



SAINIK SCHOOL PUNGLWA, NAGALAND

We learn, We serve



Academic Year 2019-20



Annual Magazine

Vibrant Strings



Lt Gen Rajeev Sirohi AVSM, VSM GOC HQ 3 Corps Rangapahar on his maiden visit to Sainik School Punglwa



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CHIEF MINISTER OF NAGALAND
EDUCATION MINISTER OF NAGALAND
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INSPECTING OFFICER
INSPECTING OFFICER

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Editorial NOTE



LT COL P DAVIDSON,
Vice Principal

Education is an all-round development process of life. We learn and grow all the time and in every circumstance. The noble mission of the school is to provide learning environment and create opportunity for the cadets.

Sainik School Punglwa delves into every aspect of growth and development of each cadet. With the objective to prepare the cadets to lead as officers in the Defence Services of the country the school ensures that they are trained mentally and physically. The days' routine, from PT to lights off is attuned to the requisite of the cadets' growth and development.

We as educators have always made every effort to provide holistic education so that they face the future challenges successfully. Ample opportunities are being provided academically and otherwise to the cadets to give them an edge in the society.

Vibrant Strings is a portrait of the school which reflects the multi facet dimension of the school. I believe the magazine bears the spark of creativity and curiosity in our cadets.



MEET THE TEAM

PATRON

Gp Capt Prasun Basu, Principal

CHIEF EDITORS

Lt Col P Davidson,

Vice Principal

Lt Cdr Thongminlal Khongsai,

Adm Offr

EDITORS

Smt Kaisa Krehe

Shri Kanu Barman

Shri Vijay Kumar

Dr. Pankaj Kumar Mishra

Shri Keshav Adhikary Chhetry

STUDENT EDITORS

Cdt Satyendra Kumar

Cdt Deepak Kumar





MESSAGE



R.N. Ravi
Governor of Nagaland



RAJ BHAVAN
Kohima - 797001

September 10, 2020

MESSAGE

I am delighted to know that Sainik School Punglwa is bringing out the eleventh issue of 'Vibrant Strings', the School Magazine, for the academic session 2019-20. I commend the efforts put forth by the staff of Sainik School Punglwa under the able leadership of the Principal, since its humble beginning.

This annual school magazine is a platform where every cadet gets opportunity to showcase his or her skills and talents in writing and in various art forms. It also mirrors the achievements and valued activities of the school. Sainik School Punglwa is among the premier schools in the state. It inspires each cadet in his/her holistic growth and motivates them to achieve personal excellence including the principal objective of the school, i.e. NDA (National Defence Academy). I am glad that the school is striving hard to imbibe and inculcate strong values and develop requisite intellect in the cadets.

It is gratifying to note that some cadets of the school have made it to NDA. I am sanguine that more cadets will prove their mettle and forge ahead in undertaking the beckoning call of the nation for service.

I extend my heartfelt good wishes and appreciation to the fraternity of the School for a successful publication of the magazine and continuing the journey of excellence.

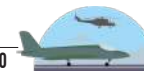
Jai Hind.


(R. N. RAVI)

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SAINIK SCHOOL PUNGLWA NAGALAND ANNUAL MAGAZINE 2019-20



02



**CHIEF MINISTER
NAGALAND
KOHIMA**

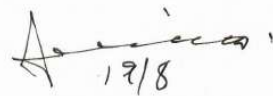
19th August, 2020

MESSAGE

I convey my heartfelt greetings and appreciation to the fraternity of Sainik School Punglwa, Nagaland in their endeavor to bring out the 11th edition of Vibrant Strings 2019-2020. It is highly commendable that the school provides the young minds with a pedestal to explore their potential and bring forth their latent talents and skills.

The school has embarked upon new plans and strategies to strengthen its academic set up and sharpen the requisite tools for all round development of the cadets. It is relentlessly striving to channelize students' power in a way that they are able to shoulder the responsibility of national growth and security. I urge the cadets to stay focused on their aim to join NDA by making the most of the multifaceted education offered by the school. Explore yourself from within, identify your strength and note that the school is progressing in its NDA venture as one more cadet has made an entry into it.

Wishing you the best in your efforts to scale newer heights and achieving bigger success.


(NEIPHIU RIO)

Chief Minister's Office, Kohima, Nagaland. Ph. 0370-2270000/13 Fax : 0370-2270015 email: cm_nagaland@yahoo.com

MESSAGE



SAINIK SCHOOL PUNGLWA NAGALAND ANNUAL MAGAZINE 2019-20





MESSAGE



K. TOKUGHA SUKHALU, IAS (RTD.)
ADVISOR
DEPARTMENT OF SCHOOL EDUCATION
GOVERNMENT OF NAGALAND
NAGALAND : KOHIMA

NO.ADV/EDN-4/2020-21/

Dated Kohima the 25th August 2020

Message

It is with great pleasure that I convey my best wishes to Sainik School Punglwa in its publication of "Vibrant Strings" 2019-20'

The magazine reflects the achievements of the school and also highlights the aspirations and dreams which it has to realize in the near future. Let this edition serve as a flint to fire creative enthusiasm of the young minds and inspire the cadets to aspire to excellence.

The era of global governance will be led by learned and progressive people and I am happy that Sainik School Punglwa, Nagaland has set new standards to mould cadets into fine gentleman daring to face the tough world that awaits them. The school has undoubtedly played a pivotal role in sculpting the learners. I am optimistic that the cadets will relentlessly strive in their quest for excellence and achieve their targeted goal, NDA.

Please accept my warmest regards for concerned success.


(K. Tokugha Sukhalu)

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SAINIK SCHOOL PUNGLWA NAGALAND ANNUAL MAGAZINE 2019-20



04



मेजर जनरल पंकज कौशिक
चीफ ऑफ स्टाफ
Maj Gen Pankaj Kaushik
Chief of Staff

मुख्यालय ३ कोर
पिन-६०८५०३
द्वारा ६६ सेना डाक घर
HQ 3 Corps
PIN-908503
c/o 99 APO

MESSAGE

It is a matter of pride to pen down the message for the annual school magazine "VIBRANT STRINGS" of Sainik School Punglwa, Nagaland. The name of the magazine itself suggests the overwhelming knowledge and creativity of the young and energetic vibrant minds that are on the road to become world leaders of our country in coming days. My heart is also filled with immense pleasure as I perceive the unbeatable progress being made in Sainik School Punglwa.

The seed of an idea sown many years back has come to fruition, and the school is undoubtedly growing and emerging into a strong sapling for the world to reckon and salute. It was the endeavour of the Nagaland State Government and the Old Boys' Association that public schooling is at the disposal of the common man who could not afford quality education outside for different reasons and for which the highest form of education is now a reality in the state. It has been indeed a smooth journey for all of us to have come this far notwithstanding the difficult challenges faced those bygone days.

The school magazine is a platform for the students to genuinely exhibit their creative pursuits which develops in them originality of pure thoughts and perception. The contents of the magazine reflect the wonderful creativity of the students of Sainik School Punglwa.

I extend my warm wishes to the Principal, staff and students to continue this journey on the road of excellence.

May the sapling grow into a sturdy tree and spread its branches.




(Pankaj Kaushik)
Maj Gen
Chairman





MESSAGE



सूचना का
अधिकार

Satish Singh
Joint Secretary (Trg)



साधनेन जयते



भारत सरकार
रक्षा मंत्रालय
रक्षा विभाग
नई दिल्ली - 110 011
Government of India
Ministry of Defence
Department of Defence
New Delhi - 110 011

DO No.40(05)/2010/D(SSC)

MESSAGE

I am pleased to learn that school is publishing its Annual Magazine. I look forward to reading the same.

The school is doing a commendable job of grooming the cadets and preparing them to be disciplined and patriotic citizens. Contribution of significant number of officers to the defence forces and other civilian positions is a testimony. Today, the alumni are placed at senior ranks not just in Armed forces but also in other fields. This is a result of the hard work and dedication of the staff working in the school and I commend their contributions.

I exhort all the staff members and cadets to dedicate themselves to the noble task of nation building.

Jai Hind


(Satish Singh)

New Delhi

Dated the 22 July, 2020





ब्रिगेडियर पी. के. शर्मा

निरीक्षण अधिकारी

Brig PK Sharma

Inspecting Officer

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भारत सरकार, रक्षा मंत्रालय

सैनिक स्कूल सोसायटी,

101 डी-1 विंग, सेना भवन

नई दिल्ली - 110011

Government of India

Ministry of Defence

Sainik Schools Society

101, D-1 Wing, Sena Bhawan

New Delhi-110011

MESSAGE

No. 13(1)/SSS/2019

14 Aug 2020

MESSAGE

1. It gives me great pleasure to learn that Sainik School Punglwa is coming up with its annual issue of magazine "VIBRANT STRINGS".
2. I am happy to see that, Sainik School Punglwa being the long felt dreams of the people of Nagaland is well established now, and is moving towards a higher pedestal of growth and success.
3. The school is steadily growing from strength to strength with untiring efforts and dedication of the staff and students. I strongly believe that the Sainik School will earnestly march towards the defined goals and objectives.
4. I extend my sincere and best wishes to the staff and cadets in their pursuit for excellence. I also wish the "VIBRANT STRINGS" a grand success.

Jai hind!





MESSAGE



ग्रुप कैप्टन पी रवि कुमार

निरीक्षण अधिकारी

Gp Capt P Ravi Kumar

Inspecting Officer

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भारत सरकार, रक्षा मंत्रालय

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नई दिल्ली – 110011

Government of India

Ministry of Defence

Sainik Schools Society

101, D-1 Wing, Sena Bhawan

New Delhi-110011

F.No 13(1)/SSS/2019

13 Jul 2020

MESSAGE

In a school faraway, Sainik School Punglwa to be precise, children daily wake up to a new dawn with hope evergreen in the heart that they will be champions like the unsung Naga heroes of World War II or the brave martyr of a modern lore, Captain Neikezhakuo Kenguruse, MVC. When they complete seven years of learning, they are ready for a lifetime of serving- just as the motto says.

The school magazine mirrors all the marvellous feats of the school in the past year. It captures the spills and thrills in every sphere of the school's activities- in words and images; in poetry and emotion; in prose and numbers; in reviews and reminiscences. The journey of the magazine does not end with its release or the reader browsing its contents. In fact it begins there and gets more intense and interesting with each passing year. The editorial team has just set rolling a magical ball which will at once soothe and stimulate the reader's mind every time he or she comes in contact with it.

The art or the articles inside this book won't change, though they were a result of being witness to the changes which happened in the lives of the cadets who would hereafter travel on their own separate paths somehow to always find their way back to each other. The real marvel of the magazine is in connecting lives which would scatter and radiate in different directions like the beams of the sun. Just as the magazine itself was created by stringing together different beads (of words, wisdom and worldviews) contributed by the creators, it will in the hereafter hold all of the authors and dramatis personae together. In a world where social media has unfortunately replaced the postal letters as a less creative means of expression, the annual magazine will hopefully continue to be a bastion of free and original thought.

A world of limitless possibilities, opened up by the work and sacrifice of the officers and staff at Punglwa, awaits the cadets. They just have to venture out and succeed.

Jai Hind !



FROM THE *Desk* of PRINCIPAL

Gp Capt Prasun Basu



As the Principal of the school, I am exuberant to be amongst the young minds who patiently wait to be groomed and moulded into fine gentlemen cadets. I find each day filled with new experiences and discoveries that broaden my horizon. The institution is one of the centres of excellence in imparting education in the state wherein, academic achievement and character building are what it aims for.

The curriculum and activities of the cadets are constantly analysed to ensure that we follow the updated principles and practices. The staff incorporates the best and latest trends of pedagogic aspects in their daily interaction with cadets. Shaping the young is a challenge for educators however with the unflinching efforts of the fraternity; it is done in a best feasible manner.

Cadets are offered an ocean of opportunities to explore their interest and develop innovative ideas. In their scholastic course, they meticulously carry out comprehensive, vibrant curricular and co-

curricular activities designed by CBSE thereby honing the skills of the cadets at large. As the main objective of the school is to prepare cadets to lead as officers in the Defence Services of the country, the school organises Motivational Lectures mostly from the decorated officers so as to motivate and develop Officer Like Qualities in them.

The school has recorded twelfth years of existence; since then there has been significant progress even in infrastructure development with the support from state government.

There is always a scope for improvement. I am sanguine that with the unflagging approach of the whole staff and management, the growth and development of the school shall continue unabated. And with the kind of nurturing cadets get from the school they would definitely become the future leaders and role models of society.

Jai Hind!





ANNUAL REPORT 2019-20

SAINIK SCHOOL PUNGLWA, NAGALAND

1. Introduction

The cadets of Sainik School Punglwa were involved in a number of activities during the academic session. The vibrant cadets and enthusiastic staff always put in excellent effort to make any event successful throughout the session.

2. School Strength

For the Academic Year 2019-20, the strength of staff and cadets are given below:

| STAFF | | |
|--|----------|-------------------------------------|
| Category | Strength | Remarks |
| Academic Staff incl PTIs and NCC Staff | 37 | |
| Administration Staff | 13 | |
| GEs | 39 | Including 01 Specially abled person |

| CADETS | | |
|--------|----------|---------|
| Class | Strength | Remarks |
| XII | 55 | |
| XI | 73 | 1 DS |
| X | 71 | 02 Ds |
| IX | 96 | 05 DS |
| VIII | 87 | 01 DS |
| VII | 77 | --- |
| VI | 94 | 04 DS |
| Total | 553 | |



3. Academics

The School achieved 100% pass result in class X. Four cadets secured above 90% in AISSE exam conducted by CBSE in which Cdt Vindha Sindhu topped with 95.60%. The school achieved 94.54% pass result in class XII AISSCE 2019-20 wherein Cdt Chinging Chilyang stood on top securing 92.5%.

4. NDA

- a) The School remains focused on its objective "One aim, One goal NDA." Two Cadets (Cdt Ngacho Yoka Heche and Cdt Amar Sharma) have successfully cleared UPSC written exam for 143 NDA and 105 INA in which Cdt Ngacho Yoka Heche had successfully cleared the 143 NDA course and joined the prestigious National Defence Academy. Cdt Chinging Chilyang successfully qualified SSB for 144 NDA & 106 course Naval Academy and his medical is awaited
- b) Shri Ankit Gupta from Glider's Endeavour, Pune conducted NDA coaching classes from 10 Aug to 10 Sep 2019

5. Sports and Extra Curricular Activities

Games and Physical Fitness occupy a place of importance in our curriculum. Our students actively participated in different sports competitions and won medals, certificates and trophies. Some of which are:

- a) Cdt Taro Nacho participated at Pre-Inter Dte Sports Shooting Championship at Umr Cantt, NEPA (Shillong) from 22 Jul to 03 Aug 2019.
- b) Seventy two cadets participated in the East Zone Inter-Sainik School Sports and Cultural Festival

Championship held at Sainik School Imphal from 20 – 27 Jul 2019.

- c) On 29 Aug 2019, the school celebrated "Fit India Movement", which is celebrated as National Sports Day. The school participated in the campaign and took the Fitness pledge along with the rest of the country.
- d) The school Football team won the Friendly Football match which was organized with Hollotoli Higher Secondary School, Dimapur .
- e) Eight Cadets participated in Hornbill Festival Half Marathon and Cycling event on 08 Dec 2019.
- f) Fifty Five cadets escorted by four staff proceeded to Kohima to witness Capt Kenguruse Memorial Trophy Tournament held at IG Stadium, Kohima on 08 Nov 2019.
- g) Six cadets participated in the Adventure course No. 238, at Himalayan Mountaineering Institute at Darjeeling from 25 May to 08 Jun 2019
- h) Two cadets participated in Hollotoli Invitational Inter-School Debate on 8 Jun 2019.
- i) Two Cadets participated in All India Sainik Schools Mountaineering Expedition to Ladakhi Peak in Manali region of Himachal Pradesh, organized by Sainik School Kunjpura. from 19 Jun to 09 Jul 2019.
- j) 265 cadets participated in "World Wildlife Fund" Quiz Competition on 14 Sep 2019.
- k) Cadets participated in demonstration on use of various types of fire extinguishers organised by a team of Fire & Emergency Services, Peren on 19 Sep 2019.





- l) Commemorating the 150th birth Anniversary of Mahatma Gandhi cadets participated in various literary competitions organized at Indian Council of Agriculture Research (ICAR), Medziphema from 23 – 26 Sep 2019. The school stood first, second and third in Painting and Essay competition, first position in Quiz and third position in Debate Competition.
- m) Five cadets attended Science exhibition and seminar on 28 Oct 2019 held at All Saints Higher Secondary School Peren and bagged the second position in the exhibition.
- n) The school organized a 'Run for Unity' on the occasion of the 144th birth anniversary of Sardar Vallabhbhai Patel with the motive to spread the message of 'Unity in Diversity' and strengthen integrity towards a better society.
- o) The school observed Constitution day on 26 Nov 2019 by taking oath in the morning assembly.
- p) On 30 Jan 2020 four cadets along with a staff went to Kohima for advertisement/publicity at Assam Rifles Ex-servicemen Rally at HQ IGAR (North).
- q) The School observed "Martyrs Day" to pay homage to the victims who fought for the freedom, glory, welfare and progress of the country on 30th Jan 2020.
- r) Seven cadets participated in State Level Camp (level-II) examination, North East Region of Vidyathi Vigyan Manthan- India's Largest Science Talent Search for new India Digital Devices 2019-20 at Guwahati on 1st and 2nd Feb 2020.

6. Educational Tour/ Motivational Trips/ Trainings

Keeping in view the school's motto, 'We Learn, We Serve', the school organized various educational and motivational tours, where the cadets visited Army, Air Force and Naval establishments in Shillong, Tawang, Air Force Station, Tezpur, that gave cadets an opportunity to gain first hand feel of the functioning of Indian Armed Forces. Besides these cadets also visited Rangapahar Mil Stn. 36 Ar, Jalukie, Zoological Park, NEZCC Hall Dimapur.

7. NCC

- a) Combined Annual Training camp was conducted for NCC cadets of classes IX and XII from 15 to 24 Oct 2019, where 135 Cdts of Junior and Senior Division were trained in various skills like drill, weapon handling, firing, Map reading, Disaster management, Night march and Obstacle training. The camp was inspected by Col Avinash D Pitre, Offg Gp Cdr HQ, NCC Kohima.
- b) Two NCC cadets (Cdt C Sangle Chang and Cdt Taro Nacho) participated in Firing Competition held at Sazolie Collage Jotsoma, Kohima on 06 May 2019.

8. Social Activities

The school is always in the forefront for social activities.

- a) The school organized a street play at Heiningkunglwa village on International Day against Drug Abuse and Illicit Trafficking. A special assembly was also conducted where a speech on the significance of the day and the need to stay away from the evils of drug abuse was delivered.





- b) “Kargil Vijay Diwas” was observed from 22 Jul – 26 Jul 2019.
- c) The school organized a street play on cleanliness drive on the theme of “Swachh Bharat” at Punglwa village on 16 Aug 2019.
- d) The school organized tree and pineapple plantation drive on 23 Aug 2019, in which 200 tree saplings and 400 saplings of pineapple were planted within the vicinity of the school on 23 Aug 2019.
- e) On 08 Nov 2019 cadets marched on the road holding placards and raising slogans with messages on cancer awareness at the neighboring village of Punglwa with an aim to spread awareness of the deadly disease to the local populace at large and motivate them to abandon the habits that cause cancer.
- f) The school is also aware of its social responsibilities and cadets are constantly encouraged to contribute towards the society. Swachhta Pakhwada, a cleanliness drive was carried out in the school premise and in nearby villages on 07 Dec 2019.

9. Faculty Enrichment Program

In keeping with the school’s policy of continuous upgradation of knowledge and skills, our teachers attended various workshops and seminars. Faculty development programme are regularly conducted once every month for all staff. Four teachers attended All India Sainik Schools Teachers’ Workshop at Sainik School Bhubaneswar from 17 – 20 Jun 2019. Two teachers attended capacity building programme on Value Education at G Rio Hr Sec School Kohima on 11 Nov 2019.

10. Principal’s Conference/ Vice Principal Workshop

Gp Capt Prasun Basu, Principal attended All India Sainik School Principals’ Conference held at Sainik School Chittogarh, Rajasthan from 26-27 Sep 2019 and Lt Col P Davidson, attended Vice Principal Profession Enhancement Workshop at FDRC Shankar Vihar New Delhi on 14 – 15 Oct 2019.

11. Parents and Teachers Meeting

The School organized PTM on 28 Sep 2019 and on 22 Feb 2020 to provide a platform where Class Teachers and House Masters interact with the Parents about their wards’ progress.

12. Memorial Bust of Captain N Kenguruse

Bust of Capt N Kenguruse was unveiled by his parents Mr Neiselie and Mrs Dinuo who were the chief guests of the event. The bust was donated by IGAR (N). The unveiling ceremony was also attended by IGAR (North), Offg DIG 6 Sector AR, SP Peren and other Civil Administration.

13. Guest Lectures

To motivate and encourage the young cadets various high ranking civil and military officials have visited the school.

14. Visit of Dignitaries

The following dignitaries visited our school:

- a) Lt Gen Sirohi, AVSM, SM, GoC 3 Corps





- b) Shri Ashok Kumar Singh, IAS, Joint Secretary, MoD New Delhi
- c) Maj Gen Pradeep C Nasir, AVSM, YSM Inspector General Assam Rifles (North)
- d) Brig Surender Singh Dhankhar, Gp Commander NCC Kohima
- e) Col Shakti Sing, Commanding Officer, 36 Assam Rifles.
- f) Col CK Joyraj Singh (Retd), ex-Headmaster of the school and also alumni of SSI,
- g) Lt Col Shaju TJ, Trg Officer, NCC Gp HQ Kohima
- h) Local Audit Team (LAT) and Local Audit Officer (LAO) from Silchar.

15. Health and Hygiene

- a) Health and hygiene in community living is an area of great concern. The school observed Hygiene and Sanitation day on 23 Oct 2019, where a cleanliness campaign was actively carried out by staff and families residing within and outside the campus.
- b) On 21 Mar 2020, a special awareness session was conducted by Dr Ramdeu on the recent spread of Coronavirus and precautionary measures for the same.

16. Functions and Celebrations

The school celebrates all major festivals like, Republic Day, Independence Day, Teachers Day, Children's Day, Diwali, Advent Christmas where cadets contribute and participate with great zeal and enthusiasm. Hindi week was celebrated from 02 Sep – 14 Sep 2019.

17. Infrastructure Development

On the infrastructure development front, we had completed the construction of Swimming Pool, Extension of Cariappa Hall, Pave tiling in front of Kalam block (Academic block) and Blooming Buds Foundation School (Primary School), Segregation of Hostel light, Innovation of Pauna House, GTO Task fencing, Airframe Base Tiling work and area fencing, Construction of retention wall and drainage in Gaidinliu Avenue, School Bakery.

18. Ongoing Projects at the School

Electrification of Street light of Exit road from school connecting Parade ground and away from the main gate, Twelve units of staff accommodation are under construction. Marble Stone Flooring at Kalam Block and Construction of Seating gallery with Roof cover at Football ground.

19. Conclusion

No mission can be accomplished single handedly and so does the functioning of this school. I take this opportunity to express my deep sense of gratitude to the Govt of Nagaland, LBA Chairman HQ 3 Corps, 36 and 41 Assam Rifles, Dte of Edn and PWD(H) Deptt for their uninterrupted support to the school over the years that enabled Sainik School Punglwa to come up as one of the best in terms of infrastructure as compared to recently set up Sainik Schools.





CBSE TOPPERS

CLASS XII



1st Rank
Cdt Chiging Chilyang
92.4%
Tizu House



2nd Rank
Cdt Nikhil Bhawani
87.4%
Doyang House



3rd Rank
Cdt Dinglo Kodak
82.4%
Tizu House

CLASS X



1st Rank
Cdt Vindha Sindhu
95.60%
Doyang Hopuse



2nd Rank
Cdt Deepanshi Saroha
93%
Doyang House



3rd Rank
Cdt Dailee Yangfo
92.60%
Japfu House





ACADEMIC STAFF



- First V Left Wing** : Shri Kanu Barman (Senior Master), Smt. Charani Kollo (Librarian), Shri Nicholas Kamei (TGT English), Shri Sunil Kumar Antil (TGT Sanskrit), Shri Sandeep (TGT Maths), Shri L Sunil Singh (TGT Maths), Shri Vijaya Kumar (TGT Com/Sc.), Shri Uday Shankar (TGT Maths), Shri Rabidas Sinha (PGT Physics), Shri Brajamohon Singh (PGT Bio), Shri Khogendro Ahanthem (PGT Com/Sc.), Hav Akum Ao (PI Staff, NCC)
- First V Right Wing** : Smt. Moumita Adhikari (TGT Science), Shri Haokholen (TGT S/Sci.), Smt. Sangeeta Chaudhary (TGT Hindi), Shri Manikanchan (TGT English), Shri Shankarson Nath (TGT Science), Dr. Pankaj Kumar Mishra (TGT Hindi), Shri Suvam Banerjee (PGT Maths), Sub Zou (PI Staff, NCC)
- Second V Left Wing** : Smt Kaisa Krehe (TGT English), Shri Praveen Verma (PGT Chem), Shri Kamsuan Aloysius (TGT English), Shri Henminlal (TGT S/Sc), Shri Rajneesh Saroha (PGT Maths), Shri Vijay Kumar Patil (Lab Asst. Physics), Shri Deep Jyot Das (Lab Asst. Chem), Shri Ashok Kumar Das (PGT Maths)
- Second V Right Wing** : Smt Tombi Devi (TGT Hindi), Shri Dailee Mao (Art Master), Shri Tsonga Semp (PGT English), Hav Umesh (PTI), Dfrr Rajnish (PI Staff, NCC), Shri Indranil Sarkar (Lab Asst. Bio), Hav Pranav Bagal (PTI)
- Midde Row** : Gp Capt Prasun Basu (Principal), Lt Col P Davidson (Vice Principal), Lt Cdr Thongminlal Khongsai (Adm Offr)



ADMINISTRATIVE STAFF



- Sitting (L-R) : Lt Col P Davidson, (Vice Principal), Gp Capt Prasun Basu, (Principal), Lt Cdr Thongminlal Khongsai, (Adm Offr)
- Standing 1 (L-R) : Smt. Ruth Kath (LDC), Smt. Shurhobeino (Nursing Asst.), Smt. I Angaule Kenzwakpe (Office Supdt), Smt. Illamgwangle (LDC), Smt. Amenla Chanki (UDC)
- Standing 2 (L-R) : Shri Pintu Tikader (Mess Manager), Shri Neghwah Magh, (UDC), Shri. I Kweliaheung (LDC)
- Standing 3(L-R) : Shri Lichi Yimchunger (Driver), Shri Rokozhalie Vupru (LDC), Shri. L Mayanger (Quarter Master), Shri Chandan Sinha (LDC), Shri. Kripa Shankar Pandey (Accountant), Shri Shihoi Ruhsa (Driver)

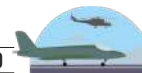




GENERAL EMPLOYEES



- Ist Row : Shri Benchio Yanthan (Driver), Shri Mayanger, (Quarter Master), Lt Col P Davidson, (Vice Principal), Gp Capt Prasun Basu, (Principal), Lt Cdr Thongminlal Khongsai, (Adm Offr), Shri Asing Iralu (Driver)
- Standing 1 (L-R) : Daroga Paswan, Namdisingh, Namsui, Limamaong, Syiekhohie Kin, Daman Thakur, Chonben Odyuo, Ramashankar Ram, Lichi Yanthan (Driver)
- Standing 2 (L-R) : Vimedol Pucho, Egobe, Mhietisi Chase, Binod Karmakar, Pramod Sethi, Runakolie
- Standing 3 (L-R) : Diku Longbe, Maomar Ao, Haibam, Akangzang, Tangsa, Yanhkiumong Yimcunger,
- Standing 4 (L-R) : Renbenthung, Asing Kulim, Ashok Kumar, Alubui, Meghoviko, Dipankar Paul
- Standing 5 (L-R) : Dibyendu Chakraborty, Twambe Hemang, Neikholie Chase, Binod Ram Jyotisarkar, Isapsingh



OUTGOING CLASS XII (2019-20)





SCHOOL BAND





★ HOUSE ★
REPORTS



DOYANG HOUSE





DOYANG HOUSE



Another year has passed by in the calendar of Sainik School Punglwa and the academic year 2019-20 was a roller coaster ride for the house. “DOYANG HOUSE” is named after Nagaland’s largest and mightiest river ‘Doyang’. We the members of the house call ourselves “GIANTS” not because we look like giants but because we stand tall and firm in all circumstances. We support each other in every field and are bonded strongly by a ‘Bond of Unity’ called “Brotherhood” that runs in the blood of every member.

“A mind with only education is a dull mind”. Following this quote, the cadets of the house participated in all the Inter–House Competitions to develop physically, mentally and academically. The members of the house with hard work and dedication, accepting victory and defeat have kept the red flag of the house flying high. Here are some of the achievements we are proud to share with:-

- Winner of Inter – House Cultural Competition.
- Winner of Inter – House Sub – Junior Basketball Championship.
- Winner of Inter – House Hindi Quiz Competition.
- 1st Runners – Up of Inter – House Drawing Competition.

Additionally, some cadets have excelled in their own fields of expertise and brought honour to the house. Cdt Vindha Sindhu scored a total of 100GPA in Mathematics in the Class X Board Examination, being the only one in the history of the school to accomplish this great feat. Cdt. Sangle Chang and Cdt. Taro Nacho represented the school in NCC Shooting Tournament held in Kohima.

The phrase “Silent yet Deadly” is true for our house, for every cadet holds in him a unique potential that is put on a dazzling show in the right platform. On behalf of all the members of the house I would like to thank the school authorities for their untiring efforts. Also not forgetting our House master Mr. Tsonga Semp and House Tutors Dr. Pankaj Mishra and Mr. Haakholen for their undaunted support and guidance at all times. We have weathered the storms and have achieved great heights because of them.

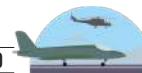
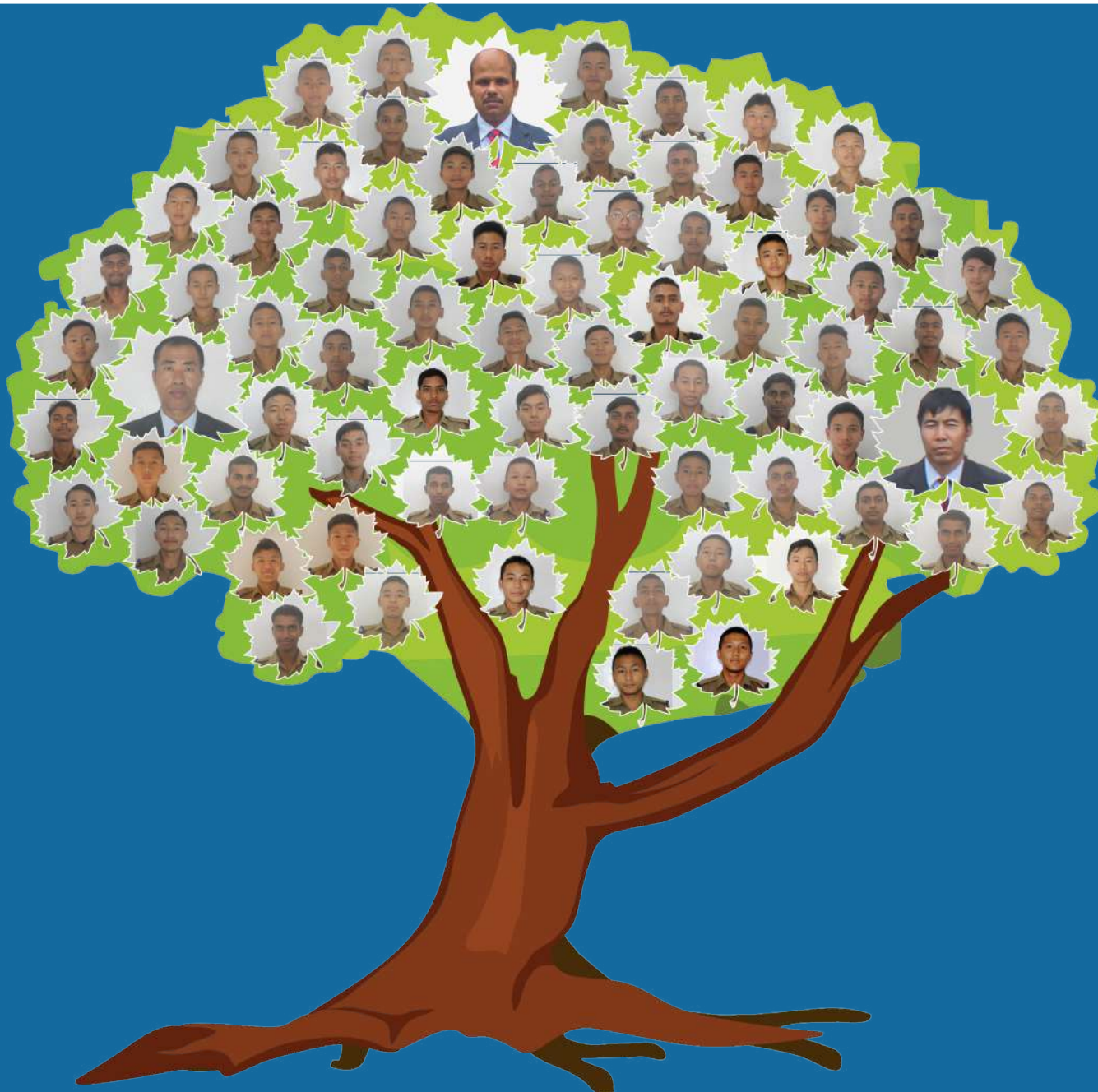
Lastly, a message to the members and upcoming generations of the house – **“The future of the house is in your hands now, strive for the best. Aim for the highest.”**

VIVE LA SSPN, VIVE LA DOYANG





JAPFU HOUSE





JAPFU HOUSE



Japfu peak standing at a height of 3048 m above sea level is the second highest peak in Nagaland. This peak is situated at 15 km distance towards the south of Kohima and is the main attraction for many trekking parties and nature enthusiasts.

Like the valley with its lush green reflection appears like a lake full of emeralds cradled in the snow-clad Himalayas the house cradles the inquisitive young cadets and grooms them to excel in their lives. The House is proud to have moulded Cdt Ajit Kumar, Adm No 726, to lead the entire cadets of the school as the School Cadet Captain. The house is also happy to have stood together and encouraged each other to bring out the best. Cadet Saket Kumar excelled in athletics and other sports events in the school. He will certainly be remembered as one of the best athletes in the school.

Another less known beauty of the Japfu peak is the giant rhododendron trees which holds a Guinness Record so are the great skills and values of the cadets of the house. Cdt Roshan Tamin was adjudged the best player of the school's Junior Football Team.

The members of the house are proud to have a house named after such an enviable spot of nature in Nagaland. We as a house stood together through thick and thin and fought every challenge resolutely and stood tall like the peak.

Here are a few recorded achievements of the house under the guidance of well experienced teachers; Mr. Uday Shankar (TGT Maths) Mr. Khogendro Ahanthem (PGT Computer Science) and Mr. Kamsuan Aloysius (TGT English)

CO-CURRICULAR ACTIVITIES:-

- 1st position in English Debate

GAMES AND SPORTS:-

- 1st position in Football in which Roshan Tamin was adjudged as the best player of Junior Football Team
- 2nd position in Volleyball
- 1st position in 4×100 m relay
- Cadet Saket Kumar broke all the previous records of the school in High Jump and Long Jump





MELAK HOUSE





MELAK HOUSE



The Melakians are named as Melak “Titans” who according to the Greek mythology were an elder generation of gods who ruled the cosmos before the Olympian. Like the Titans We the Melakians are known for our intelligence, wisdom, strength and never to say die attitude. We always stand tall and strong and strive unflinchingly to give out the best in all that we do.

We the Melak Titans were indeed very fortunate to have a very experienced and able house Master and Tutors who acted as our own parents providing us all the love, care and affection and homely atmosphere for the all round development of the house members. The House Master/Tutors took every step possible to groom the cadets of the house to do well in academics as well as co- curricular activities. We were taught never to bow down before challenges that came our way. We stood firm and steadfast with our titanic strength and brought several laurels for our house. Some of our achievements are:

- 1st position in Inter-House Junior Basketball Championship
- 2nd position in Inter-House Junior Football Championship
- 3rd position in Inter-House Cross Country
- 3rd position in Inter-House Hockey Championship
- 4th position in Inter-House Diwali Mela Competition

We thank everyone for their selfless support and guidance all through the year. We look forward to new challenges and opportunities with renewed enthusiasm and courage in the future.





PATKAI HOUSE





“Everyone has the fire, but the champions know when to ignite the spark.”

Known as the Champion House, we the Patkains are groomed with skills to succeed in life but apart from all these skills, we have always had the ultimate will power to do so and this is what makes us different and better than the others.

We apply the same concept in the field of academics as here we are not trained to be intelligent and brilliant but we are brought up to believe that the ultimate goal can be achieved only through hard work.

Like others we work, sweat, eat and sleep but at the end of the day we produce better results and outcomes and that is why we are known by the name “Patkai Champs”.

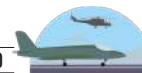
We take our name from the famous Patkai mountain range. The mountain range stands majestically, conquering all and symbolizes victory and heroism. With the spirit of brotherhood within, we held each others’ hands and completed another rollercoaster ride to prove our worth. This year has been marked by the achievements and success. Listed below are some of our milestones that defines our journey.

- Winner of Inter-House Junior Hockey Championship
- Winner of Inter-House X-Country
- Winner of Inter-House Athletic Championship
- Winner of Inter-House Diwali Mela Competition
- Winner of Inter-House Badminton Championship
- Winner of Inter-House Sub-Junior Football Championship
- Winner of Inter-House English Literary Competition
- 5th position in Inter-House Quiz Competition
- 3rd position in Football and Basketball Inter-house Championship for Junior category
- Patkai house won the Cock House title for three consecutive years.





SARAMATI HOUSE





The academic session 2019-20 began with full vigour and zeal. It was a satisfying year with accolades and achievements surpassing the good records of the previous years. Saramati House which is named after the highest peak in the state (Nagaland) had made a quantum leap in all the literary, co-curricular and sports competitions.

There were day to day activities which kept the cadets engaged through out and improved upon their personality. The noble task of grooming and moulding the house cadets by the housemaster and house tutors was the prime focus of the house and because of which frequent interactions and counselling were carried out. Besides, house assemblies were conducted to enhance the proficiency of speaking skill and keep updated with the latest current affairs.

When it comes to achievement, the house stands tall like the Saramati Peak. The house had won major glories and lifted the banner of the house to its zenith. A few of the achievements are:

- Cdt Ngacho Yoka Heche had successfully cleared the UPSC 143 / NDA Course Exam and is under training at NDA, Pune.
- The house lifted the Inter-House Junior Badminton Championship.
- The house was the reigning champion of Inter House Drill Competition.
- The house won the Inter-House Drawing and Painting Competition.
- Cdt Vihutuo Mepfuo represented the school in the Painting Competition on the occasion of 150th Birth Anniversary Celebration of Mahatma Gandhi' held at ICAR Medziphema.
- Eight cadets from the house represented the school in the Republic Day Parade held at Civil Secretariat, Kohima.

I extend my sincere gratitude to the officers, housemaster and house tutors for guiding me in discharging my duties. I am also thankful to the fellow cadets for their cooperation and help extended during my tenure as captain of the house. I wish the flag of the house flutters higher in the wind with glories.





TTZU HOUSE





TIZU HOUSE



Tizu house derived its name from the magnificent TIZU River in Phek district of Nagaland. We Tizuians are titled "The Wolves" and as a pack are ready to devour any obstacles that comes in our way. We are an impeccable, radiant, exquisite and a spectacular team. Our greatest strength lies in the sheer instinctive way of continuously reinventing ourselves to always stand out in a crowd. With the school motto in our mind "We Learn, We Serve" we always learn from the errors and try to do better day by day. There has been unflinching camaraderie in moments of creativity or unproductivity.

A number of academic and extra-curricular activities were taken up to nurture our talents and discover our true passion and strength. Our housemaster and tutors were behind each of us in all our endeavors to mould us into fine and confident cadets.

Here are some of our achievements with regard to the competitions we had amongst the six mother houses.

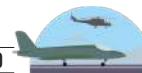
- 1st position in Inter- House Hindi Literary Competition.
- 2nd position in Inter -House Athletics Competition.
- 1st position in Inter- House Sub -Junior Volley Ball.
- Cdt Chiging Chilyang made the house proud by topping his board exams and securing 93% in his board exams.
- Cdt Dinglo Kodak of TIZU House also secured 83% in his board exams.
- Cdt Chiging Chilyang of TIZU house cleared the UPSC entrance exam and was recommended by the SSB, he left a huge motivation for the cadets of TIZU house for joining the prestigious National Defence Academy.

Finally, I would like to acknowledge the help and support of the Principal, Adm officer, Vice Principal for the house. I would also like to thank the House master and House tutors for their selfless care and guidance. I would also like to extend my gratitude to all the cadets of the house.





PAUNA HOUSE





“Strangers no more , Brothers forever”

The house got its name after ‘Mt. PAUNA’ that lies in Peren district of Nagaland. It comprises of cadets of class VII who are called the “PAUNA PANTHERS”. Like the lush green Pauna mountain which is blessed with a variety of nature’s best gifts the house members are a team of dynamic young minds ready to explore the world. The house focuses on training the cadets to become proficient in all spheres. They were given a variety of opportunities to churn out their hidden talents and become competent. The cadets took part in all the activities with unbeatable zeal. We keep the young and fresh minds inspired to be always morally upright and physically fit to face any challenges in the upcoming years.

As the school moves from strength to strength, so are we. We look forward to keep our moral high like Mt. Pauna and stand stiff so that nothing dares to shake us off.

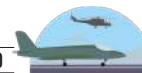
Achievements:-

- * Cadet Govinda - 1st in Long Jump
- * Cadet Harshit Patel - 1st in Hindi Nibandh Competition
- 3rd in 400 Relay Race





SHILLOI HOUSE





The house is named after 'Shilloi lake' in Phek Dist of Nagaland which resounds and echoes the beauty of nature in the virgin Lutsam Village of Phokhungri area under the Meluri sub-division. Standing true to its name of life giving water - enchanting and captivating whoever comes for shelter; seeking higher and "DIVINE TRUTH", the house members always forge ahead for excellence, dynamic leadership and responsibilities to shoulder in the unseen future. Keeping such dreams the young ignited minds of Shilloi are taught and trained to embrace the school system with all its daily moulding and nurturing - giving and instilling new essence of life in Sainik environment. The house accommodates half of the strength of class-7 Cadets. The cadets are encouraged to develop a spirit of unflinching brotherhood and team spirit among fellow classmates, before they are sent to senior house where it is a homogeneous mixture of cadets from different classes. The house is adorned with endless numbers of achievements. Some of them are:-

- Cdt Ekagra Ariyan - 2nd position in X- Country and in Vigyan Manthan
- Cdt Nikhil Kumar - 3rd position in X- Country
- Cdt Karchung - 4th position in X- Country
- Cdt Golu Kumar - 1st position in Drawing Competition
- 2nd position in Drawing in State Level Competition and in Vigyan Manthan
- Cdt Lorung Rebe - 1st position in Hindi Poetry Recitation Competition
- Cdt Golu Kumar - 1st in Drawing Competition
- Cdt Urjit Singh - 1st position 4×100=400m Relay
- Cdt Hihulo Semp - 1st position in 100m Dash.
- Cdt Nawang Yashi - 1st position in Story Writing.





DHANSIRI HOUSE





The Academic year 2019-2020 brought new hopes, aspirations and excitement for the cadets of Dhansiri house. They were a bunch of dynamic and dashing race ready to embrace the new chapter of their lives here in the school.

True to its motive the house serves as a preparatory ground for the young minds to become intellectually sharp and physically strong in all circumstances. The housemaster, tutors and cadet appointments took utmost care to nourish and nurture the young budding minds. Various activities like quiz, elocution, house assembly, loud reading were carried out to develop the spirit of enquiry and foster their character imbued with moral values.

The school provided innumerable avenues to discover the latent talent in each cadet. Following are our achievements:

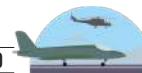
- Cdt Kuveo : 2nd in Face Painting Competition
- Cdt Manjit Kumar : 1st in Hindi Calligraphy Competition
- Cdt Thasatsili : 1st in English Calligraphy Competition
- Cdt Bumeng : 2nd in English Calligraphy Competition
- Cdt Cidibe Peter : 2nd in Hindi Poetry Recitation Competition

We would like to acknowledge the constant support and help from the management in all the activities that were undertaken. We pledge to shine ever more with qualities of perseverance and will power in the days to come.





DZUKOU HOUSE





Coming together is a beginning, keeping together is progress and working together is success. The academic year 2019-2020 was a remarkable and fantastic journey for us. Hailing from different parts of the country, we were united under the umbrella roof of 'Dzukou House'. Here we celebrated our differences and got to share and experience tremendous talents and skills.

We are vibrant cadets brimming with energy and vitality that needs to be channelized in the right direction. From day one our clock started tickling and there was no looking back. The housemaster, tutors and cadet appointments undertook the enormous task of shaping the young novices by giving timely practical tips and advice, guiding with examples, sharing experiences and good practice. The year was packed with fun filled activities like house assembly, physical exercises, quiz etc to help the new entrants get acquainted with the daily school routine.

There is no elevator to success as it's the small steps taken which makes one taste it. True to this, our house members participated wholeheartedly in all the events of the school. Here's a list of our achievements:

- Cdt Schneider Lairengjam - Gold torch and Bronze torch in 100 mtr and Long Jump respectively.
- Cdt Chivtan Chaudhary - Bronze torch in 100 mtr and Shot Put.
- Cdt Phonglon-1st in Inter-House Drawing and Painting Competition.
- Cdt Sandeep Symbal-3rd in English Calligraphy Competition.
- Cdt Aman Pratap-Bronze in 100 mtr.

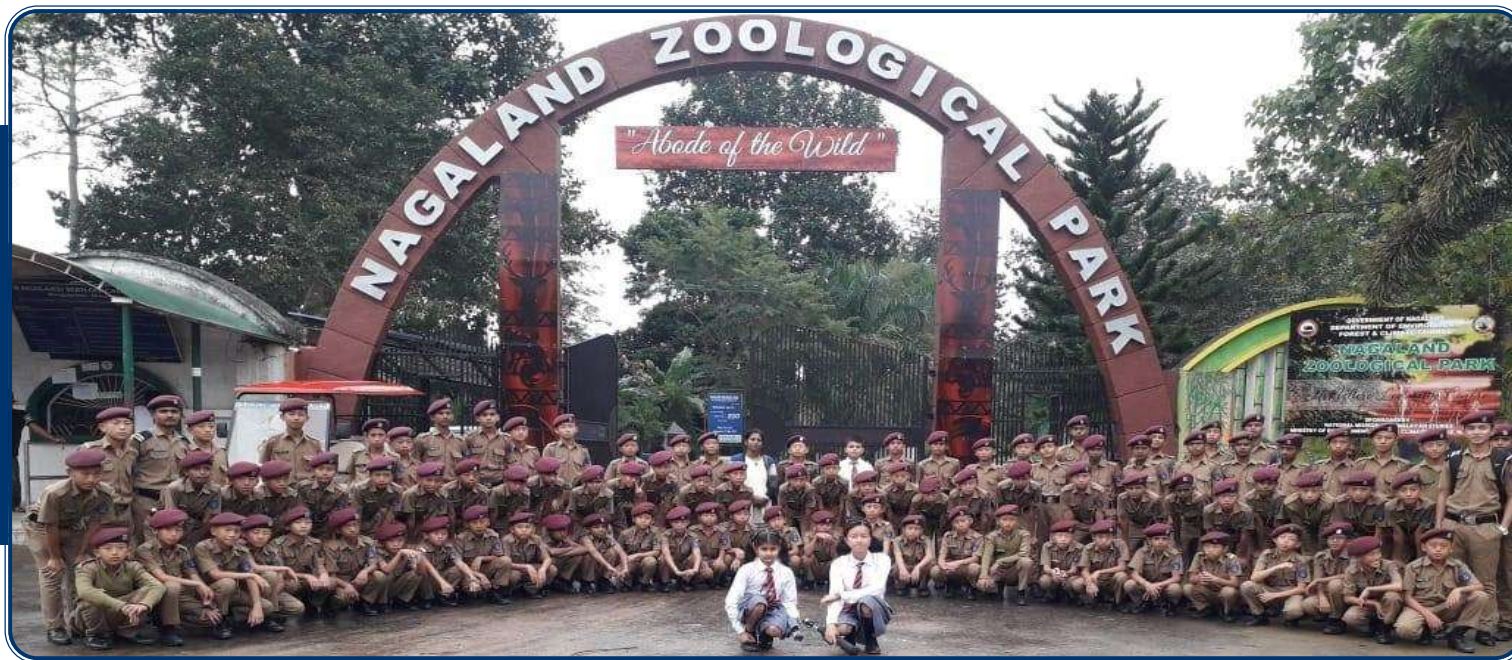
We are highly indebted to our school management, staff and seniors for their kind love and unwavering support. We will embrace each challenge as opportunities to stand out in all spheres.



The background of the image is a dark, textured marbled paper with swirling patterns of grey, black, and white. A solid dark blue horizontal band runs across the middle of the image, containing the text.

MOTIVATIONAL TRIP

MOTIVATIONAL TRIP TO ZOOLOGICAL PARK, DIMAPUR



We the cadets of Class VI had a jolly good time in the freshness and bounties of nature in our trip to Zoological Park, Rangapahar on 9 Nov 2019. We were very excited as it was our maiden trip as a class. A day spent in the serene midst of nature rejuvenated us. It allows us to witness things from a fresh perspective.

The trip offered us the privilege to witness different species of birds and animals which may not be possible to view in a local region. The Hollock Gibbon entertained us a lot with its unique voice and playful ways. We also got to see the star tortoise which is found only in Rangapahar Zoological Park in India. The trip enabled us to learn a lot of valuable information about each species. It enriched us with the knowledge and commitment to preserve and save wild life.

Cdt Krishna Gupta
Adm no 1288, Class VI





MOTIVATIONAL TRIP TO TEZPUR



As the school continues to encourage and motivates the cadets to become responsible citizens, the school organized a motivational trip to Tezpur, Air Force station on 17 Oct 2019. The trip was brief but it acquainted the cadets with first-hand information about the place of visit. During the trip, the cadets were given a presentation on 'Career opportunities in the Indian Air Force by Sqn Ldr Karisma followed by an aerial aerobatic display. They also demonstrated about the functioning of ATC and its strategic importance. Thereafter, the airmen displayed the ALH(Advanced Light Helicopter) – MK-III which is one of the advanced helicopters. The cadets also had a beneficial interaction with Ft Lt Gaurav Akela who was an alumnus of Sainik School, Nalanda.

Cdt Vindha Sindhu
Adm No. 912
Class X



ADVENTURE COURSE AT HMI, DARJEELING



“Without new experiences, something inside us sleeps. The sleeper must awaken.” -Frank Herbert

Six cadets from our School had the privilege of undergoing a mountaineering and adventure course at Himalayan Mountaineering Institute, Darjeeling with effect from 25th May to 8th June 2019. We were all excited to take up the adventurous activity. The course was intense and consisted of two phases where we were imparted with the basic knowledge of mountaineering such as tying knots, rock climbing, waste management etc. In the second phase, we were trained on rigorous activities such as trekking of long distance, kayaking, bridge suspension river crossing, repelling, swimming etc. We also got an opportunity to scale the Sandakphu peak, which is one of the highest peaks in Nepal.

The unique experience was a platform for all the participants from different places across the country to explore and discover the daring activities and beauty of nature. The course instilled in us positive qualities such as dedication, discipline, endurance, self-confidence, resilience and respect for fellow's capacities. It also gave us the presence of mind to be pro-active and not reactive. Last but not the least; the course was precisely beneficial and euphoric.

Cdt Pranav Chandra Himanshu,
Adm No.846, Class XI





ALL INDIA SAINIK SCHOOLS MOUNTAINEERING EXPEDITION



An adventure which is risky has its own share of pleasure and satisfaction. The harsh Himalayan Mountain beckoned Sainik School Punglwa and responding to this call, Cdt Tenzin Choepel and I (Cdt Rishu Raj) joined the rest of the cadets from Sainik Schools across India in the All India Sainik Schools Mountaineering Expedition organized by Sainik School, Kunjpura from 19 June to 09 July. In the expedition, we were trained on different activities such as river rafting, river crossing, zip-lining, climbing of steep snowy slopes, acclimatization in the harsh cold climate condition and scaling the Kheang Norbu peak in the Himalayan range of Himachal Pradesh. It developed a lot of adventurous skills in the cadets.

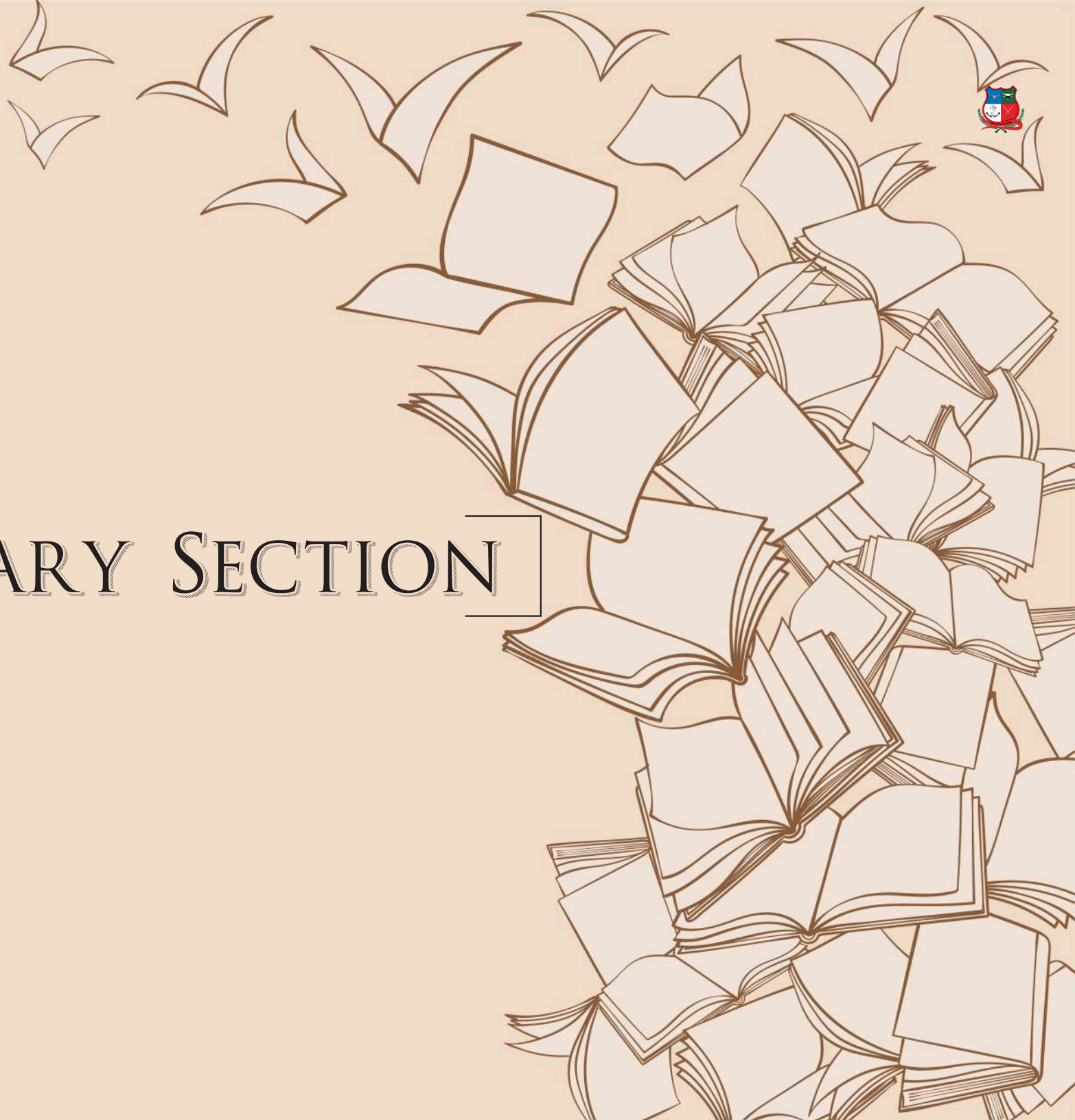
Apart from these activities, we also got to interact with cadets from other Sainik Schools and shared a wide range of experiences. We had developed a bond of friendship and understanding which strengthened all the cadets involved in the activity. At the end of the expedition camp, we were quite emotional as we have to part ways. In fact, the camp was beneficial and educative for all the participants.

Cdt Rishu Raj
Adm No 854
Class XI





LITERARY SECTION





Swiftly Sifting Sands Of Time

Most of us, who are on the greyer side of fifty, have at one time- at least till the 1980s, lived in a world free from mobile phones, internet, satellite television etc and discovered that travelling by air is far more inexpensive through our flight of imagination than in the company of the Maharaja (mascot of Air India). I wonder if the present generation, who unfortunately have no historical experience to compare, too feels the same way about it, but the path breaking inventions of transport and communication have not only shrunk space but they have compressed time too. While our childhood in the last century was long and languorous and one could even afford to laze a bit since we were left with so much time on our hands after school and siesta and games and running errands and listening to the radio and day dreaming and writing letters and reading novels etc that each day took forever to turn into night, in the modern world however children are having to stay awake through the night to keep up with their studies since there are far too many other things that consume their normal hours. They are always making a dash for it that a person may be pardoned for doubting whether Time is running away from them or is it trying to match the frenetic pace of activity surrounding the young boys and girls. Do they ever get a breather Time of the day when they are able to switch themselves off fully from all activity including the gaze of gizmos and do nothing at all? Completely relax? Or do our youngsters feel totally helpless when it comes to channeling time to their needs as per import ance. And therefore find themselves always at the mercy of a merciless master called Time?

Having plenty of spare time is not necessarily a pointer to people being lazy. Its corollary is also not necessarily true that having no time to relax means that people are more hardworking. These are only indicators of how we are able to handle time. Whether we are making good utilization of time or wasting it depends on what goals we have set for our life.

If we let life be treated like a rudderless boat, floating aimlessly as the winds carry it, then of course time is an ocean and the boat can afford to toss and

turn and drift in whichever direction it pleases. There is absolutely no hurry since fate will decide the course of life. Here, the voyage, the events along the route as well as the destination are all shrouded in mystery. The sailor should only be prepared to meet unexpected turbulence or turmoil as much as unforeseen sunshine or reward.

Whereas there is far more certainty in a life which has a purpose, because the individual is steering the boat along a charted course toward a definite port. Of course there will be impediments- some of which would also spring out of the blue- but there are contingencies which have already been planned to overcome the obstacles. When a boy or a girl has a clear aim which requires effort to achieve, he or she finds that the resources including time become scarce. That is when a young student would be required to make sacrifices and cut down certain erstwhile priorities.

What about time are indispensable? Time for study (including homework)+, games & exercise, meals, bath & wash, sleep (minimum six to seven hours) *.

What activities must also be accommodated? Making bed & tidying up, hobbies & pastime like reading, discussion, hiking, travel, writing letters, introspection or meditation.

What indulgences can be relegated to the bottom of the 'to-do list'? Browsing the net (unless it is related to studies), watching movies, wool gathering, keeping late hours and waking up late etc.

The more you sweat in peace, the less you bleed in war. Managing time is an art that students in a residential school learn and master the hard way through bitter experience. Those who are able to complete their tasks in time obviously have an edge over others who struggle to cope with time which keeps accelerating and the corresponding work which keeps accumulating every day they procrastinate.

The passing of years has been so rapid that no sooner a New Year is ushered in, than one realizes it's already a few months old and thus the years roll on, like a juggernaut without brakes, with hardly any tangible interval between events like college valedictory, being recruited for a job, training,



working in various echelons and also between the parallel proceedings like wedding, bringing up children etc. In the blink of an eye, the entire life has flashed by like a falling star in the sky. One realizes that there was not a single twinkling in which to make a conscious wish. Adding to the chaos are addictive distractions like Whatsapp, Tic Toc, Candy Crush, Player Unknown's Battle Grounds (PUBG) etc which are making otherwise sane men and women lose track of time and even neglect their obligations in terms of social behaviour and responsibility. To remain utterly immersed in them is as destructive as alcohol, smoking, gambling etc and equally hazardous to one's health.

The aim of a Sainik School Cadet is already defined, the day he or she signs up to join the school. The training programme is also designed and circulated through the calendar. All that a cadet is required to do is to allocate more time to areas which he or she needs to focus. The distractions mentioned in the previous paragraph are also not usually present. Therefore the atmosphere in a Sainik School is far more conducive to preparing for one's life's pursuits. Unfortunately a student doesn't realize the rare opportunity he or she has while studying in the school. Most young people nurse a regret soon after leaving the portals... "I wish I had spent my time more judiciously". By then the sands of time have almost sifted through into the bottom receptacle. One may ask like Dr. Seuss, "How did it get so late so soon?" For a penitent person however, there's hope in Mother Teresa's words, "Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."

A sure recourse is to tilt the hourglass and have another go.

+ To ensure that the sanctity of the study time is kept and that this precious time is not frittered away, it will be worthwhile for every student to study with a purpose by keeping two notebooks- (a) what may be called a "Deeds Diary" in which he or she may record the plan of study for the next day and at the end of each day write down the tasks which were accomplished; (b) "Rough Book" in which lessons/ exercises may be recalled and revised by jotting them down from memory in point form .

* Night is meant mainly for diurnal animals to rest. Therefore it is foolhardy to meddle with the day-night cycle and their separate functions which are divergent as black and white, especially in a Sainik School where the cadets are expected to rise with the early morning siren which must be a nuisance as much to them as to the birds on the trees. Future leaders and makers of the country's destiny can ill afford to revile the reveille.



Gp Capt P Ravi Kumar
Inspecting Officer
Sainik Schools Society





SAINIK SCHOOL PUNGLWA OBSERVES KARGIL VIJAY DIWAS



Sainik School Punglwa observed Kargil Vijay Diwas with the rest of the country to commemorate the supreme sacrifice of the Indian army in the Kargil conflict with Pakistan twenty years ago. In a four day long programme that began from 22 to 26 July 2019, the cadets were involved in various activities that were organized in remembrance of the historic event of the nation. Motivational lecture by the Offg Principal, speeches on Kargil heroes, art and painting competition, wreath laying at Cpt Kenguruse memorial bust, power point presentation on Operation Vijay by cadets of class XII and sweet distribution for the cadets were some of the highlights of the celebration.

Cdt Lenmin Perme,
Adm No 890, Class XII



UNVEILING OF CAPT KENGURUSE BUST



A memorial bust of (Late) Capt Kenguruse was unveiled in the school by the Assam Rifle IGAR (North) on 15 Jul 2019. The memorial bust was unveiled by his proud parents Mr Neiselie and Mrs Dinuo who were the chief guests in the ceremony. The event was also attended by IGAR (North) Officiating DIG 6 Sector Assam Rifle, SP Peren and other civil administration. Wreaths were also laid by the guests. Mr Neiselie, while addressing the gathering shared stories of his son's childhood days and urged the cadets to emulate the values of Capt Kenguruse such as courage, leadership and service to the nation.

Cdt Mhalamo Humtsoe
Adm No. 947 Class X





SSPN excels in Literary and Cultural Competition conducted by ICAR

Sainik School Punglwa had done exceedingly well in the Literary and Cultural Competition organized by Indian Council of Agricultural Research (ICAR) Centre, Medziphema on the occasion of the 150th Birth Anniversary of Mahatma Gandhi. In the painting competition for Class VII and IX category, the cadets of the school bagged the top three positions. In another category of Class X and above, the cadets outclassed the other schools by securing 1st and 2nd position respectively. In the Quiz and Debate Competitions, the cadets secured 1st and 3rd positions.

Cdt Tamar Mara
Adm No 880 , Class XII





Independence Day



Sainik School Punglwa celebrated the 73rd Independence Day of the country by honouring the great patriots and martyrs, whose supreme sacrifice freed the nation from all sorts of oppression. The occasion was graced by the Principal, Gp Capt Prasun Basu, who hoisted the national flag and asked the cadets to be proud of being born in free India. He exhorted the cadets to strive hard to be better and responsible human beings.

Cdt Aimson Yangwayu
Adm No 917, Class X





Republic Day



Commemorating the supreme sacrifices of the great patriots of the nation, Sainik School Punglwa, celebrated the 71st Republic Day with reverence and patriotism on 26th Jan 2020. The Principal Gp Cpt Prasun Basu, graced the prestigious occasion as the Chief Guest.

As part of the event, Passing Out Parade for class XII and Drill Competition amongst the six mother houses were organised. The Chief Guest speaking on the occasion exhorted the cadets to uphold the dream of a free and Republic India as envisaged by Mahatma Gandhiji and Dr BR Ambedkar.

**Cdt Hegwangteing,
Adm No 1114, Class VIII**





Motivatonal Lecture By IAF Officer



A motivational lecture by Wg Cdr Brijesh was conducted for all the cadets of the School on 20 Nov 2019. We were enlightened on how to develop Officer Like Qualities to become responsible Officers of the Indian Armed Forces and the privileges of joining the Indian Air Force. In his lecture the officer boost up our confidence in preparation for NDA. We made the most of the opportunity by posing relevant questions which clarified our doubts.

Cdt Tova Swu,
Adm No 1003, Class X



THIS TOO SHALL PASS AWAY!

An eastern monarch once charged his wise man to give him a philosophy of life in one short sentence, to be hung in letters of gold, in every room of his palace. It must remind him of something that would be true and appropriate at all times and in all situations. After weeks of careful thoughts, the wise men offered these words.

THIS TOO SHALL PASS AWAY!

The monarch was very pleased and paid each of these wise men a thousand pieces of gold. The words were well worth that were summed to him. They are worth the same to you; yet you can have them free.

Take them dear readers, and treasure them. Write them in letters of gold and hang them over your office table, school desk and dressing mirror. Let the words face you when you get up every morning and speak to you every hour of the day, especially as you wake up each day.

If you are happy, it will make you grateful.

If you are in pain, it will raise your hope.

If you have failed, it will give you more courage

If you are wealthy, it will help you from being wasteful

If you are poor, it will keep up your spirit.

If sickness besets you, it will make you tranquil.

If triumph is yours, it will make you humble.

In joy or sorrow, triumph or tragedy, in sickness or in good health-it will remind you that life is just a passing stage, a preparation for the eternity beyond the grave.

WHY SAY NO TO DRUGS AND ALCOHOL



"Getting high is a lifetime choice, not a thrill for one night. Your decision to use drugs and alcohol not only affects you now, it stays with you for the rest of your life".

Say 'No to drugs and alcohol'...coz it ruins your future and also ruins so many opportunities in life".

"Everyone has friends. All students study seriously; yet have lots of fun away from books. Have targeted goals, involve in various activities and sports, varying interest; yet have each other without drugs and alcohol".

"Falling into peer pressure, influenced by media is killing yourself".

"The only thing that comes out from using drugs and alcohol are...a miserable life, poor relationship with near and dear ones, friends and finally death".

"Alcohol and drugs users are cowards. Sainik cadets are winners and leaders not cowards and failures".

-Smt. Akala Elu

Mother of Cadet 826 & 996





Confucianism: The philosophical backbone of East Asia.

Ideas and thoughts play an important role in shaping the behaviour and thinking processes of men. People from different culture act differently because of the philosophical foundations on which they stand. A person from India is different in the way he behaves from a person from Japan or South Korea. Countries of Japan, South Korea and China have always fascinated people with their language, culture and mannerisms. One thing we find in common among these countries is order and discipline that they display or follow. Post-WW-II the world saw the rise of these East Asian nations as economic powers from the ashes of the war era. There also emerged a term called "Asian Tigers" which includes Hong Kong, Singapore, Taiwan and South Korea denoting their economic boom. Among many reasons, some people have attributed this 'economic miracle' to the philosophy which is deeply rooted in them i.e., Confucianism.

So what is Confucianism? Many people have come across somewhere or the other about quotes of Confucius. Simply put, Confucianism is a worldview, a social ethic, a political ideology, a scholarly tradition and a way of life propounded by Confucius (551-479 BC) a Chinese scholar and philosopher.

Although it is often grouped with Buddhism, Christianity, Islam and Hinduism, it is not an organized religion. There is no concept of God in here. Yet it has exerted a profound influence on East Asian political culture as well as East Asian spiritual life. The core of Confucianism is humanistic and it rests on the belief that human beings are fundamentally good, and teachable, improvable, and perfectible through personal and communal endeavour, especially self-cultivation and self-creation.

The basic principle of Confucius' teaching was how to achieve order and harmony in society. In his lifetime, Confucius experienced an era called the "Warring States Period (475-221 BC)" which in Chinese history was a period of chaos and violence. The experience led him to look for stability and for which he went back to the past "Golden Era" before the chaos, and tried to relive those ideas and practices which kept the Chinese society stable. He created a strict line of hierarchy to be followed in the manner of the superior-inferior with the latter submitting to the former. According to him, all chaos and conflicts in the society arose due to people not knowing their due place in society. Therefore he created a system in

which everybody was given their place and there was no space left for the confusion. He gave five most important relationships in the society i.e., Ruler-Subject, Father-Son, Husband-Wife, Elder Brother-Younger Brother, Friend-Friend. These relationships encompassed everyone and all knew to whom one owes loyalty to and therefore there was no need for questioning or chaos. Confucianism travelled to Korea and Japan in the 4th Century AD and along with it Chinese culture, art & architecture and especially the Chinese script was embraced by these foreign states.

Confucianism also greatly emphasized on cultivating good ethics, education and meritocracy. In Confucianism, the ideal personality is the sheng, translated as sage. However, since sage hood is hard to attain, Confucius created Chun-Tzu, the idea of the true gentleman. He is a man who lives by the highest ethical standards and also one who places his studies high in importance. In the later Chinese history, a gentry or Literati class who were educated in Confucian texts was selected through the imperial examination system for running the government. In this way, China gifted to the world the first civil service exam system.



China like India was also socially stratified with the Mandarin class (literate) at the topmost followed by farmers, artisans and lastly the merchant class. However, unlike the Indian system in which social mobility became rigid, a transition from one class to other was not rigid in ancient China. A son of a merchant could become a Mandarin class if he could clear the civil service exam which was, however, a rigorous process.

Education was used by Tokugawa in 17th century Japan as a means to rule Japan. The people were educated on Confucian literature and the primacy of the ruler. Post Meiji Restoration in 1868 during which Japan opened to the world after years of seclusion, Western learning was highly emphasized. Most of the population were educated in at least basic education and therefore by close to 1900, Japan had achieved almost 100% literacy rate. This was also one of the reasons why Japan was able to stand on its feet again after the destruction of the WW-II. Though it lacked natural resources, it had a huge educated human capital.

The family was the prime focus of Confucius. He felt that if the family was stable, the society will be stable and if the society was stable, the state will be stable. Therefore among the five important relationships, three are family-based – Father-Son, Husband-Wife, Elder brother-Younger brother. If a son was loyal to his father in the family, he will

also be loyal to his emperor.

Ancestor worship or filial piety is one of the basic tenets of Confucianism. According to this, a person continues to live among the family members even after their death, therefore, the living members of the family needed to take care of the deceased (parents) providing for their daily needs like food, water, and clothing. This shows that the chain never breaks, the son when his parents are alive pays respects to them and even after their death he continues to do so. Here the idea of superior and inferior always exist. The extreme loyalty of the Japanese soldiers to the emperor during WW-II leading them to commit suicide rather than surrender is also an example of Confucian ethic i.e., loyalty to your superior. Hard work, punctuality, politeness which are some distinct features of the East Asian culture is also purely Confucian – meritocracy, harmony and loyalty. However, like all philosophies and doctrines of the past, Confucianism does not give space to women. A woman is subject to her father when she is young, to her husband after she is married and to her eldest son once she is a widow. It was a purely patriarchal system because Confucius believed that when there are too many voices and opinions there was always chances of disharmony and conflict. Nevertheless, this changed to some certain extent after the formation of the People's Republic of China under Mao Tsetung in

1949. His famous quote being – “Women hold up half the sky.”

Confucianism, therefore, is a philosophy which is all about how to achieve and maintain harmony in the society. Instead of dwelling on abstract ideas such as state of nature like the Western philosophers did, Confucius sought to understand the actual situation of a given time and use this understanding as a point of departure to solve the problems. He aimed to restore trust in government and to transform society into a moral community by cultivating a sense of human caring in politics and society. Unlike religions which dealt with the afterlife or concept of karma, Confucianism is all about living in the present. When asked by his disciple what he thinks about the afterlife, Confucius replied that he will think about that when he was done solving the problems of the present.



D Hingnam Zeliang
MA East Asian Studies,
University of Delhi
SSPN (Batch 2007-13), Adm. No- 49





A Renewable Energy Future For India

In India today, we face both environmental and developmental crisis. On one hand, we are still struggling with the problems of inequality, poverty and improving human development indicators. On the other, environmental pollution and ecological destruction is now a runaway problem. Both these crises are also interacting and reinforcing each other. This is the best reflected in our energy sector.

India suffers from chronic energy poverty. Officially, about 300 million people have no access to electricity. But if we consider the fact that about three-fourths of rural households connected to the national grid have erratic and less than six hours of electricity supply, then about 700 million people in the country can be termed as electricity poor. Similarly, about 700 million Indians use biomass such as dung, agricultural waste and firewood as their primary energy resource for cooking. These fuels cause indoor pollution and increase the burden of disease of the womenfolk. The estimated economic burden of using traditional fuels, including health cost and lost economic opportunities due to poor education of girl children, is estimated to be Rs 30,000 crore. About two-thirds of Indians, therefore, are still deprived of modern energy services.

India is largely dependent on coal to meet its energy needs. Coal meets more than 50 per cent of the current commercial energy needs and generates more than 70 per cent electricity. We are the third largest producer of coal in the

world after China and the USA. But the energy from coal comes at a huge environmental and health cost.

The challenge before India is how to meet its energy requirements without compromising the ecology of the country. In addition, we have to be mindful of the looming danger of climate change. Climate change is already impacting the water and agricultural sector of the country. We cannot afford to let the rise in global temperature exceed 2 degrees Centigrade from the pre-industrial era. Even 2 degrees would devastate many vulnerable communities and ecosystems. India therefore must work with other countries to reduce greenhouse gas emissions and control the rising temperature. In such a situation, we ourselves cannot have a fossil fuel-dominant energy future.

So, how do we move ahead?

Converging energy and environmental security

In the last few years, five trends have become quite clear. The first is India's dependence on imported fossil fuel is increasing at an alarming rate. We now import close to 40 per cent of commercial energy and this is only going to go up in the near future. This trend has huge implications for energy security of the country.

The second trend is the reducing costs of renewable energy, especially solar and

wind power. In the last five years, the cost of solar energy has come down by two-thirds. In fact, in a city like Delhi where the distribution companies (DISCOMS) charge about Rs. 8 per unit from commercial establishments, solar PV can supply electricity at Rs. 5.0 per unit during daytime. Though 24 x 7 solar power is still expensive because of the storage costs, there are large number of applications and areas where solar is competitive or even cheaper than coal power. Wind power has already achieved grid parity across the country.

The third trend is the use of electricity practically for all applications. Apart from lighting, cooling and heating, electricity is now being used widely and efficiently for cooking as well. Electric transportations, including cars and buses, are increasingly becoming a reality. Most industrial applications that currently rely directly on fossil fuels for heating, cooling, transportation etc. can also shift to electricity. A world where most household, commercial, transport and industrial activity is performed by electricity is becoming a reality.

The fourth trend is the urgency of reducing greenhouse gas emissions. Last year in Paris, a new climate agreement was signed to keep the global temperature rise between 1.5 to 2 degrees. About 160 countries have submitted their action plan to mitigate climate change. India has committed to have 40 per cent of its electricity capacity from non-fossil fuel sources. Most countries have given some or



other renewable target. So, there is a clear global signal to upscale renewable energy to mitigate climate change.

But just moving to renewable electricity won't be sufficient. We need a renewable electricity future that is affordable and accessible to all.

The Future

The idea of electricity access in India has been a centralized generation and grid-based distribution. This idea has failed to give adequate electricity supply to two-thirds of our people even after seven decades of independence. In our renewable energy policy also, the idea of centralized generation and grid-based distribution dominates. For instance, the Ministry of New and Renewable Energy wants to set up ultra-mega solar power plants of more than 4000 MW each. State governments are setting up solar parks to install large solar power plants. Will this ensure energy access to all? Are mammoth DISCOMS, a centralized grid and large renewable-based power plants, compatible with a renewable electricity future?

I believe that the renewable electricity future is a decentralized and distributed one. The fact is renewable energy is decentralized—sunlight falls everywhere and wind blows everywhere. Demand for electricity too is decentralized, and most renewable technologies are modular. This makes renewable electricity most suitable for decentralized generation and consumption.

Central to the vision of a decentralized and distributed electricity future is the increased

role for small-scale electricity generators who may be households, businesses, and mini-grids. These millions of small generators would meet their own energy requirements and feed excess energy into the grid and draw on the grid when needed. The role of grid, therefore, would change from being the main supplier of electricity to one of a platform where surplus electricity between millions of generators and consumers would be traded and transported. In this energy future, there is no role of big DISCOMS. Instead, we will have mini-DISCOMS that would meet the electricity needs of small communities in cities and villages. These mini-DISCOMS would feed excess power to the grid and buy power from other mini-DISCOMS when in deficit. Grid, therefore, would be used to meet a small percentage of total electricity demand. There will be a role for large power plants based on other non-fossil technologies, but this role would be to supplement decentralized generation, which would also reduce over a period of time.

If operationalised, this model will revolutionize the way power is produced and consumed in India. Millions of households would produce and consume their own electricity. Thousands of renewable energy based mini-grids would promote millions of small businesses and social entrepreneurs to create local jobs and build local economies. Living standards in villages will improve which in turn will ensure women empowerment, better health and education. There cannot be a better development agenda for the country.

In the end, this might be the only way we can avoid large fossil fuel plants. This might be the only route through which we can end the

political interference with electricity sector. If there is no DISCOM, there cannot be a promise of free electricity to the electorates. In one stroke, we can make renewable electricity the main source of energy, solve the challenges related to energy poverty, address climate change, build local economies and move towards a secure energy future for India. This, I think, is the way ahead. Let us develop a blueprint to achieve this future.



Kanu Barman
Senior Master





A Year

Open the shutters to keep flourishing,
Make up the pieces to keep moving.
Be at distance but never stop loving
It is not one who is advancing
But everyone who is changing.
The World! We would see in a better place
Such will be a year of glory.

One opens his eyes
Just to see that it's another sunrise.
A beautiful mind shattered into pieces,
Hoping for remises.
Beneath the blue, crazed to venture
But craziness is just ruptured.
An era with no existence of closeness
Every spot just flooded with sickness.
Mind driven, hands wrapped and frost feet
Such is a year of virus.

Cdt Asengba
Adm No: CI XI

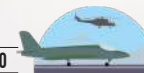


Logic of Mathematics

Every letter of Mathematics gives the eleven main features of successful student, They are

- M - Memory
- A - Accuracy
- T - Talent
- H - Hardwork
- E - Enthusiasm
- M - Mind
- A - Attention
- T - Tact
- I - Interest
- C - Cleverness
- S - Self-confidence

Cdt Jigmey Yeshi Thungon
Adm no1184 VII





Hello To The New Form Of Teaching And Learning – Online & Virtual Classes

Dear Readers, what is the definition of 2020? If we ask, there will be multiple inputs and lots of mixed experience. Due to this pandemic, there is a particular and important sector which we call “ EDUCATION SECTOR” which has been greatly affected and the normal operations of all the educational institute are adversely affected not only in our country but in the Pan global. Due to the risk involved in spreading the virus and for the safety measures, it was decided that no schools, Colleges and other informal learning institutes will be allowed to operate. Now the main question comes in light is HOW will you teach the students without meeting physically.? But as we know, necessity is the mother of invention, it did not take long to decide that Online and Virtual modes of teaching will be implemented, thus giving rise to ICT concepts from Education courses to the real scenario. Please note that smart/Digital Classes are not the solution of online or virtual classes, they are more treated as TLM in the context of teaching in any form.

Online classes here means conducting the classes using any e- mode let it be WhatsApp, Google Classroom, emails etc without seeing each other but Virtual Classes means conducting classes meeting/seeing virtually using any Virtual Meeting Platforms like Zoom, Webex, MS team, Google meet etc. Online classes is broad in concept where as Virtual classes is narrow in concept.

Anyone who has friendship with technology was swift enough in the adaptation, but situation was vice-versa for those who was less tech-savvy. Some of the major opportunity and challenges are listed below.

| SL. NO. | OPPORTUNITIES | CHALLENGES |
|---------|--|--|
| 1 | Risk of Virus Transmission from school was nil among the student's fraternity. | Internet and bandwidth are not same across the country and there is lots of connectivity issue. |
| 2 | Easy Conduct of Classes and concept of Flipped classes came into existence. | Due to the improper gadgets used, online classes still look tough for many. |
| 3 | It made us techno oriented and opened the door for futuristic education. | Basic Skills of Conducting Online Classes needs to be sharp among teachers like time management, ways of assessments, gadgets maintenance etc. |
| 4 | It Made us really to think that areas wear lacking and the areas/skills which need the brushing. | Many other socio economic factors like addiction of mobiles, internet and TV's, low income sections cannot afford buying of gadgets in the no income stage for their children's and etc. |

ONLINE~VIRTUAL CLASSES IN THE CONTEXT OF INDIA.

Without any hesitation and second thoughts, Indian Teachers and Students accepted the new way of teaching and there is lots of development which we can feel from the time when it's all started till now. Despite of many challenges, Indians teachers proved that Learning Must Go On under any circumstances and there is no doubt in the efforts. But Education Sector comprises of different stakeholders like parents, students, School management who have a big role to play for the smooth delivery of the education.





Teachers with the help of school management must speak to the parent on parents feedbacks, setting expectations, assuring the parents about the child's progress, Parents must also made understand their role in online class, making right atmosphere at home for online classes, their positive involvement in the entire process/chain. Institute authority must ensure that right kind of resources is reaching to the teachers which will help in smooth conducting of online classes, must take experts suggestions or must have kind of sessions for the teachers with the experts or other parallel dept to sharp their skills in online teaching. With right kind of approach & mind set it will be possible to deal the challenging situation and even after the situation gets normal, we must conduct online classes at least one day in a week.



Deep Jyoti Das
Lab.Asst (Chemistry)

TRADITIONAL LEARNING VS ONLINE LEARNING: DIFFERENCES, ADVANTAGES AND DISADVANTAGES

These days online courses/training has become extremely popular, as more and more institutes and companies are offering courses online. However, despite the popularity of online education, vast groups of people consciously stay away from such methods, mostly due to misconception. At the same time, despite the rising popularity of online courses, traditional (classroom) training is fighting back and trying to adopt newer means of retaining learners' interest. There are always two sides to a coin. For some individuals, online training is more appropriate, while for others classroom training is the preferred delivery method.

Let us compare the two methods.

Online Learning

People take professional-level courses usually to increase their qualifications and enhance their career opportunities in their jobs. For example, to get promotion in higher

level and higher paid jobs; in management related professional degrees, diplomas are helpful. However, many employees may be exhausted after their work and don't want to attend regular classes. So, naturally, an online class is more convenient for them, as it saves valuable time, money, and energy.

The best thing about online learning is that individuals can take a course from the comfort of their office or home. Even with a busy schedule, one can find some spare time to take a course or study for it.

In online classes, the learner is not directly interacting with the faculty. So, in case of having any questions, they may find it difficult to ask their online instructor, as communication is often very impersonal. However, these courses often offer alternatives to live query resolution like online forums, emails, and chatrooms. Using these alternatives can be helpful for individuals to get their queries answered.





People often think that interacting with a trainer live is the best way to learn, as it is interactive and allows for two-way communication. For such types of people, synchronous online courses will be more appropriate.

Another way to acquire knowledge through an online medium is by searching on different search engines like Google, Bing, etc. Although this helps by reducing the number of books one has to read, there may be too many sources of information one has to read, and choose the relevant ones, which can result in information overload.

Thus, online learning may be more suitable for grownups who are continuing their education while they're working in their regular jobs.

Traditional Learning

Traditional classes are more suitable for young children, teenagers, and young adolescents who are yet to join the workforce. Regular attendance in classes helps them interact with other individuals of their age, be better disciplined, follow a regular schedule, and improve their physical fitness and mental alertness.

Classroom learning helps students and teachers know each other in a better manner. This allows teachers to know the students and evaluate their strengths and weaknesses better, act as mentors, and guide students in their

career possibilities.

In a traditional classroom, students can directly share their views and clarify their queries with the teacher, thus getting their questions answered right away.

Most of the time books and classroom notes are very useful for studying and passing exams. Understanding the Question & Answer pattern with suggestions provided by experienced teachers, students can find it more helpful to learn than when using generalized online notes and suggestions available on the internet.

Also, classroom learning is more helpful due to continuous interaction between students and teachers, as it helps students to get rid of their fears regarding exams, which can rarely happen with online guidance.

Lastly, interactions with good teachers help motivate students to achieve higher marks.



Ashok Kumar Das
PGT Physics

Being Worthy Of Trust

"We don't need more trust, we need more trustworthiness."

-Rachael Botsman

Many people lately have written or spoken about what seems to be a growing "trust problem" in our society. The punch line of these talks, articles and posts is usually that we just need more trust because trust is a good thing. But distrust is a natural and appropriate response to untrustworthy behaviour. Who wants to trust people who act in bad faith. Rachael Botsman is right, what we lack is trust- worthiness. What we need is more people, and particularly more leaders who are really worthy of the trust placed in them.

In every relationship, a high level of trust translates into palpable feelings of serenity, excitement, passion and optimism. These feelings typically accompany the beginning of life in a new community, such as when moving to a new place, starting a new job or falling in love. But, the heart-connected feelings that accompany trust dissipate as trust is eroded.

Attempting to relate in a sea of distrust is like trying to swim through a stream polluted with more and more debris.





Low trust spawns adversarial relationships that must slosh through the muck and mire of defensiveness, cynicism, and indifference.

Becoming trustworthy does not result from a single act. It is a process that builds over time. Only when others are consistently treated respectfully do they come to believe that I am of their trust

Here is a short story with a beautiful message...

A little girl and her father were crossing a bridge. The father was kind of scared so he asked his little daughter, "Sweetheart, please hold my hand so that you don't fall into the river." The little girl said, "No, Dad. You hold my hand." "What's the difference?" asked the puzzled father. "There's a big difference" the girl replied. "If I hold your hand and something happens to me, chances are that I may let your hand go. But if you hold my hand, I know for sure that no matter what happens you will never let my hand go."

In any relationship, the essence of trust is not in the bind, but in its bond.



Cadet Nokrenti Amer,
Adm no 768
Class XI

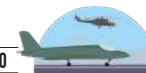
RELATIONSHIP BETWEEN PERSONALITY AND BLOOD TYPE: A SELF FULFILLING PROPHECY OR REALITY

In the land of the rising sun, inhabitants had shown credulity to the pseudoscientific belief that temperament of a person can be estimated with the identification of blood group of that person. In general, it can be compared to that of the Indian superstition associated with the horoscopes and planetary movements. In Japan, majority of the population are obsessed about this belief that blood group of a person, impacts the overall personality of an individual. Initially, the idea was first propelled by Hara and Kobayashi (1916) indicating that even siblings could demonstrate differences in temperament, grades and physical growth parameters, suggesting all these factors are associated with their blood types. This concept was later popularized by Takeji Furukawa(1927) using books and articles as means of communication. However, the popularity of this concept was halted for a time being after his death in 1940. In the year 1970, again this concept was fueled by journalist Masahiko Nomi. The popularity of this concept in Japan, can be determined by the action of the then militarist government of Japan who during WW II, as per some

reports even formed battle troops according to the blood groups of the soldiers. Even, in recent times this concept is as popular as it was previously, for instance Japan's women softball team who won gold at the Beijing Olympics, reportedly employed this concept for customizing training for each player of the team. In spite of the lack of scientific evidence and ambiguous research results to support this concept, majority of the population has supported and accepted this concept. In the year 2008, four books on this concept secured Japan's top ten bestseller lists (Josef,2012).

General personality traits of each blood type are as follows:

Blood Type A: Individuals with blood type 'A' are found to be the most creative of all the blood groups. They can easily handle difficult circumstances by remaining calm and cool. They usually try to avoid confrontation and found to be introvert and shy in nature. They also possess good sense of responsibility and found to have high affection towards animals.





Best traits: Punctual, Patient and Conservative

Worst traits: Obsessive, Stubborn, Cautious

Famous People with Blood Type A: Adolf Hitler, George Bush

Blood Type B: Individuals with blood type 'B' are found to be the most practical of all the blood groups. They are found to be optimistic, passionate and goal oriented. They usually like to follow their own rules and their own ideas. Generally, they are considered relaxed and unconventional than other blood groups.

Best traits: Creative, Passionate and Optimistic

Worst traits: Irresponsible, Self-centered, Vain

Famous People with Blood Type B: Leonardo Di Caprio, Jack Nicholson

Blood Type O: Individuals with blood type 'O' are found to be the most flexible of all the blood groups. They are found to be organized, determined and outgoing. They are also very social but flighty in nature. They are also found to be excessively self-confident. This blood type is considered the best type in Japan.

Best traits: Ambitious, Confident, Optimistic and Reliable

Worst traits: Arrogant, Vain, Careless

Famous People with Blood Type O: Queen Elizabeth II, Gerald Ford

Blood Type AB: Individuals with blood type 'AB' possesses traits of both blood type A & B. They are found to be hardworking, trustworthy and possess good sense of responsibility. They have great interest in subjects like art and metaphysics. They are also unforgiving and very sensitive. Type AB is also considered the worst blood type in Japan.

Best traits: Empathetic, Cool and rational

Worst traits: Unforgiving, Self-centered, Indecisive

Famous People with Blood Type AB: Barack Obama, Jackie Chan



Indranil Sarkar

Lab.Assistant (Biology)

CLASSROOM RULES



Cdt : Gabrio Shupao

Adm no: 1216

Class: VIII

1. Be in time at the beginning of the day and after lunch or recess break.
2. Come prepared with supplies and completed homework.
3. Be Kind, polite, and courteous to others.
4. Keep your hands and feet to yourself.
5. Be respectful of classmates, teachers and properties.
6. Listen to the teacher and classmates and follow directions.
7. Work hard and always do your best.
8. Be safe.
9. Raise your hand when you would like to speak in class or if you need to leave the classroom.
10. Obey school rules.





Dealing With Feeling Frustrated

Frustration happens when things aren't going as planned or something is keeping you from making progress. Frustration can often lead to anger which can make it even more difficult to cope. Read below to find out how you can start dealing with feeling frustration!

RECOGNIZING YOUR WARNING SIGNS

Warning signs are changes that happen to you when you begin to feel frustrated. Do you start sweating more? Do you get annoyed easily by other people? Do you feel like crying? All of these could be warning signs that let you know that you are feeling frustrated. It is important to know your warnings signs because that's when you should start using coping skills.

FREEZE

If you feel yourself starting to get frustrated with a task, stop what you're doing! Pause, if you can and take time to decide what you should do next. Sometimes trying to work through your frustrations might only lead you to getting angrier and coping in an unhealthy way. When you freeze, ask yourself what you think would be the best thing to do to help your frustration. You could take a break and

do something else, tag a new idea or take a deep breath and power on!

USE POSITIVE SELF-TALK

If you're working on something that is getting you frustrated, try using positive self-talk. Say encouraging words and phrases to yourself that will help you feel better and improve your mood. Try saying, "You can do it!" or "You're doing a great job - just keep at it!" What are some other things you can say to yourself to keep from getting more frustrated?

ASK FOR HELP FROM OTHERS

Sometimes getting new ideas from others can be helpful. Let someone know if you're having trouble figuring something out as if you are starting to feel frustrated. Let them know what they might be able to do or say to help you feel better. Sometimes just being able to open up to someone else about our feelings is helpful too...

Cdt Lama Norbu
Adm no:883
Class: XII B



USE THE PRESENT MOMENT

□ DON'T WAIT FOR ANOTHER CHANCE

Once upon a time, there was a businessman who was very sad with his life because he was unable to fulfil his wishes. One day, he went to a saint for an advice. The saint looked into his face and asked his problem. Then the businessman started narrating his story saying that he could not gift a car to his father and take his mother on a tour because they died when he was waiting for an opportunity to accumulate more wealth.

After listening to him, the saint showed him a line of flowers and told him to bring a fresh flower. The saint also told him the rule that after crossing each flower he can't turn back and pick a flower. The man thought that it was simple and so he went out looking for a beautiful fresh flower. At the beginning he saw some beautiful flowers, but he didn't take it and thought that he would get better ones later and started moving forward. When he reached at the end, he saw only dead flowers and with no options left he helplessly took a dead flower and gave it to the saint. Then the saint asked him, "You didn't get a flower better than this?" The man replied that he thought he might get a better flower towards the end than at the beginning, but unfortunately he could not find one. To this the saint said that since he missed his first opportunity he was not



able to fulfil his wishes. The man lowered his head in shame in front of the saint and went back to his house and started a new life.

**"Don't think what you will have tomorrow,
Do it with what you have today".**

Cdt Himanshu Kumar
Adm no: 966
Class 11



Experience of a Day Scholar in SSPN

Being a day scholar in Sainik School or any other school we get love and support from our parents which is not possible in hostel life 24x7. My experience in this beautiful Sainik School Punglwa, Nagaland with the beautiful valley will be unforgettable and a memorable one. Because this place is where I grew up and spend my childhood days with my parents and my teachers. As a day scholar having such friendly and helpful teachers always motivates me and adds to my happiness. Being a day scholar in this school, I realize the value of being with my parents. We have many advantages such as we don't have to clean our room and wash our clothes when we are not in a mood, whereas my hosteller friends have to do their work by themselves, and yet still we too have many disadvantages such as we only depend on our parents for so many things that we become so insecure without them and it might be difficult for us in the coming future. Sometimes I

wish I were a hosteller because spending time with friends, late night gossips, and night party! What a memorable moment it will be. But I feel very happy to be a day scholar because I get more delicious food of my taste than the hostellers, and also we are very lucky that we get to enjoy Rainbow club together with the staffs and their families. My experience in this school will be hard to erase and I won't be able to forget this beautiful day scholar life in Sainik School Punglwa.

Finally, I would like to thank my teachers and my friends from the bottom of my heart for your support and for being with me every time. I will always cherish the time I spend with you.



Cdt Shatendra Ram
Adm no: DS 5
Cl: XII

Importance Of Education



Education is very important for every country. Education begins at home and continues throughout our life. There are many reasons why people need education. It helps them to learn new things, find good jobs and lead a respectable life in the society. The more educated a person the higher is the chances of her or his success in life.

Education is also important for other reasons. It helps us to lead a good and healthy life by helping us to know the uses of various types of food and how to consume them. It also educates us about how to protect ourselves from diseases and stay away from bad habits. It is also important for us to defend ourselves and our country.

Our first teachers are our parents. They teach us how to speak our native mother tongue and identify things around us. Teachers and professors play a very important role in our life by teaching us various important and specialized subjects. Education helps us to know certain rules and regulations and makes us responsible citizens of our country.



Cdt Schneider L.
Adm no: DS-26
Class : VII





JOKES...

A Son Who Is Studying Abroad

Wrote to his dad Dad, no money no fun your son.
Dad, wrote back.... So sad so bad your dad.

Cdt Dilevi

Adm no :1273 Class VII



The Sin Of Lying

A minister told his congregation, "Next week I plan to preach about the sin of lying. To help you understand my sermon, I want you all to read Mark 17."

The following Sunday, as he prepared to deliver his sermon, the minister asked for a show of hands. He wanted to know how many had read Mark 17. Every hand went up. The minister smiled and said, "Mark has only 16 chapters. I will now proceed with my sermon on the sin of lying."

Cdt Imnalenba, Class XB

Adm no 996



MANNERISM

Dictionary.com succinctly describes mannerism as, "A **habitual or characteristic manner, mode, or way of doing something; distinctive quality or style, as in behavior or speech.**" Many unwanted, undesirable, and unwarranted commotions occur unexpectedly in the society due to bad-manners or impoliteness. To exhibit good manners is nothing more than consciously understanding the importance of treating fellow human beings with dignity and respect.

An important part of raising our children is not simply feeding them, providing their needs and sending them into good institutions, but teaching them good manners that they are able to apply not only around you, but also when they are on their own. Being polite can set our children up for success later in life. Therefore, beyond the basic "Please," "Thank you," "Excuse me," and "Welcome," we want our children to be able to show respect to their elders, teachers and know how to be a polite guest. Parents need to enforce these manners from an early age, and our children will catch on in no time.

HERE ARE A FEW MANNERS WE SHOULD TEACH OUR CHILDREN AT HOME

1. Teach children to always say, "Please" when asking for something and "Thank you" when receiving something or

someone has helped them. The simple words of "Please" and "Thank you" seemingly go a long way in a society inexplicably devoid of such basic, common courtesy. Not only are these basic words polite and well-mannered, but they also help to build a foundation upon which future relationships will be built.

2. Teach them to say, "Excuse me" when they need to get through a crowd, bump into someone or want to get someone's attention. People do not appreciate having their personal space encroached upon. Whether it's accidentally bumping into someone, attempting to get someone's attention, or navigating through a crowded area, saying "Excuse me" is not only polite but also increases the likelihood of someone respecting your right intentions and obliging accordingly.
3. Teach them not to interrupt. Whether it be interrupting a conversation between two people that they are not a part of (unless it is an emergency) or when someone is speaking to them. Interrupting someone while they are speaking is perceived as incredibly rude and disrespectful. Teach children the axiom of "2 ears and 1 mouth." Active listening is, unfortunately, not a practice that is common in today's "Look at me" society.
4. Show them how it is impolite to comment on other people's characteristics or physical appearances, unless it is a compliment. Parents must make sure to avoid giving such compliments that are





actually harmful to our children.

5. Teach children to always ask permission. It's important that they understand if they aren't sure about taking or using something, it is always better to ask first.
6. Teach the importance of gratitude. A simple thank you note or responding graciously to a gift is a great way of teaching a child the importance of gratitude. Teach a child how to write a simple thank you note, especially when they receive gifts from someone. They shouldn't be allowed to use the gift until they have properly thanked whoever gave it to them.
7. Teach your child the importance of hygiene. Teach them to cover their mouth when they cough or sneeze and to never blow their nose and pick their teeth in others' presence, and always use a tissue.
8. Teach them to respond politely to someone else's question. Children have a short attention span. Their brain is still developing, therefore we should never demand for perfection. However, encouraging a child to respond to an adult's inquiry is a terrific way of teaching them the importance of attention, discipline, and respect for authority.
9. Teach them to Respect for Teacher and the Authority. An orderly society requires individuals who adhere to authoritative figures. Teachers, policemen, and those who carry the burden of enforcing societal order should be treated with respect. What better time to teach this important aspect of society than during childhood? Emphasize the importance of respecting elders and teachers, raising the hand during class, and

politely entering and exiting the classroom, which are just a few ways to encourage respect for those who keep our society in working order.

10. Teach the basic table manners. Teach them not to reach across the table to grab something, but instead ask if someone can pass it to them. When a child sits down to eat, tell them not to leave without excusing themselves.
11. Teach them to hold the door open for others. The act of holding the door open for someone else epitomizes good manners. And always say, "Thank you" if someone held the door for them.
12. Teach them the importance of Cleanliness. Cleanliness is a close relative of orderliness. Children learn by what they see and are instructed to do. As such, insisting upon a clean and orderly environment that involves their participation is a great way of establishing a good sense of manners. Teach them how to clean up after themselves both after play time and eating a meal and not to litter and how important it is to keep our earth and surrounding clean.
13. Teach them to show respect by standing and taking their hat off for the National Anthem or Pledge of Allegiance.
14. Tell them why it's important always to have good sportsmanship whether you win or lose. What is bad sportsmanship? Bad sportsmanship is the act of cheating or breaking the rules to gain an unfair advantage. This is called unsportsmanlike conduct; and display of your rudeness, offensiveness, and maltreatment to others. What does it mean to have good sportsmanship? Good

sportsmanship has been defined in various ways such as having a positive attitude, having respectful behaviour and not show off or flaunting a victory when you win or handling a loss with dignity. I think good sportsmanship means knowing how to produce a win-win situation with your response and fair and positive attitude.

15. Teach children to take their shoes off whenever they enter anyone's home. It might sound unbelievable, but experts suggest that the soles of our shoes contain more bacteria than an average toilet seat. Bacteria live on shoes longer than almost anywhere else. There is a 90% chance that whatever is on our shoes will transfer to the floor of our house.
16. Tell them how important it is to respect other people's privacy. Always knock on closed doors and wait for a response before opening it. Privacy is about respecting individuals. If a person has a reasonable desire to keep something private, it is disrespectful to ignore that person's wishes without a compelling reason to do so.

Smt. Phomlee Van,
Kohima: Nagaland.





Maths, Maths, Maths!

Down with Old Pythagoras
And down with rotten Maths.
Down with Archimedes, and drown him at the baths.

If anyone had to do it,
I'd make sure it was we
First I'd wholly immerse him,
Then kick him up a tree.

When he had been disposed off
I'd turn on old Pythagoras
I'd drag him through a holly bush,
And he'd come out like a rag.

Now my pipe dream's over.
And I've nothing more to say
Except that Maths still lives on
To be taught another day.

Cadet Aditya kumar
Adm No 835
Class : XII



Nature

Nature is the most attractive surrounding around us which makes us happy and provides us clean environment to live a healthy life. Our nature provides us variety of beautiful flowers, attractive birds, animals, green plants, blue sky, land, running rivers, sea, forest, air mountains, valleys, hills and many more things.

Our God has created a beautiful nature for healthy living. We should not destroy the originality of nature and create imbalance in the ecosystem. We should enjoy nature as it is and take responsibility to care for it. In modern days many selfish

and bad activities of human beings have disturbed nature to a great extent. So we should all try to maintain our nature's beauty



Cdt Sandeep Sambyal
Class VI
Adm no: 1299

My School

In a land far away in the hilly mountains
Of the Pauna range, beneath Mother
Nature's lap
Bathed by the mountain dew lies my school
The surroundings full of greeneries
Offers the vibrant cadets a hospitable
environment.
Without pollution, the environment
assures them
To rejuvenate their young and prosperous
ideas
For the betterment of their society.
They are shaped in those 7 years to become
a responsible Citizen.
They are taught, nurtured and nourished
with positivity.
This pledge makes them committed

And they abide by them.
They do not stand a chance to
Deviate from their duties.
Long live SSPN!!!!



Cdt. Wangjhee Vetolim
Adm no: 970
Class: 11



RIDDLE

1. I have no life. But I can die. What am I?
2. When the water comes down. When it rains. I go up. What am I?
3. I never ask Question. But always answered. What am I?
4. You can break me easily without even touching me or seeing me. What am I?



Cdt Dilevi
Adm No 1273
Class VI

- Answer:
1. A Battery
 2. An Umbrella
 3. A Doorbell
 4. A Promise

RIDDLE

1. What did the 'Wall' tell to the 'Floor'?
 2. In which bus we can't travel?
 3. It is a thing which we wear, eat and sit on it too. What is it?
 4. What is the thing which all the human beings do together at the same time?
 5. Name the thing which wears a wrap around when it is young and throws it away when it is old.
- Answer:
1. They will meet at the corner.
 2. Syllabus
 3. Air
 4. Getting old
 5. Bamboo

Feel The Lighter Side Of Life

1. Boss : Where were you born?
Banta : India.
Boss : Which part?
Banta : What 'Which part'? My whole body was born in India.
2. Banta : What is the name of your car?
Lady : I forgot the name , but it starts with T
Banta : Oh! What a strange car, it starts with tea.
All cars that I know start with petrol.
3. Tourist: Whose skeleton is that?
Banta : An old king's skeleton.
Tourist: Who's that smaller skeleton next to it?
Banta : It is the childhood skeleton of the same king.

Chitvan Chaudhary
Adm no: DS 25
Class : VII



The Game of Life



Life is like a board game,
Rolling the dice when we take a chance on
What to do.
Should I become a Soldier?
A Doctor?
A Contractor?
Sometimes moving two spaces forward
And then being sent three spaces back.
Wonderful,
Feel-good times followed by
Hard times and sadness,
Hoping to win.
Hoping not to lose.
Striving for the best version of me.
Until I reach the finish line.



Hihiyulo Thyug
Cl : XII
Adm no. 780





THANK YOU CORONA: IN A POSITIVE NOTE

I would like to thank Corona and share a wonderful experience during the lockdown period (i.e., COVID-19 Pandemic). Ever since the lockdown started and I arrived home 'sweet home,' my parents were so happy to see me (after so many days). As the time went by I became more healthy and confident than ever before. I was a boy with low self-esteem, inferiority complex and insecure feelings. My dad came to notice that and my Lockdown training kick started. Indeed my Dad was a great inspiration and motivation to me. As the days passed on I learnt how to be confident, eradicating complexities in my mind, more positive, more discipline and more hardworking than ever before.

Finally, I am ready to face the world with hope, confidence, discipline and persistence. Therefore, I thank Corona from the core of my heart. It was indeed a blessing in disguise for me. God has provided me enough time to polish my personality. Hence my message to all my friends is that, **"No matter how complex a situation maybe or how worse it maybe always learn to strive back to glory"**.

Cdt. Ghokivi Aghato Sumi
Class- X
Adm. No. 1013



THE OLD MONEYLENDER AND THE CLEVER GIRL...

In a small Italian town, hundreds of years ago, a small business owner owed a large sum of money to a loan shark. The loan shark was a very old and an unattractive guy that just happened to fancy the businessman's daughter.

He decided to offer the businessman a deal that would completely wipe out the debt he owed him, but he would have to give his daughter's hand in marriage to the loan shark. The businessman was in a state of array whether to save himself or his daughter. Seeing this, the loan shark placed a bet to justify his actions. The bet was that they would meet at the same place after 5 days. Then the loan shark would place two pebbles in two bags one white and the other black. The daughter then would have to pick a pebble from the two bags and if it was black, the debt would be wiped off but the loan shark would marry her, if it was white the debt would be paid off and the loan shark wouldn't marry her.

The day finally came and the loan shark, the businessman and his daughter gathered at the same pebble strewn path. Then the loan shark bent down and secretly picked two black pebbles and put them in the bag. The daughter saw this but decided to keep mum. The daughter naturally had three choices:

1. Refuse to pick pebbles from the two bags
2. Expose the loan shark by taking out both the pebbles from the bag
3. Knowingly sacrifice her freedom for her father.

But the girl was also very clever and thought of a plan. She drew out a pebble from the two bags, and before looking at it she 'accidentally' dropped it into the pebble strewn path. She then told the loan shark:

"Oh! How clumsy of me. Never mind, if you look into the other bag you will know which pebble I picked."

The loan shark not wanting to be exposed played along with the girl's plan and so, finally both the father got his debt cleared while the daughter retained her freedom.

Moral: *It is always possible to overcome any situation if you think calmly and 'out of the box'.*

WHAT MATTERS

*It took me a long time to realize
That not everything in life is meant
To be a beautiful story.
Not every person
We feel something deep and moving with
Is meant to make a home within us,
Is meant to be a forever.
Sometimes, people come into our lives
To teach us how to love and
Sometimes, people come into our lives
To teach us how not to love.
How not to settle,
How not to shrink ourselves ever again.
Yes, sometimes people leave
But that's okay, because their lessons
Always stay, and that is what matters.
That is what remains.*

Cdt Shera Curha
Adm no:927
Class:11



WHO ARE YOU?

Who are you? Sometimes the simplest of questions are the hardest to answer. That is ironical but also life. Truth is bitter, lies can sound sweet, to reach heaven you need to suffer and enjoyment is not so different from the path to hell, so who are you? I don't know the answer to that neither does your friend or your family. It is only you who knows it, because the YOU in you can be changed, and the one who can change YOU is you alone.

You can't blame what happens around you to be the reason for who you are. These circumstances are a mind of singularity. There is always a reason, an excuse some way or the other;

Reason: Why didn't you score well?

Excuse: The teacher wasn't good in his teaching.

Reason: But Adam was in the same class as you. Wasn't he?

Excuse: I was given less in my internals.

Reason: Even if I give you full in your internals, your score is still low. Why?

Excuse: I didn't get time for preparation; I was busy with so many activities.

Reason: The other guy, Jacob he was involved in so many tasks, even though his scores are not as good as Adam, they are pretty much better than yours. Aren't they?

Excuse: My copy was corrected by a moody invigilator.

Reason: That means you did enough mistakes for him to find flaws in your copy to erase your marks, right?

Excuse: Others have super computer brains why do you compare me to them?

Reason: So it is at last the genes that you blame, huh?

You see these heaps of excuses can be infinitely tall you may not be even able to see the peak of it, but here is the thing if you don't build one you don't need to see one.

I read somewhere, "The same boiling water that softens the potato hardens the egg." It is what you are, not the circumstances that decide what you become. Yes, it is true everyone is not gifted but if you look around then most of them are not gifted. It is just the same thing I

said before, "These are excuses."

You can be what you want to be and you need to try. Even if you fail to be the topper of the class, you can at least be proud that you scored well, because sometimes it is not about being the best but the better.

You don't need to be the greatest, you can be great. But if you want to be, give it a try after all. I don't know who you are; an egg that will crack from a meter high or a potato safe and sound even from the terrace and only you know who you are.

Cdt. Dinglo Kodak
Class: XII
Adm. No.: 694



MASTERING STUDENT HOOD

There have been many changes in higher education since the beginning of millennium. The introduction of technology in the field of education has given more pedagogical challenges including imparting values in the young minds for the acknowledgement of the advantage of discipline and endurance during the school years.

We always think about the influence of the choices the students make in their professional courses little unmindful of the impact of character in every aspect of their life.

I just want to share few thoughts with the fortunate adolescents of this great institution Sainik School Punglwa. I am privileged indeed.

As this school wishes to make every student a legend, I begin with a declaration that being a legend is all about sustainability in everything you do. Small improvements in daily measures will help you to escape the mediocrity and attain some staggering results.

Calibrating a right mind set is very important to attain this personal mastery. First, set





some goals to achieve perfect physical fitness, because anyone can make things happen when one is in good health. You might want to escape the routine of getting up early in the morning and going for exercise during your stay in the campus. But do it with gratitude as you are one of the very few of this generation who are bestowed with this blessing. Believe that this routine is going to make your day, your life and also 'you' within you more beautiful and more meaningful.

To exercise, to play well, to eat well and to do all things necessitated in this campus you need a better quotient of self control. But remember this self control will definitely elevate your control over the other quarters of life.

To live a happy life some form of higher education is very essential. A teacher can teach when the student is ready. So study well. Increase your opportunities and efficiency, employment for empowerment. By getting first grade marks, you can improve the overall quality of your life considerably.

Be responsible so that you can give something back to the society from where you came. The trail you are going to leave behind should build the society with a stronger bond of diligence and decorum, in courage and courtesy, in magnanimity and morality.

Nelson Mandela during the long period of imprisonment for 27 years, used to insist his cellmates to learn everyday to become a leader. So read every day. Its' a marvellous experience and you can peep into the page of others' adventures and gain the knowledge of their experience.

While chasing your passion never fail to follow the instructions and to find your strength. Meet the strict deadline but never forget your dreams.

You are doing all this for yourself. So this is the exclusive period of self love and self-care. In this period any addiction will distract you from the path of excellence and will diminish the amount of influence you are going to give others with the luminosity within you.

Forgive all and leave the campus with your heads held high. All The Best

Smt. Anne Maliniraj
Dept of English
Ethiraj College for Women, Chennai



Cdt. Mecieto Rhetso
Adm No. 939, Class X

KHARÜ (VILLAGE GATE)

The village gate is an important feature of every Naga village. The gate of the village is hewn out of a single tree-trunk and engraved with various motifs, such as human fighter, animal head, hornbill, lizards, snakes, sun, moon, stars, symbolizing various motives. The gate is usually built at the entrance of the village and khels (clans) connecting the whole village and it serves as a security and defence structure, safeguarding all the people encompassed within it.

THE PURPOSE OF THE GATE: Particularly in the past when head-hunting was practised among the Nagas, KHARÜ served as a defence point, shielding the villagers from their enemies. The village gate is to preserve and protect the unique identity, culture and traditions of the village.

The village gate is not for protecting physical structure alone but also signifies the unity and the integration of the people. The progress and achievement of the village is reflected through the cravings of the gate.

SIGNIFICANCE OF THE IMAGES IN THE GATE: Every village has a unique gate. The Naga gates venerate a species of bison called the 'MITHUN'. It stands as an emblem of good fortune, along with a man who is a head hunter. For instance, the depiction of human head symbolizes valour, chivalry, powerful warriors and popularity of the villagers. The depiction of sun, moon and stars symbolizes the favorable weather in the village.





FACTS ABOUT PLASMA DONATION

What is Plasma?

Plasma is the clear liquid portion of blood. Generally a healthy adult contain around 4 to 5L of blood. About 55% of our blood is plasma which is the single largest component of human blood. The remaining 45% of blood are red blood cell, white blood cell and platelets which remain suspended in the plasma. Plasma also contains water, salts, enzymes, antibodies and other proteins. Plasma carries out a variety of functions in the body, including clotting blood, fighting diseases, maintaining blood pressure and volume and other critical functions.

What is a Plasma Donation?

The process of plasma donation is known as Apheresis. Like the whole blood donors, plasma donors are also required to complete the Donor Questionnaire, interview and haemoglobin (finger prick) test. Plasma donation takes approximately 45 minutes to 1 hour and up to 800mL of plasma can be donated in one single plasma donation. During a plasma donation, whole blood is drawn from one arm and sent through a high-tech machine. The machine separates the blood so that only plasma is collected. The other blood components such as red cells, white cells, and platelets are returned to the donor via the same arm along with some salt solution during and/or at the end of the procedure for safety reasons. Donated plasma is frozen within 24 hours of being donated to preserve its valuable clotting factors. It can be stored for up to one year and thawed for transfusion to a patient when needed.

Importance of Plasma Donation.

Plasma donation is critically important activities that contribute to saving lives. For many with rare diseases, this is one of the therapies available to treat these chronic conditions. The donated plasma will be used to create therapies that treat a variety of conditions and diseases. The diseases and conditions treated by plasma protein therapies are considered rare diseases because they affect a relatively small percent of the population; most are genetic, chronic conditions. Source plasma and recovered plasma are used to produce therapies that treat people with

rare, chronic diseases and disorders such as primary immunodeficiency, haemophilia and a genetic lung disease, as well as in the treatment of trauma, burns and shock.

Who Can Donate Plasma?

1. Donors aged over 17 in good health.
2. People with large blood volumes.
3. In present situation, men and women who have had COVID-19 - either confirmed by virus test or antibody test. However results show that women without confirmed cases do not have sufficient antibodies. The plasma that is collected needs to have high levels of antibodies to be suitable for use as a treatment.

Tests on the plasma donated so far have shown that men and women who were very ill with corona virus are likely to have the highest antibody levels. Tests also show that men are much more likely to have high antibody levels than women, even if they have only had symptoms of the illness.

Factors that Restrict Plasma Donation

- Are receiving certain medical or hospital treatments
- Are taking certain medications.
- Have recently had a tattoo or piercing
- Feel unwell on the day of donation
- Have cancer and other complicated diseases.

Smt. Moumita Adhikari
TGT Science





FOR A BETTER PLASTIC WASTE MANAGEMENT

“Plastic” is the biggest blessing gifted unto the lucky earthlings of this wonderful world. Almost all the items used by us on a daily basis are manufactured with the help of plastics. Yes, plastics have done an awesome job in fulfilling its duty.

But here's a disturbing fact about human beings, we forget to appreciate our 'haves' and spend more time emphasizing on our 'wants'. We are very powerful creatures, so powerful that we are able to remove the tag of 'blessing' from plastic and replace it with a dirty tag called 'hazard'. Every day, we find articles and writings in the web, newspapers and even on tabloids describing plastic as a hazardous material that is responsible for global catastrophes like global warming, imbalance in the ecosystem etc. But we never really try to see on the bigger picture. We often say how plastics are causing harm to our precious planet but we never really focus on how these plastics came in the first place.

Each and every leaf on the branches of a tree can be traced back to its origin, the seed. Likewise every single plastic that you find around is because of a dumb witted person with no sense of responsibility was busy littering the environment, unaware of the disadvantages of his actions. But we can't really blame the person because of the reason that he was „unaware” of his evil doings. So there exist a must to help others understand our environment better, and the small simple habits that will result in beneficiating the planet towards its betterment.

We are citizens of a colony, of a state, of a country and above all of the earth. Earth, a planet once known for its green luscious grasslands, beautiful oceans and scenic brilliance, is now known as a planet that is a victim of global warming, filthy surroundings and geographical disturbance.

The root cause of this sorry state of affairs is you, me and every living being who does not show concern over our planet's deteriorating health. But it is never too late to right the wrongs which have already been committed. And the only time to act is now. We have to act fast and work hard. We are all citizens of this earth and we must have that feeling and sense of responsibility. The earth has been the core reason behind the existence of all your loved ones and most importantly, behind the existence of you. So we must all feel responsible enough to initiate changes to change the condition of our planet.

The first and most important step is to be determined. Before beginning anything, the individual must remain rock solid to his decision and must remember the fact that there is no space for exhaustion if success is the only result he/she wants. I'm not a person of great personality neither am I a great political figure. And it is not very likely



that a person reading this article is of such position. So are we really capable of bringing in the change which we want to see so much? Yes. Why not? All that is required is a small will power and success will follow. Here are lists of some small, simple but efficient approaches which may be helpful in bringing forward a change.



1) Surveys, A Very Efficient Way Of Planning Our Next Steps.

We can always do a survey or research about our own areas' clean spots and dirty spots. We can always use the help of a few good and smart friends to assemble together and conduct the survey. Once it is done, we could submit the reports to the local municipality head and suggest him/her the idea to take proper care of the dirty spots. The reasons why they are dirty and the solutions on how these problems can be handled will soon shortly follow.

We can always organize cleanliness drives but it will be of absolutely no use if the people continue to dirty the place. The problem cannot be ignored; it has to be exterminated from its roots. As long as there is ignorance, no amount of social work can wipe out the negative factors in a society. The change required cannot be brought by a few good men. As long as each and every citizen of this wonderful world is doing a good job in fulfilling his duty, then the day is not far when green and plush valleys, sparkling streams and rivers, tall and healthy trees and fit active people will be a common sight.

2) Competitions, To Bring Out Our Inner Economist.

Another useful step that we can take is that of organizing healthy competitions among different sectors of the area to display a clean and healthy environment. This is a practice done in some areas of the country. The panchayats of local municipalities can help in organizing these competitions and it would also be of assistance if known political famed figures hand out the prizes to make the event more grand and at the same time, worth winning.

3) Selfless Cleaning, An Uncommon But Valuable Measure.

A family can initiate a movement called, "Selfless Cleanliness". In this movement, the individual can request his family to start helping other families by cleaning the environment of their house, the only catch is that in order to repay us, the other family must clean the backyard of someone else's house. Yes, a selfless act is a very professional way of initiating a chain reaction. If the majority of the families in a particular area start accepting this movement, even the minority of families who are reluctant to start this will be forced to do so, by their own conscience. This is a very professional way to promote cleanliness and to promote goodwill and harmony among the neighborhood, which is very much required since there is a lack of selflessness in this present era. After all this, the family could slurp down a hot and delicious supper at the end of the day.





4) Beauties from Wastes.

As a student God has blessed us with the gift of creativity, a gift which most of us forget to embrace and promote. We can help local bodies by encouraging them to publicize articles created by plastic wastes. You may wonder, where will the local bodies acquire so many plastic products, created by wastes. As mentioned earlier, all youths are gifted with the skill of creativity, which when utilized to its full extent, is able to generate beautiful and marvelous creations. All of us could use plastic bottles, plastic wrappers and plastic bowls to produce amazing items. This could be termed as “Beauties from Wastes”, given that the values of the wastes have been multiplied a thousand times over due to the hard work put in by the creator. Plus, the extra cash that will come to our pockets is a reward worth sweating over for.

5) Educating our Educators

We are all students smart, young and enthusiastic. We may be young but are matured enough to realize our duties and responsibilities towards achieving a better environment. We are still learning but this learning generates a feeling of curiosity in our minds, a feeling responsible for the hundreds and thousands of great ideas and inventions that have taken place over the course of history. Our teachers and parents may be wise and experienced but the ideas and innovations that are generated from a child's mind is sometimes much more enhanced and better than the ideas of our educators, although meaning no kind of disrespect. We must always have a thirst to progress in every field.

This approach is very important to enhance the thinking capacity of the students and to help inculcate self-confidence.

6) Handmade bins in every corner

Suppose you ask a defaulter the reason why he/she littered the area, the most obvious answer is that the person had done it due to lack of waste bins in the area. Therefore let us not give a chance to the person by setting up hand made bins everywhere, on the sides of roads, junctions etc. The bins do not necessarily have to be of superb quality, if it is able to hold the waste then it is fully capable of serving its purpose.

7) Spreading Awareness

This is the last but the most vital step that would wrap up the hard work and ideas and help in the achievement and fulfillment of our dream. There can be thousands of ideas inside that mind boggling head of yours but if the people around you do not feel the same way as you do then it would be like swinging the bat in the air without hitting the ball, it would produce no results. For a change of great magnitude, the amount of active participants must also be huge. If we want to see a positive change in the place we live in, we must act.



We are all given a responsibility to look after our environment and I'm pretty sure that everyone would be ever willing to help out if our approach is correct and impactful. This may be a difficult and tedious work, but the end result is sure to be fabulous.



"Let's not forget, anyone of us could be the next superman, it is not necessary to have superpowers to do so, a small amount of determination and willpower is more than enough to leave the world in a better state than it is today."



Cdt Gingkhup
Adm No. 789
Class XI





CONTRIBUTIONS BY BLOOMING BUDS FOUNDATION SCHOOL STUDENTS

MY MOTHER...

My mother is the world to me...

She is caring.
She is cool.
She is funny.
She is great.
She is wise.
She is intelligent.
She is sweet.



Kothunee D Zeruiah
Roll No : 5
Class V

SUN

The Sun gives us light. My teacher says that it is a ball of fire, so it keeps us warm and gives us heat. My mother dries our clothes in the sun. Plants make their food with the help of sunlight. The sun gives out a lot of energy. When the sun rises it becomes day and when it sets it becomes night. Every morning I look at the sun through my window. The sun rises early in the morning even before I get up. I like a sunny day as I can play outside with my friends. If there is no sun, it will be dark everywhere so, I like the sun very much.



Tomthinleima Lairenjam
Roll No : 18
Class - V

TREE

The tree is the pride of the earth.
The tree is the friend of the earth.
Do not cut trees, do not cut trees.
Plant trees together, bring greenery together.
Plant trees together, save trees together.
Plant trees together, save nature together.
Plant trees together, save environment together.
Plant trees together, create new future together.
Plant trees together, make the land fertile together.
The tree is the pride of the earth.
The tree is the friend of the earth.



Viraj Antil
Roll No : 24
Class - III



00:14:03:4273



HD



REC

PHOTO GALLERY



1/400

ISO 400

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AWB FPS 30 f 2.8





DISTINGUISHED VISITORS



MAJ GEN PC NAIR, IGAR NORTH



BRIG HARMEET SETHI, HQ (IGAR N)



BRIG SS DHANKAR, GP CDR NCC,
KOHIMA



BRIG ARJUN DEGAN, CO ARTC&S



SHRI SAHNAVAS (IAS),
PRINCIPAL DIRECTOR, GON



SHRI SENTIWAPANG AIER (NCS),
DC PEREN



COL SHAKTI SINGH, CO 36 AR



COL A MAHAJAN, COL GS (EDN),
HQ 3 CORPS



COL D PIETRE, GP CDR NCC, KOHIMA



NCC





SOCIAL AND CULTURAL ACTIVITIES





SOCIAL AND CULTURAL ACTIVITIES





STAFF SPORTS





BBS GLIMPSES OF ACTIVITIES





12TH ANNUAL SPORTS DAY



INTER HOUSE SPORTS ACTIVITIES





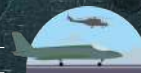
INTER HOUSE SPORTS ACTIVITIES







INTER HOUSE LITERARY & CO-CURRICULAR ACTIVITIES







BS RATHORE HORSE RIDING CLUB

BS Rathore Horse Riding Club is named after Col. BS Rathore, the founding Principal of Sainik School Punglwa, Nagaland. It aims to make cadets learn basic riding skills and techniques such as cleaning stable, dressing, walking the horse, putting and removing saddles, posture while riding, mounting and dismounting, balancing rhythm of rise and fall, bathing the horses etc. The club members showcase their riding skills to enthral the parents and other dignitaries on Annual Day besides giving escort to VVIPs on all important occasions in the school.



C. V. RAMAN SCIENCE CLUB

C.V.Raman Science Club is a platform where we develop scientific inquisitiveness in cadets. The members learn basic principles of science by conducting various experiments.



MUSIC CLUB

Music is an extremely important subject for everyone. It helps people to connect with each other. Keeping this in view, the music club of SSPN is equipped with different musical instruments where cadets come every Friday to explore and enrich their musical skills apart from their daily academic routine. The music club gives an ample opportunity for the cadets to make use of their leisure time in a productive way.







ART AND CRAFT CLUB

The art club provides a forum for cadets to enhance their creativity and self-expression. It aims to instill in cadets a greater understanding of concepts and ideas in Art. Through the weekly session, the members design, draw and paint various useful and decorative artworks using unique materials/ old newspapers and other waste materials. The promising artists explore different media such as paint, watercolor, oil pastels and mixed media. The club members do its best for the environment by making paper bags to reduce the usage of polythene bags in the school campus.



HINDI CLUB

सैनिक स्कूल पुनलवा की हिन्दी-गोष्ठी, हिन्दी-द्वितीय भाषा के छात्रों को हिन्दी की प्राथमिक कक्षाएं उपलब्ध कराती है. यह एक ऐसा मंच है जो छात्रों में हिन्दी भाषा के आधारभूत व संरचनात्मक तथ्यों को पुष्ट करता है.

किंबहुना, यह पठन-पाठन औपदेशिक और औपचारिक ढंग से नहीं बल्कि व्यावहारिक स्तर पर, अनौपचारिक ढंग से किया जाता है.

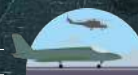
तमाम मृदु-स्मृतियों को संजोये; हमारे सैन्य-छात्र पूरी तरह उत्साहित और तरंगित होकर ज्ञान के कुछ कौशल सीख रहे हैं और आगे भी ऐसा ही रहे, यही शुभेच्छा है.



TAGORE ENGLISH LITERARY CLUB

Tagore English Literary Club was named after the great Indian Poet Rabindranath Tagore who was a creative genius in literature. English as an international language embraces many departments of knowledge and opens a window of opportunities in different walks of life. The club facilitates the cadets to acquire proficiency of the language by organising different activities focusing on major aspects of learning English such as -

- (a) Skill: Listening, Speaking, Reading & Writing.
- (b) Concept: Grammar, Pronunciation, Phonics & Vocabulary.



हिंदी इंटरनेट





सैन्य-छात्र – संकल्प-गीत

(०१)

सैन्य-छात्र, सत् के अभिलाषी
जीवन से गहरा नाता है
कर्म-शक्ति के हम उद्भावक
यश अपना उद्गाता है
विकट समस्या या दुष्कर पथ
राष्ट्र-गान गुंजाते हैं
जीवन की हर मोड़ दृ चुनौती
आगे बढ़ते जाते हैं

(०२)

कितने बाढ़-क्या दुर्भिक्ष देखे !
खड़े रहे हम तनकर दृ ढीठ
बर्फ की घाटी, हो आग बरसती
झुकी नहीं कभी अपनी दीठ
कुशल सैन्य-नायक हम बच्चे
हर मुश्किल में मुस्काते हैं
जीवन की हर मोड़ दृ चुनौती
आगे बढ़ते जाते हैं

(०३)

अध्यापक हमको मार्ग दिखाते
जीवन का अवबोध कराते
एन.सी.सी. के ध्वज-परिचायक
हम, कीर्ति लिखाते जाते हैं
जीवन का हर कौशल सीखें
सैन्य-छात्र कहलाते हैं
जीवन की हर मोड़ दृ चुनौती
आगे बढ़ते जाते हैं

(०४)

कोविड जैसी छुट-पुट चीजें
डिगा न सकतीं अपनी आस
जन-सेवा में हरदम तत्पर
बनकर खड़े हम जन दृ आवाज
जन-जन की हम बाहें थामे
दृढ़-प्रतिज्ञ मुस्काते हैं
जीवन की हर मोड़ – चुनौती
आगे बढ़ते जाते हैं

(०५)

देश की सीमा के हम प्रहरी
अचल हिमालय अपनी आन
महा-समन्दर की लहरें
करती रहती हैं उज्ज्वल गान
हम दिखते हैं नन्हे-मुन्ने
ज्ञान के फूल खिलाते हैं
भारत-माता के वीर सिपाही
राष्ट्र-ध्वजा फहराते हैं
जीवन की हर मोड़ दृ चुनौती
आगे बढ़ते जाते हैं

(०६)

विकट समस्या या दुष्कर पथ
राष्ट्र-गान गुंजाते हैं
भारत-माता के वीर सिपाही
राष्ट्र-ध्वजा फहराते हैं
जीवन की हर मोड़ दृ चुनौती
आगे बढ़ते जाते हैं

डॉ। पंकज मिश्रा



दो हाथों से

कड़वी-मीठी सब बातों को
दो कानों से सुनो- सुनो
दो आँखों से देखो-भालो
सही-गलत फिर चुनो-चुनो

चाहें जैसा मिले रास्ता
दो पावों से बढ़ो-बढ़ो
रख हाथों पर हाथ न बैठो
लक्ष्य निरंतर गढ़ो-गढ़ो

कैडेट याजेई
अनु.- १३५०
कक्षा दृ छठी



विश्व में पानी की कमी

यह एक कठोर सच्चाई है कि पानी की कमी से उत्पन्न समस्याएं

सबसे ज्यादा एशिया और अफ्रीका के देशों को भुगतनी पड़ रही हैं किन्तु इससे भी बड़ा सच यह है कि हम अपने आप में कोई सुधार भी नहीं कर रहे हैं। हमने नदियों को गंदे नाले बना दिए हैं और आगे भी यही काम जारी है। अभी अगस्त में ही मैं एक रिपोर्ट आई थी कि यमुना का जल पीने के लायक नहीं रहा क्योंकि उसमें अमोनिया का स्तर सामान्य (३०) से आठ गुना ज्यादा (लगभग २५०) हो गया है।

सरकार ने जब इसके पीछे के कारण ढूँढना शुरू किया तब पता चला कि आस-पास के कपड़ा कारखाने, कपड़ों को रंगते समय बचे हुए रंगों को वैसे ही फेंक देते हैं। इन रंगों में अमोनिया का भारी प्रयोग होता है जो

नालों से होते हुए सीधे नदी में आ मिलता है। साथ ही साथ दिल्ली शहर की सारी गंदी नालियां, मल-मूत्र भी यमुना में ही खुले छोड़ दिए जाते हैं जिन्होंने एस नदी में प्रदूषण का स्तर भयंकर रूप से खतरनाक बना दिया है और जैव-पारिस्थितिकी तन्त्र को खतरा आने लगा है। सहारनपुर, सोनीपत-पानीपत, दिल्ली, कानपुर में यमुना नदी एक नाला है जबकि पर्यावरण के लिए विश्व स्तर पर तमाम अभियान चल रहे हैं, सरकारें राग अलाप रही हैं दृ पैसे खर्च भी हो रहे हैं, किन्तु इस काम के लिए कोई ठोस कदम नहीं उठाए जा रहे हैं यही एक बड़ी चिंता का विषय है।

उत्तरप्रदेश में बहने वाली काली नदी जो पांच सौ किलोमीटर का सफर तय करके गंगा में मिल जाती है, आज पूरी तरह प्रदूषण का शिकार है। पिछले कुछ सालों में इसमें इतना कचरा फेंका गया है कि अब इस नदी का पानी, पानी न रह कर घातक रसायनों का घोल बन चुका है। यहाँ तक कि कारखानों और उद्योगों के साथ-साथ आम-जन भी जो विरोध कर सकते थे बेहद बेशर्मी से घर के कचरे भी इसमें गिरा रहे हैं। पिछले चार दशकों में अतिक्रमण के कारण कई शहरों के न जाने कितने ताल-तलाब भर दिए गए और तथाकथित कॉस्मोपोलिटन संस्कृति की गंदगी अभी भी नदियों में अपने पाप धुल रही है।

हम मंगल पर पानी खोजने के लिए खरबों रुपये लगा रहे हैं किन्तु धरती की जो नदियाँ हमें पानी दे रही हैं उनपर हमारी नजर क्यों नहीं जाती यह अत्यंत निर्लज्ज प्रतिस्पर्धा को दर्शाता है। कमोवेश यही हालत पेरियार नदी की भी है। केरल का एलुर गाँव विश्व की सबसे जहरीली जगहों में से एक है। कभी यहाँ स्वच्छ पेरियार नदी बहती थी। इस नदी का धार्मिक महत्त्व था। किन्तु आज इस नदी का जल हरा / गहरा लाल या कभी दृकभी पीला नजर आता है। आज लोग, जिन्होंने इसे गंदा किया है; वे ही इसे हाथ लगाने से डरते हैं।

हमारी विकासमान प्रवृत्ति का द्योतक है। पहले यह झील करीब १७ फीट गहरी थी किन्तु अब यह केवल ६ फीट गहरी रह गई है। यह सब कुछ देख कर, कभी-कभी हमारे सभी हो चुकने के प्रश्न बेमानी हो जाते हैं। ७५ वर्ग किमी से सिमट कर १२ वर्ग किमी हो गया विश्व प्रसिद्ध डल झील भी

कैडेट असालो केंट
अनु.- १००२,
कक्षा दृ दसवीं



तिरंगा

बना तिरंगा शान हमारी
आन, बान, पहचान हमारी
केसरिया रंग हमें लुभाता
कुरबानी का पाठ पढ़ाता
श्वेत रंग की महिमा न्यारी
शांति हमारी सबको प्यारी
हरा खजाना हरियाली का
संदेशा दे खुशहाली का
अर्थ चक्र का जिसने जाना
गतिमय इस जीवन को माना



कैडेट नितोका एवं कुपुता
अनु.- १३००, १३०६
कक्षा- छठी





छुट्टियाँ

मक्खन मिसरी गरी छुट्टियाँ
लगती हैं रसभरी छुट्टियाँ

मस्ती वाली पूरी दुनिया
लेकर आती परी छुट्टियाँ

बंद किताब दृ कापियाँ सारी
सोने जैसी खरी छुट्टियाँ

दूर भगा कर टीचर का भय
खूब करें मसखरी छुट्टियाँ

खेल-कूद के गहन कूप में
ले जाती गागरी छुट्टियाँ

कैडेट मो. रिजवान
अनु.- १२५१
कक्षा- आठवीं



स्वच्छ पानी पियो

लोग आज-कल पानी की स्वच्छता और पर्यावरण को लेकर बहुत जागरूक हो गए हैं. विज्ञान और समाज दोनों ने इस दिशा में एकजुट होकर आगे बढ़ने का प्रयास किया है. इस लिहाज से पिछले दिन, अखबार में एक रचनात्मक खबर पढ़ने को मिली. हुआ यह है कि पुणे के कुछ वैज्ञानिकों ने दूषित पानी को साफ करने का एक अनोखा यंत्र बनाया है दृ यह यंत्र खराब से खराब पानी को भी न केवल स्वच्छ कर देता है बल्कि पूरी तरह संक्रमण से मुक्त भी करता है; जिसे बेहिचक पिया जा सके. वस्तुतः इस यंत्र में गंदे

जल को एक झिल्ली से गुजारा जाता है जिसमें कई सतहें होती हैं और हर सतह अपना काम करती है लेकिन इसमें सबसे बड़ी बात तो यह है कि इस पूरी प्रक्रिया में थोड़ा सा भी पानी बर्बाद नहीं होता बल्कि आबाद ही होता है.

यह यंत्र विशेषतः उन क्षेत्रों के लिए ज्यादा उपयोगी है जहाँ बिजली और अन्य आधुनिक उपकरणों की पहुँच नहीं है. बाढ़ आदि आपदाओं में घिरे लोगों के लिए तो यह बहुत काम का है.

किन्तु केवल हम इतने पर ही नहीं रुकें बल्कि अभी भी वह सारे तरीके ईजाद करने बाकी हैं जो गरीब लोगों के लिए अत्यंत सुलभ होंगे. और सबसे बड़ी बात तो यही कि अभी भी वह सारे तरीके अपनाने बाकी रह गए हैं जो नदियों को गंदा होने से बचाते हैं.

कैडेट हर्षित तिवारी
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कक्षा- नवीं



मेढक

टर् - टर्,
टर्ते मेढक
अनुपम राग
सुनाते मेढक
वर्षा का खत
लाते मेढक
केवल कीड़े
खाते मेढक

जल में धूम
मचाते मेढक
धरती पर
इतराते मेढक

कैडेट विन्दामा
अनु.- १३२५
कक्षा- छठी



चाँद का सफर

चूहे राजा चले चाँद पर
लेकर रॉकेट एक
मक्खन के डब्बे, बिस्कुट के
पैकेट लिए अनेक

बोतल भूल गए पानी की
हुआ बड़ा अफ़सोस
चाँद वहाँ से बहुत दूर था
धरती थी दो कोस

रॉकेट की खिड़की से फौरन
मारी एक छलांग
मक्खन-बिस्कुट छोड़ छाड़ कर
नीचे गिरे धड़ाम

कैडेट क्युवेयो
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जैव प्लास्टिक : सही विकल्प

जैव-प्लास्टिक साधारणतः प्लास्टिक की तरह पर्यावरण विरोधी नहीं होते. इनको अंगरेजी में बायो-प्लास्टिक कहा जाता है. अर्थात ये वैसे प्लास्टिक हैं जिनको अतिसूक्ष्म जीवाणु इनके मूल तत्वों में बदल देते हैं. अर्थात ये प्लास्टिक नष्ट किये जा सकते हैं.

जैव-प्लास्टिक वाकई आज की जरूरत है इसलिए विश्व भर में इनका अद्ध्ययन किया जा रहा है और इसके कुछ सार्थक परिणाम भी निकल कर आये हैं. कुछ साल पहले सोलेनिल नाम के जैव प्लास्टिक को हरीत-क्रांति के पुरस्कार से सम्मानित किया गया था. दरअसल सोलेनिल बनाने में आलू के कचरे का इस्तेमाल किया जा रहा है. इसमें भी सबसे बड़ी बात है कि यह बहुत सस्ता है और कचरे का निपटारा करते समय पर्यावरण के भी सेवा हो जाती है. सोलेनिल के अलावा बायोन, पीएचबीवी पीसीएल, एस बी भी अच्छे जैव-प्लास्टिक साबित हो रहे हैं.

बस उस समय का इंतजार है जब ये प्लास्टिक हमारे हाथों में इस्तेमाल होने लगे.

कैडेट साहिल कुमार
अनु.- १०५२,
कक्षा- दसवीं



सरसों के फूल

मीलों तक पियराये खेत
महक उठी राहों की रेत
रहे घाटियाँ, टीले झूल
फूल उठे सरसों के फूल

हरियाली का छोर नहीं
शांति महकती हर ओर कहीं
हवा उड़ाती चली दुकूल
फूल उठे सरसों के फूल

धरती का आंगन गीला
आसमान तक है पीला
गाने लगा नदी का कूल
फूल उठे सरसों के फूल

शरद की आई सुबह नई
शरमाए ज्यों छुई-मुई
शायद राह गई है भूल
फूल उठे सरसों के फूल



कैडेट वोलिन कोयु
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गाओ बच्चों

झूमो नाचो गाओ बच्चों
खिलो-खुलो मुस्काओ बच्चों
हँसी-खुशी ही तो जीवन है
सबक यही अपनाओ बच्चों
मीठी बातों के रसगुल्ले

खाओ और खिलाओ बच्चों
धरती को भी स्वर्ग सरीखा
चटकाओ दृ महकाओ बच्चों



कैडेट अनोक फोम
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फागुन के उजियाले दिन

गुन-गुन गाने वाले दिन
फागुन के उजियाले दिन
रात पहर के छोटे हैं
भटक रहे हैं ग्वाले दिन
खुशियों से मन नाच रहा
कितने भोले भाले दिन
चंग बजी चौपालों पर
हैं मीठे सुर वाले दिन
धुप हुई बीमार आजकल
फूली सरसों वाले दिन
मोर-पंखिया सांझ हुई
नरम दूब- हरियाले दिन
कभी न बीतें ये मनभावन
होली के मतवाले दिन



कैडेट चैनो ह्यून
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कक्षा- आठवीं





नायलॉन की साड़ी में

कितने अच्छे पापा लगते अपनी मोटर-गाड़ी में
 उनसे अच्छी मम्मी लगतीं नायलॉन की साड़ी में
 गुब्बारे का फुला बबुवा हो जिसतरह कबूतर पर
 मोटे चाचा ऐसे लगते छोटे से स्कूटर पर
 चाचीजी अच्छी लगती हैं सुरती-पान-सुपारी में
 पर सबसे अच्छी मम्मी लगतीं नायलॉन की साड़ी में
 भाईसाब अच्छे लगते हैं टेरीलीन की शर्ट में
 बंदा टेरीकॉट पहनता जंचता है टी-शर्ट में
 भाभीजी घूंघट में लगतीं बिल्ली जैसे झाड़ी में
 पर सबसे अच्छी मम्मी लगतीं नायलॉन की साड़ी में
 दादाजी के दाँत नहीं हैं-दादीजी कंजूस बड़ी
 कभी नहीं पैसे देती हैं दृ ताई मक्खीचूस बड़ी
 बाबाजी अच्छे लगते हैं रेशम जैसी दाढ़ी में
 पर सबसे अच्छी मम्मी लगतीं नायलॉन की साड़ी में
 नानीजी की नाक बड़ी है-नानी बड़ी सयानी जी
 काने राजा-रानी की अब कहती नहीं कहानी जी
 नानाजी की मूँछे जैसे भैंसा घुसा उखारी में
 पर सबसे अच्छी मम्मी लगतीं नायलॉन की साड़ी में
 नेतागिरी के चक्कर में टाई वाले मामाजी
 लम्बा-सा खदर का कुर्ता, उटका सा पजामा जी
 लम्बी कमर झुका कर चलते जैसे ऊँट पहाड़ी में
 पर सबसे अच्छी मम्मी लगतीं नायलॉन की साड़ी में

कैडेट वेसु वेन्यो
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ढोल सुहाने दूर के

ऊँचे पेड़ खजूर के
 ढोल सुहाने दूर के
 चमक चांदनी रात की
 खुली हवा बरसात की
 कोरे नोट हजूर के
 ढोल सुहाने दूर के
 कुर्सी सूखे काठ की
 दावत शाही ठाठ की
 लड्डू मोतीचूर के
 ढोल सुहाने दूर के
 तोंद बड़ी हैवान की
 बात बड़ी इंसान की
 हिम्मत बड़ी किसान की
 मुश्किल में अरमान की
 गन्ने रस भरपूर के
 ढोल सुहाने दूर के



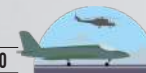
कैडेट लोबसांग चोंन्देन
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 कक्षा- आठवीं

बोल री मछली कितना पानी

डुबक-डुबक, लहरों की रानी !
 बोल री मछली कितना पानी !
 गहरे-गहरे सात समन्दर
 सौ-सौ गड्डे जिनके अंदर
 जिनका ओर न छोर देखकर
 घबरा गए राम के बंदर
 समझ गए तुम कित्ता पानी !!
 इत्ता पानी दृ इत्ता पानी !!!
 अभी रही कुछ बात बतानी
 बोल री मछली कितना पानी !
 उत्तर पानी दृ दक्खिन पानी
 पूरब- पच्छिम पानी-पानी
 अगली-बगली, आगे-पीछे
 ऊपर-नीचे यही कहानी
 समझ गए तुम कित्ता पानी !!
 इत्ता पानी दृ इत्ता पानी !!!



कैडेट लिन्जुमसेन
 अनु.-१२७८
 कक्षा- सातवीं





हम नवयुवकों के सपने !

जिंदगी में फिर-फिर से, आये पल वो सारा
काश लौट आये इक बार, बचपन प्यारा-प्यारा
खूब सोचते — बचपन की बातें कितनी प्यारी थीं
सुबह-शाम-साँझों की मस्ती लगती — कितनी न्यारी थी !!
सुबह उठते ही रोने के क्या मजे थे
खुशियों से जिंदगी के पल-पल सजे थे
चारों ओर चलता रहता था मस्ती का फव्वारा
काश लौट आये फिर से, बचपन प्यारा-प्यारा
ना किसी से नफरत थी, ना किसी से जलते थे
कब सुबह हो जाती दृ कब सूरज बाबा ढलते थे !!
हर शाम नया मंदिर, रेत के टीलों में बनाते थे
सुबह खेलने निकले तो फिर दृ शाम को ही आते थे
क्या हुआ, गर थोड़ा माँ ने डाँटा या पापा ने मारा
लेकिन फिर भी लौट आये बस, बचपन प्यारा-प्यारा
ना फिकर थी कामयाब होने की
ना जल्दी थी उठने या सोने की
ना दुःख था कोई — ना ही तकलीफ झेलते थे
सुबह झगडा होता, शाम को मिलजुल कर खेलते थे
मन खुश हो जाता है जब याद आता वो नजारा
काश लौट आये इक बार, बचपन प्यारा-प्यारा
वो शाम क्या सुहानी थी जब होली जलती देखते थे
नई सुबह के रंग लिए दृ रंग-गुलाल फेकते थे
हिन्दी फिल्म के लिए देखते थे रविवार की राह
चित्रहार देखने की मन में थी बड़ी चाह
ना जंग थी कोई दृ कौन जीता कौन हारा
काश लौट आये इक बार, बचपन प्यारा-प्यारा

श्री संदीप
प्रशिक्षित गणित अध्यापक



बूझो तो जाने

जल से भरा एक मटका
जो है ऊँचा लटका
इसका पानी मीठा
जरा नहीं है खटका

सफेद तन हरी पूंछ
ना बूझे तो नानी से पूछ

बिल्ली सफेद एक मैंने देखी बैठी थी गुमसुम
जिस्म था उसका सारा गोरा— हरी थी उसकी दुम

लाल-लाल होती हूँ मैं खाती सूखी घास
पानी मेरी दुश्मन— जल जाए जो आए पास

धुप देख मैं आऊं
छाया में शरमाऊं
जब हवा करे स्पर्श
हो जाती मैं अर्श

काला रंग है मेरी शान
शिक्षक करते मुझ पर काम
सबको देता हूँ मैं ज्ञान
नाम बता कर बनो महान

कैडेट वेसु वेन्थो
अनु.— ११३६
कक्षा दृ नवीं



बादल

बादल पानी की सूक्ष्म बूंदों और बर्फ के क्रिस्टल होते हैं
ये बादल आने वाले मौसम के बारे में सबसे सटीक सुराग देता है. एक छोटा बादल ५५० टन तक
वजन ले सकता है. फिर भी ये अपनी वायवीय संरचना के कारण सफेद-सफेद रूई की तरह हवा
में तैरते रहते हैं.
लेकिन इन बादलों को हल्के में मत लेना दृ इनमे बिजली भरी होती है जो समय-समय पर अपने
कोडे मारती रहती है. बादल हमारे सच्चे मित्र हैं. अगर आपको कभी कोई रास्ता भूल जाए तो
इनसे जरूर पूछियेगा ... ये सबके घर का पता जानते हैं.

कैडेट दीपनारायण
अनु.— ११५५
कक्षा— नवीं





पर्यावरण

पर्यावरण को शुद्ध रखना बहुत जरूरी है। आज-कल प्रदूषण कई गुणा बढ़ गया है। इस ग्रह में जीवन के लिए स्वस्थ और अच्छी परिस्थिति बहुत जरूरी है। अतः हमें नागरिक के तौर पर पर्यावरण की रक्षा करने के लिए जिम्मेदारी लेनी होगी।

कुछ दृष्टिगोचर स्रोत हैं जो प्रदूषण लाते हैं जल्द ही उनके लिए उपाय करने होंगे जैसे दृकारखानों के कचरे, कीट-नाशक, प्लास्टिक, उर्वरक इत्यादि। अगर हम इन सब बैटन का ख्याल रखें तो जरूर कुछ न कुछ सुधार होगा।

कैडेट किरण कुमारी
अनु.- डीएस २१
कक्षा- दसवीं



हमारी पुस्तकें

हम सभी बच्चों के बचपन की शुरुआत तो पुस्तकों से ही होती है। ये पुस्तकें रंग-बिरंगे चित्रों वाली-प्यारी सी खुशबू वाली; पहले-पहल तो बहुत प्यारी लगती हैं लेकिन जब हम रोज स्कूल जाने लगते हैं और स्कूल जब हमारे जीवन का जरूरी हिस्सा बन जाता है तब कभी-कभी हमारा मन इन पुस्तकों से भी दूर भागने लगता है। पुस्तक हमें शिक्षा देते हैं, हमें परीक्षा में लिखने के लिए तो पुस्तकों की बहुत जरूरत है। किताबों में लिखी कहानियां दृकविताएँ बहुत प्यारी होती हैं। पुस्तकें हम भी लिख सकते हैं। क्या आपको पता है कि पुस्तकों के अंदर सपने हैं जिन्हें हम खुली आँखों से देख सकते हैं !!

कैडेट पेचोह्युन
अनु.- १२०८
कक्षा - आठवीं



पेंसिल

पहली बार मैंने, घर की दीवारों पर लम्बी सी कई लकीरें बनाई मेरी बनाई लकीरें बहुत सुंदर लग रही थीं। लेकिन याद है कि शाम को बड़े भईया बहुत गुस्सा हुए थे। और मैं रोने लगा था। तब मेरे पिता जी हम दोनों को बाज़ार लेकर गए जहाँ उनके लिए फिर से रंगीन पेंसिलों का नया डब्बा खरीदा गया। और पहले वाली पेंसिलें मेरी हुईं। इस तरह मुझको पहली बार पेंसिलें मिली जो कि मेरी थीं। मैं पूरे-पूरे दिन पापाजी की डायरी, दादी के बाइबिल और टंगे हुए कैलेंडरों को अपने रंग से भरता रहता। उसके बाद तो अब जबकि मैं सातवीं का छात्र हूँ तो मैंने जाना कि ये पेंसिलें ही हैं जो हमें जीवन में रंग भरना सिखाती हैं। ये पेन्सिल हमें जीवन के अक्षर बनाना सिखाती हैं। पेन्सिल का वर्तमान रूप इटली के लोगों की देन है जबकि पेन्सिल का पेटेंट १७६५ में फ्रांस के निकोलस जोक कोटे ने कराया। जबकि ऐसा माना जाता है कि लिखने के लिए ऐसी काली राख या मिट्टी का उपयोग तो बहुत प्राचीन काल से ही होने लगा था। आपको यह भी जानना चाहिए कि मैंने यह आलेख भी पेन्सिल से ही लिखा है।

कैडेट प्रिस राज
अनु.- १०६५
कक्षा - नवीं



मेरे जूते

मेरे जूते काले रंग के हैं, मैं इन्हें रोज पहन कर विद्यालय आता हूँ। ये जूते मेरे पावों की रक्षा करते हैं। तथा मुझे जाबाज दिखने में मदद करते हैं। आज-कल तो बाज़ार में तरह-तरह के जूते मौजूद हैं किन्तु मेरे दादाजी बताते हैं कि उनके जमाने में जूतों का इतना अधिक प्रचलन नहीं था। लेकिन अब तक ज्ञात सबसे पुराने जूते, अमरीका के ओरेगन में पाए गए हैं जो कि ७०००-८००० ई.पू. के हैं जबकि चित्र में दिखाया गया जूता ३५०० ई.पू. का है। कुछ विद्वान तो यह भी बताते हैं कि मानव ने आज से ४०००० साल पहले से ही जूतों का उपयोग शुरू कर दिया था। इन सब बातों को जान कर मुझे लगता है कि हम एक बहुत अच्छे युग में हैं जहाँ हमें ढेर सारी सुविधाएँ मिली हैं।



कैडेट जेथियाह कोन्याक
अनु.- १२१५
कक्षा- आठवीं





अच्छी सीख

सदा सबेरे उठ कर बच्चों
ईश्वर का नाम लिया करो
छोटे-छोटे हाथों से तुम
अच्छे काम किया करो
माता-पिता के चरण छूकर
प्रभु को नमन किया करो
हाथ मिलाकर काम करो
जग में अपना नाम करो.

कैडेट शानथान्गो एजुंग
अनु.- १२६६
कक्षा- छठी



जगमग तारे

माँ जब सूरज ढल जाता है
अंधियारा छा जाता है
आसमान में जगमग-जगमग
दीये कौन जलाता है.
रात बीतने पर सपनों की
जो किरणें चमकाता है
चांदी सी प्यारी किरणें
जो धरती पर फैलाता है
चंदा के संग हिल-मिल कर
टिमटिम आँखें मटकाता है
आसमान में जगमग-जगमग
दीये कौन जलाता है.

कैडेट रितो
अनु.- ११६३
कक्षा- सातवीं



अनमोल वचन

बच्चो ! सुनाता हूँ मैं तुमको अनमोल वचन
आदर करो सभी का, जग में बोलो मीठे बोल
झूठ का करके त्याग सदा ही, सत्य के पथ पर रहना
झूठ के फूल छोड़, सत्य के काँटों को सहना
गुरुजनों का आदर करना, रखना यही ध्यान में
अपनी कमी समझना, अगर जो कमी रहे ज्ञान में
अत्याचार अगर हो ज्यादा, चुप रह कर मत सहना
त्याग भावना रखकर के, तुम इस जीवन में जीना
माता-पिता जिन्होंने पाला, उनको भूल न जाना
उनकी सेवा करना हरदम रोशन नाम कराना

वैभव आंतिल
कक्षा- तीसरी,
अनु.- २२
ब्लुमिंग बड्स फाऊनडेशन स्कूल



जीवन

जीवन, प्रकृति का एक ऐसी अनमोल उपहार है जो हर किसी को एक ही बार मिलती है. जीवन को खो देना अपने आप में अपूर्णनीय क्षति है. चाहे हमारे किसी अपने का जीवन या फिर कोई भी असामयिक क्षति. हालाँकि जीवन तो अपने आप में एक संघर्ष ही है किन्तु मानव-श्रेष्ठ होकर संघर्ष-श्रेष्ठ होने का आनंद ही कुछ और होता है. हम सबने उठने-गिरने और गिर कर पुनः उठ खड़े होने और- चल पड़ने का कितनी बार साक्षात किया है; यह कहने की जरूरत नहीं. लेकिन इसके बावजूद भी हमें यह नहीं भूलना चाहिये कि जीवन का सौंदर्य केवल अपने उठने और चल पड़ने में नहीं है बल्कि किन्ही और गिरे हुए को उठाने और चलने में मदद देने में भी है. और इसी को हमने तमाम सामाजिक मूल्यों के रूप में भी बाँधा है ताकि मानव-मात्र; यह

क्षणभंगुर जीवन, स्वयं में मानव-श्रेष्ठता का पथ निर्मित कर सके. जिसतरह कई गुणों के कार्न हीरा एक अनमोल आभूषण है उसीतरह मानव-मात्र भी इन कई गुणों को पाकर अनमोल मानव-श्रेष्ठ बनता है. अतएव तत्कालीन भौतिक चकाचौंध भाग-दौड़ से इतर; हम कह सकते हैं कि जीवन प्राथमिक स्तर पर नितांत भौतिक रूप वाला होता है किन्तु मानव अपने संस्कारों के द्वारा इसे परम-श्रेष्ठ अध्यात्मिक स्वरूप को प्राप्त कर पाता है.

कैडेट हिमाशु कुमार
अनु.-६६६
कक्षा- ग्यारहवीं





यदि में प्रधानमंत्री होता तो !!

- ' देश का बेरोजगारी से पूरी तरह मुक्त कर देता..
- ' जनसंख्या की समस्या से ठीक से निपटता
- ' सामाजिक-आर्थिक विषमता को पाटने की कोशिश करता
- ' भ्रष्टाचार की समस्या पर कड़े नियम बनाता
- ' अपराधमुक्त देश का निर्माण करता
- ' गरीबी, भूख और अशिक्षा का उन्मूलन करता
- ' धार्मिक कट्टरता का निराकरण करता
- ' लोगों में स्वाभिमान की भावना लाने की कोशिश करता
- ' गरीब और कमजोर वर्ग का जीवन नियोजित करता
- ' महिलाओं की सुरक्षा और सुविधाओं के लिए कड़े नियम बनाता
- ' सभी लोगों में मूल्यों और नैतिकता की भावना भरना
- ' अपने देश को, पूरे विश्व में हर तरह से प्रथम बनाना

ये सभी बातें मेरे वे सपने हैं जिनको मैं अपने जीवन में पूरा करना चाहता हूँ, जब भी मैं अपने प्यारे देश में किसी तरह का भेद-भाव और संघर्ष देखता हूँ तो मेरा मन इस पूरी सामाजिक व्यवस्था पर दुखी हो जाता है. यह हमारा देश है और इसको ठीक हमीं करेंगे — कोई बाहर से ठीक करने नहीं आएगा. और यह सुधार मेरा उद्देश्य है. मैं इसके लिए कृतसंकल्प हूँ !

कैडेट हर्षित
अनु.-११८१
कक्षा-सातवीं



विज्ञान : वरदान या अभिशाप

गत दो सौ वर्षों में विज्ञान ने गजब प्रगति की है. हालाँकि हमारे पौराणिक ग्रंथों में भी अत्यंत विकसित विज्ञान के तमाम उल्लेख मिलते हैं किन्तु अब यह प्रतीत होता है कि एक बार फिर हम उस इतिहास को दुहरा रहे हैं. या फिर ऐसे भी कह सकते हैं कि उन उल्लेखों से कहीं ज्यादा प्रगतिशील हैं.

आधुनिक अविष्कारों ने मानव समाज के वैभव को चरम पर पहुँचा दिया है. बहुविध तकनीकियों ने समय, दूरी, दृश्य-अदृश्य सारे आयाम बदल कर रख दिए हैं. विज्ञान एक वरदान है. हमारे जीवन के उच्च स्तर से लेकर ब्रह्मांड की अकालिक पहुंच तक विज्ञान एक वरदान साबित हुआ है.

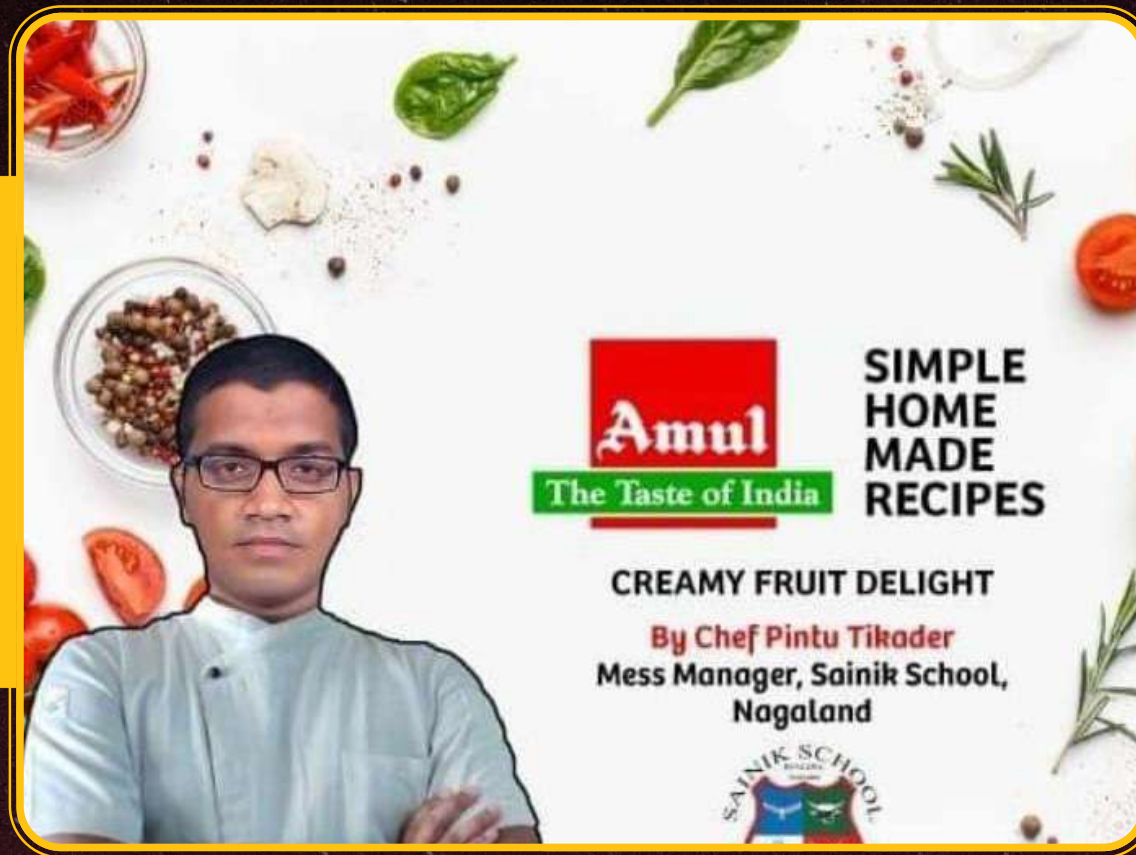
किन्तु महायुद्धों की भीषण विभीषिका को देखकर, मानव की बढ़ती अतृप्ति को देखकर; मन बहुत बार ससंकेत हो उठता है कि हम किस दिशा में जा रहे हैं दृ क्या सही दिशा भी है या नहीं ? हमारी नैतिक धारणाएं शिथिल हो गई हैं, समाज और संस्कृति के मूल्यपरक नियम विचलित होने लगे हैं. सहानुभूति, सम्बेदना, सत्य और न्याय की भावनाएं पहले विद्यमान रहती थीं दृ अब ऊर्ध्वपातित होती दिख रही हैं. फिर क्या विज्ञान को एक अभिशाप कहा जाय?

विज्ञान का एक पक्ष तो अत्यंत उज्ज्वल है जबकि दूसरा उतना ही कलुषित और स्याह. फिर विज्ञान का वास्तविक स्वरूप क्या है? किन्तु सच तो यह है कि विज्ञान निर्जीव है, उज्ज्वल और स्याह पक्ष का निर्माण तो मनुष्य स्वयं करते हैं. वरदान या अभिशाप होना हमारे ही हाथ में है दृ वह ऐसे कि हम किस तरह तरह से इस शक्ति का उपयोग करते हैं. मनुष्य, विज्ञान का स्वामी है दृ इसका दास हो जाने में किसी भी तरह का कल्याण नहीं है.

कैडेट घुनाइटो
अनु.-१२२४
कक्षा-सातवीं



SERVE YOUR FAMILY TASTY, HEALTHY, CREAMY FRUIT DELIGHT



Fruit dessert is one of the most popular and important part of the dish. One is sure to find fruit dessert served at various social events like kitty parties, birthday parties and even marriage parties. Tasty, healthy and quick to make, this is one of the easiest dishes to be made in bulk which makes it ideal for a party or a get together.

A fruit dessert is a perfect way to indulge in our favourite part of the meal. Loaded with the goodness of fruits and added with the tasteful

Amul milk gives the fruit dessert the best of taste with the most of health benefits which makes it irresistible for anyone who sits on the table as this dish. The fruits used provides one with essential vitamins, fibres, and carbohydrates. This added with milk makes the dish rich in proteins, iron and tons of minerals. If you want to give your family members a healthy dish, this is a perfect way. Prepare this dish once and they will come running back to you wanting more.





FROM THE VISITORS' BOOK

| Visitors Book | | | |
|---------------|---|-------|---|
| Date | Name & Address | Phone | Comments |
| Feb 2008 | Major Gen. Phadise C. Main, AFHQ, YEM Inspector General - IGAR (H) | | Always feels nostalgic to be here. The affection shown by the Principal and his team has been simply outstanding. Wish keep the students and the staff the very best. Overwhelmed and grateful. Best wishes! (A) |

| Date | Name & Address | Phone | Comments |
|-----------|---|-------|--|
| 23 Nov 19 | Sentanyang Aier (MCI) Deputy Commissioner Perak Nagaland. | | What an experience! It was wonderful to be a part of the 1st Annual Deendul Chakraborty with the GAC. And great fun and a learning experience for me. I will be grateful to by the members the host. My God Bless All. |

| Visitors Book | | | |
|---------------|--|-------|--|
| Date | Name & Address | Phone | Comments |
| 16 Sep '19 | Lt. Gen. Rajeev Sirohi AVSM, VM General Officer Commanding HS 3 Corps | | Planned to be amongst the Candle for Leadership dedicated to progress proud citizens of India |
| | | | Rajawade |

| Visitors Book | | |
|---------------|---|--|
| Date | Name & Address | Comments |
| 14 Dec 79 | Col Shakti Singh Commanding Officer 36 AR | It was indeed a privilege and honor for being here, called for the 1st Avenue Sports meet. Thank You Sir Sir best! |

| Date | Name & Address | Phone | Comments |
|----------|--|-------|--|
| 9 Feb 84 | Boris Hannerel Sells 14615 ISTAR (NW) | | Thank you for a good Hg. The vehicle has tankwell and the amount is about 15% high still. Work you the very best <u>9 Jan</u> |

05 Feb 2016
Long Arjun Range
Comet A.T.C.A.S

It is very heartening to see the excellent infrastructure campus and faculty of this centre of excellence that stands for your outstanding effort in shaping the future of our nation. God speed and all the best.

- Jay

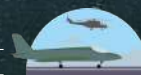
| Visitors Book | | | |
|---------------|----------------------------|------------|---|
| Date | Name & Address | Phone | Comments |
| 3 Aug 10 | big cbr Mukunda Senani (K) | 9888140698 | <p>It was great visiting the building among officers in the school. She just was exemplary. The manner displayed by staff was too good.</p> <p>I wish all the students my best wishes and hope to see them realize their dreams at the earliest.</p> <p>Thanks for the hospitality.</p> <p>Dr. G. S. Srinivas</p> |

[illegible]

| Date | Name & Address | Phone | Comments |
|-----------|--|-------|---|
| 20/5/2019 | ASHOK KUMAR SINGH IT Seng (HR/Trg) & CUO Ministry of Defense | | Pengalena SS has done good infrastructure and staff. The school has been able to justify its commitment and providing quality needed education to students of Nagaland. It is leading to know that the school has joined NDA recently. In coming days, I am hoping that more and more schools will join NDA. I wish all good wishes to Teachers, staff and students. Jai Hind Brij |



SAINIK SCHOOL PUNGLWA NAGALAND ANNUAL MAGAZINE 2019-20





MEDIA COLUMN

SSP welcomes new admin officer

DIMAPUR: Sainik School Pungliwa (SSP) organised a dining-in and social evening by Rainbow Club to formally welcome the new administrative officer (AO), Lt Col T. Khongah, a naval officer on January 15 and 18 respectively.

A press release from SSP stated that, during the dining-in, Cpt Cpe Prasad Barua, the principal welcomed the officer with a school kitting and in the social night organised by the Rainbow Club, the staff and families presented varieties of entertaining programmes.

Lt Col T. Khongah, who is commissioned in the Indian Navy at an engineering officer. The officer holds a degree in Technological Engineering from NEIST (North Eastern Regional Institute of Science and Technology) Nizak, Arunachal Pradesh. Prior to the present appointment, he held various appointments on-board INS Teg, Mumbai and INS Enak, Visakhapatnam. He had assumed the responsibility of AO in January 1.



Principal of SSP welcoming the new administrative officer.

Sainik School bids farewell to outgoing AO

DIMAPUR: Sainik School Pungliwa (SSP) bid farewell to its outgoing administrative officer (AO), Lt Col K. M. Meena, on December 12.

During the two-part programme, cadets and staff bussed up to the school and to the school bus respectively. The school bus was decorated with garlands and the school staff and families were present to bid farewell to the outgoing AO.

As a token of show of appreciation, the Cpt Cpe Prasad Barua presented a school kitting to Lt Col K. M. Meena while the outgoing officer gifted a memento to the school.

Lt Col K. M. Meena, an officer of Sainik School Pungliwa, was an outgoing AO in the school.



Lt Col K. M. Meena (right) bussed up to the school bus.

Sainik School sports meet underway

DIMAPUR: The 12th annual sports meet of Sainik School Pungliwa (SSP) is underway at the school campus.

The sports meet is being organised by the school staff and families. The school bus is decorated with garlands and the school staff and families are present to bid farewell to the outgoing AO.

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Students participating in a sports meet at Sainik School Pungliwa.

Sainik students participate in cross country competition

DIMAPUR: Sainik School Pungliwa (SSP) students participated in a cross country competition held at the school campus.

The competition was organised by the school staff and families. The school bus is decorated with garlands and the school staff and families are present to bid farewell to the outgoing AO.

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Students participating in a cross country competition at Sainik School Pungliwa.

SSPN conducts cross country competition

DIMAPUR: SSPN (Sainik School Pungliwa Nagaland) today conducted its annual Inter House Cross-Country Competition.

The chief guest, Lt Col K. M. Meena, the official Principal of the school, signed off the race in the early hours of November 2.

Cross country run is an annual mega event that tests an individual's mental and physical robustness, a press release from the school stated.



Students participating in a cross country competition at Sainik School Pungliwa.

Fire and Emergency Services, Param, led by St. Kuntalethu Sachu, demonstrating how to use various types of fire extinguishers in response to a fire emergency in

DIMAPUR: Fire and Emergency Services, Param, led by St. Kuntalethu Sachu, demonstrated how to use various types of fire extinguishers in response to a fire emergency in the school campus.

The demonstration was held at the school campus. The school bus is decorated with garlands and the school staff and families are present to bid farewell to the outgoing AO.

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Fire and Emergency Services, Param, demonstrating how to use various types of fire extinguishers in response to a fire emergency in the school campus.

Sainik School observes Kargil Vijay Diwas

DIMAPUR: Sainik School Pungliwa (SSP) observed the Kargil Vijay Diwas on July 22 to bid farewell to the outgoing AO.

The school bus is decorated with garlands and the school staff and families are present to bid farewell to the outgoing AO.

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Students participating in a Kargil Vijay Diwas celebration at Sainik School Pungliwa.

Sainik School sports meet underway

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Students participating in a sports meet at Sainik School Pungliwa.

SSPN organises Hindi literary competition

DIMAPUR: SSPN (Sainik School Pungliwa Nagaland) today organised a Hindi literary competition.

The competition was organised by the school staff and families. The school bus is decorated with garlands and the school staff and families are present to bid farewell to the outgoing AO.

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Students participating in a Hindi literary competition at Sainik School Pungliwa.

SSP badminton championship concludes

DIMAPUR: SSP (Sainik School Pungliwa) today concluded its annual badminton championship.

The championship was organised by the school staff and families. The school bus is decorated with garlands and the school staff and families are present to bid farewell to the outgoing AO.

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Students participating in a badminton championship at Sainik School Pungliwa.

SSP 12th annual sports meet concludes

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Students participating in a sports meet at Sainik School Pungliwa.

COS 3 Corps presides AAI LBA meeting

DIMAPUR: COS 3 Corps presided over a meeting of the AAI LBA at the school campus.

The meeting was held at the school campus. The school bus is decorated with garlands and the school staff and families are present to bid farewell to the outgoing AO.

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COS 3 Corps presiding over a meeting of the AAI LBA at the school campus.

Memorial of late Capt. Kenguruse unveiled at Sainik School Pungliwa

DIMAPUR: A memorial of late Capt. Kenguruse was unveiled at Sainik School Pungliwa.

The memorial was unveiled at the school campus. The school bus is decorated with garlands and the school staff and families are present to bid farewell to the outgoing AO.

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A memorial of late Capt. Kenguruse being unveiled at Sainik School Pungliwa.

Sainik School conducts cross country competition

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Students participating in a cross country competition at Sainik School Pungliwa.

Sainik School holds motivational lecture

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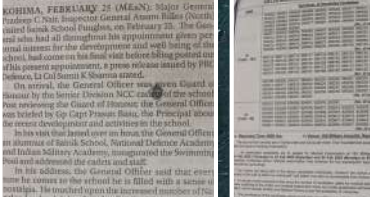
Students attending a motivational lecture at Sainik School Pungliwa.

Major General Pradeep Singh visits Sainik school, Pungliwa

KOHLIMA: Major General Pradeep Singh, a retired Indian Army officer, visited Sainik School Pungliwa (SSP) on February 22.

The visit was part of a tour of the school. The school bus is decorated with garlands and the school staff and families are present to bid farewell to the outgoing AO.

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Major General Pradeep Singh visiting Sainik School Pungliwa.

Brig SS Dhankhar visits Sainik School Pungliwa

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Brig SS Dhankhar visiting Sainik School Pungliwa.

NCC cadets trained on disaster management

DIMAPUR: NCC cadets were trained on disaster management at the school campus.

The training was held at the school campus. The school bus is decorated with garlands and the school staff and families are present to bid farewell to the outgoing AO.

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NCC cadets being trained on disaster management at the school campus.

SSP 12th annual sports meet concludes

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Students participating in a sports meet at Sainik School Pungliwa.



Art Gallery



Cdt Miche Khalo
799



Cdt Rungtsu Kin
DS-12



Cdt Athilee
DS-20



Cdt Daili Yangfo
891



Cdt Roman Dui
829



Cdt Parmeshwar Kumar
1018



Cdt Cheno Tep
1014



Cdt Hinikelo Tep
669



Cdt Kohang Guing
673



Cdt Chitom Marde
1050



Cdt Alop Swu
687



Cdt Gopaljee Kumar
1170



Cdt Vihuto Mepfuo
1008



Cdt Devesh Anand
904



Cdt Etrote Khapfe
948





Art Gallery



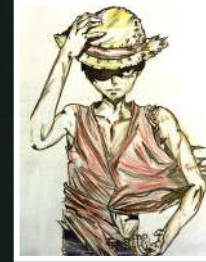
Cdt Boi Ropuk
1046



Cdt Sahil Kumar
1052



Cdt Phrolee D Obed
DS-11



Cdt Rendemo Kikon
1108



Cdt Kedeseto Pienyu
941



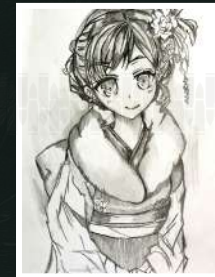
Cdt Phassang Joshua



Cdt Manish Kumar
1089



Cdt Nzailong Hemang
803



Cdt Aashish Kumar
1363



Cdt Himanshu Raj
1043



Cdt Hinikelo Tep
669



Cdt Powang Konyak
1015



Cdt Khajai Konyak
1011



Cdt Bumang
1024



Cdt Cheno Tep
1014



Cdt Athilee
DS-20



Cdt Abhinav Anand
841





BON VOYAGE



LT COL KIRAN MEITEI
ADM OFFR



SQN LDR SANJEEV CHAUDHARY
VICE PRINCIPAL



CHM RENEESH K
PTI



GP CAPT PRASUN BASU
PRINCIPAL



LT COL P DAVIDSON
VICE PRINCIPAL



LT CDR THONGMINLAL
KHONGSAI
ADM OFFR



SHRI SANDEEP
TGT MATHS



HAV UMESHA
PTI

WELCOME
TO THE
FAMILY





Thanks

Gp Capt Prasun Basu, Principal
Lt. Col. P Davidson, Vice Principal
Lt. Cdr. T Khongsai, Adm Offr
for their continual guidance and support

All the cadets,
Parents,
Staff
for their valuable contributions

IT Dept. Sainik School Punglwa

and

Finger Print, Dimapur
for Designing
this edition of Vibrant Strings 2019-2020



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