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

‘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 Dalma
- Aviraj Singh Machre
- Paarth Agarwal

Silver:
- Bhuvan Verma
- Kanav Agarwal

Kudos!

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.

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!

“I 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 Burrett who joins the School as the Second Master.

We wish him a fruitful tenure!

Kushagra Bansal

Guess who’s back?
Kushagra Bansal

2. The Doon School Weekly Saturday, March 19
स्वायत्त! आखिर क्यों?

- अभ्यास सराफ़
  गत मास ही 'हाउस कील' पर, मैं अपने आवास के एक 'परस-पूर्व' से बात हुई। वो पहले के साथ सह-पात्रक्रम गतिविधियों में भी शौक से भाग लेता था।

संगठन में मानना होते के कारण उसे पिकले हैं। 'पूर्वकालिक कार्य' से सम्मानित किया गया क्योंकि आज तक उसने वो 'टा टाइम' नहीं पहला। जब मैंने उससे कारण पूछा, तो

उसने मुझे एक ऐसा जवाब दिया जिसमें मैंने ऐसे किंसी की दिशा बदल गई, उसने कहा "मैं उस काली टाइम से नहीं संगीत से प्यार करता हूँ।" मैं विवाह में हम जो भी करते हैं उसने निर्णय बनाने से कारण बहुत आवश्यक है।

अगर हम ऐसे दर्शाते के लिए प्रेम ही नहीं है वास्तव में हम तुष दीखने को ही नहीं दिख रहा है, और हम अपना और अपने अन्यजाति का बस समय नष्ट कर रहे हैं। यह मेरे बहुत भूलना चाहिए कि बिद्यालय की इन घड़ी ढौकरों के बारे में भाव जान का महत्व है, 'ग्लेजर्स' एवं 'डाईस' का नहीं। हमारी सोच जान 'सी-बी' बनाने तक ही सीमित हो गई है, और हम अपने प्रवाह और आज़ादी को बस समय नष्ट कर रहे हैं। यह मेरे प्राण भूलना चाहिए कि बिद्यालय की इन घड़ी ढौकरों के बारे में भाव जान का महत्व है, 'ग्लेजर्स' एवं 'डाईस' का नहीं। इतनी गराह है कि भारतीय समाज में शुरू से ही निर्माय भावना को एक ओऽचा दर्जा दिया गया है।

हमारे राष्ट्रवादियों माहात्मा गांधी ने देश की स्वतंत्रता के लिए अपना सर्वस्व समर्पित कर दिया, सब कुछ त्याग किया। आज भी उन्हें पूरा विवाह अदारः है। उनका नाम इतिहास के पपू अणु में सुनाया अदारः में लिखा गया है।

विवाह की सबसे बड़ी शक्ति, प्यार, यह भी सिख निर्माय लोग ही प्राप्त कर सकते हैं। एक मां अपनी संतान को बिना किसी स्वार्थ के पाल-पोष कर बढ़ा करती है, हर बुराई से बचती है, ताकि वो जीवन में अपनी प्राप्त कर सके। वो आजाद्व अपने पते काटती है ताकि

उसके बच्चों की सारी जगहें बूढ़ी हो सकें। इन सब उदारणों में प्रेय क्षेत्री चाहिए और सीखना चाहिए कि फारसी सागर सूत पुस्तकार और ध्वनि ही सब

cूँ कुछ नहीं होता। हम सब कुछ दित से,अपनान्वित प्रेम के साथ, बिना किसी स्वार्थ के कराया चाहिए, तब ही हम जिन्दगी सही तरीके से जी रहे हैं।

सही मार्ग

- सुपुष्प बनना
  रस्मेश के पास अब कोई चारा न बचा। घर में मां बीमारी से पीड़ित थी। उनकी एक चिढ़ी से ही रस्मेश को ऐसा लगता जैसे किसी ने उसके दिल पर गरम सखाओं से धर किया गया। हम अपने निष्ठुर, प्रभु की बात का समरण हुआ। अंधिया जो वह दर्शे में निकला और भय की कहानी से हमसे सफाड़ से पड़ोस के घर में जीवन की चोरी कर ली। प्रभु को उसने उसके हिस्से के पैसे के दिल और बच्चे पैसों से मेरे के दिल देखा था। यह एक सवाल था रंगेश की मां फर कृत्रिम स्वयं हो गयी।

रंगेश ने अपने माता-पिता को तो वह तरह का फुसाला दिया उसके एक अच्छी नौकरी मिल चुकी थी और उसके माता पिता पुफुलित होकर उन्हें दुगाएं देने लगा।

कुछ समय बाद, वो यह होती रहती थी, लेकिन बाद गया। कई कपड़े बाहर यह दिखती थी, तो आज ध्यान किया था। समय बीतता रहा और रंगेश को अब चोरी करने में आसान नहीं आया। रोजी-रोजी के दिन दिन चुकी गई थी। दिन दिन रंगेश के लोहे तो उसके पीठ की अंधेरे खुल गई।

उन्हें दाम में कुछ काला नजर आया। बीड़ी और जमा पर उसका दिप नहीं सका। उनके पैर तले जमाने खिदक गई। उन्होंने अपने देखे की सही रािश दिखना ही ठीक समझा। बहुत बिना करने के पथ से भी रंगेश ने चोरी के पथ से दूर हटने से इनकार कर दिया।
भेजुबान

• हरिष्ठ बंसल

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

उक्षण की सुब्रजन

निम्नलिखित शब्दों की खोज करें:-

कुड़, बड़ू, खुद, पुरस्ना, तुम, दकान, बुथ, दूलिया, दुबला, मुड़ना, जूना, कुत्ता, सुमना, चाकू, सूरज, पूलिया, खून, पुधु।

솔 म दु निया सु न ना
दु र कुड़ चा खुद घा दु
पू का ज लु तु कुड़ दु
आ चं न मु ल म ब कु
बु दु ना हु द ला फ र
दा ब ह दु ना ना ता
फू सर ब्या दु रा खू दु
ल खू रा दु न न ता फू
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 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

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
Dwelled 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.
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 mildronāts 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 Porshe 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.’

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

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 mildronāts 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.

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6. The Doon School Weekly Saturday, March 19