



V Y W O M



VOICE OF YOUNG WARRIORS OF MORUNG

A Newsletter of Sainik School Punglwa, Nagaland

Unlimited vistas of sky

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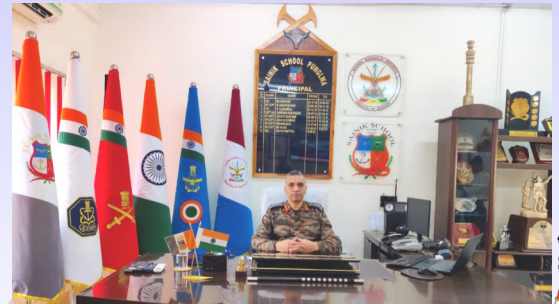
We Learn, We Serve

YEAR : 2024

FROM THE PRINCIPAL'S DESK

Jai Hind!

The past six months have been phenomenal. As we cruise towards the year end; I am reminded of Lenin words: 'There are decades where nothing happens and there are weeks where decades happen'. These words deftly encapsulated the atmosphere of the school and continue to pulsate in the lives of cadets. This newsletter (VYWOM) captures the essence of multifarious activities that unlock the array of activities in the last six months which kept the cadets engaged, motivated and constantly learning in the school. It depicts the accomplishments, transformative moments and half yearly milestones of cadets.



Colonel Arvind Nautiyal, Principal

FOUNDERS' DAY CELEBRATION



The school celebrated 17th Founders' Day with great grandeur and gusto on 11th May 2024. The event was celebrated to honour the vision and contributions of the school's founders recognising their legacy and values. Shri Uniel Kichu, DIG (Range/NAP), Nagaland Police HQs graced the occasion as the Chief Guest. The occasion also witnessed an award ceremony that recognized the outstanding cadets in Academics, Sports and Officer Like Qualities respectively. Doyang House and Patkai House were awarded the coveted Cock House trophy by the Chief Guest for Senior & Junior categories respectively.

INTERNATIONAL YOGA DAY CELEBRATION

The school joined the rest of the world in the celebration of International Day of Yoga on 21st June 2024 with the theme 'Yoga for Self and Society' at the school premises. The occasion was celebrated to raise worldwide awareness about the benefits of yoga and encourage people to practice the centuries – old Indian tradition. The event witnessed mass participation from staff and families residing in the school campus.



DINING – IN CEREMONY



A Dining-In Ceremony was organized on 25th June 2024 for Lt Col Amit Chaudhary, who was newly posted in the school as Vice Principal. The event was conducted with great decorum and adherence to military protocol, reflecting the school's emphasis on discipline and camaraderie. The formal event was attended by officers, academic staff, administrative staff, and cadets.

SOCIAL EVENING FOR NEWLY POSTED STAFF

The Rainbow Club of the school organized a warm welcome program on 28th June to greet the newly posted staff members, including Lt Col Amit Chaudhary, Vice Principal, Hav Moaliba, PI Staff, Hav Imlitoshi, NCC Staff and Dfr Bhim. The event was a delightful occasion, reflecting the spirit of camaraderie and mutual respect among the staff and cadets. The program served as an opportunity to introduce the new members to the school community and foster a sense of belonging and teamwork.



"The best brains of the nation may be found on the last benches of the classroom" — APJ Abdul Kalam

OBSERVATION OF WORLD ZONOSIS DAY



An awareness programme on World Zoonosis Day was organized by the College of Veterinary Science and Animal Husbandry, Jalukie, Peren on 06th July 2024. The event aimed to educate cadets on the significance of zoonotic diseases and their prevention. The highlight of the programme was an informative lecture delivered by Dr. S Mukherjee, Head of Department (HoD) at the College of Veterinary Science and Animal Husbandry. In his keynote address, he sensitized the cadets about the importance of understanding zoonotic diseases, which can be transmitted from animals to humans.

MALARIA AWARENESS PROGRAM

A Malaria Awareness Programme was successfully conducted at the school by a medical team from the District Hospital Jalukie on 23rd Jul 2024. The program was led by Dr Hedungkiebe, the District Programme Officer. The session highlighted the causes, symptoms, and preventive measures of malaria. It also emphasized the importance of awareness in combating malaria and shared practical tips on avoiding mosquito bites and reducing the risk of transmission. As part of the programme, blood samples were collected from 45 randomly selected cadets to test for malaria, with the aim of identifying any potential cases for early intervention.



DISASTER MANAGEMENT AWARENESS PROGRAM



The school in collaboration with the 12th Battalion of the National Disaster Response Force (NDRF) conducted a comprehensive awareness program on Disaster Management under the NCC initiative on 27th Jul 2024. The program aimed to instil a sense of preparedness and responsibility among the cadets. The session introduced the cadets to various emergency response procedures, highlighting the pivotal role of the NDRF in disaster mitigation. The program featured interactive sessions, informative presentations, and practical demonstrations of rescue operations, medical aid, and search and rescue techniques situations.

78TH INDEPENDENCE DAY CELEBRATION WITH PATRIOTIC FERVOUR

Sainik School Punglwa, Nagaland, joined the rest of the nation in commemorating the supreme sacrifices of the great patriots of India on the occasion of the 78th Independence Day. The celebration was marked by a sense of reverence and patriotism. Col Arvind Nautiyal, the Principal and Chief Guest of the event, unfurled the tricolour amidst enthusiastic cheers. The Chief Guest in his address emphasized the crucial role of every individual, particularly the cadets, in contributing towards the dream of making India a developed nation.



GROUP 'E' ALL INDIA SAINIK SCHOOLS NATIONAL GAMES 2024



Sainik School Punglwa hosted the Group 'E' All India Sainik Schools National Games 2024 from 19th Aug to 25th Aug. The opening ceremony of this mega event that showcased the finest athletic and cultural talents from the prestigious Sainik Schools of the East Zone was graced by the esteemed presence of Shri Hiazu Meru, NCS, Deputy Commissioner of Peren District, who served as the Chief Guest. The competition witnessed participation from five esteemed institutions: Sainik School Goalpara, Sainik School Imphal, Sainik School Chhingchhip, Sainik School East Siang, and the host, Sainik School Punglwa. The five schools competed fiercely across various sports and cultural disciplines, displaying exceptional talent, teamwork, and sportsmanship. The most prestigious accolade of the event, the Overall Championship Trophy, was proudly lifted by Sainik School Punglwa. The event concluded on a high note with a spectacular closing ceremony wherein Shri Rupin Sharma, IPS, Director General of Police, Nagaland, graced the occasion as the Chief Guest.

CELEBRATION OF HINDI PAKHWADA WITH ENTHUSIASTIC PARTICIPATION

The school celebrated Hindi Pakhwada with a series of exciting competitions with effect from 01st Sep 2024. The event aimed at promoting Hindi as the official language of the country and enhancing the literary and communication skills of the cadets. The fortnight-long celebration featured various events that engaged students of different classes, encouraging them to appreciate the significance of Hindi in their academic and everyday lives. An Inter-House Competition was the highlight of the event, where Saramati House and Shilloi House emerged victorious, lifting the coveted trophies in the senior and junior categories respectively.



MOTIVATIONAL LECTURE INSPIRED CADETS



Wg Cdr Meisnam Shanti Kumar Singh, MCO Mariani, Jorhat, delivered a motivational lecture to the cadets of Sainik School Punglwa on 02nd Sep 2024. In his lecture, the Officer highlighted the state-of-the-art infrastructure and the unique opportunities available to the cadets at the school. He also outlined the promising future prospects of joining the Armed Forces through various entry schemes, encouraging the cadets to aspire for a career in service to the nation. The lecture served as a valuable source of inspiration, motivating the cadets to make the most of the resources and training provided to them as they prepare for a future in the Armed Forces.

SOCIAL EVENING

The Rainbow Club of the school organized a heartfelt farewell program to bid adieu to Shri Rajneesh Saroha, PGT Mathematics, who was departing after his dedicated service to the school on 05th Oct 2024. The event was marked by warm gestures of gratitude, shared memories, and expressions of appreciation for Shri Saroha's contributions to the academic and personal growth of the students.



TEACHERS' DAY CELEBRATION



The school celebrated Teachers' Day with great zeal and enthusiasm on 05th Sep 2024. The event was marked by the felicitation of Teachers, Administrative Staff, and General Employees, who were honoured with tokens of appreciation for their dedicated service. Adding flavour to the event, friendly matches of badminton were organized between the teachers and cadets, fostering camaraderie and a spirit of sportsmanship. The celebration not only recognized the invaluable contributions of the teaching and non-teaching staff but also strengthened the bond between cadets and mentors.

VISIT OF SHRI S SUPONGMEREN JAMIR, HON'BLE MP

Sainik School Punglwa had the honour of hosting Shri S Supongmeren Jamir, Hon'ble Member of Parliament from Nagaland, during his maiden visit to the institution on 09th Sep 2024. His presence left an indelible mark on both the school and its cadets. During his visit, the MP unveiled the school's annual magazine, *Vibrant Strings 2023-24*. Addressing the cadets, Shri Jamir underscored the importance of discipline, leadership, and patriotism in the process of nation-building, inspiring the young minds to embrace these values. The visit also featured a short cultural program, where cadets showcased their talents, reflecting the rich cultural diversity and spirit of the school. Shri Jamir's visit not only boosted the morale of the cadets but also reaffirmed the commitment of local leadership towards the advancement of educational institutions in the region.



UPSC (NDA) WRITTEN EXAMINATION

The announcement of the 154 NDA/116 INA UPSC (NDA) results on 20th Sep 2024 brought immense pride and joy to Sainik School Punglwa. In a remarkable achievement, 10 cadets from the school successfully cracked the UPSC (NDA) written examination. Among the successful candidates, six are from the current Class 12 batch, while four are from the previous academic year. Col Arvind Nautiyal, the Principal, expressed his heartfelt congratulations to the cadets, commending their efforts and perseverance.



AII INDIA SAINIK SCHOOLS NATIONAL GAMES 2024



Six girl cadets of Sainik School Punglwa participated in the All India Sainik Schools National Games 2024 hosted by Sainik School Chandrapur, Maharashtra from 23rd Sep to 01st Oct 2024. The cadets participated in five disciplines of sports and cultural activities. Their efforts brought laurels to the school as Sainik School Punglwa secured the second position in the Group Song Competition, while Cadet Riroli Whourr was honoured as the Best Master of Ceremony (MC) for her outstanding performance. Sainik School Punglwa bagged the first runner up in group song.

WORKSHOP ON POCSO ACT AND CHILD PSYCHOLOGY

A Workshop on Protection of Children from Sexual Offences (POCSO) Act and Child Psychology was organized as a comprehensive awareness program for cadets on 28th Sep 2024. Child Psychologist Dr. T Jyoshna Tanigundala (PhD) and Advocate Shri Sandeep Reddy led the informative session. The experts delved into the fundamentals of the POCSO Act and child psychology, emphasizing the importance of emotional intelligence, safety, and healthy relationships. The workshop concluded with an interactive Q&A session, where cadets were encouraged to raise their concerns and seek further guidance on the topics discussed.



FRESHERS' NIGHT



A Freshers' Night was organized for the cadets of Class VI and IX (new entries) at the school on 28th Sep 2024. The event provided a warm and welcoming atmosphere for the new cadets, helping them feel comfortable and integrated into the school community. The night was filled with fun and entertainment activities, offering the new cadets a chance to bond with their peers, seniors, and staff. It was a memorable occasion that not only celebrated the beginning of their journey at the school but also fostered camaraderie among the cadets.

72ND COMBINED ANNUAL TRAINING CAMP (CATC)

The Nagaland (NL) Independent (I) Sainik School Company NCC organized the 72nd Combined Annual Training Camp (CATC) from 10th October 2024, which spanned ten days of intensive training and activities. A total of 177 cadets participated, including 80 cadets from Junior Division (JD) and 97 cadets from Senior Division (SD). The cadets represented from various educational institutions such as Sainik School Punglwa, St Joseph College, Jakhama, Tetso College, Dimapur, Government College, Dimapur, Government College, Peren, and Modern College, Piphema. During the ten days camp, the cadets were imparted basic knowledge of Weapon Training, Weapon Display, Firing, Disaster Management, Tent Pitching, Fire Fighting, Skill development, Cyber Security, Prevention of HIV and AIDS, First Aid etc.



GUEST LECTURE



Lt Col Mohit Bansal, Sena Medal, from 9 Assam Rifles, Jalukie, visited Sainik School Punglwa on 14th Oct 2024 and delivered a motivational lecture to the cadets. During his address, the officer shared valuable insights from his experiences, emphasizing the importance of discipline, perseverance, and commitment to achieving one's goals. His talk motivated the cadets to aspire for excellence and instilled a sense of patriotism and responsibility.

AWARENESS PROGRAM ON THE ILL EFFECTS OF TOBACCO AND GOOD ORAL HEALTH

An Awareness Programme on the Ill Effects of Tobacco and Good Oral Health Practices was conducted by the District Tobacco Control Cell (DTCC) team of Peren district for the cadets and staff on 28th Oct 2024. The session aimed to educate cadets and staff about the serious health risks associated with tobacco use, as well as the importance of maintaining good oral hygiene. The DTCC team provided insightful information on the harmful effects of tobacco on the body, emphasizing its impact on oral health.



INTER HOUSE CROSS COUNTRY CHAMPIONSHIP



The school organized an Inter-House Cross Country Championship, which was officially flagged off by Col Arvind Nautiyal, the esteemed Principal on 29 Oct 2024. The event witnessed enthusiastic participation from a total of 414 cadets representing 10 Houses, including 36 girl cadets. The competition was divided into different categories based on age groups. After a thrilling display of endurance and team spirit, Japfu House emerged victorious, clinching the championship trophy in the senior category, while Patkai House bagged the trophy in the junior category.

DIWALI MELA CELEBRATION

The school celebrated the eve of Diwali with a vibrant and lively Diwali Mela, bringing together cadets, staff, and families in a spirit of excitement, joy, and community bonding on 29th Oct 2024. The highlight of the event was the Inter-House Diwali Mela Competition, where cadets showcased their creativity and teamwork by decorating their respective House stalls. The mela featured a variety of attractions, including Mind Games, Raffle Draws, Tambola, Rangoli Display, and Fun Games, making the event a delightful experience for all attendees. The competition saw Tizu House emerged as the champion, securing the first place, followed by Japfu House in second place.



SEMINAR ON MENTAL HEALTH



The District Mental Health Programme (DMHP) team from Peren District conducted a seminar in the school on 11th Nov 2024 to raise awareness about mental health among cadets and staff. The seminar focused on essential topics like mental health awareness and stress management, aiming to promote a supportive and understanding school environment. The session was spearheaded by Ms Jael Awomi, a clinical psychologist, and Ms Neila, a psychologist, who provided in-depth knowledge on mental health issues.

“Don’t quit. Suffer now and live the rest of your life as a champion ” —Muhammad Ali

INTER HOUSE ELOCUTION COMPETITION

Under the aegis of GOC, Spear Corps, an Inter House Elocution Competition was conducted on 29th November 2024. The event was organized to pay homage to the fallen heroes of the historic 1971 war and to honour their supreme sacrifice for the nation. The competition aimed to spread awareness about the saga of patriotism and valour exhibited by the soldiers of the Indian Army during the war. The event not only commemorated the brave soldiers but also instilled a sense of pride and nationalism among the cadets. Saramati House and Melak House were adjudged the winners for their outstanding performances. Winners were felicitated by GOC Spear Corps on 02nd Dec 2024.



MOTIVATIONAL LECTURE



A motivational lecture was organized on 29th November 2024, delivered by Maj Tamandeep. The lecture focused on the prospects and opportunities of joining the Indian Army. The officer shared valuable insights into the life of an Army officer, highlighting the dedication, discipline, and honour associated with this noble profession. He inspired the young cadets by emphasizing the importance of serving the nation and encouraged them to consider a career in the Armed Forces as a means of contributing to nation-building. Col Arvind Nautiyal, Principal, presented a memento to the officer as a token of remembrance.

ADVENT CHRISTMAS CELEBRATION

The Advent Christmas celebration was held with great fervour and enthusiasm on 29th November 2024. The cadets staged a variety of entertaining performances, including skits, songs, and dance presentations that captivated the audience. Col Arvind Nautiyal, Principal, who graced the occasion as the Chief Guest highlighted the significance of the Christmas season, emphasizing the universal message of love, peace, and harmony.



SSPN WELCOMES



Lt Col Amit Chaudhary
Vice Principal

SSPN BIDS ADIEU



Shri Rajneesh Saroha
PGT, Mathematics

Student Coordinator : Cadet Wangshinok Ozukum, Adm No : 1401
Photo Coordinator : Mr Keshav Adhikari Chhetry
Concept & Design : Mr Khogendro Ahanthem
Patron : Col Arvind Nautiyal || Chief Editors : Lt Col Amit Chaudhary, Mr Nicholas Kamei, TGT (English)