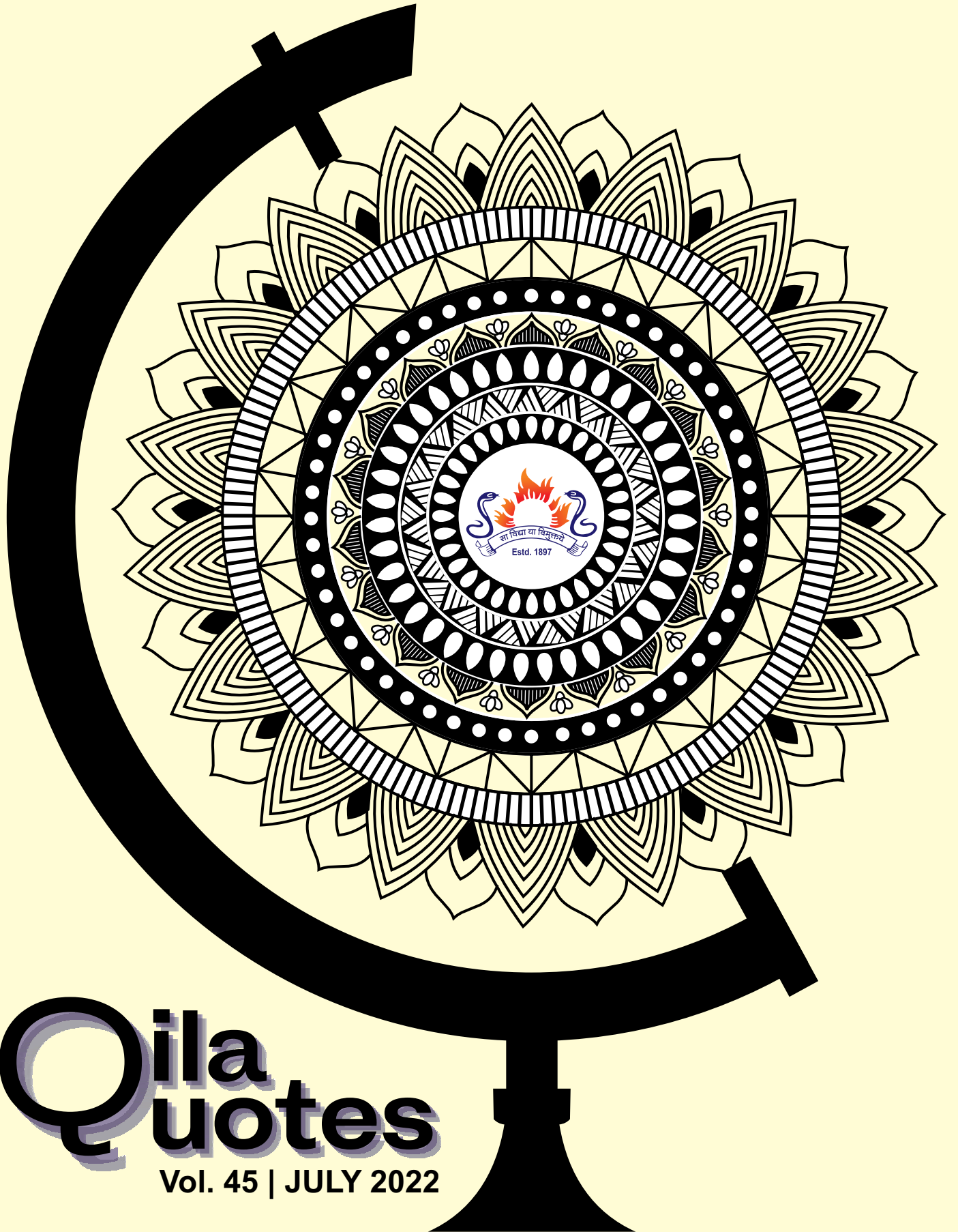


The Scindia School

TRIENNIAL PUBLICATION



Qila
Quotes

Vol. 45 | JULY 2022



Principal, Mr Ajay Singh's first assembly



At the welcome dinner

THE SCINDIA SCHOOL

THE FOUNDER

H H Maharaja Madhavrao Jayajirao Scindia

President

H H Maharaja Jyotiraditya M Scindia

Vice President

Mr Rajendra S Pawar

Members

H H Rajmata Madhaviraje Scindia

Mr Vinay Modi

Mr Mahesh Gandhi

Mr Harpal Singh

Mr Arun Kapur

Mr Vikram Mathur

Mr Jyoti Sagar

Yuvraj Mahanaaryaman J Scindia

Mr Dipak Haksar

Mr Rajeev Dubey

Mrs Darshana Jaini

Mr Ravi Saund

Government Nominee

Mr Harish Bhojwani

Mr Amar Jyoti Bindal

Ex-officio Member, Secretary & Principal

Mr Ajay Singh

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Every effort has been made to ensure the accuracy of the information printed in this edition of the Qila Quotes. If an error has occurred, please accept our apology and contact the editor at visheshs@scindia.edu.



Ms Smita Chaturvedi receiving the award at ET function



Mayank, Vidit & Anubhav responding to new parents' concerns during induction programme

PRINCIPAL'S MESSAGE



Dear Readers,

On my personal behalf as the new Principal, and on behalf of The Scindia School, I extend a very warm welcome to you. I am honoured and feel privileged to be a part of this beautiful and rich legacy i.e. The Scindia School, Gwalior.



As the world moves ahead in uncertain times with volatility as the new normal, we shall continue to provide an engaging experience to every Scindian to ensure his transformation into a humble, articulate, and responsible global citizen rooted firmly in the Indian ethos. The unique journey of self-discovery in a safe and secure environment has been the hallmark of this school; we will not only continue but enhance this experience for each member of our community.

We will ensure that every student internalizes the connect between ethics and ecology to appreciate a higher sense of citizenship, which will guarantee our planet a sustainable future in an enriched human and

natural environment. Education on the Fort ensures this natural connect of curriculum with our rich flora and fauna along with the monuments of historical architectural brilliance.

Through the versatile curriculum which is transacted by excellent mentors in academics, sports, and adventure as well as the continuous impetus on engagement with the community, we will continue to shape both - strong individuals and a respectful community of learners.

Astacha!, the meditative and reflective practice is at the heart of our Scindian way of life. It enhances the spiritual quotient of our students and goes a long way in laying the foundation for developing a deep sense of sensitivity and an all-pervasive calmness which has over the last many decades fructified into the distinct humility with which our boys grow into men of mettle! We will bring new dimensions to this practice in times to come.

The gamut of opportunities provided by the school enables a personality which is actively committed to Academics, Sports, Adventure, Arts as well as Service. The school will do whatever it takes to transform young impressionable minds into confident, righteous, and wise young men who will lead the world of tomorrow. As the UNESCO Director General, Audrey Azoulay has rightly said and I quote **“Education is a public good, it is delicate, it is the best possible investment we can make”**. The Scindia way of life would certainly empower, enrich, and ensure a responsible and accountable citizen of the world.

Hope you enjoy reading the latest issue of the Qila Quotes.

Ajay Singh
Principal



Principal, Mr Singh welcoming Yuvraj Mahanaaryaman J Scindia in the refurbished Dining Hall



Mr Gopal Chaturvedi along with colleagues at the conference

EDITORIAL

Appointment of the Principal

The Scindia School welcomed Mr Ajay Singh as its new Principal on July 1, 2022. Mr Ajay Singh is an eminent educationist with a vast experience in the field of education in which he has assumed several roles during his journey. Armed with a Master's Degree in Psychology from the renowned Banaras Hindu University, and a B. Ed. as well as a UGC-NET qualification, he has a vast experience of teaching Psychology in CBSE, IBDP and IGCSE curriculums. He has also taught Theory of Knowledge in the IBDP curriculum. As a pedagogical leader and a sports enthusiast, he combines the best of diverse disciplines.

In a career that encompasses a journey of more than two decades both as a facilitator and an administrator; Mr Singh has served the Mayo College, Ajmer for almost a decade as a Psychology Teacher, a Career Counsellor and eventually a Housemaster. Thereafter, he joined the Genesis Global School, Noida in the capacity of 'Dean Residences' and went on to head the National Curriculum (CBSE) of the school. Prior to joining The Scindia School, he headed the Punjab Public School, Nabha.

A voracious reader and a travel enthusiast, he has travelled to many countries to understand the pedagogical systems practiced all over the world. He has many accolades to his credit, namely - Excellence in Teaching Award; International School Award; The Most Transformational Practices in Student Development Award; and the first 'CV Raman Award' for Principals on September 5, 2021 in an event organized by Think Niti.

As an educational leader, he believes in providing transformational learning experiences to the learning community and enthusing them with a spirit of team building and camaraderie.

Infrastructure

We are delighted to inform that the Dining Hall has been fully refurbished in every way possible and has culminated into an excellent facility with better management, producing superior quality food for children. Yuvraj Mahanaaryaman J Scindia visited the school at the start of the academic session to personally taste the food and see the new facility!

Awards

Times Group organized the 5th Edition of "ET Best Education Brands" on June 29, 2022, at Hyatt Regency, New Delhi. The Scindia School was recognized as one of the "Best Education Brands" by ET.

The 3rd Edu Leaders Summit was organized by UNIVERSAL MENTORS ASSOCIATION featuring the Flagship Award - Principal of the Year 2022, (3rd Edition) in association with Brain wonders. The jury of the event selected Ms Smita Chaturvedi, Principal,

The Scindia School, Gwalior, under the category of the "Principal of the Year Award 2022". Many congratulations!

Workshops & seminars

A group of 31 teachers comprising of Housemasters and Resident Tutors attended a 10-day workshop on 'Personal Mastery' from the 25th of January to the 9th of February 2022. The session was conducted by Mr Sarabjit Wallia, an eminent Experiential Educator and the founder of Entendido. Participants emerged from the workshop with enriched perspectives about life, work, and interpersonal relationships.

On 8th July, Mr Gopal Chaturvedi attended a German Teacher's Conference DLT- 2022-23 in Delhi. Teachers from all over the country participated in this conference. Conference focused on lesson planning and using soft skills in the classroom.

A Leadership Camp was held for Class XI from the 3rd to the 9th of April 2022, organized by Mr Sarabjit Wallia. The purpose was to help the boys transform themselves into future leaders. They were divided into teams and were given real life situations, where they needed to find out about the best ways to handle a crisis. They emerged better prepared to be motivators and leaders of their school and the society at large.

On the 26th of March 2022, the students of the junior section were invited to a seminar, where Mr Pradip Krishen who works extensively on the Ecology Park, shared his experiences of rewilding the Rao Jodha Desert Rock Park, Jodhpur. All the students were full of questions for him.

Visits

Ms Devyani Mungali and Dr Girija Shankar Mungali from the Sanskruti Group of Schools, Pune interacted with the faculty on the 4th of March 2022. The couple has been visiting schools in India and abroad to learn about the academic processes in those institutions. She shared the routine and practices of her own institution and discussed the various learning techniques adopted while teaching various subjects such as English, Hindi, Humanities, Science and

Mathematics. She quipped that Covid 19 had ushered in the age of 'demanding children and obedient parents' rather than the other way round.

Member Board of Governors, **Mr Harpal Singh** and **Mr Rajeev Dubey** visited the school on 15th & 16th July 2022. They spent time with the Principal, **Mr Ajay Singh**; interacted with the students; visited the Eco Park; attended the Astachal; met the admissions team; enjoyed meals in the newly refurbished dining hall and engaged with the faculty!

Co-curricular activities

A walkathon was organized from the 3rd – 5th March for the students of Classes IX, X and XI. This was the first event which tested physical endurance after a long spell of online classes. The students were seen supporting and encouraging each other, leading to a lively walkathon.

The Cyber Scindia Inter House IT Week was organized from 7th – 10th March. The event's goal was to create a platform for students to demonstrate their technical abilities which they regularly learn while in school. All the events were attended by students who actively participated and displayed their work.

A Chess tournament was organized with the help of 'Chess Mate Chess Academy' on 5th and 6th of March, 2022. Altogether, 113 students from 15 schools of the country registered for this tournament. Our school clinched the 2nd position in the tournament.

School hosted its annual GK Inter house Junior Group Quiz on the 15th of March, 2022.

Manika Ghosh Memorial Inter-House Junior Art Competition was held on the 29th of March 2022. The competition gave students an opportunity to hone their skills and try their hands at various artistic genres.

The 81st Inter-House Annual Athletic Meet was held from 14th - 18th of March 2022. It tested the endurance and mental strength of all those who participated. It proved the adage that the important thing in life is not to win but to participate.

The Middle Group Inter House Cricket Tournament was concluded on the 5th of April 2022. The tournament elicited an exuberant participation by the boys.

Farewell

No heart was left untouched and every eye glinted with tears as the boys lined up to bid adieu to the respected Principal, **Dr Madhav Deo Saraswat**, on the early morning of the 31st of March 2022, when accompanied by his beloved wife, **Ms Kanan Saraswat**, he left the much-venerated gates of the Scindia School, his car passing amidst a showering of rose petals by the students and faculty. Prior to the Principal's departure, a series of farewells had been arranged in his honour by the Teachers' Association, the Admin Staff, the Support Staff and the concluding one organized in the SMOAT on the evening of the 30th of March when the Principal was presented with mementoes and delivered his last address to the School. Dr Saraswat had been serving The Scindia School since 2015.

Celebrations

To celebrate the triumph of good over evil, *Holika Dahan* was organized on the 17th of March 2022 in the SMOAT when nature itself seemed to be bathed in vibrant colours, with the setting of the sun lending a cornucopia of hues to the trees loaded with Semul flowers. The Hasya Kavi Sammelan stole all hearts as the boys, playing the roles of famous Hindi poets, presented several humorous poems which had everyone in splits.

The Junior House reports presented on the 11th of April 2022 were anchored by **Ayaan Chintan Shah** and **Ayaan Agarwal** of Class VIII. They evoked smiles and applause as the house representatives announced the achievements of the four junior houses.

The Senior House reports anchored by **Arjun S. Bhatt**, Class XII were held on the 13th of April 2022 with the house representatives of all the eight houses giving the most eloquent description of the achievements of each house.

Valedictory Assembly held on the 19th of March 2022 in the soothing environs of the SMOAT, revived pleasant memories and made many of the students and faculty fight back tears. A soulful prayer and school song were followed by the then Principal, **Dr Madhav Deo Saraswat's** inspiring speech in which he called upon the boys to become responsible and be accountable to the world, a daunting task, but one which could be accomplished with a little bravery. The speech by **Ujwal Mehrotra**, the Senior School Prefect evoked ample amount of humour coupled with nostalgia just as a presentation capturing the special moments of school life added a touch of wistfulness.

Partnership

The Scindia School and Manipal University, Jaipur have entered a partnership, opening yet another door of quality higher education for our boys. This includes opportunities of career development through small projects, educational workshops, and internships.

Offsite induction programme

All new admissions were escorted to *Orchha* for an off-site orientation programme at the beginning of the session in July. The children got a wonderful opportunity to meet each other and the teachers who would play a significant role in their lives later in school. Students engaged in dramatics, Zumba classes, pool games, DJ session and much more!

Summer Camps 2022

School organised an invigorating trek to Markha Valley in Ladakh from 20th - 28th June 2022. **Ms Raksha Siriah** and **Mr Suggu Shekhar**, led the expedition comprising seven students. The school team crossed Kongmarula Pass which was 5200 mts high and explored the Ladakh region of Northern India between Kashmir and Tibet.

Eight high-spirited students of Class X participated in the 14 days' Adventure Course from 10th June 2022 to 25th June 2022 at the prestigious Nehru Institute of Mountaineering, Uttarkashi. During the course they were exposed to various outward-bound activities like Trekking, Rock Climbing, Bush Craft, River Crossing, Camping, Cooking, Navigation, study of flora and fauna etc.



Adieu, Dr MD Saraswat



Swimming at offsite

A team of 14 students and 3 teachers, namely, **Mr Dharendra Sharma**, **Mr Vishesh Sahai** and **Mr Anil Pathania** undertook a high-altitude mountain cycling expedition from Jispa (HP) to Chutuk (KA) from 19th June 2022 to 2nd July 2022. The team cycled for a total of 9 days and covered more than 360 kms.

Welcome

1. **Mr Ajay Singh**, Principal, July 2022
2. **Ms Ritu Guglani**, Faculty of French, April 2022
3. **Mr Pankaj Mishra**, Faculty of Mathematics, April 2022
4. **Ms Sangeetha P**, Counsellor, July 2022
5. **Mr Mandhaar Sharma**, Head of Sports, July 2022
6. **Mr Yogesh Sharma**, Faculty of Music, July 2022
7. **Mr Dhruv Sharma**, Faculty of Music, July 2022
8. **Mr Anubhav Vohra**, Chef (Mess In-charge), June 2022

We wish all new family members a very long and fruitful tenure at The Scindia School.

Goodbyes

1. **Dr Madhav Deo Saraswat**, Principal, March 2022
2. **Ms Aliya Khan**, Faculty of English, April 2022
3. **Ms Mubashir Ahmed**, Faculty of English, March 2022
4. **Mr T Achanta**, Faculty of Physics, July 2022
5. **Ms Priya Bhagat**, Faculty of Geography
6. **Mr Manjeet Singh Benipal**, Faculty of Geography, July 2022
7. **Lt Col Rajeev Saxena**, Bursar, July 2022

We wish them all a wonderful journey ahead.



Cycling mentors Mr Dharendra Sharma & Mr Anil Pathania



Scindian trekkers in their tents in Ladakh

OLD BOYS' NEWS



Mr Himanshu Goenka (Ex-Mahadji, 2000) has recently published his first fiction novella titled *Lockdown Breakdown*. Our congratulations! He has done a Master's course in Anthropology from the University of London and has worked with the BBC for a year. He has now shifted to Bengaluru and ventured into full-time writing. His book is available on Amazon/ Flipkart.



Mr Kingshuk Bhattacharya (Ex- Madhav,1991) has been recently awarded for Excellence in Broadcast at the 5th edition of the Digital Studio Awards in Mumbai. He is presently the Head of Broadcast Operations & Network Engineering of Sony Pictures Networks India. He was also awarded Innovator of the Year by Sony Entertainment Network in 2013. He started as an editor in advertising, then handled

post-production of content, LIVE and sports production. He now technically designs television and OTT networks. He presently stays in Mumbai with his wife Pooja, daughter Aastha, and son Aadi (twins). He is the younger brother of Mr Kaushik Bhattacharya (Ex-Madhav,1988). He looks forward to giving his guidance to Scindians looking for a career in broadcasting, television, or related fields. We wish him success in his chosen career.



Ms Seema Sharma (Ex-Vivekanand, 1977) has recently started a six-room homestay venture in Jaipur, called Siddh Cottage. She set foot on the fort in 1961 when her father, Sri Atmaram Sharma joined our School as a teacher of Hindi & Sanskrit. Following her father's footsteps, she then joined the teaching profession as a lecturer in Mandelia Home Science College, Pilani, and then as a teacher in India

International School, Jaipur where she served for 30 years, and finally retired as Principal of their Sitapura Branch in 2019. We wish her all the best in her second innings ahead.

In the last few months several SOBA chapters organized get-togethers across the country for different reasons. Please enjoy a few pics of some of these events.



THE CHANGING LANDSCAPE OF EDUCATION

Education is like a cascading waterfall that keeps on moving, changing, and adapting. The last two years have been a testament to this statement. Moreover, our children have proven to us that they have the ability to sustain and flourish even in the most alien of environments. They have been able to shoulder responsibilities and have engaged with the process of learning, in their own nuanced and unique ways.

If we think about education, what comes to our minds? Do we see the *guru* and *shishya* of the *Gurukul* system, or do we visualize the classrooms with the learners on one end and the stern looking teacher on the other? Or do we see a teacher connecting with the learners through the portal of the screen? The fact remains that these are but a few of the numerous snapshots that might have fluttered through our minds. And all these are true representations of the process of evolution that education has gone through.

When we were students, our teacher embodied a figure somewhat similar to Herodotus' Oracle of Delphi, "*I know the number of grains of sand and the extent of the sea; I understand the deaf-mute and hear the words of the dumb.*" The words that spun out of the teacher's lips were law. However, with the passage of time, there was a shift from teacher-centric classes to a more student-centric approach, where the learners and their ability, creativity and individuality were put at the forefront. I am not an authority on this, but I do believe that it was a more positive approach.

Technology had started to become a part of education, but its inclusion came with quadrupled force during the pandemic, when we were faced with an impossible situation. It has now become an integral part of the education system and educators have started to reinvent pedagogy with the use of technology so that transactions are more contextual for the learners. Educational institutions have adapted their level of engagement with technology to suit the changing needs. The education we impart and the technology we use needs to tangibly serve our students and our society.

We need to innovate the teaching-learning paradigm that will empower students to become independent and creative learners, critical thinkers, collaborators, and excellent communicators, as these are the skills that they require to become successful in the times to come. The future belongs to those who can be creators of technology, rather than just being passive consumers of it.

Now, as the dust begins to settle, we must acknowledge that we

will never "go back to normal". Not because it is not a possibility, but because we must not 'go back', rather move forward and create something new and different. I say this, because I believe that our children have moved on and have started to build a world which is more inclusive, tolerant and compassionate. We as educators have to unlearn and relearn a lot of things. We must make an endeavor to encourage them on this path, by helping them not just with academics and sports, but with life skills that will help them navigate this new era as woke individuals ready to bring about change. After all, our children are the architects of our future, and the landscape of education must give them enough space to build a world that is fresh, kind and free.

Ms Smita Chaturvedi
Vice Principal



Photo by Mr Anubhav Sarkar



Photo by Mr Anubhav Sarkar

In Conversation with

Mr Amitabh Malhotra

(Ex-Md, 1986)

Mr Amitabh Malhotra is the head of Global Banking at HSBC India and leads the corporate and investment banking business for HSBC India. Prior to HSBC he was the co-head and managing director of Rothschild India, a global investment bank. He has also worked with JP Morgan and has over 28 years of investment banking experience. During his illustrious career, he has been a part of many prominent IPOs, mergers, and private equity transactions across industries such as telecom, power, consumer goods, and pharmaceuticals. He has a commendable track record, and his market experience extends to countries such as China, Indonesia, and Vietnam.

Mr Malhotra joined The Scindia School in 1980 in class 7 and graduated in 1986. He was the school Squash Captain, and the House Prefect of Madhav House. He studied Chemical Engineering from Manipal Institute of Technology and then left for the US to pursue his MBA.

Mr Malhotra's father is also an alumnus of The Scindia School, and it was because of his father that he came to Scindia.

We present before you a candid conversation which our staff editor Mr Vishesh Sahai had with the second generation Scindian!

How did you choose Investment Banking as your career?

One of the key characteristics required to be a successful Investment Banker is people skills. I have always been a people-oriented person and enjoy engaging with diverse sets of people. I am genuinely interested in people and make an active effort to stay connected with them and see how I can help them.

While pursuing my graduate degree in the US I spent time with friends who were working on Wall Street. These were smart, eloquent, and driven people. I was deeply impressed with them and felt that given my academic qualification and my personality type, I should also choose a career in Investment Banking.

How will you describe yourself in 3 words?

Sensitive, Hardworking and Reliable.

What was the biggest obstacle you overcame in your professional career? And how did you do it?

One of the biggest obstacles that I faced was the loss of my job during a cyclical downturn in the economy. While this can be soul crushing and a big blow to your confidence, I did not let this impact my belief in me. I used the time off between jobs to get into a fitness regime, explore my love for music and went hard back into looking for a job. I kept in mind that the loss of my job was because of an economic downturn and nothing personal. The love and support of my family was key in motivating me and keeping the faith in myself.

What brings you happiness in your personal life? And could you shed some light on your interests and hobbies.

Many small things bring me great joy, but I am happiest when I am around my friends and family. After all, I am a people's person.

Music and Sports are on the top of my list of interests. I enjoy a wide genre of music ranging from old RD Burman songs to Maroon 5. You will find interesting playlists on my phone, and I am always experimenting with diverse genres. Both my daughters are also into music and have introduced me to music which I would not have





What are your future goals in HSBC and beyond?

I have just stepped into a new leadership role in HSBC and have been given the opportunity to do something new and different. My immediate focus is to excel in that and deliver for the firm. For the long term, I prefer to go with the flow and not plan too far ahead.

What is the one thing that you can say has helped you the most to reach this point in your life?

One thing which has helped is the support system of my family and good friends. A support system where I could be myself, be vulnerable without any fear of being judged. I have been privileged to have friends and mentors who have supported me and at the same time shown me the mirror providing the necessary reality check.

If you had one advice to give to the students of the school, what would it be?

One very important piece of advice I want to give students is that you must choose to be a good leader even if it is at the cost of being popular. When I was in school, I was appointed house prefect. I was so focused on being cool and liked by my friends that I mistook leadership for a popularity contest and failed to prove my mettle as a leader. This is something which has stayed and has been an important learning for me.

Mr Amitabh Malhotra

otherwise listened to. On the sports front, I am an avid Chelsea fan. I have travelled across continents to watch football and cricket matches. I also enjoy watching movies and taking part (and often organizing) in Bollywood trivia.



L to R : Devika Malhotra (Daughter); Sapna Malhotra (Wife); Schauna Malhotra (Daughter) & Mr Malhotra

STUDENTS' ACHIEVEMENTS

With each passing year, we create history! This year is no different. Our academic improvements have pushed us to continue to plan purposefully, prepare doggedly, proceed positively, and in the end pursue plan persistently. Our class 10th percentage average of 89% is the highest ever in the history of The Scindia School. In class 12th, performance across the three streams, namely the Sciences, Commerce and Humanities has been outstanding and all the three streams have contributed to a higher average this year.

OVERVIEW OF CLASS 12 RESULTS

Total number of students : 81

School Result : Average Percentage = 92

School Topper (Best 4 subjects)

- | | |
|--|-------|
| 1. Shantanu Yadav | 99.3 |
| 2. Gatik Bhonwal and Pranay Agarwal | 98.8 |
| 3. Prashant Agarwal and Vihhaan Gupta | 98.5 |
| 4. Memoy Mishra | 97.80 |
| 5. Abhey Khanna, Ujjwal Mehrotra and Utkarsh Gupta | 97.5 |
| 6. Keshav Dudhani and Pranav Wadhwa | 97 |

School Topper (English + best 4)

- | | |
|-------------------|-------|
| 1. Pranay Agarwal | 98.20 |
|-------------------|-------|

Full marks in the following subjects:

- | | | |
|----------------|---|------------|
| 1. Accountancy | – | 4 students |
| 2. Painting | – | 1 student |
| 3. Psychology | – | 6 students |
| 4. Geography | – | 3 students |
| 5. Economics | – | 1 student |

74% boys scored 90 and above

OVERVIEW OF CLASS 10 RESULTS

School Result (English + Best 4) Average percentage – 89%

No. of students appeared – 97

- | | | |
|-----------------------|---|--------|
| 1. 90% and above | – | 56.7 % |
| 2. Between 85 and 90% | – | 22% |
| 3. Between 80 and 85% | – | 13.4% |
| 4. Between 75 and 80% | – | 7% |
| 5. Between 60 and 75% | – | 1% |

- | | | |
|-------------------|---|--------|
| 1. Total A1 grade | – | 37.3 % |
| 2. Total A2 grade | – | 24 % |
| 3. Total B1 grade | – | 17.9 % |
| 4. Total B2 grade | – | 11.3 % |
| 5. Total C1 grade | – | 5.3 % |
| 6. Total C2 grade | – | 2.6 % |
| 7. Total D1 grade | – | 1.6 % |

Toppers

- | | | |
|--|---|------|
| 1. Vedansh Balasaria & Ansh Garg | – | 98.8 |
| 2. Advik Garg | – | 98 |
| 3. Ayush Jain, Kushal Agarwal | – | 97.8 |
| 4. Akshay Suman, Keshav Bhagat, Pratham Jain | – | 97.6 |
| 5. Abhimanyu Bhushan Mudgal | – | 97.4 |

Full marks in the following subjects:

- | | | |
|----------------------------|---|-------------|
| 1. Artificial Intelligence | – | 09 students |
| 2. Mathematics | – | 04 students |
| 3. Social Science | – | 02 students |



Shantanu Yadav receiving the Pandit Atmaram Sharma Hindi Trophy; he is also this year's topper in class 12th

गुरु की छाया और तबला-वादन

ब्रह्मांड की नींव संगीत व ध्वनि है। इस ध्वनि को नाद या 'रिदम' कायम रखता है। इसी कारणवश सारा संसार एक अनजान 'रिदम' पर चलता है। उसी रिदम को नियंत्रित करने के लिए अनेक घन-वाद्य होते हैं। उनमें से एक है-तबला जिसने मेरी जिंदगी को बहुत प्रभावित किया है।

सिंधिया स्कूल में मेरी रुचि संगीत में प्रातःकालीन प्रार्थना-सभा के दौरान हुई, गीत गाते समय जब मेरा ध्यान तबला की ध्वनि-सौंदर्य पर गया तो मैं मोहित हो गया। किस प्रकार गाने को जोड़कर रखने का काम करते हुए तबला अपनी एक अलग चमक बिखेर रहा था। मेरा हृदय कह उठा- वाह !

उसी समय से मेरे मन में तबला सीखने की प्रबल इच्छा ने जन्म ले लिया था। एक अन्य विद्यालय गीत 'छात्र धर्म का पवित्र मान साथ में लिए' में एक वाक्य है- 'तुम्हारे हाथ में वही जली हुई मशाल हो' इस पर तबला का जो प्रभाव राजेंद्र सर ने पेश किया इससे मुझे तबला बजाना सीखने का जुनून सवार हो गया। मेरे हृदय ने राजेंद्र सर को अपने गुरु के रूप में स्वीकार कर लिया था।

उसी दिन संगीत के कालांश में पूरे मन से तबला सीखने के लिए जब मैं संगीत-कक्ष पहुँचा तो गुरु को प्रणाम करने के पश्चात् मैंने अपने गुरु से अपने शिष्यत्व के लिए निवेदन किया तो उन्होंने कहा कि हम पहले तुम्हारे नाद-ज्ञान की परीक्षा लेंगे कि तुम्हारा स्तर क्या है और उस आधार पर आगे की शिक्षा दी जाएगी। उन्होंने हाथ से ताल देकर मेरे ज्ञान की परीक्षा ली और फिर मुझसे तबले पर कुछ भी बजाने को कहा और जब मैंने पहली बार तबले पर प्रहार किया तब मुझे समझ आया कि यह इतना आसान काम नहीं है। लगातार आघात करने पर भी वो बात नहीं आयी, परन्तु गुरु जी के सिर्फ हाथ भर लगाने से तबला ऐसा खूबसूरत बोला कि - वाह !!

हिंदुस्तानी संगीत में गुरु-शिष्य परम्परा चलती आ रही है परन्तु बदलते समय के साथ यह परम्परा समाप्त-सी होती जा रही है। हिंदुस्तानी संगीत की सुंदरता देखने व सीखने के लिए गुरु की कृपा परम आवश्यक होती है। पुराण कहते हैं कि गुरु की कृपा के बिना कुछ काम संभव नहीं है।

आधुनिक विद्यालय के स्वरूप के साथ एक गुरुकुल जैसा भाव उत्पन्न करना असंभव- सा नज़र आता था परन्तु राजेंद्र सर ने

मुझको संगीत, जीवन व अनेक बातों से एक गुरुकुल में शिक्षा लेने का अनुभव करवाया है, उनके ज्ञान-भरे वचन व शिक्षा से मेरे मन के अंदर से स्वतः ही उनके प्रति गुरु का भाव उत्पन्न हुआ। उन्होंने मुझे सिर्फ तबले के बोलो के भंडार के अलावा, संगीत के ज्ञान और जिंदगी के बारे में भी कई शिक्षाएँ दी हैं।

एक किस्सा मुझे याद आता है, तबला को बजाने का सही तरीका पालथी मारकर आसन पर बैठकर होता है। स्कूल में सब कुर्सी पर बैठकर ही तबला बजाते हैं और गुरु जी कुछ नहीं कहते। तब मेरी जिज्ञासा को शांत करते हुए उन्होंने मुझे दो बातें बताईं, पहला तो यह कि संगीत का रियाज़ करते समय एक विशिष्ट ऊर्जा उत्पन्न होती है, इस ऊर्जा को धरती में वापस लुप्त होने से बचाने के लिए आसन लगता है। दूसरा कि जिसको तबला सीखने का जुनून अंदर से होगा, प्रकृति उसको खुद पालथी मरवाकर गुरु के सामने बिठा देगी।

ऐसी ही एक और बात याद आती है, मैंने गुरु जी को बताया कि मुझे पूजा-पाठ में मन नहीं लगता बल्कि संगीत की सेवा में जो आनंद आता, वह और चीजों में नहीं आता तो उन्होंने मुझे बताया कि ईश्वर की सेवा एक आवश्यक कार्य है। ईश्वर का दूसरा नाम है आनंद। (कृष्ण भगवान का दूसरा नाम) भगवान की सेवा में आनंद आता है, कुछ को नहीं भी आता। ईश्वर की सेवा का अर्थ जीव-सेवा भी है जिससे हमको आनंद की प्राप्ति होती है, संगीत की सेवा में भी हमको वैसे ही आनंद की अनुभूति होती है, आनंद दोनों में मिलता है लेकिन तरीका अलग है। ईश्वर की सेवा करना ईश्वर पर उपकार नहीं बल्कि हमारे इंसानी दिमाग को आनंदपूर्ति करवाना है, हमारा तरीका थोड़ा अलग है पर ये भी एक प्रकार से ईश्वर और अपनी आत्मा की सेवा करना ही है।

जिस भी क्रिया में शरीर व आत्मा का मिलन हो, वह ईश्वर की सेवा है, संगीत में भी आत्मा और इंसान का मिलन होता और आनंद आता है अतः संगीत की सेवा भी आनंद का ही एक रूप है।

जैसे रेत के टीले को नीचे से छूते ही रेत नीचे आ जाती, वैसे ही उम्र और अनुभव में बड़े लोग एक ज्ञान के टीले के समान हैं जब हम उनके पाँव छूते हैं तो उनके ज्ञान का कुछ प्रसाद हमें प्राप्त हो जाता और इससे विनम्रता आती है इसीलिए तो भारत में पाँव छूने की परम्परा है।

गुरुजी बोलते थोड़ा कम हैं पर साधना अधिक करते हैं इसीलिए बहुत से बच्चे उनको गहराई से जानते भी नहीं। एक बार मेरे एक मित्र ने गिटार सीखने की इच्छा दिखाई, जब वह पहली बार राजेंद्र सर के पास जाकर बैठा तो उन तीस मिनटों में उन्होंने इतनी चीजें बतलाई कि छूटने के बाद वह मुझसे खुद कहने लगा कि सर तो खज़ाने की पेटी हैं।

उनके व्यक्तित्व का असर मैंने अपने आप पर भी देखा है। गुरु जी बहुत ही शांत स्वभाव के व्यक्ति हैं। जैसा कि मैंने पहले बताया कि वह ज्यादा किसी से बातचीत या भेद-भाव नहीं रखते। बहुत ही सहनशील, विनम्र व सहजभाव के इंसान हैं। इनको सिर्फ देखने भर से ही अपनेपन का भाव आता है। संगीत की सेवा में लगे हुए लगभग हर व्यक्ति से ही ऐसा भाव आता है और यह उन्हीं का प्रभाव है।

कलाकार का संबंध मात्र कला में निपुण होने से नहीं बल्कि कला की सेवा करना भी होता है। स्कूल में पहले दिन से आज

तक, गुरु जी की शिक्षा और संगीत के प्रति वही प्रेम दिखता है चाहे जब वह कहीं जा रहे हों या प्रार्थना-सभा में तबला बजा रहे हों। विगत तीस वर्षों से वे सिंधिया स्कूल में आना-जाना कर रहे हैं और आज तक बिना किसी पद की इच्छा किए बगैर सिर्फ संगीत की सेवा में निःस्वार्थ भाव से लगे हुए हैं।

गुरुजी ने मुझे संगीत के सच्चे सौंदर्य को देखना सिखाया है। एक कला सीखना सिर्फ कला सीखने से नहीं बल्कि उसकी सुंदरता व उसकी परंपराओं को समझना भी है। तबला के अलावा गायन, बाँसुरी और हरमोनियम वाद्य का भी काफ़ी ज्ञान मात्र गुरु की कृपा और उनके निर्देशन भर से हो गया। मुझे संगीत का एक सच्चा साधक, तबला सीखने से नहीं बल्कि मेरे दोनों शिक्षक राजेंद्र शर्मा जी और श्री राजा बनर्जी ने बनाया है।

मैं गुरु श्री राजेंद्र शर्मा जी और श्री राजा बनर्जी सर का आजीवन आभारी रहूँगा। मुझे अपना शिष्य स्वीकार करने के लिए मैं उनको कोटि-कोटि प्रणाम करता हूँ।

सारांश अग्रवाल
कक्षा 12



COUNSELLING AT THE SCINDIA SCHOOL

"The Scindia School is committed to creating and promoting a safe and positive environment for the overall well-being of Scindians".

Students of Scindia come from diverse cultural backgrounds from across the country. Counselling offers a safe environment to the students providing confidential space to speak their heart and mind. The school counsellor supports and guides them through difficult times so that students can handle tricky situations more effectively.

Since Scindia is a residential school, we focus on holistic development, and therefore the mental health of every individual is highly prioritized.

"I suppose it is tempting, if the only tool you have is a hammer, to treat everything as if it were a nail" by Abraham Maslow.

In psychological terms, the quote means that when there is a problem one relies on the same coping mechanism, rather than looking for new solutions. The counsellor acts as a facilitator whenever the student comes across a problem, he or she is enabled to expand the horizons to understand a challenge from different perspectives and find the right solution hence strengthening their self-esteem.

Counsellor and Counselling

A counsellor is a facilitator who guides the person to find solutions to his/her problems. Counselling is a process of talking and providing personal or psychological counselling for positive mental health. Generally, counselling works purely on a trust basis. As per the counselling policy and ethics, the information shared by the client is kept confidential and is used discreetly only to channelize their energy appropriately. During the process of counselling, the counsellor uses therapeutic techniques and interventions to promote enhanced mental health.

At Scindia, counselling aims at the social, emotional, behavioural, and academic concerns of the students. The counsellor will reach out to every Scindian either through individual sessions or group sessions. One-on-one counselling sessions are mostly provided on a need basis and psycho-educational group sessions will be provided to all the students either class-wise or age-wise. The students can approach the counsellor by themselves for counselling or can be referred by teachers or any responsible adult. The counsellor also works in collaboration with parents, teachers, and other concerned members as and when required. Counselling not only pertains to behavioural problems but to the overall mental health of a person.

Role of a Counsellor

The role of a counsellor becomes crucial when it comes to handling children during their transition period between childhood and adulthood. It is important for a counsellor to adhere to the ethics of counselling to promote a safer environment. In the school, the counsellor uses the following ways to help the students self-discover and enhance their self-esteem.

Building rapport and gaining the trust of the students.

All the information shared will be treated with utmost confidentiality, which is the key element during the counselling sessions. However, there are a few situations that demand breaking the confidentiality e.g. if the student is found in the danger of harming self or others.

Providing one-on-one counselling sessions in the counselling room while always maintaining confidentiality.

Psycho-educational sessions are conducted class-wise or age-wise touching upon various topics related to psychological needs/well-being.

Some of the issues that are addressed in the group psycho-educational sessions are

How to handle peer pressure and confidently resolve peer conflict.

Homesickness is natural when in residential school. Helping kids to overcome homesickness and productively engage in boarding school activities.

Puberty paves the way for mood swings, confusion, and body image issues. A session on Growing up and challenges during adolescence aids in clarity.

Our body is private. Children are provided with knowledge of child abuse and the importance of safe and unsafe touch.

Sex and sexuality. An orientation on identity versus role confusion.

Help students learn how to respect themselves and others through a session on inter-personal and intra-personal relationships.

Gaming and addiction in general.

Bullying and Self-concept.

Self-esteem and Self-confidence.

Helping students to understand anger and anxiety issues; teaching strategies to handle themselves better (Self-Management skills).

Students are encouraged to walk into the counsellor's room whenever they want to vent out or ask for counselling with prior permission from a concerned teacher. Just talking to a counsellor without seeking any solutions helps their muddled mind to relax instantly.

In some instances, identified students may need counselling and therapies from an external expert considering that the school may not be able to accommodate certain cases. Therefore, appropriate referrals are made to the parents to take it further.

"Listening to a child without presupposition or judgment builds trust and resolves majority of the problems".

Good mental health is an essential part of living and is taken care of at The Scindia School.

Sangeetha P
Behavioural Counsellor



It is all in the mind



Bond of trust

CYCLING MY WAY THROUGH VALLEYS AND MOUNTAINS...

They say, 'The best view comes after the hardest climb'. Now, I can claim to have experienced this statement...

I belong to a family where no one has any interest in adventure, but my parents still agreed, perhaps they thought it would be a learning opportunity of some kind. Our trip started from New Delhi, we took a bus ride to Sissu, a village near Manali in Himachal Pradesh. As per the trip's itinerary, we were supposed to cycle a total of 377 (three hundred and seventy-seven) kilometres which looked like an impossible task for someone like me who had cycled just about 5 to 10 kilometres previously! However, with the constant support of my teachers and friends, I did it.

After reaching Sissu, we were supposed to have an acclimatization ride around the village but since our cycles got stuck in traffic, we couldn't go; instead, we went sightseeing on foot and saw Sissu lake and the famous Sissu waterfall. Finally, the next day, we had a bus ride to Jispa, from where we started cycling. Since it was our first day of cycling, we were supposed to ride only 24 kms, but it seemed like 100. The road on which we were riding was cemented but it was mostly uphill and as a result, few boys were found lying on the road out of tiredness! But that day was a display of character by Scindians and each one of them reached the campsite on their own without sitting in the van. While some boys were feeling a sense of accomplishment, 5 boys fell sick and were rushed to the nearest hospital.

The number of cyclists reduced from 14 to 9 after the very first day, but we didn't stop. On our second day, we were supposed to pass the Shinkula Pass which was at a height of about 16500 feet. The road to the pass was risky, so we crossed the Shinkula Pass sitting in a van and reached our next campsite, Lakhong. On reaching Lakhong, most of us had severe headache, and on top of that we were informed that out of our eight camping sites this was the coldest and windiest. The next morning, everything that we could see was covered in snow including our tents. We were informed that the temperature at night was -6 degrees Celsius. On this beautiful morning, our 5 cyclists were back fit and ready to ride.

On the third day, we were supposed to cover 45 km and all fourteen of us were looking forward to it. Even though the road was not cemented and 21 km more than the first day, we found it easier to complete our 45 km as the road was mostly downhill and we were all properly acclimatized. Each one of us reached our next camping

site, Purne on our wheels. The next day we again rode for 55 km and reached Padum. In Padum, we had a rest day where we explored the city and went to the famous Padum Palace.

After rejuvenating at Padum, we rode for 205 km in the next four days, during which we also crossed the Penzi La Pass which is at an altitude of 14,500 feet, and finally reached Kargil. While riding through the next 205 km we faced many challenges e.g. we had to pass small streams which were running across the road; we also had to ride on steep inclines as well as muddy and sandy roads. During the next 8 days, there were many instances when someone fell from the cycle and lost hope of riding, but we worked as a team motivating each other. It was an adventure full of challenges e.g. going to the washroom in open, washing our clothes in the stream, pitching tents, etc.

This trip was not only an adventure, but it also taught me many things about life. I learned that if you are doing anything difficult it might seem harder if you are doing it alone, but if you have a team, it's going to be much easier. While we knew each other for many years, yet we discovered new sides of each other which you can only understand in difficult times. Also, staying away from the polluted life of the cities, the trip rejuvenated our souls and helped us forge new friendships and bonds with each other.

While on paper our adventure got over in Kargil and we were supposed to go and live in comfort for two days in Srinagar, destiny had other plans. We were stopped at a checkpoint and were not allowed to move ahead to Srinagar because of security reasons. We had to sleep for the night in an army camp, which was a whole new experience for us. The next day, we had breakfast at the camp itself and moved ahead towards Srinagar, and finally reached about 10 am. It was a delight to receive army hospitality. In Srinagar we were warmly received by The Doon International School, which is headed by Mr Mehfooz Aslam, an ex-English teacher at The Scindia School. His warmth and hospitality will permanently remain etched in our hearts!

Satyam Raj



At the Shinkula Pass



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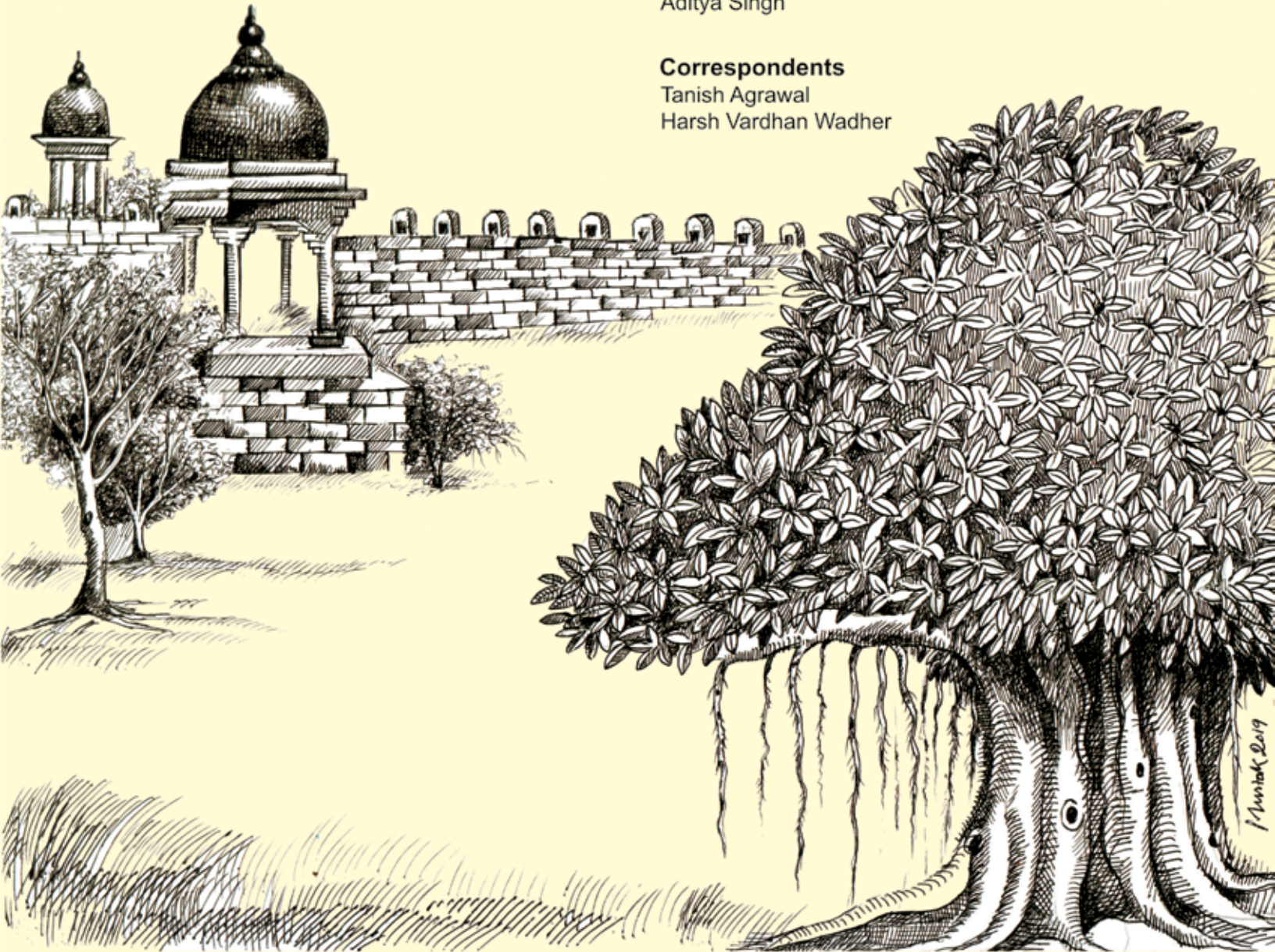
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