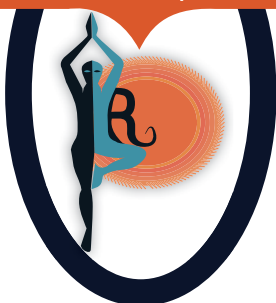


THE SCINDIA SCHOOL, FORT GWALIOR

# REVIEW-21



WEDNESDAY, 1 SEPTEMBER 2021 | WPP : REGN.NO.GWL.DN.11



# NEWS

The Rain Gods have risen from the slumber that had enveloped their gaze. Once again they look over the ancient citadel with love and warmth. As a result, the Fort has received a copious amount of rain in the days that encircled the Independence Day and, still after a brief spell that intervened between the Independence Day and the finish of the month of August.

Siddhanth Kaul, Vedansh Balasaria, Aditya Singh, Abhishek Chauhan, Ayushman Rai, Ashutosh Khemka, Prashast Pandey, Shaurya Prakash, Vedit Gupta, Memoy Mishra and Pranav Wadhwa participated in the IPSC IT Fest 2021 held from 22 July to 26 July 2021 at B.K. Birla Centre for Education, Pune. **Vedansh Balasaria** and **Shaurya Prakash** came third in the event, 'Alan Turing: IT Quiz'; **Memoy Mishra** and **Pranav Wadhwa** came third in the event, 'Ada Lovelace: User Interface & User Experience (Ui/Ux) Design'.

'Kamala Jeevan Hindi Antarvidyalayiy Vaad-Vivaad Pratiyogita' was held online from 12 August to 14 August 2021 and was organized by The Doon School, Dehradun. From The Scindia School, a team of three students- namely, Ayushman Rai, Parikshita Singh and Aditya Singh participated. There were five rounds in each day. Students debated on two topics given in the morning as



Independence Day



Parikshita Singh participating in the Final Round

well as in the evening. The preparation time for each debate was four hours. Our students did extremely well. **Aditya Singh** was adjudged the Best Speaker in the first round, **Ayushmaan Rai** was adjudged the Best Speaker in 4th round and **Parikshita Singh** was adjudged the Best Speaker in the second as well as in the final round. The final debate was between The Doon School and The Scindia School and the topic was 'कक्षाएँ बाँधती हैं' and our team was against the motion. Our School team secured and lifted the trophy of the 'Kamala Jeevan Hindi Antarvidyalayiy Vaad-Vivaad Pratiyogita for the year 2021-22'. It was a memorable event for the Chief Guest, Mr A.N. Dar (Former Principal, The Scindia School, Ex-Rn, 1958). The two teams competing in the finals were The Scindia School and The Doon School, one which he had headed and one where he had taught. The trophy is in memory of his parents. Many congratulations to the school on this exemplary feat!

The 75th Independence Day was celebrated with great gusto and vigour at the Fort. The celebration commenced with the arrival of the Chief Guest, Ms Smita Chaturvedi, Vice Principal, The Scindia School. The tricolor was unfurled

and the singing of the National Anthem reverberated into our hearts. The Vice Principal, emphasized on our understanding of the word 'freedom' especially during the times of the pandemic. The fraternity moved to the Astachal for further proceedings. Floral tributes were paid to the father of our nation, Mahatma Gandhi. The customary silence was observed. Thereafter, the students sang the song 'भारत के कण कण में अंकित गौरवमान हमारा है', and Hiya Chaturvedi followed with the poem 'है नमन उनको'. Arjun Bhatt presented his speech on the occasion and the teachers followed with the mellifluous rendition of 'आओ बच्चों तुम्हें दिखाएँ झांकी हिंदुस्तान की'. With this the event came to a close.

The Science Department of the School has taken an initiative for the students to boost their knowledge with respect to the discipline through the Science Digest "HAYKA" which means "Science in Russian language". The Main Objectives of "HAYKA" are: Provide the students with the "Biopic at a Glance" of different Scientists along with their discoveries; Role and achievements in the field of Sciences by various Scientists; Inclusion of scientists/scientific institutions. The information of the life and achievements of Jonas Ferdinand Gabriel Lippmann whose birthday falls on 16 August and Frederick Charles Bawden whose birthday falls on 18 August were sent through a PDF file and activities were organized.

**Satyam Raj** and **Siddharth Gupta** have secured the 2nd position in Quizathon conducted by Learning Links Foundation, ETS (World's leading educational testing and measurement organization). Quizathon 2021 covered Study Abroad, Basic Grammar Questions and TOEFL related questions. The participating institutions were St Columba's School, Delhi; NMIMS University and Meluha International School, Hyderabad.

Maharani Gayatri Devi Girls' School, Jaipur organised Technacks 2021 from 24 August to 26 August 2021. **Toshan Agarwal** and **Shaurya Prakash** secured the first position in Smart Art : Multimedia Presentation and **Memoy Mishra** secured First position in Marquee : UI/UX Design. **Aditya Singh**, **Tanish Agarwal** and **Rohan Asrani** secured the third position in Episode : Podcast Hosting.

## Covid-19 has taught us that we need to institutionalise healthcare and decentralise its management

Mr Arindam Bharadwaj | Former Senior School Prefect (Ex-DI, 2016)

The Covid-19 outbreak in the country, coupled with the rising cases of black and white fungus infections, posed several grave challenges to both the central and the state governments. While most of the governments had indeed intensified their efforts across all spectrums, a lot of them didn't translate into positive outcomes for many. The major reason being the centralised structure of administration and operation which the government functions through. The second wave of Covid-19 has taught us that apart from increasing budgetary allowances and workforce, India also needs to both institutionalise its healthcare system and at the same time decentralise its operations. This is even more imperative in rural areas as, though our cities are relatively well-equipped with both public as well as private healthcare resources, the healthcare infrastructure in the rural as well as tribal areas is severely underdeveloped.

The healthcare system in rural areas has been developed as a three-tier system comprising sub-centres (SCs), primary health centres (PHCs) and community health centres (CHCs). The SC being the first contact point, has one male and one female healthcare worker and a health advisor is entrusted with the task of supervising six SCs. PHC units consist of a medical officer supported by 14 paramedical staff and are equipped with six patient beds and other basic machineries. CHCs have four medical specialists (surgeon, physician, gynaecologist and paediatrician) supported by 21 paramedical staff and are equipped with 30 patient beds with laboratory facilities. As per a survey conducted by the Ministry of Health and Family Welfare (MoHFW) in 2019, there are around 1,57,541 SCs; 24,855 PHCs; and 5335 CHCs.

The rural population of India is distributed among 6,47,362 inhabited villages and 768 forest villages, and is locally administered by 2,55,566 village panchayats (gram panchayat), 7,197 Blocks, and 6,862 sub-division offices. The size administered by a village panchayat varies somewhere between 1,000 to 5,000 people. The survey by MoHFW indicates that only half of the total village panchayats in India have access to some healthcare institution while for others it's still a distant dream. Considering the average population of a village panchayat, there is a need for at least two sub-centres in one village panchayat as the first point of access for patients. Further, every two village panchayats can share one PHC and around four to six village panchayats should have one well-equipped CHC at their disposal.

Just as we have a toll-free number for every service we avail nowadays, a permanent toll-free number can be established for healthcare too, whereby for every zone the CHC can be the point of operation. CHCs can have rapid response teams to address urgent concerns and requirements received over the toll-free calls. CHCs could also facilitate the creation of mobile medical units (MMUs) to facilitate health care in remote areas, especially tribal villages. MMUs can have paramedics supported by one or two nursing staff equipped with basic machineries and general medicines. MMUs can patrol designated areas like the police does and can be the first responders to a medical request made over the toll-free calls. This would ensure that every person in rural parts would have hassle-free access to appropriate healthcare in a proximate zone. A robust healthcare centre at a proximate range would ensure that not just Covid, but even other common health concerns, such as viral diseases, maternal issues, child health problems, other communicable diseases etc., are addressed in an expedited manner.

As much as we need to upgrade our healthcare institutions, we also need an effective administration which would not just monitor the operations of such institutions, but would also ensure the participation of several stakeholders within the village community for spreading awareness about the diseases and their cures. There is a good amount of vaccine hesitancy in the rural parts of India which is caused by both misinformation and ignorance, resulting in the wastage of essential resources and weakening our combined fight against Covid.

There are several stakeholders within the village community like Accredited Social Health Activists (ASHA) Workers, Primary School Teachers, Religious/Spiritual Leaders etc. that could be mobilised for Covid-19 management and for disseminating essential information about the disease, precautions to be observed, and its cure. Further, village-level resource mapping exercises can be conducted by these stakeholders who can pass on the information to block development officers (BDOs), who would identify and monitor health issues of each gram panchayat within their jurisdiction and report it to the sub-division officers (SDOs) or the district magistrate/district collector. This exercise, even if done once in a month, would ensure that as a community we are prepared on every front and have adequate healthcare resources at all levels.

The temporary healthcare system that both the Centre and the states have created in their fight against Covid-19 is by far the best system that independent India has experienced and it is important that we institutionalise it at both the urban and the rural levels. This would require an upgradation of our present healthcare institutions and increasing the number of SCs, PHCs and CHCs at village panchayat and block levels. The operation and administration of the system must be decentralised and should place stakeholders from within the village community at the forefront of the management. As India prepares for a probable third wave of Covid-19, a robustly institutionalised healthcare system with more localised management would ensure that Indian citizens living even in the most secluded places have access to effective healthcare and receive various benefits/support given periodically by central and state governments.

## Independence Day

Aryaneel Majumder | VI A

There goes down the Union Jack  
Look, our tricolour rising back to back  
There's all cheer in the freedom's spree  
As our nation has become free.

Lighting the lamps to adorn the nation  
Two hundred years' fight needs a celebration  
Freedom has come in the midnight  
Awaiting dawn for the new light.

Salute the patriots those who fought  
Recall sacrifices and their thought  
Let's take pledge to do good to the nation  
Let's now work all in unison.

India is our country and it's our pride  
Let's lead the world in our strong stride  
On August Fifteenth, Nineteen Forty seven  
We got a chance to make our country, a heaven.



## दोस्ती

कृष कासों | कक्षा 10 बी

दोस्ती जीना सिखाती है,  
दोस्ती अपनों से मिलाती है।  
जब हम अपनों से मिल जाते हैं,  
तब हम जीना सीख जाते हैं।

दोस्ती में उसकी क्या बराबरी करते हो  
जो तुम्हें दोस्त-दोस्त बुलाता है?  
एक बार उसका फोन तो देखो,  
वह सबका दोस्त बन जाता है।

कुछ लोगों ने मुझे कुछ कह दिया  
और जब मैं रोने लग गया  
तो मेरे दोस्त ने मुझको देख लिया,  
उन लोगों पर वो अकेला ही भारी पड़ गया।  
इसीलिए मैं कहता हूँ,  
मेरे दोस्त होते हैं आग।  
भूलकर भी उन्हें न छूना,  
वरना हो जाओगे राख।

हम सब जब दोस्त हैं  
तो हमें नहीं चाहिए किसी और का प्यार,  
चाहिए तो बस दोस्ती ही दोस्ती,  
और सामने वाले कुछ यार।

## Looking Forward to a Greener World

Mr Gopal Chaturvedi | Faculty in German

The Scindia School has always been a home for different kinds of flora and fauna. Throughout the years, the school has ensured the preservation of this diverse gift of nature. The Board of Governors showed a keen interest and thought of developing an ecological park on the fort. They believed that with the development of a nature park on the fort, we would be able to promote sustainability and maintain a strong environmental balance with nature. Mr Harpal Singh took up the cause to take this idea further. His conceptualization of the idea was based on two pillars that were:

- Sensitizing Scindians towards sustainable development and practising ecology.
- Positioning the school as unique in addressing the issue of water scarcity and creating a living example of ecological balance on the campus.

The major focus is on rewilding the habitat of the fort. Rewilding is a progressive approach to conservation. It's about letting nature take care of itself, enabling natural processes to restore degraded landscapes and repair ecosystems in such a manner that wildlife's natural rhythms create wilder, more biodiverse habitats.

From the beginning of the project in May until now, the journey has been fascinating. Right from the start about discussions to creating contour maps of the school, choosing a site on campus to develop a small-scale nursery that can accommodate approximately 1500 plants, deciding on a name for the project, analysing soil samples, developing the nursery and finally planting the saplings at the chosen sites in the field, our dedicated school team led by Mr Gopal Chaturvedi is learning in-depth about plant ecology and wild habitat management. Under the guidance and expert knowledge of Mr Pradip Krishen and Mr Fazal Rashid, we see ourselves enhancing our deep love for the wonders of the natural world. Every time one of us is out on the field or in the nursery overseeing different aspects of this project, we feel thrilled to interact and engage in deep silent conversations with the plants.

So far, we have procured 52 different species of trees, shrubs and climbers and 113 different species of seeds from different nurseries. As of the end of August, more than 300 pits have been planted with different species of saplings near the Khambaa Taal site leading to behind the admin lane residences. The saplings planted have been chosen based on water retention quality, land topography, depth of soil and also to balance the overall aesthetic look of the habitat. At the nursery, we now have two raised bed compartments to sow seeds that require bed sowing techniques. In addition to that, we have also learnt how to do vegetative stem cuttings of three different species.

Our head gardener, Mr Vinod is continuously learning new skills and techniques that are being taught by our expert advisors Mr Krishen and Mr Rashid. He is



Cleaning the area

also training our team of workers regularly who are showing a keen enthusiasm for this project. Five sunken pits that have been dug at the nursery are being used for keeping the different species of saplings and nursery sapling polybags that have seeds sown in them. Approximately 60 new pits have been marked where planting will continue in the next couple of weeks. The new pits have been marked around the periphery of Chamariya Taal. We have also completed planting saplings to create two hedges, one opposite the Principal's residence and the other opposite Jeevaji House. Regular reporting and updates on the data sheets are constantly being done by the team members. We have also spotted nearly twelve species of butterflies, four species of beetles and a few uncommon birds during the project.

The team is working in tandem continuously, under the able guidance of our experts, Principal, Dr Madhav Deo Saraswat and Bursar, Lt Col (Retd) Rajiv Saxena.



Digging the pits



Plantation sites



Marking the pits

## पर्यावरण और हम

नवांश मानकर | कक्षा 8 सी

पर्यावरण का अर्थ है परि + आवरण अर्थात् धरती को चारों ओर से घेरे हुए आवरण को ही पर्यावरण कहते हैं, जिसमें जल, मिट्टी, हवा, पेड़-पौधे, जीव-जंतु सभी आते हैं। पर्यावरण का हमारे जीवन में बहुत महत्व है, मनुष्य एक पल भी इसके बगैर नहीं रह सकता। यह हरे-भरे पेड़-पौधे हमारे जीवन का अभिन्न अंग है। प्रकृति के बिना मानव-जीवन की कल्पना भी नहीं की जा सकती है। जल, थल, वायु, अग्नि और आकाश इन्हीं पाँच तत्वों से ही मनुष्य का जीवन बना है और जीवन समाप्त होने पर वह इन्हीं में विलीन हो जाता है। प्राचीन काल में मनुष्य अपने चारों ओर की सुंदर प्रकृति को सहेज कर रखता था, मनुष्य का जीवन बहुत सीधा-साधा और सरल था। वह अपनी पूरी मेहनत और लगन से काम करता था और साथ ही अपने आसपास के पेड़ पौधों की भी पूरी लगाव से देखभाल करता था उसके चारों ओर एक सुंदर और स्वस्थ वातावरण रहता था। धीरे-धीरे उसके जीवन में परिवर्तन आया और अपने कठिन परिश्रम से मनुष्य ने अपने जीवन में बहुत प्रगति की और उसका रहन-सहन और बेहतर होने लगा। धीरे-धीरे समय बदला और मनुष्य ने अपने जीवन में नए-नए आविष्कारों से न जाने कितनी उपलब्धियों के साथ जाने-अनजाने प्रकृति के साथ छेड़छाड़ भी करता गया और जिससे हमारी प्रकृति को बहुत नुकसान पहुँचा, जिसका उसे एहसास तक नहीं है। आज हम देखते हैं कि पहले जिस प्रकार वन-उपवन आदि होते थे, चारों ओर प्राकृतिक सौंदर्य दिखाई देता था, आज लोग प्रकृति को नष्ट करते जा रहे हैं। हर जगह जहाँ पर भी घने वृक्ष आदि हैं, उन्हें काटकर वहाँ पर बड़ी-बड़ी इमारतें बनाई जा रही हैं, घने जंगलों को काटकर फैक्ट्री मिल कारखाने आदि बनाए जा रहे हैं जिससे निकलने वाला ज़हरीला रसायन मिट्टी और पानी दोनों को ही बर्बाद कर रहा है और इसका हानिकारक प्रभाव केवल मनुष्य पर ही नहीं बल्कि सभी जीवों पर पड़ रहा है। वह अपने ही हाथों अपना जीवन नष्ट कर रहा है जिससे वह अनजान है या फिर समझना नहीं चाहता। यदि वह इस बात को जल्दी नहीं समझता है तो देर हो जाएगी और मनुष्य जाति का बहुत नुकसान होगा क्योंकि पर्यावरण को सबसे अधिक क्षति मनुष्य स्वयं ही पहुँचा रहा है। इस कोरोना काल में यह देखा गया कि जब मनुष्य घर से बाहर नहीं निकल रहा था तब प्रकृति स्वच्छ हो गई थी, नदियों का पानी साफ हो गया था लेकिन धीरे-धीरे जब सब कुछ खुल रहा है तो पर्यावरण में वही प्रदूषण फिर फैल रहा है। हमें इस पर गंभीरता से विचार करने की आवश्यकता है क्योंकि पर्यावरण हमसे सीधे-सीधे जुड़ा हुआ है।

## Commercial Art



## असफलता ही सफलता की कुँजी है।

आयुष्मान राय | कक्षा 11 ए

अपने वक्तव्य को सभी के समक्ष प्रस्तुत करना एक कला है परंतु इस कला में निपुणता धीरे-धीरे आती है। आपका प्रयास इसको एक नई दिशा देता है। इससे सोचने की क्षमता का विकास होता है। जीवन में सफलता व असफलताएँ आती-जाती रहती हैं परंतु अपनी गलतियों से सीखना ही हमारा कर्तव्य है। पिछले वर्ष जब हमने अंतर्विद्यालयीय प्रतियोगिता में भाग लिया तो हमने पिछले वर्ष जो भी गलतियाँ कीं उनसे सीखा और इस वर्ष उन्हें ठीक करने का प्रयास किया।

कमला जीवन अंतर्विद्यालयीय हिंदी वाद-विवाद प्रतियोगिता में हमारी यात्रा, इस साल किसी रोलरकोस्टर की सवारी से कम नहीं रही है। वाद-विवाद प्रारंभ होने से पहले, हमने अपने पिछले साल के प्रदर्शन को याद किया और महसूस किया कि अगर हम इस बार और अधिक मेहनत करते हैं, तो हमारे पास मौका हो सकता है, और इसलिए मैं और मेरी टीम प्रतियोगिता में अपना अधिकतम प्रयास देने के लिए तैयार थे।

हम प्रतियोगिता की प्रतीक्षा में थे, जैसे-जैसे प्रतियोगिता नज़दीक आई, हमने अपने प्रभारी शिक्षक श्री मनोज मिश्रा और श्रीमती रक्षा सीरिया के साथ अभ्यास करना शुरू कर दिया। हमें अपने पूल के बारे में पता चला और प्रतियोगिता के पहले चरण में हमारे प्रतिपक्ष में थे दून स्कूल के छात्र और इस समय कौन जानता था कि हम फ़ाइनल में भी उनका सामना करेंगे, लेकिन फिर भी, हमने पहली वाद-विवाद के लिए अपना अच्छा प्रदर्शन दिया। हालाँकि, परिणाम हमारे पक्ष में नहीं थे क्योंकि हम 4 अंकों से हार गए थे परंतु हमने अपना विश्वास नहीं खोया। इस पहली प्रतियोगिता में आदित्य को मिला सर्वश्रेष्ठ वक्ता का पुरस्कार, हमारे मन में 'हम और अच्छा कर सकते हैं', यह विश्वास और दृढ़ बना। हालाँकि इसने हमारे लिए 'करो या मरो' की स्थिति पैदा कर दी थी क्योंकि बहस जीते बिना, हम अगले दौर में, आगे नहीं बढ़ने वाले थे, इसलिए हमें वह दौर जीतना ही था और हमने वसंत वैली स्कूल, नई दिल्ली को हराकर जीत हासिल की। अब हम प्रतियोगिता के अगले चरण के योग्य थे जहाँ हम राष्ट्रीय इंडियन मिलिट्री कॉलेज, देहरादून का सामना करने जा रहे थे। फिर से, अपने दृढ़ निश्चय पर विश्वास करते हुए और टीम के सामूहिक प्रयासों से, हम इस दौर में भी सफल हुए और सेमीफ़ाइनल में पहुँचे। इस बार हमारे प्रतिद्वंद्वी संस्कार वैली स्कूल, भोपाल के छात्र थे, जिन्होंने हमें पिछले साल सेमीफ़ाइनल में हराया था। इसके अलावा, अब तक, हमारे दोनों वक्ताओं, परीक्षिता और आदित्य ने सर्वश्रेष्ठ वक्ता का पुरस्कार जीता था, और मैं वह था जिसे अभी भी इस पुरस्कार को जीतने की प्रतीक्षा थी। उस रात मैंने पूरी तरह से इस पर काम किया कि मैं अपनी सामग्री को बेहतर और अधिक प्रस्तुत करने योग्य कैसे बना सकता हूँ। जैसे ही सूरज निकला, हमें विषय मिला - "सही दिखना, सही होने से अधिक महत्वपूर्ण है" और हम इस बार विषय के पक्ष में बोल रहे थे। हमने अपनी सुबह की शुरुआत अपने मुद्दों पर चर्चा करते हुए की और बहस के लिए तैयार हो गए। मैंने अपने ढाँचे पर काम किया और इसे और बेहतर बनाया। हमने इस बार अपना सर्वश्रेष्ठ प्रदर्शन किया और एक अंक के अंतर से एक कठिन प्रतियोगिता जीती, और सौभाग्य से मुझे सर्वश्रेष्ठ वक्ता से सम्मानित किया गया। हमने अपनी सामूहिक शक्ति और दक्षता का प्रदर्शन किया और अब हम वाद-विवाद के अंतिम चरण में दून स्कूल का सामना करने के लिए कमर कसकर तैयार थे, और हम इस बार बहस के लिए अपना दिल और आत्मा देने के लिए तैयार थे। हमें विषय मिला - "कक्षाएँ बाँधती हैं" और हमें इसके विपक्ष में बोलना था। हमने उस पहलू पर गौर किया, जिसका उद्देश्य सामाजिक, शैक्षिक और पर्यावरणीय गति के विभिन्न पक्षों को शामिल करना था। इसलिए, हम तैयार हो गए और अपने डर को दूर करने के लिए, क्योंकि देश के विभिन्न हिस्सों में सब हमें देख रहे थे। हमने बहस में अपना शत-प्रतिशत दिया और परिणाम के रूप में 'विजयी पोडियम' हासिल किया। मैं वास्तव में इतना अभिभूत था कि हमें अपने शिक्षकों, दोस्तों और परिवार से बधाइयाँ मिलीं। अंत में, हमारे शिक्षकों द्वारा उन सभी अभ्यास सत्रों और मार्गदर्शन और हमारे पूरे दिल से किए गए प्रयासों से हमें वह परिणाम मिला जो हम चाहते थे। इसके अलावा, यह सभी के लिए एक जीवन भर की स्मृति बन गई, जिसने मुझे जीवन भर का सबक सिखाया कि कैसे असफलता वास्तव में सफलता की कुँजी है।

## Counselling Programme (The Scindia School)

Mr Kamlesh Singh | Faculty in Psychology

Schools are social systems which have numerous purposes to attain, and the role of guidance and counselling is dynamic in shaping the discipline of the students. Counselling, a powerful force in education along with instruction, is an essential part of an educational structure.

Counselling programmes for secondary school students are planned to address the physical, emotional, social, educational and vocational difficulties of young students.

Hence the School has initiated counselling activities from class VI onwards, wherein, both parents and students are involved.

The objective of the activity is to know ourselves, students and parent's expectations. Also, to establish an efficient feedback system enabling all of us to improve and set higher standards of accountability.

As a first step parents were invited in smaller groups to understand the parents' expectations during these pandemic times, discuss areas of concern both academic and behavioral, encourage participation of students in school clubs and societies as a means to combat stress and anxiety, and most importantly to establish a channel of communication, remain connected and address concerns and queries at the earliest.

In this small duration we have made the following observations -

- Students are attending the classes regularly and enthusiastically. Last years' experience has prepared them to take online classes, submit assignments etc.
- Parents are discussing both academic and behavioral matters.
- Students are missing school and are eager to join back. Everyone is hoping the situation improves fast.
- Parents also shared concern for Physical fitness.
- Student participation in extra curricular activities is better compared to last year.

In the current scenario COVID-19 has also brought new stressors on the parent, their capacity to provide care and remain engaged with their children. The kids notice, absorb, and react to the stress visible in their parents. To overcome the stresses, this workshop was organised to enhance the psychosocial wellbeing for parents of class VI and VII.

The objective was to share simple tools with parents to help them build resilience in kids and to connect emotionally with children, understand their concerns, etc., ways to promote an environment where children develop their full potential having fun and being safe and healthy.

The sessions were interactive and few parents also came up with positive suggestions like creating rooms where the kids can talk freely to each other.

More workshops are planned for students as well, in order to develop skills of resilience and ability to understand each other.

Psychometric tests are an important tool in counselling and hence Becks Youth Inventory was used to measure self concept in Class XI students . These tests provided interesting insights into the personality of students and would help us to further guide the students to improve.

Career Counselling forms an important aspect of any schools counselling programme. One-on-one interactions with parents of Class IX,X, XI and XII have been initiated and the main emphasis was on stream selection and profile building for securing admissions in universities.

During the month of July and August this year we interacted with a hundred and fifty five parents and fifty students . This endeavour made an effort not only to enhance communication with parents and students but also has helped students to understand themselves and make appropriate choices.

## Dreams

Mr Sandeep Agarwal | Ex-Sh, 1980

We all dream, don't we all ?  
 Softly and silently, with each night fall.  
 Creating a World within our own  
 Somewhat the same, some unknown.  
 Reflecting our fantasies, as also our fears  
 Making us laugh, or shedding our tears.  
 Seeing our loved ones, alive and dead,  
 Living with them, till we get out of bed.

And as we awake, we smile a bit  
 For what had occurred, has gone for a hit.  
 The laugh, or the sob, and of course the scream,  
 We realize now, that it was all a dream.  
 But as we lived it then,  
 Did we not truly live in them ?  
 The laugh, or the sob, and the scream  
 Did they not reign, totally supreme ?

We laugh and cry, walk and fly,  
 To various places, far and nigh.  
 We go to cities, old and new,  
 Speak to people, and bid them adieu.  
 Humans are we, born with our limits,  
 Here today, and gone in minutes.  
 Yet, building castles in the air,  
 Clinging to them, with much fanfare.  
 Creating these sounds, alongwith the sights  
 Living in them for all those nights.

So, is this World, not also the same ?  
 Made by the Lord, for His own fun and game ?  
 As the sun rises, and as the wind blows,  
 As the flowers bloom, and as the river flows.  
 Winters and summers, climates wet and dry.  
 Trees in the forests, and clouds in the sky.  
 All are His creation, and he makes the rules,  
 All that happens is what He approves.  
 This life of ours is the Lord's dream,  
 We are assigned to just flow with the stream.  
 For, as we smile, He also does the same,  
 Know ye this, to be the object of the game.  
 He plays with us, as we may be a pawn,  
 And when He wills it, we'll surely be gone.  
 Enjoy while it lasts, and play it with a smile,  
 Life is but a dream, going to last just awhile.



Namsang Limboo | Ex-DI, 2021

## An Artist's Perspective

Mr Manash P. Talukdar | Ex-Sh, 2008

It was the end of a century or the start of a new, the year 1999, was unique in more ways than one. It was also the year that I joined The Scindia School, as a student in the 4th grade. Those who joined the 4th and 5th grade that year in Scindia, were the last batch to have done so, because after that the school took boarders only from the 6th grade. During the time we were in the junior school campus, it made us feel like the senior of the seniors and the junior of the juniors.

Right from my early school days, I took interest in art and sports. So much so that, I used to bunk classes just to give more time to my hobbies. Fortunately, the teachers recognised my artistic talents right from the beginning and excused me from most of the regular activities in school. This was a kind gesture and a big support for an aspiring artist. Later in the senior school, I was determined to follow art as my career and learn what I wanted to know. In 2008, I was awarded an international prize in a painting competition titled "Sports in Imagination", by the Olympic Committee in Warsaw Poland, Beijing. This was a major boost to my early artistic career as that very year I graduated from school and turned my hobby into a profession. I joined the College of Arts, Delhi to study fine arts with painting as a specialization. When I started with the venture of making art, I was overwhelmed to practice art regularly, the thing that I had always dreamed of. Before I started my artistic endeavours, I was aware of all the uncertainties of a career in art and also the cliché that "Art is for the rich". There were many difficulties that I had to overcome, things that seemed like walls or hurdles; at first, were mere thorns in my foot that simply needed to be plucked out and I simply had to move on on a road that is less travelled. It's rightly said- "Sweet are the uses of adversity!"

I now have an experience of over a decade in the field of art. Today, I can confidently say that there is nothing else like following your dream and that "Creativity is the basis of all fulfilment". I recently had my works exhibited in Emami Arts, Kolkata. You can view my artworks on my website - [www.manashtalukdar.com](http://www.manashtalukdar.com)

### An artwork done during the school days

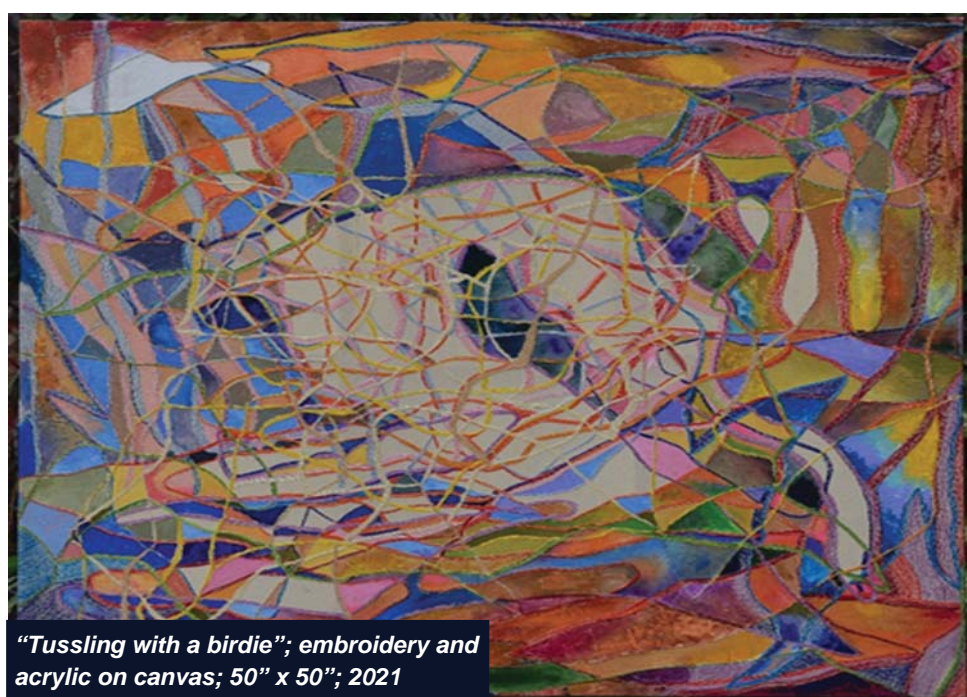


"Sports in Imagination", watercolour on paper; 18" x 12"; 2007

### Some recent paintings



"Keeping afloat"; acrylic on paper; 12" x 8"; 2021



"Tussling with a birdie"; embroidery and acrylic on canvas; 50" x 50"; 2021



"The human facade"; mixed media; 18" x 12"; 2021

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