



SOPHIA

GIRLS SENIOR SECONDARY SCHOOL

Vallabh Nagar, Kota

annual Magazine



From the Principal's Desk



Dear Parents and Students,
Greetings of Peace!

Grateful living comes from the basic conviction that in human life everything is received as gratuitous gifts. In fact, no one deserves anything or has the right to claim to anything. Grateful living fills our hearts with immense joy because we know that we haven't earned anything or merited anything.

According to Robert Emmons who has done extensive research on the topic, there are three stages of gratitude: -

1. Recognizing what we are grateful for.
2. Acknowledging it.
3. Appreciating it.

In fact, genuine appreciation is the final component and the last stage in the gratitude process. Here, I express my gratitude towards our teachers, students and parents for their support in publishing this newsletter and remarkable activities conducted during the year 2022 -2023.

Yes, all of us are called to play leadership roles in families, schools, societies etc. We need to ask ourselves, what kind of leadership are we exercising? Is it selfish, domineering, aggressive, manipulative, authoritarian, autocratic? Or, are we really concerned about exercising empathetic leadership for the welfare of all? Certainly, we can hope to see a transformed world, if we are ready to change our style of functioning and become empathetic towards our young generation. "Change is universal - Change is permanent - Be ever willing to change – For change alone leads you to success and happiness."

May God Bless You!

Sr. Leena
Principal



Editor's Note

With Chat GPT taking the world by storm and rendering creative content writing so easy, it makes one wonder if in the future we will see true, original, imaginative writing. Will the human mind become lazy and be dependent only on Apps? The thought is daunting. Of course we will continue to reassure ourselves that artificial intelligence remains just that – artificial, and cannot function without human intelligence. But we humans, always trying to find the easy way out will obviously make maximum use of apps that give quick service without us having to rack our brains too much. Besides we have apps that transform our language to whatever style we, want, be it American English, Queen's English Shakesperian English, Colloquial English.....

It is to be hoped then, that schools will still remain sources of true creative writing, truly representative of the writer's viewpoint and perspective. With this in mind, we offer you our annual magazine with the hope that it is original.

Genevieve D'silva

Nursery: The Journey Begins

Sophia started her first Nursery Class in this year 2022-2023. And it has been a fun-filled year for the little ones. Savour their moments of fun.



Kindergarten: A Peek into Childhood

What joy it would be if we could relive these kindergarten days. Who would not want to swing, climb the monkey ladder, sing rhymes, listen once more to the stories our teachers told us, say our alphabet, both Hindi and English, at the top of voices..... take a look at some of the moments we have captured in our cameras.



MY PET DOG

1. I have a pet dog.
2. His name is Rocky.
3. He is black in colour.
4. He lives in a kennel.
5. He barks loudly.
6. He runs very fast.
7. I give him milk, bread etc.
8. He protects our house.
9. He is a very faithful animal.
10. I like my dog very much.



Eva Jain I A

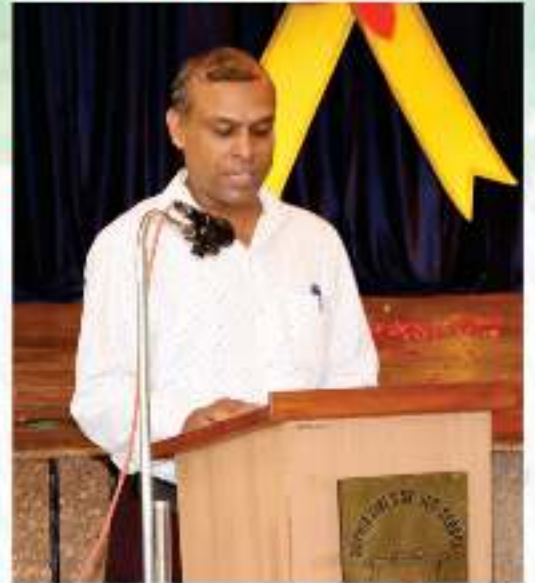
SUMMER, MY FAVOURITE SEASON

1. Summer season is the hottest season of the year.
2. The Sun shines very brightly.
3. We wear light cotton clothes.
4. We like to drink juice and eat ice cream.
5. In this season days are long and nights are short.
6. We get a variety of fruits and vegetables.
7. The king of all fruits, the Mango is available in this season.
8. April, May and June are the months of the Summer season.
9. Summer Vacation is declared in the school for 2 months.
10. Children enjoy the summer vacation with their friends and family and visit many places.



Kashvi Jain I A

FAREWELL LATOOR BHAIYA



MY SCHOOL BAG

1. I have a light pink school bag.
2. I bring my school bag to school daily.
3. I pack my school bag properly and neatly.
4. It has a print of Hannah Montana.
5. It has many small pockets and zippers to carry my things.
6. I keep my lunch box inside my school bag.
7. I keep all my books and notebooks inside my school bag.
8. I keep my stationery inside the small pocket of my school bag.
9. I keep my water bottle in the zipped pocket.
10. My school bag is very lovely.



Annvi Singh | A

MY BLUE SCHOOL BAG

1. I have a dark blue bag.
2. My parents gifted it to me on my birthday.
3. I take my school bag with me when I go to school.
4. I keep my school bag neat and clean.
5. My bag has three big pockets and two side small pockets.
6. In one big pocket I keep my all books.
7. In another pocket I keep my note book and my pencil box.
8. In the third big pocket I keep my tiffin box.
9. I keep my water bottle inside a small pocket.
10. I like my school bag very much.



Parnavi Agarwal | B



THE HOT SEASON

1. Summer is the hottest season in the year.
2. In the summer season people usually wear light clothes.
3. Many festivals fall in summer.
4. People love having cold beverages in summer.
5. During summer, children enjoy their summer vacations.
6. During summer, days are long and nights are short.
7. During summer, we get the king of fruits -: Mango.

Anaya Singh I C



MY BEAUTIFUL BAG

1. I have a beautiful school bag.
2. It is yellow in color.
3. It has three big pockets.
4. I keep my lunch box and bottle in my bag.
5. I keep all books in my school bag.
6. I bring my school bag to school daily.
7. It has a giraffe printed on it
8. My school bag is very beautiful.



Elif Khan I C

THE SUMMER SEASON

1. The Summer Season is the season of bright sunlight, clear blue sky and warmth of summer vacations.
2. In India, summers start after Holi and extend upto June.
3. I love this season because of my favourite fruit, the mango.
4. We are free from school and enjoy hobby classes during this season.
5. Summer is my favourite season as it is the season for the coolest beach holidays.

Krishna Khanna I C

SAVE WATER

1. We cannot live many days without water.
2. It is essential for the survival of all living organisms.
3. Water is home to all aquatic species.
4. There is a huge amount of water on earth but not pure enough to drink.
5. Water can also be saved by controlling water pollution.
6. We can save water by collecting rainwater.
7. We should save water to save life on this earth .
8. Save water because water is necessary for life on earth.

Arni Jain II C

IMPORTANCE OF SPORT AND GAMES

1. Sports and games are very important for our body and mind.
2. Sports increase our immunity power and keep our body fit.
3. They make our muscles strong.
4. Sports and games teach us discipline and the importance of time.
5. Sports also teach us to work in a team.
6. Some sports like football, cricket, require high physical ability while some like chess require mental ability.
7. Sports improve our concentration and thinking ability.
8. Games and sports are the best means of entertainment.
9. We should play sports regularly to keep ourselves fit and healthy.
10. Sports should be compulsory in school for the overall development of children.

Nayera Jain II A



Sophia Reaches Out



MY COUNTRY

1. The name of my country is INDIA
2. The President of my country is Ms. Droupadi Murmu and Prime Minister is Mr. Narendra Modi.
3. It is famous for its culture, traditions and values.
4. The most important feature of my country is that it is full of different castes, creeds, religion and cultures yet the people live in peace and harmony
5. Many languages are spoken and written in India.
6. It is the 7th largest country in the world with respect to land area.
7. I love my country.

Nainika Yadav II B

SAVE WATER

1. Water is very precious for us.
2. If we waste water today we will suffer tomorrow.
3. So, we all need to save water.
4. We can save water using some easy ways.
5. Don't leave taps open,
6. Don't take more water than you can drink.
7. We can water the plants from water left after washing vegetables, fruits, etc.
8. We should store rainwater.
9. There is no life without water.
10. 'Save water, Save life.'
11. No water, No life.'



Khushbu Baheti II C

WATER, THE PRECIOUS DROP

Water is a basic need for all living being, plants and animals. We should save water for if 'WATER ENDS, LIFE ENDS'. Human beings are wasting and polluting water, and all other creatures are getting affected. We should take some small steps for ourselves.

- a. Turn off the tap when you are brushing your teeth.
- b. Turn off the tap when you are soaping your hands.
- c. Do not waste water during a bath/shower.
- d. Take drinking water as much as you need.
- e. Wash fruits and vegetables in a bowl.
- f. Wash your bicycle with a bucket of water not a pipe.
- g. Our small steps can save water and life too.



Anvika Agarwal II A

IMPORTANCE OF " HONESTY IS HE BEST POLICY "

1. It is always said that "Honesty is the best policy".
2. Honesty is to speak the truth in life.
3. We feel good after we speak the truth.
4. We are taught to be always honest by our parents and teachers.
5. It is a bad habit to lie.
6. Nobody likes to be with dishonest people.
7. Honest people have good friends in their lives.
8. People can easily trust an honest person.
9. Honest people are not afraid of anything.
10. Honest people live a happy and peaceful life.



Tanishka Sen II C

MY COUNTRY

I belong to a country whose name fills my heart with pride - India. India is a great country and people from India are very friendly. People in India live in peace, joy and togetherness. Our country is famous for monuments like Taj Mahal, Hawa Mahal etc. and temples like Ram Mandir etc. India is a clean and beautiful country. I am very proud to be a citizen of this country.

Saarvi Jain II A

GAME AND SPORTS

Games and sports are very important for human life. They keep us fit and healthy. We can play some sports like Badminton, Cricket, Football, Cycling. They keep us stress and tension free. They also help in preventing disease. Games develop team spirit. Some of the sports person's like P.V Sindhu, Sania Nehwal are well known names all over the world. Games and sports improve our physical and mental health so we should play games.

Parinita Rathore II B

MY INDIA

1. India is a country that was previously considered the 'Golden Bird' because of the various minerals and jewels it possessed.
2. It is not the minerals only that make this country the Golden Bird, but the people who, by their talents make it stand out from the other nations.
3. My country is rich in culture and heritage which makes it unique.
4. I am proud of my country for it has given me the freedom to do whatever I choose and please.
5. We, as the youth of this nation, are responsible for its future.
6. Renowned faces like Kalpana Chawla, our Prime Minister Mr. Narendra Modi, Sundar Pichai, etc. have made the country excel in various fields.
7. People from different religions speak different languages making the country culturally diverse.
8. The world owes a lot to my country that taught them to count, without which no worthwhile scientific discovery could have been made.
9. I pledge to be a worthy citizen of my country who would make it proud with my skills and talents.

Jenil Kataria II C

THE LEADERS OF TOMORROW



MY PARENTS

My parents are the most precious gift that God has given me. They love and understand me. Whenever I am worried they tell me not to worry. They smile and solve my problems which I can't. They are my inspiration. Whenever I have fever they get worried and take care of me. My parents are my true and best friends. I can share anything with them. Since the day I was born till date my parents have guided me at every step and have taught me every single thing. They make me smile when I am sad. They are the best in this whole world. My parents love me and I love my parents.

Saanya Mehta III A

BOOKS ARE MY BEST FRIEND

I am a girl who has many friends. Out of all my friends I have a set of special friends – My Books. I love to read storybooks. I have read Cinderella, Snow White and the Seven Dwarfs, Red Riding Hood and many more. I often read my books at night or evening. I have a bookshelf especially for my story books at home. My parents gift me a book on special occasions especially on my report card day. Other friends play with me but my books take me to the land of fairies, butterflies, flowers and many more things that I have always dreamt of. So books are my best friends and I love them.

Greyana Jhamb III A

CLASS PICNIC

My class picnic was memorable. When I was in class HKG we went for a picnic by bus. The place was very pleasing. There we played badminton, football, basketball etc. There were slides, swings, seesaw etc. for our entertainment. My mother packed scrumptious food like sandwiches, chips and chocolates for me. All my friends brought tasty food and we all had a great meal together. After finishing our food, we played for some time and sat in the bus to return to school. This is how our unforgettable picnic day ended.

Hitakshi Harisinghani III A

MY PET

A tame animal used for pleasure is called a pet. I have a pet dog. His name is "Oreo". His breed is pomeranian. He is fluffy, furry and off white in colour. He is very cute. I love to play with Oreo. Everybody loves Oreo. He is intelligent and loving. He is an important member of our family not just a pet.

Navya Advani III A

BOOKS MY BEST FRIEND

Books are our best friends because they teach us many things, new things that we don't know in our life. I pass my classes by reading and learning my text books. I am also very fond of reading story books. Books are a main part of our life. I love books and read as much as I want."

Jayatidheer Mittal III A

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My parents are the most precious gift that God has given me. They love and understand me. Whenever I am worried they tell me not to worry. They smile and solve my problems which I can't. They are my idea, my inspiration .Whenever I have fever they get worried and take care of me. My parents are my true and best friends. I can share anything with them. Since the day I was born till date my parents have guided me at every step and have taught me every single thing. They are the real god. They make me smile when I am sad. They are the best in this whole world. My parents love me and I love my parents.

SAANYA MEHTA III -A

MY PARENTS

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Hitakshi Harisinghani III A

TOPIC- MY PET

"Dogs Are Not Our Whole Life, They Make Our Life Whole" By- Roger Caras

Dogs are the only animal on planet which love their master more than itself. Dogs are very special and adorable. I have a lovely pet dog, her name is SNOWY. She is a Shitzu breed. She is my best friend. She waits for me and hugs me when I come back from school. We go for a walk in the evening.

I have learned how to be joyful and happy from Snowy. I take good care of her and give her food she likes. I feel happy with her. My whole family love her and spend their free time playing with her.

RUHBANI AHLUWALIA III B

BOOKS ARE MY BEST FRIEND

" There is no friend as loyal as book"

It is rightly said that books are our best friend. There are many types of books for entertainment, education, cooking etc. Kids read story book, teenagers read novels. But each book gives us some knowledge. Each book add some value to our life. I like books because they give us joy and empower our imaginations and are better than Television or any other electronic gadget. I like my space encyclopedia the most because it has many facts about solar system, man in space, stars etc. Like this we can say that books are our best friend.

Aanya Jethwani III-B

Books Are My Best Friend

Books give us advice and knowledge. They can never mislead us, just like our best friend. I have many friends but no friend like a book. Extensive reading of books improve imagination and memory. They make us laugh and cry. Books will never leave us. We will never be lonely if books are with us. We can get advice on anything like science, arts, food etc. Books give soul to the universe and wings to the mind.

Aadhya Rajawat III-B

MY PARENTS

My life is full of happiness because I have very affectionate and caring parents. They are my whole world. Parents bring and raise a daughter in the world with all their best abilities so that she can shine and show her abilities proudly to the world. Parental Love is the only Love that is truly selfless, unconditional and forgiving. When their blessings are on my head then no difficulties in the world stand in front of me. There are no words to describe how much I love my parents.

Nandini Rajawat III C

FRIENDLY BOOKS

Books are our best friends/ companions. They always stand by us like a trusted friend and guide us. Books are the keys to WISDOM. We should always read books to know more things. They are a source of new ideas, facts and information. They help us in understanding the world around us. They enrich us with good values, ethics and lessons. A good book is better than gold. It makes us laugh as well as cry. Everything can leave us but, books cannot. Books are our true and real friends.

Anika Agarwal III C

POEM : MY PARENTS

My Mom Is my Day,
And My Dad is my Night;
I Sleep with my Daddy,
And get up with my Mommy;
I don't know that what is
Going On.

And My Daddy said to me,
That I am your Genie and;
I am going to fulfill all of your wishes,
Only when you rub my stomach;
So, I rub my Daddy's Stomach,
And then he fulfills my wishes.

And how I can forget,
My Mom who takes care of me,
Day in and Day out.
Really , My Parents are
My Genie.



ISHAVI GARG III B

THE YELLOW BUILDING OF MY SCHOOL

The yellow building of my school
Is incredible and very cool,
When I enter the school I see a guard sitting on the stool,
The yellow building of my school
Is incredible and very cool.

The yellow building of my school
Is very neat and an education pool,
Everybody is disciplined and has respect for the school

The yellow building of my school is beautiful,
And the children here are very cute,
The Sisters are sweet and
There are the best teachers in our school.
The yellow building of my school
Is incredible and very cool.



Medhavi IV A

BOOK CHARACTERS I WOULD LIKE TO MEET

If luck ever favours me and gives me a chance to meet book characters I like, I would choose to meet Harry Potter, a character created by JK Rowling. The main reason I would choose to meet Harry is that he possess magical powers. If I get a chance to meet him, I am sure I would not be able to restrain myself from asking him to teach me a few spells and charms. These spells would truly be helpful in my life. Also I will ask him to teach me how to ride a broom. Then my parents would not have to worry about dropping me to school each day because I would be flying to school on my broom. Ha! I can't stop thinking about it.

Aaradhya Ranjan IV A

WHY I LIKE THIS MATHS

Mathematics is not merely a subject rather it is a number game for me. I cannot imagine a day without Maths. Whenever I am bored, I play with numbers and that is how I pass my time without any regret. Calculations begin in my mind as I am awake every morning. Maths is useful in day-to-day things. I start my day with calculating and managing my time for the entire day. This is the reason for my discipline. I promptly calculate money while purchasing for things. When my grandmother knits, I help her in measuring the lengths and the sizes of the clothes. I help my mother in calculating the household expenditure. Maths also helps us in other subject like science.

Avni Jhalani IV A

MY COZY SPOT AT HOME

Everyone of us has a comfort zone at home where we can spend time alone just being ourselves. My favourite cozy spot at home is- MY BUNK BED IN MY ROOM. It is a place where I can relax and spend hours together. It was a pleasant surprise gifted to me by my grandfather when I returned from school on my 5th birthday and my mommy spread a unicorn bedsheet with pillow covers on it. It is quite spacious where I can carelessly spread my belongings like books, novels and sleep along with my teddy. I like to keep it clean and well arranged. It's girlish pink colour made all my friends go gaga at their first look. It is a peaceful heaven for me where I lie for hours together in good or bad moods. It is a place where I feel secure and take my imagination and my dreams into fantasy land. Lastly, you cannot escape from Maths. Maths is easy if you enjoy it.

Ridhima Midya IV A



IMPORTANCE OF TIME

Time is very precious, more precious than any costly thing in this world because it cannot be saved in any way. Time is free but it is priceless. You can't own it but you can use it. You cannot keep it but you can spend it. Once you have lost it you can never get it back. Time is the only thing that never returns once you have spent it doing any work. It always flows in a forward direction, which means time is irreversible. Time can never be brought back but we still waste it doing unnecessary things or doing nothing. The person who understands the importance of time uses it properly and continues on the path of progress. But those people who ignore the importance of time or misuse time, only fail in life. It can be only used or passed. It is more valuable than gold and money because we can earn any costly thing only through proper use of time. It runs regularly for every moment and never stays even for a second. 'Time and Tide wait for none' is a famous proverb which means we must never waste time as it doesn't wait for anyone. We should value time and make the best use of it. We can practise time management by making schedules and organizing our tasks. Time is your friend, treat it with care and enjoy its company deeply. Lastly, you cannot escape from Maths. Maths is easy if you enjoy it.

Ananya Maheshwari IV C

DON'T RUN TO ACHIEVE SUCCESS

Don't run to achieve success
Make success run,
to achieve you.
Don't think,
'What people will say?
To get success,
you have to make it,
your own way.
Don't think,
success is power or magic,
the real name of success is,
HARDWORK.



Parinika Sharma IV C

MAKAR SAKRANTI

Happy Makar Sakranti to all,
After the seasons of winter and fall.
The Sun shines up high,
With birds flying in the sky.



No more of the cold freeze,
But a little warm breeze.
I love it the best,
A festival celebrated after harvest.



We eat til ka laddu,
And help mother make pakodas.
We start the music,
And let the fun begin.



Up in the sky are all the kites,
But not icy cold bites.
At night, it is a wonderful sight up there,
With lanterns floating in the air.



At last, it is over,
Next day the bees, will they hover?
On the next sakranti,
Will it be more fun?

With these questions, roaming around in my
head,
I put on my pajamas and go to bed.
Only to wake up next morning,
What a wonderful day it was
Can't wait for the next!



Akshi IV B

THE LEADERS OF TOMORROW



ANIMALS SHOULD NOT BE KEPT IN CAPTIVITY

“Animals have hearts that feel, eyes that see, and families to care for, just like you and me”. Animals have a habit of living in natural environment which they can find in jungles. What would you feel if you were kept in a cage for your life time and used in circuses to entertain people?

Animals are kept in captivity for a variety of reasons including zoos, circuses and pets at home. Many people treat animals with terrible cruelty. No, wild animal should not be kept in captivity except if an animal is injured or to save a species from extinction. In circuses, animals are tortured to perform various stunts, and if they do not do it properly they get punishments. I believe animals should be respected as citizens of this earth. They should have their right to their own freedom, their own families and their own life. Don't treat animals as animals. Treat them as living beings. They need your love and care.

Akshadha Bhatt IV B

PRECIOUS TIME

Time is more precious than any costly thing in this world because it cannot be saved to us in any way. Time is free but it is priceless. You can't own it but you can use it. You can't keep it but you can spend it. Once you have lost it you can never get it back. Time is the only thing that never returns once you have spent it doing any work. It always flows in a forward direction which means Time is irreversible. Time can never be brought back but we still waste it doing unnecessary things or doing nothing. The person who understands the importance of time uses it properly and continues on the path of progress. But those people who ignore the importance of Time or misuse time, they only fail in life. It can only be used or passed. It is more than gold or money because we can earn any costly thing only through proper use of time. It runs regularly for every moment and never stays even for a second. 'Time and Tide wait for none' is a famous proverb, which means we must never lose time as it waits for no one. We should value time and make the best use of it. We can practice Time Management by making schedules and organizing our task. Time is your friend, treat it with care and enjoy its company deeply.

Ananya Maheshwari IV C

EDUCATING A GIRL CHILD

Something to ponder upon is - Why is educating a girl child not given more importance ? A girl child is a blessing to the world. Without the girl child -the daughters- society, nation and most importantly, the family cannot function. Only when we put in extra effort to nurture our daughters by giving them education, values and love, can we help our country. Here our Missionary Schools have played a vital role as they were the first ever Institutions that took a step towards educating the daughters of our society. Educating our daughters has always been fruitful. Let us look at some women who are shining lights. Savitribai Phule: First female teacher. Chandraprabha Sainkani: Fought all hurdles to achieve education as we can see outstanding contribution in the education of Assam . Most importantly: President Draupadi Murmu who fought all hurdles to achieve education and now is representing "Our Nation". Let us salute the women of our country.

Angela Jaby V A

THE VALUE OF TREES.

The most essential things for the life of mankind on this earth is oxygen, sunlight & water. Sunlight comes from Sun. Water is available on earth. Oxygen is a part of the earth's atmosphere. When we breathe in, we inhale oxygen. When we exhale, we breathe out carbon dioxide. This means, we inhale "Good Gas" and exhale "Bad Gas". Have you ever wondered who converts the "Bad Gas" (Carbon Dioxide) back to the "Good Gas" (Oxygen). It is the trees. Yes its our green friends - The Trees. They play a role of Air Purifier for us. The environmental eco-system is fully dependent on trees.

How ? All vegetarian animals do eat leaves, fruits, and green trees for their survival. All other animals eat all those green eating animals. The source of energy which we get through food is 100% through green trees. Not only this, trees also help us by attracting more windy clouds and ensure rain fall. They provide us with shelter from Sunlight, and many more endless benefits. After giving so much to us, what do they expect from us??? Nothing !!! And we humans, without realising their value keep cutting them down. We are slowly killing our own life saviours. All governments & NGO's all over the world are now gearing up for preservation of trees. Every year the Government of India is driving tree plantation schemes to increase the number of live trees. So, let us pledge to plant new trees and save all other trees from being cut!!!

Brahmi Patil VA

IMPORTANCE OF GOOD MANNERS.

Since childhood, we have learned excellent manners as a significant aspect of living. It is a crucial part of daily life for everyone. Our parents have been cultivating good behavior, decent manners and discipline in us since we were small. Additionally, they are a critical aspect of proper etiquette. In order to teach children proper etiquette or manners, first one needs to teach them proper etiquette or manners at home because learning takes place in the home for the first few years of a child's life. So, it is in the children's best interest to be raised with good manners, which is why teaching manners to children begins at home.

What are good manners? To be loved by someone, one needs to behave like a good person with good grace and manners. Regardless of how many education levels one has, how to act or conduct oneself in front of others makes a big difference. Being well-mannered is a gentleman's ornament, and a gentleman never embarrasses others. He is more connected with others' well-being than his own. He does not try to make others feel small in any way. What he expects from others is a reflection of how he treats himself. Speaking less and listening more is always a positive thing since it helps to keep us out of conflict. Good manners have no monetary costs but are also beneficial in ways that can last a lifetime.

Sanya Sharma V B

IMPORTANCE OF SPORTS

"All work and no play makes Jack a dull boy". We have all known this proverb but how many of us implement it in our daily lives? In this modern world where life is burdened with stress, anxiety, and work pressure, parents should try to make a balance between education and sports in their children's lives. Sports help a child to develop his/ her stamina. Both physical and mental development are accelerated by sports. Team spirit, compassion, time management, concentration and leadership qualities are enhanced by playing sports. One shot at a time, one game at a time, and one day at a time are the most important lessons one associates with sports. Patience, feelings for fellow members, focus, and 'letting go' become so easy with the regular routine. Sports help us to realize the significance of 'discipline' and 'hard work'. The importance of sports can be concluded with the famous saying of Swami Vivekananda, "You will be nearer to heaven through football than through the study of the Geeta".

Samriddhi Sinha VB

MY MOTHER MY SUPPORT SYSTEM

A mother is the backbone of every family. Not just me, but my entire family can count on my mom and she would never let us down. It is not just my mom, it is everyone's. A mother, I feel is this superhuman that can handle almost everything with no complaints. But the biggest thing that I adore my mother for, is that she never makes me doubt myself. She's there even in the bluest skies and the darkest greys. A support system I can rely on every second and every moment of my life. Whether it's an exam or my mood swings, she always finds a way to bring me back to myself. She becomes my sounding board, a familiar feeling in the strangest of paths.

Vedehi Shrotriya V B

SPORTS ARE IMPORTANT

Sports lead to all round development. Playing sports helps us to learn various skills in our life such as team work, leadership, patience and self confidence. My teacher must have seen my leadership quality and gave me a chance to become a captain of the team. It builds our mental ability and makes us physically strong. When I used to fall down during the play, I used to get up and move back to play again. It prepares us to face various challenges in our daily life. It gives us a break from our studies and have some fun time in our lives. It gives us an opportunity to work in a team as well as an individual. I like to play badminton which is an outdoor game. It makes me physically active and improves my fitness and confidence.

So in short sports means,

S- Self confidence

P- Patience

O- Opportunity

R- Refresh

T- Team work

Charvi Chandwani V C

Christmas



GRAND PARENTS

My Grandparentsmy Dadu and my Maa.

I live with my grandparents as my parents are out of station so here are some lines from the bottom of my heart to my grandparents.

Dear Grandparents,

When I am with you, we always have fun.

You make me feel, I am your special one.

You are a storyteller, personal game centre.

You are my polite teachers and You are a source of unconditional love.

I thank you lord for a special gift you give me.

This is the most special gift I have.

Thank you Dadu and Maa for your care, love and all the things you give me.

Kavya Gupta V C

PLASTIC POLLUTION

Plastic is everywhere nowadays. People are using it endlessly just for their comfort. However, no one realizes how it is harming our planet. We need to become aware of the consequences so that we can stop plastic pollution. Kids should be taught from their childhood to avoid using plastic. Similarly, adults must check each other. In addition, the government must take strict measures to stop plastic pollution before it gets too late. The more we manufacture and use plastic the more it gets dumped, and it leads to the pollution in our environment, adversely affecting human life and wildlife and plants. It remains in the environment for hundreds of years. It is time for our government to take some strict measures to ban plastic bags.

Manvika Hada VC

FUTURE CAREER PRESSURE

Our anxiety does not come from thinking about the future but from wanting to control it. The process of choosing a career path is usually undertaken at quite a young age when students are not even fully aware of their interests. While for some the career choice is pre-decided by their parents, others often struggle to find the right career path, thereby going through a lot of pressure. The fact that grades heavily influence the career stream students can or cannot opt for pressurizes them to score well. As a result, the focus is on getting good grades instead of acquiring knowledge. When students are not able to score well, they are overwhelmed with feelings of extreme sadness and hopelessness. Often, informing students about the importance of career-building at a young age instils in them a fear of the future. Even if they may be performing well, feelings of self-doubt and insecurity are always there. Children should be encouraged to follow their dreams instead of being told what to do. This is where parents should step in. They should support their child and believe in their abilities. Parents should always be empathetic and open to their child's perspective.

Stuti Pingle VIII-A

HAVE A LOOK

Look outside from your house
And listen to those trees
Showing their affection,
By fulfilling human greed.
Go, and have a look
At those beautiful flowers,
Try to listen to them
And spend a few hours.
Go, and feel the waves
Of that river,
Satisfying our incessant thirst,
Asking us to forgive her.

Go outside from your house
And listen to nature
"Please don't destroy us"
Is screaming every creature
'Cause if got destroyed...
They won't come in future,
Yes, my friend..they won't come in future.

Ibha Khandelwal VIII A

COVID 19

2020 was a tragic year
We also stayed in fear
Many of us shed tears
As we had lost our dears
It's very difficult to tell
How we dwelled
As the masks became a trend
We were confined and couldn't meet our friends
Nor hear the morning bell
Many of us said
It's impossible to live now
But the doctors who cared for the patients in bed
Extended their help
And finally in the end
It was declared COVID 19's death...

Poorvi Khatri VIII A

POEM LIFE

What is an ideal life?
Owning splendid house or thunderbird bike,
Making money,
Or getting greedy at first sight .
Solving everything with patience,
Or getting engaged in fights?
Or increasing your ego's height,
Flying like an undirectioned kite,
Driving on the edge of knife;
Do we get the real esteem of life?

Dakshita Sharma VII C

DAY BY DAY

These days are passing day-by-day
Things still remaining, I wanted to say
Slowly taking ahead, a right step
Without having, a single map!
Wasted them, when I was younger
Want them back, it's my greatest hunger
Incomplete talks, that I never told
Lost them all, in spite wanting to hold
It can't come back, I have wasted it
How sorrow feels, I have tasted it!
These days are passing day-by-day
Things still remaining, I wanted to say.

Maitreye Gupta VIII C

TEENAGE

We are always taught what it's like,
We are made to remember things like,
When in doubt, choose to decide,
When it's hard, take a step aside.
No solutions can be reached,
No questions can be answered.
Until you change your perspective,
Until answerable to your respective.
Things aren't easy the way they seem,
Things aren't right even if you scream.
What is wrong and what is gone,
What is the point, weeping in the lawn.
This is quite hard as in teenage,
This is just the start, breaking of a cage.

Maitreye Gupta VIII C

ADVENT IS HERE !



BE YOURSELF, NOT SOMEONE ELSE

Looking in the mirror
I think about me,
The girl I want to be.
Recreating myself every day
Trying it in her way.
From her fashion sense to her talk
Even copying her gorgeous walk.

But what's the fun in being someone else
When you can be a better version of yourself.
Be your own brand
Instead of copying the newest trend.

Don't worry what society will say
Style carefree in your own way.
You don't have to fake your identity
Just to act like a celebrity.
Spend more time practicing being you
And the world will love you too.

Kashti Peshwani VIII C

MOTHER EARTH CRIES HER HEART OUT

The ground shook beneath her feet, As the raging bombs of fire burst, one by one, The dust, smoke and the heat, Made her choke as she gasped for air; The children she once fed and loved, Had no turned to nothing but ash and dust. Oh! How her heart bled, As she saw her children bleeding and dead, The guns they held against each other, To prove their dominance over the other, "War has done no one good." The Earth cried, as graves were dug in her now blood stained soil; She knew it was too late, but her wailing wouldn't stop, For she was a mother, Destroyed as ever, By her own children whom she promised, She would love forever, And as she stood on the now barren land, Crying her heart out, So much; even the sky pitied her, Sending his rain, washing away the blood and her tears; But what it could not wash away were the scars, Which were marked on her for now, and forever.

Nirali Jain VIII C



SELF CONFIDENCE

Self-confidence is an attitude about your skills and abilities. It means you accept and trust yourself and have a sense of control in your life. You know your strengths and weakness very well, and have a positive view of yourself. Confidence helps us feel ready for life's experiences. When we're confident, we're more likely to move forward with people and opportunities — not back away from them. And you yourself, know very well, if things don't work out at first, confidence helps us to try again. It is rightly said *"Try Try Until You Succeed"*. One should always listen to one's mind. If a person is clear with their goals and is confident, then surely he will achieve it. Here are some tips to build self confidence :-

Confidence is built on accomplishment.

Exercise, Be Fearless.

Stand up For Yourself.

And lastly, Believe in yourself.

And do remember..

"Your success will be determined by your own confidence and fortitude."

Shaily Nandwana IX C

MY BEAUTIFUL WORLD

Welcome to my beautiful world.
Some say it's a simple place.
Well that may be so
But at least, there's always a smile!
It's a world full of love and joy
The world to me now is just one big toy..

If ever you're feeling low
And have no place to go
You're always welcome to my world
And that's something you should know.

It's a world free of hate
and free of wars.
So please don't hesitate
To come and visit this beautiful world of mine....

Shaily Nandwana IX C

LIFE OF A GIRL

She was born into this cruel world
already looked down upon.
For the first years she lived in a dream world
For she didn't know the reality beyond.

And then in a few years reality started to unwind.
People aren't always kind.
She was told to be quiet
And forbidden out in the dark night.

The typical stereotypes of Indian society,
Exposed her to new words such as 'depression' and 'anxiety'.
Sometimes she would think, life would've been easier as a boy,
She would've received racing cars instead of Barbies as a toy.

Every night she would think
Don't I deserve to be free?
Am I supposed to live in a world of pink?
And never live gleefully?

Riddhi Upadhyay IX C

MAKE PEACE WITH IMPERFECTIONS

Trying to be a perfectionist prevents you from achieving inner peace. Always thinking about how things in life should be better stops you from appreciating the way they are right now. If you are trying to improve every single aspect of your life you will become dissatisfied with it in the end. It is a losing battle. We spend our lives dissatisfied with the things we have. We focus on everything wrong, and we feel the urge to fix it. We need to accept that imperfections are normal and that nobody and nothing can ever be perfect. It isn't about making everything perfect, but making everything good enough. Well honestly, not everything needs improvement. We can be just as happy with how things are, saving ourselves from unnecessary work and stress trying to make everything perfect. We must remind ourselves that things are okay and our judgement is the main cause of all stress and dissatisfaction. Eliminating our need to make everything perfect will help us appreciate the gifts of life. Don't focus on the small stuff and waste your energy over setting it right. Instead focus on your inner self and enjoy the beauty of amazing journey of life.

Saumya Mehta IX C

HOBBIES

Hobbies enable us to spend our leisure hours. Different people can have different types of hobbies. Hobbies bring occupation in our idle hours. They keep us away from bad habits. They help us forget our pains and loneliness of life. Sometimes it may help us in bringing a considerable amount of money, but money can never be supposed as a profession. Hobbies depend on the taste and tendency of the individual. There are many types of hobbies , stamp collection, motor-driving, kite flying, swimming, cooking, gardening, photography etc. They keep changing with the passage of life. We have different hobbies in our childhood. They change as we mature and go on changing with the passage of time. The pursuits of childhood always diverts with the passage of time.

Shraddha Sethi IX C

Word to the Wise

The first day I set foot in this school,
I was that kid with chubby cheeks
Just a 3 year old fool
Who still hadn't learnt the ABC.
Oh, the rhymes of kindergarten!
How I miss them today
Often I get disheartened
thinking of the days that have gone away.
The days that went away in a blink,
Before my immature mind could let the reality sink.
Primary went by really fast for me
Toxic friends that just wanted attention taught me reality.
My past isn't particularly what I like to talk about
For dark memories have changed me to be a better person throughout.
Secondary section was like my reincarnation
New teachers, new friends, new relations
Sixth grade was the best of all time
But it can't be everyday that the sun will shine.

AT THE FINISH !



The pandemic hit,
Our Sanskrit exam got cancelled,
So we didn't throw a fit.
The online classes tenure soon ended
But the sudden break from socialisation wasn't something we had intended.
Shuffling, lead to friends being apart
Well, it was another new start.
Observing and absorbing is how I coped through ninth class.
In my batch there were people of every kind, from kids who would get panic attacks
to kids who didn't even care about backpacks.
Some things that I have learned though, and I want to share with you;
There are many who will influence you
Some who come out of the blue
Some who you've been with since 2
Oh, and there are some who'll bring out the best in you
Like a flower blooming in the morning view
And remember:
If you can't do it right now, it's no big deal
Time might eventually break the seal
You just have to learn to take that tiny step
And make your way out of the web.
Well this was my advice to you,
Won't you share your life experience too?

Riddhi Upadhyay IX C

SHRINKING VIOLET

For as long as her pen bleeds,
She'll continue to spill feelings, left unsaid.
Things that she could never say.
And all her words would be left unread.

In the hustle of the school corridors
She sits by the stairs alone,
Listening to trending songs by the arctic monkeys.
Her music will tell you more about her than anyone knows.

Even when she knows all the words.
She hesitates to raise her hand.
When someone asks her something.
She keeps quiet like no one would understand.

She speaks fondly about the world of guitars and books.
Only if someone would actually hear.
She thinks her beautiful words will bore anyone.
Saying too much is one of her fears.

If anyone would try to know her,
She'll be euphonious, just like a song.
Coherent and captivating,
Conversations with her would be remembered for long.

She loves melting into the sky of thoughts.
Prefers to be in quite solitude.
Yet she looks at the night sky and envy the stars so they don't have to shine alone.

She loves fairy-tales as well as cars.
The stars reside in her eyes, with a look of gentle care.
The orange graces her cheeks.
And the sunlight is trapped in the strands of her hair.

She underestimates herself everyday,
Goes to sleep with music in her soul.
Drenched in the melody,
Of every word she ever spoke.

She thinks she's a burden.
She doesn't realise she's beautiful.
She sparkles like the stars.
And like a rainbow her soul is colourful.

'Pretty brown eyes with a mind full of thoughts', she's like poetry.
She's a wallflower, that only poems define.
Words come like autumn,
And she falls every time.

Dianna Shekhar IX A

SHRINKING VIOLET

As far as human eye can see
As far as the stars reach,
As far as the sorrow of the broken heart dwells
As far as the sea swells
Your feelings are like the deepest depths

When the sky is dark
And you can't find your light
When you look around and you think that you might
Be lost in the eternal woods
That's when I come along

The picture of the perfect fairytale
Or the sci-fi movies you like these days
It's like I always see you changing
But I know that the real you is within, hiding.

When the sky finally turns grey
And you look at all the houses made of clay
You finally realize, you're not far from the clear blue
But till then, I'll be with you.

Vaishnavi Shrotriya IX A

A Cup of Coffee

Coffee - 'The cup of hope in the world full of chaos and Mondays.'

When I think of writers I think of them sitting with cups of steaming coffee and writing perfect articles in an instant, and so I started writing this article to the vibrant accompaniment of a cup of coffee, and it works ! It works like a potion to connect our mind with our pen. It's basically a filter coffee that goes in and comes out as a creative work.

It's a liquid that smells like fresh ground heaven, a dark magical substance that turns our "leave me alone" mornings into "good morning dear" . It is the best companion in our 'ME TIMES 'and the foremost buddy in solitude. Anyone would like to start a productive morning with an energetic cup of coffee.It feels grown up that's why it's cool.

Let's expand the scope of this frothy morning drink to our personality and life. Let's be that zestful cup of coffee which bails others from anxieties, depressions, and serves as a saviour from Monday blues .

At last," May our coffees be strong, Mondays be short and weekends as long as we want them to be".

Manya Manchanda IX A

LINO ART

It is also known as lino print and is basically a printmaking technique. It requires a lino sheet and some lino tools. We just need to draw our picture on the lino sheet and carve some areas away. When we finish with the carving, we have to roll ink over the remaining areas before pressing onto paper. We can create prints as many as we desire of different shapes and patterns.

Nikita Manghlani IX A



Is this the happiest day of my life?

Wondering how the days pass life teaches us a lot new
But we humans are always grumbling about our necessities always wishing to try
something new.
We always think this is enough, from our workplaces till our schools
But are we satisfied?
No! Greed never comes to an end.
But yes finally we tried to overcome our fear and come out from those baggy loose
pants
And made the better version #NEW
We worked the day long and after getting sweaty, getting tired and also getting
worried.
But at last after a long sleep a new day begins full of joy and admiration
So now, can I call this the happiest day of my life ?

Ashlesha Gautam IX A

WORDS

Words are often referred to as the weapons that can change the world through their enormous potential of influencing people. They can bring happiness and confidence but even sorrow and demotivation. The weapon of words is indeed the most powerful one and the most onerous to handle. We often fail to apprehend this power and use it thoughtlessly by stabbing someone with them. Believe me, they even have the potential of killing someone from within, but also on the other hand can give an entirely new perspective on life. Recklessly throwing words of contempt and hatred affects our character and drowns us into the ocean of negativity. Practically, even if our words cannot bring a change in the world, they can at least be used to improve ourselves. The essence of true joy lies in appreciation and spreading smiles. Words of gratitude and kindness bring back to us the felicity lost with the innocence of a child. Words cannot make someone's future bright by themselves, but can give the motivation for turning the life in the direction of success. So, always be sure to use your words for the betterment of yourselves and others because what you give is what you get back.

ANANYA SHARMA IX A

TYPICALLY SELDOM

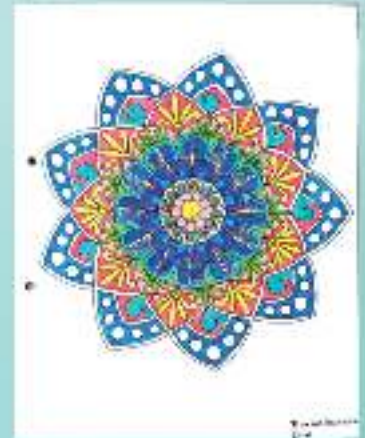
Typically seldom do I notice the small things,
The Compact things which happen in life,
I nimble towards the future,
Like the gusty wind!!
Now happiness I wish to find,
I wish I had lived those moments ,
Which now I wish to find,
Which now I wish to find.....



Swastika Maheshwari IX A

VALUE OF EDUCATION

Education matters a lot in the life of students. If we are educated we can buy any type of luxurious thing in our future. It is said that "life is too short" so we should not waste time by scrolling Instagram, Facebook, Twitter or Whatsapp, instead we should spend time reading some books or we should educate the children who want to be educated but can't be because of less availability or less money. We can see that today every child should be educated so for that our P.M. Mr. Narendra Modi has also organised so many schemes like "Beti bachao, Beti padhao" and also many others. India is a country where in ancient times people were not too much aware of these things. They always used to think that if they educated their children or specially girls they would not be getting any profit instead they used to think of it as a waste of money. But as generations have passed education has become useful for every person in this world. So we should be educated and should educate our next generation also so they may educate their generations too.



Suhana Khan IX A

AT THE FINISH !



INFLUENCE OF THE "COACHING CULTURE"

Just as each city has its specialities, my City Kota has some too. I am Kota-born and since the early years of my life I have realised that being brought up in a city which has the best institutions is the luckiest thing to happen to anyone looking to make it big in education. Today Kota is known as a 'coaching hub' in the rest of India. Its institutes have state-of-the-art buildings and eminent faculties to boast of. Every year, a huge number of students come to Kota with the dream of clearing the toughest entrance exams of NEET- JEE and the likes. The maximum number of students are selected for IIT from our City Kota. Parents feel proud as their children finally get selected and can now dream of having a great career ahead. While all this hustle - bustle of coming to Kota and joining the top most coaching institute etc is going on, there is left a small corner, a void space where the innocent child of barely 16 years is dwelling. This coaching culture has many times proved to be really tough and emotionally draining for the 'average student'. The 'Average student' who may not be good in, perhaps not interested in, popular subjects like Science and Mathematics; the 'average student', who might have a brilliant brain and excel in some other subject like English, Hindi, Geography. There must be children who love to study not - so - popular subjects like History. There must be children who are able to study subjects related to social importance for hours and hours, happily. This brings me to the trauma, the pressure that we as students face in Kota. Few children, maybe as lucky as me, to have parents who never pressurize me into studying a particular subject are free to choose and receive their support in whatever they might opt for as a career. Let us, as a society, start addressing the issues of such students. We want engineers and doctors, as much as we want teachers, historians and social workers. It is high time we start discussing these issues before any more students fall prey to this 'coaching culture' and before any more lives are lost. We must talk about it. Let us, as a society, start praising students good in any subject. Being a student I would request parents to stop pushing us into something which we may not like to do for the rest of our lives. Eventually, let us excel at something which we love to do, rather than something which we are forced into doing.

MUSING

I believe that every citizen of India should strive for success but should also learn that **success** can be found in their own motherland. They should secure their future in their own nation so that not only their future but their nation's future is secure. In my opinion, the belief that 'success' can only be achieved by settling abroad is only a myth.

Drishti Vijay XI COM.

In today's world we rely on the **Social Media** platform to find and connect with each other. But the truth is, it is hard to know where the line falls between safe rewarding use and overuse of technology. Social media can never be a replacement for real world human connection.

Aleyfia Hydri XI COM.

Music, songs, melodies are alone capable of conveying messages soul to soul. Music breaks the barrier of language and calms the restless, anxious mind. It points us towards the peace of mind that we search for outside but which actually resides within us. It helps one to truly express oneself and to communicate how one feels deep down inside. When we are happy we sing. Even in bad times music is there to help. Even Nature, - the trees, the mountains, the streams – all have their own music and they call to the music within our soul.

Chestha Daswani XI COM.

For me, Black is the colour of power. Black is the most complete colour in the world, made of all the colours in the palette. For me, colours are just fine but Black is majestic. And the best part is that black goes with everything.

Kirat Kaur Anand XI COM.

A GOODBYE

14 years and it finally ends,
This is a journey well spent,
But that feeling we expected,
Why isn't it anywhere present??
This was supposed to be,
The freedom we depict,
Then why aren't things
Going according to the script??
We've got so much out there,
To explore and to learn,
Then why this goodbye,
Is a hard thing to earn??

We said we won't but will,
Miss this campus as our last,
Looking back we will ask,
Why did we grow up so fast??
We'll be reminded,
Of everything that's here,
We will miss this uniform,
And the teachers here.
We were so desperate,
To test what we had learned,
Now this goodbye,
Is a hard thing to earn.

Our tiny little footsteps,
That the walls have seen,
Cries of joy and sadness,
Echoes inside us that have been.
Lunch boxes being opened,
And partners being made,
Lines being formed and,
Stories being framed.
We have been granted,
With everything to learn,
Then why this goodbye,
Is a hard thing to earn??



"You have made us learn every concept that's important, whether in studies or in life.
Just for the last time, teach us to say a goodbye and we won't trouble you again."

Anushka Gupta XI Sc.

PERFECTION??

Can there be a day without regrets,
Without any cries and a few silly bets.
Can there be life with only happiness,
With only smiles and bit of craziness.
I wonder the feeling of perfect things,
The unusual moments and lost strings.
I want some moments brought by love,
Cherish the nights with stars above.
A desire I have for honest escorts,
Is a long lost vision in all it's sorts.
Perfect things never existed nor will do,
Universe won't settle according to you.
You define your worth and your perfection,
Cause even imperfect things give satisfaction.

Anushka Gupta XI Sc.



COMPETITIONS: THE ART OF SELF DISCOVERY

Competitions have always been an integral part of Sophia. We believe in the holistic development of the child, readying her to step into the world ready with initiative, different thinking, innovation, presence of mind and what have you. Take a look at the variety we have covered this year.

April

A Drawing Competition FOR Classes 1 to 5 celebrated Earth Day wherein each class was given a different earth theme . Save Water, Save Trees, Save Environment, Save Electricity, and The Three R's formed the focus of the day's drawings. Students of Classes 6 to 12 participated in **Chart Making, Paper Flower Making, Bottle Decoration Competition, Origami Bouquet Making Competitions.**

May

Classes 6 to 12 Classes participated in **Handwriting Competition, Calligraphy, Poster Making Competition and Chart Making Competition.** These were held to develop finer skills and to encourage students to discover hidden creativity and talents.

July

In the Primary, Maths took centre stage with **Multiplication Tables Competition.** There was much excitement.

English Story Telling Competition filled the air with wonder as each competitor held the audience spellbound with their stories.

August

The Primary Section had much to celebrate in August. Love filled the air as sisters competed to make the most beautiful rakhis for their brothers in the **Rakhi Making Competition.** The creativity and innovation used are commendable. **Fancy Dress Competition, Poem Recitation and Singing and Dance Competitions.**

Spelling is an intrinsic part of Language Learning. To enhance language skills **Spell Bee** was organized. The response was tremendous and it is to be assumed that Orthography skills definitely improved.

Rakhi was doubly celebrated in the school with the secondary students also participating in a **Rakhi Making Competition.** With Independence Day round the corner the school resonated with the **Patriotic Song Competition,** was made visible with the **Notice Board Decoration, Slogan Making Competition and National Symbol Making Competition.**

Becoming a part of the NCC Air Wing was a boon for the cadets of Sophia School. Though our first year in the NCC became a victim of Covid-19 we got to visit the Hangar and conducted rallies on various topics and events like Beti Bachao Beti Padhao. Save Environment, Corruption free India, and Swacch Bharat Abhiyan. Cadets of Sophia also won goodies while attending the camp held by the IAF in Nalanda Academy. A unique exhibition was put up in a Volvo bus.

With the commencement of our second year we became seniors. It was a roller coaster journey where with each passing year we became more disciplined and united.

Fridays were packed with drill and theory and classes conducted by the senior cadets in the school campus. We were given physical training and taught common and special subjects of the Air Wing.

One of the best parts of the journey was the ATC- II (Girls) camp held at RPF Hostel from 3rd to 10th September 2022. We were introduced to JW's and SW's from other schools as well as experienced a soldier's life style. Various activities such as PT, Drill, Sports, Guard of Honour, Best Cadet Competition, Theory Sessions, Tent Pitching, Cultural Programme were conducted.

We undertook the flying of VIRUS-SWAT-80 Microlight aircraft under the guidance of CO Wing CDR Mr. Anil Kumar Tiwari. It was enthralling to see a bird's eye view of the city for 20 minutes.

Cadets of Sophia also participated in Range Firing held at Dadwara Firing Range. Introduction of parts of .22 MK IV Rifle was given and all safety measures were ensured under the guidance of PI Staff and Ma'am Kavita.

During the ATC-II Camp DDG Rajasthan Air Commodore 'Ialit Kumar Jain paid a visit. He communicated with the cadets on various issues and explicitly depicted the importance of grabbing opportunity.

Two cadets, CDT SGT Navya Ojha and CDT SGT Saumya Mehta were selected as best cadets from Kota. CDT SGT Navya Ojha also participated in the Aerospace and Aviation Camp held in Bangalore and the IGC Camp held in Jaipur.

We all performed Rifle Drill on Sports Drill and Republic Day led by CGT SGT Saumya /Mehta under the able guidance of our ANO Kavita Pancholi.

This wonderful journey came to an end on 29th January 2022 when we gave our NCC certification exam.

It is rightly said, 'Once an NCC cadet, always an NCC cadet'. The values which we have imbibed in the Ncc have become a part of us. I would like to thank all those who contributed to making this journey memorable and special for us. And who helped us groom our personalities. A big salute to Ma'am Kavita.

CDT SGT Saumya Mehta

7 RAJ AIR SQN NCC KOTA

October

Who does not feel excited at the approach of Diwali? The feeling of excitement is palpable and the talk turns to sweets, lehngas, crackers and diyas. **Diya Decoration, Thali Decoration, Lantern Making, Bandhanwar Making and Card Making Competitions** by the Primary enhanced the mood of celebration.

The Secondary celebrated Diwali in style with Group Dance competition, **Diwali Symbol Competition, Diwali based Skit Competition**

Bulletin Board Decoration Competition, Group Song Competition, Diya Making Competition, Cracker Making Competition, Rangoli Making Competition, Paper Lantern Making Competition, all served to create a wonderful ambience of festivity to usher in Diwali.

In collaboration with the CBSE the Central Vigilance Commission organized an **Essay Writing Competition** on the occasion of Vigilance Awareness Week'22 on the topic Corruption Free India for a Developed Nation.

November

To showcase our honour, respect and praise for the Gallantry Award winners of our country the Government of India organized a competition '**Veer Gaatha Edition 2**'. A total of 72 entries from Sophia were registered on the Government portal of Gallantry Awards. These were in the form of poems, essays, paragraphs and short videos.

The school was also a part of several Olympiads. They were **International Informatics Olympiad, Smart Kid G. K. Olympiad, International Olympiad of English Language, International Olympiad of Science, International Olympiad of Maths and Aryabhata Ganit Challenge.**

The **CBSE India Heritage Quiz**, held online, saw the participation of our students thus enhancing their knowledge of their heritage and culture.

December

The chill of winter spells Christmas. And the school slowly fills with Christmas Trees, Bells, Wreaths, Stars, Santas and Snowmen. Streamers festoon the classes and scenes of the Nativity, or Santa or cozy Christmas Homes decorate the classroom boards. Competitions for the Primary of **Star Decoration, Bell Decoration, Candle Decoration, Angel Making, and Lantern Making** added to the festivity of the

The Secondary followed up with **Star and Christmas Tree Making competition, Wreath and Bell Making Competition, Carol Singing Competition and Group Dance Competition.**

The intellectual Sophians gave their best performance while participating in the **Samaj Sansad Ki Exam**, conducted by the Central Government bringing them closer to visiting the Parliament of India. The exam was based on the knowledge of the Constitution of India.

SEMINARS – BEYOND LEARNING

APRIL

Sophia believes in the constant growth of her teachers. And we came up with the concept 'Let us teach ourselves'. And so, Ma'am Sangeeta Jain advised us on **Time Management**, Mr. Floyd D'silva on **Music**, Ma'am Monika Kannadaon the various **Forms of Dance**, Ma'am Gayatri Sharma and Ma'am Garima Gupta on **Multi Tasking and Decentralisation**. Ma'am Nisha Sharma and Ma'am Khushboo Jain on the most interesting topic of having your own organic vegetable garden in their seminar on **Organic Vegetable Gardening**. A Seminar on **Sympathy and Empathy** was conducted

by Ma'am Neelu Rajawat and Ma'am Gunjan Siddhu. Ma'am Neha Sharma and Ma'am Alveena David wound up the session with a seminar on the use of the **Library for Book Lovers**.

MAY

A seminar for students and Teachers was conducted by Mrs. Bhavana Gandhi who explained and made the students aware of the **Career Opportunities** available in the various streams.

JUNE

A short briefing on ERP was given by Mr. Durgesh Singh, Mr. Mohit and Mr. Asaf. They explained that **Enterprise Resource Planning** is a seamless flow of information across different departments and functions in the school.

To empower the teachers with mental, emotional and spiritual positivity , a seminar on the topic "**You are a Teacher**" was organized for the teachers. The resource person was Rev. Fr. Dr. Susai Mannickam. He emphasized that the quality of the nation depends on the quality of its citizens which is completely based on the quality of education. He thus pointed out the extremely important role a teacher plays in the development of a student.

JULY

A seminar on **Health and Hygiene** was organized for Classes IV and V to demonstrate the importance of maintaining good personal hygiene and illustrate the importance of comprehensive cleaning to maintain good health. It was a great success. The resource person was Dr. Vijeta Gupta. She discussed topics like Balanced Diet , different types of exercises, importance of sleep, good posture, how to handle stress, effects of Social Media etc.

AUGUST

Colonel (Retd) Piyush Agarwal was the Resource Person for the seminar held on **Human Rights**. He threw light on our Fundamental Rights and Duties and insisted that our youth take a step forward to make India a safer place to live in. he informed the students how they could log in to NHRC or SHRC to lodge a complaint if their human rights were violated.

NOVEMBER

An educational seminar was conducted by for the students of Classes 6 to 8. The resource person, Ms. Reshu Jain explained with the help of illustrations and demonstrations the need for **good hygiene**. She clarified many doubts, answered every query, thus inspiring the students to be responsible for their own health.

DECEMBER

A one-day workshop on **Stress Control** was organised for the students of Classes IX to XII. Ms. Kusum Vijay dwelt on the means to cope with stress through exercise, well balanced meals, diminished use of media etc. It was an extremely beneficial experience.

A seminar on Time Management was organized for the students of Classes VI to VIII. MS. Mohita Talwar explained to the students the basics, the importance and advantages of **Time Management**. It as an eye opening experience for the students.

JANUARY

A two hour session was organised for the teachers on the topic **Teacher-Student Relationship**. The talk was given by Mr. Rajiv Gupta.

GOD BLESS OUR MANAGEMENT !



JULY

A Counselling Session providing the students of Classes 6th, 7th and 8th with a deep insight on how to come to terms with their flaws and working to accept themselves as they are, was conducted by the School Counsellor, Mrs. Kamna Arora on 23rd July. A meaningful animation displayed how **each of us is perfect as 'us'**. Addressing student concerns, Mrs. Arora mentored students with her purposeful views and practical solutions.

Classes XI to XII were counselled on how to form healthy relationships. It was explained that a healthy relationship is based on the four pillars of communication, trust, respect and love. They also learned of the **ABC of a Relationship** and how to achieve smooth relationships in life.

AUGUST

On 4th August, Mrs. Kamna Arora addressed the students of Classes IX and X teaching **Relationships in Life**.

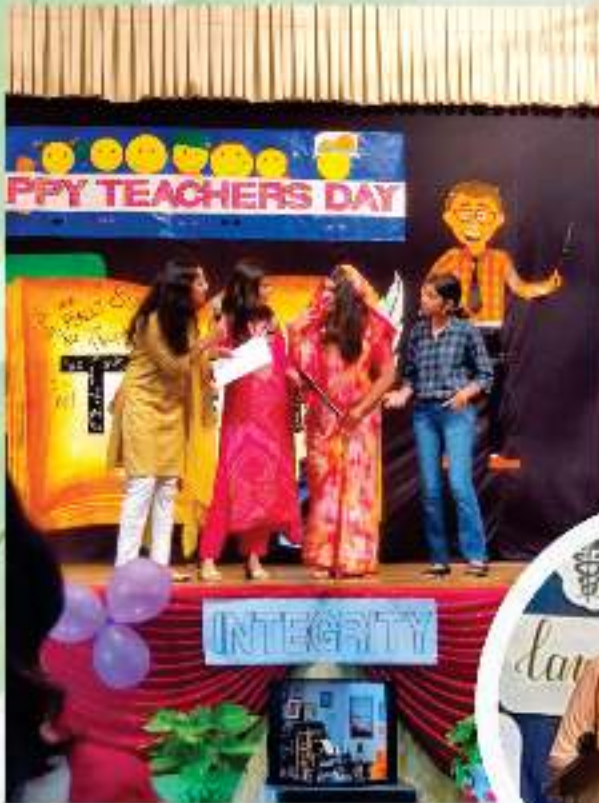
SEPTEMBER

Sophia organised a **Meditation Session** for those children who lack concentration. Meditation can help one learn to stay centered and this was ably demonstrated by the Brahmakumaris. This was an initiation taken by the Yoga Club.

NOVEMBER

A counselling session was held for the students of Classes VI to X on **Communication with Parents**. Mrs. Kamna Arora, guided the students on how to navigate relations and communicate with parents. She provided enlightenment on how to 'SORT' things out and reduce stress. It was a very meaningful session for students who face such common problems.

TEACHER'S DAY



APRIL

Our Founder, Bishop Fortunatus Henri Caumont was a dynamic personality and a born leader, infused with a powerful experience of God's love. Sophia is the culmination of his work of upliftment. The entire Sophian family gathered together for a solemn Prayer Service in the honour of our dearest Founder. Prayers were offered for his attainment of Sainthood, the process of which has already begun. (He was declared 'Servant of God' by Bishop Pius Thomas D'souza of Ajmer on 3rd April, 2022). The Management and Staff offered flowers. His life was reflected upon through various power point presentations, enactments, songs, dances etc.

Foundation Day: The Congregation of the Mission Sisters of Ajmer came into being on the 26th Of April. This day is celebrated as Foundation Day. To honour our Sisters of the Congregation a prayer service was held offering prayers for the Sisters and the Congregation.

Helpers Day: A short programme was organized to express our gratitude to our helpers for their constant support and hard work. All the helpers were warmly welcomed with garlands. A prayer service was held for them which was followed by a cultural programme which they enjoyed. They were presented with gifts by the Management as a token of appreciation.

JULY

Vanmahotsav Celebration: Vanmahotsav is celebrated from 1st to 7th July. On the occasion, Sophia celebrated with prayers for the rejuvenation of the Earth, an exchange of plants between the students and plantation of saplings within and outside the school. The students also made posters and banners to spread awareness.

Investiture Ceremony: The Initiation of a new Student Council is an important event in the school calendar. The newly elected Student Body Council was inducted into their roles with a Prayer Service. Under the guidance of the Principal, they vowed to perform their duties to the best of their abilities, to be loyal to the school and to uphold the values of Sophia. They promised to live by the motto 'Leadership is Action, not Position.'

AUGUST

Initiation Ceremony: The Primary saw the little leaders being vested with the mantle of responsibility. They took up their portfolios with the vow to fulfil their duties earnestly and to work to give their best to Sophia.

Independence Day: The day was celebrated with great gusto and zeal. Chief Guest, Captain Baba Sahib Patil hoisted the National Flag and took the salute. A variety of patriotic songs, dances, speeches and drills marked the occasion. Sweets were distributed to the students.

SEPTEMBER

Teachers Day: Under the guidance and supervision of the Principal, Rev. Sr. Leena, the Student Body Council organized a fabulous and spectacular programme to show their love for their teachers. The lovely variety of dances, songs and speeches made the day memorable.

Management Day: The Exaltation of the Holy Cross is celebrated on the 14th of September to honour the death of Christ. Since 14th September is a day of prayer for the Congregation, the celebration was held, in anticipation, on the 13th. A Prayer Service for the Sisters and a short cultural programme was held. The Sisters were also presented with a token of love and gratitude.

OCTOBER

Gandhi Jayanti: The occasion was celebrated with a Prayer Service, the singing of the favourite songs of Gandhiji, short descriptions of the lives of both the great men and an inspirational talk about the values both these great men followed. The programme was followed by a Rally around the Vallabh Nagar Colony. The students held placards based on social issues, human rights, cleanliness, environment, girl child etc. Gandhiji's favourite songs were played and his quotations were proclaimed to the people.

Grandparents Day: Grandparents personify love for their grandchildren. This year on 14th October the Primary took time out to honour and appreciate all the joy and wisdom that Grandparents bring. A programme was organized where students participated to show their love and affection towards their Grandparents. The Grandparents were overwhelmed to see their Children perform for them.

Diwali Celebration: The school celebrated Diwali with prayers and rejoicing. A special function brought love and peace to our hearts. The Chief Guest of the day was Addl. SP MR. Praveen Jain. The doctor parents were special invitees. They were felicitated for their services rendered to society during the pandemic. The school auto rickshaw drivers were also invited and each of them were given a bag of groceries. Excellent student performances inspired in us a sense of the triumph of good over evil.

NOVEMBER

Children's Day: The day was filled with tremendous excitement. An offering of prayers to the Almighty began the day. The theme for the Prayer Service was 'Give two gifts to our Children: one is roots and the other is wings'. The Prayer Service was followed by a picnic for Classes IV to XII. It was a fun filled day as students and teachers headed off to pre-decided picnic spots. The day was a spot of bright colour in the academic curriculum.

DECEMBER

Sports Day is a day where Parents, teachers and students come together for a day of competitive sports. It was held on the 151st Birthday of our founder Rev. Fortunatus Henri Caumont. The event started with the torch relay followed by the parade of the four houses – Red, Blue, Green, Yellow. Grades Nursery to XII participated in the various races like Three legged race, getting ready for school, skipping etc. Gun drill, Zumba, Fire Ring etc. made the day even more enjoyable. The Chief guest for the day was LT. COL. Hemendra Bansal and the Guest of Honour was Lt. Col. Digvijay Yadav. They were impressed by the performance of the students and congratulated them for their exceptional performances.

Christmas Celebrations: A grand celebration was organized for Christmas. The Chief Guest for the day was the Collector of Kota, Mr. O. P. Bunkar. The Guests of Honour were SP Mr. Shaktawat and Mrs. Nikita Hada. A number of parents were invited to witness the programme. The Nativity was enacted by the Primary to announce the birth of Jesus Christ. It was interspersed with dances with religious significance. Sr. Leena, the Principal concluded the programme by giving a beautiful message. A short skit and carols by the School Choir enhanced the programme. A beautiful Christmas Pageant brought out the significance of the various Christmas symbols and the humility of the Holy Family. The merry entry of Santa Claus added to the excitement of the day and brought the programme to a most satisfying end.

JANUARY

Republic Day: The day was celebrated with great patriotic fervour. The Chief Guest was Mr. Anil Tiwari. He was welcomed with 'Salameshastra'. This was followed by the unfurling of the flag and the Parade. The programme of the day comprised of patriotic songs, dances and speeches. A small prize giving was held to honour the various students for various achievements.

FEBRUARY

Farewell: Class XI bid Adieu to Class XII. Fr. Danty, Principal of St. Paul's Rawatbhata, was the honoured guest for the day. The Class XII students, resplendent in sarees, were welcomed warmly. The theme for the day was 'Explore, Dream, Discover'. The Prayer Service was fervent and the cultural programme was effusively and enthusiastically performed. The Ramp Walk was sophisticated as the 'Twelthies' glided across the floor. The programme came to an end with the Passing of the Flame. Mementoes were distributed to the students and all proceeded to partake of an inviting lunch.

CLUB INAUGURATION !



Commemorating Special Moments

The main aim of Sophia is the holistic development of her students and one way that is used is to have thoroughly prepared assemblies that showcase every event that is considered important or beneficial. This has resulted in the celebrations of many important events or days as evinced below.

APRIL

The Special Assemblies held in April were to commemorate the birth of **Dr. B.R. Ambedkar** and to celebrate **Mahavir Jayanti**. Special Assemblies were also held on the occasion of **Good Friday** and **Easter**. **Earth Day** was celebrated with tips on how to protect the Earth.

MAY

The special assembly on **Eid** told us of the significance of fasting during the month of Ramadan. There were also special assemblies held in anticipation of the actual day. They were **Rabindranath Tagore Jayanti**, **International Day of Families**, **Mothers' Day**, **World Hypertension and Telecommunication Day**, **Anti-Tobacco day** and **National Technology Day**.

JULY

Sophia celebrated **Vanmahotsav** with special prayers for the rejuvenation of the Earth. At the school assembly, students exchanged plants with each other.

AUGUST

World Paper Bag Day was presented at the morning assembly making the students aware of the ill effects of the use of plastics and how detrimental they are to our environment. The use of paper bags was advocated and the children took a pledge not to bring plastic bags to school. On **Hiroshima Day**, to commemorate the atomic bombing of Hiroshima in 1945, an assembly was held with a clear message to avoid violence and embrace peace. The **Quit India Movement Day** was specially celebrated at the school assembly wherein the students were acquainted with the history of the Quit India Movement. **Rakshabandhan** found place in our daily assembly with students speaking on the precious relationship of brother and sister, held so sacred in India. The **Feast of St. Clare**, was celebrated as the students prayed and then highlighted her role in spreading the Word of God and the values she followed. To educate students about the essentiality of organ donation a special assembly was held on **World Organ**

Donation Day. It highlighted the dire need for organ donation. The birth of Lord Krishna, Janmashtami, was celebrated with students laying emphasis on his teachings of love, peace, compassion and humility. Lord Ganesh is taken to be the remover of obstacles. Special prayers were offered asking his blessings and protection from wrongdoing on the occasion of Ganesh Chaturthi.

SEPTEMBER

The **Nativity Of Our Lady** was celebrated as **Girl Child Day**. The contribution of women was highlighted.

The role of Teachers was celebrated at a special assembly where the students were told about the significance of teachers while paying tribute to Dr. Radha S. Krishnan. The assembly included prayers for the teachers followed by a skit depicting the role of teachers. Finally the students took a pledge to honour and respect their teacher. A special assembly was held on the **Feast of St. Clare**. A Prayer Service was held to highlight her life and the role she played in spreading the Word of God.

OCTOBER

The life of **St. Francis of Assissi** was depicted in a short skit on the occasion of his feast. **Dussehra** was celebrated with its theme of good over evil.

NOVEMBER

A meaningful assembly was conducted to commemorate International **Day of Violence Against Women**. The students gave a powerful message of empowering women, not just for the day but every day. Prayers and short articles laid emphasis on the strength women possess. The special assembly on Constitution Day saw the students presenting a skit to make people aware of their fundamental rights given to them through the Constitution. The first **Advent Assembly on Hope** marked the beginning of the Advent Season, a time of preparation for the birth of Lord Jesus.

DECEMBER

A special assembly was held on **Founder's Day** where we prayed that our schools may continue to fulfil the vision and mission of our founder father Bishop Fortunatus Henri Caumont. The students were informed of his work in Rajputana and his immense love for the poor and downtrodden. **Advent Assemblies on Peace, Joy and Love** were also held, each assembly focusing on the virtue pertaining to the day.

JANUARY

Highlighting the need for **New Year** resolutions the students presented a meaningful assembly exhorting all to take advantage of the opportunity given to us to grow and to improve ourselves. **National Youth Day** was commemorated as students elaborated the teachings of Swami Vivekanand and gave tips on how the youth could shape our country. A fun filled assembly was conducted on the double occasion of **Lohri** and **Makar Sankranti**. A meaningful Assembly was conducted on **Parakram Divas**, highlighting the contribution of Netaji in our freedom struggle. The celebration of **Martyrs Day** paid tribute not only to the Father of the Nation but also to all the martyrs who have laid down their lives for our country.

HELPING HANDS

AUGUST

The students of Class VIII were given an opportunity to visit a Government School on the occasion of Independence Day. Interaction with the **underprivileged children** made a

better bond of understanding and sensitivity between both the groups. A small cultural programme was put up by our students and awareness regarding health and hygiene was also created through discussions and verbal communication.

To share and add a little patriotic fervour, joy and happiness to the lives of **prisoners**, students prepared and presented a small cultural programme on the occasion of Independence Day for them. The inmates too joined in by singing various patriotic songs.

Our NCC cadets, with Sr. Divya, the Primary In Charge and a few teachers reached out to flood victims on Mal Road, Kota. They distributed ration packets to families in need.

SEPTEMBER

Under the guidance of the Principal, Rev. Sr. Leena and Primary In Charge Sr. Divya, a group of Teachers and NCC cadets visited one of the **Government Schools** of Ummed Ganj, Kota. They interacted with the students, discussing health and hygiene, good values and good habits. In order to motivate and encourage them stationery items were distributed.

The Principal, Teachers and students visited an **old age home** at Ranpur. It was a life changing, emotional experience – a unique opportunity to share love, care and warmth with the elderly.

REPUBLIC DAY



HELPING HANDS

OCTOBER

A short meaningful programme with prayers and awareness related talks on hygiene, education, girl safety etc. was organized for a group of **ragpickers and marginalized** sections of society under the able guidance of the Sophian Management. Items of daily requirements were distributed to all thus bringing the joy of Diwali into their lives.

The Kg Section Teachers, and students, along with the Management organized a meeting with some **underprivileged children**. Some games and other activities were conducted for them which they enjoyed. They were given gift packets, filled with useful things thus giving them relief during hard times in the festive season.

An initiative was taken to visit a **Rehabilitation Centre for Women Prisoners**. The students through their prayers, songs and dances spread the happiness of Diwali among the inmates. Ma'am Kavita advised the women prisoners about looking at the brighter side of life.

DECEMBER

The Management, teachers and students visited the **Ummed Ganesh Government School** and the **Mother Teresa Home** to spread the warmth and love of Christmas and to encourage the spirit of giving among students. The gesture was well received by both the organisations.

The **auto rickshaw drivers** and people from the **marginalised sections** of society were regaled with a short Christmas programme. Rations and other useful articles were distributed.

A visit to the **Central Prison of Kota** by the Management, Staff and some students was organized to spread the cheer of Christmas. A short Christmas programme gave the prisoners the Christmas message.

The students of the **Balwadi** (marginalized students of the neighbourhood taught by our students) were entertained with a small Christmas programme. They were given refreshments and a token of love.

LET'S GO CLUBBING

In accordance with CBSE norms, Sophia once again organized the formation of Clubs.

The inaugural Ceremony took place on 8th August. Each club read out its motto and vision for the year. Vows were taken to sincerely follow their vision and to achieve their goal for the betterment of the students, school and society at large.

The following Clubs were formed:

- | | |
|------------------------|-------------------|
| 1. Social Welfare Club | 7. Art Club |
| 2. Language Club | 8. Knowledge Club |
| 3. Health Club | 9. Music Club |
| 4. Human Rights Club | 10. Sports Club |
| 5. Yoga Club | 11. Youth Club |
| 6. Eco Club | |

During the year each Club conducted a host of activities involving the maximum number of students.

SOCIAL WELFARE CLUB

THE Club began its activities by focusing on teaching the weaker students of each class on a regular basis. This was then extended to teaching the marginalized children from the areas surrounding the school. The Club took upon itself the responsibility to reach out to various sections of society by visiting government schools, the prison, underprivileged children, old age home, autorickshaw drivers etc.

LANGUAGE CLUB

Language activities were planned for the year. A number of students expressed their desire to learn French and Spanish. The Club assigned Sanskrit 'shlokas' to Classes VI to VIII and French words to Classes IX to XII to enhance their knowledge. Pamphlets with the French Alphabet were pinned to the Class Boards. Students practiced many other dialects and their fluency was showcased in the use of phrases and sentences of different languages in the Diwali celebration.

HEALTH CLUB

The Club prepared Health Kits for every outreach programme to be distributed to the under privileged. Each time there was an outreach programme the kits were given out and a representation of the Club was always there to present awareness on basic health care.

REPUBLIC DAY



YOGA CLUB

The members introduced 5 asanas bringing awareness about their benefits and importance in daily life. All the club members participated actively. The benefits and uses of various standing asanas were also introduced to the students. Asanas to manage stress and anxiety, to build up strength flexibility and confidence were also taught to the students. Throughout the year the asanas were practiced.

ECOLOGY CLUB

The first project the Club took up was to make Sophia a plastic-free, foil-free zone. Awareness on the issue was propagated by special assemblies and the efforts of the teachers to guide the students on the use of eco-friendly products. Children were encouraged to avoid the use of foil and plastic, especially in their lunch boxes. The Club also organized a rally on the occasion of Gandhi Jayanti and Shastri Jayanti. A Plantation Drive was also initiated resulting in a number of plants being planted around the campus. In November the Club members weeded out the school garden thus displaying the necessity of regular weeding to maintain a healthy garden.

ART CLUB

The first activity taken up by the club was creating things out of newspaper. Amazing creations like purse, pen holders, jewellery, baskets, wall clocks, photo frames etc. were some of the things created. The members were kept busy throughout the year doing backdrops and stage decorations for the various celebrations held throughout the year. The members of the club also took up one common activity – bottle decoration. The members rose to the challenge and a glorious 101 bottles were presented – truly works of art. The Art Club also prepared various innovative crafts involving the use of wool. These were later displayed.

KNOWLEDGE CLUB

Club members were encouraged to choose a topic of any subject and to make a model to gain knowledge through activity and experiential learning. They constructed beautiful Science models displaying volcanic eruption, satellites, terrace farming, desert eco system, acid rain, hydraulic lift, phases of the moon, solar energy, atmospheric layers etc.

MUSIC CLUB

The Music Club was busy throughout the year as they prepared hymns and songs for the Choir to present at various events of the year like Independence Day, Management Day, Diwali Celebration, Children's Day, Christmas, Republic Day, the Class XII Farewell etc. the Choir learnt many new songs and hymns.

SPORTS CLUB

THE Club was involved in making all the necessary preparations for the District and State Tournaments and the CBSE Clusters. A look at the Sports section is proof of how hard this Club has worked. They were also deeply involved in the organisation of the Sports Day.

FAREWELL LATOOR BHAIYA

The school bid Farewell to one of its oldest and most beloved members of the D Staff, Latoor Bhaiyaji, who completed 36 years of service in our institution. A grand Retirement Function was held in his honour wherein prayers were offered in gratitude for the years he spent working in this institution, for his family and for his well-being in the years ahead. Songs, graceful dance performances, a skit and speeches of gratitude and appreciation were a part of the programme. Tokens of gratitude were presented to him by the Management, and the Staff for his dedication and hard work. A grand lunch wound up the occasion. He was reached to his home by the Sisters Teachers and Co-workers. We pray that this new chapter in his life is filled with ease and comfort and all of God's blessings.

TEACHERS TRAINING.

17 teachers of the school were part of a CBSE seminar on **Financial Literacy and Digital Awareness** held in Lawrence and Mayo Public School. The Resource person was Mr. Akshat Gupta, an eminent financial advisor and CS. Topics like Retirement Saving Plans, SIP, STP, Equity etc. were discussed. Safety against Digital Fraud was also touched upon.

A Capacity Building Programme for '**Happy Classrooms**' was organized by CBSE, in Bakshi Springdale's School. The Resource Persons were Mr. Prince V Thomas and

Mrs. Anjana Handoo. The takeaway point was that 'A happy teacher makes a happy classroom'. It was an informative, interactive session.

A CBSE workshop on '**Learning Outcomes and Pedagogies**' was organized in St. Paul's School, Vallabhagar. Mr. Nischal Gupta and Mrs. Sampa Das were the Resource Persons. The aim of the workshop was to explain the major difference between learning outcomes and learning objectives. Bloom's Taxonomy with its objectives and outcomes was discussed.

SAMAJ SANSAD KI

The students gave their intellectual best in the '**Samaj Sansad Ki**' exam. Conducted by the Central Government of India it aims at bringing the Parliament of India closer to the lives of the students. The exam was based on the knowledge of the Constitution of India. 11 students have cleared the second round.

NATIONAL FIRE SERVICE WEEK

Every year 14th of April is observed as 'Martyrs' Day to pay tribute to the firemen who have died from 14th April, 1944 (in the Bombay Dock Fire) till today while doing rescue operations. In our school, Fire Personnel from the Southern Wing conducted a mock drill on the safety measures to be adopted to prevent fire mishaps. The students were made aware of all the tactics required for firefighting. Students showed keen interest in assimilating the information and training given to them.

HEALTH CAMPS

The Health Authorities of Kota organized a vaccination camp for students between the age groups of 12 to 14.

A Dental Hygiene Check up Camp was organized for the students, which was headed by Dr. Shweta Singhvi who updated the students of Classes IX & X about the importance of oral hygiene and care.

REPUBLIC DAY



Stepping Out

12thies.....it feels surreal right? It feels surreal to be here today!!! Ohh!! How as soon as we entered our school gate today we were instantly reminded of the very first day we entered this school.....this school which became our home!!!

A very good morning to everyone present here!!!!!!

Sophia has never been just a school for us, neither just a name. It has been our life for as many years as each one of us has spent here. This school..... that we proudly call our "second home" has given us some unforgettable and happiest days of our growing up. It has given us a name.....a name, which whenever we hear it, gives us immense joy and fills us with pride....."THE SOPHIANS".....

which we are proud to be. All of us have created a lifetime of memories here and leaving all of this behind seems painful....well surely it is going to be painful !!!

The world out there is cruel, and, it might not accept us the way "OUR SOPHIA" did. It might not love us the way "OUR SOPHIA" did.

But we promise.....dear Sophia....we promise to be the best versions of ourselves as soon as we step out. The values you instilled in us will stay with us forever. From red frocks and red socks with two cute little pigtails to being here in sarees. From being cute, pure, innocent li'l toddlers to becoming bold, compassionate, loving, kind young women; we owe every bit of us to this school and will try our very best to carry forward the legacy of this name wherever we go!!!!!!

As we draw close to the end of a chapter in our life, we have tears in our eyes while we have to say goodbye to Sophia.

And thanks to you dear Sisters, for your guidance, support and mentorship! As we are about to step out in the real world, we feel more confident and encouraged. Thank you for your remarkable managerial abilities, keen efforts and for bringing out the best in us!! We will forever be grateful to you for your kind words and precious teachings!! Thank you!!

My dear teachers.....

The ones who are here with us today and the ones who have left.....Thank You.....

For loving us the way you all do!!
For your patience day to day, for every tear that you wiped away.
For your consoling tender heart, and all the wisdom you impart!!
We are forever grateful to you all, as you have been there for us through thick and thin. It's you all that have worked the hardest.....to give us the best of you and to bring out the best in us!!!
We love you all..... please remember that!!

Our respected helping staff. This journey of ours would never have been completed if it hadn't been for you all.

आप सभी ने सदैव अपने हर काम को धैर्य, कुशलता और जिम्मेदारी के साथ पूरा किया है। पढ़ाई के पीछे रहते हुए भी आपके काम की चमक और आप लोगों के होने का एहसास हमें सदैव था। Morning assembly से लेकर school के हर Function तक, classroom से लेकर playground तक, बिन कहे आप सभी ने अपने कामों को हमेशा बखूबी निभाया है। आप लोगों के बिना ये school हमारे लिए कभी Sophia शायद बन ही नहीं पाता। हमारे इस सफर में हमारे साथ होने के लिए, हमारा साथ देने के लिए, आप सभी का तहे दिल से शुक्रिया।

Hello Twelthies..... So, officially the day is here when we need to bid goodbye to each other and to Sophia as well. Everything that starts has an end!!!
Remember the days when we all used to get so annoyed with our assignments and used to say...." When will this school end???" Strange, that day is today!!!!
Clueless all of us are..... how we will manage not meeting daily. Not having our lunches together, that fun of classes and getting scolded by the teachers.
Right now it is hurting us all so much because our souls are connected to each other. The feeling of missing you all so so so much, cannot be expressed in mere words. Along with our other stuff, we need to pack all the fun filled moments that will remind us all of us being together. I just want to say that, " I know we'll be friends for life, sharing our dreams together. As we are all set to walk down the roads, we'll never think twice, these memories are made forever. And though we are off to different worlds and different journeys, somehow we are together because deep within our hearts.....these memories are made forever!!!"

May all of us find maps of the treasures we are seeking. May the new land welcome us and comfort our souls. Will miss you!! And love you!!

Respected Sister Leena, Ma'am Sabrina, Ma'am Preeti, Ma'am Candilda and my dear dear juniors, Class 11th, we all are so indebted to you all for organizing such an amazing function. Thank you from the bottom of our hearts.

Sir Francis, we all know, the invitations without you would never have been completed. So, thank you!!!!

11thies.....i know it has been tough, but you all did an amazing job!! Your hard work paid off!! We thoroughly enjoyed it. So give yourself a pat on your back, and be happy and relaxed!!

Vice head girl, well done!! I'm so proud of you!!!

Now feeling nostalgic about the days spent here, we thank everyone out there for making this place just so amazing and reliable. It is the unity, harmony and understanding of the people that are associated with this institution that shines out. We are glad and thankful for each day and moment we have spent here!!

While we know, we will not be able to live this life again; we are never going to forget the days spent here. In the end, we would like to thank everyone once again and we are promising this to you, Sophia that we will always display the ethics, skills and proficiency we have learnt here in every future act of ours.

Let us just promise each other to grow as human beings and always keep the child in us alive, practice the values that we imbibed in this place, remember each good day and most importantly, cherish each other !!!

Sophia.....and until we meet again, may God hold you in the hollow of his hand.

Thank you!!!!!!

Shubhangi Sharma
Head Girl
XII Arts





For the Love of Art

The Rajasthan Lalit Kala Akademi , Jaipur organized a camp for Women Artists in Pushkar from 9th Sep. 2022 to 12th Sep. 2022. We are proud to announce that among the 15 artists who were chosen from the Hadoti Region was our very own Art Teacher, **Ms. Seema Sharma**. She displayed her painting of Brahma Ji in the modernistic art form. The painting showcased the face of Brahmaji, his 'hastmudra', ' kamandal', the lotus flower, the 'rudraksh mala'. She chose this because Pushkar is famous for having the only Brahma temple in the world and a visit to this temple brings about peace which enhances spiritual growth.



SPORTS ARENA

The keen interest and constant support of our Management has kept Sophia in the Sporting limelight. Take a look at all the accolades we achieved in the year 2022-2023.

INTERHOUSE GAMES

Volleyball
Basketball
Badminton Sr.
Badminton Jr.
Table Tennis Sr.
Table Tennis Jr.

BEST HOUSE OF THE YEAR

WINNER OF THE MARCHPAST

WINNERS

Red House
Green House
Blue House
Red House
Red House
Blue House

GREEN HOUSE

BLUE HOUSE

AT THE DISTRICTS

GAMES

Volleyball (Under 14)
 Volleyball (Under 17)
 Volleyball (Under 19)
 Basketball (Under 14)
 Basketball (Under 17)
 Basketball (Under 19)
 Badminton (Under 17)
 Badminton (Under 14)
 Throw Ball (Under 19)
 Lawn Tennis (Under 14)
 Chess (Under 17)
 Swimming (Under 17)
 Swimming (Under 19)
 Athletics (Under 14)

POSITION

1st
 1st
 1st
 1st
 1st
 1st
 3rd
 2nd
 1st
 1st
 1st
 2 Gold Medals
 3 Gold Medals
 1 Silver medal

AT THE STATES

Volleyball (Under 14)
 Volleyball (Under 17)
 Volleyball (Under 19)
 Basketball (Under 14)
 Basketball (Under 17)
 Basketball (Under 19)
 Badminton (Under 14)
 Badminton (Under 17)
 Badminton (Under 14)
 Throw Ball (Under 19)
 Speed Ball (Under 17)
 Lawn Tennis (Under 14)
 Table Tennis (Under 14)
 Chess (Under 17)
 Chess (Under 19)
 Swimming (Under 17)
 Swimming (Under 19)
 Athletics (Under 14)

7
 5
 4
 5
 5
 5
 2
 1
 1
 6
 1
 2
 1
 1
 1
 1
 1

STATE POSITION

GAMES

Badminton (Under 19)
Badminton (Under 14)
Table Tennis (Under 14)
Basketball (Under 17)

POSITION

2nd
4th
2nd
4th

DISCLAIMER: THOUGH EVERY EFFORT HAS BEEN MADE TO ENSURE THE ORIGINALITY OF THE ARTICLES, IN CASE OF DOUBT THE SCHOOL SHALL NOT BE RESPONSIBLE. THE CANDIDATE SUBMITTING THE ARTICLE /POEM IS SOLELY RESPONSIBLE.

संभल जा मानव

आज की दुनिया में मानव
भूल गया है जीने का अंदाज
न कोई रीति, न कोई रिवाज
न कोई कश्ती, न कोई मझधार
न कोई वजूद, न कोई अहसास
भूल गया है मानवता की,
क्या है दरकार ?

हे, मानव ! अब संभल जा
नहीं हुआ अभी इंसाफ
जोड़कर सारे बंधनों को
बन जा तू अशफाक
अंधकार को करके दूर
कर दे सब ओर प्रकाश
जिंदगी बड़ी अनमोल है
यूँ न कर इसे बरबाद ।

एलिना शोलोमन VIII - A

कुछ अंत अच्छे होते हैं।

क्या आप जानते हैं अति-आत्मविश्वास क्या होता है ? यह शब्द सुनने में बड़ा अच्छा लगता है, लेकिन हमें बहुत पीछे ले जाता है। हमारे भीतर आत्मविश्वास तो होना चाहिए पर अति-आत्मविश्वास से दूर रहना चाहिये।

आत्मविश्वास और अति आत्मविश्वास के बीच एक बहुत ही महीन रेखा है। जब आप सोचते हैं तो इसे आत्मविश्वास कहते हैं लेकिन जब आपको लगता है कि आप ही किसी काम को अच्छा कर सकते हैं तो यह अति आत्मविश्वास हो जाता है।

अति आत्मविश्वास से गलत निर्णय और अंत में विफलता ही हाथ लगती है। अति आत्मविश्वास एक नकारात्मक गुण है इससे व्यक्ति के मन में घमंड आ जाता है और वह विश्वास की अति कर देता है। अति आत्मविश्वास वाला व्यक्ति अपनी गलतियों को कभी स्वीकार नहीं करता है।

ऐसा कहते हैं, हमें अपनी कामयाबी से ज्यादा अपनी कमियों को याद रखना चाहिए ताकि जब सफलता मिले तो हमारे पाँव जमीन पर ही टिके रहें। उम्मीद की बूँदें हमें एक अच्छी जिंदगी देती हैं। लेकिन अति आत्मविश्वास से हमारे अच्छे काम भी बूँद-बूँद करके समाप्त हो जाते हैं। अति आत्मविश्वास से कई बार हमारे हाथ में आई हुई चीजें भी छिन जाती हैं। अतः हमें आत्मविश्वास रखना चाहिए अति-आत्मविश्वास नहीं।

निकिता मंघलानी

IX - A

मेश बचपन

वो बचपन याद आता है....
जब खिलौने टूट जाने पर,
घंटो आँसू बहाते थे।
स्कूल न जाने के हजारों,
बहाने बनाते थे।
पूरे परिवार के चहेते,
बन जाया करते थे।

वो बचपन याद आता है...
जब छोटी - छोटी बातों पर
लड़ जाते थे,
और घर आकर माँ से डाँट खाते थे।
जब चॉकलेट के लिए ज़िद करते थे।
और न मिलने पर उदास होते थे।
स्कूल का काम न करते और,
फट से खेलने चले जाते थे।

वो बचपन याद आता है....
जब क्लासरूम में गाने गाते थे,
और दोस्तों के साथ मजे उड़ाते थे।
जब तपती धूप नहीं लगती थी,
और कड़कडाती ठंड का होश नहीं था।
जब किसी चीज़ की फिक्र नहीं,
ना पढ़ाई की टेंशन होती थी।

काश ! मैं फिरसे छोटी हो जाऊँ,
उस उम्र को फिरसे जी पाऊँ
वो पल अब भी याद आता है।
वो बचपन याद आता है।

गृहिका खंडेलवाल

‘छूने को आसमान में’

निकला था जानने के लिए, उसके बचपन के हालात में,
कह रही थी दुनिया

कहाँ खुली घूम रही है यह, इस जहान में
तो उसने बोला निकली हूँ, छूने के लिये आसमान में

बाप ने पूछा-क्या पढ़ेगी और क्या लिखेगी,
लड़की है कुछ नहीं करेगी
माँ ने बोला पढ़के-लिखके आई. ए. एस. बनेगी

भाई ने कहा क्या करती हो पढ़ाओ - पढ़ाओ,
सजा - धजा के विदाई कराओ
बहना कहती है क्यों कहते हो विदाई कराओ! बल्कि
यू. पी. एस. सी. की तैयारी कराओ।

रिश्तेदार भी बोले शहरो में घूमेगी, तो हो जाएगा हादसा,
इसका जवाब था परिश्रम से खुलेगा, हर मुश्किल रास्ता

पड़ोसी बोले इस उमर में हर बच्ची, करती है घर का काम।
तुम कहते हो तो कहते रहो, पर मेरी लड़की नहीं है आम

लड़ झगड़ के बहुत बार, तीनों निकली घर के बाहर
बदलनी थी उनको अपनी किस्मत, नहीं मानने वाली थी वो हार

बाहर की दुनिया में था घोर अँधेरा।
कई प्राणी नहीं करने दे रहे थे, उनको सुखी बसेरा

नहीं मुड़ना है उनको, यह बात उन्होंने थी ठानी,
याद दिलानी थी सबको, उनकी उनकी नानी
लिखनी थी उनको, खुशियों के पन्नों पर एक नयी कहानी

बिटिया ने की मेहनत बहुत ज्यादा
जीतने के लिए वह भूल गई हर मर्यादा
साबित करना है खुदको, जो उसने लिया था वादा।

तीनों मेहनत रंग लाई
बच्ची वो टॉप कर आई
पड़ोसी-रिश्तेदार दे रहे थे बधाई

झूम रहे थे हँसी खुशी में
दुख की किसी को न थी परवाह
मिठाई लेकर माफी माँगने आए थे
दर पर पापा और भैया।

दूसरों के लिए छोड़ रही थी, पैरों के निशान वह।
कह रही थी, बनी हूँ छूने के लिए आसमान में
कह रही थी बनी हूँ, छूने के लिए आसमान में।

आयेशा जमीर
XII - Arts

भ्रष्टाचार मुक्त भारत

“जहाँ डाल डाल पर सोने की चिड़िया करती है बसेरा वह भारत देश है मेरा
जहाँ सत्य अहिंसा और धर्म का पग-पग लगता डेरा वह भारत देश है मेरा।”

भारत विश्व गुरु है। भारत प्राचीन काल से ही एक स्वतंत्र कर्तव्य निष्ठ और धार्मिकता या आध्यात्मिकता का गढ़ रहा है। हमारे सभी स्वतंत्रता सेनानियों के मन में कहीं ना कहीं भावी पीढ़ियों से अपेक्षाएँ थी, अभिलाषाएँ थी, कि भारत देश जगत का पहला अपराध, भ्रष्टाचार व निरक्षर मुक्तराष्ट्र हो। भारत एक ऐसा देश जहाँ स्वयं देवताओं ने जन्म लिया है, परंतु आज हमारा देश बुराई से ग्रसित हो रहा है। सबसे बड़ा रोग है भ्रष्टाचार जो हमारे देश की जड़ों को खोखला कर रहा है। आज के युग में वसुदेव कुटुंबकम का स्थान स्वार्थ लेता जा रहा है। हर व्यक्ति भाग रहा है किसी के पास समय नहीं, सब अपना काम निकालना चाहते हैं ऐन केन प्रकारेण सब शॉर्टकट अपनाना चाहते हैं।

आज हमारी राजनीति भ्रष्टाचार का गढ़ है। आज एक मंत्री बनने के लिए जिस शैक्षणिक योग्यता की आवश्यकता है उस पर कोई खरा नहीं उतरता। आज कई राजनेता तो अनपढ़ ही हैं परंतु भ्रष्टाचार के दम पर आधार संहिता की हँसी उड़ाते प्रतीत होते हैं। आज हर क्षेत्र में भ्रष्टाचार व्याप्त है यहाँ तक कि हमारे परिवारों में बड़े बच्चों को चॉकलेट आइसक्रीम इत्यादि का लालच देकर अपना कार्य करवाते हैं यहाँ से भ्रष्टाचार का प्रारंभ हो जाता है। बच्चे बड़ों को देखते हैं कि किस प्रकार पैसे देकर अपना काम करवाते हैं। यानी कि संक्षेप में यह कहा जाए कि आज संपूर्ण देश भ्रष्टाचार से ग्रसित है।

मेरा सपना है कि मेरा देश पूर्णतया भ्रष्टाचार मुक्तदेश बने। प्राचीन काल का विश्व गुरु पुनः अपने सम्मान को प्राप्त करें। हम सब ने गलत रास्ता अपना लिया है उसे छोड़ सत मार्ग पर चलें। कहते भी हैं कि सच्चाई और ईमानदारी देर से ही सही पर जीतते भी वही हैं।

गलत मार्ग से किया गया कार्य बस क्षणिक सफलता देता है। प्रत्येक मनुष्य की आत्मा में परमात्मा का निवास होता है जब भी कोई मानव गलत कार्य करता है तो उसे पश्चाताप अवश्य होता है। हालांकि हममें से हर व्यक्ति भ्रष्टाचार मुक्तभारत चाहता है लेकिन कोई भी इसको खत्म करने के लिए प्रयास नहीं करता। हम इसे कम करने की बजाय बढ़ा रहे हैं। भ्रष्टाचार से भारत को मुक्त करने के लिए हमें एकजुट हो प्रयास करना चाहिए इसके लिए आवश्यक है कि हर व्यक्ति शिक्षित हो जिससे कि वह अपने अधिकारों और कर्तव्यों को समझ सके। अपने अधिकार को पाने के लिए उसे भ्रष्टाचार का रास्ता ना अपनाना पड़े। ऐसे कानून बनाए जाएँ कि भ्रष्टाचार करने वाले को कठोर दंड दिया जाए जिससे दूसरों को सबक मिले।

हमारे युवा वर्ग को इस भ्रष्टाचार को खत्म करने के लिए सही व्यक्ति का चुनाव करना चाहिए ताकि राजनीतिक भ्रष्टाचार खत्म हो सके। लोगों को सही मार्ग अपनाकर कार्य करना चाहिए। अगर कोई अपने पद का दुरुपयोग कर रिश्तत माँगे तो टेक्नोलॉजी का सहारा ले उसका पर्दाफाश कर उसे दंड दिलाना चाहिए। लोगों में विश्वसनीयता और कार्य की पारदर्शिता होनी चाहिए जिससे हमारा देश भ्रष्टाचार से मुक्त हो सके।

हम संविधान के नियमानुसार कार्य करें अर्थात् कानून का पालन कर कार्य करें। बस भ्रष्टाचार मुक्त भारत के लिए हम सबको केवल बातें ही नहीं करनी चाहिए अपितु उसे खत्म करने का प्रयास भी करना चाहिए तभी हमारा स्वर्णिम देश भ्रष्टाचार मुक्त भारत बनेगा।

हर्षिता शर्मा
X - B

आई जीतने की बारी

औरत, महिला, नारी
कहने को तो सब पर भारी,
परंतु सहनशीलता बड़ी बीमारी।

सह सह कर थक गई है नारी,
कहीं कोने में पड़ी बेचारी।
सह-सह कर तो हमेशा ही हारी,
अब आई उठने की बारी,
अब आई जीतने की बारी ॥

सब किया परिवार पर कुर्बान,
परिवार में बसती उसकी जान।
परिवार से ही है उसकी शान,
लेकिन ढूँढने चली वह अब अपनी पहचान,
अबला से सबला की थाम ॥
क्योंकि अब आई जीतने की बारी।

दृष्टि विजय
X - B

उज्ज्वल भविष्य की कुंजी

उज्ज्वल भविष्य एवं सफलता रूपी ताले की एकमात्र चाबी है - शिक्षा। मेरा मानना है कि प्राणवायु मनुष्य के लिए जितनी आवश्यक है उतनी ही शिक्षा भी। बिना शिक्षा के जीवन बिना नींव की इमारत के समान होता है। मनुष्य के जीवन को उज्ज्वल, सफल एवं खुशहाल बनाने में शिक्षा अत्यंत महत्वपूर्ण भूमिका निभाती है। शिक्षा हमें कठिन चुनौतियों का सामना करने का साहस प्रदान करती है एवं रूढ़ीवादी परंपराओं को त्यागकर वैज्ञानिक दृष्टिकोण अपनाने के लिए प्रेरित करती है। मनुष्य के मस्तिष्क के विकास एवं उसके जीवन को बेहतर बनाने के लिए भी शिक्षा अत्यधिक महत्वपूर्ण है। शिक्षित व्यक्ति राष्ट्र एवं समाज के लिए वरदान के समान होता है। राष्ट्र निर्माण एवं समाज के कल्याण हेतु शिक्षित नागरिकों का होना अति आवश्यक है। जिस राष्ट्र के लोग शिक्षित होते हैं, वह राष्ट्र समृद्ध एवं उस राष्ट्र के लोगों का जीवन सफल हो जाता है। अतः शिक्षा ही मनुष्य का सर्वश्रेष्ठ धन है।

उन्नति शर्मा

IX - A

डिजिटल इंडिया - भारत को रूपांतरित करने का स्वप्न

भारत को समृद्धशील बनाने हेतु डिजिटल भारत शुरू हुआ अभियान,
1 जुलाई 2015 को डिजिटल प्रोग्राम के आगमन से हमें हुआ अभिमान।

उद्देश्य रहा विज्ञान और प्राद्योगिकी क्षेत्र में नए कीर्तिमान गढ़ना,
देश को सशक्त करने के उद्देश्य से आगे बढ़ना।

समाज की प्रगति और व्यक्तिगत जीवन पर सकारात्मक प्रभाव रखना,
घर बैठे ही रेल-बस-वायुयान टिकट आरक्षित करना।

घर से ही समाधान हो जाते, हो जाते सारे बैंकिंग काम,
समय की बचत हो, सक्षम बनता हमारा देश महान।

इसका प्रतीक एक विशाल शेर, जिसके अनेक पहिए हैं,
पहिए हिम्मत, मजबूती, दृढ़ता और बुद्धिमत्ता इंगित करते हैं।

विदेशी निवेश को किया आकर्षित, बीमा, रक्षा, उत्पादन को प्रबल किया,
रोजगार अवसर में वृद्धि से सरकार को अनेकानेक शुक्रिया।

हिमानी शुप्ता

VI - A

अक्षरों का खेल

अक्षरों का खेल बड़ा निराला
कहानी, कविता, लेख
सब रच डाला।

अगर अच्छे हो तो
पेड़ की ठंडी छाया से
या मीठे मिष्ठान से।

अक्षरों और वाणी का भी
संबंध बड़ा पुराना और
खेल बड़ा सुहाना।

किन्तु छोटे, गुणहीन हो तो
चुभन वो करते काँटे सी
या देते कड़वाहट करेले सी।

संकटमय, भयंकर, हानिकारक
भी हो सकते हैं अभिशाप से
साथ ही
शोभनीय, खूबसूरत, सार्थक
भी हो सकते हैं दुआओं, आशीर्वाद से।

खिलाड़ी तू इस खेल का,
जल सा धीरज रहना तू
ताव में आकर न खोना
अपनी सूझबूझ

अन्यथा,
खंद करता रह जाएगा तू
क्योंकि
अक्षरों का खेल बड़ा निराला
कहानी, कविता, लेख
सब रच डाला।

वांशी शुप्ता
XI

समर्पण

कई सालों से देखता आ रहा था, मेरे मालिक हर वर्ष अपनी पत्नी को शादी की सालगिरह पर कुछ - न - कुछ तोहफा देते थे। हम आर्थिक रूप से इतने संपन्न नहीं थे कि व्यर्थ के खर्च कर सकें लेकिन इस बार मैंने सोचा, क्यों न मैं भी अपनी पत्नी को शादी की सालगिरह पर तोहफा दूँ। मेरी पत्नी घर-घर काम करती खाना पकाती और फिर घर आकर काम में लग जाती। वह खाना चूल्हे पर पकाती। वह थक जाती पर कभी कुछ ना कहती थी। मैंने उसे गैस का चूल्हा उपहार में देने की सोची और अब हर महीने थोड़े - थोड़े पैसे जुटाने लगा। मेरी पत्नी को भी मुझे शादी की सालगिरह पर तोहफा देने की सूझी। मैं रात को साइकिल से घर आता था। पत्नी ने सोचा रात को सड़ों में ठिठुर जाते हैं तो क्यों ना उनके लिए एक कोट खरीद लिया जाए। वह भी पैसे जमा करने में लग गई। हमारा एक बेटा है। जिसकी बचपन से लेकर शादी तक की जिम्मेदारी हमने ही उठाई थी। वह अपनी पत्नी और बच्चों के साथ रहता था और हम पति - पत्नी अकेले रहते थे। उसे खुश देखकर हम भी खुशी से रहते थे। वह अकसर अपने परिवार के साथ बड़ी-बड़ी होटल में खाना खाने जाता था। एक दिन बेटा हमारे घर आया। मैंने और पत्नी ने बड़ी उत्सुकता से उसे अपने-अपने उपहारा देने के बारे बताया। उसने कहा कि नौकरी चली जाने के कारण उसे अपने बच्चों को स्कूल से निकालना पड़ेगा क्योंकि फीस जमा करने के लिए पैसे नहीं थे। हमने उसे बच्चों को स्कूल से निकालने के लिए मना कर दिया और उपहार के लिए जमा करे हुए अपने-अपने पैसे उसे दे दिए। कुछ दिनों बाद उसे नौकरी वापस मिल गई। शादी की सालगिरह वाले दिन जहाँ मेरा बेटा अपने परिवार के साथ नौकरी मिलने की खुशी में जश्न मना रहा था वहीं मेरी पत्नी चूल्हे पर खाना बना रही थी और मैं बिना कोट के साइकिल से घर आ रहा था।

अर्पिता खाण्डल

IX A

महिला साक्षरता

तू जननी तू वसुंधरा तुझसे ही संसार है ।

मत घबराना आगे बढ़ना,

नारी जगत की सार है ।

कलम उठा इतिहास बना

शिक्षा तेरी पतवार है,

प्रथम गुरु तू हर बालक की

नारी ही खेवनहार है ।

रानी, लक्ष्मी, कल्पना चावला,

सुनीता, मेरीकॉम है

तेरी शिक्षा से जगमग भारत

परिवार की आधार है ।

आगे बढ़ना सदा ही पढ़ना

रूढ़िवाद से टकराना है,

तुम चलो अविचल, हे नारी

तुमसे ही यह जमाना है ।

शिक्षा तेरी ताकत है

अपनी ताकत को पहचान ले

नारी सदा तू आगे बढ़ना

हिम्मत से सब काम ले ।

जयतु नारी शक्ति

अनुशासन

अनुशासन का मतलब है, शासन का अनुसरण ।
इसी से होता है, हमारे जीवन का नवीनीकरण ।

लेकिन आज के इस युग में,
अनुशासन बन गया है दुश्शासन ।
चीरहरण करता है भरी सभा में,
चुप है सारा प्रशासन ।
क्या होगा इस देश का,
जहाँ मर गया है अनुशासन ।

भीष्मपितामह चले गए
और उनका अनुयायी डर गया ।
जो अनुशासन में लड़े देश की खातिर,
थे वो बापू अपने ।

क्या अधूरे रह जाएँगे,
सुभाष, पटेल के वह सपने ।
अरे देशवासियों अब तो उठो,
निद्रा से जाग जाओ ।
खुद नहीं समझ सके तो क्या,
नई पीढ़ी को तो सिखाओ ।
खाओ कसम कि आज का दिन,
नहीं है हम को भुलाना ।
नई पीढ़ी को अब,
अनुशासन का हर पाठ है पढ़ाना ।

अनुशासन

एक नहीं सी कली, धरती पर खिली,
लोग कहने लगे पराई है पराई।
जब तक कली ये डाली से लिपटी रही,
आँचल में मुँह छिपाकर दूध पीती रही,
फूलबनी धागे में पिरोई गई।
किसी के गले में हार बनते ही
टूट कर बिखर गई।
गाने सुनाए गए दहेज में क्या लाई है,
पैरों से रौंदी गई,

घर से निकाली गई।
कानून और समाज से माँगती रही न्याय,
अनसुनी कर उसकी बातें,
धज्जियाँ उड़ाई गई।
अंत में कर ली उसने आत्महत्या,
दुनिया से मुँह मोड़ लिया,
वह थी,
एक गरीब माँ - बाप की बेटी।

अनुष्का गजनानी 9 IX C