

The QUEST Newsletter

Montfort Senior Secondary School, Roorkee



• Excellence • Achievement • Love • Happiness

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Principal's Message

In the month of July 2015, we published our last School Magazine, 'The Quest', which was very much appreciated by the students, staff, parents and all the well wishers. I received a number of messages from the readers, appreciating its cover page, presentation, content, photos, etc. I appreciate and thank all of them for the positive encouragement and words of appreciation.

In order to familiarize you with the latest scholastic and non scholastic activities carried out in the school for the overall development of our students and also for a healthy change we have decided to bring out two News Letters during the course of the academic year. These News Letters also aim to develop a community of creative ideas and practices in and for school education.

A number of our students and teachers are involved in the creation/ preparation of this News Letter. I thank them sincerely for their total commitment and hard work.

Apart from helping and guiding our students to discover their potentialities, make them grow as disciplined adults who can make their own choices/ decisions and to manage themselves, we are also striving hard to instill in them sound values and to help them to become wiser persons.

It is said that intelligence is something we are born with. On the other hand, wisdom is something that is acquired over a lifetime. Many search for ways to become wise but only a few feel that they have really achieved it. Those who have achieved it really live a full life with all success and happiness.

In order to acquire wisdom, it is necessary that they have spiritual knowledge, factual knowledge, excellent judgement, excellent problem solving skills, ability to learn from past experiences, ability to recover from defeat, openness and maturity and a deeper understanding of human nature. In order to help them to become wiser we organize activities along with the scholastic programmes to make them social, to make themselves more open minded, to accept their mistakes, to help them to experience new things, to create self awareness in them and to know what goes on around them. The idea of organizing activities for 'Green India', 'Clean India', 'Knit India', 'Literate India' and 'Heal India' are also to help them to become wiser. They are not only asked to do some activities but also to speak and write about such activities.

I am sure this News letter will be a medium to express their views and make them really transformational leaders.

Bro. Jose Thottiyil
Principal



Editorial

Dear Readers,

In today's fast paced life, we see a change in the technology, our society, political landscape even the

way people work is also changing.

Change is essential to our evolution as a civilization. It is necessary for our survival. Without change, there can be no growth. Without change, there would be no progress. Without change, there can be no improvement. Therefore, one must embrace the change. The person who can adapt to change and use it to his/her advantage will have a huge competitive edge. Adaptability is all about recovering from the anxiety and adversity that change initially brings and then having the flexibility to move ahead vigorously. Ancient philosopher Lao-Tzu said- "Softness triumphs over hardness. What is more malleable is always

superior over that which is immovable. This is the principle of controlling things by going along with them, of mastery through adaption". We must go with the change rather than going against it. Rigidly adhering to the traditions and outdated ways of doing things will not result in progress.

We can learn from water in this context. The nature of water is to flow. It goes with the current. It doesn't resist. It does not hesitate before it yields. But it is also one of the most powerful forces on the earth.

Keeping the need for the change, Montfort School, under the able guidance of Principal Bro. Jose Thottiyil, introduces Newsletter-'The Quest' this year to cover the latest, ensuring more participation and involvement of the students. We, the Editorial team, feels immense pleasure in bringing out the first edition of this bi-annual Newsletter and wish you all a wonderful journey through the various school events and activities of Term - I as you leaf through the pages of this Newsletter.

Mrs. Deepali Bhatia



Editorial

"Alone we can do so little; together we can do so much"

---Helen Keller

'The Quest' is not just a newsletter, but I will say, a dish made with the ingredients of imagination, creativity, skill, hard work, patience and determination. All these ingredients have been taken from the Montfortian kitchen. In other words, I mean, from you dear reader.

Every little article and every single wish and regards of all teachers and students has made possible the making of this newsletter.

Every contribution of the students has not only beautified this newsletter, but it has also brought recognition to the art and talent of my fellow companions. But the miracle is this- the more you share, the more you have. So my friends, who are afraid of opening up, please come out of that mole hole and express yourself, because expressions does not help the world to know you, instead it helps you to discover the 'you' hiding deep inside.

Well I can only say don't lose yourself to your fear. Fear is meant to be overtaken, not to be surrendered to.

We will always be grateful to all those who have helped us to shape this amazing treasure of memories and shared moments and will always welcome new ideas and imagination because after all there is no limit to them.

Nikita Suryawanshi
X-D

INITIATIVES

Taking A Step Further

SCHOOL COUNSELING

School counsellors provide appropriate psychological services to the students that address educational, social, emotional and behavioral needs, either individually or in groups. They have a range of skills that enable them to assist students, parents and teachers with issues that can affect the student's educational progress and adjustments. Mr. Deepu Thomas, also the co-ordinator for classes IX and X, counsels the students regarding their career. Mrs. Jyoti Tiwari is the wellness teacher involved in empowering the students to cope up with the daily struggles they face in their adolescent development.

ACTIVITY PERIODS

From this year, our school has decided to have one extra period in a week, namely, an activity period to promote the interest of students in different fields, along with studies.

The class is divided into different clubs like Computer club, Sports club, Eco club, Dance club, Music club,



Drama Club, Arts and Craft club etc. Students can choose any club of their choice and in the activity period, teachers of the respective clubs carry out activities related to the subject. This has allowed all the students to perform tasks of their preference. This has given the students a chance to enhance their co-scholastic skills.

COMPUTER CABINS & COMPUTER LABORATORY

In today's time, internet has brought the whole world closer. It is the need of the day to be updated with the latest information. Keeping this in mind, our Principal Bro. Jose took a leap ahead and installed the computer cabins on each floor.

The computer and the wi-fi connection provides a good medium to the teachers to update their knowledge with the current happenings and information from around the world.

SKATING RINK

Keeping the holistic growth of children in mind and acknowledging the importance of physical activities in a student's life, the school has been trying its best to provide infrastructure and facilities for as many activities as possible.

Towards this end, a new skating rink cum activity ground has been prepared in the school campus.

The construction of the rink is completed and is already being made use of by the students.

MONTFORT MEMORIAL

This year, the Society of the Brothers of St. Gabriel is celebrating the tercentenary anniversary of the foundation of the society and of the death of St. Montfort. To commemorate the occasion, activities and celebrations are organized by the society throughout the world.

To mark the occasion, Montfort school, Roorkee has decided to erect a tower in the front garden in memory of St. Montfort. The cylindrical tower shall rise to a height of 30 feet, on top of which a 12 feet statue of St. Montfort is to be installed. The foundation stone has been laid and the construction work is in full swing. It is expected to be ready in time for the birth anniversary of St. Montfort on 31st January, 2016.

The tower will be a tribute to this great man who lived an exemplary life and set an example for thousands of young men and women who lay down their lives in the service of God.

RELIEF FUND-AN EFFORT TO HELP THE UNFORTUNATE ONES

It is rightly quoted by Robert Ingersoll that 'We rise by lifting others.'

For over two decades, Montfort School, Roorkee has been constantly playing its part by not only helping others achieve their dreams by imparting quality education, but also by endeavouring to reform the society and inculcating in their students a sense of responsibility and generosity.

Towards this objective, our school collected a total of Rs. 4,34,676 in the year 2014-2015, out of which Rs. 1,00,000 was disbursed towards Kashmir flood relief fund, Rs. 1,00,000 towards the bereaved family of bus driver late Shri. Satpal, Rs. 56,046 towards orphanage and a sum of Rs. 1,78,630 was given towards Nepal earthquake relief fund.

SEMINAR-CONTINUOUS COMPREHENSIVE EVALUATION

On 14th September, 2015, 89 teachers along with the Principal gathered in the A.V. room to attend the seminar on CCE. The Principal Bro. Jose introduced the resource persons Mrs. Punit Pasricha and Mr. Sabresh Kumar from Juana Technologies, New Delhi. A group of eight teachers from Cantonment Board school, Roorkee also attended the seminar. The purpose of the seminar was to help the teachers learn more about CCE with an emphasis on the co-scholastic skills. The resource person explained in detail the various tools to be used in the assessment of the co-scholastic areas of learning. The seminar was a great learning experience for the teachers.

BRIDGING THE GAP-SPECIAL PTM FOR CLASS XII

Montfort School, Roorkee, organized a special meeting with the parents of students of std. XII – C and XII–D on 17th October, 2015 and the parents of students of std. XII – A and XII – B on 31st October, 2015 regarding various matters pertaining to their wards.

The Principal Bro. Jose addressed the parents and spoke regarding enhancement of academics and attendance of their wards. He also remarked that parents should not only be fully supportive of their wards, but also be easily accessible to them as they are under tremendous pressure of the forthcoming Board examination. Senior Coordinator Mrs. Santana Fernandez spoke to the parents about the importance of Preliminary Boards. She also discussed about the assessment test conducted on their wards and elaborated to parents the utility of this test in assessing skills, abilities and interests of

students. She was explicit about the fact that parents should avoid imposing their wishes of subject or stream on their wards in higher education and suggested that students be allowed to choose and pursue courses of their interests.

Class Teachers also addressed the gathering. They spoke on academics and requirements of Board-Practical tasks and projects. The parents praised the school and appreciated the efforts made by school in several aspects of development of their ward. They suggested that the school should open the Humanities stream also.

INTRA SCHOOL ACTIVITIES

ORIENTATION

Orientation program – an official welcome to the new members of Montfort family, was organized on 4th April, 2015. The event began with the prayer by the teachers of kindergarten and class I. The parents were briefed about the history, mission and vision of Montfort school by the Principal Bro. Jose. Brother also stressed about the importance of nine intelligences in the children and the importance of developing these in a child's life.

MONITOR'S SEMINAR-TRANSFORMING LEADERS

"It is not by turning over liberties but by repeatedly pursuing and intently contemplating a few great models, that the mind is best disciplined."

In order to maintain the good discipline and healthy atmosphere in the school premises, two monitors from each class were chosen and a seminar was conducted to instruct them about the rules & regulations. They all attended the seminar in which the teachers in charge cleared their doubts to help them to be good and friendly leaders while maintaining discipline in the class.

INVESTITURE CEREMONY

"When you become a leader, success is all about growing others" - Jack Welch.

Montfort school aims at the holistic development of the children and nurtures in them the ability to be the future leaders of the world. Keeping this in mind the School organized the Investiture Ceremony for the junior section on 22nd April, 2015 and for the senior section on 7th May, 2015.

Bro. Jose honored the cabinet members with the badges. The cabinet was then administered the oath and they all pledged to adhere to the values and principles upheld by the school.

Junior Cabinet

Hasan (Head Boy)

Nayan Shankar
(Asstt. Head Boy)

Niharika (Head Girl)

Bhavika Gupta
(Asstt. Head Girl)
and Prefects.



Senior Cabinet

Akshay Kumar (Head Boy)

Rishabh Jain
(Asstt. Head Boy)

Saniya Goel (Head Girl)

Shreya Gulati
(Asstt. Head Girl)

Vatsal Arora (Sports Captain)

Samarth Singh
(Asstt. Sports Captain)

Manvi Garg (Sports Captain)

Gayatri Singh
(Asstt. Sports Captain)

Bhabha House Leaders

Apoorv Bhardwaj

Rishika Tiwari

Gandhi House Leaders

Prakhar Saini

Ishita Singh

Tagore House Leaders

Sarthak Taneja

Pavleen Kaur

Teresa House Leaders

Roopal Mundepi

and Prefects.



FEAST DAY - ST. MONTFORT

“Great people never die, the spark ignited keeps them alive in our hearts.”

St Louis Marie De Montfort is the founder of the society of the Brothers of St. Gabriel. His contribution, spirit and vision moves us on.

Feast of our founder - St. Montfort was celebrated on 28th April, 2015 in both the junior and the senior

sections in our school. The assemblies were superbly organized by class V-D in the primary section and by VIII-C and XII-C in the senior section. Children depicted the life of St. Montfort in the form of a meaningful skit. Graceful dances and melodious songs reverberated through the school and filled the students with a sense of thankfulness to our founder.



movement highlighting the problem of waste management. The programme concluded with Brother's motivational speech.



69TH INDEPENDENCE DAY CELEBRATIONS

Independence day celebrations were organized in the primary section on 14th August, 2015.

Students of classes I to V participated in various cultural programmes. Children of primary section expressed their love for the nation through speeches in Hindi and English. Dances from different states of India were performed by the students of class V. On this occasion, Principal Bro. Jose Thottiyil encouraged the children to adopt and practice 'Clean India, Green India, Knit India, Literate India and Heal India'.

Independence day celebrations were held in the senior wing on 15th August, 2015. The programme organized by class X C started with the hoisting of the national flag and was followed by a speech, a melodious song & a delightful dance. To drive home the message of Green India, 25 saplings were planted by the Principal and the students of the Eco Club in the school campus. Students came forward with an inspirational skit on clean India



TEACHER'S DAY CELEBRATIONS

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुदेवो महेश्वरः ।
गुरुः साक्षात्परब्रह्मा तस्मै श्री गुरुवे नमः ॥

Teacher's day was celebrated on 3rd September in the junior wing and on 4th September in the senior wing. The celebrations were filled with joy and happiness. The efforts of the students could be seen in their programs. There were many mesmerizing songs and dances like the girls dancing on 'Gun Gun Guna Re' and many more. On this occasion, all the teachers were presented a gift, a book and an envelope filled with thank you cards from students. Arrangements were also made to show the live telecast of Hon'ble Prime Minister Narendra Modi's address to the children.



CO-CURRICULAR ACTIVITIES

DRAWING COMPETITION

Throughout the childhood, we spend endless hours with crayons and brushes in hand. Drawing is the root of all our visual communications.

A drawing competition for classes I to V was held on 25th April, 2015 in the school premises. All the students participated enthusiastically and displayed their inherent talents. Winners were awarded with certificates.

CHESS COMPETITION

An Inter Class Chess Competition was held from 5th to 8th May, 2015 for the classes I to V. A total number of 300 students took part in it. The purpose of this competition was to facilitate the development of the logical intelligence and to create a competitive feeling amongst the students. Through this activity, the students also learn to develop and sharpen their focus and concentration. The best three from each class were chosen as winners.



ENGLISH DECLAMATION

The Declamation Competition was held at Montfort Sr. Sec. school on 8th May, 2015 for classes I to V. A record number of 112 students participated in the event. Students spoke on pertinent topics such as- Junk food yummy, but not good for tummy.

All the judges appreciated the choice of topics and applauded the participants for their confidence and clarity of thoughts and expression.

CRICKET TOURNAMENT

Montfort school organised an Inter Class Cricket Tournament from 11th to 20th May, 2015 for the classes III to V. The students took part in large number to test and show case their skills. This tournament helped them to deal with winning and losing in a healthy and safe environment and experience the dynamics of teamwork.



DRAWING & ESSAY COMPETITION

14th All India Hope Talent Art and Essay competition was conducted on 16th May, 2015. The aim of the contest was to provide a platform for the expression of a child's imaginative talent and love of art and to enrich fluency in writing and vocabulary building as well as aspiration to creative writing. All the participants were awarded with certificates of appreciation. Winners were awarded with medals and certificates.

FANCY DRESS COMPETITION

Fancy dress competition for the kindergarten was conducted on 16th May. The lovely outfits made the tiny tots look beautiful. The kids revelled in the joy of projecting various ideas and personifying different role models.



BEST OUT OF WASTE ACTIVITY

An activity for class VI was conducted on 19th May, 2015. The theme for the activity was 'Best out of waste'. The novelty and the creativity was apparent in the things made by the students like pen holders, wall hangings, decorative items etc. Even though it was a tough time for the judges to decide upon the winners, best three from each section of class VI were chosen as winners.

हिन्दी सुलेख प्रतियोगिता

दिनांक 8 जुलाई, 2015 को विद्यालय के प्राईमरी विभाग में हिन्दी सुलेख प्रतियोगिता का आयोजन किया गया था। कक्षा 1 से 5 तक के सभी विद्यार्थियों के लिए यह प्रतियोगिता अनिवार्य थी। सभी अपनी योग्यता दिखाने के लिए उत्साहित थे। प्रतियोगिता में अधिकतम छात्रों का प्रदर्शन अति उत्तम रहा।

QUIZ COMPETITION (Classes VI-VIII)

As per the CBSE instructions, a Quiz competition was organized on the 9th July, 2015 in the school auditorium.

Questions were asked from a range of subjects like Science, Mathematics and Information Technology. The students participated with full vigour and enthusiasm.



RANGOLI COMPETITION

In order to enhance creativity and unleash the hidden potential in the students, the middle wing of Montfort School created a platform to show case the talent by organizing Rangoli Competition for the students of class VIII on 15th July, 2015.

Students participated with a lot of enthusiasm as they put together their artistic, imaginative and creative skills to make bright and beautiful Rangoli designs.

Students exhibited their flair for art by making beautiful Rangoli designs using geometrical shapes, deity impressions and floral motifs. Rangoli colors, flower petals and diyas were used to decorate the Rangoli.

SCIENCE QUIZ

The Quiz competition for classes I to V was organized on 16th July, 2015. The competition was aimed at developing the scientific temper among the students.

ENGLISH SKIT COMPETITION

India is a beautiful country. However, almost in every sector, one can find corruption and the corrupt people growing in great abundance day by day.

In the month of July, an English skit competition was organized on the theme-CORRUPTION- A CHANGE

for class VIII. All the four sections participated in the competition with a lot of enthusiasm and brought forward the various aspects of corruption prevailing in India today.



The participants pledged to work for a corruption free India.

The competition concluded with the inspiring and motivating message by our respected Principal Bro. Jose. He quoted Mahatma Gandhi's words:- " Be the change you want to see in the world". He emphasized the importance of the word CHANGE which is required in our society.

ENGLISH RHYME ACTIVITY

English rhyme activity for kindergarten was held on 24th July. The students came prepared with props and charts from home. The competition was a true way to draw out the potential from kids.

CLASS 9TH INTER-SECTION ACTIVITY

With the motive of highlighting a few of the 9 types of intelligences, an Intersection Activity of class 9th was organized on 14th August, 2015. The students showed their talent by preparing delicious dishes in an innovative way featuring a green salad, a sandwich and a mocktail (MONT CHEF), expressing the uses of the prop given to them in the form of an enactment (PROP ROUND), showcasing their artistic aptitude on the topic- 'Independence Day' on chart paper (GRAFFITI), making dresses and jewellery out of paper (DRESS and

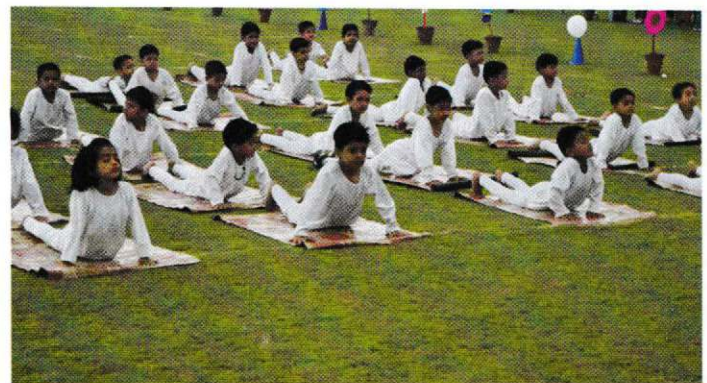
JEWELLERY DESIGNING). The proud winners of each competition were awarded points and the overall winner of class 9th was declared.



KG SPORTS DAY

The adage 'Age is not a barrier for hard workers' was once again proved by the KG Students on their sports day on 20th August, 2015.

The programme began by raising our school flag. Guard of honour was given by the teachers and the marching troop of KG students to our chief guest respected Principal Bro. Jose.



The programme was an exact amalgam of yoga, aerobics, drill, dance and rock 'n' roll.



"I am spell bound"- these words uttered by the chief guest coupled with thunderous clapping from the audience were good enough to hint that the event was a grand success.

RAKHI MAKING

Relationships are the essence of any festivity and it holds true for any Indian festival. Raksha Bandhan is a celebration of the strong bond of affection between a brother and a sister. A Rakhi making competition was held on 21st August, 2015 for the students of classes III to V. It was truly a delight to watch the young hands of our little artists putting together intricate material and fondly fiddling with mirrors, ornaments, adhesive etc. to deliver beautiful and extremely creative masterpieces. The winners were appreciated with certificates.



MATHS ACTIVITY

A maths activity was organized on 25th August, 2015 for the students of class VII. They were given some maths topics to prepare working/non working models. All the students took part with great enthusiasm and the models prepared by them were very creative and educative. They came up with some short tricks and

interesting games related to the topic. The activity was aimed to enhance their logical and creative thinking.

ELOCUTION COMPETITION

With an objective to enrich and empower the personality of the students, Montfort school organized an English Elocution competition which was held on Friday, 21st August, 2015. It was held for the classes VI to VIII and two students per section participated. The competition gave a lot of encouragement and confidence to the speakers. The oratory skills displayed by the participants were appreciated by all. The event culminated with a few words of encouragement by Brother Principal. He congratulated and appreciated the participants for putting up a brave front and taking part in the competition.



SCIENCE ACTIVITY

Students of class VI came up with their creative and innovative ideas in the science activity which was organized on 25th August, 2015

In this activity, a collage was prepared by a group of 5 students each on the given topic - '*Difference between living and non-living*'. The hardwork coupled with undeterred focus and depth of knowledge played an important role in the activity.

SOCIAL STUDIES ACTIVITY

As per the schedule of programs in the school diary, a group activity was conducted for class VIII on 25th August, 2015. Children were divided into the groups of 6-8 students each. They were required to give a power point presentation on the topic 'Conservation of Water Resources' through pictures, data and diagrams. They presented a slide show and spoke on the topic one by one. They highlighted the reasons for the shortage of water and methods of conservation. It enabled them to be more sensitive towards water crisis which is a serious concern today and helped in developing a sense of responsibility towards their environment.

INTER CLASS DANCE COMPETITION

An Inter class dance competition for the students of classes III to V was organized by the school on 28th August, 2015. This event was inaugurated by Brother Principal. The participants rocked the floor by their dance performances. Children performed on different themes. The event ended with the concluding address by Brother Principal.



BEST OUT OF WASTE COMPETITION

In order to make children aware of uses of waste material and to sensitize them on the importance of reducing waste to save our future, 'Best out of waste' competition was organized for students of classes I to V on 1st September, 2015.



Students used their imagination and creativity to make things with waste material. All the children used their talent to make innovative things. It was indeed a pleasure watching the products made out of waste materials. The winners were appreciated with certificates.

ENGLISH PICTURE COMPOSITION ACTIVITY

English picture composition activity took place on 16th October. The activity was organized for classes III to V to enhance linguistic skills. The activity was conducted to help the students to learn and hone their comprehension skills through factual, inferential, analytical and evaluative questions and allowed them to critically appreciate literature.

MUSIC ACTIVITY

Music Activity for classes I to V was held on 30th October, 2015. 102 students were short listed to take part in the final competition. The participants eagerly took part and their efforts and hard work towards the preparation of the competition was clearly visible. First, second and third positions were awarded to the winners.

RANGOLI COMPETITION

Rangolis are something each of us can easily relate to as they signify two important things – 'colours' which we Indians love and 'festivities' which we Indians enjoy with our families.





The much anticipated event was the Rangoli Competition, which was conducted on 31st October, 2015 for the classes III, IV and V with different themes-

Class III – Diwali

Class IV – Natural Scenery

Class V – Any one flower

Students participated with a lot of enthusiasm as they put together their artistic, imaginative and creative skills to make bright and beautiful rangolis. The judging criteria was based on neatness, theme, and overall presentation of the rangoli patterns.

In this Inter-Section Rangoli competition, Class III – D, Class IV – B and Class V – C bagged the first positions.

EDUCATIONAL EXCURSION

Montfort school, Roorkee, had taken students of Class XII for an educational excursion to Dehradun on 28th October, 2015. Students were provided lunch and evening snacks by the school. The trip included visits to ONGC campus, FRI and Wadia Institute of Geology, respectively. Senior Co-ordinator Mrs. Santina Fernandez along with class teachers Mrs. Anuja Chaturvedi, Mrs. Anchal Verma, Mr. Rajesh Gupta and Mr. Arun Arora escorted the students.



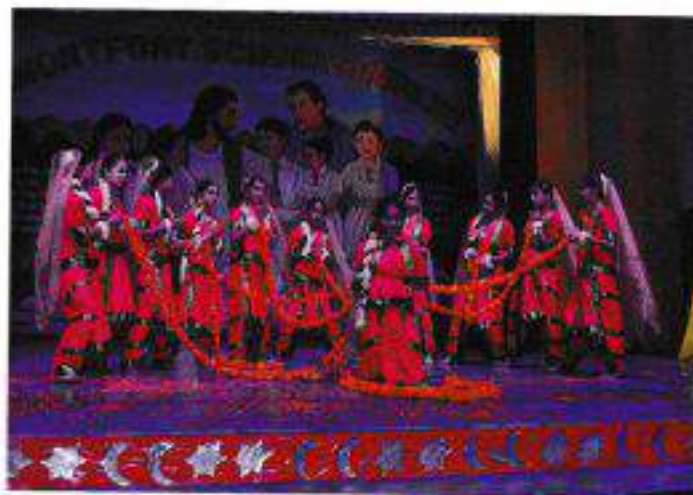
ANNUAL FUNCTION (CLASSES VI-VIII)

The annual function for the classes VI, VII and VIII was held on 30th October, 2015 in the school premises. The chief guest who graced the occasion was Mr. Mangesh Ghildiyal, IAS, Joint Magistrate, Roorkee.

Celebrations like this serve as a medium to bring out the hidden talents of the students and enhance and polish their skills. A variety of cultural programs like dances, skit, nukkad natika, orchestra, etc., kept the audience glued to their seats. Eager parents turned out in large numbers to see their children's performance. The participants left no stone unturned in enthralling and mesmerizing the enthusiastic gathering. The extravaganza came to an end by paying tribute to our beloved former President Dr. A.P.J. Abdul Kalam through a patriotic dance.

The chief guest Mr. Mangesh Ghildiyal addressed the gathering and highly appreciated the efforts made by the students and staff.

Principal Bro. Jose Thottiyil thanked the guest of honour and the parents for sparing their valuable time to be present for the occasion.





EXPANDING THE HORIZONS

INTER SCHOOL ACTIVITIES

CONFERENCE CUM EDUCATIONAL VISIT

Twenty four students from Eco Club of class V along with twenty five students from the senior section attended a workshop on 'Building sustainable society in 21st century : Some aspects' on 18th April, 2015 at IE (I), IIT, Roorkee. They were accompanied by Mrs. Anamika Mandal, Mrs. Anjali Tyagi and Mrs. Rashmi Gupta. The workshop was highly informative and interesting. It covered important topics like over view of sustainability issue in 21st century, sustainable energy, environment and public health as well as safety aspect on transport and mobile phone application. The students also visited the IIT Roorkee campus.

LITERATI CONCURSO

A group of eight students along with two volunteers and assisted by two teachers participated in the poetry enactment competition held at DPS, Ranipur on 28th July, 2015. They performed 'The Tale of the Melon City' penned by Vikram Seth and were guided by Mrs. Shipra and Mrs. Kusum. Montfort school bagged third

position. It was a wonderful exposure and experience for all the students. The students who participated were Sakshi Rastogi, Nikita Suryawanshi, Anshul Bhatt, Samuel Rajan, Daksh Agrohi, Sneha Daniel, Sahil Choudhary and Gauri Saini.

SCIENCE SYMPOSIUM

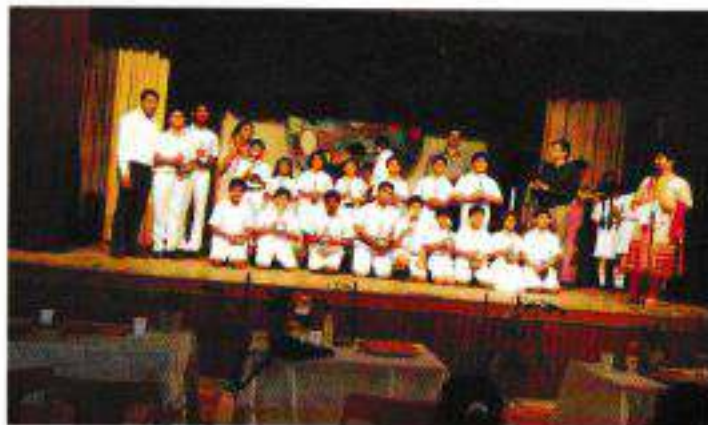
"Just think beyond what others believe, and you can conquer the world".

Like the previous year, this year too, our school organized the science symposium, the most awaited event for the science students on 19th August, 2015 on the topic- 'Fluid Behavior' to inculcate the values of scientific thinking and skills among the students. This event was coordinated by Mrs. Meenakshi Manhas and Mrs. Shalini Sharma where Dr. Vipul Rastogi, from the Physics Department of IIT Roorkee was the Chief Guest. Students from St. Ann's school, Greenway Modern school and DPS, Haridwar also participated in the symposium along with three teams of students from our school (Sankait, Rishabh Jain, Yash Rastogi, Shivam Gambhir, Risha, Manvi, Ishita, Vatsala, Ria and Prakshi). Each team consisting of 3-4 students made their presentation on the topics-surface tension, viscosity, capillarity etc. This was followed by a question and answer session chaired by Dr. Rastogi. In the end, Dr. Rastogi introduced the participants to the exciting facts behind today's world of digitalization.



MUSIC CARNIVAL

A music carnival for the students of class II to V was organized on 22nd August, 2015 at Montfort school, Delhi. Sixteen schools from different zones participated in this cultural event. The theme of the carnival was 'Light Hindustani music'. A team of 18 students with 15 vocalists and 3 instrumentalists represented Montfort school, Roorkee and won the third prize in the group song category.



12TH MONTFORTIAN INTEGRATION CAMP 2015

The 12th Montfortian Scout and Guide Integration Camp, 2015 was conducted in Montfort school, Mandla, Madhya Pradesh. 160 students from 10 schools of the Brothers of St. Gabriel society, Province of Delhi participated in this camp. 16 Scouts and Guides of Montfort School, Roorkee stood out by showing team spirit, courtesy, good values, confidence and other skills. They won numerous trophies in various competitions which were organized patrol wise. Names of the participants are:-

Sahil Chaudhary, Nimit Goel, Sneha Daniel, Nandini Mittal, Vedang Kapil, Nupur, Bisman, Devesh, Maulsree Shrivastava, Divyam Ghai, Ayushi Gupta, Swatantra Jain, Tanisha, Ananya, Daksh Jain and Siddharth Thakur.



MICFEST-2015

On the night of 14th October, 2015, a team of 18 students accompanied by two teachers- Mrs. Supriya Daniel and Mr. Shashank George- boarded a train to Lucknow, to take part in the MICFEST-2015. This yearly event is organized to develop communication skills, re-create an awareness of our rich traditions and cultivate cultural interests that affect emotions, and work performance in our day to day life. This year's theme was 'Youth Empowerment.' A total of 15 schools participated. Various events of the MICFEST were – Jhankar, News Views, Kriti Akriti, Point Counterpoint, Jingling, Mic-Chef, Eureka, Mind-boggler, Mono-acting, E-chat, Photography, Eurythmics and Adventure Safari. Events started from 16th morning and continued till 17th evening. Our team excelled in every event and overall, we stood 2nd. Names of the students are:-

J. Sibibalan, Anshul Bhatt, Kartikay Kapil, Oshin Sharma, Poorva Sharma, Aditya Bisht, Sakshi Rastogi, Gauri Saini, Nikita Suryawanshi, Devang Kapil, Apoorv Sharma, Risha Kulshrestha, Rishabh Jain, Sankait Bhatia, Yash Rastogi, Tanya Kalra, Abdullah Taqi and Harsh Bharti.





SCIENCE EXHIBITION

Anand Swaroop Arya Saraswati Vidya Mandir had organized a science exhibition on 15th October, 2015 named Kalam's Kids Scientist Research Exhibition. It offered a platform for the students to display their scientific talents. Our school was represented by a team of 9 students namely Navya Singh (VI-A), Ayan Sharma (VII-B), Ananya Subudhi (VIII-A), Daksh Agrohi (X-A), Ritvij Shukla (X-A), Abhay Aren (X-D), Manvi (XI-B), Kanika Panwar (XI-B) and Akshay Kumar (XII-B). They were guided and supported by Mrs. Shalini Sharma. The chief guest of the event was Mr. Pradeep Batra. The competition was divided into 3 categories-



1. Sub Junior – Class VI - VIII
2. Junior – Class IX - X
3. Senior – Class XI - XII

Ananya Subudhi of Class VIII bagged the 3rd prize in the sub junior category. She earned the awe and appreciation of everyone for her motor-less fan. The students were awarded with certificates of appreciation, a trophy and a book titled 'Wings of Fire' authored by Dr. A.P.J. Abdul Kalam.

SANSKRITI CLUB DEBATE COMPETITION

“A successful man is one who can lay a firm foundation with the bricks that others throw at him.”

-David Brinkley

'Sanskriti' - a club of IIT, Roorkee organized an Inter-School Debate Competition on 15th October, 2015 on the topic – 'Reservation – a boon or bane'. Five local schools including Montfort participated in the competition. The First prize was won by Samayika Jain of IX-D. The Second prize was jointly won by Daksh Agrohi of X-A and Ansh Gupta of IX-C and the Consolation prize winner was Tirtha V. Sawant of IX-B.

6TH MONTFORT CRICKET CUP TOURNAMENT

Montfort School organized an Inter-School Cricket tournament at sub- junior level (below 15 years) from 17th-27th October, 2015. The tournament was inaugurated by the Principal Bro. Jose who emphasized the importance of sports not only in the personality development of a child but also for strong nation building. 19 teams from different schools like DPS (Roorkee), St. Thomas Public School (Haridwar), Shivalik Public School (Roorkee), Shemford Public School (Roorkee) etc. participated. Final match was played between our school and Roorkee Public school. Montfort team won the final match by 8 wickets.

Is social Media a Positive Influence on Today's Youth?

Last thing I remember, I was running for the door.

I had to find the passage back, to the place I was before.

"Relax!" said the night man. "We're programmed to receive".

"You can always checkout, but you can never leave"

-The Eagles, 'Hotel California'

Social media has become an inseparable part of today's world. It is everywhere and on everyone's mind. All the supporters of social media point out things like connectivity, free expression etc. That is all very nice. But is it all? What started as a medium to connect has in fact become a reason for disconnect. Its negative aspects outweigh the positive ones by a wide margin.

It is an established fact that what you put online stays online and is never private. According to a survey conducted by i-safe, a web safety organization, 39% of teenagers on social media admitted to being victims of cyber bullying. Every year, there are numerous cases of suicide due to cyber bullying. But we still choose to continue and immerse ourselves in social networking. Why? An apt illustration can be about an alcoholic who knows very well that alcohol is damaging him, killing him bit by bit, but he still cannot refrain. Once you enter, you are stuck. Scrolling through worthless bits of information and wallowing in the sins and grief of 5 million strangers does not appear ever remotely sensible or enjoyable. Yet this is what teens today do. They don't collect stamps, they don't grow gardens, and they don't read books or for that matter, develop any interesting or emotionally satisfying hobby. Social media has resulted in the destruction of the beautiful pastimes of yesteryears.

There was a time when youngster used to talk with their parents and discuss their problems. Now, they hardly have time to sit with them. They instead choose to spend their time with the pseudo relations of the online world. They fail to grasp the fact that this is merely a virtual reality and what they have, is merely an illusion of connectivity of holding an offline conversation for barely two minutes! Is this the connectivity?

The beautiful human languages which took

millions of years to reach their present complexity is being attacked by a barrage of idiotic stickers and pathetic emoticons.

We are falling into this dark bottomless pit called social media. By the way, isn't it ironic that it is called 'social' media? Unsocial and insensitive to be precise. There is a status update or a tweet for everything. From lunches and movies to death and heartbreaks-everything is being trivialized on this imperfect and impersonal platform.

If this continues, we can forget all our hopes of good world leaders and revolutionaries. All we will have will be a generation of apathetic and intellectually challenged humanoids.

In the end, all I can say is that the choice lies with you. You can either choose to break free from the deadly clutches of this horrid new addiction or you can choose to lose your morality and sense of being in this hailstorm of hash tags and status updates.

Palash Srivastava
XII-B

A Trip to Remember - Rajasthan



Did you know that Jaipur is called the pink city? Jodhpur -the blue city, Jaisalmer -the golden city and Udaipur- the white or lake city? Well, a lucky group of 30 students with 3 teachers from our school and 2 tour operators not only got to learn about these cities but also got a chance to experience the beauty and grandeur that is there for us to behold in our country.

This would be my most memorable trip with my friends till date. In fact, it has become an integral part of my life. These memories will always be etched in my mind and I am sure we will all feel nostalgic when we reminiscence about it in future.

The place I am never going to forget is the Sam sand dunes in Thar desert. The golden sand dunes with the beautiful sunset is a sight to behold indeed.

Tourism is the industry which sustains this gorgeous city. I was happy to see the smiling faces of the inhabitants in spite of the harsh weather in which they live.

We visited many palaces like the city palace in Jaipur, Junagarh fort in Bikaner, Jaisalmer fort in Jaisalmer & Maharana's city palace in Udaipur.

En route we stepped into many temples like Ranakpur Jain temple, Jagdish temple, etc., which reflects the belief of Jainism and other religions. Experience at Karni Mata temple (Rats temple) was also memorable. Other places like Hawa Mahal, Jantar -Mantar and Birla Mandir in Jaipur, Patwon ki Haweli in Jaisalmer, Sahelion ki Baori in Udaipur and Gadisarar Lake were memorable. This trip not only helped us to become aware of our rich cultural heritage but also enabled us to adapt to new environment, dealing and handling challenges successfully.

Mudit Arora

X-B

Is India too Democratic to develop?

Today's age is an age of transformation. We have come out of old mind sets of imperialism, colonialism and racism. Today the world belongs to everyone irrespective of his/her linguistic, communal, sexual or cultural orientation or choice. In such a situation, democracy is the most suitable form of government as it takes into account everyone's needs and aspirations. We have also seen that Democratic nations are more content and stable. The examples of Nepal and Afghanistan which have shown exceptional decrease in insurgency after switching to Democracy, also prove this point.

Democracy is not hampering the growth of India; it's the people who are monitoring this Democratic country by using corruption as a weapon, who are retarding this country's growth. They are not realizing their duty towards their country. They take fake oath; misuse the power of money for purchasing votes by distributing money and alcohol. If democracy disrupted the development, then America would have been an undeveloped country but it is not true. It means there is some fault in our system only. The equation of development for a true leader should be:-

Delivery + Discipline + Dovetailing = Development.

The need today is to have a leader who can make everyone feel important and committed, a leader who can communicate positive energy at all levels - spiritual, mental and physical. A leader is one who can make everyone believe in himself and generate the will to win and work.

The priority issue is to generate the vision which accelerates productivity and pace of progress. It is basically the thinking of the people, which decides the growth especially in a democracy where the governance is of the people, for the people and by the people. It is time to act and focus on the delivery of results. Equipping the human resource of this vast country is the need of the hour. India is one of the world's oldest civilizations, yet a very young nation.

We all have heard of a Chinese proverb which is even more relevant here-

"If you plan for a year, plant a seed.

If you plan for 10 yrs, plant a tree.

If you plan for 100 yrs, educate the people."

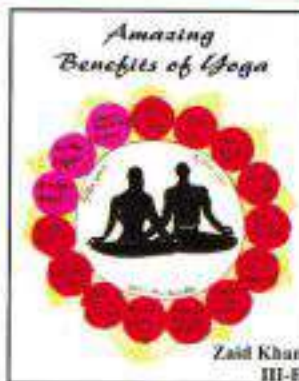
India still has a long way to go in order to be called a developed nation from all the perspectives; political, social and scientific. Efforts must be made in order to regain the regal status of the past, the 'golden period' with sincerity, commitment, motivation and firmness. India can become the next super power of the world in this century.

It is not an exaggeration but a possible reality.

Pavleen Kaur

XI-B

Yoga



'Healthy mind resides in a healthy body.' We all can practice yoga to obtain a healthy body. The art of Yoga is the secret to better health and greater sense of happiness. Yoga originated in India. It is a physical, mental & spiritual practice. It helps us to meditate. It keeps us fit, healthy & forever young in heart and

soul. It gives total relief from all kinds of mental tension and is said to prevent many diseases. That is why it is said 'MEDITATION & YOGA ARE LIKE MUSIC FOR THE SOUL.'

Mansi Mundepi

III-E

Updating Facebook Status- An Addiction



It gets you to waste countless hours by scrolling through the bits of useless information about unimportant topics. On a good day, it might offer a harmless escape from the troubles of the world, but on a bad day, it can turn out to be a monstrous distraction rendering you unable to concentrate on work or studies.

The drug is Facebook, and if you don't break free from this addiction, then be ready to bear cataclysmic outcomes.

This addiction is a disease of the soul, a bizarre form of unintended idolatry. You miss work deadlines or are late for business meetings because you get lost in the virtual vortex of face book. You should be doing your homework, or working up that document your teacher wants tomorrow, but instead you compulsively sign into face book so you can update your status for the third time in 24 hours. Isn't it pathetic?

The vast majority (85%) of the 1,000 people polled said they used face book as a part of their regular routines. About a two-thirds said they used Face book to stay on top of things and two -thirds admitted they used it to kill time. One quarter said they felt 'ill at ease' if they can't log in regularly. Sounds a lot like resignation.

Some people, when they log on to their facebook accounts, and see the status bar saying "What's on your mind?" get so 'touched' by facebook's 'care' that they can't stop posting about what actually is going on

in their minds. People are lured into believing that everyone is happy but themselves. They compare their lives with others resulting in lowering self esteem. When facebook addicts see that someone else has more likes on their status, they feel uneasy and are coaxed into believing that he/she is better. Additionally, when one is available 24 x 7 on social media, people assume that they have nothing else to do, resulting in the loss of one's personality. Using face book has been linked to depression and increased loneliness. Also, it is of immense importance to separate one's personal and public life. Not everything is shared, and not everything that is shared is true.

If you're a face book addict, then don't get discouraged. There is a solution to every problem. Instead of engaging in social networking, you might want to start with a fruitful and healthy habit, such as reading books, cooking, jogging, etc. Try engaging in real time conversations, rather than updating a status for every problem you face. You will easily notice the difference in the outcomes. Also, do realize that it's never good to do anything in excess, though once in a while is always acceptable.

**Asma Ikram
XII-B**

URBANIZATION

There was everything with pure greenery
When God created this nature's scenery.
But when man started building a storey
Nature started losing her old glory.
This is the present truth and not a lie
Birds are losing their never ending sky.
Shall we ever see the moon?
The sun toowill disappear soon.
A creature known as man, is very distinct
Killing everyone and making them extinct.
There will be no day, no light
For survival, humans will then fight.

**Hitesh Sachdeva
X-B**



Magical

Wingspan is the magical feeling that comes when we get to know ourselves better. It's not what we do but what we can do. Just sense your wingspan & all your limits & barriers will themselves crumble down.

Stretching hard feeling free,
To swing I'm ever ready,
Under the shade,
Lies every mundane gift,
I name it as wingspan.

A blessing which we receive,
Drives us through it all,
I and you are all alike,
Just looking beneath,
Looking at the wingspan.
No matter how much is yours or mine,
Every single one is pretty,
We just got to realize,
What makes us is,
What we call our wingspan.

Once discovered lasts till eternity,
Rolling up the earth,
Guarding it under the shade,
It's the pure feel in you,
And you call it your wingspan.

Stretching hard feeling free,
To swing I'm ever ready,
Under the shade,
Lies every mundane gift,
I name it as wingspan.

Ayush Agarwal
X-C

Incredible India

Incredible India
Mumbai for duty,
Kashmir for beauty,
Bengal for writing,
Punjab for fighting,
Jharkhand for mines,
Himanchal for Pines,
Gujarat for wealth,
Ooty for health
Andhra for working,
Maharashtra for learning,
Kerala for dance,
Mysore for romance,
Ahmedabad for mills,
Nagaland for hills,
Uttarakhand for dhams,
Goa for its charms,
So we are at rest,
And, our India is the best

Brush
Vibe

My source of Inspiration

I am inspired most by my parents. The reasons for this are quite obvious. I observed them and know them ever since, I was born. It was very natural for me as a young child to get impressed by even their minor achievements and want to follow their footsteps. Besides, they took special care to inculcate in me skills, habits and ideas, that I have found to be very useful in my life.

They work hard to give what I want. They are always by my side to protect me from harm. They are always there to solve my problem. Even if they scold me, my parents are still there to guide me and show me the right way to become a good person. They face so many challenges in their life. They never make me feel alone. The credit of every single achievement of my life goes to my parents. My parents always taught me the importance of time and how to manage time for studies.

I thank God for giving me parents like them.

Suryansh Tyagi
V-E

The Story of Chocolate

Our story begins
How all stories do
With a once upon a time too
There lived a Lord
With his lady and
They lived on a golden sanded land
Now from this note
I hope we all see
That the lord was mighty and rich was he
He spent his time
Becoming plump
And trying to look majestic while on his rump
But one day
He lost his head
His white pudding was somehow red.
He fired the cook immediately
For the lord was mighty
And rich was he
Now the lady had
To choose a cook
Who would try to follow the recipe book
They held audition
The lord being judge
Asked them to make delicious fudge
Then came a man
Mr. Chalk'o late
Brought his fudge to the lord to taste
The lord stared
He looked suspicious
But when he ate it tasted delicious
The lord then
Asked the man to find
A recipe that would blow his mind
The next day
The cook did bring
A weird looking brownish thing
The lord looked at the
Lumpy Gloop
That was placed beside a bowl of soup
But honoring the cook's
Work so far
The lord tasted and couldn't help but see stars
He pleaded hard
"Oh please tell me
The name of this exquisite delicacy."
"CHOCOLATE!"
He finally said
And the name stuck even after they were all dead
So that dear friends
was how it began
Chocolate, the very fine work of a man.

Sneha Daniel
IX-D



Person Who Inspired Me the Most - Sachin Tendulkar



Sachin Tendulkar was born on 24th April, 1972 in Mumbai. He was a professional Indian cricket player who played for 24 years and is considered 'GOD OF CRICKET'.

I am greatly inspired by Sachin Tendulkar because of his various qualities. He is very humble and simple. Even after his great achievements, he has kept his feet grounded. Apart from being a great cricketer, he is also a great human being. He has always respected and worshipped cricket. His single minded focus and hard work has brought success in his life. I want to become a great man like Sachin Tendulkar.

Krishna
V-B

Dreams

"Goals that are not written down, are just wishes."



Dreams are aspirations that reflect a human's want and desires in life. They are the fundamental elements that drive human beings to achieve the impossible.

Most of us have dreams that we one day, hope to fulfill. They could be little dreams. Each dream is equally painful when it is taken away, or if we never have the opportunity to make people believe that satisfaction only exists once a dream is achieved.

"Luck is when opportunity knocks and you answer"

Samarth Ratan Garg
IV-D

"Cricket- The UNOFFICIAL National Sport of India"



Cricket is a game adored by most of the citizens of India. Having its birth in the 16th century somewhere in south-east England, cricket has been the most dominant sport for decades, especially in India. Since its introduction in our country in 1721, people have been choosing it as their favorite sport and have been delighted not only by playing it, but also by watching it being played.

The year 1721 can be considered as a good beginning as well as an ending. The beginning confined to only one sport, but the ending affected many.

Though cricket started as a game meant for 'royalty', yet it has touched the lives of the poorest of the poor in our country, while education or literacy couldn't achieve this mammoth task. As a matter of fact, cricket has become the unofficial national sport of India.

The government of India should spread awareness about all the other sports in our country. This doesn't mean that it should disregard cricket, but it should also give priority to other sports too. It should ensure that all the funds should reach the right authorities rather than falling into wrong hands from where they can't be retrieved again. This may help our country to not only prosper in cricket, but also establish our nation's pride in other games too.

India has got immense talent and skill. We only have to steer our focus towards the right direction.

Sibibalan Jeevanandam
X-A

Challenge Yourself

Challenging yourself is a surefire path to success in all areas of your life for inspiration. Take advantage of 'go for broke'. The expression 'go for broke' means to go for it, to pursue your dream even when it means you are risking it all. There is a famous saying by poet Elliot-

The best man is he who has a head and a heart

A man who works only with his hands is a laborer, a man who works with his hands and brain both is a craftsman but a man who works with his hands, his brain and his heart is an artist.

Robert Lytton said "A good kind heart is better than all the head in the world". When you win a match, you feel your heart leap with joy. When you lose, your heart breaks. You are called big hearted when you extend your concern to others, you thank someone from the bottom of your heart but are half hearted about something you are not involved emotionally. Your heart is the center of your feelings.

Yet, heart is much more than a vessel for romance. It has been described as the king and the mind as the king's adviser. When faced with a decision the king may ask his advisers for their opinion but ultimately it is the king who makes the final decision. In the same way, when faced with a conflict, your mind may come up with numerous logical reasons, but if you trust and listen to your heart, however illogical or irrational it may seem, it is usually right and you are happier as a result.

It is absolutely correct to say that the mind is capable of understanding the most intricate theories and make complicated decisions. Yet, the same mind can get caught up in trivia, pushing and pulling you in different directions creating endless dramas, insecurities and fears because it is not in touch with your deeper feelings. Living inside your head all the time, is not actually much fun. John Milton quoted "The mind in its place can create hell out of heaven and heaven out of hell."

While the mind is the content of who you are, your heart is your essence. Creating a joint venture between head & heart gives a power push to your goal. So use your heart as your compass, you can see which direction to go to stop negative, self defeating behavior. There is a new type of intelligence called the heart intelligence. If you apply it, you'll see a noticeable difference in your life. And as the saying goes-"Life is a journey", enjoy the ride. May your journey be more amazing than you could ever imagine.

Oshin Sharma
X-B

"Only those who risk going too far can possibly find out how far one can go." Why not force yourself to find out? Always try and do too much. Dispense with safety nets. Aim for the stars.

Akshat Agarwal
V-C

Divergent

By Veronica Roth



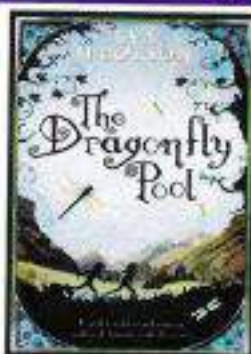
Divergent is a must read for thriller lovers. The romantic plot between Tris and Four adds spice to the story. It is a wonderful fiction which lingers on to one's mind for long. Every line, every word brings a new suspense and twist and one cannot stop turning its pages. It is beautiful how the author

creates a divergent aura in our minds and the description of situations is also praise worthy. The book transports you to a new world and some where, in the back of your mind, you do imagine yourself to be in Tris' shoes. The use of chosen words and language creates a good effect on the reader's imagination.

Nikita Suryawanshi
X-D

The Dragonfly Pool

By Eva Ibbotson



Dragonfly Pool is a story about an everlasting relation, i.e. , friendship. It throws light on two most important elements-trust and selfless love which are the foundation of any relation.

The story is of a girl named Tally, who does her schooling during the war. The amazing biology teacher, Mattero, who

has mysterious powers and the dragonfly pool all add to her new experience. How does her friendship with the crown prince Kasil survive the effects of war.... What lessons does she learn....

Dragonfly pool is a must read which will give wings to your imaginations.

Prachi
X-C

Mother -A Goddess

She is the creative force of the universe in almost all its expressions. Life begins in her womb and it is in her guiding hands and tender care that it finds expression. She works relentlessly, often putting more hours than are there in one single day. She essays different roles, that of mother, wife, daughter, friend and counselor, all at once, juggling it all to the perfection. Surely she is a superwoman, a goddess and no less.

When you are sick, she nurses you; just a palm caressing your brow has the power to make you feel good, warm and secure and loved, all at the same time. She comforts you, builds your confidence and makes you feel proud to be a part of her world. She guides you and cajoles you into staying focused and when you achieve your dreams, she stands behind you in your shadow cloaked in the warmth of your success.

You will find her helping the blind cross the street. Yes, that would be her-the real, true woman. Behind every successful man there is always a woman yes, a daughter, a friend, or perhaps a sister.

She takes pride in your achievements and holds your hands through your disappointments. It is her faith in you that makes you want to rise like a phoenix.

She has a dual personality. She can be quivering and vulnerable on one hand and can be strong and dependable on the other. It's the duality of her personality, her varied capabilities, which makes you want to bow before her in wonder. She is worthy of being treated like a GODDESS and no less.

Nandini
VIII-D

FIGHTING CORRUPTION IS NOT THE SOLE RESPONSIBILITY OF THE GOVERNMENT

The following article is a first prize winning debate speech held at NIH, during the vigilance awareness week celebrated in the last week of October.

“सोने की कठपुतली है, चाँदी की डोर,
न जाने किसके हाथ में है, डोरों की छोर,
कुछ न करे कठपुतली, सब कराती है डोर,
हाय रे कठपुतली, हाय रे डोर,
सोने की कठपुतली है, चाँदी की डोर,
न जाने किसके हाथ में है, डोरों की छोर।”

Who determines the fate of men? The Gods? Maybe in fairy tales. But here, common men are the pawns in the game of throne, high and mighty ruthlessly play on the sacred land of our great ancestors.

Good morning to everyone present here. The topic of the day is well established. 'Fighting corruption is not the sole responsibility of the Government' and I, Maulshree Srivastava, stand here to oppose the motion.

For ages, this country has borne the sins of the people who know nothing but self interest and unbridled greed. Corruption has been eating away the soul of our nation. Corruption which takes birth in the black heart of these vile politicians. And suddenly, it is our fault! The leaders want to shed responsibility and now fighting corruption is our duty! You know why? Because they know that the common man has neither means nor the strength to navigate through the maze of our legal system and fight corruption.

Yes! Let us face it!

Not everyone can be a hero, not everyone has the strength of a crusader.

Even some powerful individuals have tried and failed. IAS officer Ashok Khemka was transferred forty times in just 21 years for raising his voice against corruption. Another officer, Durga Shakti Nagpal was suspended and humiliated because she took action in illegal sand dealing. Both these people received death threats. And many others have paid with their lives for raising their voice against this corrupt system.

Now tell me friends, Can a commoner afford all this? I may sound like a coward but, Hey! It's not a fairy tale and I am no knight in shining silver armour. I am just one of those 125 crore people who struggle to make their ends meet.

Now, my opponents will talk of morals, they will talk about ethics and values and sing songs of walking on the difficult but right path. Really?

What do your morals mean to the lakhs that die of hunger? What do these abstract values mean to the mother who can do anything, just ANYTHING to ensure that her child does not die of hunger? Can you talk of morality and integrity to a rag picker?

Napoleon said-“Virtues fail when hunger strikes”. We may have developed complex systems of morality and ethics over the years but when it comes to basic bodily requirements-Hunger and Thirst, we can do anything and by saying ANYTHING- I mean it. This evolutionary trait has helped our species survive through ages. So is it any wonder that our natural instinct is to never let trouble upon us? Why is it then that we are expected to feel guilty for something that is quite natural?

It all comes back to the fundamental question- WHOSE duty is it?

Churchill said-“Responsibility is the burden of power.”It is the purpose of a leader to uplift the people. Those who hold power MUST hold responsibility.

And by the way my dear opponents, tell me one thing-Where DOES this corruption reside?

The answer is quite clear- it resides mainly in the government offices. So it is quite logical that the onus of fighting corruption falls on the government. In the end, all I can say is that with hundreds of responsibilities which come with power, the foremost is JUSTICE. It is the duty of the powerful to ensure justice to all. It is high time that our leaders realise this otherwise every fancy adjective given to India will be termed as hollow and rhetoric.

Maulshree Srivastava
IX-D

RESERVATIONS : A BOON OR A BANE



The following article is against the motion for the above said topic. This is the first prize winning debate speech held by Sanskriti club at IITR.

"Give a man a fish; you have fed him for today,
But teach a man to fish; and you have fed him for a lifetime."

My worthy opponents would here support the cause that: 'Without the access of education, the poor will always be poor.'

But may I please ask them that what do they expect them to become, if granted education on terms of caste?

"WEALTHY COMMUNALISTS?"

Good morning all. I am Samayika Jain and I stand before the house presenting my views 'against the motion'!

What's easiest to believe, statistics or evidence. I'll give you both!

The UGC affiliated University of Delhi has the following rules regarding its reservation system:

1. 22% of the total no. of seats are reserved for the candidates belonging to the Scheduled Castes and the Scheduled Tribes.
2. It is a statutory obligation on the part of colleges to fill all the seats reserved for the SC/ST candidates.
3. The colleges shall not refuse admission to any SC/ST candidate on the basis of medium of instruction.

So, in a nutshell if you are aiming to pursue your graduation at such good ranking universities, you have a golden chance if you belong to some backward class.

Not necessarily an economically backward class, caste basis also works.

Basically, what this reservation has brought us in these years is something as follows:

1. It affects the opportunities to the people belonging to the general category.
A gets 120 on 200, B gets 85 on 200. But B belongs to a backward society. Oh wow! B, selected. A- Try next year, dear!
2. People with quotas take the reservation system for granted. Do we ever realize that by favouring a particular society of the population could lead to further destruction of oneness?
3. Migration of high skilled people to other countries because of lack of opportunities, we speak of BRAIN DRAIN. We are good at giving fancy names to issues. Try to reach the root cause of the issue and you will see why it is necessary for people to drain their brains!

The issue lies in its execution and restrain from amendments. Some amendments that can be beneficial like:

1. Supporting some reservations at the primary schooling level till the 12th standard.
2. For EBC's (Economically Backward Classes), providing monetary support at any level. (Making sure merit is not compromised).
3. Removing the concepts of castes; in a learned society, no one is inferior or superior.

Do not spoon-feed people. They should fend for themselves. If they were not good at this level, they won't be much better off later. It's been forever, since they have had reservations, if they had to develop, they would have been so in these 60 years. Education trains people to be self sufficient. Why does the RESERVATION SYSTEM forget this?

At one point you teach us that to learn to swim, you have to get down in water. But, what if all the time, i'm restricted to the shallow side and that too with a rubber tube!

With this I rest my case. Thank You!

Samayika Jain
IX-D

Home away from Home

With every batch of young little crying faces- little afraid, nervous and clinging to their parents- begins a new voyage. Gradually, the Kindergarten becomes their second home, the teacher becomes their mother and the classmates are the new siblings. Through all these years, I have not only experienced this journey but lived every moment of it. The excitement and wide smiles on the faces of the parents of these children fill me with pride every time. For me, no sight is more beautiful than this, no career can be more rewarding than this. Years pass but the excitement and joy with which I look forward to these young angels keeps growing every time.



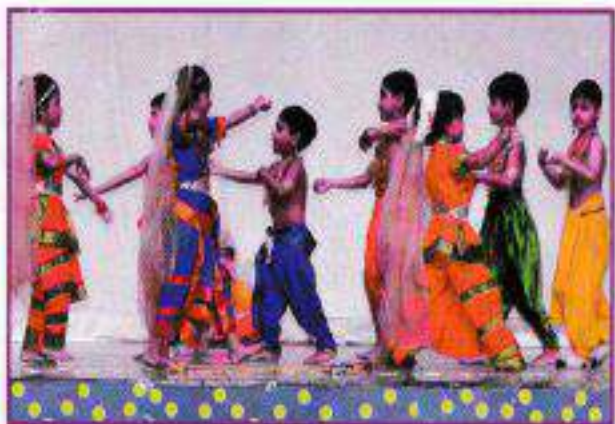
Mrs. Sonika Gulati
Kindergarten Teacher

माँ का आँचल

माँ तू है मेरा छोटा सा संसार,
तुझे नमन है मेरी तरफ से बारम्बार
तेरा होना, मेरे लिए जग की हर खुशी का होना है
और तेरे बिना मेरा हर पल सिर्फ रोना है।
तू एहसास है मेरे हँसने का
तू एहसास है मेरे रोने का
तू एहसास है कुछ पाने का
तू एहसास है मेरा तुझसे रूठ जाने का।
माँ मैं तुझसे रूठ जाऊँ तो तेरा आँचल
वजह होगा मुझे संभालने का
पर तू रूठ गई तो डर है मुझे
ये वजह न बन जाए
मेरा अस्तित्व ही मिट जाने का।



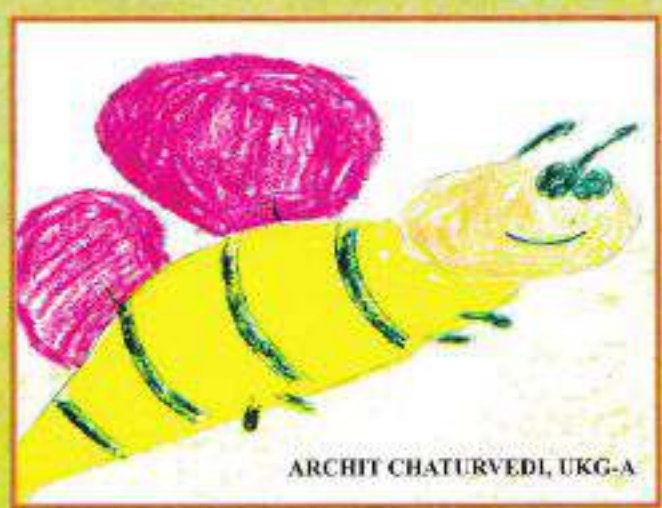
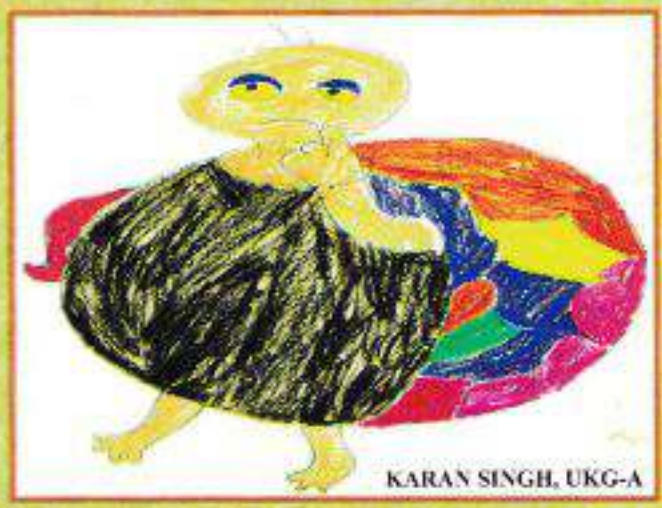
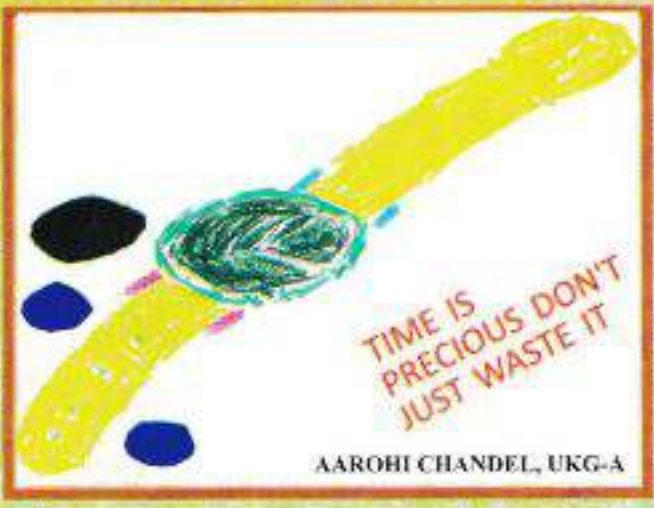
श्रीमती सविता प्रसाद



ANNA
LAUNNA
FUNNA
NONNA

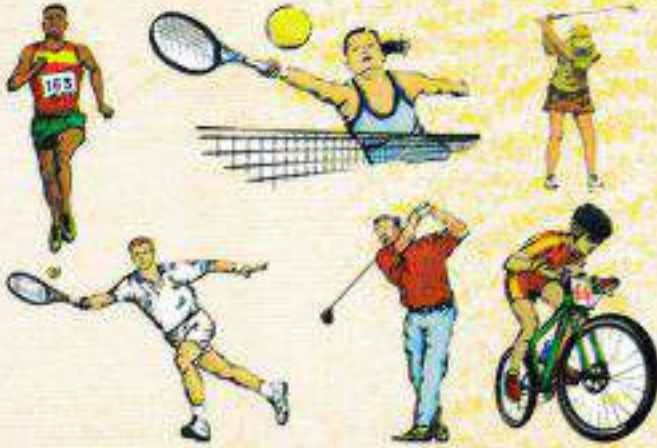


Creative Hands



Hindi Section

खेलों का महत्व



पहले लोग खेलों को समय की बरबादी समझते थे। आधुनिक युग में खेलों के विषय में लोगों की विचारधारा बदल गई है। अब लोगों को खेल के महत्व का पता चल गया है। खेल शरीर को स्वस्थ बनाने में सहायक है। स्वस्थ शरीर में स्वस्थ मस्तिष्क का निवास होता है। खेल खिलाड़ी की आत्मा है। खेल के समय खिलाड़ी में खेल की भावना आ जाती है। खेल की भावना खिलाड़ी को धैर्य, संयम, साहस, सहयोग, प्रेम और त्याग के गुण सिखाती है। सहयोग की भावना से खेल में खिलाड़ियों की प्रायः जीत होती है। हारने पर भी खिलाड़ी निराश नहीं होते। असफलता को खिलाड़ी धैर्य भावना से स्वीकार करता है और सफलता पाने पर घमंड नहीं करता। खिलाड़ी हार या जीत को समान भाव से स्वीकार करता है। समय-समय पर खेल प्रतियोगिताएँ खिलाड़ियों में उत्साह के भाव भर देती हैं। खिलाड़ियों को हर तरह से आजकल प्रोत्साहन मिल रहा है। खेलों से खिलाड़ियों का मान और नाम बढ़ रहा है।

रिधिमा
3-ब

मेरा सपना

मन ये मेरा देखे
हर रात एक सपना
कि आए एक ऐसा सवेरा
जब महकता मिले
मुझे ये देश अपना

मदद और गुहार की
चीख नहीं
कानों में आए झंकार
नन्हें पैरों की पायल की
संगीतमय हो सभी दिशाएँ
गौरेया की चहचहाहट से,

उदय हो समृद्धि का
एक ऐसा सूरज
पहुँचे जिसकी रोशनी
हर बस्ती, हर झोपड़ी में।

प्रेम की एक ऐसी नदी
जिसमें सभी धर्म
बहे साथ-साथ
टूटे दीवारें भेदभाव की
बन जाए सब भाई-भाई

अखबारों के पृष्ठों में हो
पवित्र भारत स्वतंत्र भारत
उन्नति के शिखर पर
अकित हो गाँधी का भारत
जय-जय भारत! जय भारत

रिया मेहन्दीरता
8वीं-ए



स्वच्छ भारत
सुन्दर भारत

एक कदम स्वच्छता की ओर

स्वच्छ भारत, सुन्दर भारत,
ऐसा है मेरा भारत।
हम करते जब मिलकर सफाई,
कहलाते हम भाई-भाई।

हटा दें जब कूड़ा कचरा,
देश हो तब साफ-सुथरा।
साफ हो देश का हर कोना,
तो न हो गंदगी का रोना।

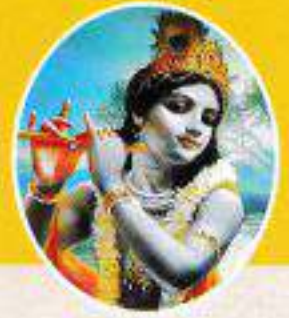
जब हम गंदगी न फैलाएँ,
तब हम स्वच्छ कहलाएँ।
गाँधी जी और मोदी जी का यह सपना,
अब होगा अपना।

न छोड़ें इस सपने को हम अधूरा,
करेंगे हम इसको पूरा।
बीमारी भी भागे दूर,
जब तोड़ेंगे गंदगी का गुरुर।

कूड़े को कूड़ेदान में डालें,
और स्वच्छता को हम पालें।
अब हम करते हैं यह वादा,
पालेंगे हम स्वच्छता का इरादा।

अनन्या गोयल
7-सी

वो मूर्ति



देखी एक मूर्ति मंदिर में,
बस गई जो रोम-रोम में,
माथे पर था तेज नया
लगता था वो अपना सा
बाँसुसी लेकर खड़ा रहता,
कहते-कहते थक जाऊँ पर वो कुछ ना
कहता।

मेरा प्रिय मित्र बन चुका था
हृदय में वह बस चुका था
अपना खाना छोड़ पहले उसे खिलाती
फिर रंग-बिरंगे फूलों में नहलाती
आँखों में थी ऐसी गहराई

जिनमें पूरी दुनिया थी समाई
और आज हुए पूरे दस वर्ष
जब से कर रही हूँ उनसे सलाह-विमर्श

समिधा गुप्ता
10-ए

प्रदूषण

पर्यावरण की रचना वायु, जल, मिट्टी, पौधों, वृक्ष और पशुओं के द्वारा होती है। वे परस्पर संतुलन बनाने के लिए एक दूसरे को प्रभावित करते हैं। यदि इनमें एक दूसरे को प्रभावित करते हुए असंतुलन उत्पन्न हो जाता है तो यही प्रदूषण उत्पन्न होने का कारण है।

जल प्रदूषण :- कुँए, जलाशय, नदियों व सागर में नालियों की गंदगी के गिरने, इनके पास मल-मूत्र के त्यागने, इनके पास कल-कारखाने से जल-प्रदूषण फैलता है।

ध्वनि प्रदूषण:- सड़क पर भारी वाहनों के चलने से, नारों के शोर, रेलों के आवागमन के शोर से, जेटयान और अंतरिक्ष में राकेट के छूटने से ध्वनि प्रदूषण फैलता है।

वायु प्रदूषण:- कार्बन डाई-ऑक्साइड की मात्रा में वृद्धि कारों, ट्रकों और इंजन आदि के धुएँ से वायु प्रदूषण फैलता है।

इस प्रकार के प्रदूषण को दूर करने या कम करने का हमें प्रयत्न करना चाहिए।

आकर्षी सैनी
3-बी



KARTIK
III-8

विज्ञापनों के मायाजाल ने महंगा किया बाज़ार

निम्नलिखित लेख ने ए.पी.एस.-1 रूड़की में वाद-विवाद प्रतियोगिता के अन्तर्गत द्वितीय स्थान अर्जित किया।

“जो भरा नहीं विज्ञापन से ऐसा कोई अखबार नहीं। टी.वी. की तो बात है क्या बिन विज्ञापन बनती सरकार नहीं” विज्ञापनों की तो आज हर वक्त जैसे बाढ़ सी आ गई हो जब टी.वी. खोले तो विज्ञापन, अखबार पढ़ें तो विज्ञापन, रेडियो पर विज्ञापन, और सड़क पर चलें तो भी किनारों पर विज्ञापनों का ही नज़ारा है। आज विज्ञापनों का ऐसा मायाजाल फैल गया है कि इनके खर्च ने सभी वस्तुओं की कीमतें बढ़ा दी हैं। आजकल विज्ञापन बहुत महंगे हैं तथा शब्दों, समय व स्थान के हिसाब से इनकी कीमत निर्धारित होती हैं। इसका सारा खर्च आपको और हमको किसी न किसी रूप में उठाना ही पड़ता है क्योंकि कम्पनी ने कोई चीज बनाई है तो वह उसकी लागत तो लेगी ही। फिर बीच में थोक व्यापारी, फुटकर व्यापारी तथा विज्ञापन खर्च सभी की महंगाई को मार ग्राहक पर पड़ेगी। अतः जितना जिस वस्तु का प्रचार होगा वह उतना ही महंगी मिलेगी। अतः विज्ञापनों के मायाजाल ने बाज़ार महंगा कर दिया है। विज्ञापनों में सुन्दर नारियों का भी कुछ कम रोचक स्थान नहीं है। विज्ञापन सिगरेट का हो या मोटर साइकिल का, ब्लेड का हो या पुरुषों के वस्त्रों का, नारी की उपस्थिति से रंगीन व आकर्षक बनाया जाता है। नारी को माया की संज्ञा भी दी जाती है। उसकी माया में फंसकर ग्राहक महंगे से महंगा समान खरीदने से बच नहीं पाते चाहे जेब बिल्कुल खाली ही क्यों न जाए। विज्ञापनों में महिलाओं के सर्वाधिक प्रयोग के बाद बच्चों का प्रयोग किया जाता है जिससे बाल मन शीघ्र प्रभावित होता है। ठंडा रसना हो या टू-मिनेट्स मैगी, चोको पाई हो या किंडर जोए, बाल हठ के सामने हर माँ-बाप को हथियार डालना ही पड़ता है।

भले ही आज विज्ञापन हमारे जीवन का अभिन्न अंग बन गए हैं। इनके द्वारा ही बाज़ार में अनियमित उत्पादों की बाढ़ सी आ गई है। परंतु इस सच को नकारा नहीं जा सकता कि महंगाई को चरम सीमा पर पहुँचाने में भी इन्हीं का हाथ है।

“विज्ञापनों से ही प्रचार होता है,
विज्ञापनों से ही व्यापार होता है,

ये तो हम जानते हैं कि इससे बाज़ार महंगा होता है,
पर टी.वी. व अखबार का तो इसी से कारोबार होता है।”

अक्शी गौर

9 व

WORDS OF WISDOM

Teachers Speak

Right Place to be in

I, Jyoti Arora, find myself fortunate to be a part of such a prestigious institution since 2006 where I have learned that education plays a vital role in giving the students the right exposure and opportunity to express themselves. There is no doubt that Montfort Sr. Sec. School, Roorkee is imparting constructive value-based education and striving hard to achieve higher standards of excellence. It encourages me to go ahead with confidence and great enthusiasm. I express my sentiments of gratitude to the higher authorities. Thank you so much for giving me the opportunity to serve the school and to succeed in life. I wish this school continues its educative mission in the future, inculcating those values which help to create citizens who are spiritually strong, intellectually enlightened, morally upright and socially committed.



Mrs. Jyoti Arora
PRT

To Teach is to Learn Twice Over

Teaching is a challenge and a joy. Each teacher can recount numerous highs and lows in their teaching career. I thank the Editorial board for providing me with the opportunity to pen down my memorable experiences that I had in my last seven years as a teacher. I always remember and cherish the sweet memories of my loving students and my friendly colleagues. I remain ever grateful to our respective Brothers and Sisters for giving me the opportunity to be a part of this institution. With love and best wishes to all who have made my teaching life the most memorable one.

Mrs. Rachel
PRT



सफलता का रहस्य- परिश्रम

मानव जीवन ईश्वर प्रदत्त अमूल्य उपहार है। जीवन एक कर्म क्षेत्र है। लेकिन आज के युग में मनुष्य ने अपना ध्येय आराम को बना लिया है। अधिक से अधिक आराम और राहत जिसे मनुष्य धन द्वारा प्राप्त कर सकता है यही उसके जीवन का उद्देश्य बन चुका है।

सोचने का विषय यह है कि क्या मनुष्य केवल इसी के लिए धरती पर आया है। नहीं, वह तो संघर्षरत रहकर नए-नए कार्य करने के लिए है। इन संघर्षों से जीवन में सुख की अनुभूति होती है तो वह सुख ही परम सुख है। इसलिए कहा भी गया है—

**“जीवन फूलों की सेज नहीं,
कॉटों का विश्राना है।”**

जो व्यक्ति इसे जी लेता है वास्तव में वही सफल होता है। जिसने धैर्य, लगन व कर्तव्य निष्ठा से जीवन की कठिनाइयों व दुखों को सफलता पूर्वक दूर कर लिया वही सफलतम व्यक्ति है। परिश्रम एक ऐसी साधना है जिसके द्वारा मनुष्य महान से महान काम कर सकता है। सफलता का पहला सिद्धान्त है— काम, अनवरत काम अर्थात् निरंतर परिश्रम। सफलता का रहस्य केवल अति परिश्रम ही है। विद्यार्थी परिश्रम द्वारा ही सफलता प्राप्त करता है। व्यापारी दिन-रात पुरुषार्थ करता है तो लक्ष्मी उसकी दासी बनती है। कारीगर जब परिश्रम करता है तो सफलता उद्योग के चरण चूमती है। इसीलिए महापुरुषों ने प्रेरणा दी है कि जीवन में श्रम को अपनाकर परिश्रम की पूजा करो क्योंकि यह मनुष्य के सिर पर सफलता का सेहरा बांधती है।

जब मनुष्य अपने जीवन का उद्देश्य निर्धारित कर समय का सदुपयोग कर कार्य करते हुए अनुशासित रहता है तो वह विद्या, बुद्धि, उत्तम चरित्र, उत्तम व्यवसाय, आदर-सम्मान व वैभव सब कुछ सहज ही पा लेता है।

मैं अपने अनुभव से कह सकती हूँ कि परिश्रम ही सफलता की कुंजी है। इसका कोई विकल्प नहीं है। मोन्टफोर्ट स्कूल विद्यार्थियों को नैतिक मूल्यों पर आधारित शिक्षा प्रदान करने का भरसक प्रयत्न कर रहा है। एक सफल नागरिक बनाने में इस संस्था का योगदान सराहनीय है।

श्रीमती ज्योति मेंहदीरत्ता
टी.जी.टी (हिन्दी)



मनुष्य के जीवन का आधार - चरित्र

आज इस विषय पर अपने विचार लिखते हुए मुझे आत्म सन्तुष्टि का आभास हो रहा है कि मनुष्य के जीवन का आधार उसका चरित्र निर्माण होता है।

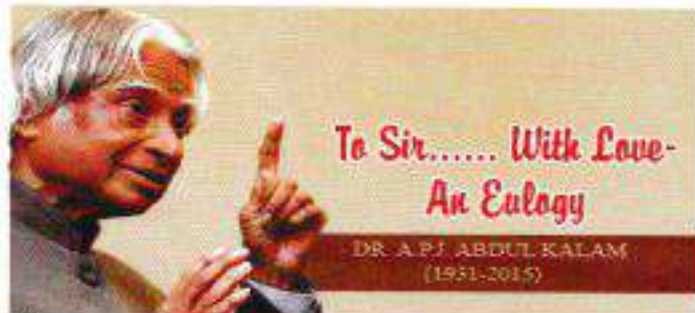
चरित्रवान व्यक्ति किसी भी देश और समाज की धरोहर है। चरित्रवान व्यक्ति विश्वास के योग्य होता है। शिक्षा की सार्थकता भी तभी है जब छात्र चरित्रवान है। वास्तव में शिक्षा का उद्देश्य एक चरित्रवान समाज का निर्माण करना है।

शिक्षा ही हमारी कमियों को ढूँढने में सहायक होती है। अतः हमें उन कमियों को ढूँढ कर उन्हें समाप्त करना होगा। मनुष्य के जीवन में चरित्र का बहुत महत्व है। बिना चरित्र के उसका जीवन पशु समान है। एक ओर जहाँ चरित्र मनुष्य को सम्य और संस्कारवान बनाता है वहीं दूसरी ओर चरित्र ही उसे समाज में उपेक्षित भी बना देता है। अंतर है सदचरित्र तथा दुश्चरित्र।

अच्छे चरित्र का आधार है अच्छी संगति। छात्र जीवन से ही इसकी पक्की नींव डाली जानी चाहिए। किसी भी छात्र के चरित्र निर्माण में उसके विद्यालय का महत्वपूर्ण योगदान होता है। मोन्टफोर्ट स्कूल निरन्तर इसी दिशा में प्रयासरत है। मोन्टफोर्ट जैसी संस्था से जुड़कर मैं स्वयं को सौभाग्यशाली महसूस करती हूँ।

श्रीमती मोनिमा साहनी
टी.जी.टी (हिन्दी)





To Sir..... With Love- An Eulogy

DR. A.P.J. ABDUL KALAM
(1951-2015)

Each one of us has a dream- Some dream of becoming a scientist, while others aspire to become an astronaut. Whatever be it, it is important to achieve them and not simply be a 'push-over'. Here, I quote Late Dr. A.P.J. Abdul Kalam's words:

"A dream is not that which you see while sleeping, it is something that does not let you sleep".

Today's world provides a plethora of choices (unlike the early times) to the youth. Opportunities are not readymade, but they need to be grabbed at the correct time.

At a time when the whole nation grieves at the mortal loss of a great soul, our former president Dr. A.P.J. Abdul Kalam, I take this opportunity to make our students revisit the simple living and high thinking of the much down-to-earth personality. He was a man full of wisdom and humility, a guiding light, a scientist, a teacher and above all, a person who could be easily identified with a COMMONER.

How could a person of his stature be so humble and noble? How could he touch the hearts of millions of people, both in India and abroad? His ideals and teachings, his fondness for children; his beautiful messages..... I hope will continue, to inspire the young minds for years to come.

I feel it will be a befitting tribute to this great man, if we, as teachers (as he once said, of all his professions, he enjoyed being a teacher the most), keep his spirit alive in the minds of the youth, especially, if we can bring a little (I purposely say 'a little') transformation in the thinking of today's generation X and instill in them the confidence that this great personality radiated. Many of us tend to forget a person after he dies, but some people, I believe, are immortal- they continue to live even after.

I urge, very emphatically, the students of Montfort school and of the nation, to keep the light of his soul burning within them, to read his books, his famous quotes and contemplate upon the depth of knowledge his simple words convey to us. What more can I say... that let us be more humane than human, for I, too, am human after all. All I know, my world is a small world, I love my students... I know they love and respect me too, and together, I BELIEVE, we can make this world a better place.

I, on behalf of my colleagues and students, salute the man-

HE WAS
HE IS (STILL REMAINS)
HE WILL BE (FOR YEARS TO COME)
... AN EPITOME OF WISDOM.

What more can I ask, as I bow
down before you ... LET ME BE ONE-
LIKE YOU.

Mrs. Malini Kulshrestha
TGT (English)



Make reading your habit

"A sanctuary, a mine of treasure, a house of maps to secret lives in secret worlds.... the library became my other home"

-Joy Cowley

A library is a treasure house of knowledge. Books are man's best friend. They give him company, equally in times of happiness as well as in times of distress. They are one of the main sources of knowledge. Books play an important role in our life. Books are our friend in real sense. They demand nothing from us. They give us plenty of joy. We also learn a lot from them. They take us into a different world of imagination. Reading relaxes the body and calms the mind.

Reading teaches children about the world around them. Through reading, they learn about people, places and events outside their own experience. They are exposed to ways of life, ideas and beliefs about the world which may be different from those which surround them. This learning is important for its own sake, however, it also builds a store of background knowledge which helps younger children learn to read confidently and well. Reading also improves concentration.

Reading books makes you a better thinker and person. The habit of reading good content daily will act like an exercise for your mind and keep you mentally fit and flexible. If you have never given it a try, then always remember that it's never too late to start a good habit. Happy Reading!



Mrs. Tiji
Librarian (Primary Section)

Self Awareness with the Wellness Teacher

If you have a dream, don't just sit there. Gather courage to believe, that you can succeed and leave no stone unturned to make it a reality. I am extremely happy to be appointed as the wellness teacher for classes VI to XII (a new initiative).

The role of the wellness teacher will be to help the students to face personal and social problems that are interfering with their training. They will be given education on understanding self and others. These services will be provided to the students to reach their educational goals and develop as a complete responsible member of the society.

The school introduced the wellness teacher with a vision of a happy and healthy child whose rights are protected and built on respect for dignity, justice and equality for all. This will help the students to evaluate their abilities, interests and talents, thus promoting the personal and social development leading to the overall development of a child.

'Don't let mental blocks control you. Set yourself free. Confront your fear and turn the mental blocks into building blocks'.



Mrs. Jyoti Tiwari
Wellness Teacher

Impressions Expressions

