



Established in 1936

The Doon School WEEKLY

Saturday, March 19 | Issue No. 2431



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The Bombay Beat

Mr Manu Mehrotra pens his experience of running the Standard Chartered Mumbai Marathon.

42.195

'You run better than the government' - read a placard held by a Mumbai denizen as the city went about its effort to cheer for the runners of the Standard Chartered Mumbai marathon held on January 17, 2016. Running this marathon was one of my lifetime experiences. It was very well organized and the city was extremely supportive. I will specially remember the three to six year olds who held out biscuits, bananas, and oranges for us as we ran past them. Kudos to the people of Mumbai who came out at 6 a.m. on a Sunday morning to cheer us up.

Ever since I ran my first half-marathon in 2008 in Ann Arbor, I had a huge desire to run a full one! It was eight years before my dream was finally realized when I ran the Mumbai marathon this year. I began training for the marathon in August last year and ran the Mussoorie half-marathon on October 25 as part of that preparation.

The experience of running a marathon includes the hard training period and the marathon-day is just a culmination of the entire process. This is what makes it so great. I followed the training schedule by Hal Higdon, a marathoner and the author of a best seller titled *Marathon: The Ultimate Training Guide*. I read this book as a part of my preparation for the Mumbai marathon.

The benefits of running a marathon lie in its training. From six months before the marathon, a typical week includes three days of running and spending time in the gym; two days of running only, of which one day is a long run; and a day of cross-training in which I usually cycled. Long runs train you for the final day, for they build endurance and train your body to last for three to six hours of continuous running. The training was both demanding and a very fulfilling experience.

The Standard Chartered Mumbai Marathon is one of the most popular marathon circuits in India, attracting about 4000 people for the full marathon, (about 45000 overall runners in all categories) including a fleet of elite runners from across the world, who were a treat to watch.

This is how the actual day of the marathon was - I started slow for I was scared of exhausting myself too early. We started at 5:40 am sharp, ran along the marine drive, Worli sea-face and then over the Bandra-Worli sea link which is when we saw a beautiful sunrise. A lot of my fatigue disappeared seeing that!

Soon after that I crossed the halfway mark in about 2 hours 10 minutes. That was a psychological relief; half of the job done! I was then looking forward to the 32 km mark for the countdown to begin. After 32 kms I could feel myself slowing down and after about 34 kms my body did try to tell me that there was no justifiable reason to continue with this inhuman activity. Thankfully, my spirit advised

(Contd. on page 6)





Regulars

IAYP

The following boys have been awarded the **Duke of Edinburgh's International Award** in their respective categories :

Bronze:

Sanidhya Mittal
Laksh Sharaf
Raghav Dalmia
Aviraj Singh Machre
Paarth Agarwal

Silver:

Bhuvan Verma
Kanav Agarwal

Kudos !

UNQUOTABLE QUOTES

The earth revolves around the sun.

Mitul Aggarwal, sure thing.
What should be you focusing at?

CRK, sentence construction.

I love soccer and sockey.

Aarsh Ashdhir, we can see that.

I don't knowing.

Yash Dewan, what, English?

Explain me now.

Paarth Tyagi, we don't think you'll get it.

Around the World in 80 Words

Donald Trump knocked Marco Rubio out of the Republican race this Super Tuesday while Obama labelled the 2016 Presidential elections as 'Vulgar' and harmful to America's reputation. A bus blast in Peshawar killed fifteen and injured thirty, victims included Pakistani government workers. Putin has withdrawn Russian forces from Syria and declared the end of his country's main military operations there. On the other hand, North Korea sentenced an American student to 15 years hard labour in the city of Pyongyang.

"Don't go where the path may lead, go instead where there is no path and leave a trail." - **Ralph Waldo Emerson**

Welcome Back!

We welcome back Mr. Phillip Burret back who joins the School as the **Second Master**.

We wish him a fruitful tenure!

The Laurels

The following awards were made at the **Annual Prize Giving Ceremony, 2016:**

School Colours :

Samarjit Singh (Re-awarded)
Naadir Singh
Sahir Choudhary
Arth Gupta
Anvay Grover
Aditya Vardhan Bhardwaj
Tanmay Gupta
Akhil Ranjan

Co-Curricular Awards:

General Profeciency (Junior): Shiven Dewan

General Profeciency (Senior): Aditya Vardhan Bhardwaj

Best Conduct in SC-Form: Ishmaam Chowdhury

Gentleman Sportsman of the Year: Akhil Ranjan

Headmaster's Award for Outstanding

Contribution to the School: Pulkit Agarwal

Kamar JB Singh Award for Community Service: Parth Khanna

King Constantine Medal for Contribution to

Round Square Ideals: Arunabh Uttkarsh

House Awards:

Academic Cup : Tata House

The Doon School Cup : Tata House

Well done!

Dosco Doodle

Guess who's back?
Kushagra Bansal

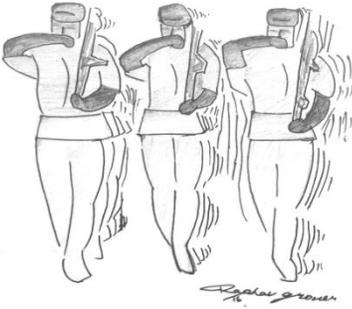


स्वार्थ! आखिर क्यों?

• अमृतांश सराफ़

गत मास ही 'हाऊस फ़ीस्ट' पर, मेरे अपने आवास के एक 'एस-सी-ई' से बात हुई। वो पढ़ाई के साथ सह-पाठ्यक्रम गतिविधियों में भी शौक से भाग लेता था। संगीत में निपुण होने के कारण उसे पिछले टर्म 'म्यूसिक कलर्स' से सम्मानित किया गया किन्तु आज तक उसने वो 'टाई' नहीं पहनी। जब मैंने उससे कारण पूछा, तो उसने मुझे एक ऐसा जवाब दिया जिससे मेरी सोच की दिशा बदल गई, उसने कहा "मैं उस काली टाई से नहीं संगीत से प्यार करता हूँ।"

मेरे विचार में हम जो भी करते हैं उसे निःस्वार्थ भावना से करना बहुत आवश्यक है। अगर हमें अंदर से उसके लिए प्रेम ही नहीं तो वास्तव में हमें कुछ सीखने को ही नहीं मिल रहा है, और हम अपना और अपने अध्यापकों का बस समय नष्ट कर रहे हैं। हमें यह नहीं भूलना चाहिए कि विद्यालय की इन चार दीवारों के बाहर मात्र ज्ञान का महत्व है, 'ब्लेज़र्स' एवं 'टाइस' का नहीं। हमारी



सोच आज 'सी-वी' बनाने तक ही सीमित हो गई है, और हम अपने विद्यालय और आगे जाकर

समाज की सेवा करने से अधिक, पुरस्कारों को महत्व देने लगे हैं। हमें यह नहीं भूलना चाहिए कि जैसे-जैसे हम बड़े होते हैं, समाज हमें बहुत कुछ देता है और लायक बनने के बाद, हमारा यह कर्तव्य है, कि हम उसे किसी न किसी तरह बेहतर बनाने में अपना योगदान करें।

हमारे देश के वीर जवान हमारी सुरक्षा के लिए दिन-रात निःस्वार्थ भावना से मेहनत करते हैं। वे हमारे जीवन के लिए अपने प्राण हँसते-हँसते देने को सदैव तैयार रहते हैं।

मुझे तोड़ देना वनमाली,
उस राह पर देना तुम फेंक।
मातृभूमि पर शीश चढ़ाने,
जिस पथ जाएँ वीर अनेक।'

प्रसिद्ध कवि माखनलाल चतुर्वेदी की इस विश्वविख्यात कविता 'पुष्प की अभिलाषा' की ये अंतिम दो पंक्तियाँ हमें बताती हैं कि कैसे एक फूल गहनों में गूँथे जाने से, वरमाला में उपयोग किए जाने से अधिक हमारे देश के निडर सैनिकों के पैरों के नीचे कुचला जाना पसंद करेगा।

इतिहास गवाह है कि भारतीय समाज में शुरू से ही निःस्वार्थ भावना को एक ऊँचा दर्जा दिया गया है। हमारे राष्ट्रपिता महात्मा गाँधी ने देश की स्वतंत्रता के लिए अपना सर्वस्व समर्पित कर दिया, सब कुछ त्याग दिया। आज भी उन्हें पूरा विश्व याद करता है। उनका नाम इतिहास के पन्नों में सुनहरे अक्षरों में लिखा गया है।

विश्व की सबसे बड़ी शक्ति, प्यार, यह भी सिर्फ निःस्वार्थ लोग ही प्राप्त कर सकते हैं। एक माँ अपनी संतान को बिना किसी स्वार्थ के पाल-पोस कर बड़ा करती है, हर बुराई से बचाती है, ताकि वो जीवन में उन्नति प्राप्त कर सके। वो आजीवन अपना पेट काटती है ताकि उसके बच्चों की सारी ज़रूरतें पूरी हो सकें।

इन सब उदाहरणों से प्रेरणा लेनी चाहिए और सीखना चाहिए कि कैसे सांसारिक सुख, पुरस्कार और धन ही सब कुछ नहीं होता। हमें सब कुछ दिल से, अप्रत्याशित प्रेम के साथ, बिना किसी स्वार्थ के करना चाहिए, तब ही हम ज़िंदगी सही तरीके से जी रहे हैं।

सही मार्ग

• सुयश चन्दक

रमेश के पास अब कोई चारा न बचा था। घर में माँ बीमारी से पीड़ित थी। उनकी एक चीख से ही रमेश को ऐसा लगता जैसे किसी ने उसके दिल पर गरम सलाखों से वार किया हो। उसे अपने सखा, प्रथम की बात का स्मरण हुआ। अँधेरी रात में वह घर से निकला और प्रथम की सहायता से उसने सफ़ाई से पड़ोस के घर में ज़ेवरों की चोरी कर ली। प्रथम को उसने उसके हिस्से के पैसे दे दिए और बचे पैसे से माँ के लिए दवा ले आया। एक सप्ताह के अंदर रमेश की माँ फिर स्वस्थ हो गयी। रमेश ने अपने माता-पिता को तो यह कह कर फुसला दिया की उसे एक अच्छी नौकरी मिल चुकी थी और उसके माता पिता प्रफुल्लित होकर उसे दुआएँ देने लगे। कुछ समय बाद, ये मजबूरी, लत में बदल गयी। कल कपूर साहब के यहाँ चोरी होती, तो आज धन्नो चाची के यहाँ। समय बीतता रहा और रमेश को अब चोरी करने में आनंद आने लगा। रोज़ी-रोटी के लिये कितने आराम से पैसे मिल जाते थे। एक दिन देर रात जब रमेश चोरी कर के लोटा तो उसके पिता की आँखें खुल गयीं। उन्हें दाल में कुछ काला नज़र आया। थोड़ी सी जासूसी के पश्चात सच उनसे छिपा न रह सका। उनके पैरों तले ज़मीन खिसक गयी। उन्होंने अपने बेटे को सही रास्ता दिखना ही ठीक समझा। बहुत विनती करने के पश्चात भी रमेश ने चोरी के पथ से दूर हटने से इनकार कर दिया।

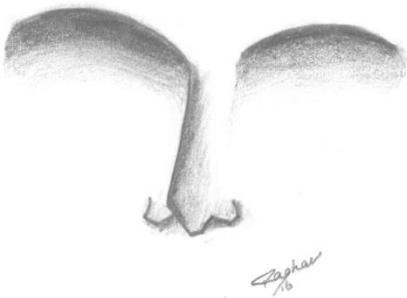
रमेश अब बड़ी-से-बड़ी चोरियाँ करने लगा था। पैसे के नशे में उसकी आँखें धुंधला गई थीं। यहाँ तक की अब तो वह आभूषण के कारखाने में भी चोरी कर चूका था। इतना धन प्राप्त करने के पश्चात भी रमेश की लालसा का कोई ठिकाना नहीं था। कहते हैं न, आदमी के पास कितना भी धन हो, वह मानसिक रूप से खुद को संतुष्ट कभी नहीं समझेगा। रमेश के साथ भी कुछ ऐसा ही हुआ। जितना भी उसके पास था, उसे कम लगता। वह अपनी इसी लालसा का शिकार हो पड़ा और अब उसने बैंक लूटने की ठान ली। बेचारे ने यह नहीं सोचा कि बैंक लूटना कोई मामूली खेल नहीं था। होना क्या था, बैंक ने फ़ौरन पुलिस को आह्वान किया। रमेश ने अपने आप को छुड़ाने की लाख कोशिश की, मगर कानून के चंगुल से खुद को छुड़ा नहीं पाया। उसका सारा अभिमान चूर हो गया। यही नहीं, उसकी एक-एक चोरी पर से पर्दा फ़ाश हो गया।

अब क्या था, एक दुखी सा रमेश जेल की दीवारों को देख कर खुद को कोस रहा था। अदालत ने उसे सात साल की सजा दी। जेल में इतने साल बिताने के बाद रमेश को सही मार्ग का ज्ञान हुआ और उसने अपनी बची हुई ज़िन्दगी सच्चाई और सुकर्म की राह पर बिताने का फैसला किया।

इस कहानी से हमें दो महत्वपूर्ण सीखें मिलती हैं- पहली यह की चाहे हम कितने ही बुरे हल में क्यों न हो, हमें धार्मिकता के मार्ग को नहीं छोड़ना चाहिए। दूसरा यह कि हमें सही और गलत के बीच अंतर जानना चाहिए, क्या पता कब एक मजबूरी, एक लत में बदल जाए।

बेजुबान

- हर्षित बंसल



पहली बार देखा तो स्तब्ध रह गया मैं,
दिल मानने को तैयार न था,
और हक्का बक्का सा रह गया मैं ।
उसकी खुशी के लिए,
अपना सपना भुला दिया।

उसके गुरुर के लिए,
अपना अस्तित्व मिटा दिया।
और आज उसी के कारण,
बेजुबान खड़ा था मैं।
खून पसीना देने के बाद भी,
उसे विश्वास न था,
कि मेरी हर एक साँस में,
बस उसी का नाम था ।
और आज उसी के कारण,
कुछ कह न सका मैं।
दिल की बात थी,
जो होठों तक कभी न आ पाई ।
मन तो बहुत किया, मगर
कुछ कहने की चाहत जाग आई ।
लेकिन बंधा हुआ था मैं,
सिर्फ और सिर्फ उसी के कारण,
बेजुबान खड़ा था मैं।

मेघदूत

- शिवेंद्र प्रताप सिंह

सीने को छूती हैं हवाएँ दरबदर,
सह पाएँगे हम इसे किस कदर?
न है हमारा कोई दिन,
न है हमारी कोई रात,
सिर्फ सत्य की राह है हमारे साथ।
तो जीवन भी न प्यारा,
जब तक ऊँचा रहे तिरंगा हमारा।
यह हिमालय है हमारा दिल,
यह बर्फ है हमारा भूत,
हम हैं फ़रिश्ते, हम हैं मेघदूत!

उलझन की सुलझन

निम्नलिखित शब्दों की खोज करें:-

कुछ, बहुत, खुद, पुराना, तुम, दकान, बुरा, दुनिया,
दुबला, मुड़ना, जूता, कुरता, सुनना, चाकू, सूरज, फूल,
खून, पूजा।

स्	म	दु	नि	या	सु	न	ना
दु	र	कु	छ	चा	खु	पा	दू
पू	का	ज	तू	तु	कू	द	दु
आ	छ	न	मु	त	म	ब	कु
बु	लू	ना	हु	इ	ला	फ	र
दू	रा	ब	ह	पू	ना	ना	ता
फू	स	ब	जा	दू	रा	खू	जू
ल	खु	रा	र	पु	न	ता	फु

| Creative |

The Final Silence

Devang Laddha

The sounds were the greatest reminder to him. The moment had come, the moment he had waited so long for, the moment his return. The battlefield had, since the beginning been his playground, one he had excelled in. As he rode, the sounds of guns firing bullets, tanks moving, grenades exploding, all could be heard around him. All of this was music to his ears. His service was all that he had lived for. It didn't matter how many lives he had taken; the goal had been pure, to do service to his country, honour it and protect it. As he heard the music play, he stopped. It was time. He stepped out and went along with the soldiers to the nearest outpost. Their instructions had been clear – they were to inflict as much damage as possible. All of them checked their weapons one more time and then they waded out, the future, a distant thought. The shooting had been going on for a long time and they did not take time to join the party. They finished their ammunition as soon as they could, clicking their guns empty, the enthusiasm had been running high. They threw grenades when they needed to and kept fighting as reinforcements and more guns kept pouring in. As adrenaline pumped through their veins, everyone along with him, enjoyed. Shooting, killing and wounding, this was where he fit in, the place where he belonged.

The fight took a long time, the war even longer and in the end, he and his country did win. The ride though, had not been smooth. Both sides had suffered great losses but he was proud of himself. He had done great service and was welcomed back, a hero. Applause rang in his name and love and respect were showered upon him. People surrounded him, caring for him, listening to all his needs. The attention was addicting, but as time grew, new things came up, new heroes came up. There was a new war and he, too old could not go back in. He had been reduced to nothing but a small man with a small job who lived on his pension. He became bitter, sad, an unhappy old man. He ignored it as much as he could; succumbing to the vices of society but the day came when he had to answer the question. Had all his service and sacrifice been for something? All that zeal, that enthusiasm and that sense of patriotism? Did it amount to anything, anything at all? The question was one he thought on every day. It offered nothing but pain and so, he took the chose the only escape there ever is from the question that haunts each life, he chose death.

| Poetry |

Injustice

Zoraver Mehta

That great empty vessel dawns upon me,
As I sink beneath the tide
Here, there is nothing to see
And nowhere to hide.

Am drenched with bewildering penitence,
For what I didn't do
His fate I had met,
Forcing me into decades long curfew.

That gratuitous spark of anger
Dwelt upon his pagan touch,
He tread with unconquerable might
But didn't conquer much.

Justice is blind they say,
A metaphor, incomprehensible in its ubiquity,
Was that Black Ribbon of Themis
Just hiding the reality?

War

Aayush Chowdhry

Pray we did yesterday,
We go into battle today.

Scared to fade away,
Yet from the point we lay,
Our foes we slay,
And punctiliously carve our own way.

Inveterate our training will stay,
But is it enough to survive till the next day?

In this bleak situation as the dead decay,
We cling to hope's ray,
Or are we going a little 'cray'?
As, with life our trivial game we play.

Call it what you may,
I don't understand what you say.

Victory is not served on a tray,
For it in blood we pay.

My senses are impoverished by the day,
My mind is going astray,
I start to see everything in shades of grey,
I really don't understand what you say.

So I will to war, come what may,
As anyway, it's my time to fade away.

(Contd. from page 1)

me otherwise and my training came to my rescue for I had run 35 kms as a final long run during the training.

Watching other runners and the entire atmosphere added to the energy. Along with my own struggle I saw many others struggling but without any sign of giving up and that too kept me going. I saw runners grabbing energy drinks, eating orange slices and biscuits, drinking water, applying volini and moving on. I struggled most between the 34 to the 38 km mark. The km marks, which seemed to appear so quickly in the beginning, were taking a lot more time to appear!

After 38 km I could see myself finishing the race and the adrenaline rush took over. The last 1000 meters were like the first ones! 42.195 kms had been covered in 4 hours 51 minutes! One of my dreams fulfilled, with a finisher's medal round my neck and a few temporary aches and cramps.

The miracle isn't that I finished. The miracle is that I had the courage to start

- John Bingham.



Under the Scanner

Sharapova Drug Scandal | Aayush Chowdhry

Former Women's Tennis Association (WTA) world number one, Maria Sharapova, recently confirmed the alleged accusations put against her for the usage of performance enhancing drugs or in vernacular terms, doping.

Maria Sharapova has been the world's highest paid female athlete for the past 11 years, according to Forbes magazine. She has won 5 Grand Slam titles while competing in 10 Grand Slam finals.

Naturally, when she admitted to the usage of the banned drug Meldonium on Monday, the world of tennis was baffled. In an interview, she confessed, calmly and candidly, that she received a letter from the ITF stating that she had failed their apparently infallible drug test for the Australian Open 2016. Traces of 'meldonium' were found in her blood which was declared as a performance enhancer by the World Anti-Doping Agency (WADA) at the beginning of

2016. The Russian took full responsibility for this and said it was a big misunderstanding as she had been taking a medicine called mildronats prescribed by her doctor due to 'various health issues' such as the deficiency of magnesium in her body.

More than 60 such world class athletes have been tested positive for the drug meldonium. The drug meldonium is for heart patients, it increases oxygen movement to muscles which results in better stamina and endurance. It also makes the consumer feel more positive and optimistic. Hence, it was declared illicit by WADA. The ex- WADA president Dick Pound also commented on the situation by accusing the current World Number 7 of being 'reckless beyond description'.

After Sharapova's punctiliously planned announcement, the reaction of the people has been equally polarised. While many from the tennis fraternity such as Andy Murray and Serena Williams praise Sharapova for taking responsibility in her press statement many are holding their opinion as this seems to be galore practice among rising sportsman.

What follows is that there should be a proper investigation on as to who is at fault in this. Is it Sharapova's fault,? Or is there some dirty politics in play here? Sharapova being oblivious to the whole case (as she allegedly claims) puts her medical team under the radar as they are the ones who would be responsible for this. Also, the announcement of the ban on this drug right before the Australian Open Drug Test seems rather dubious in today's world of cutthroat competition.

To sum up, and not euphemise it, currently Sharapova is in a bleak situation. Many have prudently effaced their ties with Sharapova such as her numerous sponsors including multinational brands like Nike and Tag Heuer. Car manufacturer Porsche has also 'postponed planned activities' with Sharapova till the situation becomes clearer. This may seem bad enough but the Russian is simultaneously facing a rather severe ban of up to 4 years. She is Panglossian of its abatement as it may be shortened if there is absolutely no fault of the athlete. Though the prospect of it is rather low as various cases of doping have created quite a stir in the world, such as that of American middle-distance runner, Shannon Rowbury. Hence, WADA has exacerbated their laws, putting Sharapova in a worse situation than she would have been. For now, to quote Serena Williams, 'we only wish the best for her.'

Online Edition: <http://www.doonschool.com/old-boys/past-weeklies/>

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