

magazine



ST. JOSEPH'S SR. SEC. SCHOOL
DEFENCE COLONY, KANPUR



SATISH MAHANA

MLA, CANTT

Hon President (Ex. Student)



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Dear Friends,



It is my proud privilege to feel elated to be associated with the Alumni of the school. Today, down the memory lane it seems that the portals of St. Joseph School beacon me to express gratitude to the principal, staff and friends. It's true that the nourishment of knowledge imparted at tender age lives through out life. Childhood impressions are indelible, the makes are

permanent. St. Joseph School has a special corner in my heart. The school has progressed from leap to bounds over the years. The strong foundation laid by Mother Margaret has been strengthened by the successive principals. Sister Yvette, the present principal, has left an inspiring and motivating influence on one and all. It was her effort that we were able to organise An Alumni Meet of the first batch (1965) in 2003. Her constant endeavour has been inspiring to realise the cherished ideals laid down by her predecessors. My own feelings for the school are inexplicable. Memories of the yester years rejuvenate me with high spirits and enthusiasm as it did forty years ago. Much water has flown over the years. Now it is our duty to see the school grow and compete with the best. Keeping it in view our humble effort is to establish a rich library for the mental richness of our students. I am sure that this task shall be fruitful with the co-operation of every one. It is a matter of pride for the institution that its products are well placed and have contributed effectively in all the spheres of life.

This souvenir, itself, suggests that the Alumni of the school are well aware of their duties towards the Alma Mater. We are sure that with every body's help, we shall be able to take our school as perceived by the vision of 2021 by our very own

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JAI HIND.



Sister Yvette

Principal,
St. Joseph's Sr. Sec. School



MESSAGE

Dear Josephites,

With immense joy, gratitude and pride I congratulate you as you bring out the first souvenir of St. Joseph's Alumni Association.

Irrespective of your placement in society with regard to wealth, position or power you have come together as Josephites. The Association has its objective of nurturing and rejuvenating the bonds of friendship between the Alumni and its Alma Mater and among the Alumni themselves. It provides a common platform to come together to refresh the memories dimmed by the passage of time, to renew the friendship all but dead and gone.

A Josephite is someone who is expected to act as catalyst for the transformation of society. Your presence should make a difference in the lives of others. A Josephite think in terms of giving rather than receiving.

With a happy note I can look back at the St. Joseph's Alumni Association and say that I was fortunate to witness the way friendship and fellow feeling have developed and nurtured among the Alumni. The co-operation the alumni has extended to its Alma Mater was mutually constructive and based on the principles of moral integrity and service to humanity.

The many cultural, philanthropic and charitable activities organized by the association were definitely socially productive and have enhanced the dynamism and purposefulness of the Association.

On this occasion I wish St. Joseph's Alumni Association the very best and pray that the Association may continue to inspire and motivate many more Josephites to spread the great ideals of Truth and Diligence which St. Joseph's School stands for.

Praying for God's Blessings upon all the office bearers and the members.

JAI HIND

THE HINDU SCHOOL



Desh Deepak Duggal
President
S.J.A.A.



Message

Dear friends,

First of all, I offer my salutations to sisters and teachers; welcome to old students and my best wishes to the present students and school staff.

Friends, It is a matter of pride for me that I am joined with an awakened, hardworking and progressive association, which is a part of such a great Institution which in itself has a golden history and which established pillars of fame in the field of education and service of society. The students educated here, not only in this country but abroad also are recognised for their talents and working to give the society a new direction.

Friends, when we are the flag bearers of such a great heritage, our responsibilities naturally are inherited in the same ratio and this responsibility does not lie on the shoulders of one person but on every one who has been linked with this great institution directly or indirectly.

Friends, because of sister Evette's co-operation and guidance and with old students will power, this organisation was created. Our purpose was not only a grand meet of old students, have fun and relive our golden days but along with this, we decided to find new ways of better learning and knowledge for our present students and co-operate with the teachers also in arranging seminars or other options for the better understanding of the subjects for the students. We also expect that, till we are not fully established as an independent organisation, the school management should work as an intermediary between students, teachers and us so that we may understand their needs and offer proper co-operation.

We expect from the teachers that not considering us an outside organisation, they should let us know their feelings, so that we may offer them the anticipated support and also we expect from every guardian to inform us about his/her specialised talent, so that whenever we arrange students career counselling, stress

management classes, free medical camps or any other programme, we may have the benefit of their talents and expertise, so that all the students may benefit. We expect from our old students to come forward and fulfill their responsibilities towards their school and society.

Moreover, we offer our best wishes for the successful fete and promise that we will establish new digitalised library for the students.

JAI HIND



SANJEEV KUMAR DUBEY

Hon. Secretary
SJAA



MESSAGE

Dear Friends,

Today I feel proud and elevated to be associated with such a high profile association, a group of enlightened ex-students of St. Joseph's Sr. Sec. School. I take this opportunity to express gratitude to Sr. Principal Sr. Yvette who was instrumental and inspiring in the formation of Alumni association giving ex-students a platform to get united and work for the overall development of present students, students passing out of the school, School staff, school and their own children as well as using their capacities and capabilities for the well being of the society fulfilling its social responsibilities. I also express gratitude to all the staff, seniors and friends.

Friends as you all know that we are a group of ex students of St. Joseph's Sr. Sec. School a missionary school established in the year 1965 by the ursaline mary immaculate sisters with branches all over the country. This missionary is known for its high order of discipline and dedicated services in the field of education, producing students of high quality and immense moral values. We the ex-students of this esteemed institution, have joined hands to construct a common platform. It has been our endeavour to bring together all ex-students of this school and also provide an opportunity along with the above mentioned objectives to relive their golden old days.

I am sure that the mere thought of being a part of this esteemed institution and meeting your long parted batch mates, interactive with the teachers who taught you would make you nostalgic. The SJAA made its presence felt strongly after the grand success of its first annual general meeting in which ex-students from all parts of the country and abroad participated and made it an unforgettable event which was appreciated and acknowledged by one and all and had become the talk of the town.

The 2nd annual general conference will feature a grand fete, which will be entertaining and informative. Our association has ensured that the magnitude and quality of the fete is first of its kind that will entertain and excite you to the maximum. The proceeds from this fete is going to be utilised for a very noble cause-Building up of a Hi-tech digitalized library at St. Joseph's Sr. Sec. School, Kanpur, which will provide and promote access to information resources necessary for the achievements of the school leadership objectives in teaching, learning, research, creativity and community service, and to collaborate in the development of effective information, teaching and learning system. The 1st issue of souvenir is being published to mark the occasion.

In the end I would only request to the ex-students that they are the backbone of this association and it can only blossom with co-operation of its members. so step forward and be a part of this growing socially oriented association. The St. Joseph's Alumni Association.

Jai Hind

Sr. Rose George

Vice Principal



MESSAGE

I am pleased to know that St. Joseph's Alumni Association is all set to publish its first Souvenir. Congrats !!!

You have taken a very bold step and I am confident that you will soar higher and achieve the goal. May your efforts and the vision you have bear abundant fruit. May the visionary origin of St. Joseph's Alumni Association transform into a powerful fire and keep glowing and be a beacon of light in establishing new relationships and help build a beautiful community of Josephites.

All the best ! Keep glowing.

JAI HIND

महमूद आलम

मुख्य अतिथि, सदस्य, एस.जे.ए.ए.
पूर्व छात्र



प्रिय साथियों

शायद खुदा मुझसे कभी कोई मेरी एक इच्छा पूछते हुए मुझे कोई वरदान मांगने को कहे तो मैं यह ही कहूँगा कि मुझे मेरा बचपन, स्कूल के दोस्त दोबारा मिल जाए। आज मुझे जो यह अमूल्य मौका हमारे अपने पूर्व छात्रों के संगठन के मंच द्वारा हमें मिला इसके द्वारा मैं उन सभी सिस्टर्स और टीचर्स का आभार व्यक्त करते हुये नमन करता हूँ जिन्होंने हमारी हर शरारतों को माफ करते हुए हमें हमेशा सही राह दिखायी और साथ ही बधाई देता हूँ अपने उन सभी पूर्व छात्र साथियों को जिन्होंने इस मंच के निर्माण से लेकर इसके सारे कार्यक्रमों में बढ़चढ़ कर सहयोग किया। दोस्तो! मेरा ऐसा मानना है कि यह मंच हमें मौका देता है अपने बचपन को दोबारा जीने का, अपने उन पुराने दोस्तों से दोबारा मिलने का जिनसे कि शायद आप स्कूल से निकलने के बाद जीवन की भागदौड़ और मसरूफियत में दोबारा कभी न मिले हो पर जिनके नाम शायद ही आप कभी अपने जीवन में भूल सके क्योंकि स्कूल के दोस्त ही वह दोस्त होते हैं जिनको हम कभी जीवन में भूल नहीं पाते हैं। यह मंच हमें मौका देता है उन लम्हों और पलों को अपने दोस्तों के साथ दोबारा जीने का, उन शरारतों को याद करने का जिन्हें शायद हम अकेले में भी याद करते हैं और खुश होते हैं। दोस्तों एक कहावत है नेतृत्व की रफ्तार, टीम की रफ्तार निश्चित करती है तो आज मुझे इस बात को लेकर काफी संतुष्टि है कि हमारा मंच सही मायने में अपने को साबित कर रहा है। जब मुझे पहली बार हमारे इस संगठन की गतिविधियों की जानकारी हुयी मैंने आगे बढ़ कर इसकी सदस्यता लेते हुये पुछा कि मैं इस संगठन की गतिविधियों में किस प्रकार सहयोग कर सकता हूँ क्योंकि दोस्तो यह संगठन हम सबका है और हम सबको इस बात के लिये गर्व होना चाहिये कि हम एक जागरूक और प्रगतिशील संगठन का हिस्सा हैं और इस बार जब मुझे इस बात की जानकारी हुयी कि हम एक फेड का आयोजन स्कूल की डिजिटल लाइब्रेरी के लिये सहयोग राशि इकट्ठा करने के लिये कर रहे हैं जिसमें कि हर किसी को फायदा होगा और मैं भी उसका एक हिस्सा हूँ तो मुझे यह जानकर जिस आनन्द की अनुभूति हुयी है उसे मैं शब्दों में नहीं व्यक्त कर सकता। मैं इस फेड की सफलता की कामना करते हुये हमारे संगठन को अपने मकसद को पूरा करने की शुभकामनाएं देता हूँ।

Alumni Salutes

Kargil Martyr Maj. Manoj Talwar's Parents





AAP SABKA SWAGAT HAI



MIL GAYE PURANE DOST



HAMARI SHUBKAMNAE



HAMARI SHUBKAMNAE



OUR PORTFOLIO HOLDERS



OUR PORTFOLIO HOLDERS



APKA SAMMAN HAMARA SAUBHAGYA



PURANE LOG NAYE ANDAAZ



HAM BHULE NAHIN



HAME PECHCHANO



HAMARE RATAN



HAMARE RATAN



YAAD AAYE PURANE DIN



SPEECH BY OUR SECRETARY MR. SANJEEV KR. DUBEY



YAAD GAR LAMHE



YAAD GAR LAMHE



LO FETE SHURU HUA



STALL PREPARATIONS FOR THE FETE



VISIT BY CHIEF GUEST TO THE STALL



THE AUDIENCE



HUM SATH SATH HAI



ITNE SARE INAM !



EK DAMDAR SHURUAAT



HUM KISI SE KAM NAHI

The Art of Accepting Praise



We hear a lot of talk about the importance of praising people. In management, education and social relationship, praise and appreciation are considered necessary to mould and build people so as to bring out the best in them. There is, however, a

strange paradox in the matter of praising and appreciating people. Men and women do like to be praised. It is said that there is no one who does not like to be praised. But at the same time people behave in a peculiar way when someone praises them or appreciates their action. If nobody praises them, they don't feel happy either. They will feel sore and they will sulk in their heart of hearts. But when someone does praise them they do not seem



HUM KISI SE KAM NAHI



RETAIL COUNTER FOR FETE



YOUNG SCHOLARS



YOUNG SCHOLARS



JHUMO GAO



AAB INAM BATENGE



AB MERI BARI



MAJA AA GAYA

to know how to accept the praise and they start fidgeting and behaving in an awkward manner. They say various things like, "I don't deserve all that." Or "You are only pulling my leg" Or "It is only your greatness which makes you say so" and so on and so forth. Some may even misunderstand and consider the praise to be a sarcastic remark!

When we do something very nice, like sing a song sweetly, make a fine speech or tell a funny joke people may praise us. Often we do not accept the appreciation gracefully and reply in one of the ways mentioned above. Why do we take such a strange position in spite of the fact that we yearn for people's appreciation? The ostensible reason is that we want to show that we are humble and not conceited. We believe that humility is a great virtue and we want to show to the world that we are truly humble. But in this process we commit a big mistake. We indirectly imply that the person who praised us was not telling the truth and that, in fact, he was trying to flatter us. Another impression we create is that we are not truly what our well-wisher meant. We even go to the extent of telling lies. We know our

true worth. But we deny it and try to pretend that we are not at all any where near where our friends placed us.

Our reluctance to accept praise and appreciation heartily sometimes makes us behave in a crude way. Often we misinterpret the praise as sarcasm and we try to react in a way which is a fitting reply to sarcasm. On a certain occasion I found a dosa served in a small restaurant in a small town very tasty. As I paid the bill at the counter I said, "The dosa was very tasty." The manager behaved as if he was cut to the quick. Suspecting sarcasm in my words he said, "If you don't like our dishes you can go to some other place." The reason for this strange reaction from the manager lies in our culture, which is not well tuned to praising or receiving praise.

With this background a few suggestions are offered so that we can learn to respond to praise and appreciation in a manner in which the person praising us feels gratified and we too benefit by that person's gesture.

One

Say "Thank you"

When someone praises us or appreciates us we should first of all say "Thank you." What ever we may want to say (even if we want to gracefully decline the praise) can be said after we have first expressed our gratitude.

Two

Make a quick mental assessment and see whether we deserve praise fully. If so, we can say a few more words. For example, we can say, "You have been so kind to recognize my little contribution. I am grateful to you, I also feel very much encouraged."

Three

If by chance we feel that the praise is a little bit of an exaggeration then we can do two things. Mention very nicely that the person praising us has been too generous with his words. At the same time we can make a mental note to improve ourselves and come up to the level of that person's assessment of our abilities.

Four

If we are not genuinely receptive to praise then we condition ourselves by some kind of auto suggestion and our growth, our progress and our success will be conditioned by denial of the good words said about us. On one occasion I complimented a student of mine in the training class and said, "You are very smart." "I am not smart," was the young lady's immediate response. I said, "Well, young lady, if you think you are not smart, then I am afraid you may be right." We are what we think we are.

Five

The ability to accept praise and appreciation gracefully is a sign of maturity. If we are not able to appreciate a genuine tribute paid to us then it may mean that we are not aware of our true worth, somewhat like the musk deer which runs about searching for the fragrance, being blissfully unaware of the fact that it comes from its own navel. Knowing exactly what we are and what our worth is, is a sign of growth and maturity.

Six

We should make it a point to use every word of praise or appreciation we get, as a stepping stone for greater progress. We should be discriminating enough to see that praise does not go to our head, and intoxicate us. Just as accepting praise gracefully is a very nice thing to do, not allowing the words of praise to spoil us is also important.

Seven

We must accept that the power of praise in building people, in motivating them to greater action and in bringing the best out of them depends on whether the praise has been accepted by the people on whom it is showered. People who are complimented accept the good words and act on them. True, they may not be doing it consciously. But the power acts on their subconscious minds. Even average people turn out much better by the power of praise because in their heart of hearts they feel a compulsion to live up to the nice words. This, I feel, is a tacit, unconscious acceptance of the appreciation showered on them. We have seen or heard of students who are problematic behaving in a great way when they are appointed team leader or in some such position of importance.

There is a lot of meaning and courtesy in accepting praise and appreciation gracefully. If a person can say, "Yes, I thank you for the good and kind words

you have expressed about me. It has been my ambition to become a good singer. You have recognized it and acknowledged it. I accept your kind words and thank you for them". A conscientious person may like to add, "If I feel that I am not equal to the standard to which you have raised me I promise to work hard and live up to your expectations." Such a sincere, grateful and graceful acceptance of praise will give much satisfaction to the praise giver. If we refuse to accept honest praise gratefully, the person who thought of encouraging us by praising us is likely to feel disappointed and awkward. He is likely to think that the most valuable gift offered by him was being discarded unceremoniously.

To some extent our inability to accept praise gracefully is the result of our culture. We do not have the habit of either praising people or accepting praise in a normal way. Imagine a Father-in-law praising or appreciating his daughter-in-law's cooking! But we do see the practice of praising or appreciating people a lot in the western culture. We may not like to ape the westerners but if we believe that it is a good thing to appreciate people for their

good work then we should have no difficulty in imbibing this aspect of the culture from the west. The practice of praising and appreciating people is likely to inculcate in us the good habit of accepting praise and compliments in a nice way. Accepting praise gracefully is in itself an expression of gratitude. It is a very courteous thing to do. Just as praising someone or appreciating someone is a gentle, civilised, courteous thing to do, graceful acceptance of praise with an expression of gratitude also is an expression of refined, civil behaviour.

● **H. M. Trinidad**

Treasurer

Ex-student, Member S.J.A.A.

Square of 125 is : $12 \times 13 = 156$: square of 5 is $25 = 15625$
Isn't it very quick?

B) How to find the square of an adjacent number?

Suppose we have to find the squares of 61 and 81, which are close to 60 & 80 respectively.

$$\begin{aligned}\text{Square of } 81^2 &= 80^2 + (80 + 81) \\ &= 6400 + 161 \\ &= 6561\end{aligned}$$

$$\begin{aligned}\text{Square of } 61^2 &= 60^2 + (60 + 61) \\ &= 3600 + 121 \\ &= 3721.\end{aligned}$$

Similarly,

$$\begin{aligned}\text{Square of } 89^2 &= 90^2 - (90 + 89) \\ &= 8100 - 179 \\ &= 7921.\end{aligned}$$

$$\begin{aligned}\text{Square of } 64^2 &= 65^2 - (65 + 64) \\ &= 4225 - 129 \\ &= 4096\end{aligned}$$

So, this can be applied to find the square of a number, which is one less or more than another number.

DID YOU KNOW



Vedic Mathematics is an ancient Indian Mathematical system to solve difficult mathematical calculations within no time. If we use our conventional methods, it will take a longer time to arrive at the solution. I will give here a few examples which will show that Vedic Mathematics, if used and

practised regularly, can replace calculator.

Just as "0" is a great gift from India to the world, Vedic mathematics is also a system or method invented in India for doing faster calculations.

Just see these examples:

A) Doing squares of any number which ends with 5 :

We know that the squares of 5, 15 and 25 are 25, 225, and 625 respectively. But what if the numbers are 75 and 95?

Vedic mathematic formulae:-If we have to find the square of 75, first write the square of 5 on the right side, i.e., 25. Then the left hand side digit of the number 75 is 7. The next number after 7 is $7+1$, i.e., 8. So multiply 7 by 8. It is 56. Write it on the left. The square of 75, therefore is:

$$\begin{array}{ccc} & 75 & \\ & \swarrow \quad \searrow & \\ 7 \times 8 = 56 & & 5 \text{ squared is } 25 \end{array}$$

Ans : 5625

$$\begin{array}{ccc} & 95 & \\ & \swarrow \quad \searrow & \\ 9 \times 10 = 90 & & 5 \text{ squared is } 25 \end{array}$$

Ans : 9025

C) Multiplication of 2 digits:

Provided that the following two conditions are fulfilled,

- i) The digit on the left hand side should be same.
- ii) On adding the digits on the right hand side, the sum should be 10.

Example :

1) 64×66

The digit on the left hand side in both the numbers is 6, which fulfills the first condition.

The sum of digits on the right hand side in both the numbers is 10, which fulfills the second condition.

2) 73×77

The digit on the left hand side in both the numbers is 7, which fulfills the first condition.

The sum of digits on the right hand side in both the numbers is 10, which fulfills the second condition.

3) 69×61

The digit on the left hand side in both the numbers is 6 which fulfills the first condition.

The sum of digits on the right hand side in both the numbers is 10, which fulfills the second condition.

Now the solution:

1) Multiply the numbers on the right hand side and write them on the right side.

2) Since the digit on the left hand side is the same, take the next number & multiply both. Then write this number on the left side.

64X66 will be :

$$6X4=24$$

$$6X(6+1)=42$$

The answer is 4224.

73X77 will be :

$$7X3=21$$

$$7X(7+1)=56$$

The answer is 5621.

69X61 will be :

$$9X1=09$$

$$6X(6+1)=42$$

The answer is 4209.

These calculations, if done traditionally, will take more time.

Hope you liked gap it there are many more magical methods.....May be next time.

● *Vinit Gupta*

How is salt obtained?



In the past, salt was difficult to obtain, but had a great importance in food preservation and as a vital food additive. Therefore, it was a highly valued trade item throughout history. Wars

were fought over it: states were formed and destroyed because of it.

Roman soldiers were partly paid with salt, and this is still evident in the English language as the word 'salary' derives from the Latin word *salarium* that means payment in salt (Latin *sal*). The phrase "Worth one's salt" also indicates this.

Did you know that salt is one of the few rocks humans eat? There are different forms of it: Unrefined salt, refined salt, table salt or iodised salt. Salt is widely and abundantly distributed in nature. It makes up nearly 80% of the dissolved material in sea water. The production of common salt is one of the most ancient and widely distributed industries in the world. Salt

is produced by mining of solid rock deposits and by the evaporation of sea water, lake, playa (desert basin) and underground brines. Rock and solar salt account for roughly 50% of production each. Where the deposits are fairly shallow, the dry mining method is preferred. This consists of sinking a shaft into the ground down to the salt layer and then blasting and removing the salt by the room and pillar method, leaving a layer of salt above and below connected by pillars at regular intervals.

Where the deposit is very deep, solution mining is used. By this method, fresh water is injected at high pressure through a pipe into the salt layer where it dissolves the salt and forms a cavity. The saturated brine then travels through

concentric pipes upwards to the surface where it is treated and evaporated in vacuum pans to yield a high purity product. Occasionally, the brine that is brought to the surface is evaporated by solar heat in open ponds. Salt deposits are often very pure and the mined salt then requires very little purification.

As a chemical, salt is used in making glass, pottery, textile dyes and soaps. It is used in large amounts to melt ice and snow on streets and highways. Historically, salt has been used as money; a high tax on salt was a contributing cause of the French Revolution.

It's interesting to note that in several countries, including China and India, the sea was the sole source of salt. Regulating the sales of sea salt was highly profitable for the governments. About 110 BC, Emperor Han Wu Di of China started the monopoly of the salt trade, making salt piracy a crime worthy of capital punishment. And as we all know, in 1930, the British government of India imposed a salt tax, which led to the famous Salt Satyagraha from March 12 to April 5, when Mahatma Gandhi led thousands of people to the sea to collect their own salt rather than pay the salt tax.

● Mohsin Noor
Executive Member

Ex-student, Member S.J.A.A.

Word's Worth



I want to write something about the virtue of keeping one's word or the value of our word. So I chose this title. Of the many different traits and qualities which go to build a man's character keeping one's word is one of the most important ones. Trustworthiness, dependability, and reliability are the results of our willingness and ability to keep our word. Consider how the phrase has been coined. Keeping the word. Not fulfilling the word or redeeming the word or any other expression. Some times we also use another phrase: Honouring one's word. A man who keeps his word is called, 'A man of his word..

Our Scriptures, puranas and literature are full of examples of people who kept their word and earned praise and appreciation.

Goswami Tulasidas wrote,

Raghu kula reethi sada chali aaye
Pran jaaye par vachan na jaaye

This refers to Lord Rama's determination to keep his (his father's) Word and proceeds to vanavasa. The couplet means: The noble custom of the Sun dynasty will continue forever, the word will not be broken even at the cost of Life.

The story of Raja Harishchandra is yet another example which shows to what extent a man can go in fulfilling his word.

In spite of all these example we inevitably get the impression that the noble practice of keeping one's word is a thing of the past. In the early days, your word was a bond. But nowadays, we find a word is given but seldom kept. Whether it is in business, In business, people make tall promises in their advertisements but when it comes to performance they are found badly wanting. Think of politicians. Most politicians, whatever party they belong to, make big promises but once they get power they hardly remember their promises. Salespersons talk sweetly till they are able to palm off their ware. Once the sale is done they are hardly to be seen

A few suggestions are offered in this write up to help ourselves develop the ability to keep our word. One suggestion is to see that we give our word very carefully so that keeping it does not become a burden. Many people say 'yes' or make promises without any seriousness about the actual performance of the promise. We must think deeply and be careful before giving our word. We may be very selective and choosy before we make a promise for, once we do make a promise then

around.

In spite of this failure on the part of many people to keep their promises we do see that keeping one's word is still considered to be a noble virtue. Programmes meant for personality development, enlightened salesmanship and interpersonal relationship emphasise the need for trustworthiness. The question is, how can we try to develop this virtue? One might say 'by actually keeping our word.' Yes, that is true. But is it so simple as that? If it were such a simple matter many people would have kept their word and failure to keep the word would have been an exception rather than common occurrence which we see and lament today. We would not have found many persons who go back on their word. Isn't it so?

there should be no occasion of going back on it.

A practical method of succeeding in keeping our word is to have a system to remind ourselves of the promises we make or the words we give. Many people have a diary in which they write down the jobs to be done. Some have small slips of paper in which they make a quick noting and then perhaps transfer the notes to a diary or some more formal means. It is understood that the mobile which has become so popular now can be of help in reminding us about things to be done.

Another important thing which we can see is to cultivate the ability to say 'No'. Many people find it inconvenient to say 'No' to a request even though they are not very comfortable with it. Often people say 'yes' with the idea of some how getting rid of the issue at hand. They hope that atleast for the time being the matter is over. Whether we can do it or not can be thought of later.

Why do people hesitate to say 'No' even when 'No' is the proper thing to say? Most people feel that it is discourteous to say No. Other people are simply not able to assert themselves. In general the inability to say 'No' creates many problems. We should therefore learn to say 'No' when we do not want to say 'yes'.

'No' can be said in a very courteous way so that the other person not only understands our position but also appreciates it. If we are able to say 'No' in a very gentle, courteous way, we will have far fewer occasions when we find it difficult to keep our word.

A third point is to make it a habit to keep our word always. A question arises whether the virtue of keeping one's word applies only to the major, more important matters in our lives or it should be practiced even in the ordinary, day-to-day matters which appears to be insignificant things. I feel that the ability to fulfill our bigger and more important promises and assurances depends on the habit we build up in the simple, day-to-day affairs of our lives. If we are particular in keeping

our promises in small matters it will become a habit and, as a sequel, the bigger issues will also be taken care of. We recall the old English proverb, 'Take care of the pennies, and the pounds will take care of themselves'.

Yet another point which may be of help in the practice of honouring our word would be to take the first chance to make amends if at all we fail to keep our word. It is possible that for a number of reasons we find ourselves unable to fulfil a promise made. If we can call up and say 'sorry' it might ease matters to some extent. Even if we are not able to inform the person before hand we can think of making amends after the occasion but as soon as possible. Many times, people who have broken their word neglect to make amends because they feel it a bit delicate to face the person whom they have disappointed. Some persons, of course, are totally oblivious of the unpleasantness created.

The practice of offering an apology each time we fail to keep our word has two beneficial effects. Firstly, it may prevent relations from getting spoilt. The person whom we have disappointed by failing to keep our word may appreciate our difficulty. Secondly, this practice may make us stronger in our resolve to become men of honour.

● **Vikas Malhotra**
Ex-student, Member
S.J.A.A.

चतुष्पदी – जिन्दगी



दूर तक चाहो जिसे, वह रूठ जाता है,
भागकर पकड़ो जिसे, वह छूट जाता है।
कामनाओं का सुनहला जाल बुनती जिन्दगी,
सांस का घागा, अचानक, दूट जाता है।

एक सुनहली श्रृंखला की लघुकड़ी है जिन्दगी
जय पराजय भोगती हंसती खड़ी है जिन्दगी।
जागरण का सफर लम्बा, नींद का छोटा मुकाम,
इसलिए ही मौत से ज्यादा बड़ी है जिन्दगी।

सबका सफर एक हैं, लेकिन अलग-अलग रफ्तार है,
और एक दिन थककर, सबको सोना पांव पसार है।

बांटने से पीर कभी बंटती नहीं,
जागने से सारी रात कटती नहीं,
युक्तियां हजार हों, या लाख हों जतन
माथे की लकीर कभी मिटती नहीं।

मांगने से कभी कुछ मिलता नहीं,
आंसुओं से पाहन पिघलता नहीं।
भावना में दम हो तो आज नहीं कल,
आदमी का चाहा हुआ टलता नहीं।

अतीत की सुनहली बन्द खिड़कियों को खोल मत,
भविष्य की अंधेरी, तंग घाटियों में डोल मत।
जो वर्तमान सामने खड़ा, उसे जुहार ले,
चार दिन की जिन्दगी है, प्यार से गुजार ले।

- विनय कुमार त्रिपाठी

magnetized coils. This change in polarity causes the magnetic field of the train to pull the vehicle forward, while the magnetic field behind the train adds more forward thrust.

Maglev trains float on a cushion of air, eliminating friction. This lack of friction and the trains' aerodynamic designs allow these trains to reach unprecedented ground transportation speeds of more than 500 kph, or twice as fast as Amtrak's fastest commuter train. In comparison, a Boeing 777 commercial airplane used for long-range flights can reach a top speed of about 905 kph. Developers say that maglev trains will eventually link cities that are up to 1,000 miles (1,609 km) apart. At 310 mph, you could travel from Paris to Rome in just over two hours.

How do magnetic Levitated trains work?



High-speed trains use powerful electromagnets and are called magnet trains or **maglev trains**. These trains referred to as Magnetically Levitated trains are abbreviated to Maglev. The

principal of a Maglev train is that it floats on a magnetic field using the basic principles of magnets to replace the old steel wheel and track trains.

If you've ever played with magnets, you know that opposite poles attract and like poles repel each other. This is the basic principle behind electromagnetic propulsion. Electromagnets are similar to other magnets in that they attract metal objects, but the magnetic pull is temporary.

There are three components to this system:

Never Wondered!

Firewalking

The term firewalking is a misnomer. Firewalking as the term suggests is not literally a walk on or through fire. It is the act of walking barefoot over a bed of red hot coals spread out over a walkway. It is usually preceded by ceremonial chanting and cheering. The firewalker quickly and fearlessly (?) walks the length of the walkway of red hot coals and emerges allegedly without a burn.

In India, firewalking is part of a religious ritual and is associated with mystical powers. Today in the USA, fire walking is used as a self-empowering motivational activity by managers and corporations as a way to inspire creativity in their employees. It is used as a tool to help one overcome self-created limitations and reinforce that it is the mind that controls the body!

Achieving this feat is sometimes attributed to a miracle or to mental power so strong it can overcome nature. This 'feat' feat appears to defy the laws of nature as one would expect to burn one's feet.

Heat can be transmitted in basically three ways, convection, radiation and conduction.

Convection : occurs only in gases or liquids, when the cooler and hence denser portions of a liquid displace the less dense, warmer portions. Convection is not that relevant to firewalking, because neither gases nor liquids are significantly involved.

Heat can be transmitted by **radiation** as an electromagnetic wave; this is how heat reaches us from the sun. That is why when you stand next to fire you quickly get the sensation that the coals are very hot. However, radiation does not transmit much energy to the feet during a typical firewalk, because of the relatively short length of time the firewalk takes. If there is a layer of ash on the coals, then this effectively blocks the radiation from the foot.

Heat is also transmitted by **conduction** when two things touch and this form of transmission is the most relevant to firewalking because it is the soles of the walker's feet that come in contact with the hot coals. Conduction happens when energetic molecules, the hot coals, that are vibrating collide with more sedate molecules, the soles of the feet, thereby transferring energy to them, but the thermal conductivity of coarse charcoal is very small and that of skin or flesh is only about four times more. Additionally not all of the foot is in contact the whole time, because of the coarseness of the charcoal and how the foot is placed when walking.

The coals used come from a wood fire. Wood is a relatively poor conductor of heat and will not burn flesh in a split-second contact. The ceremony beforehand both distracts and calms the walker. The wood fire is allowed to burn down until all the coals are well covered with ashes, which insulate the walker's feet from the fire. Some of the heat of the coals is lost when they are spread out over the walkway. Typically the coals are spread at dusk. When their fiery glow can be seen and will impress onlookers. As long as the firewalker keeps moving, doesn't panic and doesn't fall or stand in one place he or she will not be burned. Hence the secret of the firewalk lies in the low thermal conductivity of the burning wood and in that time of contact between the hot coals and feet is short.



Spring

I love spring because
The chill of winter has gone
Beautiful flowers, starts blooming at norm

Birds start chirping,
Rain starts dripping.
The butterflies surrounds
The flowers around.
The koel searches for a new song to sing,
And warm heartedly welcomed the spring.

- *Glory Gujral*
VII-A

FUN with ENGLISH

Hera Fatima
XI - 'E'

We'll begin with box,
the plural is boxes,
but the plural of ox is oxen not oxes.
One fowl is a goose, but
two are called geese.
yet the plural of mouse should never be meesel
When mouse becomes mice
house never be hice
There is a boot for a foot
If you take a pair of those boots for feet
We speak of a brother & also of brotheren
then what about mother
We never say motheren
the masculine pronouns are he, his & him
But imagine the feminine she, shis & shim
One is a tooth & whole are teeth
would a pair of boot be
called beeth?
So, It's fun with English.



My Last Wish

When I die, Bury me deep,
Place my Maths -books in my hand;
Tell my teacher, nothing I could understand,
Put my Hindi- books nearby,
Tell my teacher, the language is too high
Place my English-books on my chest,
Tell my teacher, I am at rest
Place my Science-books on my ears,
Tell my teacher, it brings out tears
Place my Social studies books on one side,
Tell my teacher, it doesn't enter my mind.
When all the teacher begin to cry,
Tell them, study is the one
who made me die-



✍ Puja Pant
IX - 'A'

JOKES

- Larry : "It is raining Cats and dogs today".*
John : " I know. I have just stepped into a poodle."
- "Excuse me, but I have seen your face some where else."*
I am sorry, I always wear it over my neck in the same position.

✍ Siddhartha
IX - 'C'

1. Why is the letter 'A' as sweet as a flower ?
- Because bee (B) follows it.
2. If crocodile skins make good shoes what do banana skins make ?
- Good Slippers.
3. Which girl know all about explosion ?
- Dinah Mite.
4. Why is the Tower of Pisa lean ?
- Because it never eats.
5. What is the difference between a soldier and a girl ?
- A soldier faces the powder where as a girl powders the face.
6. What is the most unsociable thing in the world ?
- A milestone, because you never see two of them together.
7. If I would see you standing beside a donkey, What fruit would I think of ?
- PEAR (Pair)
8. What question can never be answered YES ?
- Are you asleep ?
9. Who was the fastest runner in the world ?
- ADAM. Because he was the first in the human race.
10. What's the least dangerous kind of robbery ?
- Safe Robbery

A Wedding Card

§ Kamal Mishra
IX - 'A'

Mrs. & Mr. Sambhar Chatni
request the pleasure of the company of

Mrs. & Mr. Idli
on the occasion of the
Marriage

of their grandson

SADA DOSA

(Son of Mrs. & Mr. Masala Dosa)

with

PANIPURI

(Daughter of Mr. & Mrs. Bhelpuri)

on

Sunday, December 31st, 2006 at 7 pm.

at

DAHI WALA HALL

Samosa Building, Ragadapatti Road,

Opp. Pappad Theatre, Arhar Nagar,

Rasgulla - 15



R.S.V.P.

Chola Bhatura

Uttapam Vada

With Best Compliments From:

All Bartan Family

Don't Quit

8 Deepika Anand

IX - 'B'

When things go wrong, as they sometimes will
When the road. You are trudging seems all uphill
Keep your spirits high, for though thick and thin
You must carry or if you are to win.

Life is strange with its twists & turns
As everyone of us sometimes learn
It forces us often to give up
when we could have captured the victory cup.

So turn your failures inside out,
Press then on, past fear and doubt.
Never mind if things hold you back a bit
You will come on top if you don't quit.



J
O
K
E
S

Man : "I had to quit aerobics class because I broke a toe.

Freind : "How is it now?

Man : "I don't know : It was not mine."

HRITHIK AND I

Komal Mishra
IX - 'A'

Kyon chalti Hai pawan ?

Because of evaporation

Kyon Jhoomte hai Gagan ?

Because of earth's rotation

Kyon Machalti hai mann ?

Because of excessive respiration

Natum Janne na hum.

But I gave all the reasons.

Kyon lutta hai Karaar ?

Because of mental tension.

Kyon hota hai pyaar ?

Because of polar attraction.

Na tum Jaano na hum.

As I said, these all are scientific phenomenon

Kyon gum hai har disha ?

Because you have poor sense of direction.

Kyon hota hai nasha ?

Because of drug addiction

Kyon aata hai maza ?

Because science gives us all information.



If You Can



If You Can
O man!
If you can,
Illuminate the world,
Stop a child's cry
If can't yet try.

If you can,
Stop child marriage
And dowry carriage;
The bride burnt away,
Like dry old hay.



If you can,
Control the population.
through education.
Make people aware
Take plant care.

If you can,
Love with faith
Don't be late
Love all creatures
Created by nature.

If you can,
Make the world cheerful
delete the sorrows
And the horrors
If you can't
Yet you try.



T.V. is A Burden

In your house, If there is a television
 You will lose all your mission
 T.V. can even harm your vision
 Your studies will be spoiled
 With the T.V., Forever you will be coiled
 You will lose your friends forever
 Then it will be difficult to recover
 You will never go out and play
 Before the television, you will always lay
 Movies shown on it are violent
 Cartoons are not at all silent
 You will always beat and fight
 You will be unknown about what is right
 So, If you have a T.V. in your house
 Your house will appear like a dead mouse.



✂ Sharun V Shaju
 VII - 'A'

1. Name the place where clothes are washed in quantities of tonnes ? Washington
2. Which is the gate that cannot be entered? - colgate
3. A rope which cannot be tied? Europe
4. Where does Dracula keep his money? In blood Bank
5. $2+2=5$ How? - By mistake

✂ Rohan Negi
 V-B

R
I
D
D
L
E
R

- ❖ In programming of friendship the header file used is "# include < friendship . h>"
- ❖ There should not be any use of "single line comment" i.e. argument or "multiple comment line" i.e. many arguments.
- ❖ There should be less use of "conditional statement" i.e. friendship should not have terms and conditions.
- ❖ It should not be like a "for loop" i.e. if the conditions or term of friendship is not satisfied it breaks.
- ❖ It should be like an "array" where you store more than one value of same data type in same variable. No use of "Return Statement"
- ❖ The friendship should be compiled at one attempt only and it should not have any error in it.



\ Anam Aslam
XI - 'B'

जो भी चाहूँ, वो मैं पाऊँ

जिन्दगी में जीताजाऊँ

बस इतना सा ख्वाब है।

इक्कीसवीं सदी का फैशन परस्त

युवा-वर्ग आज यही पंक्तियाँ गुनगुना रहा है। ख्वाबों में भी पैसा, खान-पान में भी अदाएं, कोक, पेप्सी पीता, फैशन में अंतर्राष्ट्रीय लेबलों का दीवाना आज का युवा वर्ग तुरंत सफलता और आसानी से मिलने वाले पैसों का सपना देखता है। अपनी पूर्ववर्ती पीढ़ियों से कई मायनों में अलग इस जनरेशन 2008 की मानसिकता व सोच पूरी तरह से बदल चुकी है। युवा पीढ़ी पारिवारिक बंधन तोड़कर परिवार के महत्व को नजर अंदाज कर रहे हैं।

ये मॉड रिकी मार्टिन, ब्रिटनी स्पीयर्स, जेनिफर लॉपेज के साथ थिरकते हैं, तो फैशन में ऐश्वर्याराय, सोफिया व निखिल वीजे का अनुकरण करते हैं। वे शायद उन्मुक्त परिधानों में अपने को सुविधाजनक व आधुनिक महसूस करते हैं। चमक दमक और विशिष्टता से अभिभूत

भारत के धनाढ्य वर्ग के लिए विदेशी, कारें, डिजायनर कपड़े, आभूषण व शानदार पंच सितारा होटलों में खाना-पीना, देशी, विदेशी पर्यटन का आनन्द उठाना प्रतिष्ठा, सूचक बन गया है।

पॉप कान और पॉप संगीत के दीवाने, तुरंत सफलता और आसानी से मिलने वाले पैसे का स्वप्न देखते हैं। हर क्षण युवाओं के सपनों में, पाश्चात्य संगीत, तुरंत पैसे वाली आलीशान जिन्दगी, कौंधती है। भौतिक प्रधान लक्ष्यों को पाने का सपना संजोए इस वर्ग के लिए सफलता का मतलब ढ़ेरो पैसा है। 'ये दिल मांगे मोर' का फंडा अपनाते हुए ये आधिकाधिक दौलत व शोहरत पाना चाहते हैं। रहा सवाल परंपरा और मूल्यों का तो यह कल के भारत की बात हो गयी, यह तो नई सहस्राब्दि है। यह बात अलग है कि कुछ पाने के लिए कुछ खोना पड़ता है कि तर्ज पर इन सबको जुटाने में भारतीयों ने अपने कुछ पुराने स्टेटस सिंबलो को किनारे कर दिया है। पारिवारिक एकता, सांस्कृतिक विरासत के

साथ-साथ सामाजिक मूल्यों और राष्ट्रीय हितों का भी नए स्टेटस सिंबल को पाने की चाह में कुर्बान कर दिया गया। आशा की एक किरण की तरह कई समाज शक्तिग्रहों का अनुमान है कि भारतीय माटी इस सदी का सबसे बड़ा स्टेटस सिंबल बन कर उभरेगी।

भारत में परिवार ही सब कुछ माना जाता है। हमारे नैतिक आदर्श ऊँचे हैं। पारिवारिक निकटता हमारे लिए बहुत महत्वपूर्ण है। दुनिया भर में सबसे मजबूत पारिवारिक बंधन भारत में ही मिलते हैं, परन्तु युवावर्ग पारिवारिक बंधन तोड़कर परिवार के महत्व को नजरअंदाज कर रहे हैं।

दूरदर्शन पर सुखवाद दर्शाती आराम व सर्वसुख सुविधा सम्पन्न जिंदगी से जुड़े भड़कीले विज्ञापनों ने युवाओं की इच्छाओं और लालसाओं को नए परवान दिए हैं। वे कुछ नया करने की

चाहत लिए जोशीले, खुशमिजान, सेहत पसंद, उपलब्धि परख और कई तरह के शिष्टाचार अपनाते हैं। परन्तु वे यह भूल रहे हैं कि इस प्रतिस्पर्धा जगत में अपने बूते कुछ कर पाना बेहद चुनौती भरा है, अपने स्व को पहचानना भी जरूरी है। जब तक अंदर से खुशी नहीं मिलती, आप कुछ भी बिल्कुल ठीक-ठाक नहीं कर सकते। आर्थिक आत्म निर्भरता के लिए अपनी कमाई बहुत जरूरी है। नई पीढ़ी के लिए पैसा ही सब कुछ है, वह भले ही सोचे कि पैसे से ही सब कुछ खरीदा जा सकता है, मगर प्यार, दोस्ती बिकाऊ नहीं होती।

सभ्यता की मोर से ही मानव जाति सृजनात्मक अविष्कारक रही है। ऐसे नाटकीय अविष्कारों से इस सहस्राब्दि में फैशन का क्या रूप होगा, तथा हमारी नई पीढ़ी कैसी होगी, यह प्रश्न विचारणीय है।

JOKES Wife to husband : "You will never know what I went through to buy you a present."

Husband : "Come on, tell me"

Wife : "All right. Your pockets".

I f Y o u L o v e

If you love your parents,
Give them respect and regard.

If you love pets,
Be regular in their care.

If you love trees,
Plant them everywhere.

If you love your friends,
Give them your support in need.

If you love flowers,
Don't pluck and make them rare.

If you love to be loved,
Guard against committing wrong deeds.



✧ Shradha Bhatia
XI-B (Comm.)

- ✦ *Who is a doctor ?
Doctor is a person who kills your ills with pills
and later kills you with his bills.*
- ✦ *What an atom bomb ?
It is an invention to end all invention*
- ✦ *What is a stamp album ?
It is the only place where countries to stick
together.*

✧ Hiba Fatima
V-B

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Three Things

Three Things To Respect →

- ✓ Old age
- ✓ Religion
- ✓ Law

Three Things To Love →

- ✓ Purity
- ✓ Honesty
- ✓ Hardwork

Three Things To Admire →

- ✓ Beauty
- ✓ Intellect
- ✓ Character

Three Things To Cultivate →

- ✓ Courage
- ✓ Cheerfulness
- ✓ Contentment

Three Things To Maintain →

- ✓ Promise
- ✓ Friendship
- ✓ Affection

Three Things To Control →

- ✓ Tongue
- ✓ Temper
- ✓ Temptation

Three Things To Prevent →

- ✓ Laziness
- ✓ Falsehood
- ✓ Double

Standards

Three Things To Avoid →

- ✓ Smoking
- ✓ Drinking
- ✓ Gambling

Three Things To Watch →

- ✓ Speech
- ✓ Behaviour
- ✓ Action



फूलों से भरे बाग में, महक रहा है बस एक फूल ।
वह कुछ और नहीं, वह तो है सेन्ट जोड़फ स्कूल ॥

इसके तेज के सम्मुख, तेज सूर्य का लगता है कम ।
हमेशा सबसे आगे रहो, यही सीखते हैं यहाँ हम ॥

यह विद्यालय हमारे लिए, एक मन्दिर के है समान ।
हम विद्यार्थी पुजारी यहाँ के, अध्यापक हमारे हैं भगवान ॥

एक दिन हम अपनी पहचान, पूरे विश्व में बनायेंगे ।
जोड़फाइट्स है सबसे आगे, यह सभी जान जाएंगे ॥

हमसे आगे कोई नहीं, यह जानता जग सम्पूर्ण है ।
यहाँ के सब बच्चे, बुद्धि, साहस से पूर्ण हैं ॥

हम हैं इस स्कूल के बच्चे, यही हमारी पहचान है ।
यहाँ के कण-कण में बसी, हमारी जान है ॥

अच्छी शिक्षा लेना, यह हम बच्चों का काम है ।
हम प्यारे — सच्चे बच्चे, "जोड़फाइट्स हमारा नाम है" ॥



क्या बात थी उन दिनों की ?
 क्या राज था उन दिनों का ?
 बसंत की ऋतु की भाँति
 क्या मनभावन हाल था उन दिनों का।
 क्यों न रुकती थी हँसी ?
 कहीं थे वे गम के बादल ?
 चिंताओं ने जहाँ उड़ाई न थी अपनी चादर।
 जीवन था एक मधुवन खिला-खिला,
 खुशियों का अथाह सागर हमें वरदान में था मिला,
 क्या वह बचपन था स्वप्न मात्र ?
 जिसमें थे अनेक मृदुल खुशियों के पात्र,
 टूट गए हैं जो अब
 बिखरा के अपने अन्दर का पराग,
 बुझा के उन अनंत खुशियों का चिराग,
 जिनकी रोशनी के बुझने से धूमिल हो गया है जीवन,
 प्रश्न करता है यही मेरा मन।
 आज जब मुसीबतें आकर लटकाती हैं अपनी करवाल,
 होता है मन का जब बुरा हाल
 तो यही आवाज निकलती है अंतःकरण से रह-रहकर
 "काश ! लौट आएँ दिन वो सुनहरे

उठा दे हृदय में खुशियों की लहरें,
 जिनका प्रारम्भ तो है पर अंत है अनंत"
 परन्तु भय है कहीं यह काश! भी
 न बन जाए "काश"
 और तृप्त करना पड़े अपने हृदय को
 बचपन की मधुर यादों से,
 कम से कम जो दे सकती है हमारा साथ,
 गम के इस सागर में
 कठिनाईयों के समुद्र में
 इस लम्बे जीवन पथ पर
 जो बचपन के बिना है दुष्कर।
 बचपन ! गम है कि तुम गए,
 पर संतुष्टि है अपनी यादें तो छोड़ गए,
 अपनी उस मधुर बेल को सदा हरित रखने
 के लिए ।।



Thanks



I am grateful to all the sisters of this school, teachers, to the school staff, the present students and to every one concerned with our fete and I thank them all, who assisted in making this program a successful one.

I thank all the respected advertiser for their advertisement in this souvenir.

Along with this I thank all those Ex-students, Comrades, who worked hard day and night and with their efforts and aspiration succeeded in making this program memorable in the horizon of Kanpur city.

Sanjeev Kumar Dubey
Secretary
S.J.A.A