we'll do it today,
Our work is done on same day.

When we say we'll fall,
Just stand your confidence tall,

When you fall,
It's your fault.

Improve your faults,
And stand up again,
For the goals you wanna gain.

Stop wasting your time,
For your life it's a crime.

Fear only from doing wrong,
This will make you strong.
Your mind is a place where,
You make you or you break you.

- Yusra Ali
11 Sc.

NCC – UNITY AND DISCIPLINE

Despite Covid-19 the NCC group of Sophia was fortunate enough to get the opportunities of performing a few activities of which Micro Light Flying and Range Firing were the most exciting. 12 cadets undertook Micro Light Flying which began with an introduction to all the parts of the aircraft, Virus SW 80 – a two-seater plane. It was extremely interesting to see an aircraft at such close quarters. The 20 minute flight experience was enthralling. To fly over the city and see a bird's eye view of it was amazing, to say the least.

Range Firing was conducted at the Abhedha Firing Range. 50 cadets took part under the authority of the PI Staff and the able guidance of ANO Kavita Pancholi. This was a very informative session with introduction to the rifle and the opportunity to participate in range firing. Great care was taken to see that strict safety measures were followed.

We had been conducting drills often and sometimes Senior NCC Cadets also accompanied us.

On 18th November, DDG Raj. Air Commodore Mr. Lalit Jain paid a visit to our city, Kota. He discussed with the ANOs, the difficulties the cadets faced and enquired about the facilities given to the cadets.

On 26th November, NCC day, our group conducted a Rally with the aim to spread awareness to reduce female infanticide and remove corruption. We also took the initiative to promote a green economy by cleaning our surroundings, planting saplings and conducting cash less transactions.

Last but not the least; we had our NCC 'A' CERTIFICATE examination on 25th of January, 2022. It was held in Nalanda Academy, Kota. 50 cadets sat for the exam.

In the end I would like to say that, the NCC journey has been a great one throughout and it has taught us self discipline and the essentials of team work. It is a great combination of physical development and mental development. A big 'Thank You' to our Management for encouraging us, and a 'Salute' to Ma'am Kavita Pancholi for her support and guidance.

Cdt. Nandini Jain
7 Raj Air Sqn. NCC, Kota





CONGRATULATIONS

The Lalit Kala Akademi , Kota under the aegis of The Lalit Kala Akademi , Jaipur organized a camp based on the Contemporary Hadoti Art. The Secretary, r. Rajneesh Harsh said that !5 local artists had been selected to display their work. We are proud to state that Ms. Seema Sharma, the Art teacher of our school , was among those who were selected. The Camp had been organized to promote Hadoti art and to give it international recognition. The Architecture, Life Style, Historical Buildings, and the Bio Diversity of the region were the focus of the art topics of the camp. Ms. Seema Sharma chose to paint the idol of Lord Vishnu taking inspiration from a local idol dating from the 10th century. Her painting was selected t for an Exhibition in Jaipur.

Teacher Talks

1	Mrs. Genevieve D'silva	https://youtu.be/BYyiu2iKTXc
2	Mrs. Swati Saxena	https://youtu.be/I50enpLHz-s
3	Ms. Janette Gilder	https://youtu.be/xE30FyBTSjk
4	Ms. Devna Chandel	https://youtu.be/h2IWcQ4aazo
5	Mrs. Shaifali Saggarr	https://www.youtube.com/watch?v=77bbADt0ym4
6	Mr. Aminesh Kumar Agarwal	https://youtu.be/wjXMgazDJlg
7	Mrs. Reena Jhamb	https://youtu.be/vPbvcDsGZ9c
8	Mrs. Manju Dalawat	https://youtu.be/7P7sugspfuI
9	Mrs. Neha Saxena	https://www.youtube.com/watch?v=nKvfo3yXNns
10	Ms. Neelu Nagarwal	https://youtu.be/ECUd6l_2gMQ
11	Mrs. Anisha Solomon	https://youtu.be/jk3tld8id1w
12	Mrs. Preeti Soral	https://youtu.be/PAHLFUTIDQ4
13	Mrs. Nidhi Sharma	https://youtu.be/BuSxR1iiJmo
14	Mrs. Monika Sukhwani	https://youtu.be/kpijxlCddHc
15	Mrs. Sini Chacko	https://youtu.be/2nho0oUfsUI
16	Mrs. Mamta Gopi	https://youtu.be/MLZAWltqwoo
17	Mr. Amit Mangal	https://youtu.be/MQVxWSYm04g
18	Mrs. G. P. Swarna	https://youtu.be/bexaCzn7CAY
19	Mr. Francis Menezes	https://youtu.be/iP9y5-SlqM8
20	Mrs. Sangeeta Jain	https://youtu.be/JRKQoT8ZQVU
21	Mrs. Saba Anwar	https://youtu.be/sWa-z1tmC-4
22	Mrs. Sabrina Fernandes	https://youtu.be/cyVq9lpDcUE
23	Mrs. Santosh Singh	https://youtu.be/FsqgplVgxXA
24	Mrs. Florance Fernandes	https://youtu.be/BQyPOfb_tNs
25	Mr. Durgesh Singh	https://youtu.be/B6Ge6UJH520
26	Mrs. Payal Bhatnagar	https://youtu.be/MH-S-FkgFcw
27	Mrs. Sweta Shrivastava	https://youtu.be/LbI6WVaHlv8
28	Mrs. Alice Goodwin	https://youtu.be/sFv-xjIB7uQ
29	Ms. Seema Sharma	https://youtu.be/Gkw5Km2wc7U
30	Ms. K P Liya	https://youtu.be/jqFNrimleXg
31	Mrs. Kavita Pancholi	https://youtu.be/F6RaWb8ljaM
32	Mr. Floyd D'silva	https://youtu.be/eY8IOZRo04s
33	Mrs. Alveena David	https://youtu.be/Qe0EG4nov5c
34	Mrs. Bhawana Gandhi	https://youtu.be/8Z9G5plizWA
35	Mrs. Monika Kannada	https://youtu.be/qNNC8_-JVqo
36	Mrs. Neeta Mahana	https://youtu.be/keREFavRpAU
37	Mrs. Rupinder Shekhawat	https://youtu.be/ptFRoG5mT5Y
38	Mrs. Nisha Sharma	https://youtu.be/bUi4NQIFIng
39	Ms. Rekha Kumari	https://youtu.be/aFgiKMOBRc
40	Mrs. Neha Sharma	https://youtu.be/kU5-ZJT1VjY
41	Mrs. Garima Gupta	https://www.youtube.com/watch?v=Gee_MkyZh3A
42	Mrs. Gunjan Siddhu	https://youtu.be/rylX5bjnWjs
43	Mrs. Neena David	https://youtu.be/Xw-AAp7Knhg
44	Mrs. Gayatri Sharma	https://www.youtube.com/watch?v=cUPAAIx98RI
45	Mrs. Neelu Rajawat	https://youtu.be/_EWnBWRoyHo
46	Mrs. Pragya Maheshwari	https://www.youtube.com/watch?v=X1pRZHJDOFA
47	Mrs. Ashveen Makkarh	https://youtu.be/nmhlHzzr27Y
48	Mrs. Kavita Mathur	https://youtu.be/OMU--LCrOcl
49	Mrs. Barkha Manik	https://youtu.be/L9h_QKx3-4I
50	Indpendence Day	https://youtu.be/UYHRc3QJbJA
51	Tribute to Mrs. Bandana Khanna	https://youtu.be/6jvEHidSnww
52	Diwali Celebration	https://youtu.be/a__2zHcCB4Y
53	150th Birth Anniversary of Father Henri Cartier-Bresson	https://youtu.be/tsaU9xj_mPk
54	Republic Day	https://www.youtube.com/watch?v=cbUvRgjXFrg
55	Mrs. Sangeeta Chaudhary	https://www.youtube.com/watch?v=xqpk8n89I8k
56	Christmas Programme	https://youtu.be/DvCn1epq7oo
57	Mrs. Sarabjeet	https://youtu.be/RVdes0YhOil
58	Ms. Jyoti Verma	https://youtu.be/1n6y8TmxMNQ

ADIEU CLASS XII

