



RAI News

MOTILAL NEHRU SCHOOL OF SPORTS

RAI, SONIPAT

(An ISO 9001:2008 Certified Institution,
Affiliated to CBSE, Member of IPSC, NPSC)

Web: www.mnssrai.com

E-mail: mnssrai@rediffmail.com

(For Internal distribution only)

Vol. 23 • September, 2021

From the Principal's Desk



Col. Ashok Mor
Principal & Director

I feel honoured and humbled to be entrusted with the responsibility of Principal and Director of this unique and prestigious institution.

I always tell myself and others that I owe my achievements in my life to my parents and to my school, my alma mater:

Motilal Nehru School of Sports, Rai, where I studied from the very start. It gave me a solid grounding and character; qualities which made it possible for me to be successful in whatever I did in my life and, I think also made me a good human being. I am certain when your turn comes to move out of the portals of this wonderful institution, you too will look back with pride and confidence that this place prepared you to go into this big and complex world.

A school can be the best in the world, it can have most dedicated teachers, most supportive parents, but none of this will matter unless you fulfill your responsibilities, unless you pay attention to what your parents and teachers say and unless you put in the hard work that it takes to succeed in life.

Everyone of you is good at something and have something good to offer. You have to discover what that is. That is the opportunity an education at a good school like this can provide you. Stay on the track to meet your goals. Never give up on yourself

because when you give up on yourself, you give up on your country. The story of India's success is not about people who quit when things got tough. It's about people who kept going; who tried harder, who loved their country so much that they would not do anything less than their best. It's about those who seek an opportunity in every difficulty. Make your own opportunity by exploring, inventing, adapting and above all remaining open and optimistic.

You all need to remain constantly appreciative of how fortunate you are to be given the means and opportunity to do what you want to do.

You must take pride in whatever you do. Your work is a direct reflection of you. Do your work well. Feel proud of efforts and accomplishments. Pride and humility are two sides of the same coin. Pride is necessary to know that you can do better. Always hold yourself in high esteem and make sure that you have very good reasons for doing so.

Your parents, your teachers, school and staff are doing everything that they can do to make sure that you have the education to prepare yourselves for the future. But you have to do your part too. So I expect you to set your goals. Work hard and put in your best efforts in everything you do. I expect great things from you. Make us all proud of you. I know that you can do it. I wish everyone the very best in all endeavours.

All the best !



Dear Readers,

Greetings to you!!

“Don’t allow the world to define your greatness for this most of the world is blind. Instead, allow your greatness to open the eyes of the world.”

MNSS, Rai has always left a trail for others wherever they got a chance to present themselves and still continues to be the flag bearer of pride & honour. Very few have fully realized the wealth of sympathy, kindness and generosity hidden in the soul of a child. The effort of every educator should be to unlock that treasure and MNSS, Rai is an excellent example where everyone strives indefatigably for this. This institution has been nurturing young minds for the past 48 years. And to continue this, Col. Ashok Mor (Retd.) has joined the school on 15th September, 2021 as the Principal & Director of the school who’s an Ex-Raist too & it’s an occasion of immense pride as an Ex-Raist got the responsibility to take over the charge of such an institution who’s motto is ‘Urdhavobhava’ meaning ‘rise high’.

Col Ashok has always been an extraordinary person and is known for his passion and dedication towards his work and duty. Speaking about his early life as a student, he was very disciplined. In NDA, during his training, he was never punished and this in itself is a mark of his punctuality and sincerity. He joined IIT Kanpur as an administrative officer.

He has a clear vision. “We will make a difference together”. An ex-Raist, who has given much to the school, is an example of a perfect human being. Despite meeting an accident during operation Rudraksh, he continued to serve the nation with full valour.

Covid-19 has left the whole world to a halt. Everything was affected and Education also wasn’t spared by it. All the schools were closed and online classes came into place, but the hard work of our teachers, 24x7, made us the most fortunate students. We never felt that our teachers were not with us. They

were available everytime and toiled hand to make us a better version of ourselves.

When everything was closed, the school staff, be it teachers, mess workers etc., they were constantly working to make this place better for us and just because of the P&D’s & Staff’s grace, smart classes have been introduced for class 11th and 12th.

Talking about sports, a lot has changed. The boxing ring and ground have got modified. A new stable has been constructed. Horses in the stable have now touched a number of 23 & the riding ground has been fenced. Our Pratap Stadium is also getting renovated and very soon a synthetic track will be made for the athletes. And we hope that a lot more developments will take place in coming days.

Though during lockdown, everything came to a pause but it had nothing to do with the development of MNSS, Rai superpowers, the students. The school conducted online Inter-House Hindi & English Declamations for Juniors on 26th and 27th of August, 2021 respectively. Snanda (IG-1421) of Indra House bagged 1st position in the Hindi Declamation and Vipasha (VG-1354) was declared the best speaker for English Declamation. We salute our teachers for their extreme hardwork even during the pandemic through online mode. They conducted these motivational and educational contests to add to our knowledge. They never step back from doing their duties. If it can’t take place offline, then they make it up through online mode but they do it for sure. The students also participated with the same enthusiasm and made these events super interesting.

We are pleased to present to you the Rai News. Enjoy every moment you have because in life there aren’t rewinds, only flash backs. We have, for you, from the students, a wide range of poetry and some informative and inspirational articles.

Happy Reading!

-Yash (S-1281), Neha (SG-1300), Nishu (IG-1283)

ALWAYS SHOOT HIGHER THAN YOU CAN DO

AK Ahlawat, 27 Sept 2021

Fellow scholars of my old school, I am delighted to be contributing to the Rai Newsletter. I have been commanded by the high eminences of the school to speak with you about the development of the writing craft.

One writes out of one thing only-one's own experience. Everything depends on how relentlessly one can winnow from this experience, the last drop or the last grain. One aims to write out of the disorder of life that order which is art or literary truth.

When I joined Rai, I was smaller than a cricket bat. I had mugged up cat, bat, rat and a few other words of English for the entrance test. Beyond the limited furniture of my tiny mind, rest of it was like a vast muddle pond.

One day I happened to go to the KNS library and liked a book. The book had beautiful coloured pic-

tures of birds and beasts on glazed shining pages. I had never seen such a book. The librarian kindly lent me the book with a smile at the over ambition of my 5 year old heart. I took the book and slid it under my mattress. I felt I had hidden a secret treasure that only I knew about. I would look long and hard at the pictures and try to pronounce the words in the books text. I tried reading the sentences but the progress was stalled by the barbed wire of unfamiliarity with the language. But I carried the warm thrill in my heart that I was in possession of an infinitely beautiful article in the form of the book.

This initial memory of helplessness at not being able to meet the book like a friend is fresh in the shelves of my mind. If I close my eyes and uncover my grown up heart, I am able to feel again the helpless, shy, slow boy, coiled up in his own inadequacies like a snail.

To be continued...



SOME CAMPUS NEWS...

Martyr's Day (Saheed Divas) was commemorated on September 23rd 2021 to pay homage to the brave souls who sacrificed their lives defending the sovereignty of the nation. The students were enlightened about the significance of the day and its annual observance to honour those who gave up their lives for their beloved nation.

The attraction of the day was a power point presentation showcasing our own dear alumni who laid down their lives in the service of the nation. It was quite overwhelming.

Chief guest on the occasion was Sh. Mohan Lal Badoli, MLA, Rai constituency.



Sh. Mohan Lal Badoli, MLA, Rai constituency being greeted on Martyr's Day on 23rd September, 2021.



Visitor's Room being inaugurated by School Captains Sanjeev and Meenu on 21st September, 2021.

Dear readers, much needed and long awaited visitors room at the school main gate was inaugurated by the school boys captain Sanjeev (SM-1257) and school girls captain Meenu (VG-1258) on Tuesday September 21st 2021.

Delayed by pandemic, the school successfully conducted Class IV Entrance Examination on September 26th 2021.

KEEP GOING

If, you keep on going and never stop,
You can make it to the top.

Life is full of problems,
Some are big and some are small.

But if you don't give up
You can solve every problem

You can overcome them all
Keep on going and try not to stop.

When you keep on going
You can make it to the top.



Shashi Yadav (VG-1359)
IX-D

BENEFITS OF READING

Books play a varied role in human life. Sometimes they teach us like a teacher. Sometimes they just give a company like a good friend, while sometimes they guide us through life. Good books play a significant role in shaping our future. They help us to not only achieve success but stay calm and composed. Collectively they are like a vast pool of knowledge that never drains. Reading books is the best extra-curricular activity one can develop. Also books are our all-time companions. The more we read the wiser we become and hence the more recognition we get in the society. It also improves our vocabulary. Reading good books is a way to progress and prosper in life in whatever language you choose, reading.

Sunny (I-1344)
X-A

अजन्मी बिटिया का संदेश

अजन्मी बिटिया का संदेश, कुछ कहना चाहती हूँ
अपने हिस्से का जीवन मैं भी जीना चाहती हूँ
दुनिया के रंग, दुनिया के संग मैं भी
रहना चाहती हूँ
माँ मैं तेरी कोख में आई फिर जन्म
क्यों न ले पाई
न कोई जाने मेरा मर्म, मेरी कब्र
कैसे बन गया तेरा गर्भ
तेरा खून तो पाया मैंने, फिर दूध
क्यों न पा पाई,
अस्तित्व अपना मिटने पर आँसू
तक न बहा पाई
जन्म लेने दो मुझको भी, बेटे से बढ़कर दिखलाऊँगी
धरा का सुख क्या चीज़ है, तोड़ आसमां के तारे लाऊँगी
अगर, बेटा को मारोगे तो ममता माँ को कैसे पाओगे?
खो जाएगा कहीं बहन का प्यार, दुलार किस पर बरसाओगे?
अंतिम संदेश यही है मेरा, बचालो जीवन अजन्मी बिटिया का
अस्तित्व वरना मिट जाएगा, इस दुनिया से मानव कां



THE LOST COLOURS

The garden full of green
and absolutely clean,
looks like a green dress
some light, some dark
all in a mess.

Designs in yellow, blue and reds
resemble the flowers and beds,
butterflies of infinite colours
represent ribbons and borders.

When we enter in this dress
The colours wrap themselves around us
We just get lost in clours, without even realizing
that colours are also lost in themselves.

We are very much capable, then also not able to
solve this riddle.

Ha! Ha! Ha! But what's the need of using sense

Aren't we happy in this dress...?

Shilpa (IG-1336)
IX-B



DECLARE WAR ON PLASTIC BAGS

From Kashmir to Kanyakumari, from Daman and Diu to Dimapur, India is one. Well, we are quite a united nation so far as pollution from plastics is concerned. One of the major contributors to this sorry state is the polythene carry bags that we use everywhere. At home, in parks, at shopping malls etc.

You know that an empty pack of chips you throw away on the road will take hundreds of years to decay and decompose. Everyday there are many animals who die just because of chewing too many of plastic bags. These plastic bags choke sewerage, pipes and drains also. Instead of complaining about it, stand up and do something. We should stop using plastic bags. For ex-while shopping, we should carry a cloth or jute bag and refuse to accept polythene bags.

In conclusion, I would like to say that no one is going to do it for you, it's us who have to knock out this enemy of environment.

Shalu (IG-1335)
IX-A

SAVE THE ENVIRONMENT

We do not have any other planet beside earth in this universe where life is possible. It is the only known planet where combination of most essential natural resources-oxygen, water and gravity is found which make the possibility of successful life here. We do not have time to think more about it and start saving earth seriously by following various effective measures in order to handover a healthy earth to our future generations. People should plant more and more trees to get sufficient oxygen and try to reduce the effect of air pollution and global warming. We should stop cutting down forests for our vested interests which are home for difference species. People should limit their use of electricity and use less fossil fuel to save the environment from global warming. They should promote the use of solar lights and wind energy to save earth. Following the 3Rs (Reduce, Reuse, Recycle) can be used very effectively in saving our precious earth.

Dipti (SMG-1397)
IX-B

CONSUMER RIGHTS AWARENESS: NEED OF THE HOUR



“Every business can do wonders if they abide by laws and wish of the consumers.”

Greetings to one and all present here. Today, I Vridhi of Indra House want to share my views on the topic Consumer Rights Awareness: need of the hour.

Consumer rights are the rights to have information about quality, quantity, potency, purity and standards of Goods and Services. It is very essential for the consumers to know these rights. Consumer Rights in India includes:

- The right to be protected from all kind of hazardous goods and services.
- The right to be fully informed about the performance and quality of Goods and Services.
- The right to freely choose goods and services.
- The right to be heard in all decision making processes related to consumer’s interest.
- The right to seek redressal, whenever consumers rights have been infringed.
- The Right to complete the consumer education.

Someone said, And I quote.

“Consumers have the money and You have the product; Allure them for good and Give their money some value on this”

It is the responsibility of the consumer to fight against Unfair practices, while buying a product they should be aware of their rights under consumer protection act and they should be well aware of the product that they are buying. If in a case, a product is found of anything false and not satisfactory then, a complaint should be filed. Consumer should ask for a cash memo while making a purchase. Consumer should not forget to check standard marks that tell the authenticity of the product. So, there is a strong need to educate consumers about their rights. As consumers are exploited in many ways. Consumers are scattered unorganized and many of them are illiterate. The traders, moneylenders, service providers exploit the consumers in many ways. Sellers try to shift the responsibility of product on buyers.

We should not blindly purchase any product without knowing about it. Each and every consumer should fight for his or her rights.

According to a survey conducted by Consumer Protection and Action Committee, out of each 25 lakh Gujarati people only one consumer goes to court to fight for his/her right. And also out of 6 and half crore population of a state only 25 to 30 approach the court.

At last I would like to end up by saying that-

“The challenge is to put a lot of effort in consumer’s education. If the people know, what their rights are; they should be protected and if they don’t, they will be exploited.”

Vridhi (IG-1375)
IX-D

QUOTES

Personal Greatness

Feelings are like rainstorms, with a beginning, a middle and an end. If we stifle them, they will foster like wounds. If we pay attention to them and bring them into the light of our awareness, we will move through them and they will complete. And we will move to greater and greater health.

Destiny and life's purpose

Within you lie the sun, the moon, the sky and all the wonders of this universe. The intelligence that created these wonders is the same force that created you. All things around you come from the same source. We are all one.

Leadership

Visionary leaders show their people a higher more inspiring reality when the rest of the world sees darkness. And they lead by example, ensuring their video is aligned with their audio.

Bhavna (SG-1372)
IX-C

ANALYSING THE SITUATION

It's easy to judge the mistakes of others,
Difficult is to recognize our own mistakes

Its easy to hurt someone who loves us,
Difficult is to heal the wound.

Easy is to forgive others
Difficult is to be pardoned by others.

Its easy to think about improvement,
Difficult is to stop thinking and put into action

Easy is to receive
Difficult is to give.

Easy is to promise something to someone,
Difficult is to fulfil that promise.

Easy is to read this,
Difficult to follow.

Shashi Yadav (VG-1359)
IX-D

LIFE SAYS...

Life is small
But the journey is too long
Many failures
But only a few achievements
Many discouragements
But only some encouragements
Many scary nights
But only some bright mornings
Many rejections
But only some acceptances
Many weeping faces
But only a few laughing giggles
Many low ranks
But only a few trophies
Many injuries
But only a few victories
More and more mistakes done
But still life is the only one which in sorrow makes us laugh
and with a few challenges makes us tough.
Thay's why after a thousand complaints we still go on and on and on ...
And thanks to life, forget the bygones.

Anjali (VG-1328)
X-B

STUDY STUDY STUDY

Study Study Study
It makes life steady
Everybody says study more
But they don't know it makes us bore
It is not a cake walk
But it is a hard talk.
But to make our future bright
We have to study day and night
This should be our wish
Which we all should cherish.

Yash (I-1346)