



The Lawrencian

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NEWS LETTER OF THE LAWRENCE SCHOOL, LOVEDALE

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Issue # 458



Editorial

Nurturing for a Better Future

"You could have given up, but you kept on going. You could have seen obstacles, but you called them adventures" - S.C. Lourie

The spice of life is the challenge that makes it worth living. Life would be unappealing without trials, and being alive would lose its charm. In keeping with the Lawrencian spirit of 'Never Give In,' Lawrencians braced the impact of the years filled with uncertainties, with a smile.

The COVID-19 Pandemic marked a significant shift in the modus operandi of education from the traditional to an online version. As a matter of urgency and in response to this crisis, The Lawrence School, Lovedale ramped up its server infrastructure and engineering capabilities to bolster a steadfast connectivity of heart, mind and soul amongst the learners and its facilitators. Patience and perseverance of the students and the staff had a magical effect before which the difficulties disappeared and the obstacles vanished. Life, at times, may seem weighed down with never ending impediments. Nevertheless, each challenge that comes our way is a stepping stone to success.

It is now time to celebrate the undying spirit of Lawrencians and bravely navigate through the choppy waters, and convert insurmountable obstacles into a colourful canvas. As the saying goes, the mind, like the parachute, works best when opened. 'The Lawrencian' - June 2022, aspires to free the minds of the vivacious Lawrencians, from their inhibitions and allow them to wander free in the realm of imagination and experience, while creating a world of beauty through words.

The eminence of The Lawrence School comes first from the accomplishments of its students. 'The Lawrencian' promotes School spirit, which is nurtured by collective action, thoughts, and aspirations within the School over the years. These elements would spur the torch bearers of this revered Institution to develop a greater sense of initiative and creativity.

That said, we are delighted to unveil the 'The Lawrencian' with all new hopes that will undoubtedly unfold the most memorable and precious moments in the life of a Lawrencian.

Honourable Vice-President of India, Shri M Venkaiah Naidu Visits Lovedale – 18 May 2022

18 May 2022 will be etched in the annals of Lovedale's history in gold as we were fortunate and privileged to receive the Honourable Vice President of India, Shri M Venkaiah Naidu into the hallowed portals of our School. The Honourable Vice-President had expressed his desire to visit Lovedale and we never wasted a moment to make it happen. Even the rains and the stormy weather could not stop us. We weathered the storm and made the Vice-President's visit a grand success!

The Vice-President was received at the Front Lawns with fanfare and was accorded the Guard of Honour after which the Headmaster, Mr Prabhakaran ushered the Vice-President into the Large Hall and onto the Stage. Shri Ramachandra, Minister for Forests, Government of Tamil Nadu, also accompanied the Vice-President.

The Programme in the Large Hall commenced with the singing of the National Anthem which was followed by the Headmaster's welcome speech at the end of which he invited the Honourable Vice-President to address the gathering.

Shri Venkaiah Naidu, a towering figure, tall as he is, made his way to the lectern in slow, measured steps. He then began his address. As he spoke, he had everyone in rapt attention. The address was punctuated with a humour so full of wisdom that the message was driven home as it was intended to be.

The Vice-President began by saying that he has been touring the country ever since and meeting the students and teachers of the IIMs and the IITs and other top institutions to encourage and motivate them. The need of the hour, the Vice-President said, was to 'Indianize' Education and to instill in the youth a pride for our Country. Referring to India as the seat of learning from ancient times, the Vice-President said that with the advent of the British, India had lost track of her glorious past. Valuing our celebrated ancient culture was of prime importance. Shri M Venkaiah Naidu was particularly concerned about the "invasion of Western Culture" which manifests itself in the indiscriminate use of the mobile phone and the television which makes the youth take to matters in an easy manner and which, in turn, makes them 'crazy'. "Easy and Crazy would make the youth Lazy!" said the Vice-President.

The youth of a nation, the Vice-President said, can bring about a change in its fortunes as India stands on the



threshold of becoming a leading nation of the world. Addressing the pupils, Shri M Venkaiah Naidu said that their future and our nation's future went hand in hand. He further said that it was their responsibility to ensure to take the country to newer heights and make India one of the world's greatest nations.

The Lawrence School, Lovedale with its rich past of 164 years has given the pupils a lineage of traditions and values which serve as their roots. Building on that robust foundation, the pupils would have to take the School and the society to the zenith of progress and development. The Vice-President said that the pupils of The Lawrence School, Lovedale were indeed fortunate to be recipients of an all-round education that is an amalgam of academic and co-curricular learning. Shri Venkaiah Naidu reminded the pupils that they must also bear in mind the fact that there are many children in our country who are not so fortunate and privileged as they are. Therefore, they had a greater responsibility and obligation to the society in that they must translate all that they have learnt in our School into action by doing all that was required of them for the assistance and development of the less fortunate.

The Vice-President exhorted the pupils to become true leaders and to this effect he spelt the four 'Cs' of Leadership, namely, 'Character', 'Calibre', 'Capacity' and 'Conduct'. A true leader is one who has all these four qualities in him or her.

Shri M Venkaiah Naidu emphasized on the empowerment of women. Women were accorded equal status from ancient times in India. Quoting Prime Minister Shri Narendra Modi, he said that the 'beti bachao beti padhao' movement must gain momentum. All girls in the country must be treated equally and be provided with equal opportunities in all spheres of national life, beginning with education. Women have excelled in all walks of life and have always made the Country proud by their achievements, the Vice-President said.

The Vice-President touched upon the importance of healthy dietary habits. He cautioned the pupils on the ill-effects of consuming junk food. "Eat Indian Food". Indian food, he said, is prepared according to the needs of the people living in the country and its seasons and the weather. The true wealth of our nation is the people and those who uphold good health. Rising early and going to bed on time is also necessary to maintain a healthy lifestyle. At this juncture, the Vice-President expressed his apprehension

over the fact that many youngsters watch television till late into the night and wake up very late which he said, was detrimental to health.

Physical fitness also plays an important role in our everyday lives. Despite a hectic routine that involved attending to the affairs of State, Shri M Venkaiah Naidu said that he plays Badminton every day for an hour, not to compete with the likes of P V Sindhu but just to keep himself fit! He added that it was our responsibility to promote Indian Sports.

Shri Venkaiah Naidu said that he was happy to learn from the Headmaster that the pupils of Lovedale were already contributing to the betterment of society by undertaking projects ranging from cleaning the surroundings to rebuilding an entire settlement at the PRF colony in the Nilgiris by lending a helping hand to the Paniya community. He lauded the pupils for serving the flood-affected villages at Wayanad by helping the people there to reconstruct their houses as well as rebuild a school.

Finally, the Vice-President touched upon the true meaning of our School's Motto - 'Never Give In'. He said that the Motto encouraged the pupils to Never Give In Compromise, to Corruption and to Temptations. If the pupils followed these ideals, they would not only become fine human beings, they would also become true leaders of India and take the nation to a brighter and better future.

The Vice-President Shri M Venkaiah Naidu concluded his speech by wishing the Lawrencian community progress and prosperity.

Mementos were presented to the Honourable Vice-President which included a book titled, 'Act Now or Lose' authored by Aditya Huralikoppi of Class 10, a pencil sketch portrait of Shri M Venkaiah Naidu drawn by Suhani Gupta of Class 12 and a portrait (in watercolour) of the Vice-President painted by Tanvi Hemraj of Class 12. The Headmaster then presented the Honourable Vice-President with a framed embroidered image of the magnificent facade of the main building of our School. Shri Ramachandra, Minister for Forests, Government of Tamil Nadu was also presented with the same framed embroidered image. The Deputy Headmaster, Mr N Rajan, proposed the "word of thanks".

The gathering rose for the National Anthem after which the Vice-President's entourage left the Large Hall leaving all present therein with memories to cherish for a lifetime.



Of Reports and Reporting!



Staff News

1. We extend a warm welcome to Mrs. Anshika Josephine, Mrs. Divya Subramannian and Mr Swetank. While Mrs. Josephine and Mrs. Divya teach English, Mr Swetank teaches Geography. We wish them a long and happy association with The Lawrence School, Lovedale.

Mrs. Anshika Josephine

Josephine is a passionate teacher who loves bringing theatre, oratory and creative writing skills together to create a lively class atmosphere for learning with fun.

Josephine has been Assistant Head Examiner for CBSE Board Evaluation over the years.

Josephine joined the Department of English, The Lawrence School, Lovedale in November 2020. Apart from academic responsibilities, she is also part of pastoral care as Assistant House Mistress in Prep School. She also guides and trains the debating team and is part of the newsletter team.

An alumna of the Central Institute of Education, and the Miranda House College, University of Delhi, Josephine enjoys music, likes to write blogs and explore places and cultures whenever she finds time.

Mrs. Divya Subramannian

Divya Subramannian is a postgraduate with a B.Ed in English with more than 15 years of teaching and leadership experience in the Cambridge IGCSE, AS & A level and the CBSE Curriculum. As a facilitator, she began her career in 2006 as a guest lecturer in a college.

Divya later worked for various schools in India and abroad. In 2014, Divya assumed the responsibility of Head, Department of English, at a reputed international school in the Sultanate of Oman and five years later, at an Indian School in Abu Dhabi. Divya has a passion for dance, music, and drama. Divya had worked as an anchor for talk shows and events in the entertainment industry and on television. She has been a member of The Lawrence School's Teaching Staff since 2021.

Mr Swetank Prakash

Having started his teaching career from the crowded by-lanes of Chandni Chowk in Old Delhi to the present beautiful Nilgiris, Swetank has had a rich and fortunate experience of teaching children from different socio-cultural backgrounds.

Swetank is a postgraduate in Geography and Sociology along with a B.Ed. He began his career in 2018 as an intern in one of the Urdu Medium schools run by the Delhi Government. Later, he worked for the SelaQui International School, Dehradun for two years. Swetank has a passion for travelling and exploring new places. He has been a member of The Lawrence School's Teaching Staff since 2021.

"Being surrounded by the little ones over the last 3-4 years has", Swetank says, "created in me a sense of love and appreciation for the profession. For students I may be a teacher, but for me it's a long way to evolve as a teacher".

2. **Mrs and Mr Purna Behra**, Department of Art, have been blessed with twin girls, Advira and Anvira. Congratulations to the new parents!

The Prefects' Council 2021-22



Head Boy	:	Mathew M George
Head Girl	:	Shreya Mallur
Vice Head Boy	:	Jaykumar Tushar Hiwase
Vice Head Girl	:	Trisha Mann Parvataneni

Prefects



Aravalli	:	Jagot Singh Arora Maanika Vishanth S Swarnamaalya Riya Kotha Aradhana Lamba
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Nilgiri	:	Uday Raj Chhetri Shrey Agrawal Sameeksha Thakur K Baanumathi
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Sumeru	:	Aahil Abdul Sathar Vanshika Kushwaha
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Vindhya	:	Ayushman Borah Dharenish Rathinam R M Rishana Tanishi Gunjan Agarwal
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Of Reports and Reporting!



CLASS 5 FIELD TRIP TO BOTANICAL GARDENS, OOTY - Wednesday, 25th May 2022



A pre-breakfast outing organized on Wednesday, 25th May 2022 for about 68 children of class 5 and a few teachers helped develop a big appetite for nature and the beauty it offered. It was a clear and bright summer morning and the venue was the Government Botanical Garden in Ooty.

The pupils were received by photojournalist, Mr. M. Satyamoorthy. During the course of a tour of the garden and the interaction that followed, the pupils became familiar with the history of the garden which has been described by many as a 'Botanists Paradise'.

Among the features of the 55-acre garden the pupils visited were the conservatory, the bandstand, the fern house, the Italian Garden, the glasshouse and the nursery.

The pupils, including some who were entering the garden for the first time, evinced a great deal of interest in the sprawling main lawn, maintained with Kikuyu grass, just across the threshold. Since the

124th annual floral carnival had just concluded, the children got an opportunity to feast their eyes on a wide variety of flowers that had been displayed.

Floral decorations highlighting events like 'Ooty 200' and the tribal wealth of the blue mountains held their attention. Among the other items were floral replicas of the fauna of the district like the Indian Gaur.

Displayed on a tree was a 'Manja Pai' (bag) of roses to create awareness about the government's effort to provide alternatives to the banned plastic bags.

The outing also gave an opportunity for the children to showcase their knowledge of various flowering plants and trees, both exotic and endemic.

Trekking to Hanuman Hill / Badaga Temple

Purujit Poddar (VIII - A) and T. Snehil (VIII - B)



One pleasant evening our Housemistress Mrs Bindu Kumar, announced that we the pupils of Vindhya House, would be going for a trek to Hanuman Hill with the boys of the Sumeru House. The next morning, we all got ready, filled our water bottles and started the journey by walk at 09:45 am. All of us thought that it would be easy to climb the mountain until we saw it.

After we reached the foothills, we took a short break. We took some pictures too. We soon realised that climbing a hill is not an easy task. As we went up the hill, people and vehicles got smaller and it became difficult to breathe. After taking online classes sitting at home for almost two years, we had lost the habit of walking and doing physical work. The boys of Class 6 students had almost given up as they found the ascent so difficult. But our teachers walking with us inspired us to keep going and reminded us of our School Motto- Never Give In. The inspiring words of the teachers and the beauty of nature spread all around were motivating us to move forward continuously.

At about 10:45 am we reached Hanuman Temple. We rested on a big stone near the temple and took some photos. After resting for a while, we started walking again. This time the hill climb was steeper. After walking for about half an hour, we reached the summit. What a beautiful sight it was! What a view! We were at such a height that it felt as if we could reach out and touch the sky! We spent some time there, took photos, looked around and walked back.

We realized that descending the mountain was more dangerous and difficult than ascending. Well somehow, we got off and reached the foothill at 12:30PM. After refreshments, we were brought back to School in our bus.

The climb to Hanuman Hill, we all unanimously agreed, was the best experience of our lives here in our Lawrence School. Today we learned why Lawrence School is famous for making its students tough. We express our heartfelt gratitude to the School Administration and our teachers for this memorable experience.

Of Reports and Reporting!



OL News



Industrialist Anand Mahindra, Ex-Aravalli, Class of 1970, promised to invest in the idli shop of the Tamil Nadu woman who sold the South Indian staple food for just Re 1 even during the lockdown. Known as 'Idli Amma', K Kamalathal went viral on social media and became a household name after it was discovered that she was selling idlis at Re 1 for over three decades now. People were extremely impressed by her dedication to feed the poor and that is when Anand Mahindra shared her story on Twitter.

The 80-year-old K Kamalathal from Vadivelampalayam village near Peru sells idlis for just one rupee per piece with sambhar and chutney to help the daily wage workers. This way, they can also save more money for their families.

Anand Mahindra was very impressed with her work and wanted to invest in her business. Anand bought her an LPG Burner and gifted the 80-year-old Kamalathal a new home as well.

"Only rarely does one get to play a small part in someone's inspiring story, and I would like to thank Kamalathal, better known as Idli Amma, for letting us play a small part in hers. She will soon have her own house cum workspace from where she will cook & sell idli," Mahindra tweeted.

Philipose G Pynumootil, ex-Sumeru, Class of 1982, retired from the Indian Navy after 36 years of service.

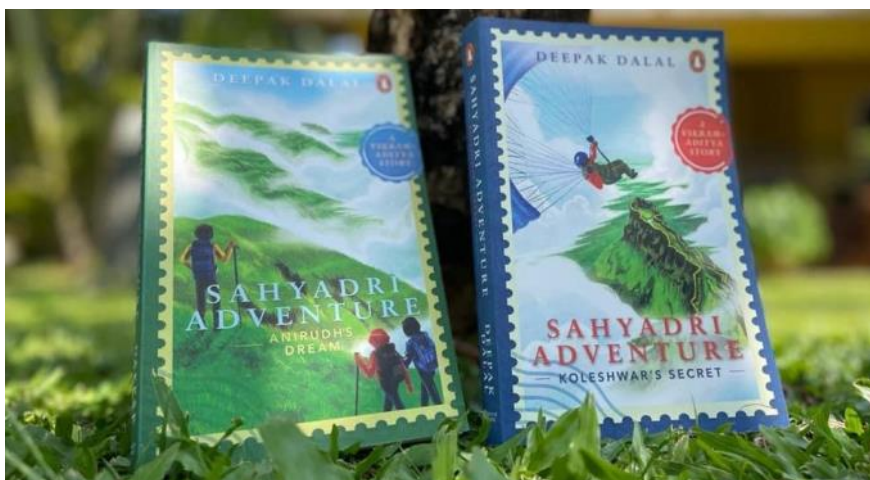
This is what Philipose has to say about what he learnt from our School:

"Lovedale taught me most of the aspects of my unspectacular DNA, whilst the rest I picked up at NDA. Our School motto NEVER GIVE IN gave me the extra adrenaline shot each time I felt all was lost. **Loyalty to my House** at School translated into loyalty for my Squadron (Hunter) and then for each ship and Squadron I served in..."



Deepak Dalal, OL class of '75, gave up a career as a chemical engineer to write stories for children. He lives currently in Pune with his wife, two daughters and several dogs and cats. He enjoys wildlife, nature and the outdoors. The Sahyadri Hills of Pune are a short journey from his home. When not at his desk writing, he is either trekking their slopes or cycling their valleys.

He has just published two new books in the Sahyadri series - 'Anirudh's Dream' and 'Koleshwar's Secret'.



S. Gopikrishna Warriar (Vindhya, 1982) is an environment journalist based in Chennai and Thrissur in Kerala. He is presently the managing editor for Mongabay-India, an environment and conservation online publication (india.mongabay.com).

He has written for the India Climate Dialogue, Nature India, Frontline magazine, The News Minute, India Legal, the Times of India, the Hindu and the Hindu Business Line newspaper. His pieces have also been published in the First Post and Forbes India. He is a regular blogger on environment - A touch of green. His stories and blogs can be read at <http://gopi-warrior.blogspot.com/>.

Gopi is the secretary of the Forum of Environmental Journalists in India (FEJI), a professional body for environment journalists in India. In his earlier assignment as the regional environment manager for Panos South Asia, he worked with the media in Bangladesh, Bhutan, India, Nepal, Pakistan and Sri Lanka to enhance journalists' understanding on climate change and biodiversity.

For a decade starting 1992, he was an environment journalist in Chennai - with Down to Earth magazine and the Hindu Business Line newspaper. From 1987 to 1992 he worked in New Delhi with two national-level environment and development NGOs - Action for Food Production (AFPRO) and the Indian National Trust for Art and Cultural Heritage (INTACH).

He has sent this link out to anyone in the community who would like to be better informed on Climate Change:

"Are you curious to learn about India's wildlife and the people who protect it? Are you interested in understanding what climate change means for India and what the country is doing to tackle it? Subscribe to our weekly newsletter and get accurate science and environment news in your inbox. Sign up today! <https://bit.ly/2Naws1A>

If you know a friend, family member, or colleague, who loves reading about the environment, you can forward this message to them."

Of Reports and Reporting!



Career Development Center - News

- ⇒ 7 girls and 4 boys had appeared for the NDA Exam. To help students prepare for the NDA a collection of self prep books were ordered and kept in the library.
- ⇒ Four students had taken the AP (Advanced Placement) exams in the month of May 2022. The number of students appearing for APs has been increasing over the years.
- ⇒ Two students appeared for the EUCLID Mathematics Contest conducted by the University of Waterloo. This Contest enhances their profile value.
- ⇒ For the first time, the CUET sessions were conducted for students. More than 20 students have registered for the test from the School.
- ⇒ An online session was conducted for students interested in a career as Commercial Pilot by Sudhanshu (OL), who is currently a Pilot with Vistara.
- ⇒ The Career Fair 2022 is scheduled for 31st August 2022.

AFS Intercultural Programs

3 students applied for the Global STEM Academics program funded by British Petroleum.

One teacher who was selected for the Sir Cyril Taylor Program by AFS completed Phase 1 of the program and got her Global Competency Certificate.

College Placements

Admission offers were received from the following Universities abroad:

- ⇒ University of British Colombia - Canada
- ⇒ University of Toronto - Canada
- ⇒ University of Waterloo - Canada
- ⇒ Penn State University - USA
- ⇒ University of California, Davis - USA
- ⇒ University of California, San Diego - USA
- ⇒ University of Arizona - USA
- ⇒ Arizona State University - USA
- ⇒ Purdue University - USA
- ⇒ Texas A&M - USA
- ⇒ University of Edinburgh - U.K
- ⇒ University of Glasgow - U.K
- ⇒ University of Leeds - U.K
- ⇒ University of Bath - U.K
- ⇒ University of Bristol - U.K

Admission offers were received from the following Universities in India:

- ⇒ Christ University
- ⇒ Flame University
- ⇒ O.P Jindal University
- ⇒ Shiv Nadar University
- ⇒ ISDI
- ⇒ KREA University
- ⇒ St. Joseph's College of Commerce

Entrance Exams

Students appeared for the following entrance exams from School.

- ⇒ SAT & APs
- ⇒ NDA
- ⇒ NID / UCEED / NIIT
- ⇒ NPAT (NMIMS Mumbai)
- ⇒ Shiv Nadar University
- ⇒ Flame University
- ⇒ Ashoka University
- ⇒ Christ University
- ⇒ O.P Jindal University
- ⇒ Sristi Manipal University

Euclid Mathematics Contest - CEMC- University of Waterloo, Canada

Written by over 19,000 students worldwide every year, the Euclid contest gives senior level secondary school students the opportunity to tackle novel problems with creativity and all of the knowledge they've gained in secondary school mathematics.

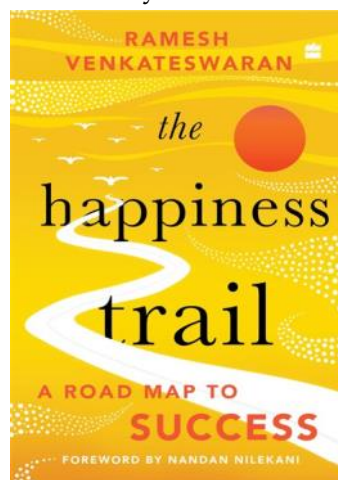
Nipun Jaiswal of class XII B (Class of 2022) received a Contest Medal.



'The Happiness Trail' by Mr. Ramesh

Mr. Ramesh Venkateshwaran, an Old Lawrencian, Ex Headmaster and now a Board Member, conducted a session for the students of Classes 11 and 12. The session was based on his recent book, 'The Happiness Trail' which was very relevant to the students who were struggling with a plethora of choices and the challenges that come along with it.

Mr Venkateshwaran shared his life experiences with the students which gave them an insight into the idea of building a career. He could instantly connect with students and the session was very well received by all.



Workshops

Mental Wellness Workshops by Carpe Diem

- ⇒ Carpe Diem is an organization founded and led by women with a vision to destigmatize mental well-being. Acceptance for all is key to Carpe Diem, inspiring it to design services that cater to the needs of individuals across the age span and stakeholders involved.
- ⇒ They conducted mental well being sessions for students of class 12 and a session on understanding adolescent behavior for teachers and the pastoral care staff associated with those students.
- ⇒ The session for Girls focused on the adolescent girls toolkit, empowerment and personal safety.
- ⇒ The Boys' session focused on empowering adolescent boys and gender stereotyping.
- ⇒ The Teachers' session focused on communicating with adolescent boys and girls





Sports Roundup

The Department of Physical Education has always endeavored to fulfill the basic objectives of sports by providing state-of-the-art infrastructural facilities and the right kind of motivation to aspiring students. When the students returned to School, after the COVID Pandemic, the most challenging task for the Department was to bring the children back to the fitness regimen. Our daily programmes like cross country, aerobics, yoga and games really helped the children to catch up with their fitness levels.

After a long break owing to the COVID Lockdown, more than a 100 students represented our School at various IPSC tournaments like Football, Hockey, Tennis and Basketball. The Lawrence School Girls Basketball team took part at the 17th Lady Honoria Basketball Tournament for Senior Girls which was held from 6th to 8th May at The Lawrence school, Sanawar.

Aashmika Dinkar of Class 10 clinched a bronze medal at the Sub Junior Archery Nationals at Rajasthan where she had represented Tamil Nadu.

Three of our Football Junior Division boys got selected for the SGFI to represent IPSC at School Nationals.





Women

Trisha Isaac
IX D

"There are two powers in the world, one is the sword and the other is the pen. There is a third power stronger than both, that of women" – Malala Yousufzai.



Women are adults. They have suffered a lot through the years at the hands of men. Ill-treated, brutalized, man-handled. In earlier years, they were treated as non-

existent and defined by their ability to give birth, but, as the times evolved, they could not take it anymore and insisted that they wanted to be heard. Women empowerment is like a breath of fresh air. Women have suffered and rebelled to reach the place they are today, and yet, they still have a long way to go.

Virginia Woolf, Maya Angelou, Anne Frank, Mother Teresa, Marie Curie and many more have fought to keep women at the top and had hopes that women would continue to raise their voice. So, to conclude, a woman is not just an adult Female but a mother, a sister, a daughter whose voice must be heard. There is no limit to what we, as women, can accomplish.

If I went back

Jyothi HV
XC

I held my ground for quite long
But I cannot say that I was strong
If I could've endured a little bit more
What would life have had in store

Would I only be in pain
Or happy with monumental gain
Would I have someone people love
Or cursed and hated by heavens above

Should I regret the choice I made
Or pat myself for a game well-played
If I went back and changed my choice
Would it be something I would rejoice



The Sunset at my School

Rajvi Banik
IX C

I looked up from my notebook
and my eyes fell on the sky.
I wish I could explain the emotion,
But I was awe-struck,
The sky was bright yet it was dark,
It looked like a painting from heaven had
come to life,
I don't remember for how long I get lost in
my own mind.
But as I looked up again the show of colors
were done.



Old School

Aditya TharunDev
VII A

"Yes I am an old school
I have
Good manners, I show
others respect and I will
always help those who
need me.
It's not because I'm old
Fashioned, it's because
I was raised properly".



Violin

Nandini Roy
IX B

With strings less than a guitar
But notes more than a piano
Violin, the most elegant of all instruments,
Is the hardest to play.

Its neck long as a giraffe
And a bridge stronger than the
Golden Gate
You can bless your eats
With its beautiful play.

But despite its goodness,
Not many learn it
For even if it's the most elegant of all instru-
ments,
The violin is the hardest to play.



Be a Protector for Animals

J Snehil
VII B

Is killing
animals,
fun? I don't
think so
because
killing an
endangered

species is a criminal offence. Nowadays, people are thinking that killing animals with their long guns is fun and prestigious. People are just killing the animals and hanging their skin and head on the wall, showing their sons and grandsons that they have killed an animal which is stronger than them. It's our fault that we are still entertaining such nonsensical ideas. Through this article, I request people to not kill animals. We can talk but those animals can't talk. Be a Protector for animals not a Predator.



Fear

Janatt Duggal
XB

Fear is a thing that grips the
mind,
A thing that makes your teeth
grind,

It chains your heart and cages
it in the darkness,
Of no hope, no freedom and no
happiness

Now fear can either rule you or
you it,
It's left to you whether you
want to overcome it.



Mother India

Varsha Adhithi Rajesh
VI A

Beauty, Bravery, prosperity, peace
From the high Himalayan range
To the deep Cauvery River
Lies the pride of India
The twenty-seven strokes in the Ashoka
Chakra
Stands bold, bright and blue
Represents all its States
Of our dear old mother India
We Indians fight for our
country
No matter the situation
We never lost hope
And never give in
From Assam or Rajasthan
Tamil Nadu or Kashmir
We are all Indians
Who dwell on our Mother India



Role of Music in Life

Sanvi Minhas
IX C

Today, we are rushing
through life and every-
one seems to be pressur-
ised and stressed about
the many things that af-
fect our lives. Stress has
become an inescapable
part of our lives. Listen-
ing to music, particularly
gentle and calming music, relaxes people
both physically and mentally.

Music releases endorphins, the natural
painkillers in our brain, which relieve us
from the sense of pain. It can normalise
heart rate and blood pressure. Listening to
music helps in overcoming negative traits
such as anger or worry, thereby improving
our personality it creates positive energy
and happiness. Music is a therapy for eve-
ryone to flourish and rejuvenate. It plays a
very important part in making the world
better for all living beings.



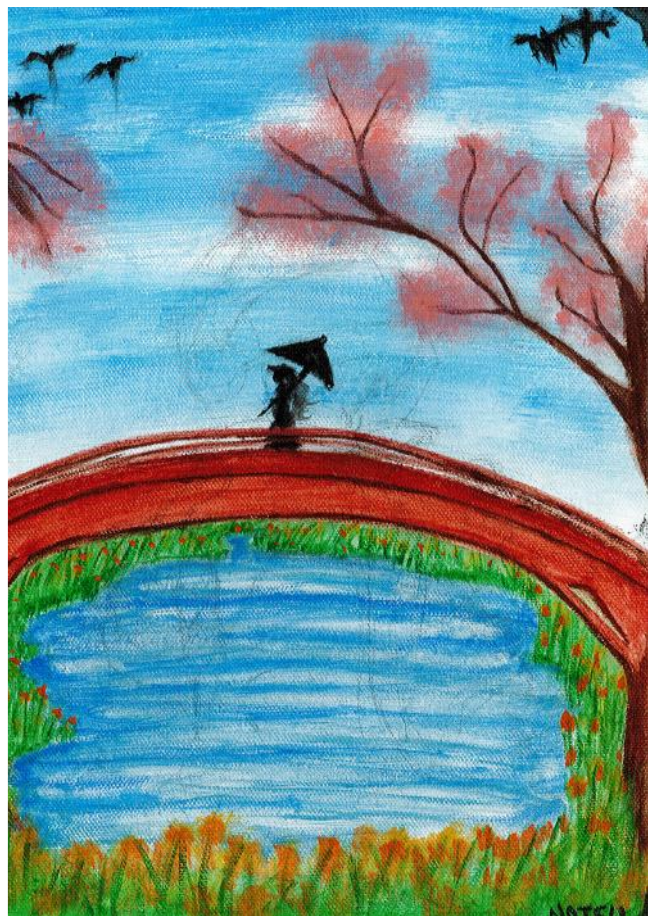
How does Stress Work?

Aadyaa Agarwal
IX B

These days, people
live at a frantic pace
and in a state of com-
petition. At this fever
pitch, stress is a natu-
ral response.



Theoretically, this is a
useful reaction, or it helps us survive in
hostile surroundings. We use this response
to deal with difficult situations. This alarm
makes our neuron activate the pituitary
gland, which produces hormones that re-
lease corticotrophin which, in turn, circu-
lates through the body via the nervous sys-
tem. The adrenal gland is then triggered to
release adrenaline and cortisol. Adrenaline
raises our respiration rate and pulse and
prepares our muscles for action, getting the
body ready to react, while cortisol increases
the release of dopamine and blood glucose,
which is what gets us 'charged up' and al-
lows us to face challenges.



The Importance of a Foreign Language

Devyanshi Chuhan
IX C

A foreign language is a language that is not commonly spoken in the country of the speaker but it is a language that should be learnt by all of us around the world. Everyone should be aware of other people's culture. Foreign language studies offer a sense of the past culturally and linguistically. One participates more effectively and responsibly in a multi-linguistic world if one knows another language. It helps us to understand and comprehend other people's ideals. Moreover, it enhances listening skills and memory.

A language that unknown by us may be difficult to learn but it raises one's opportunities. It provides a competitive edge in career choices when one is able to communicate in a different language. It is rightly said "To learn a language is to have one more window from which to look at the world!!"

A new or foreign language opens the door to art, music, dance, fashion, cuisine, film, philosophy, science and a plethora of other fields.

Foreign language study is simply part of a very basic liberal education: to educate is to lead out; to lead out of confinement, narrowness and darkness. It fosters understanding of the interrelation of language and human nature.

Nelson Mandela once said, "If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language, that goes to his heart."

Happiness

Agnidipto Nanda
IX D

A man arrogant and rich
Whom only joy did ditch
Boasted to an ordinary man
Do you know by money what I can?
Oh sorry! How would you?
You have just about enough bread to chew
I have my floor laid with the finest rug
While you just drink from a plastic jug
I have my garden full with flowers to look and see
With thirty servants serving me
I have my house filled with every comfort
Which I am afraid you can't afford
I am already rich with more money due
Can we say the same for you?

The ordinary man replied, 'you may have money and riches'
Then why does joy always ditch
I may have just about enough bread to chew
But I do not always sulk like you
You have all your comfort to showcase
But why do I never see a smile on your face
I have actual friends, who are not phoney
While you only have money and money
Do you know how it feels to have a laugh to show?
Oh! I am sorry how would you know?

Teenage Syndrome

Swastika Kangabam
X D

"Teens? Anxiety? Stress? Oh, you must be joking".

This is the most probable reaction when asked whether teenagers get stressed and fruitful. People generally believe that they have "no burden, no responsibilities and no duties". This is definitely not true. In this era of social, financial statures, competitiveness, one needs to work hard, struggle to reach to a future that can be uncertain as well as stressful.

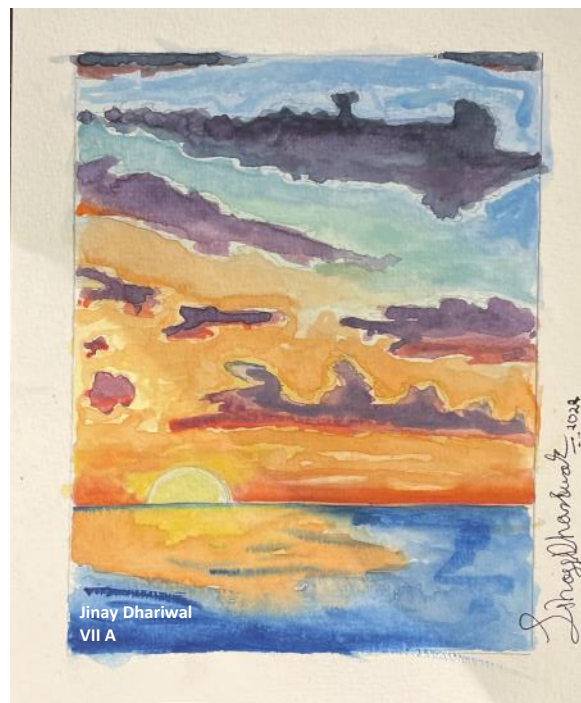
Teenagers face a lot of pressure including the burden to fit in an environment where they are not really comfortable. They are usually pressurized to change themselves to conform to the 'norms' laid down by the society. Everyone tells them how to act, smile, dress, click pictures, talk et al. This leads to insecurities, anxiety and also depression. When we talk about it, we will normally get "You can go through this" and yes, we need to get through this one thing, us as teenagers can try is to take a deep breath and think about what really matters in the end. The other most common pressure is to perform well in all sectors of life. This is commonly experienced by students in between 13 to 19 years of age. This pressure usually comes from parents, teachers, relatives and even ourselves. Most times, people do not respect students, their interests and preferences and push them into the areas where they are not that comfortable. This ends up in teens getting more worked up and stressing themselves. We need to understand and believe that we are strong enough to get through this. We need to voice out when something is forced upon us. It does not always work the way we want. After all, we should understand that we, our physical and mental health matters so much more than our trying to fit in a box.



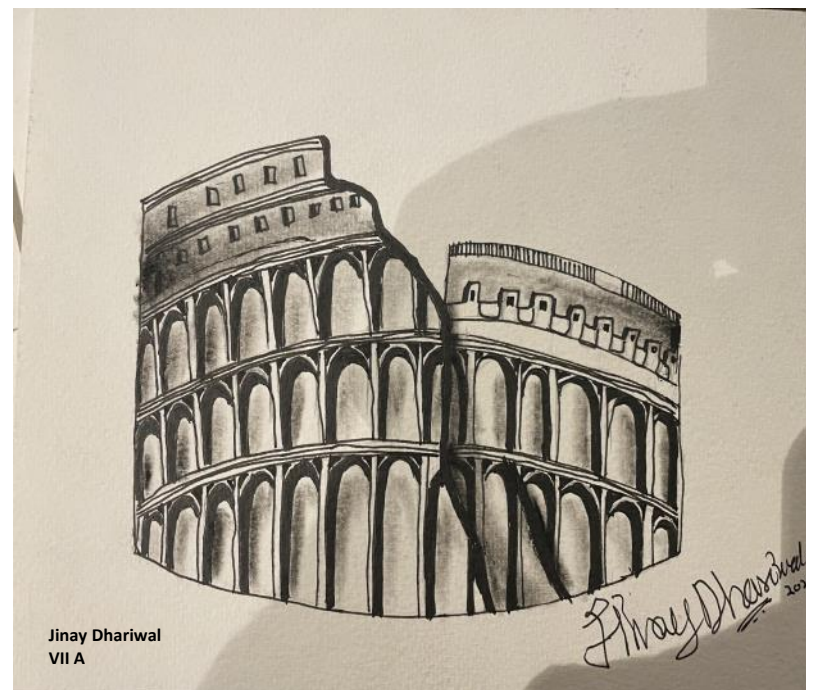
Creative Outpourings



Jinay Dhariwal
VII A



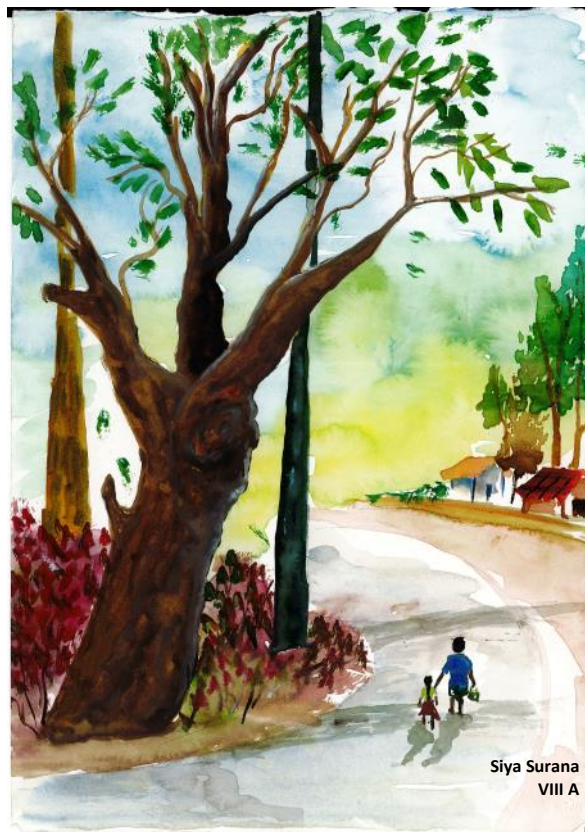
Jinay Dhariwal
VII A



Jinay Dhariwal
VII A



Adyant Ravichandran
VII A



Siya Surana
VIII A



Siya Surana
VIII A



Adyant Ravichandran
VII A



Adyant Ravichandran
VII A



Adyant Ravichandran
VII A

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The Lawrence School

Lovedale, The Nilgiris, Ootacamund - 643 003,
Tamilnadu, India.
Phone : 0423-2442552, 2443794, 2443927, 2441696
Fax : 0423-2442549