



SAINIK SCHOOL PUNGLWA, NAGALAND

WE LEARN, WE SERVE | *Vibrant Strings -xv Edition*



ANNUAL MAGAZINE 2023-2024

Shri Neiphiu Rio, Honourable Chief Minister of Nagaland interacting with Col Arvind Nautiyal, Principal Sainik School Punglwa



Neiphiu Rio @Neiphiu_Rio · 6m

Col. Arvind Nautiyal, the new Principal of Sainik School Punglwa called on me. A decorated officer, he is the 9th Principal. I'm confident that under his leadership, the School will continue to excel as he brings a wealth of experience & knowledge. I extend my best wishes to him.





Maj Gen Vijay Jotwani, COS HQ 3 Corps Rangapahar and Chairman LBA at the school helipad



Maj Gen Vijay Jotwani, COS HQ 3 Corps Rangapahar and Chairman LBA being received by Col Arvind Nautiyal, Principal



Maj Gen Vijay Jotwani, COS HQ 3 Corps Rangapahar and Chairman LBA laying wreath at the War Memorial



Maj Gen Vijay Jotwani, COS HQ 3 Corps Rangapahar and Chairman LBA reviewing Guard of Honour



Maj Gen Vijay Jotwani, COS HQ 3 Corps Rangapahar and Chairman LBA writing the Visitor's Book



Cadets demonstrating on the sand model of the school to Maj Gen Vijay Jotwani, COS HQ 3 Corps Rangapahar



Col Arvind Nautiyal, Principal briefing the agenda points to Chairman and members during the LBA Meet



LBA Chairman & members during the LBA Meeting

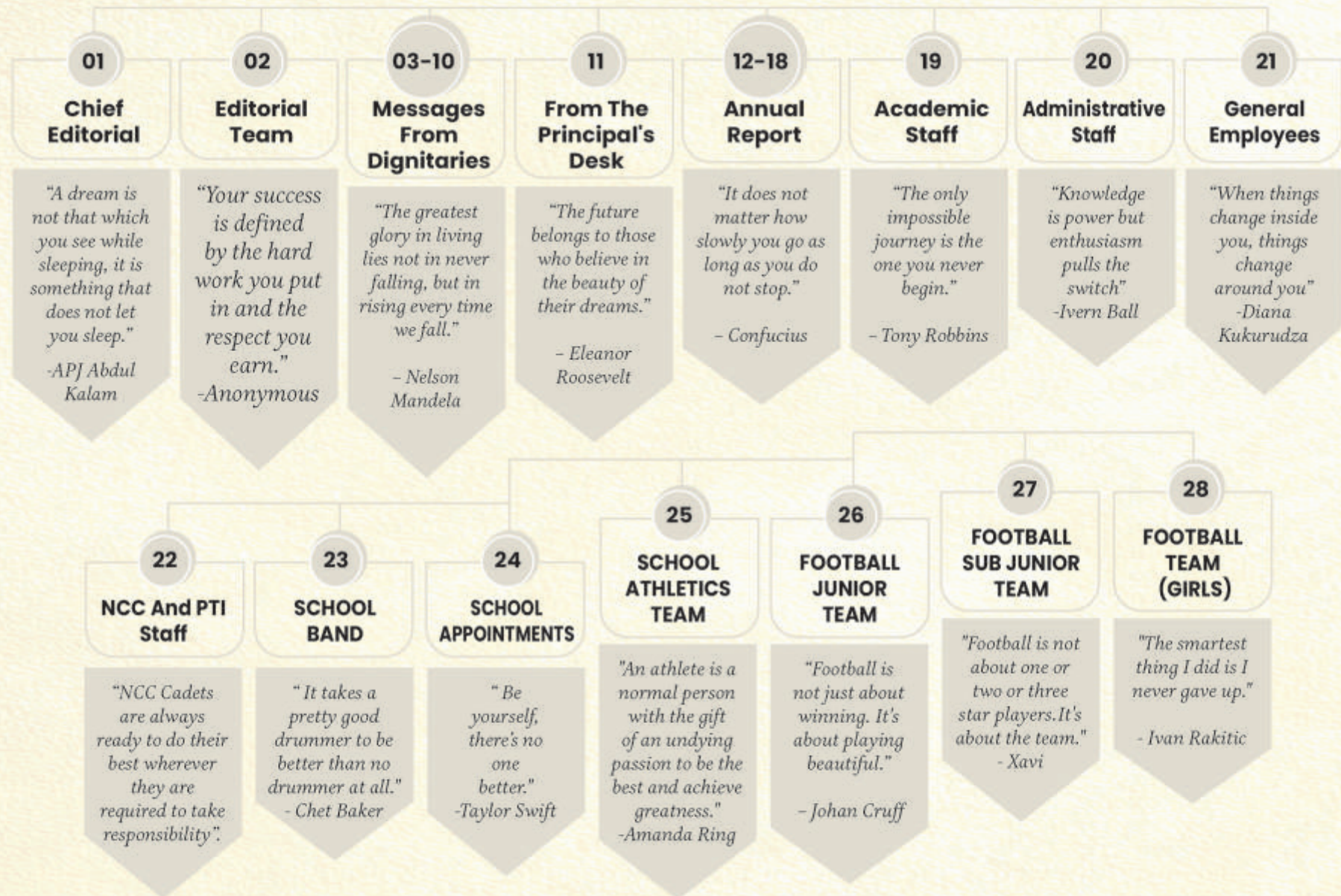


Maj Gen Vijay Jotwani, Chief of Staff HQ 3 Corps and LBA Chairman with Members of Local Board of Administration



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WELCOME AND BON VOYAGE



Nestled amidst the verdant hills and scenic beauty lies Sainik School Punglwa 'Pride of Nagaland' a beacon that serves as the cradle of our aspirations and our dreams unfurl. As we delve into the 15th edition of the Annual Magazine, 'Vibrant Strings', we embark on a journey to celebrate the essence of education marked by resilience, dedication, and pursuit of excellence.

As spring breathes life into nature, so do the pages of our publication with the vibrant hues of creativity and intellect. The pages of this magazine strive to capture the essence of our collective journey defined by growth, learning, and camaraderie. One will find stories of triumph, perseverance, and the indomitable spirit that characterizes our cadets. From academic achievements to sporting triumphs, from cultural milestones to moments of introspection; each article, photographs and every stroke of pen reflects the diverse experiences that shape our school life and we glimpse the glories and achievements of the school.

In a rapidly evolving global landscape, our educational system is committed to preparing cadets for the challenges and opportunities of the 21st century. Through the integration of technology, project-based learning, and real-world applications, we equip cadets with the critical thinking, communication, collaboration, and problem-solving skills they need to succeed in an increasingly competitive world. It is here that dreams take flight on the wings of imagination, carrying us to the realms of unknown and beckoning us to explore the boundless expanse of human potential.

With each passing day, we are reminded of the profound significance that defined not only by academic excellence but also by the values of honour, discipline, and service to the nation that form the bedrock of our school. As we stand on the threshold of a new era, marked by challenges and opportunities alike, it is imperative that we forge ahead with determination. So let us march forward with heads held high, knowing that with each step we take, we honour the legacy of those who came before us and pave the way for those who will follow in our footsteps.

We find ourselves overwhelmed with gratitude for the gracious messages which we received from the dignitaries. I thank all the cadets, Academic and Administrative staff for their invaluable contributions in the making of the present edition of the magazine. Hope you will enjoy flipping through it, as we enjoyed compiling it for you.

Happy reading.
God speed.

Jai Hind!



Lt Col Leena Bajaj, Vice Principal



Editorial Team



Sitting (from Left) : Cdt Harshit (Photography Editor), Cdt Wangshinok (English Editor), Shri Vijay Kumar M (Incharge IT), Shri Nicholas Kamei (English Editor), Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), Shri Kanu Barman (Senior Master), Smt Sangeeta (Hindi Editor), Shri Keshav Chhetri (Incharge Photography), Cdt Adarsh Sen (Hindi Editor)





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Nagaland



MESSAGE

I am happy to know that Sainik School Punglwa is bringing out its Annual School Magazine, the Vibrant Strings 2023-24", which serves as a platform for the students to express their creative pursuit and serves as a testament to the well-rounded education and vibrant spirit that defines the Sainik School experience.

It is also heartening to know that the cadets are nurtured within a framework of discipline and leadership and that the school equips them not only with academic knowledge but also with essential life skills of resilience, teamwork and a deep sense of service.

I extend my warm wishes to the Principal, the Teachers and the Editorial team, while urging the cadets to reinforce their quest for knowledge, integrity and truth to meet the challenges that lie ahead.

Jai Hind!

(Dr. Kekhrie Yhome)

Dr. Kekhrie Yhome, PhD
MLA & ADVISOR
School Education & SCERT
Government of Nagaland





राकेश मित्तल
Rakesh Mittal
संयुक्त सचिव
Joint Secretary



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MESSAGE

1. It is with great pleasure and pride that I extend my warm greetings to the fraternity of Sainik School Punglwa, Nagaland, as you prepare to release the 15th edition of your annual magazine, "Vibrant Strings." This publication serves as a testament to the commitment to excellence and the vibrant spirit that permeates in the esteemed institution.
2. The journey of Sainik School Punglwa has been adorned with numerous milestones, reflective of the unwavering commitment to excellence in academics, character-building, and holistic development. These achievements not only illuminate the prowess and determination of the alumni but also underscores the robust training and values instilled at the school.
3. With each passing year, we aspire to surpass the past endeavors, fostering an environment conducive to nurturing leaders of tomorrow who will continue to uphold the finest of traditions to serve the nation with unwavering dedication.
4. I acknowledge the efforts of the editorial team for their relentless efforts in bringing forth yet another edition of Vibrant Strings. May this edition serve as a beacon of inspiration and a testament to a collective resolve towards a brighter future.



Warm regards,

Jai Hind!

Dated: 18 Sept, 2024

(Rakesh Mittal)
Honorary Secretary
Sainik School Society





मेजर जनरल विजय जोतवानी
चीफ ऑफ स्टाफ
Maj Gen Vijay Jotwani
Chief of Staff



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

MSG FROM CHAIRMAN LBA

It gives me immense pleasure to note that Sainik School Punglwa is bringing forth yet another edition of the Annual Magazine 'Vibrant Strings' – a journal that reflects the creativity of the vibrant young minds of the school during the recently completed session. Through this journal the school provides a platform to the cadets to enrich their thinking and writing skills towards holistic development. The school also creates opportunities for the cadets to convert their dreams into reality by nurturing them via holistic education encompassing academics, co-curricular activities, sports education and life-skills learning.

I am pleased to know that the school is progressing in all its endeavours towards the overall development of the cadets. With the infrastructure facilities taking place, the school is conducive to effective learning atmosphere wherein cadets, irrespective of boys or girls, can shape and achieve the aim of becoming Armed Forces Officers.

It is heartening to take note that the local lads – Obed Newmai and Hinoto Kakishe Yephthomi were commissioned in the Armed Forces as Officers. I am even more elated to learn that the alumni of the school, who are now officers, visited their alma mater and gave motivational lectures to motivate the cadets. The seeds of an idea sown in 2007 have yielded fruits. The school has marched forward to spread the light of education and pave the path of excellence for every cadet.

I take this opportunity to congratulate the staff and the cadets for their commendable efforts in bringing the school to this level of excellence. I also felicitate the editorial team for their efforts in making this publication a success.

Jai Hind!


(Vijay Jotwani)
Maj Gen
Chairman





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MESSAGE

No. 13(1)/SSS/2019

3 May 2024

1. It is an honour and privilege to extend my heartfelt greetings to all the members of the Sainik School Punglwa community as School is at the threshold of publishing 15th Edition of School Magazine, 'Vibrant Strings'.

2. The annual magazine serves as a testament to the rich tapestry of experiences, achievements and aspirations that define the ethos of Sainik Schools across our great nation. As I pursue the last edition of the magazine through the articles, photographs and reflections contained therein, I am reminded of the profound impact these institutions have had in shaping the destinies of countless young minds who walk through their hallowed corridors.

3. Sainik Schools, with their illustrious history and steadfast dedication to nurturing the holistic development of their cadets, embody the values of discipline, courage and service to the nation. It is within these walls that the seeds of leadership are sown and the virtues of integrity, resilience and camaraderie are instilled in the hearts of our future citizens.

4. Let us take a moment to reflect on the journey of transformation undertaken by each cadet of Sainik School, Punglwa, guided by the relentless dedication of the faculty and staff. Let us celebrate their triumphs, both big and small, and draw inspiration from their unwavering commitment to excellence.

5. To the alumni who have walked these corridors before us, I extend my deepest gratitude for laying the foundation upon which the legacy of Sainik School Punglwa stands today. The School achievements serve as a beacon of hope and a source of pride for generations to come.

6. Let us reaffirm our collective resolve and continue our relentless pursuit of excellence in all endeavors. May this annual magazine serve as a chronicle of our shared journey, a testament to our resilience and a source of inspiration for all who have the privilege of being part of it.



With warm regards,
Jai Hind!

(कमोडोर राजेश कु शर्मा)
(CMDE RAJESH K SHARMA)
निरीक्षण अधिकारी / INSPECTING OFFICER
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सत्यमेव जयते



MESSAGE

भारत सरकार, रक्षा मंत्रालय

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Ministry of Defence

Sainik Schools Society

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03 May 24

No. 1(18)/SSS/2023/1

It is a matter of delight to learn that Sainik School Punglwa is bringing out the 15th edition of its annual magazine "Vibrant Strings". The school magazine serves as a chronicle, an archive and a souvenir for the young cadets. Many young talents find their first exposure through this medium.

The life of a cadet in Sainik Schools is challenging yet, invigorating and enriching. The seven years of rigorous and strenuous activity at school transforms the raw and promising young boys or girls into a disciplined resolute cadet steeped with the core values of courage and truthfulness.

The school magazine mirrors the plethora of activities, achievements and the vision of the school. I am sure that Sainik School Punglwa will continue the noble task of grooming the youth who will be shaping the future of the nation in times to come.

I urge the cadets to make the most of the opportunities presented to them. Embrace the challenges, give your best shot in the academic and physical training and participate actively in co-curricular activities. The experiences gained at the school will serve the cadet well in the future world. Endeavour to lay a strong foundation in character and academic excellence, will gear you up for higher responsibilities to the nation's call and duty.

Jai Hind!





MESSAGE

Principal Director
Directorate of School Education
Nagaland : Kohima

It brings me immense pride and joy to learn of the impending release of the 15th edition of the annual magazine, Vibrant Strings, of the Sainik School Punglwa, Nagaland. The institution holds a special place in my heart for it is nestled in the heart of our state and is regarded as 'the Pride of Nagaland'.

The journey of the school has been marked by remarkable achievements, including the recent commissioning of Lieutenant Hinoto Kakishe Yephthomi and Lieutenant Tapi Moda into the Indian Army. These accomplishments stand as a testament to the dedication and perseverance of the students and faculty.

As we look forward, I am filled with hopefulness and optimism for even greater results and performances of the cadets of the school in the years to come. Let us continue to strive for excellence and uphold the values of the institution with unwavering determination.

Best wishes to the head of the institution and the editorial team for the successful publication of the annual magazine.

Jai Hind!

(THAVASEELAN K) IAS





CONGRATULATORY MESSAGE



D.O.NO.DCM/B/61/MISC/2023



T.R. ZELIANG
Deputy Chief Minister
Nagaland

Dated 2nd July 2024

CONGRATULATORY MESSAGE

I am pleased and delighted to learn that Sainik School Punglwa has achieved an outstanding 100% in the CBSE result of Class X and XII.

I would like to congratulate all the cadets for your magnificent result which indeed is a fruit of your hard labor and dedication to your studies. You have each crossed one hurdle towards achieving greatness in life, may the zeal and the temperament which you have now, continue to ignite in you to scale better and greater heights in life. You will face numerous challenges in life but the important thing is to face them head on and not show weakness and fall.

I would also like to make a special mention and congratulate the faculty, both teaching and non-teaching members of the school. The success of students is a mirror effect of the faculty and with a strong and abled team, this milestone achieved by Sainik School Punglwa must be credited to the faculty as well. I would like to encourage you to continue on this path of success as you mold and shape the lives of youngsters who are the future of our great Nation India.

Once again I congratulate you all. You are certainly the Pride of Nagaland and particularly a joyous and proud moment for Peren District. May you soar higher.

Jai Hind!


(T.R. ZELIANG)

Col.Arvind Nautiyal
Principal
Sainik School Punglwa
Peren: Nagaland

Deputy Chief Minister's Office, Kohima, Nagaland, Phone - 0370 2270059





सत्यमेव जयते



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I 14017/DGAR/DO/2024/ 493

15 May 2024

Col Arvind Nautiyal
Principal
Sainik School Punglwa
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Peren
Nagaland - 797106

My dear Arvind,

1. Please accept my heartiest congratulations on the cadets of the school achieving 100% results in the Class X and XII CBSE Bd Exams 2024.
2. Clearly, this is a consequence of the hard work by your team under your very able stewardship. May the School continue to do even better in all its future endeavours. My very best wishes.
3. It has been my constant endeavor as a Sainik School Satara alumnus to encourage soldiers and civilians to send their children to Sainik Schools because the difference that a Sainik School can make to a child and his family is something that I have personally experienced and strongly feel, has no parallel.

My very best wishes to you all.

Yours sincerely,

(Signature)





As I pen down yet another episode in the school magazine, I am filled with a sense of gratitude for the collective efforts of all the members of the team SSPN, who have made this academic year a memorable journey of learning and growth. The year was marked with successful accomplishments of the innovative plans that were chalked out during the year gone by.

In the school, we follow a well-identified system that empowers cadets to cope with the ocean of knowledge and help them to succeed in this competitive, technology driven world. The curriculum and pedagogy is experiential, interactive and integrated with artificial intelligence, sports, visual and performing arts. The focus is on the practice of concepts and making education more flexible, practical and diversified so that the cadets find it easier to comprehend and acquire knowledge. We inspire cadets to consider education as the most potent weapon to empower them which can be used to change the world.

I feel delighted to share that now along with the cadets of other states; Naga cadets are also joining the armed forces as officers. It is indeed a dream fulfilled for the people of Nagaland wherein Cdt Obed Newmai and Cdt Hinoto Kakishe Yephthomi were commissioned as armed forces officers. I am sanguine that more will follow them soon as the seeds sown started to bear fruit; and there would be healthy representation in the times to come.

The 15th edition of the school magazine is a milestone that marks our growth, unfolds our imaginations, and gives life to our thoughts and aspirations. It unleashes a wide spectrum of creative skills of cadets ranging from writing, composing, painting and even in the designing of the magazine. As we flip the pages of this magazine, it will serve as a source to remind us of the boundless potential that is inherent in our cadets.

I complement the editorial team for their efforts and dedication in making this publication a successful one.



Jai Hind!

Col Arvind Nautiyal





Annual Report – 2023–24

SAINIK SCHOOL PUNGLWA, NAGALAND

Another glorious year has gone by and the year 2023-24 was marked with multifarious events and success stories. The successful completion of the year is attributed to the dedication and collective effort of the school management, staff, cadets and the invaluable cooperation of parents. Since the humble beginning of the school way back in 2007, the school has been playing a commendable role in providing quality education and an atmosphere conducive to well-rounded overall growth of cadets.

As the principal of this school, I am filled with a sense of elation to highlight the report which is a nutshell of all the activities of the last academic year. This report is comprised of the achievements made during the year gone by and at the same time set the path for greater accomplishments in the years to come.

Staff

Category	Strength	Remarks
Academic Staff incl PTIs and NCC Staff	37	
Administration Staff	14	
GEs	39	Including 01 Specially abled person

Cadets

Class	Strength	Remarks
XII	60	DS- Nil
XI	77	DS- Nil
X	101	DS- 04
IX	110	DS- 05
VIII	82	DS- 04
VII	64	DS- 05
VI	85	DS- 08
Total	579	DS- 26





The remarkable achievements and highlights of the school over the past year are as under:

Academics

Excellence in academics is the hallmark of any good institution. Academic achievements reflect the diligence and skills to perform to the best of one's ability. Through hard work and perseverance, cadets have excelled in various academic endeavors. To mention the key on this note, the school attained 100% result in both class X and XII CBSE Board Exams 2023-24. This achievement is largely the product of steadily raising one's level of aspirations and expectations. The sincere efforts of cadets in the CBSE Exams brought laurels to the school. Our standardized testing results demonstrate significant improvement across all grade levels, reflecting the dedication of our educators and the commitment of our cadets to academic excellence. Since the inception, the school has been preparing future of our cadets. We focus on supporting all cadets to reach their potential academically, socially and emotionally. To acknowledge the hard work, commitment, and intellectual prowess of cadets, the school felicitated the toppers by awarding them Gold Torch, Silver Torch and Bronze Torch respectively

NDA

The aim of the school is to prepare boys and girls academically, mentally and physically for entry into the National Defence Academy and other walks of life. The school offers coaching and support to ensure that cadets are well-prepared for the academic challenges of the NDA entrance exam. Furthermore, the school hired a team of expert for conducting NDA classes from Sapper Coaching Centre,

Bangalore. With the strenuous efforts being made, cadets have joined the Armed Forces service. Even our alumni are also serving the nation at premier positions in various other departments like Medicine, Civil services, Engineering, Teaching as well.

Co-Curricular and Extra Curricular Activities

Co-curricular activities provide children opportunities to showcase their talents. These activities help our children to develop relationship skills and camaraderie where they learn to work in a group in collaboration. It provides a balanced learning program and rejuvenates the energy of children to express their skills, talents and creativity. With these motives in mind, Inter House Competitions of various activities were conducted throughout the year. To mention a few,

- (a) The Group "E" Intra Sainik Schools Games 2023 was held at Sainik School Punglwa, Nagaland with effect from 25 to 28 Jul 2023. Four Sainik Schools of North East region namely Sainik School Goalpara, Chhingchhip, East Siang, Punglwa competed with each other in Literary and Cultural events.
- (b) Inter House English Literary Competition
- (c) Inter House Hindi Literary Competition
- (d) Inter House Quiz Competition
- (e) Inter House Cultural Competition
- (f) Inter House Drawing and Painting Competition
- (g) Inter House Drill Competition
- (h) Inter House Classroom Decoration Competition

Scholastic and Non-scholastic activities

Scholastic and non-scholastic activities both play significant roles in the holistic development of individuals, particularly





in educational settings. They aim at enhancing cognitive skills, knowledge acquisition, and critical thinking abilities. They contribute to emotional, social, and physical well-being, ultimately shaping individuals into capable and balanced members of society. In consciousness of these advantages, cadets participated in many events. Some of which are as under:

- (a) Quiz – Indian Army
- (b) Parakram Diwas:
- (c) Project Veergatha:
- (d) Parikcha Pe Charcha.
- (e) Ek Bharat Shrestha Bharat (EBSB) Activities
- (f) Azadi Ka Amrut Mahotsav
- (g) Puneet Sagar Abhiyan:
- (h) Chandrayaan 3 Success Celebration
- (i) International Olympiad Foundation

Games and Sports

Games and Sports have a positive impact on academic performance. It helps cadets improve their self –esteem, social skills and confidence. The school provides cadets with opportunities to participate in sports and games so that they experience the benefits first-hand. As a means to promote physical activity that contribute the overall development of cadets, several sports events were conducted in the school. To include:

- (a) The East Zone Inter Sainik Schools Football Championship 2023-24 was held at Sainik School Punglwa, Nagaland with effect from 28 to 30 Jun 2023. Five schools namely

Sainik School Goalpara, Purulia, Chhingchhip, East Siang, Punglwa participated and competed with each other in the sporting events of Football in the category of Junior and Sub-Junior.

- (b) Inter House Football Championship
- (c) Inter House Volleyball Championship
- (d) Inter House Basketball Championship
- (e) Inter House Hockey Championship
- (f) Inter-House Cross Country Championship was conducted on 04 Nov 2023, wherein a total of 457 Cadets from 10 Houses and Girl Cadets participated in the competition.
- (g) The 14th Annual Sports Meet of Sainik School Punglwa was conducted on 11 Nov 2023.

Motivational Trips and Excursions

Organizing motivational trips and excursions to military establishments is a part of school annual plan to motivate and inspire the cadets. Cadets get to know more about the Armed Forces and broaden their horizons. As part of the plan, trips were organized for all cadets of the school.

- (a) Cadets of Class IX with teachers visited the Air Force Station, Jorhat on 16 Jan 23.
- (b) Cadets of class VI went on a motivational trip to Zoological and Green Park, Dimapur on 12 Aug 23.
- (c) Cadets of class VII were taken to the capital city of Kohima to witness the monument site, War Cemetery





World War II & its Museum.

- (d) Cadets of class VIII went on an exchange programme cum Motivational trip to ARTC & S, Shokhuvi, Dimpaur on 26 Aug 23.

Motivational Lectures and Visits of VIP's

The school intends to inspire and motivate the young and vibrant cadets to see opportunities and move forward with action in different walks of life. Motivational speakers from decorated Armed Forces officers were invited and lectures were organized for cadets.

- (a) Maj Gen Vijay Jotwani, Chief of Staff, HQ 3 Corps and the Chairman LBA visited school on 16 Nov 2023. The Chairman inspected the school followed by interaction with the cadets and staff.
- (b) Brig Arupendu Gupta, SM, Brig (Info Sys) HQ 3 Corps visited the school on 06 Jul 2023. The Officer delivered a motivational lecture and gave a Power Point presentation. Through the lecture and interaction, the officer gave detailed guidance for the preparation of Services Selection Board.
- (c) Brig Arupendu Gupta, Brig (Info Sys) HQ 3 Corps, delivered a motivational lecture for cadets of class IX to XII on the modalities of Services Selection Board (SSB) on 08 Nov 2023. He also gave a detailed guidance for preparation of Services Selection Board.
- (d) The school hosted the North East Car Rally organized by the Indian Army on 02 April 2023. Brig KM Shende,

Shaurya Chakra, and Sub Maj & Honorary Captain (Retd) Yogendra Singh Yadav, Param Vir Chakra shared their enriching and motivating life experiences which were true source of motivation to the cadets, while Col Saurabh Mishra also brought out the aim and objective behind the car rally. The Officers along with their team interacted with the staff and cadets of the school.

- (e) Lt Col M Kiran Meitei, HQ 3 Corps conducted a guest lecture for the cadets on 12 Aug 23, wherein he highlighted the importance of discipline and career in Armed Forces.
- (f) The school hosted the first halt of the Kargil Victory Bike Rally organized by the 2nd Naga Regiment on 02 July 2023. The main aim of the K to K i.e Kohima to Kargil Bike Rally was to pay homage to the fallen heroes of the Naga Regiment and the other brave hearts who made supreme sacrifices to safeguard the integrity of the nation during the Kargil War of 1999. The team interacted with cadets and staff at the school.
- (g) Lt Punyo Rika of Madras Regiment, Tawang and two other ex cadets of Sainik School Punglwa visited the school on 28 Apr 23. The officer interacted and motivated the cadets.
- (h) Lieutenant Tapi Moda, Parachute Regiment, an alumnus visited the school on 16 Feb 2024. During the visit, the Officer delivered a lecture on career in the Armed Forces, Types of Selection and Role of Para Special Forces.





- (i) Major General Gagan Deep, ADG, NCC NER Shillong and Brig Dipankar Saha, Gp Cdr, Gp HQ NCC Kohima, visited the school on 24 Feb 2024 and witnessed the training activities of the NCC independent company. While addressing the cadets, ADG motivated them to work hard for a bright future.
- (j) Cadet Hinoto Kakishe Yethomi (Adm No 368 of 2016-17 batch) who joined OTA Chennai under SSC (Technical) entry scheme 60 Course 2023 visited the school and interacted the cadets on 09 Mar 2024.
- (k) A team of Bharat Aabhar Parv visited the school on 12 April 2023 in which a motivational talk on the occasion by Mr. Vijay Purshottam Das Patel, the coordinator of the Netaji INA Heritage Yatra explained about the sacrifices and contribution of Netaji Subhash Chandra Bose to the freedom movement of the country.
- (l) A team of NCERT Inspection Third Party Performance Review visited Sainik School Punglwa on 19 - 20 Feb 2024. The team consisted of Professor SC Roy, NERIE, Shillong NCERT and Dr. RR Koirang, DCS & D, NCERT, Delhi. They interacted with the staff, cadets, alumni of the school and parents.

NCC

NCC is an invaluable asset that shapes the very fabric of the cadets, their character and instills in them the qualities vital for their overall development. It develops qualities of character, courage, comradeship, discipline, leadership,

secular outlook, spirit of adventure, sportsmanship and ideal of selfless services among the youth to make them responsible citizens. To equip these qualities in the cadets, NL (I) Sainik School Coy conducted Combined Annual Training Camp Exam for Junior (JD) and Senior Division (SD). An exam for A certificate was also conducted.

Teachers Enhancement Programs

Teachers are also learners. Staying updated is the key to succeed in any field, especially, in education. Our teachers constantly strive to stay updated by attending workshops and various training programs.

- (a) Teachers attended an Online Capacity Building Workshop on Jaadui Pitara - a compendium of material created and collected on Learning-Teaching Material (LTM) for implementation of the National Curriculum Framework for Foundation Stage (NCF-FS) organized by CBSE, New Delhi on 03 Mar 2023.
- (b) Mr Viyakumar M TGT (Computer) and Mr Daile Mao (Art Master) attended the webinar on Capacity Building Session on Pradhan Mantri Kaushal Vikas Yojana (PMKVY) organized by Ministry of Skill Development and Entrepreneurship on 06 and 10 Mar 2023 respectively.
- (c) CBSE organized In-service Training Programme with a larger goal in mind to equip the teachers with the latest updates and strategies through Capacity Building Programmes in Generic & Subject Specific Courses. An English teacher (TGT) attended the programme at St





Marys Higher Sec School, Dimapur on 14 & 15 Mar 2023.

- (d) Teachers attended an online Orientation of Stake Holder on PRASHAST Mobile App on 12 May 2023.
- (e) Mr Vijaykumar M, TGT (Comp) attended a workshop on Necessity of Implementing Pradhan Mantri Kaushal Vikas Yojana (PMKVY) under the aegis of the Ministry of Skill Development and Entrepreneurship. The policy aims to equip young people with employability skills and prepare them to work in the sector.
- (f) Online Training Programme (PRAYOG) Pradhanacharya Yojna Training was organized by CBSE for the implementation of academic reforms in schools on 12 & 16 Aug 2023. It was attended by the Offg Principal and the academic staff.
- (g) Four teachers attended the Offline Refresher Teachers Training at IITE Gandhinagar, Gujarat from 10 to 16 Sep 2023 and online training from 21 to 27 Sep 2023.
- (h) Teachers attended the demonstration class for Maths and Social Science for NDA, presented by Shri Ankur Pandey and Shri Aman Kumar from Sapper Coaching Center, Bangalore on 30 Nov 2023.

National Day Celebrations

The school celebrated all the National festivals like Independence Day, Republic Day, Teachers day and Children's Day with great respect and devotion to the country and to the country men.

Parents-Teachers Meetings

Parents-Teachers Meetings were conducted twice a year to provide a formal platform for parents and teachers to communicate and collaborate effectively. The meetings allow both parties to share insights, observations, and concerns about the student's progress and well-being. Parents Association also had a meeting with the school management on 27 Aug 23.

Health and Hygiene

School hygiene and sanitation play a crucial role in fostering a conducive learning environment for students. The implementation of proper hygiene practices in schools not only promotes health but also enhances attendance, motivation, and overall well-being. Talks on health and hygiene were carried out from time to time.

- (a) A session on 'Self Awareness and Various Aspects of Adolescence and Its Challenges' was conducted for class VIII to XI (Boy cadets) and Class VI & VII (Girl cadets) by District Mental Health Programme, Peren district on 22 Feb 2023.
- (b) The National Tobacco Control Team of District Hospital, Peren conducted a program on Adverse Effects of Tobacco on 28 Apr 2023.
- (c) The National Malaria Control Programme (NMCP) Jalukie organized a screening test for Malaria for cadets, staff and families on 07 Jul 2023.





- (d) The Food Safety Administration, Dimapur Zone, under the establishment of the Chief Medical Officer (CMO) office, conducted a lecture on the theme 'Eat right school' to the cadets on 05 Aug 2023. The lecture highlighted the importance of food safety in general and convinced the cadets to inculcate good food safety habits.
- (e) Dr Rongsenla, Medical Officer, Peren District delivered a talk on Health and Hygiene for the cadets of the school on 18 Aug 23. She highlighted the importance of cleanliness and recommended the use of the right kind of pharmaceutical products.
- (f) The National TB Control Programme (RNTCP) team from Jalukie under the CMO conducted free screening for Tuberculosis, Hepatitis B & HIV for cadets, staff & families on 11 Sep 2023.

Infrastructure

In our commitment to provide a conducive learning environment, we have made significant improvement in our

school infrastructure facilities, academic standards, quality of teaching and learning. From renovations to technological advancements, these enhancements have enhanced the overall learning experience for our students and have positioned our school for continued success in the future. We have also improvised several systems to maintain the safety and security of the cadets.

Conclusion

The school has been growing from strength to strength since its modest step in 2007. We are committed to make our cadets confident and responsible citizens thereby promoting their holistic development in all spheres. We love to recount the achievements and accolades with pride and happiness. But as we see that many mile stones are still to be reached; we continue our unceasing efforts to mould the young minds into well balanced personalities with confidence and zeal befitting the standards of this school. We believe that the desire to succeed and the urge to achieve the desired goals will unlock the door of excellence.

Jai Hind!





ACADEMIC STAFF



SITTING 1ST ROW (FROM LEFT):

Shri Ashok Kumar Das (PGT Physics), Shri Suvam Banerjee (PGT Maths), Shri Kanu Barman (Senior Master), Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Administrative Officer), Sub Moba Konyak (NCC JCO), Shri Tsonga Semp (PGT English), Shri Brajamohon Singh (PGT Biology)

STANDING 1ST ROW FROM LEFT

BHM Lakhan Munda (PTI), Hav Fonil Orang (NCC PI Staff), Smt Moumita Adhikari (TGT Science), Smt Sangeeta (TGT Hindi), Kum Kavya Thakur (TGT Hindi), Smt Charani Kollo (Librarian), Smt Tombi Devi (TGT Hindi), Smt Kaisa Krehe (TGT English), Kum Roopa Bhatti (PGT Chemistry), Hav Dipen Shrestha (PTI).

STANDING 2ND ROW (FROM LEFT):

Hav Moaliba (PTI), Shri Keshav Chhetry (TGT Social Science), Shri Ikusaape, (Lab Asst), Shri Sandeep (TGT Maths), Shri Shankarshon Nath (TGT Science), Shri Haokholen (TGT Social Science), Shri Nicholas Kamei (TGT English), Shri Praveen Verma (PGT Chemistry), Shri Mani Kanchan (TGT English), Shri Sunil Kumar (TGT Sanskrit), Hav Imlitoshi Jamir (NCC PI Staff)

STANDING 3RD ROW (FROM LEFT):

Shri Indranil Sarkar (Lab Asst), Shri Uday Shankar (TGT Maths), Shri Rajneesh Saroha (PGT Maths), Shri Rabidas Sinha (PGT Physics), Shri Khogendro Ahanthem (PGT Com Sci), Shri Sunil Singh (TGT Maths), Shri Kamsuan Aloysius (TGT English), Shri Vijay Patil (Lab Asst), Shri Vijay Kumar M (TGT Com Sci), Shri Henminlal (TGT Social Science)





ADMINISTRATIVE STAFF



SITTING 1ST ROW (FROM LEFT):

Shri Kripa Shankar Pandey (Accountant), Smt I Angaule Kenzwakpe (OS), Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), BHM Lakhan Munda (PTI), Shri L Mayanger (Quarter Master), Shri Pintu Tikader (Mess Manager)

STANDING 1ST ROW FROM LEFT:

Shri Shihoi Rusa (Driver), Smt Ilamgwangle (LDC), Smt Amenla Chanki (UDC), Smt Ruth Kath (LDC), Shri Lichi Yimchunger (Driver)

STANDING 2ND ROW FROM LEFT:

Shri Rokozhalie Vupru (LDC), Shri Kweliaheung (LDC), Shri Neghuwa Magh (UDC), Shri Chandan Sinha (LDC)





GENERAL EMPLOYEES



Sitting 1st Row (From Left):

Shri Kweliaheung (LDC), Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), BHM Lakhan Munda (PTI), L Mayanger (Quarter Master)

Standing 1st Row (From Left):

Shri Kunjabihari (Driver), Kum Ipoile, Kum Kedehalie, Kum Rovino, Kum Lungchihulie, Kum Mirangzalie, Shri Lichi Yimchunger (Driver), Shri Shihoi Rusa (Driver)

Standing 2nd Row (From Left):

Shri Dawan Thakur, Shri Moamar Ao, Shri Namdising, Shri Ingaulung, Shri Rama Shankar, Shri Rangum, Shri Dipankar Paul

Standing 3rd Row (From Left):

Shri Binod Karmakar, Shri Daroga Paswan, Shri Alubui, Shri Sendongjungba, Shri Pramod Sethi, Shri Seyiekuolie, Shri Igumsing, Shri Chonben Odyuo

Standing 4th Row (From Left):

Shri Twambe, Shri Jyoti Sarkar, Shri Mhietisi, Shri Haiyamo Apon, Shri Runakholie, Shri Divyendu, Shri Yankiumong, Shri Egobe.



NCC AND PTI STAFF



Sitting 1st Row (From Left):

BHM Lakhan Munda (PTI), Shri Kanu Barman (Senior Master), Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer), Lt Sunil Antil (ANO)

Standing 1st Row (From Left):

Shri Vijay Patil (CTO), Shri Keshav Chhetri (CTO), Hav Fonil Orang (NCC PI Staff), Hav Moaliba (PTI), Hav Imlitoshi (NCC PI Staff), Hav Dipen Shrestha (PTI), Shri Haakholen (CTO)





SCHOOL BAND



Sitting 1st Row (from Left):

Cdt Hamlong (Band Captain), Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer), Shri Kanu Barman (Senior Master)

Standing 1st Row (from Left):

Cdt Lipukumer, Cdt Nokinketer, Cdt Akhumba Chang, Cdt Moatemsu, Cdt Imlinuba, Cdt Kuveo Rhakho, Cdt Vera Chuzo, Cdt Visier Metseio, Cdt Letkhosei, Cdt Rishabh Negi, Cdt Esu Lajemei.





SCHOOL APPOINTMENTS



Sitting 1st Row (From Left):

Cdt Nawang Yeshe, Cdt Hamlong, Cdt John Taksingh, Cdt Rakesh Nalo, BHM Lakhon Munda (PTI), Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer), Shri Kanu Barman (Senior Master), Cdt Sukhabo, Cdt Mastufa, Cdt Ekagra Aryan

Standing 1st Row (From Left):

Hav Imlitoshi (NCC PI Staff), Hav Moalichen (PTI), Cdt Hirok Chakma, Cdt Priyanshu, Cdt Rishabh, Cdt Jairaj, Cdt Pawan, Cdt Kuveo, Cdt Ayush, Cdt Vino, Cdt Chumbenthung, Cdt Lobsang Chonden, Cdt Victor, Cdt Vizi Anar, Hav Fonil Orang (NCC PI Staff), Hav Dipen Shrestha (PTI)

Standing 2nd Row (From Left):

Cdt Raj, Cdt Mhasivituo, Cdt Chonchithung, Cdt Keneiguzo, Cdt Thangpong, Cdt Sharwajeet, Cdt Nitoka, Cdt Jeffrey, Cdt Omnyei, Cdt Albert, Cdt Yongseng Peong, Cdt Bomkar

Standing 3rd Row (From Left):

Cdt Farhan, Cdt Shanjo, Cdt Prashant, Cdt Gingoulal, Cdt Bhola Kumar, Cdt Devert, Cdt Thasepi, Cdt Edemi Nuh, Cdt Vethogi, Cdt Raghav Kumar.





SCHOOL ATHLETICS TEAM



Sitting 1st Row (From Left):

BHM Lakhman Munda (PTI), Shri Rabidas Sinha (Incharge), Cdt Nawang Yeshi (Sports Capt), Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer), Cdt Nepuni Osah (Captain), Shri Kanu Barman (Senior Master), Hav Dipen Shrestha (PTI)

Standing 1st Row (From Left):

Cdt Himato, Cdt Batsawe Mero, Cdt Thampong, Cdt Kauka, Cdt Tomthinleima, Cdt Lumrola, Cdt Anushka, Cdt Zeruiah, Cdt Eleitsu.





FOOTBALL JUNIOR TEAM



Sitting 1st Row (From Left):

BHM Lakhan Munda (PTI), Shri Nicholas Kamei (Incharge), Cdt Nawang Yeshe (Sports Capt), Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer), Cdt Nyamnei (Captain), Shri Kanu Barman (Senior Master), Hav Dipen Shrestha (PTI)

Standing 1st Row (From Left):

Cdt Mungshi, Cdt Methna, Cdt Nokchai, Cdt Zaiwang, Cdt Kizaiyibo, Cdt Agobe, Cdt Zuzanthung, Cdt Richard, Cdt Ponzei, Cdt Sur Salong, Cdt Ateih, Cdt Reguilugbe, Cdt Letkhosei, Cdt Manchong, Cdt Musho.





FOOTBALL SUB JUNIOR TEAM



Sitting 1st Row (From Left):

BHM Lakhan Munda (PTI), Shri Dailee Mao (Incharge), Cdt Nawang Yeshe (Sports Capt), Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer), Cdt Farhan (Captain), Shri Kanu Barman (Senior Master), Hav Dipen Shrestha (PTI)

Standing 1st Row (From Left):

Cdt Itishe, Cdt Lanchenba, Cdt Thangpong, Cdt Anok, Cdt Thampong, Cdt Kauka, Cdt Haoginlun, Cdt Wang Wang, Cdt Mathiuchun, Cdt Nganyah, Cdt Wangya, Cdt Nepuni, Cdt Batsawe, Cdt Himato, Cdt Edemi Nuh.





FOOTBALL TEAM (GIRLS)



Sitting 1st Row (From Left):

BHM Lakhan Munda (PTI), Cdt Nawang Yeshe (Sports Capt), Kum Kavya Thakur (Incharge), Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer), Cdt Schneider (Captain), Shri Kanu Barman (Senior Master), Hav Dipen Shrestha (PTI)

Standing 1st Row (From Left):

Cdt Shristi, Cdt Zeruiah, Cdt Rioli, Cdt Nenjhe, Cdt Sentile, Cdt Akhumvi, Cdt Choiang, Cdt Azila, Cdt Medono, Cdt Tomthinleima, Cdt Lumrola, Cdt Anushka, Cdt Diana, Cdt Elitsu, Cdt Anisha.





VOLLEYBALL TEAM



Sitting 1st Row (From Left):

BHM Lakhon Munda (PTI), Shri Henminlal (Incharge), Cdt Nawang Yeshe (Sports Capt), Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer), Cdt Yongsan Peong (Captain), Shri Kanu Barman (Senior Master), Hav Dipen Shrestha (PTI)

Standing 1st Row (From Left):

Cdt Shanjo, Cdt Pankaj, Cdt Chingmei, Cdt Khuveo, Cdt Albert, Cdt Roshan, Cdt Langpai, Cdt Prashant, Cdt Dhruv, Cdt Chungdipi, Cdt Haulimchu.





BASKETBALL TEAM



Sitting 1st Row (From Left):

BHM Lakhan Munda (PTI), Shri Kamsuan Aloysius (Incharge), Cdt Nawang Yeshi (Sports Capt), Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer), Cdt Viku (Captain), Shri Kanu Barman (Senior Master), Hav Dipen Shrestha (PTI)

Sitting 1st Row (From Left):

Cdt Dilevi, Cdt Nenyalo, Cdt Thibuto, Cdt Chambemo, Cdt Hikano, Cdt Yazei, Cdt Bendangsoba, Cdt Rokovito, Cdt Hyulozu Khing, Cdt Konken, Cdt Esu Lajemei.





HOCKEY TEAM



Sitting 1st Row (From Left):

BHM Lakhan Munda (PTI), Shri Mani Kanchan (Incharge), Cdt Nawang Yeshi (Sports Capt), Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer), Cdt Aditya (Captain), Shri Kanu Barman (Senior Master), Hav Dipen Shrestha (PTI)

Standing 1st Row (From Left):

Cdt Nokinketer, Cdt Yash Raj, Cdt Piyush, Cdt Prince, Cdt Vishal, Cdt Priyanshu, Cdt Prince, Cdt Vicky, Cdt Sharwajeet, Cdt Krishna, Cdt Mithul, Cdt Ashik, Cdt Raghav, Cdt Bhola, Cdt Shivam.





FLAG BEARERS



From Sainik School Punglwa to Officer's Rank (An Archive from Sainik Samachar)



A Naga boy Commissioned as Lieutenant in Indian Army



OBAS Nagaland Chapter felicitated 1st Naga cadets from Sainik School Punglwa, Flt Lt Obed Newmai and Lt Hinoto Kakishe Yephthomi for being commissioned into the Defence Forces





CONGRATULATORY MESSAGE

KUZHOLUZO (AZO) NIENU



MLA & Leader of
NPF LEGISLATURE PARTY
NAGALAND : KOHIMA - 797001

Date 19th 03' 2024.

CONGRATULATORY NOTE

I, Shri. Kuzholuzo (Azo) Nienu, MLA and leader of NPF Legislature Party on my behalf and on behalf of the party congratulate the two Naga Cadets of Sainik School Punglwa for being commissioned into the India Defence Forces.

The incredible success of Cadet Flight Liutenant Obed Newmai and Cadet Liutenant Hinoto Kakhishe is a proud moment for all of us to rejoice as it is the first time in the history of our own Sainik School Punglwa for producing our boys and attain to such a high and prestigious ranking officers in the Indian Defence Forces.

As they enter into their new assignment, we wish them to be committed officers and work for the welfare of our nation and bring laurels to the Naga people. Moreover, we also wish that through the hard work and dedication of their success story, more Naga students will be inspire and make a breakthrough in the Indian Defence Forces in the days to come.

Once again, we are incredibly proud of your achievement and let God guide both of you as you continue to serve the nation.

Kuzholuzo (Azo) Nienu
MLA & Leader of NPF Legislature Party
& also on behalf of Old Boys Association of
Sainik School Nagaland Chapter





SCHOOL CBSE TOPPERS

SAINIK SCHOOL PUNGLWA

THE PRIDE OF NAGALAND

WE LEARN



WE SERVE

CONGRATULATIONS TO OUR CADETS FOR THEIR OUTSTANDING ACHIEVEMENT IN CBSE RESULTS

100% RESULT IN CLASS XII AND X

CLASS XII

SCHOOL RANK 1



CDT KRISHNA KUMAR

SCHOOL RANK 2



CDT HIMANSHU KUMAR

SCHOOL RANK 3



CDT SHIVAM KUMAR

SCHOOL RANK 4



CDT SHASHI KUMAR

SCHOOL RANK 5



CDT SHUBHAM KUMAR

CLASS X

SCHOOL RANK 1



CDT CIDIBE P MBUNG

SCHOOL RANK 2



CDT DUSHYANT YADAV

SCHOOL RANK 3



CDT DEV DAGAR

SCHOOL RANK 4



CDT ADITYA KUMAR

SCHOOL RANK 5



CDT SAHIL





ACADEMIC EXCELLENCE AWARDEES



Cdt Mastufa Ahmed, XI, 84.6%



Cdt Ekagra Aryan, XI, 83%



Cdt Joybrata, XI, 82%



Cdt Ayush Kumar, IX, 96.6%



Cdt Kavya Prakash, IX, 95.4%



Cdt Divyanshu Pandey, IX, 95%



Cdt Mithul Sashwat, VIII, 96%



Cdt Rishav Negi, VIII, 95.5%



Cdt Raghav Kumar, VIII, 95%





CADETS RECEIVING ACADEMIC EXCELLENCE AWARD FROM **BRIG AURUPENDU GUPTA**

Sena Medal, Brig Gen Staff (INFO Sys) HQ 3 Corps, Rangapahar



Cdt Pinseng Phonglo, VII, 95.8%



Cdt Nia Verma, VII, 95.6%



Cdt Durlabh Deka Bora, VII, 95.2%



Cdt Vijeet Priyadarshini, VI, 98.8%



Cdt Debashree, VI, 97.7%



Cdt Tejaswini, VI, 98.1%





Doyang House



- Sitting 1st Row (L-R) : Cdt Albert (House VC) , Shri Praveen Verma (Tutor), Cdt Victor (House Capt), Shri Tsonga Semp (Housemaster), Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer), Cdt Suhkabo(School Capt), Shri Kanu Barman (Sr Master), Shri Rajneesh Saroha, (Tutor) Cdt Omnyei (House VC)
- Standing 1st Row (L-R) : Cdt Mulungsen, Cdt Lhouvewu, Cdt Ishantkumar, Cdt Imnameren, Cdt Sur Salong, Cdt Pango Manjong, Cdt Kavya Prakash, Cdt Agobe Newmai, Cdt Nitesh Kumar, Cdt Imkongwapang, Cdt Kerekisier, Cdt Ravi Kumar, Cdt Pankaj Kapuriya.
- Standing 2nd Row (L-R) : Cdt Esu Lajemei, Cdt Senthangbemo, Cdt Konshangthung, Cdt Zaiwang, Cdt Mharenthung, Cdt Dzuzuto, Cdt Schneider, Cdt Adarsh Sen, Cdt Lhetkhosei, Cdt Tsumang, Cdt Abhijeet Thakur, Cdt Vino Zhimomi, Cdt Vinender Singh.
- Standing 3rd Row (L-R) : Cdt Thibuto Soho, Cdt Dolen Sangli, Cdt Chambemo, Cdt Lipan Lotha, Cdt Chumrenthung, Cdt Haomo Shiu, Cdt Aman Pratap, Cdt Yirenthung, Cdt Yanger, Cdt Rakesh, Cdt Ekagra, Cdt Sagar Jilly, Cdt Musho.
- Standing 4th Row (L-R) : Cdt Manjong, Cdt Habung Huto, Cdt Shumi, Cdt Nokchai, Cdt Kekruphiezo, Cdt Loyi Mara, Cdt Tonen, Cdt Nawang, Cdt Phassang, Ct Hamlong, Cdt Harsh, Cdt Kuveo, Cdt Enrique.
- Standing 5th Row (L-R) : Cdt Wewucho, Cdt Hitilo Seb, Cdt Ankit Kumar, Cdt Ghunaito, Cdt Priyanshu, Cdt Koj Lampug, Cdt Rahul, Cdt Mohammad, Cdt Vizo Kennao, Cdt Richin.





DOYANG HOUSE



Cdt Victor
House Captain



Cdt Albert
Vice Captain



Cdt Omnyei
Vice Captain

Doyang House stands as a beacon of holistic development within our school community, fostering a culture of excellence, camaraderie, and growth. As one of the four senior houses, we have consistently demonstrated commitment to nurturing cadets in various spheres of life, including academic, sports, cultural, and social activities. The house prides itself on promoting academic excellence among its members. The house places great emphasis on sports and physical fitness. Cadets actively participated and excelled in various sports disciplines. We celebrate the rich cultural diversity of our school community through various artistic endeavors. Cadets are encouraged to showcase their talents in music, dance, drama, and visual arts through house competitions.

Every competition, every event brought new challenges and responsibilities and we faced them with grit and courage because winning or losing never concerned us as our sole aim was to do our best. Competitive zeal and indomitable will power was found to be truly alive in the students of the house who took strength from their ongoing spirit.

Under the able guidance and motivation of our respectable house master Shri Tsonga Semp and house tutors Shri Rajneesh Saroha and Shri Praveen Verma; we have secured the mentioned positions in different competitions:

1. Winner of Inter House X - Country Championship & Athletics Meet
2. Winner of Inter House English Literary Week
3. First Runners up of Inter House Football Championship & Basketball Championship
4. First Runners up of Inter House Drill Competition & Cultural Competition
5. First Runners up of Inter House Quiz Competition & Hindi Literary Week
6. Cadet Ghunaito Kiba CI X Adm No. 1224 was adjudged as the MVP of Basketball Championship
7. Cadet S. Rito won Gold medal (in 7 Km) in Inter House X-Country Championship

In conclusion, Doyang House serves as a dynamic hub of all-round development, offering cadets a plethora of opportunities to excel academically, athletically, artistically, and socially.

Cdt Victor
House Captain





Japfu House



- Sitting 1st Row (L-R) : Cdt Sharwajeet (House VC), Shri Khogendro Ahanthem (Tutor), Cdt Chumbenthung (House Capt), Shri Brajamohon (Housemaster), Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer), Cdt Suhkabo (School Capt), Shri Kanu Barman (Sr Master), Shri Kamsuan Aloysius (Tutor), Cdt Nitoka (House VC)
- Standing 1st Row (L-R) : Nokman, Cdt Kezhalehou, Cdt Konken, Cdt Aryan Cdt Langpai, Cdt Riroli, Cdt Imliyapang, Cdt Muluve, Cdt Shivam, Cdt Unuzo, Cdt Resomong.
- Standing 2nd Row (L-R) : Cdt Nitoka, Cdt Bobika, Cdt Lebanon, Cdt Lizhu, Cdt Ajanbemo, Cdt Rohan, Cdt Chaitanya, Cdt Alok, Cdt Shivam, Cdt Machethube.
- Standing 3rd Row (L-R) : Cdt Kechavizo, Cdt Akivi, Cdt Michi, Cdt Zujanlung, Cdt Shanen, Cdt Muyuvo, Cdt Quiti, Cdt Khuvizo, Cdt Etshoke, Cdt Busong, Cdt Kumsokhiung.
- Standing 4th Row (L-R) : Cdt Keleho, Cdt Mehiti, Cdt Pachehyun, Cdt Ambrish, Cdt Dolim, Cdt Chingman, Cdt Hyulozu, Cdt Vide Paul, Cdt Hovisu, Cdt Chungdipi, Cdt Vikhwe.
- Standing 5th Row (L-R) : Cdt Nagesh, Cdt Richet, Cdt Akap, Cdt Jigmey, Cdt Lobsang, Cdt Yantsuthung, Cdt Kalum, Cdt Urjit, Cdt Karchung, Cdt Viku, Cdt Sujal Cdt Gabrio, Cdt Hemant.





JAPFU HOUSE



Cdt Chumbenthung
House Captain



Cdt Nitoka
Vice Captain



Cdt Sharwajeet
Vice Captain

We derive our name from the second-highest peak of Nagaland, the Japfu Peak. The magnificent view of the clouds from its summit serves as a constant reminder that the sky is not the limit. As cadets of Japfu House, we always aim high and approach life with unwavering optimism. Our spirit of brotherhood binds us together, and we face every challenge hand in hand, proving our worth time and again.

Reflecting on the academic session of 2023-24, we define it as a year of remarkable achievements. We conquered the challenges that lay within us, and our accomplishments speak for themselves:

1. Winner of the Inter-House Football Championship.
2. Winner of the Inter-House Quiz Competition.
3. Winner of the Inter-House Diwali Mela Competition.
4. Runner-up in the Inter-House Volleyball Championship.

We extend our heartfelt gratitude to the Principal, Vice-Principal, and Administrative Officer for their unwavering support. Their guidance helped us overcome obstacles and shortcomings. Equally deserving of our appreciation are our House Master and Tutors, who tirelessly worked to elevate us to this summit of success.

As the cadets in blue, we stand ready to conquer any challenge, much like the kings who once ruled the world. With hope and aspiration, the Japfu Kings will continue to uphold our motto: "Royal and Ever Loyal."

Jai Hind!

Cdt Chumbenthung
House Captain





Melak House



- Sitting 1st Row (L-R) : Cdt Raghav (House VC), Shri Sandeep (Tutor), Cdt Vino Zhimomi (House Capt), Shri Haakholen (Housemaster), Lt Col Leena Baja (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer), Cdt Sukhabo (School Capt), Shri Kanu Barman, Shri Uday Shankar (Tutor), Cdt Edemi (House VC)
- Standing 1st Row (L-R) : Cdt Sourav, Cdt Wang Wang, Cdt Rudra, Cdt David, Cdt Nokwang, Cdt Sainam, Cdt Orenthung, Cdt Manyok, Cdt Medono, Cdt Nzanhoni, Cdt Khamcholi, Cdt Thenekulie, Cdt Chenchu, Cdt Nganyah, Cdt Khaosai Paul.
- Standing 2nd Row (L-R) : Cdt Hirok Chakma, Cdt Runoti, Cdt Changsang, Cdt Throngtsio, Cdt Molusangle, Cdt Tienhnyei, Cdt Aryan, Cdt Arilla, Cdt Nia, Cdt Mushiu, Cdt Nepuni, Cdt Himato, Cdt Huve, Cdt Rishav.
- Standing 3rd Row (L-R) : Cdt Laxman, Cdt Kutaru, Cdt Nokcha, Cdt Piyush, Cdt Maongtemshi, Cdt Pongchaso, Cdt Kraho John, Cdt Tomthinleima, Cdt Pankhudi, Cdt Vishal, Cdt Talimoa, Cdt Machet, Cdt Kuzuve, Cdt Likato.
- Standing 4th Row (L-R) : Cdt Pragyanand, Cdt Vibile, Cdt Farhan, Cdt Zasito, Cdt Durlav, Cdt Pongom, Cdt Biden, Cdt Lokendro, Cdt Shristi., Cdt Prince, Cdt Hangchui, Cdt Heno, Cdt Vehu, Cdt Nokinketer.





MELAK HOUSE



Cdt Vino
House Captain



Cdt Edemi Nuh
Vice Captain



Cdt Raghav
Vice Captain

The house is named after a prominent river of Nagaland, Melak'. The house is nicknamed as the Titans or Maroons as the enthusiasm of cadets is always high. We demonstrate the true values of confidence and honesty. The house live up to the motto - "Where Dreams Take Flight", a reflections of one's self-confidence, desire for empowerment, and overcoming challenges. These words are the driving force in each and every cadet who gets the privilege to don the maroon T-shirt and be a part of our close knit family. It is where we create memories and learn life skills and express our style.

The competitive zeal and indomitable will - power are found to be truly alive in the cadets of the house. This spirited endeavor of the cadets brought the house laurels in many fields.

1. In Sports:
Winners of Inter-House Basketball Competition
Winners of Inter-House Football Competition
Runner-up of Inter House Drill Competition in Independence Day.
2. In Athletics:
Winner of 100 Meter Race
Winner of 200 Meter Race
Winner of 4x100 Meter Relay Race
Winner of High Jump
3. Co Curricular Activities:
Winners of Inter-House Extemporaneous Speech Competition.
Winners of Inter-House English Elocution Competition.
4. Academics:
Best House in Inter-House Overall Academics.

On behalf of the Maroon Titans, I would like to acknowledge the efforts and the never dying spirit of the School Authority, Shri Haakholen (Housemaster), Shri Uday Shankar (Tutor) and Shri Sandeep (Tutor). To conclude, I deem it my great honor to be entrusted with the responsibility of being the Captain of Melak House and can only hope for greater success and glory for my house.

"Success is not final, defeat is not fatal; it is the courage to continue that counts" -Winston Churchill

Cdt Vino. Zhimomi
House Captain





Patkai House



- Sitting 1st Row (L-R) : Cdt Gingoulal (House VC), Shri Sunil Singh (Tutor), Cdt Rishabh (House Capt), Shri Henminlal (Housemaster), , Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer) , Cdt Sukhabo (School Capt), Shri Kanu Barman (Sr Master), Shri Vijay Patil (Tutor), Cdt Prashant (House VC)
- Standing 1st Row (L-R) : Cdt Anay Bura, Cdt Vicky Kumar Pal, Cdt Roshan, Cdt Ashish, Cdt Kutho, Cdt Eletsu, Cdt Kothunee, Cdt Bongai, Cdt Lijingse, Cdt Kekhrienizo, Cdt Batsawe, Cdt Mhasivituo, Cdt Kimishi, Cdt Devert.
- Standing 2nd Row (L-R) : Cdt Meli, Cdt Prince, Cdt Bulong, Cdt Khakap, Cdt Moamener, Cdt Likhi, Cdt Anushka, Cdt Changsola, Cdt Heping, Cdt Nokiayang, Cdt Kupoto, Cdt Peven, Cdt Akivi.
- Standing 3rd Row (L-R) : Cdt zisu, Cdt Joshi Sen, Cdt Ikusa, Cdt Wangching, Cdt Ketchu Tep, Cdt Sonu Kumar, Cdt Shreyanshi, Cdt Debosee, Cdt Akhumvi, Cdt Pongon, Cdt Sulem, Cdt Helish, Cdt Kshitish, Cdt Vechuzo.
- Standing 4th Row (L-R) : Cdt Manlem, Cdt Wonchio, Cdt Ramzo, Cdt Konchamo, Cdt Sushovi, Cdt Piyush, Cdt William, Cdt Jyotika, Cdt Deepika, Cdt Vivoto, Cdt Mhasito, Cdt Chillia, Cdt Nzanthung, Cdt Tongwang.





PATKAI HOUSE



Cdt Rishabh
House Captain



Cdt Prashant Ranjan
Vice Captain



Cdt Gingoulal
Vice Captain

Patkai House is named after the famous Patkai mountain range and is popularly called the 'Champs'. The colour of the house orange represents courage and bravery. Discipline and hygiene are two important virtues the cadets of the house always strive for in life. The cadets build up good bond and camaraderie and work tirelessly to make the house the Champion House for the Academic Session 2023-24.

After a spell of seven consecutive years of holding the honour of the coveted COCK HOUSE TROPHY, Patkai House tasted the bitter fruit of defeat as the house failed to lift the trophy in the academic session 2023-24. Nevertheless, the house has proved its mettle by excelling in almost all spheres. They are listed below:-

1. The Winner of Inter-House Drill Competition for junior category.
2. The Winner of Inter-House Diwali Mela Competition.
3. The Winner of Inter-House Hindi Pakhwada Competition.
4. The Runner-up of Inter-House Cross Country for junior category.
5. The Runner up of Inter-House Athletics Competition.

The endeavour of the Patkai House cadets is to gain back its glory and win the COCK HOUSE TROPHY in the Academic Session 2024-25 and prove once again that we are truly the CHAMPS.

VIVA LA CHAMPS
VIVA LA PATKAI HOUSE

Cdt Rishabh
House Captain





Saramati House



- Sitting 1st Row (L-R) : Cdt Aditya (House VC) , Kum Roopa Bhati (Tutor), Cdt Lobsang Chonden (House Capt), Shri Suvam Banerjee (Housemaster), Lt Col Leena Bajaj (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer), Cdt Suhkabo (School Capt), Shri Kanu Barman (Sr Master), Shri Nicholas Kamei (Tutor), Cdt Jeffrey Kithan (House VC)
- Standing 1st Row (L-R) : Cdt Reguilungbe, Cdt Sammer, Cdt Arhousie, Cdt Hongkup, Cdt Beso, Cdt Geli Riba, Cdt Cidibe, Cdt Kizaiyibo, Cdt Khyobemo, Cdt Zujanbemo, Cdt Ponzei, Cdt Shivam, Cdt Ghuto.
- Standing 2nd Row (L-R): Cdt Rupesh, Cdt Bendangsoba, Cdt Kheantithong, Cdt Zashika, Cdt Wangshinok, Cdt Kaikho, Cdt Khumdilong, Cdt Unuku, Cdt Pranav, Cdt Ayush, Cdt Senyeshelo, Cdt Abhishek.
- Standing 3rd Row (L-R) : Cdt Binod, Cdt Rizo, Cdt Chernyang, Cdt Mewete, Cdt Aditya, Cdt Anok, Cdt Hanshang Chuba, Cdt Kuputo, Cdt Satvik, Cdt Henom, Cdt Rishab, Cdt Aimong Elitre, Cdt Rokovituo, Cdt Azike, Cdt Phonglon.
- Standing 4th Row (L-R) : Cdt Metenliabo, Cdt Kezha, Cdt Cheno, Cdt Pemba, Cdt Thongshiu, Cdt Vithetho, Cdt Ihuding, Cdt Atong, Cdt Oponthung, Cdt Shanjo Shitri.





SARAMATI HOUSE



Cdt Lobsang Chonden
House Captain



Cdt Jeffrey
Vice Captain



Cdt Aditya
Vice Captain

Saramati house stands as a testament to ideals of excellence, unity and discipline that are the core of our school ethos. This house is named after the highest peak of Nagaland "Mt.Saramati". The house believes in the motto "Learn to Lead, Lead to conquer". Over the years, Saramati house has distinguished itself in various fields, setting benchmarks for other to follow.

In academics, Saramati house has consistently produced top performers, showcasing dedication and hard work of cadets. This commitment to excellence extends beyond the classroom excelling in sports, arts, culture and co-curricular activities. The achievement of the house during the academic year 2023 – 24 are as follows:

1. The house bagged the first position in Inter House Volleyball Championship.
2. Winner of Inter House Hindi Literary Week.
3. The house bagged second position in the Diwali Mela Competition.
4. The house was adjudged as runner up in Inter House Drill Competition.
5. The house bagged the second runner up in the Inter House Football Championship.
6. The house secured the second runner up in the Inter House Basketball Tournament.

Besides the achievement mentioned above, there were some individual cadets who brought laurels to the house. Cdt Sukhabo B Kiho was awarded gold medal in the short put and Javelin throw in senior category. Cdt Shanjo was the winner in Long Jump senior category.

I extend heartfelt gratitude to the school management for their support throughout the year. The guidance and efforts have been invaluable, inspiring us to excel. We look forward to continue to succeed and bring laurels to the school.

Cdt Lobsang Chonden
House captain





Tizu House



- Sitting 1st Row (L-R) : Cdt Yongseng Peong (House VC), Shri Rabidas Sinha (Tutor), Cdt Vizi Annar (House Capt), Shri Ashok Kumar Das (Housemaster), Lt Col Leena Bajaj, Col Arvind Nautiyal, Lt Col Sudhir Jakhar, Cdt Sukhabo, Shri Kanu Barman (Sr Master), Shri Daile Mao (Tutor), Cdt Bomkar (House VC).
- Standing 1st Row (L-R) : Cdt John Taksing, Cdt Wekeho, Cdt Mastufa, Cdt Baythang, Cdt Thatsuli, Cdt Sentile, Cdt Shauhong, Cdt Imnakhumba, Cdt Ntssongthung, Cdt Richard Ezung, Cdt Ashaba Sangtam.
- Standing 2nd Row (L-R) : Cdt Bomnit, Cdt Takosunep, Cdt Chirag, Cdt Vishwajeet, Cdt Methna, Cdt Nrakpei, Cdt Imlinuba, Cdt Vikothelie.
- Standing 3rd Row (L-R) : Cdt Tsuyihba, Cdt Musho, Cdt Hoamo, Cdt Aridi Annar, Cdt Ndaliang, Cdt Mushiu, Cdt Akhumba Chang, Cdt Deep Prakash.
- Standing 4th Row (L-R) : Cdt Joybrata, Cdt Akhrizo, Cdt Kundan Kumar, Cdt Hikano, Cdt Mharemo, Cdt Bizo Tetso, Cdt Richard, Cdt Banghs Asish, Cdt Sukru, Visier, Cdt Yazei, Cdt Pawan Kumar Raj, Cdt Tayhem.
- Standing 5th Row (L-R) : Cdt Mohit Janger, Cdt Nenyalo Magh, Cdt Abhishek Kumar, Cdt Shivam Kumar, Cdt Divyanshu Pandey.
- Standing 6th Row (L-R): Cdt Peter, Cdt Kunglan, Cdt Dipayoo, Cdt Dilevi, Cdt Kumtsong, Cdt Shanthungo, Cdt Mongtsoa, Cdt Vipeka, Cdt Linjumsen, Cdt Pabhat, Cdt Bemeng, Cdt Dhruv.





TIZU HOUSE



Cdt Vizi Anar
House Captain



Cdt Yongsen Peong
Vice Captain



Cdt Bomkar
Vice Captain

The last academic year was filled with accomplishments, growth, and teamwork for the house. The house is named after the magnificent river Tizu which flows through three districts of Nagaland. The house consists of cadets from different states across India which shares a strong bond of brotherhood and always strives for excellence. The house is nicknamed as "The Wolves" which depicts power and abilities.

In Tizu House, we foster a culture of academic excellence, leadership development, and team engagement, and our house always promotes these values to develop personality and academics. Cadets were continuously groomed and molded throughout the year.

The house had a fruitful and eventful year. Our house cadets have actively participated in various academic, cultural, and sports activities, contributing to the overall development and success of our school. The house is known for its glories and achievements. Cadets participated in all the activities with full enthusiasm. Some of the notable achievements are as follows:

1. Winner of Inter House Basket Ball Competition.
2. Winner of Inter House Cultural Competition.
3. Winner of Inter House Drill Competition.
4. First Runners up of Inter House X- Country Competition.
5. First Runners up of Inter House Athletics Competition.
6. Second Runners up in Inter House Football, Quiz & Hindi Literary competition.

Apart from the above achievements, some cadets have brought laurels by their individual hard work. Some notable achievements are:

1. Cdt Pauku Meru, Adm No 1161 was adjudged the best shooter during the NCC camp.
2. Cdt Sashi Kumar, Adm No 1157 secured 2nd position in the Firing Competition during the NCC camp.

We would like to extend our gratitude to the school administration, teachers, parents, and all members of the Tizu House for their continuous support and dedication. We look forward to another year of success and excellence as we continue to strive for greatness.

Jai Hind!

Cdt Vizi Anar
House Captain





Pauna House



- Sitting 1st Row (L-R) : Cdt Thasepi (House VC), Shri Shankarshon Nath (Tutor), Cdt Ayush Kumar (House Capt), Shri Sunil Kumar (Housemaster), Lt Col Leena Baja (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer), Cdt Sukhabo (School Capt), Shri Kanu Barman (Sr Master), Shri Indranil (Tutor), Cdt Vethogi (House VC)
- Standing 1st Row (L-R) : Vengoi, Cdt Chonchithung, Cdt Kai Kam, Cdt Chetan, Cdt Khekrikelhou, Cdt G1, Cdt Tejaswini, Cdt Mayani, Cdt Tharoiching, Cdt Cdt Chingmei, Cdt Mathichun, Cdt Lavkush, Cdt Vikeduoto, Cdt Palehung.
- Standing 2nd Row (L-R) : Cdt Odisanen, Cdt Rishabh, Cdt Vera Chuzo, Cdt Aman, Cdt Yhampong, Cdt Bumo, Cdt Ashish, Cdt Haogailung, Cdt Vansh, Cdt Kalo, Cdt Anmol, Cdt Wangnei, Cdt Alfaz, Cdt Joshua.
- Standing 3rd Row (L-R) : Ohito, Cdt Harshit, Cdt Muchiu, Cdt Honlem, Cdt Ankur, Cdt Aman, Cdt Nenji, Cdt Ongharhoni, Cdt Chemthong, Cdt Lennier, Cdt Kenienguzo, Cdt Thongo, Cdt Harshit, Cdt Malengamba.
- Standing 4th Row (L-R) : Cdt Haulimchu, Cdt Lipu, Cdt Moatemsu, Cdt Chongkhangba, Cdt Mithul, Cdt Amos, Cdt Tsulu, Cdt Niketo, Cdt Krishna, Cdt Renbemo, Cdt Lamghou, Cdt Maoli, Cdt Vikash, Cdt Priyanshu.





PAUNA HOUSE



SAINIK SCHOOL PUNGLWA



Cdt Ayush Kumar
House Captain



Cdt Thasepi
Vice Captain



Cdt Vethogi
Vice Captain

As the Pauna range stands tall and boisterous by nature so did our spirits in the last session that began with zeal and enthusiasm. The academic year 2023 -24 was filled with hectic activities. There was a feeling of achievement, hope and aspiration.

The house offered the cadets a platform to develop a sense of unity and brotherhood. It was the unflagging energy, exuberance, energy, vigour and high spirit of the house cadets which made many events successful. The cadets never failed to push their way through in the journey of excellence. The year was marked with multifarious competitions in which the house was able to snatch laurels and the same was appreciated by many. Some of which are as follows:

Achievements of the house are as under:-

1. Cdt Thampong secured 1st position in Inter House X-Country Competition (6-7 Category)
2. Cdt Resomong stood 1st position in Inter House X-Country Competition (8-9 Category)
3. Cdt Ongarhoni secured 1st position in Inter House X-Country Competition (Girls category)
4. Cdt Ongarhoni participated in the All India SS National Games 2023 in Long Jump event.
4. Cdt Chetan Dahal bagged 1st position in Hindi Story Telling Competition
5. Cdt Mathichung participated in the East Zone Football Championship 2023.
6. Cdt Ankur Kumar Yadav won Gold Medal in GK & Current Affairs & Hindi Olympiad.
7. Cdt Aman Kumar was honoured with a Gold Medal in GK & Current Affairs Olympiad and the same was the International Topper in Hindi Olympiad 2023
8. Cdt Priyanshu Ranjan, Cdt Mitul Shashwat and Cdt Harshit Raj won silver Medal in Hindi Olympiad 2023.
11. Cdt Joshua Ben Kichu and Cdt Vikas Bhawaria won Bronze Medal in Hindi Olympiad 2023
13. Cdt Alok Kumar won Bronze Medal in GK & Current Affairs Olympiad 2023
14. The house lifted the Inter House Quiz Competition and Cross Country Competition trophies respectively.

All the activities during the year would not have been successful without the support of our housemaster and tutors. We would like to express our gratitude to the school management for the constant support and encouragement. The house would continue to put in its best to reach greater heights and soar higher in future.

JAI HIND!

Cdt Ayush Kumar
House Captain





Shilloi House



- Sitting 1st Row (L-R) : Cdt Bhola Kumar(House VC), Shri Vijay Kumar (Tutor), Cdt Pawan Kumar (House Capt), Shri Keshav Chhetry (House Master), Lt Col Leena Baja (Vice Principal), Col Arvind Nautiyal(Principal), Lt Col Sudhir Jakhar (Adm Officer), Cdt Sukhabo (School Capt), Shri Kanu Barman (Sr Master), Shri Mani Kanchan (Tutor), Cdt Thangpong (House VC)
- Standing 1st Row (L-R) : Cdt Abhas, Cdt Adhikin, Cdt Keva Nuh, Cdt Alex Thol , Cdt Sosindrao, Cdt Nahlem, Cdt Michael, Cdt Anilla, Cdt Choaling, Cdt Piseng, Cdt Nyamnei, Cdt Hage Henjhe, Cdt Mongchim, Cdt Vansh, Cdt Anif, Cdt Alpha.
- Standing 2nd Row (L-R) : Cdt Pithungo, Cdt Wonchithung, Cdt Arenlong, Cdt Mangan, Cdt Sentiwapang, Cdt Nephucheto, Cdt Lunthu, Cdt Nidhi, Cdt Varsha, Cdt Thanglam, Cdt Luckymong, Cdt Ayush, Cdt Rokovito, Cdt Kauka, Cdt Yash.
- Standing 3rd Row (L-R) : Cdt Shanjamo, Cdt Lanchenba, Cdt Shahlung, Cdt Jairaj, Cdt Mhasinizo, Cdt Vikas, Cdt Longkoi Grace, Cdt Zerola, Cdt Diana, Cdt Vijeet, Cdt Ningpao, Cdt Itishe, Cdt Asokenye, Cdt Ashik Rajpoot, Cdt Ampungsangle.
- Standing 4th Row (L-R) : Cdt Raj Gupta, Cdt Haiminglungbe, Cdt Raj, Cdt Sangto, Cdt Majushree, Cdt Anisha, Cdt Debosmita, Cdt Saksham, Cdt Abhay, Cdt Yash Raj.





SHILLOI HOUSE



Cdt Pawan Kumar
House Captain



Cdt Thangpong
Vice Captain



Cdt Bhola
Vice Captain

Exemplifying the spirit of 'Sharvada Sharvottam' the Shilloi Warriors transcended all expectations by adorning the academic year 2023-2024 with their meritorious performance in various spheres. Each child is an individual with his or her own unique abilities, interest, aspirations and expectations. In pursuit to encourage and motivate them to become self-confident, self-reliant and self-disciplined and to help them achieve their full potential, the cadets were groomed and nurtured by house master and tutors.

The house cadets are evocative, expressive and thoughtful and because of which they excelled in almost all spheres. The inflexible and meticulous efforts of the cadets made the house succeed in numerous competitions under the true guidance of our house master and tutors. Some of the major achievements during the last academic session are as under:

1. Cdt Mharemo C. Murry stood 1st position in 400 Mts and 5th position in Cross-Country Competition respectively.
2. Cdt Prabhat Kumar Hulchul was adjudged the 1st position in Shot Put event.
3. Cdt Richard secured 3rd position in Triple Jump event.
4. Cdt Vikothelie finished 2nd position in Long Jump event.
5. Cdt Yash Raj was the winner in Discus throw.
6. Cdt Thangpong participated in the Group E Intra East Zone Football Championship and his team was the winner. Furthermore, he again participated in the Inter Zonal and his team was the Runner's Up in the event.
7. Cdt Bhola Kumar was the winner in Hurdle Race event.
8. Cdt Arif secured 2nd position in Hindi Pakhwada event.
9. Cdt Abhay Kumar finished in 3rd position in the East Zone Championship in Long Jump event.
10. Cdt Pithungo was adjudged the 1st position in 200 mts race.

Our House also bagged the 1st position in Inter-House Cultural Competition and also emerged as the Runner's up in Inter-House Volleyball Competition.

The 'Shilloi Warriors' have many more dreams to achieve. As a team we pledge to walk together under the guidance of our housemaster and tutors. We are thankful to the Principal, Vice principal and Administrative officer for their continuous guidance and for the faith reposed in us.

Cdt Pawan Kumar
House Captain





Dhansiri House



- Sitting 1st Row (L-R) : Cdt Chonchinthung (House VC), Cdt Hirok (House VC), Cdt Priyanshu Ranjan (House Capt) Smt Sangeeta (Housemaster), Lt Col Amit Chaudhary (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer), Cdt Sukhabo (School Capt), Shri Kanu Barman (Sr Master), Smt Charani Kollo (Tutor), Smt Moumita Adhikary (Tutor)
- Standing 1st Row (L-R) : Cdt Mhonchumo Lotha, Cdt Mughaka Awomi, Cdt Longmay Konyak, Cdt Yoton, Cdt Benjonkokla, Cdt Neikhotso, Cdt Henjo Vaiphei, Cdt Meizian Pamei, Cdt Pongai Phom, Cdt Nyanbemo
- Standing 2nd Row (L-R) : Cdt Mhasitu(House VC), Cdt Natha Odyuo, Cdt Sushant Kumar, Cdt Genevieve, Cdt Galeen Girisa, Cdt Gaithuillu, Cdt Prisha Singh, Cdt Kaimang Chaba, Cdt Lhuveto Sworo, Cdt Chongougim Hansing, Cdt Samar Singh, Cdt Devert Tripathi (House VC)
- Standing 3rd Row (L-R) : Cdt Namit, Cdt Aashish Raj, Cdt Tenthlei, Cdt Aripom, Cdt Priyanshu, Cdt Krish, Cdt Kuyi, Cdt Veyi, Cdt Wangsiang, Cdt Piyush
- Standing 4th Row (L-R) : Cdt Shaurya, Cdt Pritam, Cdt Ratnesh, Cdt Prajjual, Cdt Arihant, Cdt Jivyanish, Cdt Madhav, Cdt Borish, Cdt Kailash, Cdt Bukjom





DHANSIRI HOUSE



SAINIK SCHOOL PUNGLWA



Cdt Priyanshu Ranjan
House Captain



Cdt Mhasivito
Vice Captain



Cdt Hirok
Vice Captain

The year started with the heated activities of the school and the house cadets were overwhelmed to delve into the remarkable journey of a Sainikian. The house seeks to promote a culture of intellectual curiosity, inspiring cadets to explore new realms of knowledge. The house focuses on cultivating leadership skills and ambitions, empowering cadets to pursue their goals with confidence and determination. The house aims to enhance inter house unity through collaborative initiatives.

The house has been a hive of activity participating in various events that showcase the talents and skills of the house. The house not only had many laurels to its name but also a profound experience, unforgettable memories and a legacy for successors to carry forward.

Some of our achievements during the session 2023-2024 are:

1. Cdt Adhikhing Sangtam secured special prize in Hindi Pakhwara.
2. Cdt Viraj Antil stood second position in Hindi Pakhwara.
3. Cdt Mohammad Farhan was adjudged second position in Inter House Cross Country Competition.
4. Cdt Rokovito Koutsu stood fourth position in Inter House Cross Country Competition.
5. Cdt Mohammad Farhan was awarded "the Best Player in the Group E Intra Sainik Schools Sports & Cultural Meet 2023" in Sub-Junior Football"
6. Cdt Laishram Daina Devi secured Bronze Medal in Reasoning & Aptitude Olympiad 2023.
7. Cdt Laishram Daina Devi secured Silver Medal in Mathematics Olympiad 2023.
8. Cdt Debashree Das secured Bronze Medal in English Olympiad 2023.
9. Cdt Lavkush Kushwah secured Bronze Medal in Hindi Olympiad 2023.
10. Cdt Viraj Antil secured Bronze Medal in GK & Current Affairs Olympiad 2023.

The house was able to achieve so much with the help, support and cooperation of our house master, tutors and guidance of the school administration without whom our journey towards victory would not have been possible. Our sincere thanks to all those who selflessly helped us to achieve our goals keeping in mind the house motto "Firm in the Waves".



Cdt Devert
Vice Captain



Cdt Chonchithung
Vice Captain

Cdt Priyanshu Ranjan
House Captain





Dzukou House



- Sitting 1st Row (L-R) : Cdt Shanjamo (House VC), Shri Ikusaappe (Tutor), Cdt Jairaj (House Capt), Smt Tombi Devi (Housemaster), Lt Col Amit Chaudhary (Vice Principal), Col Arvind Nautiyal (Principal), Lt Col Sudhir Jakhar (Adm Officer), Cdt Sukhabo (School Capt), Shri Kanu Barman (Sr Master), Smt Kaisa Krehe (Tutor), Kum Nisha (Tutor)
- Standing 1st Row (L-R) : Cdt Anash, Cdt Koushik, Cdt Bhanu Teja, Cdt Langtoongje, Cdt Iyalya, Cdt Greney, Cdt Penngam, Cdt Chonchibemo, Cdt Visu Mosa, Cdt Aryan Sinha, Cdt Keneignuzo (House VC)
- Standing 2nd Row (L-R) : Cdt Farhanhul (House VC), Cdt Kivimi, Cdt Neiyei, Cdt Mhonyamo, Cdt Boyka, Cdt Vetoulie, Cdt Tusetu, Cdt Arouvi, Cdt Reizuo, Cdt Girik, Cdt Lakshya, Cdt Ayush
- Standing 3rd Row (L-R) : Cdt Kevinto, Cdt Asukito, Cdt Manjeet, Cdt Harsh, Cdt Soumya, Cdt Linoto, Cdt Aleya, Cdt Jonglam, Cdt Ayush, Cdt Roshan, Raj (House VC)
- Standing 4th Row (L-R) : Cdt Aryan, Cdt Sushant, Cdt Anand, Cdt Abhishek, Cdt Manjun, Cdt Angel, Cdt Precious, Cdt Manish, Cdt Pishit, Cdt Govind, Cdt Divyanshu





DZUKOU HOUSE



**"THINK ABOUT YOUR DESTINATION, BUT DON'T WORRY IF YOU STRAY.
BECAUSE THE MOST IMPORTANT THING IS, WHAT YOU HAVE LEARNED ALL THE WAY."**

Dzukou House stands as a beacon of unity and excellence in the school. The house comprises cadets from diverse background and talents. The desire to win was the driving force of Dzukou House which inspired all the cadets to put in their best and participated in almost all the events and other house activities.

The house develops the mental ability, physical fitness and overall character of the cadets. The cadets are taught to be disciplined, kind and thoughtful to others. Overall the house teaches them a sense of responsibility and turns them into brave and confident leaders of the future.

Some of the cadets' achievements of our house during the session 2023-2024 are as follows:

1. Cdt Tejaswi Kumari bagged Silver Medal in Science and Mathematics Olympiad.
2. Cdt Vaibhav Antil was awarded Silver Medal in Sanskrit Olympiad.
3. Cdt Kshitij Prasar bagged Bronze Medal in Reasoning Olympiad.
4. Cdt Sourav Sharma got Bronze Medal in Hindi Olympiad.
5. Cdt Piyush Kumar got Bronze Medal in Hindi Olympiad.
6. Cdt Moali Yimchunger was awarded certificate for achieving 7th position in Cross Country.
7. Cdt Lanchenba Pechimayum participated in the All India Sainik School Sub Junior Inter Zonal Football Tournament held in Sainik School Goalpara, Assam.
8. Cdt Vijeet Kumar Priyadarshi stood first position in Spell Bee Competition held during English week.
9. Cdt Tejaswi Kumari secured second position in Spell Bee Competition held during English Literary Competition.
10. Cdt Vaibhav Antil achieved first position in Hindi Poem Recitation Competition held during Hindi Pakhwada
11. Cdt Chingmei S Konyak stood third position in Hindi Poem Recitation Competition.



Cdt Jairaj
House Captain



Cdt Farhan
Vice Captain



Cdt Keneinguzo
Vice Captain



Cdt Raj
Vice Captain



Cdt Shanjamo
Vice Captain

Cdt Jairoj
House Captain





HOBBY CLUBS

EKLAVYA ARCHERY CLUB

If there is one activity which teaches us to aim for the goals with utmost determination – it is archery. Today Archery is not only viewed as a form of art and sport but it's a gateway to a multitude of benefits that foster physical, mental, and emotional growth in children. Sainik School Punglwa aims to provide holistic education by balancing academics with extracurricular activities. The school incorporated Archery as one of the club activities to enrich cadets' learning experience across the curriculum which brings attention, concentration and determination in the mind of cadets.

The archery club's primary goals are

- (i) To encourage cadets to take up archery as a pastime.
- (ii) To hone shooting techniques
- (iii) To prepare them for competition in the future by becoming experts in the same field.
- (iv) To achieve physical and mental fitness.
- (v) It assists a shooter in developing strong synchronization.

Mr Shankarshon (Incharge)
Mr Sandeep (2nd Incharge)



CYCLING CLUB

Education is not limited within the four walls of the classroom. Extracurricular and co-curricular activities have become a part of education. In an attempt to impart knowledge which is beyond books, Cycling Club of the school organises activities in a weekly basis to hone the skills of cadets. The club offers many benefits for cadets, encompassing physical, mental, and social well-being. By incorporating cycling as an activity into daily routines, cadets can enjoy improved physical fitness, enhanced mental health. It enables the cadets to socialise, connect with peers, and build camaraderie. It also promotes valuable life skills such as independence, responsibility, and teamwork, preparing cadets to thrive in all aspects of their lives. The club encourages cadets to embrace cycling as a fun and rewarding activity that promotes holistic development and fosters a lifelong commitment to health and wellness. The club members comprised cadets of class VIII, IX and X.

Mr Sunil Kumar (Incharge)
Mrs Sangeeta (2nd Incharge)





ECO CLUB

Earth provides enough to satisfy every man's needs, but not every man's greed.
– Mahatma Gandhi

Eco clubs in the school empowers cadets to participate and take up meaningful environmental activities and projects. It is a forum through which cadets can reach out to influence neighbourhood communities to promote sound environmental behaviour. The members of the club pledge to work in an environment friendly manner which includes cleanliness drive, saving electricity, plantation in and outside of the school campus. These activities are carried out on regular basis i.e on every Friday of the week and on special days. On such occasions the cadets clean the school campus, manure the saplings, water the plants etc. These activities bring awareness in the cadets to save environment. The Eco club is popularly known in the school as "The Green Marks of the school"

Mr Kanu Barman (Incharge)
Mr Praveen Verma (2nd Incharge)



AIR RIFLE SHOOTING CLUB

Club activities in school develop skills that are not typically taught in the classroom. It offers cadets a well-rounded education by nurturing academic and non-academic skills. It fosters personal growth and enhances their social and emotional development making club activities an essential part of the school.

Sainik School Punglwa has an Air Rifle Shooting Club and trains the cadets in the shooting sport. As part of activities cadets are made familiarized with the parts of the air rifle and functionalities. The club organises target shooting practices and competitions on every Friday of the week. The cadets get first-hand experience of the shooting sport which greatly enhanced their proficiency in future training as NCC cadets.

Mr Henminlal (Incharge)
Mr Vijay Patil (2nd Incharge)





C. V. RAMAN SCIENCE CLUB

C. V. Raman science Club is named after an Indian physicist, who was the first Asian person to receive a Noble Prize in Physics.

The main objective of science club is to develop cadet's interest in science and scientific hobbies and also to develop their skills in fieldwork and project presentation.

- Activities:-
- i) Visiting science laboratories of school and conducting experiments.
 - ii) Field trip within the school campus.
 - iii) Visit to Science Park.
 - iv) Participating in quiz conducted by WWF.

Through the science club the learning of science becomes joyful and cadets learn things without the conscious effort on their part and pursue it as a pleasant hobby.

Mr Brajamohon (Incharge)
Mrs Moumita (2nd Incharge)



HINDI CLUB

Literature is known as the mirror of society. Considering the importance of Hindi language and literature, Hindi Club of the school provides a platform for cadets to develop their literary skills at the practical level, creating poetic paths, debates, speech, drama units, writings etc. as per one's interest. Connecting Hindi and literature with the mind is the purpose of the club.

Here the class is not formal like the ordinary classes but the students are made to develop their skills through various activities. Hindi is not just a language or a medium of expression but a heritage of our culture and witness of our civilization. The literature of Hindi itself states the journey of our development, story of our struggles, social and political revolutions. During the club activity, cadets are introduced to the rich literature of Hindi and they are made aware of the various genres of literature. Keeping practical life and creative imagination in focus, efforts are made to make students proficient in writing and reading skills.

Miss Kavya Thakur (Incharge)
Mrs Tombi Devi (2nd Incharge)





ART CLUB

The Art Club is to bring out the hidden talents of the cadets to limelight. Art and Cultural Competitions were held every year. The Fine Arts Club has identified a set of talented youngsters who participate regularly in the Independence Day, Republic Day, Annual Day and all other Festivals. They are invited from time to time to showcase their skills. They have won rich laurels in all these occasions.

The Fine Arts Club thus provides a channel for exhibiting the varied talents of the students. An art is anything that brings the divine experience of aestheticism. It sets the tune to life and quite an inevitable factor of the student community. The Club believes in the unfathomable power of arts in identifying and celebrating the humaneness in the mechanical minds in the current world.

This club is also entrusted with the serious task of continuing the tradition of perpetuating the artistic vibe and spirit in the campus. The club also took up the task to beautify the school campus by painting motivational Murals Art and make statues (National and State Birds, State Animal and Old Cannon models).

Mr Dailee Mao (Incharge)
Mrs Charani Kollo (2nd Incharge)



MUSIC CLUB

The Music Club of Sainik School Punglwa has been an integral part of our school's extracurricular activities, providing cadets with a platform to explore their musical talents and foster a sense of camaraderie through the universal language of music. Every Friday, the Music Club organizes a series of engaging and

enriching activities which aims at promoting musical appreciation, skill development, and collaboration among cadets.

The weekly Music Club activities typically commence with a brief gathering where members discuss upcoming events, share musical insights, and brainstorm ideas for future activities. This fosters a sense of belonging and encourages active participation from all members.

Furthermore, the club actively participates in school events and celebrations, providing musical accompaniment for assemblies, performances, and special occasions. This not only showcases the talent and dedication of club members but also enhances the overall ambiance and spirit of the school community. The club's weekly activities serve as a testament to the power of music in enriching the lives of cadets and fostering a sense of unity and creativity within our school community.

Mr Tsonga Semp (Incharge)
Mr Nicholas Kamei (2nd Incharge)





COL BS RATHORE RIDING CLUB

The school is proud to introduce Col BS Rathore Riding Club, a unique and exciting extracurricular activity that combines physical skill and mental focus. It also offers cadets a unique opportunity to engage with equestrian sports while developing a range of skills, including discipline, responsibility, and physical fitness. The club provides a structured environment where cadets can learn about horse care, riding techniques, safety protocols and the broader aspects of equestrianism.

Mr Sunil Singh (Incharge)
Mr Haakholen (2nd Incharge)



THE ENGLISH LITERARY CLUB

The Tagore English Literary Club stands as a beacon for literature enthusiasts, aspiring writers, and avid readers alike. It serves as a platform where individuals come together to celebrate the richness of the English language, delve into literary masterpieces, and cultivate their passion for writing and storytelling.

The primary objectives of the club are: promoting literacy, enhancing language skills, cultivating creativity and facilitating intellectual discourse. Activities and initiatives initiated according to the club are like book discussion, writing workshop, literary events, competitions and contests, community outreach. English literary club offers opportunities for personal growth and self-expression, allowing individuals to discover and nurture their creative talents in a supportive environment. The club serves as a haven for literature enthusiasts to explore, learn, and grow in their appreciation of the written word. By fostering a culture of creativity, intellectual curiosity, and camaraderie, the club enriches the lives of its members and contributes to the vibrant tapestry of literary culture within the community.

Mr Mani Kanchan (Incharge)
Mrs Kaisa krehe (2nd Incharge)





Cadets' recitation on National Youth day



Patriotic song being sung by cadets



Patkai House receiving the trophy of Hindi Pakhwara



Japfu House receiving the Inter House Quiz trophy from Offg Principal



Cdt Rishab Negi being felicitated by Col Arvind Nautiyal, Principal



Cdt Arif receiving book prize from Col Arvind Nautiyal, Principal



Cdt Aditya receiving certificate from Col Arvind Nautiyal, Principal



Cdt Rishabh Mishra bagging a book prize during Hindi Saptaha



Cdt Santosh receiving a prize from the Principal

हिन्दी & English Compositions



Mr Dailo Mao (Art Master) demonstrating on the successful launch of Chandrayan-3 to the local populace



Inter House Group Discussion



Inter House Extempore Competition



Inter House Lecturette Competition



Tiranga

Oh! tiranga
My tiranga

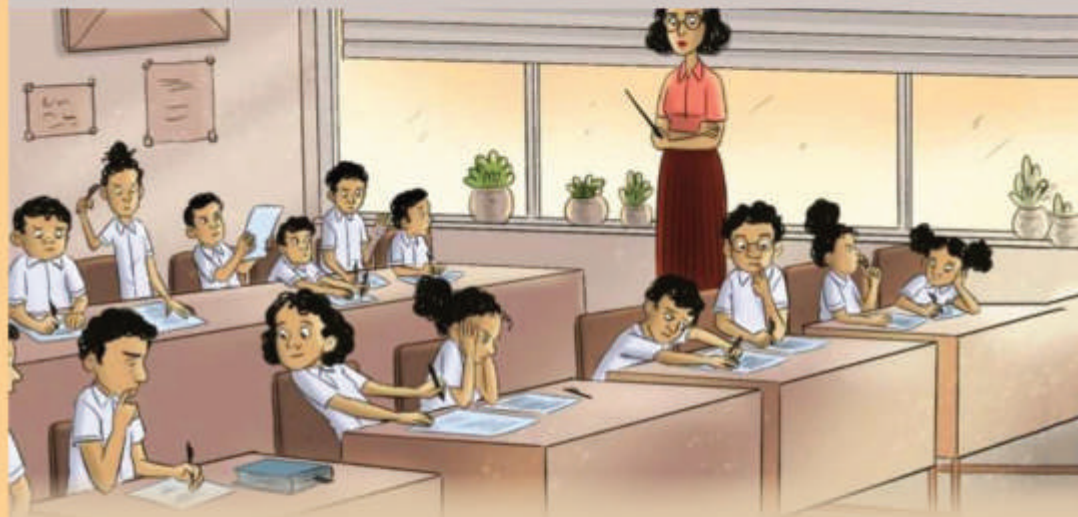
Oh! tiranga, my tiranga
So colourful and bright
The outcome of sacrifices
Of many valiant lives
Soar high in the sky
Oh tiranga, my tiranga

Oh! tiranga, my tiranga
With its three bright colours
The colour saffron
Defining strength and courage
The colour white
Signifies purity of heart
The colour green
Signifies growth and prosperity
Oh! tiranga, the flag we uphold
With pride in our heart
Oh! tiranga, my tiranga

Oh! tiranga, my tiranga
The flag that holds
The memories of the past
From the struggle for independence
To the celebration for independence
Oh! tiranga, my tiranga.



Cdt Zademo
Adm No 1305



EXAM

Exams are here!
Exams are here!
Tension and fear are everywhere
Fear of exam is so high,
If one feels as the brain got fired for some.
Exams are like ghost
By studying the whole night, the body gets roasted.
But the fact is
One should not fear exams
As they give us success in life.
Exams make us intelligent and wise.
Exams are here!
Exams are here!



Cdt Piyush Ranjan Patel
Adm No. 1708



MY TEACHER

Thank you, my teacher, for being there;
 All the time when the sky was grey
 Thank you, my teacher for lending an ear.
 When I had things to say
 You showered love on me lavishly.
 When no one seemed to care
 You brought me untold joys.
 To fill my heart with moments of gold.
 I would have felt isolated and lonely;
 If you had not been there.
 I lack the words to let you know
 How much you mean to me.
 But I will profusely thank God for you
 Until eternity.



Cdt Sourav Sharma
 Adm No 1728



PLEASE PAY ATTENTION

My dear NCC Cadets, please pay attention,
 I have few things to mention here.
 When you enter the School gate,
 Be sure that you are never late;
 Listen to what your teachers say
 Increase your knowledge day by day
 You should go to school and aim
 To be great and learned.
 If teachers scold you, never mind
 It is the teaching of its own.
 This is the precious time you must realise
 you will be sorry otherwise
 Be obedient and smart.
 Then you will pull easily the life's cart
 These things are always great and beneficial.
 Draw it in your own mind and just test it.
 These are few things I wanted to mention here
 My dear NCC Cadets, please pay attention.



Lt Sunil Kumar Antil
 (ANO, Senior Division)





Memory of the Gone

There exist a feeling
Of love and regret
For the people
Who loved me unconditionally.
Why did I not stay happy
When I was with them?
For the ignorance I had
Is what makes me repent.
Now they have gone far
To where I'll come;
But till then,
I will hold on
To every memory of them.



Cdt Etsokhe
Adm No 1384



NCC: A Moment of Life

Right dress, right place, right time,
We learn to live
And live to learn,
To live in the jungle
To do camping
To do trekking
To do shooting
Be disciplined, be united.

NCC teaches,
Live at the moment
To live a life
To be compassionate to others,
To respect others
To live in the society
Be disciplined, be united.

The NCC helps
To make a boy gentleman
To produce leadership quality
To produce spirit of adventure
To become officers in Armed Forces
To provide suitable environment; to live a life,
To be disciplined and united
Right dress, right place, right time.



Cdt Ayush Aryan
Adm No 1096



BE ASHAMED TO BODY-SHAME

Hearing negative comments about your appearance can impact your body image and leave you anxious, embarrassed and self-conscious. But there are ways to manage critical comments and accept oneself.

Actually body-shaming involves humiliating someone by making inappropriate or negative comments about their body size, shape or features. It can be experienced by anyone whether he or she is fat or thin. The most common comments by those who do body-shaming are "Why are you so thin? Your parents don't feed you?", "Why are you so giant? You really don't look like your age". "Oh! my god! Her lower body is so big and especially her thighs!" or "Don't wear like this, you look so weird because of your pants!" and more! These are the comments that teenage girls or boys receive. And because of these comments, we may sometimes even engage in negative self-talk because our mind is not matured enough, such as "I feel so fat today" or "Shall I wear that dress because what if they say anything today yet again?"

The act of body shaming can be carried out in person or through the internet and social media and can be done by your siblings, best friends or people you are not close to.

Even when it is done in a joking manner, remarks about what you wear or what you eat constitute body shaming. For example, if a girl wears a khaki colour pant and if it looks curve at the back, her friends be like it looked so weird and awkward. They even "advised" not to stand in front of boys or hide her back

portion. I know they are concerned for us. But for me, I would suggest to first change their stupid and dirty mindset. They should tell in a civil positive way and think positive. In fact they should encourage us to wear without those insecurities. It really hurts our sentiment and somehow lowers our confidence level. Due to these reasons we feel insecure to walk with your friends and scared to even respond to our teachers. And it is clearly not an overthinking. In fact such things can lead to stress, stage fear, and lowers your self confidence. And it is not healthy for our mental health.

I am mentioning mostly about a girl as an example because I have experienced myself and saw many girls suffering through "body- shaming."

Every one of us are the artwork of almighty God. He has given and blessed us with very unique features. So we should be grateful for what we are and how we look like. And never change yourself just for the sake of others. Lots of people will agree that they body-shame people just for the sake of fun or joke but in fact that joke really hurts. We should treat our self with kindness and understanding. Experiencing body-shame can be extremely stressful.

Relaxation techniques such as exercise, meditation and deep breathing exercises are all good ways to prevent us from being overwhelmed by negative experiences. Instead of being crushed by negative messages, we should be happy with our body and don't body-shame others.

We are all special in different ways. So the next time you feel tempted to pass a comment on someone's appearance please remember that it is you who has to first change your stupid mindset because it is weirder than how others look like with their precious body."



Cdt Schneider Lairenjam
Adm: DS-26





CLEANLINESS

It is rightly said that cleanliness is next to godliness. It is to be noted that even a dog cleans a place with its tail before sitting. Cleanliness adds charm to life. Even the greatest lover of children is more likely to pick up a comparatively cleaner child to hug it with love and affection. It is true that a mother loves her child in whatever form and shape. But an outside observer is not that blinded with love like a mother. Cleanliness is essential for good health. It is in the unclean atmosphere that all the diseases causing bacteria, mosquitoes and flies flourish. Hence, we must take all pain to keep our body, clothes, houses and surroundings neat and clean. Children should be given lessons on cleanliness from the very beginning. They should be taught body hygiene. They should be asked to have daily bath and to change their clothes often and put on clean and well washed clothes only. They must brush their teeth regularly. They should wash their hands before eating and take only clean food and pure water.

At school, children should be made to sit on properly cleaned chairs and benches. The elders should act as role models for children. At higher levels, the municipalities should be pressed to clean drains and sewages regularly. If all steps are taken at local, state and national levels to observe cleanliness in letter and spirit then our country will be a better place to live in.

Cdt Debashree Das
Adm No 1790



FRIENDSHIP



Friendship is an essential element of the human experience which enriches our lives in countless ways. It's more than just having someone to talk to, sharing moments of love, supporting each other through the high's and low's in one's life.

True friendship is built on a foundation of shared experiences and the respect that we give to each other. Friendship creates a safe space where we can truly be ourselves.

Friendship knows no boundaries of time or distance. Whether it be a video call, a quick text or just a handwritten letter, the bonds of friendship remain strong, providing comfort and support in both the good and bad phases in one's life. Friends challenge us to be our best selves, friends encourages and motivates us, and also celebrates our success.

The moments that we spent with our friends is not measured by the number of breathes we take, but by the moments that take our breath away.

So, let's take a moment to appreciate the beauty of friendship and the special people who make our lives brighter. Let's cherish the moments we share, the memories that we create with each other and also the support and love we give and receive because in the end it's our friendship that truly make life worth living.

Cdt Nitoka Zhimomi
Adm No. 1300





EDUCATION SANS MORAL VALUES IS DEGENERATING TODAY'S YOUTH

The much prominent educational psychologist E.A Gates described "Education as the modification of behaviour" and Nelson Mandela had rightly said that "Education is the most powerful weapon which you can use to change the world." These quotes sum up the cardinal importance of education in a person's life. And when moral values combine with education, it becomes more vital. It can change people, communities, entire nations and the future of humanity. Education sans moral values is degenerating the young minds. Moral values are an integral part of what makes us humane and they are standards that help an individual choose between right and wrong or good and bad. Moral values make the reputation of a person in a society. Education alone cannot create great personalities but when it is accompanied by values then the results could be miraculous. There are many educated people who rose to fame but what is the use of that education which is loathsome to humanity. Akbar was uneducated but during his reign, his subjects had enjoyed full religious freedom because of his moral values. Values also reflect the character of a person and his ideology. Education and values both can make a nation great. But in today's mundane world, are we attaining the education which has moral values? For me its answer is "No". It pains me to notify the loopholes in the present scenario of the education system. The education in the on-going context teaches us how to pass exams, how to earn a living, how to show oneself superior to others with extra bits of knowledge. It fails to underscore learning to respect others, help others and forgive others. Today, education has just become a tool of earning money as much as possible. Coaching institutions



just charge high fees from the students and students pay it for just getting some kind of employment in future. Imparting such kind of education for the lure of money is perilous to our society and by attaining such education, the literacy rate is increasing but human values are on the decline. The incidents which we face in our daily life like younger generation is not giving time to their parents or grandparents are the result of lack of values in education. This kind of education promises us to get jobs but denies us of our basic moral obligation.

The National Education Policy 2020 also states that education is not only to get employability but also to understand the values that are imparted to students. Let us take an example of Social Science subject and its modules like constitution of India, Fundamental rights and duties, Nationalism which is taught in the classrooms. These are taught not only





for examination purpose but to appreciate its values and incorporate it in real life situations and become responsible citizens.

Education with values teaches us the way of living a life. Educated were Gandhiji and APJ Abdul Kalam and educated are today's leaders. The former personalities life was full of values one has worked for our nation's freedom and one has inspired many generations by his works.

Acquiring education without values means we are just transferring humanity and generations from darkness to gloominess but attaining education with values means taking generations out of darkness to a prosperous world. Those were values which forced Gandhi to fight against untouchability, forced Mandela to raise against racism, and galvanized Bhagat Singh to lay down his life for his nation. Even Albert Einstein, as it is said, encouraged his students to become man of values not man of success. But presently, the incidents of youngsters joining terror groups are the most horrible testament of how education sans values can prove not only futile but fatal to mankind.

In today's society people are educated but still practice untouchability, racism, rapid rise in crimes and killings; younger generation is just confined to the pleasures of life, reluctant to come out from their comfort zone and not concerned for the nation. These are all the results of lack of values in education. Inculcating good moral values in the young minds is the need of the hour if we are to save mankind before it is too late.



Cdt Peter Mongtson
Adm No 1306



EMBRACING MENTAL HEALTH AWARENESS IN TEENAGE YEARS

In the bustling corridors of high schools, the importance of mental health awareness among teenagers cannot be overstated. Adolescence, a whirlwind of changes and challenges, demands attention to the well being of young minds. Despite its prevalence, stigma often cloaks discussions about mental health, inhibiting many from seeking help.

Breaking this silence is paramount and important. Empowering teenagers with knowledge about mental health and providing avenues for support can transform lives. Early intervention and access to resources offer lifelines to those navigating turbulent emotions. By fostering resilience through mindfulness and supportive communities, we pave the way for healthier futures.

In essence, nurturing mental health awareness among teenagers is not just a duty but a privilege. It is a commitment to creating environment where young minds thrive, where struggles are met with understanding and where every individual feels valued and supported on their journey to well being.

"It's okay to not be okay, it's not okay to stay that way."



Yantsuthung odyuo
1503



IF THIS EARTH WAS MY KINGDOM

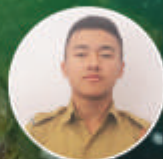
If this earth were my kingdom, imagine the possibilities that would unfurl before us. Picture a world where the lush forest, towering mountains and pristine oceans are not just landscapes but cherished treasures that we protect and nurture with unwavering dedication.

In this kingdom, innovation would be our guiding light. We would harness the power of renewable energy sources, unlocking the potential of sun, wind and water to fuel our progress without harming the planet. Science and technology would be wielded to heal wounds inflicted upon the earth, restoring lands by pollution and climate change.

The heart of this kingdom would beat with compassion. We would extend our care to all living beings- human and animal alike. Through sustainable practices, ethical choices and a commitment to social justice, we would uplift the lives of all leaving no one behind in our pursuit of a better world.

If this earth were my kingdom, the air would be purer, the water clearer and the landscapes untouched by the scars of heedless consumption.

As we navigate our present reality, let us carry this vision in our hearts. Let us work towards a world where the earth truly is a kingdom that we steward with care, love and the understanding that every action we take shapes the legacy we leave for generations to come.



Cdt Viketholje Mere
Adm No 1408



Cdt Yongsen Peong
Adm No 1302



Life

Life is a single word with many different connotations and meanings. Above all, life is about more than just beings; it's also about how none defines that existence. As a result, it is vital to think about life from several angles. Philosophers, academicians, poets and authors have written extensively about what it means to live and more significantly, the essential elements that characterize one's existence. This exercise has of course been done in a variety of ways. While philosophers sought to understand the meaning and purpose of people's lives; poets and authors recorded the diversity of life at various times. As a result, life is likely to be more than exciting.

The adventures and obstacles we face in our living is all a part of life. We are born, live our lives and eventually pass away with time. We are attempting to shape our lives in this way. Everyone's life is different. Some people have a lot of problems in life while others don't. Those who never faced adversity in their lives have one perspective in life. Those that struggle in life have a different perspective. Life is frequently described as priceless. The various ways in which people seek to save lives reveal this even more clearly.

Doctors and scientists try to discover innovative treatments that will help people live longer. Life is full of both joys and disasters. To overcome one's grief, it is necessary to find happiness in one's life. Only then, life appears to be lovely.

English plays a dominant role in almost all fields in this globalised world. In the 21st century, the entire world has become narrow, accessible, sharable and familiar for all people as English is used as a common language.

Language is the primary source of communication. Through this, sharing of our thoughts and ideas with others is made possible. There are many countries in this world, each country with its own language. In this modern era the importance of English cannot be denied and ignored. It serves the purpose of a common language within the varying diverse communities in the world. It helps to maintain international relationships in Science, technology, business organisations, higher education and tourism.

English was initially the language of England, but due to its colonial influence in many countries, it has become the primary or secondary language in former British colonies like Canada,, the United States, Sri Lanka, India , Australia etc. 67 countries have English as their official language and 27 countries have English as their secondary language.

Learning English is important and people all over the world decided to study it as the second language. Certain countries have now included English as a second language in their school syllabus, so children start learning English at a young age. At the University level, students in many countries study almost all their subjects in English in order to make the material more accessible to international students. English is the language of the internet. Knowing English gives access to over half of the content on the internet. Learning this language increases the



chances of getting a good job in a multinational company. Many of the world top films, books and music are produced in English. Therefore, by learning English, we will have access to a great wealth of entertainment and can build a better cultural understanding.

English is the most used and dominant language in the world. It has a great scope and connects us to the global world. It provides us assistance in our personal and professional life.



Cdt Cidibe Peter
Adm No 1301





READING IS A GOOD HABIT

Reading is a very good habit that one needs to develop in life. Good books can inform you, enlighten you and lead you in the right direction. There is no better companion than a good book. Reading is important because it is good for overall well-being. Once you start reading, you experience a whole new world. When you start loving the habit of reading, you eventually get addicted.

Books really are our best friends as we can rely on them when we are bored, upset, depressed, lonely or annoyed. They will accompany us anytime we want them and enhance our mood. They share with us the information and knowledge any time we need. Good books always guide us to the correct path in life.

Following are the benefits of reading –

Self-Improvement: Reading helps develop positive thinking develops our mind and gives excessive knowledge and lessons of life. It helps us understand the world around us better. It keeps our mind active and enhances our creativity.

Communication Skills: Reading improves our vocabulary and develops our communication skills. It helps us learn how to use our language effectively. Not only does it improve our communication but also makes us a better writer. Good communication is important in every aspect of life.

Increase Knowledge: Books enable us to have a glimpse into cultures, traditions, arts, History, Geography, Health, Psychology and several other subjects and aspects of life. You get an amazing amount of knowledge and information from books.

Reduce Stress: Reading a good book takes us in a new world and helps us relieve our day to day stress. It has several positive effects on our mind, body, and soul. It stimulates our brain muscles and keeps our brain healthy and strong. It is also a way to relax and reduce stress.

Great Pleasure: When we read a book, we read it for pleasure. We just indulge ourselves in reading and experience a whole new world. Once we start reading a book we get so captivated. We never want to leave it until we finish. It always gives a lot of pleasure to read a good book and cherish it for a lifetime.

Boost your Imagination and Creativity: Reading takes us to the world of imagination and enhances our creativity. Reading helps us explore life from different perspectives. When we read books we are building new and creative thoughts, images and opinions in our mind. It makes us think creatively, fantasize and use our imagination.

Develop your Analytical Skills: By active reading, we explore several aspects of life. It involves questioning what we read. It helps us develop our thoughts and express our opinions. New ideas and thoughts pop up in our mind by active reading. It stimulates and develops our brain and gives us a new perspective.

Reduce Boredom: Journeys for long hours or a long vacation from work can be pretty boring in spite of all the social sites. Books come in handy and release us from boredom.

The habit of reading is one of the best qualities that a person can possess. Books are known to be our best friend for a reason. So it is very important to develop a good reading habit. We must all read on a daily basis for at least 30 minutes to enjoy the sweet fruits of reading. It is a great pleasure to sit in a quiet place and enjoy reading. Reading a good book is the most enjoyable experience one can have.



Shri Kanu Barman
Senior Master





INTER-HOUSE ELOCUATION COMPETITION



Cdt Joybrata
Adm No. 1497

As part of the initiative under taken by 3 Corps, Rangapahar under the banner Pedalling Patriots 1971 Liberation Spin an endeavor, Sainik School Punglwa organized Inter-House Elocution Competition on the theme, 'Role of Indian Army in Nation Building on 02 Dec 2023. It's an endeavor to honour and pay homage to the fallen heroes of the Indo-Pak War of 1971. The competition was organized both for Junior Houses and Senior Houses. Melak House and Japfu House bagged the first position in the junior and senior category respectively. As part of the same event, Maj Sachin Dagar, Officer from HQ 3 Corps gave a motivational lecture to the Cadets on the prospects of joining the Indian Army.



14TH ANNUAL SPORTS MEET

The 14th Annual Sports Meet of Sainik School Punglwa kicked off in style on 11th Nov 2023. Col Arvind Nautiyal, the Principal of the school who graced the opening ceremony as Chief Guest formally declared the meet open. The opening ceremony witnessed the oath taking ceremony by the house captains and flag hoisting ceremony. Thereafter, he flagged off the marathon, the first event of the meet.

A minimum of 10 cadets each from the 04 junior houses and 04 senior houses participated with great verve and vitality in the competition. In the girls' category, junior boys and senior boys' category Cadet Kavya Prakash of Melak House, Cadet Resomong L of Pauna House and Cdt Musho B of Doyang House bagged the gold medals respectively.



Cdt Daina Laishram
Adm No. 1769





XXIX LOCAL BOARD OF ADMINISTRATION MEETING

The XXIX Local Board of Administration (LBA) meeting of Sainik School Punglwa, Nagaland (SSPN) was held on 16 Nov 2023. The meeting was presided over by Maj Gen Vijay Jotwani, Chief of Staff, HQ 3 Corps and the Chairman Local Board of Administration, SSPN.

On his arrival, the Chairman was received by Col Arvind Nautiyal, Principal SSPN. The General Officer was escorted by the equestrian team to the newly constructed War Memorial where he laid the first official wreath and paid respect to the brave hearts of the Indian Armed Forces. Thereafter he was presented with Guard of Honour by the cadets. He was then oriented about the school infrastructure on the school's sand model followed by the briefing by the Principal on all aspects of training and administration of the school. The Principal expressed gratitude to the Chairman, all officials of the State Govt and members of LBA for sparing time and attending the meet.



Cdt Bomnit Bage
Adm No. 1232



WORKSHOP ON PROTECTION OF CHILDREN FROM SEXUAL OFFENCES (POCSO)

A workshop session for duration of 2 hours on Protection of Children from Sexual Offences (POCSO) was organised at Sainik School Punglwa with Ms Kehelingle, MSc Counselling Psychology, M.Div, Proprietor of Ramzie School, Jalukie as resource person. It was conducted with a view to raise awareness about POCSO Act, 2012 among the cadets, empower them with knowledge and confidence to protect themselves by standing up for their rights. The resource person deliberated on the different forms of child sexual abuse, importance of speaking up, trusting one's instinct and seeking help if they feel or see anyone affected by it. Opinions were also shared by Miss Dikiki Sangma, the School Counsellor, Miss Kavya Thakur in Hindi language on how to keep oneself vigilant on these matters and precautionary measures to be taken. Initially 440 cadets attended the session. At the end 30 minutes were used to address the queries of Girl cadets exclusively. It was a fruitful interactive session wherein a lot of queries were answered and discussed upon.



Cdt Geli Riba
Adm No. 1820





GROUP LEVEL ALL INDIA SAINIK SCHOOLS NATIONAL GAMES

The Group Level All India Sainik Schools National Games (AISSNG) 2023 was organised at Sainik School Punglwa from 25 to 28 July 2023. Four Sainik Schools of North East region namely SS Goalpara (Assam), Chhingchhip (Mizoram), East Siang (Arunachal Pradesh) and Punglwa (Nagaland) participated in the said event. Sporting events like basketball, Volleyball and Athletics (Girls & Boys separately) were competed by the participating schools. Literary and Cultural Competitions were also contested upon.

The closing was graced by Brig PS Sangwan, Group Commander, Group Headquarter, NCC Kohima. The host Sainik School Punglwa that had bagged the first position in Athletics, Hindi Debate and Quiz competition lifted the overall Championship Trophy.

Gp Cdr Brig PS Sangwan the Chief Guest during his address congratulated the winners and encouraged those who could not make it that failure should not dishearten them but rather make them more determined to strive harder next time.

Cdt Imnameren
Adm No. 1400



MOTIVATIONAL LECTURE

Lt Col M Kiran Meitei an ex-student of Sainik School Imphal delivered a motivational lecture to the cadets on 12 Aug 2023, on the prospect of joining the Indian Army. On his arrival, the officer was received by Lt Col Leena Bajaj, Officiating Principal of the school.

In his interaction with the cadets, the officer reminded the cadets that they are lucky to be cadets of Sainik School, where all opportunity and facilities are being provided to realise his or her goal provided, they need to work hard with the will to succeed. The officer also dwelt upon discipline which he termed as the backbone of the Armed Forces. In the session that was attended by the staff and cadets the officer elaborated the opportunities, benefits and satisfaction of being in the Armed Forces which is distinguished from all other profession by the readiness of the individual to lay down one's life for the country. It was an enriching session and the lecture was well taken by the cadets. After the lecture, the Officiating Principal thanked the officer for making himself available for the benefit of the cadets.



Cdt Beso Chingmak
Adm No. 1366



MOTIVATIONAL LECTURE

Brig Arupendu Gupta, Sena Medal, (Info Sys) HQ 3 Corps visited the school on 8 Nov, 2023. The officer at his arrival was accorded with guard of honour by the senior cadets. The officer delivered a motivational lecture and gave a presentation to the cadets on the modalities of Services Selection Board (SSB). Through his lecture and interaction with cadets, the officer gave a detailed guidance for the preparation of Services Selection Board. The officer emphasised on the importance of improvement in communication skills and personality development to face the selection board confidently. He also clarified the queries of cadets in the lively session. Post lecture, Col Arvind Nautiyal, the Principal expressed his gratitude to the visiting officer for guiding and encouraging the cadets to join the National Defence Academy.



Cdt Wangshinok Ozukum
Adm No. 1401



MOTIVATIONAL TOUR TO ZOOLOGICAL & GREEN PARK

To provide the cadets with an opportunity to learn about the flora and fauna and its habitat; cadets of class VI embarked on an educational tour to Zoological and Green Park on 12 Aug 2023. During the visit, the park's vibrant greenery, diverse flora and occasional wildlife sightings offered a refreshing respite to the cadets. The trip had a significant impact on them by providing factual knowledge about the natural surroundings. It also enhanced their understanding of the environment and the importance of maintaining green spaces within the urban areas. The visit renewed their appreciation for the environment and instilled a responsibility to safeguard it for future generations.



Cdt Chonchithung Tsanglao
Adm No. 1775





MOTIVATIONAL TOUR TO HQ 3 CORP, ARMY PUBLIC SCHOOL

A team of 114 cadets of class IX escorted by two teachers visited HQ 3 Corps Army Camp, Rangapahar as part of annual motivational tour on 13 Oct 2023. The team had an enriching visit to various important and informative locations within the camp such as Space Lab and Science labs of Army Public School. They were also given the rare opportunity of a hands-on experience of the technicality of operating a drone, Virtual Reality Gadgets and Cheeta helicopter and to interact with the officer in charge at the Aviation Centre.

In addition to the above visits, the cadets had a meaningful cultural and educational exchange programme with the students of Kendra Vidyalaya, Rangapahar as well.



Cdt Ayush Kumar
Adm No. 1397



MOTIVATIONAL TOUR TO ARTC, SHUKHOVI

In order to boost morale, encourage goal-setting and enhance motivation among the cadets by exposing them to new experiences and perspectives, an educational tour for cadets of class VIII was organized at Assam Rifles Training Centre & School (ARTC & S) Shukhovi on 26 Aug 2023. The cadets were fortunate to be accompanied by Lt Col Leena Bajaj, Officiating principal. On reaching the destination, cadets were taken to Obstacle Course Field, Shooting Range and Artificial Rock Climbing Wall wherein they were acquainted on how the rigorous training is being carried out on a daily basis. Later the cadets attended a lecture with the new recruits at ARTC on 'Personality Development' presented by Lt Col Leena Bajaj. The cadets gained insights by interacting with the officers and new recruits of ARTC.



Cdt Bhola Kumar
Adm No. 1620





77TH INDEPENDENCE DAY CELEBRATION

Commemorating the supreme sacrifices of the great patriots of the nation, the school celebrated the 77th Independence Day with reverence and patriotism. Lt Col Leena Bajaj, the Officiating Principal graced the occasion as the Chief Guest. The ceremony began with the unfurling of the tricolor by the Chief Guest followed by the National Anthem. After which the officer reviewed the contingent parade of the different houses.

The Chief Guest in her address highlighted that the induction of girl cadets in the fold of Sainik Schools is a landmark change in bringing gender equality. She also emphasized that girl cadets do not require special treatment, reservation and

separate contingent to march; instead they would march shoulder to shoulder with their male counterparts. She also urged the staff and the cadets to pledge and devote themselves to the making of India that our freedom fighters and visionaries dreamt of and also to reaffirm in the commitment to unity in diversity, fraternity and equality among all citizens. The Chief Guest thereafter felicitated the Administrative Staff, the Mess Staff and General employees on the occasion. Special awards were also given to staff for their remarkable contribution to the school.



Cdt Enrique Kino
Adm No. 1513



75TH REPUBLIC DAY CELEBRATION

With immense pride, the school commemorated the 75th Republic Day with a vibrant celebration showcasing the spirit of unity and patriotism. The event was graced by Col Arvind Nautiyal Principal, where cadets participated in flag hoisting and delivered thought provoking speeches emphasizing on the significance of the day. The chief guest highlighted the values enshrined in the constitution and urged the young cadets to diligently do their duties as cadets. The event fostered a sense of national pride among the young minds of the school.



Cdt Adar Sen
Adm No. 1785





ENGLISH LITERARY WEEK

English Literary Week of the school was held from 21 to 25 Aug 2023. Lt Col Leena Bajaj, Officiating principal graced the event as Chief Guest. The event was a celebration of creativity and linguistic prowess. It not only showcased the cadets' talents but also highlighted the importance of literature in fostering creativity, critical thinking and communication skills among the cadets. The competition featured various categories including Calligraphy, Essay Writing, Poetry Recitation, Lecturette etc. Participants from different houses exhibited their skills infusing the atmosphere with a palpable energy. The event concluded with a prize distribution ceremony by the Chief Guest.



Cdt Rakesh Nalo
Adm No. 1244



HINDI PAKHWADA

Sainik School Punglwa joined the nation in celebrating Hindi Pakhwada with great zest and enthusiasm. The event was conducted from 1 to 14 Sep 2023 with an aim to promote the use of Hindi language for official purpose. These initiatives also aimed to increase awareness and appreciation for the language's richness and diversity. Inter-House Competitions such as poetry recitation, debate, storytelling and lecturette were organised. Patkai and Saramati House emerged as the overall winners of the competition in Junior and Senior category respectively.

Col Arvind Nautiyal, the Principal of the school graced the culmination of Hindi Pakhwada as the Chief Guest. The events were spread over the fortnight long celebration. The Chief Guest gave away the certificates and prizes to the winners. He conveyed his compliments to all the participants and winners.



Cadet Pranav Kumar,
Adm No. 1814

INTER HOUSE QUIZ COMPETITION

The school conducted an Inter House Quiz Competition on 04 Sep 2023. The event was graced by Lt Col Leena Bajaj, Officiating principal as Chief Guest. The quiz was conducted in two categories of senior and junior cadets featuring eight houses. In the event, cadets showcased their knowledge across diverse subjects and engaged in a series of intellectually stimulating rounds. The event sparked fervent competition and camaraderie among the participants. Japfu House and Pauna House were adjudged as winners in their respective categories. Lt Col Leena Bajaj, Officiating principal presented prizes, certificates and trophy to the winners.



Cdt Langpai L
Adm No.1480





ALL INDIA SAINIK SCHOOLS NATIONAL GAMES

A team of six cadets from Sainik School Punglwa participated in the first ever All India Sainik School National Games held at Sainik School Kunjpura from 11 to 17 Oct 2023. Around 500 cadets from 32 schools across the country participated in the mega event. The school participated in athletics, drill and cultural competition in which the school secured first position in Value Judgement. On return to the school the cadets were felicitated by the Officiating principal Lt Col Leena Bajaj during the Morning assembly.



Cdt Tomthinleima
DS-35



XI CATC OF NL (I) SAINIK SCHOOL NCC COY

Nagaland Independent Sainik School Company of the National Cadet Corps (NCC) conducted its XI combined annual training camp from 03 to 12 Oct 2023. The camp was formally inaugurated by Lt Col Leena Bajaj, Officer Commanding and the Vice Principal of the school. A total of 188 cadets from junior and senior division categorised in three companies Alpha, Bravo and Charlie participated in the camp. The camp integrated various theory and practical classes on weapon training, fire fighting, earthquake drill, parade drill, firing, tent pitching, leadership qualities, personality development, health and hygiene etc. Inter Company Competitions of

football, volleyball and cultural competition were also organised as part of the camp.

Brig PS Sangwan, Group Commander, Group Headquarter, Kohima reviewed the CATC XI activities. Speaking on the occasion, the officer motivated the cadets and emphasised on the development of Officer's Intelligence Reasoning in the cadets. He also felicitated the two best shooters from junior division (JD) and senior division (SD). Cdt Krishna Kumar who cleared the UPSC NDA Written examination was also felicitated with a prize by the officer.



Cdt Kavya Prakash
DS-33





FIRE ACCIDENT AND RESPONSE TRAINING

A training programme on fire accident and response was conducted in the school by the Nagaland Fire and Emergency Services, Jalukie on 09 Oct 2023. Approximately 500 cadets and all teachers and administrative staff were demonstrated on various types of fires and different types of extinguishers used to douse them. Demonstrations were carried out by ASI Neikeilie Keyienu and seconded by Mziegwangteing on how to use the fire extinguishers and rescue those trapped or injured in fire accidents.



Cdt Ponzei Konyak
Adm No. 1378



CHANGE OF REIGN AT THE HELM

Sainik School Punglwa welcomed Col Arvind Nautiyal as the ninth principal of the school. The officer took over the reign from 09 Sep 2023. On his arrival the officer was received and welcomed by Lt Col Leena Bajaj, the Vice Principal on behalf of officers, staff and cadets of the school.

Col Nautiyal is a native of Dehradun and he is a computer wizard. He was commissioned from the Indian Military Academy (IMA) Dehradun, into the Army Educational Corps (AEC) on 8 Dec 2001. The officer tenanted Staff and Instructional tenures at National Defence Academy (NDA), Khadakwasla, Pune and IMA Dehradun. Col A Nautiyal, a decorated officer also had a tenure as the Vice Principal at Sainik School Ambikapur in the past. Presently he is coming after tenanting tenure of Chief Instructor from the Army Educational Corps Training College and Centre, Pachmarhi.

It is pertinent to mention that the school also welcomed its sixth Administrative Officer of the school, Lt Col Sudhir Kumar Jakhar. The officer is an alumnus of Sainik School Kunjpura and Officers' Training Academy, Chennai.



Cdt Mastafa Ahmed,
Adm No. 1178





आसमान के तारे

आसमान में लाखों तारे
लेकिन उनको कौन निहारे
चमक-चमक कर रात बिताते
फिर भी मीठा अँधेरा न मिटा पाते
एक अकेला चाँद जहाँ पर
अपनी शीतल मंद चांदनी फैलाकर
सबकी आँखें शीतल करके
मन में खुशियों का अमृत भरता
ये दुनिया भी बहुत बड़ी है
इंसानों से भरी पड़ी है
हर कोई बनना चाहे
आसमान का तारा
देता रहे हम सब को
खुशियों का उजियाला ।



कैडेट आभास कुमार सिंह
क्रमांक : १८१६



संघर्ष

संघर्ष करके जीवन हो जाएगा सोना
ये है इस जग की रीति कुछ खो कर ही पाना
ये सच है आज साथ नहीं है कोई अपना
संघर्ष ही सिखाएगा सबको अपना बनाना ।
माना आज दूर है तुझसे तेरी विजय
तू देख उनको जो इतिहास में अजय
सीखा उन्होंने हार से भी हाथ मिलाना
तू संघर्ष कर तुझे भी मिलेगी अपनी मंजिल ।
ये जान ले दुनिया की तुझपे टिकी है नजर
तू चलेगा या रुकेगा अपनी हार मान कर
ये तुझ पर है दुनिया को क्या है दिखाना
तू संघर्ष कर तुझे भी अपना हौसला दिखाना है ।
शिखर से भी जरूरी है तेरा ये सफर
वक्त न गँवा तू ये सोच-सोचकर
कल की फिक्र में आज को मत भूल
वर्तमान ही तेरे जीवन का यथार्थ सच है ।



कैडेट चेतन दहल
क्रमांक : १६६४

आज मौसम कुछ उदास है

आज मौसम कुछ उदास है
कहना चाहता मुझसे अपनी कोई बात है।
आजकल कुछ-कुछ सहमा-सा दिखता है,
कोई न कोई तो बात है,
इसीलिए आज गुमसुम-सा उदास है।
जब मैंने पूछा मौसम से,
“आज तुम्हारा बदन इतना मैला क्यों है ?
क्यों बैठा तू, आज इतना गुमसुम-सा उदास है ?
नहीं बहा रहा अपनी शीत पवन का राग तू ।
उसने नाराज होकर कुछ ऐसा कहा,
तुम करते हो मेरे आवरण को प्रतिदिन गंदा
नहीं ध्यान रखते मेरे वर्तमान और भविष्य का,
पर्यावरण को अनदेखा कर, जी रहे अंधानुकरण का जीवन ।
मैंने कहा, “आज देश कर रहा विकास है,
किया जा रहा, पर्यावरण को शुद्ध करने का प्रयास है,
फिर भी तू हमसे इतना निराश है।”



कैडेट दीपिका कुमारी
क्रमांक : १७०५





सच्चाई पर झुकते नहीं

अपनी सच्चाई पर हम झुकें नहीं
लालच और स्वार्थ में हम कभी बिके नहीं
मेरा आत्मसम्मान ही मेरे जीने की ताकत है
यही विश्वास बनाये रखना मेरी जिंदगी की हकीकत है ।
समाज को सत्य की राह दिखाना कोई गुनाह नहीं
कर्तव्य के मार्ग पर चलना यही मेरा प्रयास
सँवर जाए अगर जिंदगी किसी की
हो ना कोई किसी के अधीन
यही मेरी जिंदगी का सार है ।
होंगे हौसले बुलंद तो लक्ष्य को पा जाएँगे
गिद्धों की राजनीति से खुद को बचा पाएँगे
बढ़ा सको तो बढ़ा लो उन्नति का कारवां
सोये समाज की वैतरणी नदी भी हम पार कर जाएँगे ॥



कैडेट हर्षित राज
क्रमांक : १५६७

इंसान और पत्ता

पेड़ से टूट कर गिरते देखा जब एक पत्ता
लगा, अब खत्म हो गई इसकी सत्ता
सोचने लगा दिल, रहा होगा यह भी जवान
भरता होगा हवा के साथ उड़ान
देखे होंगे इसने भी
कई शीत और वसंत
रहा होगा गवाह उन बौछारों का
जो मोह लेते हैं मन अत्यंत
था यह नन्हा-सा कोपल
रहती थी इसके हर ओर हलचल
आज देखो इस पर
कैसी सिलवटें आई हैं,
मानो किसी वृद्ध के तन पर
झुर्रियाँ छाई हैं
उगा था इसी मिट्टी से
आज इसी पर आ गिरा है
कह रहा है बाकी पत्तों से
यारों, यही सिलसिला है
संसार में सबकी
दो दिन की ही तो सत्ता है
देख कर लगा उस पत्ते को
इंसान भी एक पत्ता है ।



काव्य ठाकुर
हिंदी अध्यापिका



माँ का निश्छल प्यार

माँ का प्यार स्वर्ग-सा सुकून देता है,
माँ के आँचल में सोना भी जन्त-सा लगता है,
माँ का प्यार है निराला
उसके निश्छल प्रेम ने, मुझे है संभाला
माँ के आँचल की छाँव,
है मेरे सुखों का गहना
सुबह सवेरे मुझे जगाती,
कान्हा कह कर मुझे बुलाती
माँ को जब-जब गुस्सा आता
देखकर मेरी भोली सूरत
उनका गुस्सा भाग जाता ।



कैडेट लोकेन्द्र सिंह
क्रमांक : १७८१





सीमा प्रहरी

मैं सीमा पर खड़ा हुआ हूँ अपना सीना ताने,
देश की खातिर कर दूँ अपना जीवन कुर्बान ।

ऐ मेरे देश के रहने वालो सुनो !

सीमा प्रहरी दे रहा तुम्हें ये पैगाम,
मेरे रहते कभी न घटने दूँगा तिरंगे का मान ।

शत्रु की गोलियाँ चले हमें गम नहीं,

हौसलें हमारे भी कुछ कम नहीं ।

हिला दे मुझे मेरे लक्ष्य से,

शत्रुओं में अभी इतना दम नहीं ।

मैं अचल, अडिग सामने खड़ा,
शत्रुओं के लिए एक अविचल शिला बना ।

बर्फ के हिमशिखर पर चढ़ न घबराया मैं,
रेगिस्तान में चलकर न लड़खड़ाया मैं ।

बारिश का भी किया सामना,

जंगलों में डाल बसेरा,

हर कठिनाई ने तरासा मुझे,

बना तन वज्र-सा मेरा ।

मैं यहाँ लड़ रहा हूँ तुम्हारे लिए,

अब करो काम ये तुम हमारे लिए,

राष्ट्र की एकता को बनाये रखो,

भाईचारे का दीपक जलाये रखो,

सब मिलकर गाओ ये गान,

मेरा देश सदैव रहेगा महान ॥



कैडेट शिवम कुमार
क्रमांक : १४३४



लक्ष्य

हारने के बाद भी जीतने का जज्बा होना चाहिए

संघर्षमय जीवन का एकमात्र लक्ष्य होना चाहिए
मौके बहुत मिलेंगे, तू सोच तुझे कहाँ जाना है ?

अब देख मत तू यहाँ-वहाँ

अर्जुन की तरह अपने लक्ष्य को साथ ले
याद रख तेरी एकाग्रता ही सफलता की मंजिल है।
ये याद हमेशा रखना सपना छोटा-बड़ा नहीं होता
उसे सच करने का जज्बा ही उसे बड़ा बनाता है ।



कैडेट सृष्टि चौरसिया
क्रमांक : १७०४

मेरे अनमोल सपने

सबका होता है एक सपना, जो होता है हमारा अपना
सपना तो मेरा भी है, पूरा जो करना मुझे यही है ।
सोचती हूँ इस सर्द मौसम में, ओस की नन्हीं-नन्हीं बूँद बन
पत्तों पर मोती सी चमक जाऊँ ।

रोज सुबह की धुंध में, अलसाई आँखों से
अपने मजबूत इरादों को बूढ़ पाऊँ ।

अँधेरी लम्बी रातों में, चाँद को हमराही बना
मंद मंद मुस्कान से लक्ष्य की ओर बढ़ जाऊँ ।
जिंदगी की मुश्किल राहों में, निरंतर सहज भाव से
अपने अनुभव के निशान छोड़ती चली जाऊँ ॥



कैडेट सृष्टि शर्मा
क्रमांक : १७०३





जिंदगी जिंदादिली का नाम है !!!!

“जिंदगी को गणित की तरह समझने में लगे हैं,
इसकी शुरुआत और अंत ढूँढ़ने में लगे हैं,
हर किसी की नजरों में खुद को बेहतर बनाने में लगे हैं,
न जाने क्यों हम अपनों के अनुसार ढलने लगे हैं।”

जिंदगी जिंदादिली का नाम है! इसका अर्थ है कि हमें अपने जीवन को खुलकर जीना है। जिसे जीवन के सुख दुःख, आशा निराशा प्रभावित नहीं करती। हमारा वर्तमान जीवन ही वास्तविक सुख है। जिंदगी के सपनों को पूरा करने के लिए आज का सही उपयोग करें। यह भी याद रखें कि बीता समय कभी लौटकर नहीं आता। वर्तमान को उत्साह और खुशी से जीना ही तो जिंदादिली है। जिंदादिली के लिए हमारा खुशमिजाज होना अति आवश्यक होता है परन्तु आज की भाग-दौड़ भरी जिंदगी में खुशी है कहाँ और कैसे उसे हम ढूँढ़ें?

कुछ लोग जीवन की खुशी धन में, प्रसिद्धि में, अध्यात्म में या समाज सेवा जैसे क्षेत्रों में ढूँढ़ते हैं जैसे कबीर का एक दोहा है :

“कस्तूरी कुंडलि बसै मृग ढूँढ़े बन माहि।
ऐसे घटी घटी राम हैं दुनिया देखै नाहि ॥”

अर्थात् कबीर दास कहना चाहते हैं कि जिस प्रकार कस्तूरी, जो कि एक तरह का सुगंधित पदार्थ है, हिरण की नाभि में ही रहता है। लेकिन फिर भी वह उसकी खुशबू को तलाशते हुए जंगल में भागता रहता है, कुछ उसी तरह मनुष्य भी है जो भगवान को बाहर की दुनिया में ढूँढ़ता है जबकि ईश्वर उसके ही भीतर मौजूद है। परन्तु वास्तविकता तो यह है कि खुशी तो हमारे दिल में ही छुपी रहती है लेकिन हम उसे सांसारिक सुख साधनों में ढूँढ़ते हैं।

यदि हम ध्यान से देखें तो हमें संसार में दो तरह के लोग मिलेंगे:- सकारात्मक सोच वाले और नकारात्मक सोच वाले।

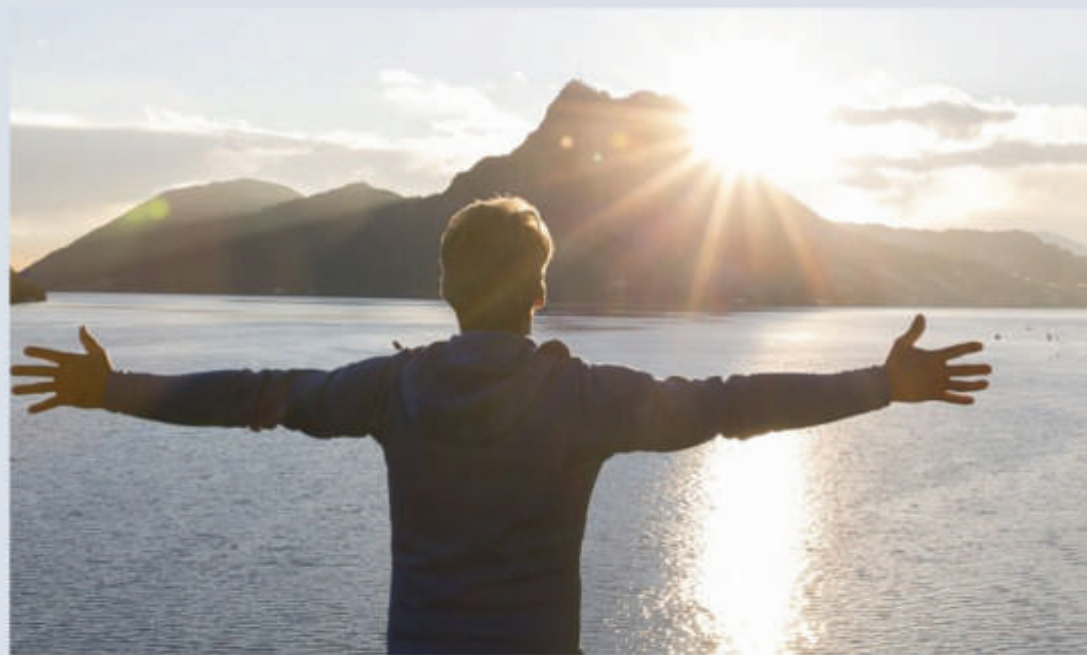
सकारात्मक दृष्टिकोण रखने वाले लोगों के चेहरे पर ताजगी और कुछ करने की दिल में उमंग होती है। जिसे वो पारिवारिक नैतिकता और सामाजिक कर्तव्य मानकर पूरा करना अपना धर्म समझते हैं। वहीं नकारात्मक दृष्टिकोण रखने वाले लोगों के दिल में कोई उत्साह न होकर मुरझाए हुए चेहरे होते हैं। जिंदगी को लेकर मशहूर शायर निदा फाजली ने लिखा है कि -

“यही है जिंदगी कुछ ख्वाब चंद उम्मीदें ,
इन्हीं खिलौनों से तुम भी बहल सको तो चलो।”

सच ही तो है जिंदगी कई बार सुख दुःख और हँसी आंसुओं की सौगात लेकर आती है। कभी हमें एक पल में हँसाती है तो दूसरों ही पल हमें रुला भी देती है। जिंदगी के इन्हीं उतार चढ़ाव में जब हम एक समान भाव से जीवन में आगे बढ़ते हैं यही हमारी जिंदादिली कहलाती है।



कैडेट आदित्य कुमार
क्रमांक : १७८२





एक अच्छा जीवन !!

हम कुछ युक्तियों से अपना जीवन सुन्दर बना सकते हैं -

१. हम प्रतिदिन कम से कम आधा घंटे सैर करें और चलते समय मुस्कराते रहें।
२. प्रतिदिन कम से कम दस मिनट मौन बैठकर अपने कार्यों का मंथन करें।
३. जब हम सुबह उठे तो निम्न कथन का स्मरण करें "मेरा उद्देश्य... आज ये.... है।"
४. हमें दिन की शुरुआत ऊर्जा, उत्साह, सहानुभूति, विश्वास तथा परिवार के साथ करनी चाहिए।
५. हमें ७० वर्ष से अधिक और ६ वर्ष से कम उम्र के लोगों के साथ अधिक समय व्यतीत करना चाहिए।
६. समझें कि जीवन एक विद्यालय है और हम यहाँ सीखने, अपनी सभी परीक्षाएँ पास करने आए हैं।
७. समस्याएँ केवल पाठ्यक्रम का हिस्सा हैं जो बीज गणित कक्षा की तरह दिखाई देती हैं और गायब हो जाती हैं।
८. वर्तमान में जो पाठ आज हम सीखते हैं वह जीवनभर हमारे साथ रहेगा।
९. विपरीत परिस्थितियों में जीवन उचित नहीं है, लेकिन धैर्य रखने से बीते समय के साथ अच्छा लगने लगता है।
१०. हमारा हर तर्क में जीतना जरूरी नहीं है। असहमतियों पर सहमति व्यक्त करने से पूर्व सही गलत की तराजू में तौले।
११. हम अपने अतीत के साथ शांति बनाएँ, ताकि यह वर्तमान को खराब न करे।
१२. हम अपने जीवन की तुलना दूसरों से न करें, हमें पता नहीं है कि उनकी यात्रा क्या है ?
१३. दूसरे लोग आपके बारे में क्या सोचते हैं, इससे हमें कोई लेना देना नहीं है।

१४. स्थिति चाहे कितनी भी अच्छी या बुरी हो, बदल जाएगी इस सच को स्वीकार करना चाहिए।
१५. सर्वश्रेष्ठ अभी आना बाकी है हम अपनी मेहनत पर विश्वास रखें।
१६. इससे कोई फर्क नहीं पड़ता कि आप कैसा महसूस करते हैं ? उठें, तैयार हों और सही काम करें।
१७. हर रात बिस्तर पर जाने से पहले निम्नलिखित कथनों को पूरा करें -
मैं इसके लिए आभारी हूँ आज मैंने पूरा किया.
"जीवन की सवारी का लाभ उठाये। याद रखें जीवन डिजुनी वर्ल्ड नहीं बल्कि संघर्ष से प्राप्त अनुभव है।"



श्रीमती दुर्गा शर्मा बर्मन



सुनहरा अवसर

एक गाँव में एक धोबी के पास दो गधे थे। एक बार उनमें से एक नगर चला गया। वहाँ एक सर्कस में वह नियुक्त हो गया। कुछ समय बाद वह गाँव आया। उसको देखकर पहला गधा बोला- दोस्त! मेरे लिए भी कोई काम नगर में हो तो मुझे भी ले चलो। अवश्य ले जाऊँगा, दूसरे गधे ने आश्वासन दिया। अगले वर्ष फिर दूसरा गधा नगर से गाँव आया और उसने पहले गधे को बुलाकर कहा- दोस्त! तुम्हारे लिए भी मैंने काम ढूँढ लिया है। कल ही मेरे साथ चलना। नहीं नहीं अब मैं नहीं जाऊँगा। मेरे लिए तो यहीं एक सुनहरा अवसर है, तो दूसरे गधे ने आश्चर्य से पूछा क्या?

पहला गधा- नहीं बताऊँगा।

दूसरा गधा- बताओ.. मैं तुम्हारा दोस्त हूँ।

पहला गधा- तो सुनो! कल मेरा स्वामी मेरी पुत्री को कह रहा था कि यदि तुम अच्छी तरह से पढ़ाई नहीं करोगी तो इस गधे के साथ ही तेरा विवाह करवा दूँगा।



वैभव आनिल
क्रमांक : डी एस ४५





दैनिक जीवन में विज्ञान का महत्त्व

हमारे चारों ओर विज्ञान है। हम सोच रहे हैं, भोजन कर रहे हैं, दौड़ रहे हैं या साँस ले रहे हैं। इन सभी जैविक क्रियाओं के पीछे कहीं न कहीं विज्ञान के सिद्धांत कार्य कर रहे हैं। मानव सभ्यता के विकास में विज्ञान का उद्भव मनुष्य की सबसे बड़ी उपलब्धि है। विज्ञान ने मनुष्यों को तमाम रोग-व्याधियों से मुक्ति दी है।

वहीं दूसरी तरफ यदि विज्ञान रूपी शक्ति का हम दुरुपयोग करें तो यह क्षणभर में विनाश का मंजर भी ला सकता है। परमाणु शक्ति जहाँ एक तरफ लाखों घरों में बिजली का उजाला फैला सकती है, वहीं दूसरी ओर परमाणु बम बनने पर जीवन में अँधेरा भी ला सकती है। विज्ञान ने हमारे जीवन के हर एक क्षेत्र में आमूल-चूल परिवर्तन लाए हैं और यह सब विज्ञान के सिद्धांतों के उपयोग से बने उन उपकरणों के कारण संभव हुआ है जिन्होंने हमारे जीवन को सरल बनाया है। आज जहाँ भी अपनी नजर दौड़ाएंगे तो यही पाएंगे कि विज्ञान के सिद्धांत हमारे जीवन के हर क्षेत्र में व्यावहारिक उपयोग पर, आज समूची दुनिया निर्भर हो चुकी है।

वर्तमान समय में हम यदि विज्ञान के बिना दुनिया की कल्पना करें तो हमें एक गहरा शून्य ही दिखाई देता है। एक सामान्य उदाहरण के माध्यम से इस बात को साबित किया जा सकता है। कल्पना कीजिये कि अब तक एडिसन ने विद्युतबल्ब का आविष्कार न किया होता तो शायद पूरी दुनिया अँधेरे में डूबी रहती। हियरिंग ऐड के आविष्कार ने बहरों को सुनने में मदद की है और कृत्रिम अंगों के उपयोग से अपंग व्यक्ति भी चलने फिरने लायक बन गए हैं। यहाँ विज्ञान वरदान के समान साबित हुआ है। हम यहाँ पर विज्ञान के कुछ सिद्धांतों की चर्चा करेंगे जिनके व्यावहारिक उपयोग से बने उपकरणों और मशीनों ने हमारे जीवन को आरामदायक तथा सुविधा संपन्न बना दिया है।

सबसे पहले हम गुरुत्वाकर्षण बल की बात करते हैं। पृथ्वी अपने भीतर मौजूद इस बल से सभी पदार्थों को अपनी ओर आकर्षित करती है जिसके परिणाम स्वरूप पृथ्वी पर हम मनुष्यों

सहित सभी जीव और अन्य पदार्थ स्थिर बने रहते हैं। यदि यह गुरुत्वाकर्षण बल न होता जैसा कि अंतरिक्ष में यह बल नगण्य होता है, तो पृथ्वी पर कोई भी वस्तु नहीं टिकती और हम सभी हवा में तैर रहे होते। इस बल की वैज्ञानिक व्याख्या सब से पहले आईजक न्यूटन ने दी थी।

सूर्य के प्रकाश में असीम ऊर्जा छिपी होती है। ऊर्जा काम करने की शक्ति प्रदान करती है। हरे पौधे सूर्य के प्रकाश, वातावरण में मौजूद कार्बन डाई-आक्साइड, हरी पत्तियों में स्थित क्लोरोफिल और जड़ों से मिले जल के संयोग से प्रकाश संश्लेषण नामक एक रासायनिक क्रिया पत्तियों के अन्दर करते हैं। इस रासायनिक क्रिया के परिणाम स्वरूप जीवनदायी आक्सीजन गैस और कार्बोहाईड्रेट के रूप में भोजन का निर्माण होता है।

इस क्रिया में सूर्य के प्रकाश ऊर्जा का महत्त्वपूर्ण स्थान होता है। यदि सूर्य का प्रकाश न हो तो पौधों में प्रकाश संश्लेषण नामक क्रिया के नहीं होने से हमें तमाम प्रकार की हरी सब्जियाँ और अन्य खाद्यान्न नहीं मिल सकेगा।

इसलिए हम कह सकते हैं कि प्रकाश ऊर्जा हमारे जीवन को सुचारु रूप से गतिशील बनाने में बेहद मददगार होती है। माना जाता है कि प्राचीन मिश्र में भवन निर्माता लीवर की मदद से 900 टन से भी अधिक वजन को ऊपर उठा लेते थे। जब दो परस्पर जुड़े हुए सिरों के बीच में अधिक दूरी हो और एक सिर पर अधिक वजन रख दें तथा विपरीत सिर से थोड़ा बल लगाने पर ही दूसरे सिर वाला आसानी से ऊपर उठ जाता है। इस प्रकार के उपकरण को लीवर कहते हैं। लकड़ी, कोयले या तेल के दहन से रासायनिक ऊर्जा उत्पन्न होती है और इस ऊर्जा के उपयोग पर हमारे अनेक उद्योग निर्भर हैं। विद्युत ऊर्जा को उष्मीय ऊर्जा में परिवर्तित करके इसका उपयोग हम सर्दियों में हीटर, ब्लोवर, गीजर या एयर कंडिशनिंग मशीन में करते हैं। जब ऊर्जा अनुप्रस्थ तरंगों के रूप में किसी स्रोत से निकलकर लक्ष्य पदार्थ तक पहुँचकर उसमें कंपन उत्पन्न करती है तो उसे ध्वनि ऊर्जा कहते हैं। विज्ञान के इस

वर्ग ऊर्जा के कारण हम टी.वी., रेडियो आदि अनेक इलेक्ट्रॉनिक उपकरणों से निकल रही ऊर्जा को ध्वनि के रूप में अपने कानों द्वारा सुन पाने में समर्थ होते हैं।

आज के जीवन में जितने भी उपकरणों का हम प्रयोग कर रहे हैं जैसे वाशिंग मशीन, मिक्सर, स्कूटर, कार आदि ये सभी यांत्रिक ऊर्जा से संचालित होते हैं। किसी उपकरण की गति के कारण जो ऊर्जा उत्पन्न होती है उसे वैज्ञानिक शब्दों में यांत्रिक ऊर्जा कहते हैं। यह यांत्रिक ऊर्जा किसी पदार्थ को दूसरे पदार्थ पर एक बल उत्पन्न करने में समर्थ बनती है। इस बल के कारण दूसरा पदार्थ अपनी स्थिति बदल देता है और विभिन्न उपकरणों में इससे अनेक उद्देश्य पूरे होते हैं। सूर्य की गर्मी से समुद्र और वायुमंडल में गर्मी उत्पन्न होती है। वायुमंडल के इस उष्मन के परिणाम स्वरूप पवन ऊर्जा उत्पन्न होती है। पृथ्वी में चारों ओर वायु की गति से जो ऊर्जा बनती है उसे ही वास्तविक अर्थों में पवन ऊर्जा कहते हैं। यह ऊर्जा हम मनुष्यों और प्रकृति के अन्य जीवधारियों में जीव द्रव्य के निर्माण और श्वसन क्रिया में महत्त्वपूर्ण भूमिका निभाती है।



कैडेट आदर्श सेन
क्रमांक : 99८५





हमारा सैन्य छात्र जीवन

सैन्य छात्र जीवन लोकाचार चरित्र, परंपरा, कर्तव्य, आत्म अनुशासन, निस्वार्थता, कड़ी मेहनत और छात्र के विकास को सुनिश्चित करता है। सैन्य छात्र जीवन उच्च उम्मीदों, टीम वर्क और लक्ष्यों की प्राप्ति पर केंद्रित होता है जो व्यक्ति के विकास को आगे बढ़ाता है। एक सैन्य छात्र का परिवर्तन एक ऐसी संस्कृति बनाने पर है जो पारंपरिक मूल्यों का पालन और सकारात्मक उपलब्धि की उम्मीद करती है। सैनिक विद्यालय का लक्ष्य एक योग्य, आत्मविश्वासी, मेहनती और अच्छे चरित्र वाला नागरिक तैयार करना है।

सैनिक विद्यालय निम्न व्यक्तिगत गतिविधियों पर ध्यान देते हैं:-

चरित्र निर्माण:- इसमें ईमानदारी, वफादारी, जवाब देही और कई अन्य गुण शामिल हैं जो व्यक्तिगत विश्वास स्थापित करने में महत्वपूर्ण हैं।

सीखने की व्याकुलता का उन्मूलन:- स्कूल सप्ताह के दौरान सेल फोन, सोशल मीडिया, टी. वी. और अन्य व्याकुलता को छात्र की पहुँच से अत्यधिक कम किया जा सकता है, जब एक छात्र का ध्यान अपनी पढ़ाई पर केंद्रित होना चाहिए।

टीम वर्क और नेतृत्व कौशल का विकास:- अधिकांश व्यवसायों में दूसरों के साथ काम करने या नेतृत्व करने में सक्षम होना महत्वपूर्ण है।

सामाजिक और भावनात्मक कौशल को बढ़ावा:- लोगों के समूह के साथ रचनात्मक तरीके से बातचीत करने से, अपनी और दूसरों की भावनाओं को प्रबंधित करने की क्षमता विकसित होती है जिससे सामाजिक व्यवहार में सुधार होता है, आचरण संबंधी समस्याएँ कम होती हैं, भावनात्मक तनाव कम होता है और शैक्षणिक प्रदर्शन में सुधार होता है।

एक संरचित दिन एक दैनिक दिनचर्या स्वस्थ आदतें बनाने में मदद करती है। यह अच्छे समय प्रबंधन कौशल को सुदृढ़ करता है और सुनिश्चित करता है कि महत्वपूर्ण कार्य समय पर पूरे हो जाएँ जैसे:- स्वच्छता, अध्ययन और फिटनेस।

आत्म अनुशासन स्थापित करना:- सफलता उस कार्य को करने पर आधारित होती है जिसे पूरा करने की आवश्यकता होने पर उसे समय पर पूरा करने की आवश्यकता होती है। सीखने और लक्ष्य हासिल करने, दोनों के लिए इस कौशल का होना आवश्यक है।

पाठ्यचर गतिविधियों में अनिवार्य भागीदारी:- हम छात्रों को अपने सामाजिक कौशल में सुधार करने, श्रेष्ठ रुचियों को आगे बढ़ाने और खुद से परे सोचने की अनुमति मिलती है।

शारीरिक फिटनेस- किसी की फिटनेस बनाने से गहरा शारीरिक और मानसिक स्वास्थ्य लाभ होता है।

उज्ज्वल भविष्य की तैयारी एक कठोर पाठ्यक्रम को पूरा करना, उज्ज्वल भविष्य के लिए स्वयं को तैयार करने में सबसे महत्वपूर्ण शैक्षणिक तत्व है।

सौहार्द स्थापित करना- मनुष्य एक सामाजिक प्राणी है और मजबूत मित्रता रखने से समर्थन और आनंद दोनों मिलते हैं।

यह समूह एकजुटता और सफलतापूर्वक एक साथ काम करने की क्षमता को रेखांकित करता है।

जीवन में महत्वाकांक्षा और सही दिशा:- एक सपना या दिशा होने से जीवन को अर्थ मिल सकता है और हमें सही दिशा में आगे बढ़ने के लिए कर्म करने के अनेक कारण मिल सकते हैं।

आत्मविश्वास अर्जित करके उसका निर्माण करना:- आत्मविश्वास संक्रामक होता है और अक्सर किसी लक्ष्य की ओर यात्रा का शुरुआती बिंदु होता है। आपको अपने डर का सामना करने में सक्षम होना चाहिए और खुद पर विश्वास रखना चाहिए। चुनौतियों पर सफलतापूर्वक बातचीत करने से आत्मविश्वास का निर्माण होता है।

दृढ़ता और धैर्य का विकास करना:- यह किसी लक्ष्य को प्राप्त करने के लिए बाधाओं को दूर करने की प्रतिबद्धता और इच्छाशक्ति को रेखांकित करता है। छोटी-छोटी असफलताएँ अक्सर व्यक्तिगत विकास और भविष्य की उपलब्धि का आधार बनती हैं।



कैप्टेन कृष्णा कुमार
क्रमांक : १७०२





जून का महीना था। गर्मी के मौसम में चिलचिलाती धूप चारों ओर पसरी थी और साथ ही पसरा था चारों ओर सन्नाटा। ऐसा लग रहा था मानो मातम छाया है। सूर्य देवता ठीक बीच शिखर पर थे। तभी अचानक किसी ओर से उड़ता हुआ एक गिद्ध आया। वो वहाँ लगे खम्भे पर बैठ गया।

गर्मी के कारण पसीने से तर-बतर, चक्कर खा कर गिरने ही वाला था कि उसने खुद को संभाला। ऐसा मालूम होता था कि वो शहर के बाहर उस जंगल से आया था जहाँ पेड़ों की कटाई का काम चल रहा था।

तभी वह ऊपर देखते हुए बोला-

“हे भगवान्! मेरे साथ इतना अन्याय क्यों? मेरा घर भी छीन लिया और पीने को एक बूँद पानी भी नसीब नहीं हो रहा। आखिर क्यों?”

“हा..हा..हा..हा..”

तभी उसने एक भयानक जोरदार आवाज सुनी।

आसमान में काले बादल छा गए और उनमें एक मुख की आकृति बन गयी और हँसते हुए बोली -

पर्यावरण की रक्षा (कहानी)

“ए नादान पक्षी! इसमें भगवान का कोई कसूर नहीं। ये तो खुद को समझदार समझने वाले इंसानों की बेवकूफी का नतीजा है। जिन्होंने इस धरती का प्रदूषण से बुरा हाल कर दिया है।”

गिद्ध उसे देख घबरा गया और हकलाते हुए बोला - “त...त....तुम कौन हो?”

“मैं कलयुग का राक्षस ब्लैक स्मोक हूँ।”

“लेकिन इंसान मेरी बर्बादी का कारण कैसे हैं? वो तो अपने रहने के लिए ही जंगल काट कर घर बना रहे हैं।”

“हा... हा... हा... हा... वही तो, आबादी को बढ़ने से रोकने की जगह वो पेड़ काट रहे हैं और जब जगह ही खत्म हो जाएगी तो आपस में लड़ मरेंगे ये सब।”

गिद्ध इस बात पर हैरान होते हुए बोला- “चलो रहने के लिए घर नहीं कम से कम पीने को दो घूँट पानी तो मिले।”

तभी राक्षस ने इशारा करते हुए गिद्ध से कहा, “पानी! वो शहर के उस किनारे पर वो फैक्ट्री दिख रही है?”

गिद्ध बोला “हाँ दिख रही है तो?”

“फैक्ट्री से निकलने वाले केमिकल ने पास वाली नदी का सारा पानी विषैला कर दिया है। तुम्हें पानी तो मिलेगा लेकिन वो पीने लायक न होगा।”

अचानक गिद्ध को कुछ अजीब महसूस होने लगा “ये मेरा दम क्यों घुट रहा है?”

राक्षस बोला-“मेरी मौजूदगी के कारण हा..हा..हा..हा..”

“लेकिन तुम मेरे साथ ऐसा.. क्यों कर रहे हो? मैंने.. तुम्हारा क्या बिगाड़ा है?”

“हा..हा..हा..हा..मैं तो जन्मा ही सबके विनाश के लिए हूँ। इस संसार के अंत के लिए। ये मनुष्य पेड़-पौधे काट काटकर और प्रदूषण फैलाकर मेरी ताकत बढ़ा रहे हैं। लेकिन ये इस बात को भूल रहे हैं कि एक दिन मेरी ये ताकत इतनी बढ़ जाएगी कि जिस तरह आज तुम्हारा अंत होने वाला है, इसी तरह सब इंसानों का अंत हो जाएगा। हा..हा..हा”

उसके इस हाहाकार के बीच उस गिद्ध ने प्राण त्याग दिए और मानव जाति के लिए एक सवाल खड़ा कर गया।

“क्या यही हमारा भविष्य है?”

आज के दौर में बढ़ते प्रदूषण और पेड़ों की कटाई ने पर्यावरण के लिए खतरा पैदा कर दिया है। इसी कारण ग्लोबल वार्मिंग की समस्या भी बढ़ रही है। यदि ऐसा ही चलता रहा तो वह दिन दूर नहीं जब हम पानी या फिर पर्याप्त आक्सीजन न मिलने के कारण विलुप्त होने के कगार पर पहुँच जाएँगे। लेकिन उस समय हमें बचाने वाला कोई नहीं होगा।

तो आइए आज हम प्रण लें कि हम अपनी धरती और पर्यावरण की रक्षा करेंगे। आने वाली पीढ़ी के लिए हरी-भरी और खुशहाल धरती ही हमारी ओर से एक बहुमूल्य उपहार होगी।

कैडेट निआ वर्मा

क्रमांक : डी एस - ४३





आदर्श विद्यार्थी

शिक्षा व्यक्ति के समग्र विकास में एक महत्वपूर्ण भूमिका निभाती है और एक आदर्श विद्यार्थी जो अपनी शैक्षणिक दक्षता के साथ-साथ अनुशासन, जिम्मेदारी और दूसरों का सम्मान जैसी उत्कृष्ट गुणवत्ताओं का प्रदर्शन करता है। आदर्श विद्यार्थी उन गुणों से सम्पन्न होते हैं जो उन्हें बाकी से अलग बनाते हैं और दूसरों के लिए प्रेरणा बनते हैं।

एक आदर्श विद्यार्थी की पहली गुणवत्ता अनुशासन है। अनुशासन हर जीवन के क्षेत्र में सफलता की कुंजी होता है और एक आदर्श विद्यार्थी इसे अच्छी तरह समझता है। ऐसे विद्यार्थी विद्यालय में समय पर पहुँचते हैं और कार्यक्रमों को समय पर पूरा करते हैं। वे एक सख्त दिनचर्या का पालन करते हैं और अपने समय का अच्छी तरह से प्रबंध करते हैं। एक आदर्श विद्यार्थी जानता है कि अनुशासन केवल शैक्षणिक उपलब्धियों से सीमित नहीं होता है, बल्कि उनके स्वयं के व्यवहार और दूसरों के प्रति उनके रवैये से भी प्रभावित होता है। वह अपने शिक्षकों और सहपाठियों का सम्मान करता है, अच्छे आचरण का पालन करता है और किसी ऐसी गतिविधि में नहीं शामिल होता जो उन्हें खुद या दूसरों को हानि पहुँचा सकती है।

दूसरों के प्रति सम्मान, एक आदर्श विद्यार्थी की एक और गुणवत्ता है। एक आदर्श विद्यार्थी जानता है कि हर व्यक्ति अनुभवशील होता है और सम्मान के योग्य होता है। वह अपने शिक्षकों और सहपाठियों का सम्मान करता है और दूसरों की राय और विचारों का भी सम्मान करता है। वह निरंतर सकारात्मक सलाह के लिए उद्यमी होता है और सभी के साथ दयालुता और सहानुभूति से व्यवहार करता है और जरूरतमंदों की मदद करने के लिए हमेशा तत्पर रहता है।

उपरोक्त गुणों के अलावा एक आदर्श विद्यार्थी धैर्य, जिज्ञासा और गंभीर विचार की भी गुणवत्ताओं से युक्त होता है। वह सवाल पूछने से नहीं डरता है और पाठ्यपुस्तकों से परे ज्ञान की तलाश करता है। वह ज्ञान के लिए उत्सुक होता है और हमेशा नए चीजों का सीखना जारी रखता है। वह अपने विद्यार्थी जीवन में आसानी से हार नहीं मानता है। वह सकारात्मक दृष्टिकोण के साथ चुनौतियों का सामना करता है और अपनी गलतियों से सीखता है।

एक आदर्श विद्यार्थी अनुशासन, जिम्मेदारी, दूसरों का सम्मान, धैर्य, जिज्ञासा और गंभीर विचार जैसी गुणवत्ताओं से युक्त होता है। इन गुणों के कारण वह दूसरों के लिए प्रेरणा का स्रोत बनता है। एक आदर्श विद्यार्थी शिक्षा के महत्व को समझता है और अपने अकादमिक में उत्कृष्टता हासिल करने का प्रयास करता है। वह स्वयं प्रेरित होता है और अपने कार्यों के लिए जिम्मेदारी लेता है। एक आदर्श विद्यार्थी केवल अकादमिक रूप से ही नहीं बल्कि एक उत्कृष्ट व्यक्तित्व से भी विशिष्ट होता है जो उन्हें भीड़ से अलग बनाता है।



कैडेट प्रिंस
क्रमांक : १७०६



दोस्ती



मेरे लिए एहसास है
मेरे लिए विश्वास है
मेरे लिए बस आस है

फिर भी मेरे लिए दोस्ती का मतलब ही खास है।

हमारी दोस्ती है, तो हमारा बचपन है
हमारी यादें हैं, तो हमारी मुलाकाते हैं
दोस्ती ही तो मुस्कुराहटों की बरसाते हैं।

दोस्ती में शिकायतों का राग है
फिर भी जज्बातों का एहसास है
मेरे लिए दोस्ती, हर दिल का किस्सा है।

मेरे लिए दोस्ती निःस्वार्थ है
मेरे दिल का निश्छल एहसास है।

मेरे लिए दोस्ती जीवन भर का साथ है
मेरी जिंदगी का अनमोल हिस्सा है
मेरे लिए दोस्ती दिल से दिल का रिश्ता है।।



कैडेट इशांत कुमार
क्रमांक : १२८२





हमारी संस्कृति हमारा गौरव

संस्कृति किसी भी समाज का एक अभिन्न अंग है, और यह लोगों के जीवन, परंपराओं, विश्वासों और मूल्यों के तरीके को परिभाषित करती है। इसमें हमारी कला, संगीत और साहित्य से लेकर हमारे भोजन, वस्त्र और भाषा तक सब कुछ शामिल है। संस्कृति के माध्यम से हम अपने मूल्यों और विश्वासों को व्यक्त करते हैं।

हमारी संस्कृति पर हम सभी को गर्व करना चाहिए। यह हमारे इतिहास और विरासत का प्रतिबिंब है, विविधता और समावेशिता को बढ़ावा देती है और रचनात्मकता और नवीनता को प्रेरित करती है। अपनी संस्कृति का जश्न मनाकर हम अपनी विरासत को संरक्षित कर रहे हैं और इसे आने वाली पीढ़ियों तक पहुँचा रहे हैं। हम सभी को अपनी संस्कृति को अपनाना चाहिए और उन अनूठी और सुंदर परंपराओं पर गर्व करना चाहिए जो हमें वह बनाती हैं जो हम हैं।

अपनी संस्कृति से जुड़े रहने का लाभ यह है कि इससे हमें अपनी पहचान की भावना स्थापित करने में मदद मिलती है। संस्कृति व्यक्ति की पृष्ठभूमि, इतिहास और मूल्यों का प्रतिबिंब होती है। किसी की संस्कृति को जानने और समझने से स्वयं व्यक्ति को यह समझने में मदद मिलती है कि वे कौन हैं और वे कहाँ से आए हैं।

अपनी संस्कृति के संपर्क में रहने से भी सांस्कृतिक जागरूकता और सहिष्णुता विकसित करने में मदद मिल सकती है। यह लोगों को विभिन्न संस्कृतियों की सराहना करने और समझने की अनुमति देता है और विविधता के प्रति सम्मान को बढ़ावा देता है। संस्कृति की खोज से व्यक्तिगत विकास हो सकता है। किसी की सांस्कृतिक परंपराओं, प्रथाओं और विश्वासों के बारे में सीखना किसी व्यक्ति के दृष्टिकोण को विस्तृत कर सकता है और दुनिया के प्रति उनकी समझ को समृद्ध कर सकता है।

अपनी संस्कृति के संपर्क में रहकर, लोग आने वाली पीढ़ियों के लिए अपनी सांस्कृतिक विरासत को संरक्षित करने में मदद कर सकते हैं। जो यह सुनिश्चित करता है कि सांस्कृतिक परम्पराएँ, प्रथाएँ और मान्यताएँ नष्ट न हों और पीढ़ी दर पीढ़ी चलती रहें। कुल मिलाकर, किसी की संस्कृति के संपर्क में रहने के कई फायदे हो सकते हैं जो किसी व्यक्ति के जीवन को समृद्ध कर सकते हैं और उनके व्यक्तिगत विकास में योगदान कर सकते हैं।



कैडेट ऋषभ मिश्रा
क्रमांक : १४०६

हवा और पानी

हमारा शरीर एक मशीन की तरह है जिसे भोजन, पानी और वायु की जरूरत है। भोजन, वायु और पानी के सहारे हम सभी जीवित हैं। वायु हमारे लिए बहुत आवश्यक है जिसके बिना हम क्षण भर भी जीवित नहीं रह सकते। हमें अधिक से अधिक मात्रा में वृक्ष लगाने चाहिए ताकि आक्सीजन की कमी न होने पाए। इसके बिना जीवन का अस्तित्व ही समाप्त हो जाएगा। प्रकाश संश्लेषण के लिए पौधों के लिए वायु भी महत्वपूर्ण है।

पानी भी हमारे जीवन के लिए उतना ही जरूरी है जितनी कि वायु हमारे लिए जरूरी है। साफ पानी, शुद्ध वायु और संतुलित भोजन से हम सदा निरोग रहते हैं। हमारी आयु लम्बी होती है। शुद्ध वायु और साफ पानी हमारे जीवन के आवश्यक अंग हैं। यह हमें उर्जा प्रदान करता है और शरीर की संरचना को बनाए रखता है। पानी के महत्व को समझो वरना आने वाले कल को हम क्या मुँह दिखाएंगे।

पानी का सही उपयोग ना किया तो कल तरसेंगे हम,
फिर कहते रहेंगे मेघ कब बरसोगे तुम
पानी को है अगर बचाना,
तो इन सभी बातों को जीवन में अपनाना,
पानी भी उतना ही जरूरी है
जीवन के लिए जितना जरूरी है खाना।।



कैडेट विराज आतिल
क्रमांक : डी एस - ४६



भारत के सम्मुख संकट आर्थिक या नैतिक

“संस्कार है कमजोर, अपेक्षाओं का विस्तार है, ऐसे में हो न क्यों, पीढ़ियों में यूँ तक़रार है ।
यूज एन्ड थ्रो की वृत्ति का, हो रहा विस्तार है, वस्तुओं सामान व संग, हो रहा व्यवहार है ।”

आज हमारे देश भारत को नैतिक और आर्थिक संकट से गुजरना पड़ रहा है जिसे हम एक चरण समझकर नजरअंदाज नहीं कर सकते। इक्कीसवीं सदी की चुनौतियों को समझने के लिए यूनेस्को द्वारा गठित डेलर्म द ट्रेज़र विदिन में विश्व स्तर पर प्रत्येक राष्ट्र के समक्ष तीन प्रकार के संकट बताये थे :- आर्थिक संकट, प्रगति का संकट, नैतिक संकट। ये तीनों ही संकट भारत के समक्ष विकराल रूप में उपस्थित हैं। आज नैतिक संकट की बात करें तो आज भौतिक उपलब्धियों की होड़ में मानवीय संवेदनाएँ शून्य होती जा रही हैं। लोग एक दूसरे से दूर होते जा रहे हैं। लोगों में सहयोग, विनम्रता, क्षमा और मानसिक संतुष्टि का स्तर निम्न होता जा रहा है और भौतिक संतुष्टि के स्तर को उच्चतम रखने का प्रयास किया जा रहा है।

आज शैशवावस्था से बच्चों की नैतिकता में इतनी गिरावट क्यों है ? आज देश की संस्कृति एवं परम्पराओं का संरक्षण करने वाले व्यक्तियों को खोजना कठिन है। धीरे धीरे लोग मानवता और मानवता के मानवीय मूल्यों को भूल रहे हैं।

आज हमारे देश में नैतिक संकट के निम्न कारण हैं :-

- आत्म केंद्रित चिंतन:- इसमें व्यक्ति का स्वार्थी होना, लालची होना, अपने फायदे को अधिक महत्त्व देना।
- आर्थिक और भौतिक मूल्यों पर अधिक बल देना।
- विध्वंसात्मक भावनाएँ:- जिसके अंतर्गत व्यक्ति का भय, क्रोध, दुःख, तनाव का बढ़ना।

आज के समय में नैतिक संकट की स्थिति में शिक्षा की महत्वपूर्ण भूमिका होती है यही शिक्षा व्यक्ति को विवेकपूर्ण निर्णय लेने योग्य बनाती है, भावनात्मक स्थिरता विकसित करती है, सामाजिक संवेदनशीलता विकसित करती है, समाज एवं राष्ट्र के प्रति हित चिंतन विकसित करती है। नागरिकों में संविधान के प्रति आस्था उत्पन्न करती है। अगर हम भारत के सम्मुख आर्थिक संकटों की बात करें तो कृषि संबंधी संकट, उद्योग एवं व्यापार के क्षेत्र में संकट, बेरोजगारी, मूल्यवृद्धि आदि समस्याएँ बनी हुई हैं। मानसून की अनिश्चितता भारतीय कृषि के सामने संकट खड़ा करती रही है।

जहाँ १९७० एवं १९८० के दशक में चीन जैसे देश ने अपने वृहद मानव संसाधन के आलोक में विनिर्माण में लघु एवं कुटीर उद्योगों पर अपना ध्यान केंद्रित किया। वहीं हम इन क्षेत्रों की अपेक्षा करते रहें। हमारे देश ने अपने आर्थिक विकास के क्रम में अपनी सांस्कृतिक

विरासतों को पर्यटन उद्योग के विकास की संभाव्यता के आलोक में विकसित नहीं किया है। यथा पर्यटन क्षेत्र की हमने उपेक्षा की, ई-कामर्स के क्षेत्र में हमारा देश चीन से बहुत पीछे है।

हमें अपने देश के आर्थिक संकटों को दूर करने के लिए डिजिटल क्रांति के तहत कृषि क्षेत्र को जोड़ना होगा। इसी प्रकार विनिर्माण क्षेत्र के विकास के लिए “मेक इन इण्डिया” जैसी पहल करनी होगी। पर्यटन क्षेत्र के विकास के लिए ई-पर्यटन वीजा योजना का विस्तार करना होगा।



कैप्टेन रोशन कुमार
क्रमांक : १७८६



भाग्य और पुरुषार्थ में अंतर

कर्म जो हम चौबीस घंटे अच्छे-बुरे कार्य करते हैं, वह कर्म है। कर्म से ही हमारा भाग्य बनता है और पुरुषार्थ से भाग्य को बदला जा सकता है। हम जैसे चाहे अपने कर्म से अपनी जीवन की धारा बदल सकते हैं।

हम अपने जीवन में क्या पाना चाहते हैं? और क्या कर्म करना चाहते हैं? उसे ही पुरुषार्थ कहा गया है। जो मानव जीवन के मूल उद्देश्य होते हैं, जो लक्ष्य होते हैं उनका मतलब पुरुषार्थ होता है। भारतीय संस्कृति के अनुसार मनुष्य के लिए इन चार पुरुषार्थों का वर्णन किया गया है:- धर्म, अर्थ, काम और मोक्ष।

कर्म बड़ा या भाग्य

बहुत से महान ज्ञानी संतों ने कर्म और भाग्य की अलग अलग व्याख्या की है।

गोस्वामी तुलसीदास “रामचरित मानस” की इस चौपाई में कर्म के महत्त्व को बताते हुए कहते हैं

“कर्म प्रधान विश्व रचि राखा । जो जस करहि सो तस फल चाखा।।

सकल पदारथ हैं जग मांही। कर्महीन नर पावत नाहीं।।”

अर्थात् यह विश्व कर्म प्रधान है जो व्यक्ति जैसा करता है उसे वैसे ही फल की प्राप्ति होती है। अगर आपने कर्म अच्छा किया है तो उसका शुभ फल आपको हर हाल में मिलेगा लेकिन अगर आपके कर्म बुरे हैं तो उसके बुरे परिणामों से भी आप स्वयं को बचाकर नहीं रख सकते। मनुष्य का संपूर्ण जीवन इसी बात पर आधारित है कि वह जीवन में किस तरह के कर्म करता है। कर्महीन व्यक्ति के लिये इस जगत में कुछ भी नहीं है अगर उद्यम नहीं किया गया तो व्यक्ति को कुछ भी हासिल नहीं हो सकता।

भाग्य और पुरुषार्थ एक सिक्के के दो पहलू हैं। कुछ लोग भाग्य को मानते हैं कुछ लोग पुरुषार्थ को। पुरुषार्थ के बिना भाग्य नहीं बनता। इस संसार में कुछ लोग भाग्यवादी हैं और कुछ लोग पुरुषार्थवादी। भाग्यवादी लोग भाग्य पर निर्भर रहते हैं। पुरुषार्थवादी कहते हैं कि पुरुषार्थ के द्वारा भाग्य को बदला जा सकता है।

आज का युग प्रतिस्पर्धा का युग है विज्ञान अथवा तकनीकी के क्षेत्र में मनुष्य ने अभूतपूर्व उन्नति की है। हम में से अधिकांश लोग मनवांछित वस्तुएँ प्राप्त न होने पर स्वयं की कमियों को देखने की बजाय भाग्य को दोष देकर मुक्त हो जाते हैं। भाग्य भी उनका साथ देता है जो

स्वयं पर विश्वास करते हैं। जो अपनी पुरुषार्थ के द्वारा अपनी कामनाओं की पूर्ति पर आस्था रखते हैं। वही व्यक्ति जीवन में सफलता के मार्ग पर अग्रसित होते हैं।

पुरुषार्थ अथवा कर्म पर विश्वास करने वाले व्यक्ति जीवन में आने वाली बाधाओं और समस्याओं को सहजता से स्वीकार कर उसका निवारण करने का प्रयास करते हैं। कठिन परिस्थितियों में भी विचलित नहीं होता। जीवन संघर्ष में वह निरंतर अग्रसित होता है।

गीता में भगवान श्रीकृष्ण ने कहा है कि कर्म का मार्ग पुरुषार्थ का मार्ग है। धैर्यपूर्वक अपनी पथ पर अडिग रहना चाहिए। पुरुषार्थी व्यक्ति ही जीवन में यश अर्जित करता है। वह स्वयं को ही नहीं अपितु अपने परिवार, समाज तथा देश को गौरवान्वित करता है। भाग्य हमारे कर्मों का फल है कोई ईश्वर इच्छित वस्तु नहीं।



संगीता
हिंदी अध्यापिका





आज की बचत कल का सुख

बचत धन की हो या समय की, वर्तमान के सुखों का कारण तो बना ही करती है, भविष्य के सुख को भी सबके लिए सुरक्षित और आरक्षित कर सकती हैं- महापुरुषों की यह बात मानकर हर आदमी को आज और इसी क्षण से ही उस दिशा में कार्यशील हो जाना चाहिए। संसार में जिसे समय या जीवन कहा जाता है, उसके मुख्य तीन भाग माने गये हैं। जो बीत चुका है, जीवन के उस भाग को अतीत या भूतकाल कहा जाता है। इसके लिखित रूप को इतिहास भी कहा जाता है। जो समय घट और बीत रहा है, जीवन के इस भाग को वर्तमान काल कहा जाता है। इसके विपरीत आज के हमारे बीत रहे समय के परिणामस्वरूप कल या आने वाले समय में जो बीतेगा और जिसके बारे में आज निश्चित रूप से कुछ नहीं कहा जा सकता, उसे भविष्यकाल कहा जाता है! बीते समय या भूतकाल में अपनी परिस्थितियों और वातावरण के अनुसार मानव-जीवन और समाज ने अच्छा-बुरा, उचित-अनुचित जो कुछ भी किया, उन्हीं सबका परिणाम हम लोग आज भोग रहे हैं। यह भी निश्चित है कि आज हम अच्छा-बुरा, उचित-अनुचित जो कुछ भी करेंगे, हमारी आने वाली पीढ़ियों को उनका परिणाम भोगना पड़ेगा! आज का कर्म, कल का परिणाम है। जीवन और प्रकृति माँ का यही अटल नियम है।

भूतकाल में मनुष्य जंगलों, पहाड़ी गुफाओं में रहकर शिकार के सहारे जीवन गुजारा करता था। धीरे-धीरे जब प्रकृति के खुले या गुफाओं के अँधेरे वातावरण की परिस्थितियाँ मनुष्य के लिए असहनीय होती गयीं, तब उसने सोच-समझ कर उनसे बाहर निकलने का प्रयत्न किया। उसने झोपड़ियाँ, फिर कच्चे मकान, फिर ईट-गारे के सामान्य मकान बनाने शुरू किए। यही प्रक्रिया निरन्तर आगे चलकर किलों, राजमहलों और आज के कई-कई मंजिलों वाले लिफ्ट लगे भवनों के रूप में हमारे सामने आयी है। आज का जो स्वरूप है, उसके आधार पर आने वाले कल या भविष्य का निर्धारण इस आधार पर होगा कि हमारी वर्तमान की क्रिया-प्रक्रिया और गति-विधियाँ किस प्रकार की रहती हैं। स्पष्ट है कि बीते

कल की सोच, परिश्रम और प्रक्रिया का फल हम आज भोग रहे हैं। आज हम जो कुछ कर रहे हैं, उसका फल आने वाले कल या भविष्य की हमारी पीढ़ियाँ भोगेंगी। इसी आधार पर यह भी स्पष्ट समझा जा सकता है कि आज की बचत ही कल या भविष्य में हमारे जीवन का सुख बन सकती है।

मनुष्य एक सोच-विचार करने में समर्थ सामाजिक प्राणी है। वह जानता है कि सब दिन एक जैसे नहीं बीतते। समय स्वभाव से ही गतिशील और बदलने वाला है। आज हमारे नयन-प्राण, हमारे हाथ-पैर सही सलामत हैं। उनमें देखभाल या सोच-विचार कर ठीक ढंग से परिश्रम करने की शक्ति है।

यह शक्ति सदैव स्थिर नहीं रह सकती। तब यदि मनुष्य ने अपनी कमाई से कुछ बचाकर नहीं रखा होगा, तो बहुत संभव है कि कोई भी उसकी सहायता न कर पाए। यही सोच-समझकर ही बुद्धिमान लोग तरह-तरह से बचत करने, अपने कमाए धन में से एक अच्छा भाग सुरक्षित रखने का प्रयास किया करते हैं। आज क्या, किसी भी युग में अपनी सन्तानों के भरोसे रहकर जीवन जिया नहीं जा सकता। ऐसे उदाहरण समय-समय पर सामने आते रहते हैं कि जब वृद्ध माँ-बाप को कई-कई समर्थ सन्तानों के रहते हुए भी दर-दर भटकना पड़ा। अनाथालयों में आश्रय लेना पड़ा। इस प्रकार की स्थिति किसी भी प्राणी पर आ सकती है। यदि इनकी सम्भावना पर विचारकर वह पहले से ही बचत आरम्भ कर देता है, तो भाग्य या दुर्भाग्य से बेसहारा होने पर वह अपना कल यानी भविष्य का जीवन सुखपूर्वक काट सकता है। अतः बुद्धिमत्ता यही है कि कल के सुख के लिए आज से ही बचत शुरू कर दे।

“कुछ लोग खाओ पिओ और मौज करो” का सिद्धान्त मानकर चलने वाले हुआ करते हैं। कुछ लोग “अरे, आज खा-पीकर मौज कर लो, कल किसने देखा है”, जैसे सिद्धान्तों की बातें किया करते हैं। कुछ लोग “कल देखा जायेगा” जैसी बातें भी कहा करते हैं। इस प्रकार की बातें करने-कहने वाले लोग दूरदर्शी न होकर प्रायः आलसी किस्म के या बुद्धिहीन ही हुआ करते हैं। ऐसे ही लोगों

को हारी-बीमारी में दूसरों के सामने हाथ फैलाकर गिड़गिड़ाते हुए सहायता मांगते हुए देखा जा सकता है। वक्त पड़ने पर वे लोग भविष्य में निरन्तर परिश्रम और बचत करने की बातें कह तो देते हैं, पर समय बीत जाने पर सब भूल जाते हैं फिर अपनी गलत धारणाओं का शिकार होकर दुख पाते रहते हैं। यही सब सोच-समझ बुद्धिमान लोग समय का सदुपयोग करते हुए, अपनी कमाई का भाग बचाना आरम्भ कर देते हैं।

परिश्रम और बचत करना जहाँ एक व्यक्ति के लिए आवश्यक है, लाभदायक है, भविष्य की सुख-सुविधा और सुरक्षा की गारण्टी है, वहाँ सारे समाज, देशों और जातियों के बारे में भी यह सत्य है। सामूहिक रूप से परिश्रम और बचत करना ही पूरे समाज, जाति और राष्ट्र की सुख-सुविधा और सुरक्षा की गारण्टी हो सकता है। इसलिए हमें देश-रूपी विशाल समाज का एक अंग होने के नाते अपने भविष्य की चिन्ता तो करनी ही चाहिए। सारे समाज और राष्ट्र के भविष्य की चिन्ता करना भी हमारा कर्तव्य हो जाता है। कहावत भी है कि “बूंद-बूंद से ही घड़ा भरा करता है” जल की बूंद-बूंद से ही विशाल समुद्र का स्वरूप बना करता है। सो हर आदमी का कर्तव्य होता है कि वह अपने व्यक्ति-रूप बूंद को समाज-देश रूपी घड़े या समुद्र में मिला दे। अपने से भी पहले वह समाज और राष्ट्र के कल के सुख की सोचे। उसके लिए लगातार परिश्रम करे उसके परिश्रम से अर्जित एक-एक पैसा उसके अपने लिए सारे समाज के लिए सुख की कल्पना साकार कर सकेगा, ऐसा हमारा विश्वास है।



कैडेट शिवम
क्रमांक रु १३६२





SAINIK SCHOOL PUNGLWA

NCC ACTIVITIES AT SCHOOL





SOCIAL AND CULTURAL ACTIVITIES





Cadet ACHIEVERS



Lt Gen HS Sahi, GOC HQ 3 Corps presenting Certificate of Excellence to Cdt Kavya Prakash for securing first position in Elocution Competition conducted by Indian Army



Lt Gen HS Sahi, GOC HQ 3 Corps felicitating Cdt Divyanshu Pandey for securing second position in Elocution Competition conducted by Indian Army



Lt Gen HS Sahi, GOC HQ 3 Corps handing over Certificate of Excellence to Cdt Cidibe Peter for securing third position in Speech competition conducted by Indian Army



Cdt Vaibhav Antil receiving Trophy from Col Arvind Nautiyal, Principal for securing 2nd Runner Up in National Level Sanskrit Sabdhamanthan Competition 2023-24



Cdt Sourav Sharma receiving certificate from Col Arvind Nautiyal, Principal for securing position in National Level Sanskrit Sabdhamanthan Competition 2023-24



Cdt Piyush Patel receiving certificate from Col Arvind Nautiyal, Principal for securing position in National Level Sanskrit Sabdhamanthan Competition 2023-24



Cdt Priyanshu Ranjan receiving certificate from Col Arvind Nautiyal, Principal for securing position in National Level Sanskrit Sabdhamanthan Competition 2023-24



Cdt Vicky Kumar receiving certificate from Col Arvind Nautiyal, Principal for securing position in National Level Sanskrit Sabdhamanthan Competition 2023-24





STAFF BEING HONoured AND FELICITATED

Academic & Administrative Staff receiving certificate of Appreciation from
Lt Col Leena Bajaj, Offg Principal



Kum Roopa Bhati (PGT Chemistry)



Shri Suvam Banerjee (PGT Maths)



Shri Vijaya Kumar M (TGT Computer Science)



Shri Neghuwa Magh (UDC)



Smt Ilamgwangle (LDC)



Shri Chandan Sinha (LDC)





SAINIK SCHOOL PUNGLWA

BLOOMING BUDS FOUNDATION SCHOOL



Art Gallery



CDT AVO TENSA, 1204



CDT BINOD KUMAR, 1504



CDT AMRISH KUMAR, 1228



CDT CHIRAG KUMAR, 1180



CDT CHUMBENTHUNG, 1194



CDT EKAGRA ARYAN, 1226



CDT GABRIO, 1216



CDT HETILO, 1203



CDT CHENOHYUN, 1214



CDT HIHULO SEMP, 1187



CDT JIGMEY, 1184



CDT SUJAL SHARMA, 1517



CDT SAGAR JILLY, 1245





CDT JOY BRATA CHAKMA, 1497



CDT KALUM NAYAM, 1177



CDT KECHAVIZO, 1198



CDT KELEHO SOPHIE,
1191



CDT S RITO, 1193



CDT RINCHIN NIMA, 1173



CDT KIKRUPHRUZO, 1223



CDT LORUNG REBE, 1239



CDT LOYI MARA, 1176



CDT MASTUFA AHMED, 1178



CDT PACHEYHUN, 1208



CDT MEHITI KATH, 1217



CDT NAGESH NEHRA, 1521



CDT NAWANG YESHI, 1230



CDT NITOKA CHISHI, 1501



CDT RICHET PONGEN, 1213



CDT TAKOSUNEP, 1190



CDT VIZI ANAR, 1196



CDT PEMBA TSERING, 1182



CDT PHASSANG TSERING, 1186



CDT PETER MONGTSON, 1188





VIP VISITS



MAJ GEN VIJAY JOTWANI, COS, HQ 3 CORPS AND CHAIRMAN LBA AT THE WAR MEMORIAL



MAJ GEN GAGAN DEEP, ADG, NCC NER SHILLONG RECEIVING SCHOOL MEMENTO FROM COL ARVIND NAUTIYAL, PRINCIPAL



BRIG DIPANKAR SAHA, GP CDR NCC, GP HQ KOHIMA RECEIVING SCHOOL MEMENTO FROM COL ARVIND NAUTIYAL, PRINCIPAL



COL CST SWAMY, CO NCC MOKOKCHUNG RECEIVING SCHOOL MEMENTO FROM LT COL LEENA BAJAJ, VICE PRINCIPAL POST LECTURE



FLT LT OBED NEWMAI RECEIVING SCHOOL MEMENTO FROM COL ARVIND NAUTIYAL, PRINCIPAL



PROF SC ROY, NERIE SHILLONG NCERT RECEIVING SCHOOL MEMENTO FROM COL ARVIND NAUTIYAL, PRINCIPAL



COL ARVIND NAUTIYAL, PRINCIPAL HONOURS LT HINOTO K YEPTHOMI



LT TAPI MODA RECEIVING SCHOOL MEMENTO FROM LT COL LEENA BAJAJ, VICE PRINCIPAL



DR RR KOIRENG DCS & D, NCERT RECEIVING SCHOOL MEMENTO FROM COL ARVIND NAUTIYAL, PRINCIPAL





FROM THE SOCIAL MEDIA COLUMN

PRO Defence, Manipur, Nagaland & South Arunachal
@prodefenceinme

Sainik School, Punglwa **#Nagaland** commemorated 17th Founders' Day. A series of events were held. Sh Uniel Kichu, IPS, DIG, **@DGP_Nagaland** was the Chief Guest. A variety of programs were organised preceded by paying homage to the martyrs.
@SpokespersonMoD @SainikSociety @HQ_IDS_India

PRO Defence, Manipur, Nagaland & South Arunachal
@prodefenceinme

#WorldYogaDay2024
Sainik School, Punglwa, commemorated **#InternationalYogDiwas** with cadets & staff, practicing **#yoga** asanas & sharing information about its benefits for all ages.
#YogaForFitness
@sspunglwa @SpokespersonMoD @sainikschools @HQ_IDS_India

Nagaland Page
May 12 · 🌐

Sainik School, Punglwa Nagaland (SSPN) commemorated its 17th Founders' Day on May 11. A series of events were held to commemorate the event. Uniel Kichu, IPS, DIG (Range/NAP) Nagaland Police HQs, was the Chief Guest on the occasion.

NAGALANDPAGE.COM
Sainik School Punglwa Celebrates 17th Foundation Day - Nagaland Page

PRO Defence, Manipur, Nagaland & South Arunachal
@prodefenceinme

Inter-House **#basketball** Championship-2024-25, held at Sainik School, Punglwa, **#Nagaland**, **@sspunglwa**. Melak house won Junior & Tizu House won Sub-Junior category. Cdt Zatsiso Dino & Cdt Yazel Konyak adjudged Best Player in respective categories.
@SpokespersonMoD @HQ_IDS_India

PRO Defence, Manipur, Nagaland & South Arunachal
@prodefenceinme

Investiture Ceremony held at Sainik School, Punglwa, **#Nagaland**. Brig Arupendu Gupta, SM, Officiating Chairman, Local Board of Administration (LBA) was the Chief Guest. Academic Torches awarded to meritorious cadets. Pipping of appointments & LBA meeting also held.
@MyGovNagaland

SpearCorps.IndianArmy
@spearcorps

82 students of Sainik School Punglwa, **#Nagaland**, between the ages of 14 and 16, visited Rangapahar Military Station. The visit commenced with the students paying homage to the martyrs at the War Memorial, followed by an impressive orientation to the modern equipment being used by **#IndianArmy**. The students also interacted with senior military officers and soldiers who motivated them to join the **#IndianArmedForces**.
@adgpi @easterncomd

PRO Defence, Manipur, Nagaland & South Arunachal
@prodefenceinme

104 cadets of Sainik School Punglwa, **@sspunglwa**, **@Nagaland**, visited **@assamrifle** Battalion at Jalsike town on an Educational & Motivational tour. Cadets visited unit facilities, witnessed Weapons Display & interacted with officers.
@SpokespersonMoD @Official_Aga @SainikSociety

PRO Defence, Manipur, Nagaland & South Arunachal
@prodefenceinme

Sainik School, Punglwa, **@sspunglwa**, welcomed 2 of their 1st Distinguished Naga sons, Pte Lt Obed Newmai (Assam Rifles, 1st Bn) & Lt Hinoto Kakishe Yephthomi (Assam Rifles, 1st Bn). Post felicitation, the young officers addressed & motivated the cadets.
@SpokespersonMoD

PRO Defence, Manipur, Nagaland & South Arunachal
@prodefenceinme

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@SpokespersonMoD

Sainik School Punglwa honors alumni Flight Lieutenant Obed Newmai and Lieutenant Hinoto Kakishe Yephthomi

10th May 2024

TOP NEWS

- 1. Inhabitant village, police station... (Hilltop Police Station)...
- 2. Ministry looking to build... (Ministry looking to build...)
- 3. South taking... (South taking...)





MEDIA SPEAKS

Investiture ceremony of Sainik School Punglwa



Investiture ceremony held at Sainik School Punglwa

Investiture ceremony was held at Sainik School Punglwa on 14th September 2023. The ceremony was presided over by the Principal, Mr. S. K. Singh, who presented the school badge to the students. The students were also presented with the school motto, 'Dedication, Discipline, and Duty'. The ceremony was attended by the staff and students of the school.

Investiture ceremony held at Sainik School Punglwa



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Cadets of Sainik school Satara, Maharashtra visit Sainik school Punglwa



Cadets of Sainik school Satara, Maharashtra visit Sainik school Punglwa

A group of cadets from Sainik School Satara, Maharashtra, visited Sainik School Punglwa on 15th September 2023. The visit was part of a friendly exchange program between the two schools. The cadets from Satara were accompanied by their school principal, Mr. S. K. Singh, and the principal of Sainik School Punglwa, Mr. S. K. Singh. The visit was a successful one, and the cadets from both schools enjoyed their time together.

Sanik school cadets from Maharashtra visit SSP



Sanik school cadets from Maharashtra visit SSP

A group of cadets from Sainik School Maharashtra visited SSP on 16th September 2023. The visit was part of a friendly exchange program between the two schools. The cadets from Maharashtra were accompanied by their school principal, Mr. S. K. Singh, and the principal of SSP, Mr. S. K. Singh. The visit was a successful one, and the cadets from both schools enjoyed their time together.

Sainik School Punglwa 14th annual sports meet underway



Sainik School Punglwa 14th annual sports meet underway

The 14th annual sports meet of Sainik School Punglwa is underway. The sports meet is a major event for the school, and it provides an opportunity for the students to showcase their athletic abilities. The sports meet is being held on the school grounds, and it is open to all students of the school. The sports meet is a great way for the students to build teamwork and sportsmanship.

Doyang, Paama clinch Sainik School Punglwa's inter-house cross country C'hip



Doyang, Paama clinch Sainik School Punglwa's inter-house cross country C'hip

The inter-house cross country competition of Sainik School Punglwa has concluded. Doyang and Paama emerged as the winners of the competition. The competition was a great success, and it provided an opportunity for the students to showcase their athletic abilities. The competition was held on the school grounds, and it was open to all students of the school. The competition was a great way for the students to build teamwork and sportsmanship.

SSP conducts cross-country race



SSP conducts cross-country race

A cross-country race was conducted by SSP on 17th September 2023. The race was held on the school grounds, and it was open to all students of the school. The race was a great success, and it provided an opportunity for the students to showcase their athletic abilities. The race was held on the school grounds, and it was open to all students of the school. The race was a great way for the students to build teamwork and sportsmanship.

SSP cadets visit AR battalion in Jalukie



SSP cadets visit AR battalion in Jalukie

A group of SSP cadets visited an AR battalion in Jalukie on 18th September 2023. The visit was part of a friendly exchange program between the two units. The cadets from SSP were accompanied by their school principal, Mr. S. K. Singh, and the principal of the AR battalion, Mr. S. K. Singh. The visit was a successful one, and the cadets from both units enjoyed their time together.

SSP cadets visit AR battalion in Jalukie



SSP cadets visit AR battalion in Jalukie

A group of SSP cadets visited an AR battalion in Jalukie on 18th September 2023. The visit was part of a friendly exchange program between the two units. The cadets from SSP were accompanied by their school principal, Mr. S. K. Singh, and the principal of the AR battalion, Mr. S. K. Singh. The visit was a successful one, and the cadets from both units enjoyed their time together.

Sainik School Punglwa felicitates alumni on being commissioned as officers



Sainik School Punglwa felicitates alumni on being commissioned as officers

A felicitations ceremony was held at Sainik School Punglwa on 19th September 2023. The ceremony was held to felicitate the alumni who have been commissioned as officers. The ceremony was presided over by the Principal, Mr. S. K. Singh, who presented the school badge to the alumni. The ceremony was attended by the staff and students of the school.

NCC North East ADG visits Sainik School Punglwa



NCC North East ADG visits Sainik School Punglwa

A group of NCC North East ADG visited Sainik School Punglwa on 20th September 2023. The visit was part of a friendly exchange program between the two units. The ADG from NCC North East was accompanied by their school principal, Mr. S. K. Singh, and the principal of Sainik School Punglwa, Mr. S. K. Singh. The visit was a successful one, and the ADG from both units enjoyed their time together.

2 cadets of SSP commissioned as officers



2 cadets of SSP commissioned as officers

Two cadets of SSP were commissioned as officers on 21st September 2023. The commissioning ceremony was held at the school, and it was a great success. The two cadets were presented with their commissions by the Principal, Mr. S. K. Singh. The ceremony was attended by the staff and students of the school.

ADG NCC NER visits Sainik School Punglwa



ADG NCC NER visits Sainik School Punglwa

A group of ADG NCC NER visited Sainik School Punglwa on 22nd September 2023. The visit was part of a friendly exchange program between the two units. The ADG from NCC NER was accompanied by their school principal, Mr. S. K. Singh, and the principal of Sainik School Punglwa, Mr. S. K. Singh. The visit was a successful one, and the ADG from both units enjoyed their time together.

SSP cadet returns to alma mater as commissioned officer



SSP cadet returns to alma mater as commissioned officer

A cadet of SSP returned to the school as a commissioned officer on 23rd September 2023. The commissioning ceremony was held at the school, and it was a great success. The cadet was presented with his commission by the Principal, Mr. S. K. Singh. The ceremony was attended by the staff and students of the school.

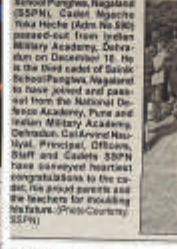
16th Republic Day celebration at Sainik School Punglwa



16th Republic Day celebration at Sainik School Punglwa

The 16th Republic Day celebration was held at Sainik School Punglwa on 24th September 2023. The celebration was a great success, and it provided an opportunity for the students to showcase their patriotic spirit. The celebration was held on the school grounds, and it was open to all students of the school. The celebration was a great way for the students to build teamwork and sportsmanship.

Ex-Cadet from Sainik School Punglwa, Nagaland SSPN, Cadet Naga



Ex-Cadet from Sainik School Punglwa, Nagaland SSPN, Cadet Naga

An ex-cadet from Sainik School Punglwa visited the school on 25th September 2023. The visit was part of a friendly exchange program between the two units. The ex-cadet was accompanied by their school principal, Mr. S. K. Singh, and the principal of Sainik School Punglwa, Mr. S. K. Singh. The visit was a successful one, and the ex-cadet from both units enjoyed their time together.

Sainik School Punglwa cadets participate in All India Sainik School Games



Sainik School Punglwa cadets participate in All India Sainik School Games

A group of Sainik School Punglwa cadets participated in the All India Sainik School Games on 26th September 2023. The games were held in Nagaland, and they were a great success. The cadets from Sainik School Punglwa performed well in the games, and they were able to showcase their athletic abilities. The games were held on the school grounds, and they were open to all students of the school. The games were a great way for the students to build teamwork and sportsmanship.

SSPN organises inter-house election competition



SSPN organises inter-house election competition

An inter-house election competition was organized by SSPN on 27th September 2023. The competition was held on the school grounds, and it was open to all students of the school. The competition was a great success, and it provided an opportunity for the students to showcase their leadership abilities. The competition was held on the school grounds, and it was open to all students of the school. The competition was a great way for the students to build teamwork and sportsmanship.

Nagaland (N) Independent (I) Sainik School Company NCC organised its 11th Combined Annual Training Camp (CATC-20) for the training year, 2023-24.



Nagaland (N) Independent (I) Sainik School Company NCC organised its 11th Combined Annual Training Camp (CATC-20) for the training year, 2023-24.

The 11th Combined Annual Training Camp (CATC-20) was organized by the Nagaland (N) Independent (I) Sainik School Company NCC on 28th September 2023. The camp was held on the school grounds, and it was open to all students of the school. The camp was a great success, and it provided an opportunity for the students to showcase their leadership abilities. The camp was held on the school grounds, and it was open to all students of the school. The camp was a great way for the students to build teamwork and sportsmanship.

Maj Gen Vijay Jotwani, Chief of Staff, 3 Corps inspects Sainik School Punglwa



Maj Gen Vijay Jotwani, Chief of Staff, 3 Corps inspects Sainik School Punglwa

Maj Gen Vijay Jotwani, Chief of Staff, 3 Corps, visited Sainik School Punglwa on 29th September 2023. The visit was part of a friendly exchange program between the two units. Maj Gen Jotwani was accompanied by their school principal, Mr. S. K. Singh, and the principal of Sainik School Punglwa, Mr. S. K. Singh. The visit was a successful one, and Maj Gen Jotwani from both units enjoyed their time together.

Sainik School Punglwa cadets participate in All India Sainik School Games



Sainik School Punglwa cadets participate in All India Sainik School Games

A group of Sainik School Punglwa cadets participated in the All India Sainik School Games on 30th September 2023. The games were held in Nagaland, and they were a great success. The cadets from Sainik School Punglwa performed well in the games, and they were able to showcase their athletic abilities. The games were held on the school grounds, and they were open to all students of the school. The games were a great way for the students to build teamwork and sportsmanship.

Ex-Cadet from Sainik School Punglwa, Nagaland SSPN, Cadet Naga



Ex-Cadet from Sainik School Punglwa, Nagaland SSPN, Cadet Naga

An ex-cadet from Sainik School Punglwa visited the school on 31st September 2023. The visit was part of a friendly exchange program between the two units. The ex-cadet was accompanied by their school principal, Mr. S. K. Singh, and the principal of Sainik School Punglwa, Mr. S. K. Singh. The visit was a successful one, and the ex-cadet from both units enjoyed their time together.

Sainik School Punglwa cadets participate in All India Sainik School Games




Sainik School Punglwa cadets participate in All India Sainik School Games

A group of Sainik School Punglwa cadets participated in the All India Sainik School Games on 1st October 2023. The games were held in Nagaland, and they were a great success. The cadets from Sainik School Punglwa performed well in the games, and they were able to showcase their athletic abilities. The games were held on the school grounds, and they were open to all students of the school. The games were a great way for the students to build teamwork and sportsmanship.




Visitors' Book		
Name	Address	Remarks
On the occasion of Mr. (1) Shinde Cdr. NCC inspection.		
Mr. Gen. Gagan Deep ADG NER		First visit to SSRI. Hope to have greater interaction and assist the school in helping future of youth of Nagaland.

<u>Visitors' Book</u>			
<u>Date</u>	<u>Name</u>	<u>Address</u>	<u>Remarks</u>
16 Nov 28	Maj Gen Viny Johnson	Cob. 5 Corps Chairman, L.A.	I very well and our family healthy and much happy day L.A. now. Thank you! 

Visitors' Book			
Date	Name	Address	Remarks
	On the occasion of 14 (1) Divis. COT NER inspection.		
24 Feb 24	Mr. Gen. Gagan Deep	ADG NER	First visit to SSW. Hope to have greater interaction and assist the school in shaping future of govt of Nagaland.

[illegible][illegible]

S. No.	Date	Name & Address	Place	Comments
10	28 Jul 45	Brig. K. Sengupta Gang Sengupta 118, 115C, Acharya	Pratibandh	met for a long time about 1000 hrs. Made a critical inspection of the current work relatively well up. Both personally & technically. He suggested that we should not do up to excellent standard of the work will do a bit of work for

S. No.	Date	Name & Address	Place	Comments
17	19.06.20	Prof. Sripadman. Sahu Capt. Commandr. Gvt Hq.		Bairabhadra visit to school. Keep up the good work. He will visit. 

S. No.	Date	Name & Address	Name	Comments
11	20 Feb 20	Prof. J. S. Ray, MERU, Shillong, MIZOCT.		Visited St. Saviour's School, Panglao on the 19th & 20th Feb 2020 in connection with the Research Study. It was a pleasant experience to observe the excellent infrastructure and related facilities of international standard on the campus. We found the leadership team in the school quite professional and motivated. A school of competent teachers and a highly peaked student body reflected a strong potential of achieving its motto. <i>St. Saviour's School</i>

VISITORS' BOOK			
No.	Date	Name & Address	Remarks
11	26 Feb	Mr. K.R. Ravi B.L. & D. - 19202	<p>Visited School during 19-26 Feb 2009. Pongla. During 19-26 Feb 2009, I visited to witness the school PT. Assembly, games and sports activities, located in the midst of nature. The school has all the facilities for all round development of student.</p> <p>I took this opportunity to also Bank. I met school principal, 11 school boys, vice principal and all other staff members of the school for their wonderful hospitality.</p> <p><i>K.R. Ravi</i> 26 Feb 2009</p> <p>26 Feb 2009</p> <p>The school will continue to shine under their leadership.</p>

Visitors Book				
S. No.	Date	Name & Address	Phone	Comments
18	19 Nov 20	Flight Lieutenant Abdul Muneem Medical Officer H.A. Sarda - Gandhinagar Gurgaon		Overly stressed with the workload - welcome by all the faculty and great fun for the last session this school the year - For Him!
				



Welcome



LT COL AMIT CHAUDHARY
VICE PRINCIPAL



HAV BHIM CHHETRI
NCC PI STAFF



HAV IMLITOSHI
NCC PI STAFF



HAV MAOLIBA
PTI

Ban Voyage



LT COL LEENA BAJAJ
VICE PRINCIPAL



BHM LAKHAN MUNDA
PTI



HAV FONIL ORANG
NCC PI STAFF



Hav Meren Ao
NCC PI STAFF



SAINIK SCHOOL PUNGLWA, NAGALAND

We Learn, We Serve



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