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Sacred Heart Sr. Sec. School

Bhai Randhir Singh Nagar, Ludhiana - 141001

Humanity

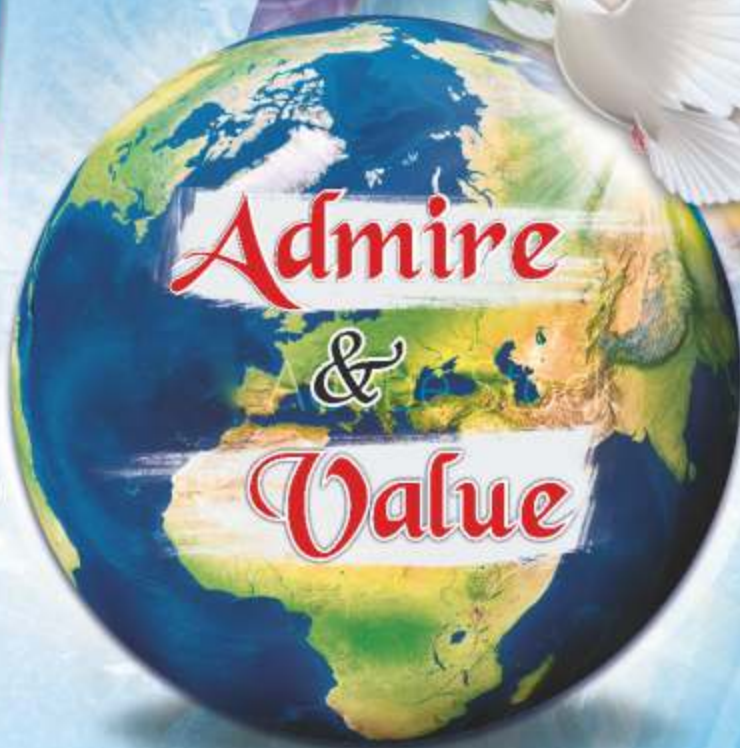
Culture

Dreams

Nature

Love

Life



2018-19



Vision & Mission

Vision:

SHSSS offers best choice in excellent value education where children achieve full potential in the academic, creative, personal, physical, moral and spiritual development. Every student is inspired to learn and enlighten.

Mission:

In order to manifest the motto of the school '**Learn and Enlighten**', it becomes imperative to cultivate a vibrant learning community for students. Our mission is to educate with a difference through:

- ❖ Spiritual, moral and ethical values
- ❖ Academic excellence
- ❖ Loyalty, pride, belongingness, caring and sharing
- ❖ Cherished community of sustainable environment
- ❖ Promotion of human rights and responsibilities
- ❖ Leadership with sense of team work
- ❖ An understanding and appreciation of India's rich culture and play the role of a global citizen to unite the world as one family.





Almighty God

This is our school

Let peace dwell here

Let the room be full of contentment

Let love abide here

Love of one another, Love of mankind, Love of life itself,

And love of God.

And help us remember

That as so many hands build a house

So many hearts build a school.

Amen





His Holiness
Pope Francis



05

MESSAGES



14

RESULTS



27

ACTIVITIES
GALORE

88

WRITING
SKILLS



152

AESTHETIC
CORNER



STUDENT'S
CONCERN



DIOCESE OF JALANDHAR

(Regd. Society No. 134, 1957-58)

Website : jalandhardioocese.com
E-mail : diojal5ab@gmail.com
Phone : 0181-2260664

27, The Mall, Jalandhar Cantt.
Punjab - 144005



APOSTOLIC ADMINISTRATOR JALANDHAR DIOCESE +AGNELO GRACIAS MESSAGE

Among all educational instruments the school has a special importance. It is designed not only to develop with special care intellectual faculties but also to form the ability to judge rightly, to hand on the cultural legacy of previous generations, to foster a sense of values, to prepare for professional life. Between pupils of different talents and backgrounds it promotes friendly relations and fosters a spirit of mutual understanding; and it establishes as it were a centre whose work and progress must be shared together by families, teachers, associations of various types that foster cultural, civic, and religious life, as well as by civil society and the entire human community.

Pope Paul VI (Gravissimum Educationis)

I am happy to give this message for the School Magazine, 'Expressions' 2018-19, of Sacred Heart Senior Secondary School, Ludhiana. The title itself of the magazine, 'Expressions' is revealing: it seeks to give a forum for the students to express themselves.

God bless the Management, Staff and Students of the Sacred Heart Senior Secondary School, Ludhiana.

*+Agnelo Gracías
Apostolic Administrator, Jalandhar Diocese*

ਕੈ. ਅਮਰਿੰਦਰ ਸਿੰਘ
Capt. Amarinder Singh



ਮੁੱਖ ਮੰਤਰੀ, ਪੰਜਾਬ
Chief Minister, Punjab



CHIEF MINISTER OF PUNJAB
CAPT. AMARINDER SINGH

MESSAGE

It is heartening to note that the Sacred Heart Senior Secondary School, Ludhiana is bringing out its School Magazine '**Expressions 2018-19**'.

This prestigious educational institution has traversed an eventful journey of 37 years in imparting quality and value based education in consonance with its motto of 'Learn and Enlighten'. Concerted efforts on the part of management to publish a school magazine are highly commendable since it is a useful tool for the students to exhibit their creative talent through their writing skills.

I hope that this institution would continue its endeavour to achieve new heights of success in both academics and extracurricular activities in future too.

Amarinder Singh

Om Parkash Soni
Phone : 0172-2747153



D.O. No. 161 P-2(R)
Medical Education & Research
Freedom Fighters and Food
Processing Minister, Punjab.
Dated Aug 2, 2018



**HON'BLE MEDICAL EDUCATION &
RESEARCH MINISTER, PUNJAB
MR. OM PARKASH SONI**

MESSAGE

I would like to congratulate the principal, students and teachers of Sacred Heart Sr. Sec. School for bringing out the 37th edition of their school magazine “**Expressions**”.

I appreciate your ideas, objectives, perspectives and the manner in which you have been carrying out this glorious endeavour. I would admire how this institute is doing its best to bring about the desired development of taking education to the highest level, so that it becomes a model that can be emulated. I am glad to learn that you focus on the celebration of Human spirit, as ultimately that is what really matters. I am sure the children in this prestigious institution will continue to get all round education.

This Magazine is a mirror reflecting the creativity of young minds of the school. I do hope that the school will continue to strive hard to achieve its motto, apart from imparting purposeful education to students.

My best wishes for the success of the entire endeavour.

Om Parkash Soni

ਪ੍ਰਦੀਪ ਕੁਮਰ ਅਗਰਵਾਲ ਆਈ.ਏ.ਐਸ.
Pradeep Kumar Agrawal I.A.S.



Ph. : 0161-2403100 (O) 2404055 (R)

Fax : 0161-2400394 (O) 2404502 (R)

ਡਿਪਟੀ ਕਮਿਸ਼ਨਰ
ਲੁਧਿਆਣਾ

Deputy Commissioner
Ludhiana



DEPUTY COMMISSIONER
LUDHIANA
PRADEEP KUMAR AGRAWAL, IAS

MESSAGE

I am glad to know that Sacred Heart Sr. Sec. School is bringing out 37th edition of its school magazine “Expressions”. I do hope that the school will continue to strive hard to achieve its motto “Learn and Enlighten”, apart from imparting quality education by amalgamating education with spirituality. The school has involved itself in providing purposeful, holistic education through a curriculum involving spirituality. It is rendering its valuable services in the field of education, based on the values of love, unity and peace.

Our young students are the future of society and the country and I pray that they will be able to bring about a culture of tolerance, understanding, justice and forgiveness to create a civilization of love, happiness, peace and unity.

I extend my heartiest felicitations to all the members of the Sacred Heart Sr. Sec. School for bringing out another edition of the Souvenir and giving a platform to the young writers to express their thoughts freely. I wish and pray that the vision of the school comes true in near future.

Kindly continue your vision and mission and may all your efforts to enlighten minds and illumine souls bear ample fruit for the good of humanity.

Pradeep Kumar Agrawal



DIOCESAN BOARD OF EDUCATION
Bishop's House, Civil Lines, Jalandhar City, Punjab - 144001



CHAIRMAN
MSGR. XAVIER THAZHATHUVEETIL

MESSAGE

Mother Teresa of Calcutta whom the world venerates as a Saint today, once said that, *"We can do no great things, only small things with great love"*. The regular annual feature of the Sacred Heart Senior Secondary School in the form of its school magazine, **"Expressions 2018-19"** reminds of Mother's saying. The school has been steadily growing in its multifaceted attempt to keep its staff and students abreast of rapid advancement in the field of education by engaging in small, beautiful and loving things throughout the year. Every seemingly small attempt of the school adds up to its growing prestige and renowned existence in the city of Ludhiana.

I am sure that the present issue of the annual school magazine has enough of surprises for its readers from the blooming artists of the school. An annual magazine is the result of a lot of thinking, planning and painstaking effort of an entire year by very many heads, hands and the contribution from good many brilliant artists. The success of it will certainly be guided by such noble ideas from great minds like that of Swami Vivekananda who said, *"Take up one idea. Make that one idea your life – think of it, dream of it, and live on that idea. Let the brain, muscles, nerves, and every part of your body be full of that idea, and just leave every other idea alone. This is the way to success."*

I wish and pray for the entire staff and students that you may continue to carry on with the noble task of concentrating all your energy on the pursuit of all that is good and noble to build our nation into a haven for all to live, love and grow by their every small but significant thought, word and action. Let this school magazine shine out to serve this noble cause of nation-building.

My heartiest congratulations, and ovation to the Director, Principal and the entire staff and students who have contributed generously to this annual feature of the school. A word of special appreciation to the editorial team and the artists who molded the present issue of the magazine!

May God bless you!

Thanking you,

Yours sincerely,

Msgr. Xavier Thazhathuveetil
(email id : frxaviertc@gmail.com)

Chairman, Diocesan Board of Education, Diocese of Jalandhar



MESSAGE

DIRECTOR OF THE SCHOOL
REV. FR. JOHN MANKUZHICHALIL

To showcase the creativity and talents of our students of “**Sacred Heart**”, every year we bring out our Annual Magazine “**Expressions**”. We believe that academics alone won’t give overall formation for the future generation of our nation and of the wide world. We at Sacred Heart Senior Secondary School, B.R.S. Nagar, provide our students every opportunity to come out with their innovative potentials to express themselves through various forms and styles of print media, lest they be restricted to their talents in modern digital and electronic world alone. This journal is an excellent fruit of the joint efforts and team work of our students, staff, principal; the entire school! Hence they really deserve high appreciation and encouragement for their hard work and commitment to bring their dream come true.

With various pedagogical ventures, we wish to promote great philosophers and authors along with excellent scholars and educators from our school. We are sure that this will contribute substantially also to the development and modernization of our country and the world at large in right thinking and true value system, beneficial to the future generation. I also take this opportunity to thank the parents, teachers and the students most sincerely for their relentless cooperation in every new step we propose to create a difference in education at Sacred Heart Senior Secondary School, B.R.S. Nagar, Ludhiana.

God bless!

Rev. Fr. John Mankuzhichalil



MESSAGE

FROM THE PRINCIPAL'S DESK SR. SILVI

Dear Students

"Desire is the key to motivation, but it is determination and commitment to an unrelenting pursuit of your goal – a commitment to excellence – that will enable you to attain the success you seek".

Commitment is one of the main ingredients of success and success in turn adds to our self esteem. If we are committed and have purpose in life – nothing can take its place as the purpose underlines character, culture, position and attainment of every sort.

Have you ever wondered why some people are able to make their dream a reality, while others hopes and dreams remain only a fantasy? What is that propels some people to higher level of fulfilment, lifestyle and happiness? It is the need to be COMMITTED and INSPIRED. Success comes from becoming truly committed and inspired deep within. This vision and purpose becomes the driving force in life enabling you to go beyond the point of no return. When your dream becomes your purpose, you are absolutely unstoppable. So learn to centre yourself on consistence and continual basis.

Dear students get focused; learn to get you purpose clear, because when you live your dreams you receive abundance in every single arena of life. God has created us all with creative abilities. We are not born to crawl through our life like a worm or be contented to live on a lower level. We are born to live a wonderful life for ourselves and to help others to do the same. *"Nothing splendid has ever been achieved except by those who dared to believe that something inside them was superior to circumstances"*. Mark Spitz who won seven swimming medals in the Munich Olympics is one such example. Thomas Edison inventor of light bulb and several other inventions was not successful in his first attempt but this did not deter him, as he believed in his dreams and transformed them into a PURPOSE. I aspire that all my students should be committed to their goal so as to contribute towards the development of our nation and the world at large.

To soar high up in the sky, I would like you to imbibe this magic mantra in your lives *"I was born to create, succeed and prosper. I was born to move to a higher level. I was born to turn my dreams into reality."*

"Expressions 2019" as the name so eloquently suggests is a live manifestation of the wishful thoughts, the inspiration and the vision of Sacred Heartians. Articles in this magazine will prove to be the potent tools to transform your life, dear readers, as these 'Expressions' speak silently in your subconscious. My heartiest congratulations to the editorial board, to all the budding writers and artists who have enriched this issue with their valuable contributions.

May the Sacred Heart of Jesus bless their efforts with great success!

Sr. Silvi



CHIEF EDITOR'S MESSAGE

"Patience, Will Power, Determination, Courage, Confidence and above all POSITIVE ATTITUDE can turn scars into stars and thus win laurels in life".

Dear Readers

Greetings and Welcome to the 37th edition of the Annual Magazine '**Expressions**' of Sacred Heart Senior Secondary School.

We are really proud and exuberant to acclaim that we are ready with all new hopes and hues to bring out this 37th issue, which is going to surely unfold the unraveled world of the most unforgettable and precious moments of the school.

The enthusiastic write ups of our young writers are indubitably sufficient to hold the interest and admiration of the readers. This souvenir is indeed a pious attempt to make our budding talents give shape to their creativity and learn the art of being aware.

We are sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our young scribblers will surely stir the mind of the readers and will give confidence and encourage many more students to use it as a platform to express their creativity.

The Editorial Board communicates gratitude to all who have put relentless efforts to bring excellence to this treasure trove – '**Expression 2018-19**'.

Happy Reading!

Ritu Battish
Editor-in-Chief

Crowning Achievement of Aaina Makkar *District Topper in Commerce Stream*



*A dream becomes a goal when action
is taken towards its achievement*

"Set your goals so ridiculously high that even if you fail, you fail above everybody else's success."

Success never comes unexpectedly to anyone. You have to dream about it – everyday, every hour. Hard work, determination, patience etc. are extremely important keys to success but what I think is more important is to decide where you want to reach ultimately. Dream big for yourself and everything else will follow.

Also what I feel is that it is the joint effort of so many people around you that ultimately leads you towards your goals. I will forever be grateful to my parents, teachers and the entire Sacred Heart family. I have learnt so much from this place since day one. Thank you Sacred Heart for giving me the best 15 years of my life.

– Aaina Makkar

Honour Roll Students - Born to Compete

CLASS XII

CBSE RESULTS 2018-19

"Success is the result of perfection, hard work, loyalty and persistence".

Heartiest Congratulations to the Parents, Teachers & Students for an
Excellent performance in AISSCE (XII) 2018-2019

OVERALL TOPPERS



STREAM WISE TOPPERS

COMMERCE



NON-MEDICAL



MEDICAL



Soumit Sarupya Swain
92.4%



Divjot Singh Sidana
92.4%



Vidhhi Goyal
92.2%



Ishwinder S. Hanjra
91.4%

HUMANITIES



Chirag Goyal
97%



Anuj Jain
95.4%



Jahnvi Gupta
93.6%

SUBJECT WISE TOPPERS (2018-19)



Aaina Makkar
Eng-96, Acc-100
B.Std-97, I.P-100



Taruvar Mittal
Physics-96



Shubham Mehra
Chemistry-96



Vidhhi Goyal
Biology-99



Abhishek Jain
Math-100, B.Std-97



Aarsh Nayyar
Math-100



Kshitij Garg
Economics-100



Chirag Goyal
Geography-99
Phy. Edu-99

SUBJECT WISE TOPPERS (2018-19)



Jahnavi Gupta
Political Science-98



Karn Sharma
Information Practices-100



Tawanjot Singh
Information Practices-100



Bhavesh Garg
Information Practices-100



Shreya Puri
Information Practices-100



Anuj Jain
Phy. Edu.-99



Divjot S. Sidana
Biotechnology-96



Kanishka Chawla
Fine Arts - 100



Shreya Goel
Fine Arts - 100



Harshpreet Kaur
Fine Arts - 100



Ishika Gaba
Fine Arts - 100



Mansha Sharma
Fine Arts - 100



Pragti Jain
Fine Arts - 100



Sejal Modi
Fine Arts - 100



Akanksha
Psychology-96



Parneet Kaur Sekhon
Psychology-96

Galaxy of Achievers

with

90% & ABOVE



Aaina Makkar
98.4%



Aarsh Nayyar
97.4%



Chirag Goyal
97%



Ishika Gaba
96.8%



Abhishek Jain
96.6%



Arpit Jindal
96.6%



Shreya Goel
96.4%



Kshitij Garg
95.6%



Ishita Chugh
95.6%



Ria Garg
95.6%



Sanuj Sood
95.6%



Anuj Jain
95.4%



Taruvar Mittal
95.2%



Rakshit Bhatia
95.2%



Divyakshi
95%



Sejal Modi
94.6%



Pragti Jain
94.4%



Jyoti Jindal
94.4%



Aana Pruthi
94%



Vipanchi Jain
94%

Galaxy of Achievers

with **90% & ABOVE**



Guinaaz Kaur Rai
93.6%



Amisha Kalsi
93.6%



Jahnavi Gupta
93.6%



Kashika Maheshwary
93.6%



Jivesh Sharda
93.4%



Paramjeet S. Ahluwalia
93.4%



Simar Dhir
93.4%



Nikita Gaur
93%



Shreya Puri
93%



Aashna Jain
93%



Tawanjot Singh
92.8%



Navraj Rawl
92.6%



Jasleen Kaur
92.4%



Ria Sood
92.4%



Shriya Verma
92.4%



Soumit Sarupya Swain
92.4%



Divjot Singh Sidana
92.4%



Sidharth Mehra
92.2%



Vidhi Goyal
92.2%



Ishan Gandhi
91.8%

Galaxy of Achievers

with **90% & ABOVE**



Mehak Naggar
91.8%



Vani Chugh
91.8%



Ishika Gupta
91.6%



Ishita Garg
91.6%



Harita Aggarwal
91.4%



Ishwinder S. Hanjra
91.4%



Pragati Jain
91.4%



Karn Sharma
91.2%



Tushar Singal
91.2%



Bisman S. Channa
90.8%



Akanksha
90.8%



Dhvani Gupta
90.6%



Mansha Sharma
90.6%



Muskaan Kaur
90.4%



Shubhangi Saggar
90.4%



Aarchi Jain
90%



Bhavneet Kaur
90%



Sanyam Mittal
90%

CBSE RESULTS CLASS X

MERIT BADGE HOLDERS

TOPPERS OF 2018-19

  Pooja Jindal 98.2%	  Jaskaran S. Bhalla 97.2%	 Sehajpreet S. Chawla 97.2%	  Manavi Shahi 96.8%	 Ridhima 96.8%	 Stuti Garg 96.8%
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SUBJECT WISE TOPPERS (2018-19)

 Pooja Jindal Maths-100 Sci.-100, Pbi.-99	 Stuti Garg Maths-100 Eng.-98, Hindi-96	 Aastha Aneja Maths-100	 Ashna Maths-100	 Sanchit Monga Maths-100	 Shivam Nagpal Maths-100
 Prishha Talwar Maths-100 Pbi.-99	 Adarsh Pal Science-100	 Kirtpreet Kaur S.St.-100, Pbi.-99	 Sahajbir S. Luthra S.St.-100	 Seerat Dhaliwal Hindi-96	 Jaskaran Singh Bhalla Punjabi-99
 Manavi Shahi Punjabi-99	 Krishna Kapoor Punjabi-99	 Gunsheen Makkar Punjabi-99			

WALL OF FAME

ACHIEVERS WITH
90% AND ABOVE



Pooja Jindal
98.2%



Jaskaran S. Bhalla
97.2%



Sehajpreet S. Chawla
97.2%



Manavi Shahi
96.8%



Ridhima
96.8%



Stuti Garg
96.8%



Prabhdeep S. Cheema
96.8%



Prapti Narang
96.6%



Aastha Aneja
96.4%



Adarshpal
96.4%



Sehajal Sharma
96.2%



Ashray Sadana
96.2%



Kirtpreet Kaur
96.2%



Ashna
96%



Navya Jain
95.8%



Shivam Singla
95.8%



Sanchit Monga
95.6%



Arshdeep Singh
95.6%



Shahbaz Brar
95.4%



Shivam Nagpal
95.4%



Priyanka Verma
95.2%



Yaadpreet Kaur
95.2%



Krishna Kapoor
95.2%



Prishha Talwar
95.2%



Vaishnavi Gupta
95.2%



Isheta Aggarwal
95%



Vatsali Bajaj
94.8%



Tanushree Madaan
94.8%



Tisha Alri
94.8%



Ridansh Kaul
94.6%

ACHIEVERS WITH 90% AND ABOVE

WALL OF FAME



Gunsheen Makkar
94.6%



Jennifer Singh
94.6%



Madhav Chopra
94.4%



Sahajbir S. Luthra
94.4%



Annanya Sharma
94.4%



Anshita Gupta
94.2%



Shreya Verma
94%



Harshal Sandhu
93.8%



Tushar Kanda
93.8%



Divyam Jain
93.6%



Pari Kalia
93.6%



Aaryan Jain
93.6%



Lakshay Beri
93.6%



Pranjal Bali
93.6%



Abhaydeep Singh
93.4%



Gurnemat Kaur
93.4%



Ranvir Singh Sidhu
(93.2%)



Shahnaz Kaur Gill
93.2%



Pritish Garg
93.2%



Nishtha Singal
93%



Tisha Vasisht
92.8%



Omang Devedi
92.4%



Tushar Vij
92.4%



Anne Mary Francis
92.4%



Pious Goel
92.2%



Shailza Thakur
92.2%



Tannu Sood
92.2%



Manjot Kaur
92.2%



Harshil Kharbanda
92.2%



Nabum
92.2%

WALL OF FAME

**ACHIEVERS WITH
90% AND ABOVE**



Snehpreet K. Luthra
92%



Divyanshu Gupta
92%



Sia Jain
92%



Krish Arora
91.8%



Anjanreet Kaur
91.8%



Harshvir S. Dhillon
91.6%



Samriddh R. Bhatla
91.6%



Tanish Garg
91.4%



Gunisha K. Chawla
91.4%



Vrishav Garg
91.4%



Ribhav Jain
91.2%



Ankit Kapoor
91.2%



Shivam Dwivedi
91.2%



Arnoor Kang
91%



Tushar Kapoor
90.8%



Anam K. Sahlwal
90.8%



Bavnoor Kaur
90.8%



Chanmeet S. Chawla
90.8%



Seerat Dhaliwal
90.8%



Srishti Goel
90.6%



Bavleen K. Chhabra
90.6%



Somil Malik
90.6%



Joy Brar
90.6%



Saumil Ahuja
90.6%



Aayushi Soni
90.4%



Inayat Jhamb
90.2%



Keshav Kaushal
90.2%



Kanishak Khanna
90%

Paragons of Sacred Heart (2018-19)

Science Olympiad Foundation Award Winners Top Rank Holders and Their Prizes

International English Olympiad



Abhishek Jain, XII-C
IEO, Zonal Rank-8,
International Rank-99
Gift worth ₹1000/- + Certificate of
Zonal Excellence



Deepasha Joshi, XI-F
IEO, Zonal Rank-22,
International Rank-728
Certificate of Zonal Excellence



Arpita Tandon, XI-E
IEO, Zonal Rank-24,
International Rank-773
Certificate of Zonal Excellence

International Science Olympiad



Kartikay Goyal, VI-B
NSO, Zonal Rank-4,
International Rank-121
Gift worth ₹1000/- + Certificate
of Zonal Excellence

International Mathematics Olympiad (IMO)



Abhishek Jain, XII-C
IMO, Zonal Rank-15,
International Rank-390
Certificate of Zonal
Excellence



Rakshit Bhatia, XII-C
IMO, Zonal Rank-12,
International Rank-347
Certificate of Zonal Excellence

National Cyber Olympiad



Pranav Suri, IX-A
NCO, Zonal Rank-3,
International Rank-28
Gift worth ₹1000/- + Zonal Bronze
Medal+Certificate of Zonal
Excellence



Manan Sukhija, VI-A
NCO, Zonal Rank-3,
International Rank-56
Gift worth ₹1000/- + Zonal
Bronze Medal+Certificate of
Zonal Excellence



Kartikay Goyal, VI-B
NCO, Zonal Rank-5,
International Rank-157
Gift worth ₹1000/- + Medal of
Distinction+Certificate of
Distinction+Certificate of Zonal
Excellence



Shallender Goyal, IX-B
NCO, Zonal Rank-6,
International Rank-116
Gift worth ₹1000/- + Medal of
Distinction + Certificate of Distinction
+ Certificate of Zonal Excellence



Vishwas Bhalla, IX-A
NCO, Zonal Rank-10
International Rank-155
Gift worth ₹1000/- + Medal of
Distinction + Certificate of Distinction
+ Certificate of Zonal Excellence



Jaskaran Singh Bhalla, X-E
NCO, Zonal Rank-4
International Rank-21
Gift worth ₹1000/- + Zonal Bronze
Medal+ Certificate of Excellence



Arpit Jindal, XII-C
NCO, Zonal Rank-5,
International Rank-66
Gift worth ₹1000/- + Medal
of Distinction + Certificate
of Distinction + Certificate
of Zonal Excellence



Tawanjot Singh, XII-A
NCO, Zonal Rank-6,
International Rank-106
Gift worth ₹1000/- +
Medal of Distinction +
Certificate of Distinction
+ Certificate of Zonal
Excellence



Yuvraj Gupta, XII-D
NCO, Zonal Rank-9,
International Rank-151
Gift worth ₹1000/- +
Medal of Distinction +
Certificate of Distinction
+ Certificate of Zonal
Excellence



Navraj Rawl, XII-C
NCO, Zonal Rank-10,
International Rank-162
Gift worth ₹1000/- +
Medal of Distinction +
Certificate of Distinction
+ Certificate of Zonal
Excellence

Great Achievements require Hardwork and Passion

Awards & Accolades



Keshvi Kharbanda
3rd Prize In
LSSC English Declamation Contest



- Ludhiana Sahodaya School Complex organised a **Story Telling Competition** in Shamrock School (Hambran Road) on 4 Dec., 2018. The Competition was in two categories "English" & "Hindi". **Aahana Pant** of Class IV-B (S.H.S.S.S. BRS Nagar) participated in Hindi Category and won 2nd Prize in it.
- **Aahana Pant** of Class IV-B got 3rd Prize in **Sahodaya Hindi Poem Recitation Competition** held at BCM School, Dugri Road, Ludhiana on 28-7-2018.



Jennifer Singh of X-D
won 1st Prize in LSSC
Fine Arts Poster
Making Competition.



Snehal Vadhera of Class XI-F
bagged the title of 'Best Delegate'
out of 400 delegates in UNODC
with the agenda regarding
substance abuse at Vidyanaksha
Model United Nations organised by
Manav Rachna International
School, Gurugram from 16-18
November, 2018



Meehika Chadha of Class VII-E
got ₹5000/- cash prize in Poster
Making Competition on "Save
Fuel" or "Petroleum
Conservation" organised by
PCRA (Petroleum Conservation
Research Association)



Yakini Jain of V-A
got ₹5000/- cash prize in Poster
Making Competition on "Save
Fuel" or "Petroleum
Conservation" organised by
PCRA (Petroleum Conservation
Research Association)

New Beginnings – Endless Possibilities

SACRED HEART SR. SEC. SCHOOL
B.R.S. Nagar, Ldh.

COMMENCEMENT OF NEW SESSION

SACRED HEART SR. SEC. SCHOOL
B.R.S. Nagar, Ldh.

COMMENCEMENT OF NEW SESSION

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INAUGURAL Prayer Service

Dear God

Thank you for the gift of education in every form.

As our children prepare to start a new year

May confidence be their foundation,

May Grace be their guide and

May hope be their compass toward a bright future.

I pray they would have eyes to see

The needs of those around them

And a heart to love well

May they face each day with positivity

knowing that no matter

what comes their way,

They do not have to face it alone.

Amen





EARTH DAY

Make Every Day, EARTH DAY
 Love Earth and Earth will love you.
 Pledge taken by Sacred Heartians
 "Let us strive together to make our Earth
 more beautiful...
 Follow Reduce, Reuse, Recycle regime"



**Save Planet
 Save Ourselves**



LABOUR DAY

Each year, Labour Day gives us an opportunity to recognize the invaluable contributions of the workers. It gives us a chance to show gratitude for their Grit, Determination, Ingenuity and Strength, which define a nation's character.



Mother's Day Mother is the name for God on the lips and hearts of the children



Good leaders are trailblazers, making a path for others to follow...

Investiture Ceremony

The Spearheads





Senior School Cabinet

Designation	Name	Class	Designation	Name	Class
Head Boy	Sehajpreet Singh	XI C	Sports Captain	Sidhant Sharma	XI A
Head Girl	Divnoor Kaur	XI C		Divnoor Viridi	XI A
Deputy Head Boy	Arjit Singla	XI C	Vice Sports Captain	Aditya Singh	XI A
Deputy Head Girl	Mansi Verma	XI B		Kriti Chopra	XI A
Secretary	Aseem Singla	XI C	Social Service Leader	Riya Jain	XI E
	Snehal Vadhera	XI F		Mannjot Singh	XI D
			Editor	Drishti Wadhwa	XI F
				Gurbaaz Singh	XI C



Gandhi House

Designation	Name	Class
Captain	Guneet Kaur	IX D
	Varinder Singh	IX B
Vice Captain	Preet Kamal Kaur	VIII C
	Ishant Sodhi	VIII E
Discipline Incharge	Shehjoor Kilam	IX E
	Arshit Goyal	IX A



Tagore House

Designation	Name	Class
Captain	Ivleen Kaur	IX A
	Mananveer Singh	IX C
Vice Captain	Nitya Mahajan	VIII B
	Parth Goyal	VIII E
Discipline Incharge	Jasnoor Kaur	IX C
	Dhairya	IX E



Nehru House

Designation	Name	Class
Captain	Sakshi Sharma	IX D
	Guntas Singh	IX
Vice Captain	Trisha	VIII A
	Vasu Kundra	VIII A
Discipline Incharge	Simran Vatsa	IX C
	Dhairya Parth Arora	IX D



Shastri House

Designation	Name	Class
Captain	Japleen Kaur	IX D
	Vansh Gupta	IX D
Vice Captain	Esha Bajaj	VIII C
	Parth Biyani	VIII E
Discipline Incharge	Isha Jain	IX A
	Kumud Jain	IX C



Designation	Name	Class
Literary and Cultural Secretary	Ishvir Singh	IX A
	Manya Jain	IX D
Social Service Leader	Cherish Dhawan	IX C
	Memansa Verma	IX A



NCC Squad

Standing (L-R) Noor Arora, Anshika Yadav, Amiraj Singh, Yuvraj Singh

Sitting (L-R) Sehaj Narang, Malisha, Bhakti, Priyal, Tanya, Gagandeep Singh, Vishwas Miglani, Atharav Miglani, Akashdeep Singh, Aadit Aima, Navneet Singh



Primary School Cabinet

Designation	Name	Class	Designation	Name	Class
Head Boy	Ruhaan Chaudhary	V C	Sports Captain	Nitesh Kandulna	V C
Head Girl	Taara Arora	V C	Editor	Japleen Kaur	V D
Deputy Head Boy	Divyansh Dalmia	IV A	Social Service Leader	Tavish Goel	V B
Deputy Head Girl	Aahana Pant	IV B	Literacy and Cultural Activities Secretary	Ayonija Pandey	V C
Secretary	Rudraksh Mahajan	V B		Navneet Singh	V C
	Eshanika Kajla	V A		Vidushi Jain	V B
Discipline Incharge	Aditya Singh	V D		Mohit Raj	V D
	Manan Bindra	V B		Aalya Gupta	V C



Gandhi House

Designation	Name	Class
Captain	Ruhaan Rajpal	V B
	Japneet Kaur	V C
Vice Captain	Daivik Dhawan	IV C
	Sanvi Gupta	IV A
Discipline Incharge	Arham Kaushal	IV B
	Divija Bansal	IV B



Shastri House

Designation	Name	Class
Captain	Sargunpreet Singh	V B
	Diya Gupta	V A
Vice Captain	Raghav Aggarwal	IV C
	Manveen Kaur	IV B
Discipline Incharge	Sohail Gupta	IV E
	Anandita	IV D



Nehru House

Designation	Name	Class	Designation	Name	Class
Captain	Samarvir Singh	V B	Discipline Incharge	Birjot Singh	IV A
	Mehak Sethi	V E		Japnitya Panesar	IV D
Vice Captain	Atulit Jain	IV E			
	Aarushi Chauhan	IV D			



Tagore House

Designation	Name	Class	Designation	Name	Class
Captain	Akshit Bajaj	V C	Vice Captain	Tamish Narula	IV B
	Swaroop Gill	V D		Paavni Sharma	IV E
			Discipline Incharge	Madhav Aggarwal	IV E
				Ruban Randhawa	IV A

RALLY

SUPPORTING
ASIFA

Unite & Save Girls



Health AWARENESS WEEK

Multifarious activities were conducted during Health Awareness Week to bring to the fore this important aspect of human life among the students and teachers.



Rev. Principal's Feast Day

Rev. Sister

God bless you on your Feast Day
with happiness and peace
and with His every wondrous gift
of joy that never cease.

The Lord shall be unto you an everlasting light.

Amen





Annual Academic Prize Distribution

"Success is no accident. It is hardwork, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing or learning to do."





INDEPENDENCE DAY

– Celebrating the free spirit of India
Blessings of Freedom





"The Youth of a Nation are the trustees of Posterity"



International Youth Day Celebrations





HINDI DIWAS CELEBRATIONS & MAGAZINE RELEASE



Career

Counselling Seminars

Educating students for success in a changing world



ROAD SAFETY





Educationists

Building Capacities For Life Long Learning



Teachers' Day Celebrations

Being a teacher is the highest privilege





Children's Day

**Fun Unlimited
Bounteous Shower
of
Love and Care**



Diwali Celebrations

SALAD AND MOCTAIL MAKING COMPETITION



Rangoli Making



Annual Athletic Meet

The Annual Athletic Meet was declared open by esteemed Chief Guest Dr. R.S. Chhina (Professor, Gastroenterologist, Dean Academics, Dayanand Medical College and Hospital). The Closing Ceremony & Felicitations of winners was done by S. Teja Singh Dhaliwal (Vice President, Basketball Association of India)





Overall Championship Trophy won by **Gandhi House**

Best Athletes Categories

Sub-Junior
Junior
Senior

Boy

Nitesh (Gandhi House)
Gurnoor Kaur Sandhu (Nehru House)
Jashanpreet Singh (Shastri House)

Girl

Japleen Kaur (Gandhi House)
Snimar Judge (Gandhi House)
Japjeet Kaur (XI)

Wishes Come True

Felicitated with BEST CBSE SCHOOL AWARD by Diocese of Jalandhar
Accolades to Sacred Heartians



Audio Visual Theatre *A Technocratic Learning*



Language Lab

A step to enhance proficiency in English



Laying Foundation Stone of New Block



ANNUAL FUNCTION

Elixir – Our Unending Quest

Day 1 was glorified by the presence of special guests, Mr. Kuldeep Singh Vaid – MLA and Mrs. Mamta Ashu – Municipal Councillor. The glory of Day 2 was further heightened with the presence of Mrs. Swaranjit Kaur – District Education Officer, Mr. Pradeep Agarwal – Deputy Commissioner, Ludhiana, Mr. Guriqbal Singh – District Guidance Councillor, Mrs. Balwinder Kaur – District Science Supervisor.





सच्चे सम्बन्ध ही वास्तविक पूजी होते हैं, यही विषम परिस्थितियों में सहायक भी होते हैं!

India Is
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— S.D.B. —
OUR
BRIDGES
QUEEN



REV. DIRECTOR'S BIRTHDAY CELEBRATIONS



May the Lord bless you and keep you ...
May He shine His love upon you and be
gracious to you.
May He fill your life with peace.



CHRISTMAS Celebrations

May the spirit of Christmas bring you peace, the gladness of Christmas give you hope, the warmth of Christmas grant you love. Merry Christmas.



SARV DHARAM SAMMELAN

Meeting of all faiths

— a message of love, brotherhood and solidarity



Annual Cultural Prize Distribution

- Dreamers • Thinkers
- Doers • Achievers





REPUBLIC DAY

Freedom in mind, Faith in our heart,
Memories in our souls.
Let's salute the nation and our soldiers.



Cheerio

Mrs. Suman Kapoor

Glorious Years of
Service April 1989-May 2008

*Just a note to say...
As you move
Into a new venture...
May Luck and Success
Always be with you!*



PRAYER SERVICE FOR X & XII STUDENTS

Prayer to the Holy Spirit

Dear Lord,

Please bless our students and help them as they grow

May we teach them faithfully the things they need to know

So they may face the future

Knowing they are prepared

And when they think of school

May they know their teachers cared.



Bidding Adieu to XII Students

Look back with a SMILE
go forward with COURAGE
Many WISHES for all
that is good go with you.

Miss Sacred Heart – **Mansha Sharma**
Mr. Sacred Heart – **Abhishek Jain**





Wisdom begins
in wonder
Curious Kiddies
in Action



FIRST STEPS TO TODDLERS' INDEPENDENCE





SACRED HEART SR. SEC. SCHOOL
B.R.S. NAGAR, LUDHIANA

Environment Week
2nd July 18 - 27th July 18

2nd July 18 Save water and electricity
3rd July 18 Save the Earth & Plant a tree
4th July 18 Save the Earth & Plant a tree
5th July 18 Save the Earth & Plant a tree
6th July 18 Save the Earth & Plant a tree
7th July 18 Save the Earth & Plant a tree
8th July 18 Save the Earth & Plant a tree
9th July 18 Save the Earth & Plant a tree
10th July 18 Save the Earth & Plant a tree
11th July 18 Save the Earth & Plant a tree
12th July 18 Save the Earth & Plant a tree
13th July 18 Save the Earth & Plant a tree
14th July 18 Save the Earth & Plant a tree
15th July 18 Save the Earth & Plant a tree
16th July 18 Save the Earth & Plant a tree
17th July 18 Save the Earth & Plant a tree
18th July 18 Save the Earth & Plant a tree
19th July 18 Save the Earth & Plant a tree
20th July 18 Save the Earth & Plant a tree
21st July 18 Save the Earth & Plant a tree
22nd July 18 Save the Earth & Plant a tree
23rd July 18 Save the Earth & Plant a tree
24th July 18 Save the Earth & Plant a tree
25th July 18 Save the Earth & Plant a tree
26th July 18 Save the Earth & Plant a tree
27th July 18 Save the Earth & Plant a tree

SACRED HEART SR. SEC. SCHOOL
B.R.S. NAGAR, LUDHIANA
Environment Week
2nd July 18 - 27th July 18

2nd July 18 Save the Earth & Plant a tree
3rd July 18 Save the Earth & Plant a tree
4th July 18 Save the Earth & Plant a tree
5th July 18 Save the Earth & Plant a tree
6th July 18 Save the Earth & Plant a tree
7th July 18 Save the Earth & Plant a tree
8th July 18 Save the Earth & Plant a tree
9th July 18 Save the Earth & Plant a tree
10th July 18 Save the Earth & Plant a tree
11th July 18 Save the Earth & Plant a tree
12th July 18 Save the Earth & Plant a tree
13th July 18 Save the Earth & Plant a tree
14th July 18 Save the Earth & Plant a tree
15th July 18 Save the Earth & Plant a tree
16th July 18 Save the Earth & Plant a tree
17th July 18 Save the Earth & Plant a tree
18th July 18 Save the Earth & Plant a tree
19th July 18 Save the Earth & Plant a tree
20th July 18 Save the Earth & Plant a tree
21st July 18 Save the Earth & Plant a tree
22nd July 18 Save the Earth & Plant a tree
23rd July 18 Save the Earth & Plant a tree
24th July 18 Save the Earth & Plant a tree
25th July 18 Save the Earth & Plant a tree
26th July 18 Save the Earth & Plant a tree
27th July 18 Save the Earth & Plant a tree



Best Counsellors

Awesome Friends

Great Memories

Summer Camp

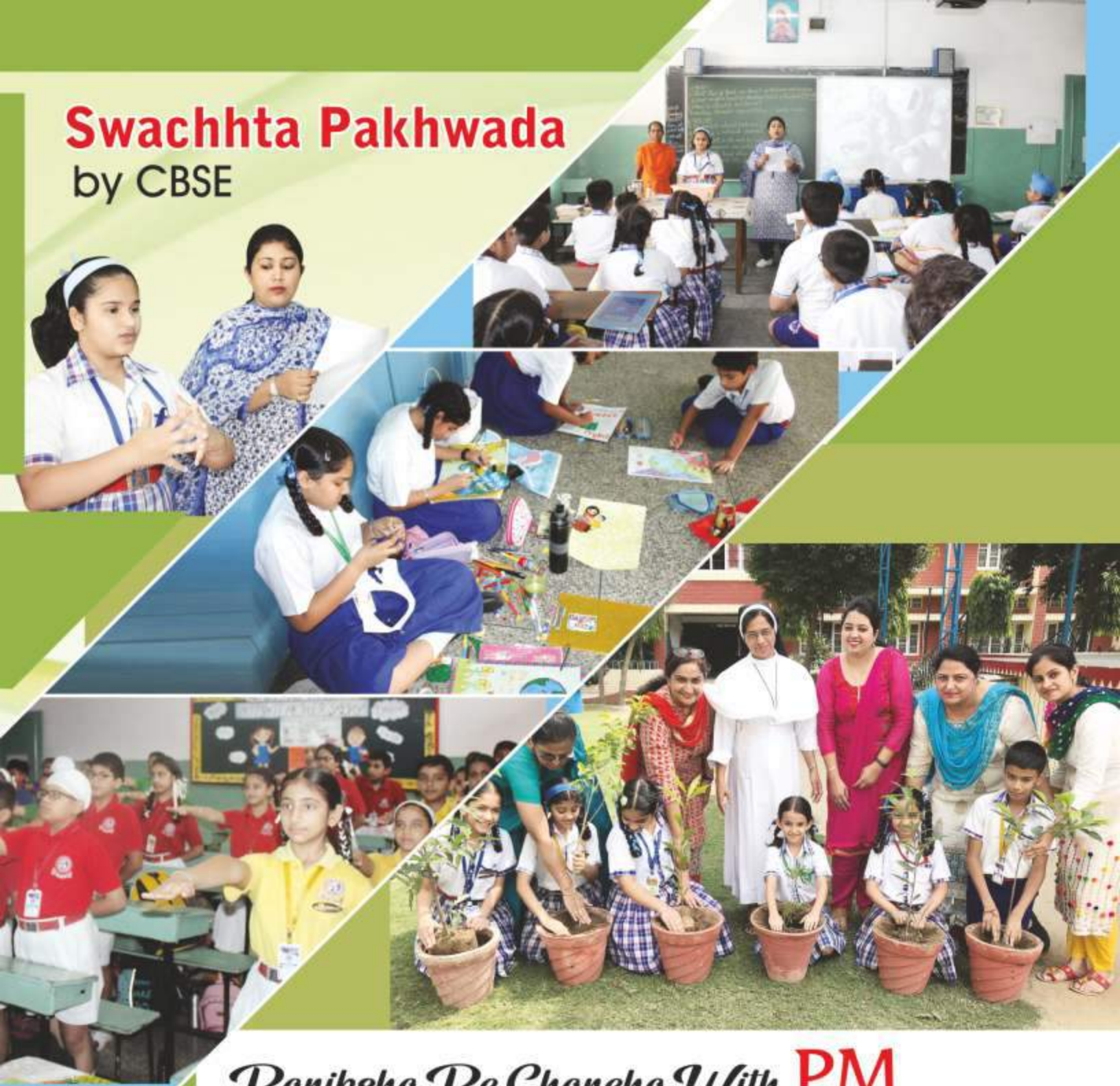
Lots of Laughter

Team Spirit



Swachhhta Pakhwada

by CBSE



Pariksha Pe Charcha With **PM**



*My
Super Power
is Dancing
in heels*



NATIONAL CADET CORPS

(2018-2019)
NCC AIR WING

AIM OF NCC

To develop character, comradeship, discipline, leadership, secular outlook, spirit of adventure and ideals of selfless service among the youth and provide a suitable environment to motivate the youth to take up a career in the armed forces.

Motto of NCC

Cardinals of NCC

Name of Unit

Name of Commanding Officer

Name of Associate NCC Officer

NCC Senior Boy

NCC Senior Girl

NCC Deputy Senior Boy

NCC Deputy Senior Girl

- Unity and Discipline
- Obey with smile, work hard without fuss, be punctual, make no excuses and tell no lies
- No.4 PB AIR SQN NCC, Ludhiana
- Group Captain – Avinash Chander Sethi
- 2nd Officer Dalip Kumar
- Cadet Yuvraj Singh
- Cadet Anshika Yadav
- Cadet Amiraj Singh Khagura
- Cadet Noor Arora



Associate NCC Officer
Mr. Dalip Kumar



Cadet
Yuvraj Singh



Cadet
Anshika Yadav



Cadet
Amiraj S. Khagura



Cadet
Noor Arora

Best Cadets of NCC AIR Wing Session 2018-2019



Cadet
Anshika Yadav



Cadet
Yuvraj Singh



Cadet
Amiraj Singh



Cadet
Noor Arora



Cadet
Shehjaaz Kilam



Cadet
Divya Bhatia



Cadet
Prabhnoor Kaur



Cadet
Robinpreet Kaur



Cadet
Navneet Singh



Cadet
Hemant Soni



Cadet
Krishna Arora



Cadet
Guntas Singh Gill



Cadet
Atharav Miglani



Cadet
Jaskaran Singh



Cadet
Japjot S. Grewal



Cadet
Parth Arora



Cadet
Adit



Cadet
Gagandeep Singh



Cadet
Vishwas Miglani



Cadet
Malisha George



Cadet
Iveen Kaur



Cadet
Bhakti Karhail



Cadet
Priyal Ahuja



Cadet
Sehaj Narang



Cadet
Tanya



Cadet
Mokshi Ahuja



Cadet
Memansa Verma



Cadet
Dhairya Gupta



Cadet
Arshit Goel



Cadet
Manaveer Singh

NCC Cadets Participation in Social Service and Community Development Activities

Tree Plantation, Blood Donation, Old Age Home Visit, Adult Education, Community Work, Disaster Relief, Aids Awareness Programme, Cancer Awareness Programme.

NCC Camp Activities

Morning Health Run, Fitness Exercises, Yoga, Drill Marching, Swachh Bharat Abhiyan, Theory Technical Classes, Sports Competition, Cultural Competition, Quiz Competition, Range Firing, Flying (Power Models).

Activities of Session 2018-19

1. New Enrollment of NCC Air Wing Cadets for Session 2018-19.
2. Participation in International Yoga Day organized by No.4 PB AIR SQN NCC Ludhiana on 21 June 2018 at SCD Govt. College, Civil Lines, Ludhiana.
3. Weekly NCC Training Classes of 1st Year and 2nd Year Cadets.
4. Motivational Lecture to join Armed Forces by Ex NCC Senior Cadet Anshdeep Singh.
5. NCC Cadets of 2nd year appeared in "A" Certificate Examination 2018-19.
6. Cadet Anshika Yadav attended 26th January, 2019 Republic Day Parade at New Delhi and she also secured 3rd position in Best Cadet Competition.

Incentives for NCC Cadets

1. Vacancies Reserved for Commission in Defence Forces for NCC "C" Certificate Holders.
2. Army, Air Force, Para Military Force and Navy 5 to 10 Bonus Marks awarded to Recruitment.
3. Department of Tele Communication giving Bonus Marks for Recruitment.
4. State Government giving preference in State Services in Certain States.
5. Some industries preference to NCC "C" Certificate Holders for various jobs.
6. Weightage of marks given for admission in various courses in State Govt. Polytechnics Colleges and Universities.
7. Scholarship of ₹6000/- each per annum to 750 deserving NCC Cadets who have excelled in Academics.

**NCC Sr. Cadet
Anshika Yadav, Best
Cadet,**

attended Republic
Day Camp at New Delhi on 26th
January, 2019. She secured 3rd
position in All India Best Cadet
Competition.



*Be a Champion...
Every Practice...
Every Game...
Every Play...
Every Second...
Every Minute...
Every Day...*

SPORTS ACHIEVEMENTS



Basketball

Basketball Team (U-14) Girls secured 2nd position in Zonal Tournament



Cricket

Cricket (U-14) Boys secured 1st position in Sahodaya Tournament



Cricket

Cricket (U-19) Boys secured 2nd position in Punjab School Zonal Tournament



Football

Football Team (U-12) Boys GS Memorial Tournament secured First Position



Football Team (U-12) Girls GS Memorial Tournament secured First Position



Football Team (U-17) Boys secured second position at Zonal Level as well as at District Level



Football Team (U-19) Boys Zonal Level secured Third Position and Second in Sahodaya



Hockey

Hockey Team (U-14) Boys Zonal Level secured First Position



Hockey Team (U-14) Girls Participation Punjab School Games Zonal Level Tournament
2nd position in School Level District Tournament
3rd position in Open District



Hockey Team (U-17) Boys Punjab School Games Zonal Level secured First Position

Champions are made from something they
have deep inside them
– A Desire, A Dream, A Vision.

– Muhammad Ali



Sports Achievements

Session 2018-19



Chashmeet Singh Sehgal

3 Golds in 500 mts, 1000 mts, 3000 mts. road race at School State
SGFI National held at Belgarum
1 Gold - 500 mts, 1 Bronze - 1000 mts.
Participated in Handers Grand Prix Belgium
Open State : 1 Gold, 3 Silver
got selected for World Championship to be held in Barcelona in the month of July 2019.

cricket



Harsimran Kaur
XII E
State Level
Participation



Jaskaranbir Singh
VI C
Secured
Second Position in
Dist. Cricket Championship



Avish Khera
VIII
Secured
Second position in Dist.
Cricket Championship



Chirag Goel
XII F
U-19 State Level
Participation



Rythm Atttri
XII E
(U-19) District Level
1st position



Harshit S. Daang
XI F
(U-19) District Level
1st position

Hockey



Jashanpreet Singh
X D
State Level Participation



Warisi Maan Singh
X D
State Level Participation



Shahbaz Brar
X C
State Level Participation



Manharan Sharma
VI C
State Level Participation



Khushpreet Kaur
VII C
State Level Participation

Skating



Chashmeet Singh
XI A
Gold Medal in School National



Japleen Kaur
V D
Participation in Open National



Sukham
IV B
Silver Medal in School State



Achint Kaur
IV E
State Level Participation



Myra Gulati
Silver Medal
District Level Tournament

State and National Achievers 2018-19

Basketball



Sanya Preet Kaur
Second Position at
District Level



Jot Kaur
Second Position at
District Level



Maheep Kaur
VIII A
(U-14) Silver Medal in
State Level Tournament &
National Participation



Rhythm Rose Kaur
VIII A
Silver Medal in
State Level



Armaan Arora
VII C
State Level
Participation

Football



Prabhkaran Singh
IX B
2nd position in
District Level Tournament



Harshil Dhingra
X A
2nd position in
District Level Tournament



Harvijay Partap
X D
2nd position in
District Level Tournament



Priyansh Aggarwal
VII B
3rd position in
Gymnastics State Level
Boys (U-14)



Gurnoor S. Sandhu
VIII C
State Level Participation

Swimming



Manan Sukhija
VI A
State Level
Participation



Anshika Yadav
IX C
National Level
Participation



Sidhant Sharma
XI A
Gold Medal at
State Level

Karate



Vanshika Yadav
V E
National Level
Participation

Badminton



Harjas Singh
VII C
Open Distt.
2nd position
in District Level

Gymnastics



Priyanshu Aggarwal
VII B
Bronze Medal in
State Level

Athletics



Akshit Kujur
VIII A

LSSC Athletic Meet
200 M Bronze Medal
Zonal Level Punjab School
100m - Silver Medal
200m - Silver Medal



Simranjot Kaur
VII C

LSSC Athletic Meet
Shot Put Bronze Medal
Dist. Open Athletic Meet
Silver Medal



Shailza Thakur
X D

LSSC Athletic Meet
800M Silver Medal
4x100 mtr. Relay Race
Silver Medal



Albina Tuti
X F

LSSC Athletic Meet
Long Jump 2nd position
4x100 mtr. Relay Race
Silver Medal



Japjeet Kaur
XI B

LSSC Athletic Meet
4x100 mtr. Relay Race
Silver Medal



Simran Kaur
X

LSSC Athletic Meet
4x100 mtr. Relay Race
Silver Medal



Yuvraj Singh
IX A

Punjab School
Zonal Athletic Meet
400 M - Bronze Medal

Archery



Amiraj S. Khangura
IX C
State Level
Participation

Taekwondo



Saksham Kapoor
V C
State Level
Participation

Shooting



Uday Partap S. Grewal
XI C
National Level
Participation



Rajvir Singh Gill
XI C
National Level
Participation

KG Wing



Charvi
I D
Participated in
International Karate
Championship

Sahodaya Swimming Competition



Kavisha Sukhija
VIII-C
50m Butterfly Stroke
Silver Medal



Reetjot Kaur
VIII-C
50m Free Style
Silver Medal

The Sacred Heart Family



Innovative Kindergarten Trainers

Sitting (L-R) Rev. Sr. Mary Mathew, Rev. Sr. Silvi Joseph, Fr. John Mankuzhichalil, Rev. Sr. Divya

Standing (L-R)

1st Row Ms. Ravinder Kaur, Ms. Hardeep Sindhu, Ms. Praveen Kangniwal, Ms. Sunaina, Ms. Mehek Munjal, Ms. Sebastian, Ms. Rita Sandhu, Ms. Surestha, Ms. Sapna Arora, Ms. Jyoti, Ms. Maninder

2nd Row Ms. Neetu, Ms. Mariam, Ms. Pooja, Ms. Sudha, Ms. Karuna, Ms. Parveen, Ms. Gauri, Ms. Kanwaljeet, Ms. Jasmine

3rd Row Mr. Taranath Sharma, Ms. Karamjeet, Ms. Harleen, Ms. Sonia, Ms. Jasdeep, Ms. Harpreet, Ms. Mandeep Devgan, Ms. Nazer, Ms. Mandeep Dhaliwal, Ms. Bindu, Ms. Simran



Sitting (L-R) Rev. Sr. Mary Mathew, Rev. Sr. Silvi Joseph, Fr. John Mankuzhichalil, Rev. Sr. Divya

Standing (L-R)

1st Row Ms. Amrit Kaur, Ms. Meenal, Ms. Ashma Joshi, Ms. Shalini Christopher, Ms. Reeta Khosla, Ms. Indu Sharma, Ms. Satinder Kaur, Ms. Rachna Walia, Ms. Rama Ohri, Ms. Anita Sharma, Ms. Ravinder, Charanpreet.

2nd Row Ms. Rupinderjit, Ms. Prabhat, Ms. Nancy Guglani, Ms. Seema Malhotra, Ms. Manpreet Dang, Ms. Manpreet Bakshi, Ms. Manjeet Kaur, Ms. Jaswinder Dang, Ms. Simpi Gupta, Ms. Sheetal Sharma, Ms. Parul Pant, Ms. Sangeeta Aima

3rd Row Ms. Anju Dogra, Ms. Jasmine, Ms. Neeru Kapoor, Ms. Mehak Grover, Ms. Menakshi Mitar, Ms. Charu, Ms. Anupam Arora, Ms. Sonu Kataria,

Ms. Manvinder Kochar, Ms. Monika Anand, Ms. Ritu Nayar

4th Row Ms. Harveen Kaur, Ms. Meenakshi Kaushal, Ms. Seema Rani, Ms. Jyoti Srivastava, Ms. Ashmeet Kaur, Ms. Nidhi Arora, Ms. Gunita, Ms. Arti Srivastava, Mr. Dinesh Sharma, Mr. Edith Newton

5th Row Ms. Neerja Thakur, Ms. Shalini Bhargia, Ms. Tanveen Luthra, Ms. Simrandeep Kaur, Mr. Manjeet Singh, Mr. Abhishek Gurdial, Mr. Manpreet Singh, Mr. Younis Masih, Mr. Sukhvir Singh

Primary Compassionate Guides

The Sacred Heart Family



**INVIGORATED
High School EDUCATORS**

Sitting (L-R) Rev. Sr. Mary Mathew, Rev. Sr. Silvi Joseph, Fr. John Mankuzhichalil, Rev. Sr. Divya
Standing (L-R)

1st Row Ms. Neeru Suri, Ms. Navjot Kaur, Ms. Seema Bhagat, Ms. Shruti Sharma, Ms. Gagandeep Kaur, Ms. Vanita Narula, Ms. Charu Mehta, Ms. Jasvinder Kaur, Ms. Amarkiran Kaur, Ms. Bhavna Sharma, Ms. Kamaljeet Kaur, Ms. Saroj Bala, Ms. Kamla

2nd Row Ms. Meenu Khanna, Ms. Anuradha Sharma, Ms. Nidhi Sharma, Ms. Kamaljeet Sekhon, Mrs. Mamta Nagrath, Mrs. Manisha Arora, Ms. Anu Berry, Ms. Kulvinder, Ms. Gagandeep Puri, Ms. Inderpreet Kaur, Ms. Kriti Gupta, Ms. Shilpa Garg, Ms. Bhavna Sharma, Ms. Manjinder Kaur, Ms. Ajinder Kaur

3rd Row Ms. Harjeet Kaur, Ms. Megha Jain Dutt, Ms. Parineeta Sharma, Ms. Gunveen, Ms. Navneet Kaur, Ms. Pooja Gupta, Ms. Priyanka, Ms. Alisha, Ms. Karanjeet Kaur, Mr. Gurpreet Singh, Mr. Manoj, Mr. Varun Sood, Mr. Rajinder Steta, Ms. Ritica Dutt, Ms. Pratibha Arora, Ms. Anika

4th Row Ms. Prachi Sood, Ms. Shivani Mahajan



**Dedicated Senior
Secondary Mentors**

Sitting (L-R) Rev. Sr. Mary Mathew, Rev. Sr. Silvi Joseph, Fr. John Mankuzhichalil, Rev. Sr. Divya
Standing (L-R)

1st Row Ms. Mona Thapar, Ms. Mandeep Kaur, Ms. Supninder, Ms. Jasbir Kaur, Ms. Sonia Sachdeva, Ms. Navnita Kaur, Ms. Gunveen Kaur, Ms. Sukhsimran Gill

2nd Row Ms. Ritu Battish, Ms. Urinder Kaur, Ms. Shamina Deol, Ms. Mandeep Hiteshi, Ms. Mandeep Kaur, Ms. Kavita Sharma, Ms. Kuljeet Kaur, Ms. Amita Walia, Ms. Ekta

3rd Row Mr. Rajinder, Mr. Dalip, Mr. Arun, Mr. Sushil, Mr. Sameer Gandhi, Mr. Suresh Malhan, Mr. Davinder Jain, Mr. Harmandeep Singh, Mr. Karamchand, Mr. Parkash

The Sacred Heart Family



Sitting (L-R) Rev. Sr. Mary Mathew, Rev. Sr. Silvi Joseph, Fr. John Mankuzhichalil, Rev. Sr. Divya
Standing (L-R) Ms. Prabhjot Kaur, Ms. Jagjit Kaur, Mr. Shubhkant, Ms. Reena Beri, Ms. Reena Sharma.

Committed Administrative Staff



Subordinating Staff

Memories to be Cherished



Class XII-A

Sitting (L-R) Parkash, Ms. Jyotika, Ms. Shamina, Ms. Mona, Mr. Sameer, Rev. Sr. Mary Mathew, Fr. John Mankuzhichalil, Rev. Sr. Silvi Joseph, Rev. Sr. Divya, Ms. Ritu, Ms. Kuljit, Ms. Amanjot, Ms. Amrit

Standing (L-R)

1st Row Ms. Urinder, Tanya Garg, Ishita Sikka, Taruvar Mittal, Ria Garg, Neerja, Kanishka Chawla, Simarpreet Kaur, Parneet Kaur, Meenal Bhatia, Manrose Kaur, Manraj Kaur, Ramneek, Ms. Supninder

2nd Row Varun Biyani, Manvik Jain, Shubham Mehra, Sanuj Sood, Vaibhav Jain, Tawanjot Singh, Simaryodh Singh Nanda, Vaibhav Sharma, Mayank, Garvit Goel, Avneet Singh, Madhav Kapoor, Sushil Kapoor

3rd Row John Aman Lakra, Sanchay Malik, Prabhnoor Kang, Ishaan Garg, Guneet Singh



Class XII-B

Sitting (L-R) Ms. Amanjot, Mr. Prakash, Ms. Shamina, Ms. Mandeep, Ms. Kavita, Ms. Avtaar Narula, Rev. Sr. Mary Mathew, Fr. John Mankuzhichalil, Rev. Sr. Silvi Joseph, Rev. Sr. Divya, Mr. Suresh Malla, Mr. Rajindersteta, Mr. Karamchand, Mr. Sushil

Standing (L-R)

1st Row Ms. Mona Goyal, Ishita Juneja, Vidhi Goyal, Sumeet Kaur, Aarushi Hara, Ria Joseph, Anshika Monga, Akanksha, Paramnoor Kaur, Nikita Gaur, Harnoor Dhillon, Muskaan Kaur, Parneet Kaur Sekhon, Dishti Handa, Diksha Goyal, Ms. Urinder Kaur

2nd Row Ms. Sukhsimran, Soumit Sarupya Swain, Aditya Gupta, Bisman Singh Channa, Jahnavi Singh, Japna Asija, Priyanka Sharma, Elssy Tigga, Arshdeep Kaur Grewal, Divjot Singh Sidana, Benny Hinn Paul, Shobhit Harit, Ms. Supninder Kaur

3rd Row Shamil Shajan, Jatin Aggarwal, Ishwinder Singh Hanjra, Sumeer Jhanji

Memories to be Cherished



Class XII-C

Sitting (L-R) Ms. Amanjot Kaur, Ms. Shamina Deol, Ms. Mona Thapar, Mr. Sameer Gandhi, Ms. Urinder Kaur, Rev. Sr. Mary Mathew, Fr. John Mankuzhichalil, Rev. Sr. Silvi Joseph, Rev. Sr. Divya, Ms. Ritu Battish, Ms. Supninder Kaur, Ms. Ekta, Mr. Arun Sharma, Mr. Karam Chand

Standing (L-R)

1st Row Kashika Maheshwary, Shreya Goel, Amisha Rajpal, Srishti Sharma, Palak Munjal, Chahat Gupta, Ishika Gupta, Dhriti Dhir, Shriya Verma, Harleen Makkar, Dhriti Anand, Sanjana Kilam, Jasleen Kaur, Harita Aggarwal, Shreya Khanna

2nd Row Shubham Malhotra, Pragun Aggarwal, Arsh Nayyar, Sehaj Singh, Gurasis Singh, Pragya Seth, Gurnoor Kaur, Gulnaaz Kaur Rai, Shamita Bhakoo, Rakshit Bhatia, Aditya Nagpal, Navraj Rawl

3rd Row Akshit Mahajan, Lakshay Jain, Vishwas Lamba, Birkunwar Singh, Divish Kapoor, Abhishek Jain, Vatsal, Kanavraj Singh, Arpit Jindal, Rhythm Attri

4th Row Amitoj Singh, Rohan Thapar, Jeev Karan Singh



Class XII-D

Sitting (L-R) Ms. Amanjot Kaur, Ms. Urinder Kaur, Ms. Mona Thapar, Ms. Shamina Deol, Mr. Sameer Gandhi, Rev. Sr. Mary Mathew, Fr. John Mankuzhichalil, Rev. Sr. Silvi Joseph, Rev. Sr. Divya, Ms. Jasbir Kaur, Ms. Supninder Arora, Ms. Sonia Sachdeva, Ms. Gunveen Kaur, Mr. Rajinder Steta

Standing (L-R)

1st Row Puneet Kaur, Aashna Jain, Ishika Kashyan, Divnoor Kaur, Shubhangi Saggar, Ishika Gaba, Ishita Chugh, Jahnvi Bahri, Vipanshi Jain, Harshneet Kaur, Amisha Kalsi, Harshpreet Kaur, Ishneet Kaur, Aaina Makkar

2nd Row Praneet Singh, Ishaan Sadanam Raghav Gupta, Aarchi Jain, Mansha Sharma, Sejal Modi, Divyanshi, Pragti Jain, Saksham Aggarwal, Archit Gupta, Jivesh Chanda, Pavneek Singh

3rd Row Raghav Singla, Parush Sharma, Taranjot Singh, Dilpreet Singh, Sidharth Mehra, Aryan Sharma, Karn Sharma, Joel Jose Tomichan, Bhavesh Garg

4th Row Basu Chauhan, Jasjot Singh, Yuvraj Gupta, Ishan Gandhi, Amritpal Singh

Memories to be Cherished



Class XII-E

Sitting (L-R) Ms. Urinder Kaur, Ms. Shamina Deol, Ms. Mona Thapar, Mr. Sameer Gandhi, Rev. Sr. Mary Mathew, Fr. John Mankuzhichalil, Rev. Sr. Silvi Joseph, Rev. Sr. Divya, Ms. Sukhsimran Gill, Ms. Sonia Sachdeva, Mr. Harmandeep Singh, Mr. Davinder Jain, Ms. Supninder Kaur

Standing (L-R)

1st Row Amanjot Kaur, Simar Dhir, Jasmine Kaur, Aditi Kaur, Dhvani Gupta, Sejal Kaur, Harsimar Kaur, Bhavneet Kaur, Aana Pruthi, Sehejot Kaur, Mehak Naggar, Arzoo Bansal, Jyoti Jindal, Arun Sharma

2nd Row Tushar, Paramjeet, Ishika, Ishita, Kushveen, Pragati Jain, Shreya Puri, Vani Jain, Ria Garg, Aditya Garg, Kunal, Swarit, Mr. Rajinder Steta

3rd Row Sanyam, Rajkaran, Chitesh Puri, Udaybir, Baldeep, Jashanjot, Gurnoor Singh, Jujhar Singh, Binay Raj Singh, Swinder Singh, Anand

4th Row Anupam Jindal, Pranav Bajaj, Hatanshu Gangwani, Kshitij Garg, Aman Dhingra, Ayush Thapar



Class XII-F

Sitting (L-R) Ms. Amanjot Kaur, Ms. Mandeep, Rev. Sr. Mary Mathew, Fr. John Mankuzhichalil, Rev. Sr. Silvi Joseph, Rev. Sr. Divya, Ms. Amita, Ms. Navnita, Ms. Supninder Kaur

Standing (L-R)

1st Row Ms. Urinder Kaur, Pavani, Sumati, Muskaan, Jahnvi, Prakriti, Inayat, Amanjot, Vrinda, Prab Simran, Ms. Ekta

2nd Row Ms. Shamina Deol, Abhiroose, Anuj, Manav, Jaspreet, Chirag, Sidharth, Guntaas, Mr. Rajinder Steta, Arun Sharma

Keeping our Children Safe

POCSO

(Learn the Law on Child Protection)

What is POCSO?

In order to effectively address the heinous crimes of sexual abuse and sexual exploitation of children through less ambiguous and more stringent legal provisions, the Ministry of Women and Child Development championed the introduction of the **Protection of Children from Sexual Offences (POCSO) Act, 2012**.

The objective of the POCSO Act are :

- To protect children from the offences of
 - Sexual Assault
 - Sexual Harassment
 - Pornography
- To establish Special Courts for speedy trial of such offences.

The Salient features of the Act are that it :

- Defines the child as anyone below the age of 18.
- Is gender neutral law, wherein the law takes cognizance of sexual crimes committed against both girls and boys under the age of 18 years.
- Addresses a wide range of sexual offences which include anything from complete and partial penetration, non-penetrative sexual assault, stalking of a child, showing children pornography, using the child for pornography and exhibitionism. The law protects children from both contact and non-contact sexual abuse.
- Places the burden of proof on the accused and ensures punishment for all perpetrators irrespective of age and gender.
- Does not recognize consensual sexual acts among children or between child and adult.
- Prosecutes any person (including a child) for engaging in sexual act with a child irrespective of whether the latter consented to it.
- Provides for more severe punishment, when the sexual offence is committed by a person in a position of trust or authority like a family member, police officer, teacher, or doctor.
- Prescribes stringent punishment, when the sexual offence is committed by a person in a position of trust or authority like a family member, police officer, teacher or doctor.
- The law regards the best interests and well-being of the child as being of paramount importance.

Reporting of Sexual Abuse

- The Act makes reporting of sexual offences mandatory.
- It makes it the legal duty of a person who has knowledge that a child has been sexually abused to report the offence; if he/she fails to do so, he/she may be punished with six months imprisonment and/or a fine.
- The POCSO Act also provides provision for punishment for false complaint or false information.

Complaint Mechanism in case of Child Sexual Abuse

- **POCSO e-box** : It is a major initiative by NCPCR to help children report such crimes directly to the commission. The POCSO e-box is an easy and direct medium for reporting any case of sexual assault under Protection of Children from Sexual Offences (POCSO) Act, 2012. It is displayed prominently in the home page of NCPCR website where the user has to simply press a button named, POCSO e-box which will navigate to a page with the window having a short animated movie telling children/ complainant that it's not their fault and they need not feel bad. The NCPCR is their friend and will help them.
- **1098 : The Childline Helpline** will put you in touch with social worker who will provide you with assistance and information.
- **Police FIR** : You may also report to the police who will adopt a child friendly approach.
- **Child Protection/POCSO Committee of the School** : Students or Parents may directly meet the Principal or the designated members of the committee for any complaint regarding the issue.

Together we can protect our future generation by teaching them to be smart, strong, and safe.

Shamina Deol
Child Counsellor/ Human Development Expert

ALUMNI *Speaks*

Every child is like clay, schools are the pottery and teachers – the potters who carve the best out of every student. Being an alumni of Sacred Heart Sen. Sec. School is the best privilege I could ever have in my childhood. My school not only made me academically wise, but it brought out the best of my abilities in all fields. Today if I have the calibre of standing bright in the crowd, I owe it to my school and my teachers who taught me the real values of life and moulded my soul into a true human being.

Long live my alma mater.

From an indebted Sacred Heartian
Harsimrat Chawla

It is indeed a matter of great pride to be a small part of this great ocean of learning. I am proud to be called as a Sacred Heartian. Today being a bureaucrat in the Indian Railways, I take this opportunity to show my gratitude towards my teachers who have played a major role in shaping my career and personality. Apart from academics, the golden memories of morning assembly, recess time, PT period, discussion hours, inter-school tournaments, debates and quiz competitions are etched deep in my heart. Whenever I pass on the adjacent road, my heart flutters, a strange feeling prevails over me and a wave of memories rush through my mind. These memories are timeless treasures of my heart. A million feelings, a thousand thoughts, a hundred memories and SHAPING OF A PERSON.

Harsimran Singh Saini
Ministry of Railways, Govt. of India

I still remember my first day of waddling with shaky steps and teary eyes through the gates of Sacred Heart in the year 2002 as a 3 year old; and I also remember the day I last walked out in 2017, again with tears in my eyes, but this time with confident steps and bright hopes. And that's what my alma mater did for me. As I progressed through the years, changing classrooms, I know the one constant thing was the never-ending knowledge. Not just academic, but the real-life lessons, that still drive my day-to-day actions and guide me if I ever go amiss. Sacred Heart gave me a safe environment where I could grow, fall, rise, learn, fail, but most importantly, discover myself. It taught me how to dream and hope and strive towards fulfilling those dreams. And, this is just a small part of what this great institution has given me and all I can say at last is that I am a proud Sacred Heartian, now and forever.

Palkhi Sharma

Sacred Heart is very close to my heart. It has given me opportunities that no other institute could have. It is much beyond an "institution". It actually denotes a 'culture'....culture of excellence, empowerment and enrichment. I express my heartfelt gratitude to Revered Sister Soble and all the teachers for making me who I am today. They have moulded my personality and clarified my vision of future.

Apart from excellent academic experience, I also gained the benefits of being a part of our school cabinet and have lived every moment while preparing the school events. This has not only inculcated stage confidence in me but has also groomed my personality, preparing me to enter the competitive world ahead.

Achievements-Appraises, Opportunities-Thoughts, Losing-Learning that is what I have gained from this cathedral of education.

It's a privilege to be part of Sacred Heart family and we are the proud Sacred Heartians who follow the motto "LEARN & ENLIGHTEN"

Sanchita Arora

I do not have enough words to express my gratitude towards my alma mater. The 15 years that I have spent at this school have left a lifelong impact on my life. The thing that I miss the most is the teachers who shaped me into the person I am today. Their support and guidance has given me the confidence to fiercely work towards my goals. I will always be a proud 'Heartian'.

Vani Sood

Sacred Heart – A 'sacred' institution !

One normally comes across clichés like 'Institutions shape individuals'. But in hindsight (I passed out in 2009), I can safely say that institutions like 'Sacred Heart' do change lives. I made some of the most beautiful memories here; I learnt some of the best lessons of life here; I shared a class with some of the most brilliant minds here. Perhaps this is the most opportune moment for me to share some of those lessons & memories.

Lessons:

Schools make/break lives. It's only here that you'd learn to exert 'discipline' in your daily life.

Teachers are often called names or are often abused in schools. Remember, no teacher will ever care for you more than your school teachers. This wisdom dawns upon you as you enter your college. So please respect your 'school teachers'.

As you 'grow up' with your school friends, never let go of them. They are your most important assets in life.

Do make it a point to learn 'communication skills' in school. Strong communication & interpersonal skills will stand you in good stead in life.

Do spend quality time in your school canteen. Sounds hilarious? The Noodles-Manchurian mix will never be so tasty in your college or in any restaurant.

Dripping with sweat post lunch break as most of us would play with balls made out of foil sheets.

Waiting for that 'one sip' of water post PT (Physical Education) periods.

Always in search of a 'substitution period' as that would be our 'gupshup' period.

Bringing sheets longer than the A4 sheets for so called 'Class Tests'. Curious to know if those sheets still 'exist'.

The 'Thought for the Day' which was never well 'thought out'.

Those 'white' shoes which had to be polished every Thursday evening or Friday morning.

All memories can't be penned down neither all lessons can be shared. I would only advise: Live your school time to the fullest. Enjoy each and every moment. Learn to share and care. Last but not the least, try to 'live' the school motto 'LEARN & ENLIGHTEN'.

Arpit Jain (Always a proud SACRED HEARTIAN)

Batch 2009

"This school has played a strong role in shaping my personality. Being here, I experienced both opposites - successes and failures. All the teachers who were a part of my school life have contributed immensely in shaping my thoughts and actions. I made some great friends, some of who I still cherish. Participating in school and class activities helped develop my creativity and confidence and I realized them as being a catalyst in shaping my thinking and creative skills. There were good days. There were bad days. But in the end it was one amazing journey. Today when I look back, the nostalgia hits and I can really say – Those were the best days of my life.

Kashish Vyas



"To see her child prosper and grow, is always a proud and a fortunate moment for any mother, and I am very lucky to be able to experience this joyous moment and share my daughter's journey with Sacred Heart School, with you all.

I would like to thank Rev. Father John, Rev. Sister Silvi and the hardworking teachers – the pillars of this prestigious institution, who have a big role to play in shaping the characters of the students as they are today. It's a big achievement not only for the parents, but for the school as well, when it's students bask in the glory of success.

Apart from family, it is the School from where a child's socialization process begins, which is integral for the child's formative years and this School has done a wonderful job for the same.

I would personally like to thank Keshavi's wonderful teachers who have motivated and pushed her to always give her best. A big thanks to the school for providing the students with such a wonderful environment, which everyday teaches them a new lesson. I pray and hope for the school to flourish more and more with every passing year and continue riding high on success and glory.

Thank you.

Rakhi Kharbanda
Mother of Keshavi Kharbanda
Head Girl (2019-20)

The school's motto 'Learn and Enlighten', beautifully encapsulates the essence of my strongly held belief. I must say that my daughter is blessed as she got the opportunity to imbibe the intellectual nectar that is present in the aura of this school. The school maintains a perfect balance between academics and co-curricular activities. My daughter's personality is developing by leaps and bounds since she got admitted to the school. Values, good habits, linguistic skills are not only taught to them just verbally, but are made a part of their precious lives. The school serves its best in every possible way and that's what prompts my daughter to attend the school daily. It is an ecstatic and blissful experience to see my daughter growing in such an enriching and nourishing environment. At the last, I am highly thankful to this esteemed institution, for it is an extended arm for making my daughter a good human being.

Tejinder Singh
Father of Ishwinder Kaur (X)

The foundation of a strong Nation rests on the strong foundation of its children. The Kindergarten is a place which lays the foundation of small children, who come out of their cosy nests and take a flight from their limited world to the larger world. Sacred Heart Sr. Sec. School, BRS Nagar, is acknowledged everywhere for its discipline, activity-based learning environment, kind and encouraging teachers, and brilliant students who make a mark in the world by achieving success in their fields.

I got my daughter, Saryu, admitted in Nursery here because I am confident that this school will provide the right platform to her for grooming her personality. Sacred Heart Sr. Sec. School is one of very few schools, which have adopted the concept of Kindergarten education, as advocated by Madame Montessori, in letter and spirit. The first day of the school, allowing parents to be with their children in the presence of teachers, gave the children a comfort zone to adjust well. The children found colour-themed classrooms very attractive. The pedagogy to teach children is really commendable. The celebration of colour-themed weeks, connect children to the different things in their environment, from food to clothes, to flowers, to different fairy tales and stories. I really appreciate the activity-based teaching techniques, followed by the teachers, which allow the children to use their imagination, to enhance their motor skills and their cognitive development in a fun way.

The school acts as a strong bridge for the children to reach up to their goals. And I strongly believe that Sacred Heart Sr. Sec. School inculcates all the good values, ethics, etiquette and vision in its students. I am sure that the teachers, with their encouragement, dedication and unwavering love and support, will develop my child's personality in such a way that she will be able to face the world with courage and confidence, and achieve her goals in life.

Manujata Gupta
(Mother of Saryu Mahajan, Nursery-Orange)

I would like to express my gratitude to Sacred Heart Sr. Sec. School where you can prepare and encourage your child to learn, to grow, to excel. SHBRS is truly a metamorphose academy where my son has turned into a wise, confident, and well informed young champ. There is a wide range of activities that gives the students the opportunity to explore their interests in great depth, SHBRS teachers are, I believe the best part of SHBRS, as they truly support and encourage their students and provide the necessary methodology skill set and environment for students to reach their potential. The administration is always cordial, friendly and forthcoming in supporting every aspect for the growth of children. SHBRS is heavily athletics oriented; however, liberal arts are just as vigorously promoted and supported. They have superb computer classes, dance and arts programs. I love that my child is learning about God, Moral and divine values. I feel this school is such a safe haven for my child, because the care and attention to detail is unmatched. All things considered, I couldn't have asked for a better school.

Ramandeep Kaur
Mother of Sahib Singh (III-D)

"Dignity does not consist in possessing honours but in deserving them."

Sacred Heart is an oasis where blooms the flower of literacy excellence, I feel delighted to address from this esteemed desk.

Sacred Heart Sr. Sec. School which was established in 1982 is truly following its motto "Learn and Enlighten" till this day of 2019. It believes in investing faith in big dreams and working hard to realize them.

The teachers and the parents are two sets of mentors who shoulder a great responsibility in the social and emotional development of a child in his formative years. This school has not only polished my child academically, also it has inculcated moral values, optimism, grit and determination. It has taught her to cross every path without any distraction. I have seen confidence built in her day-by-day.

It is the place where I have found the encouragement in my daughter to say 'I see it, I get it and I can do it'. She sees impossible dreams which convert into achievements.

My heartfelt thanks to whole team of Sacred Heart Sr. Sec. School.

Kanika Gupta
Mother of Saanvi Gupta

I am associated with this school from last 15 years. It is a perfect combination of education and discipline. Faculty members are kind, cooperative and generous. Even complicated subjects are taught with simplicity and patience. Discipline is also another milestone of school. It is maintained strictly, so that systems can work in order. All important activities are conducted here, destined for the growth of child. Students are encouraged to participate on annual day, science competition etc. During fete, students exhibited their talents. Different stalls are organized. Students are made familiar to Earth Day, Father's Day, Labour Day etc. Special Art and Craft activities are held. Rangoli Making and Calligraphy is also promoted. Most important thing is all the students are encouraged to participate without any prejudice. Sports Competitions are also held to build confidence and team spirit among students. In all I think it is the best school for all round development of child.

Mandakini Bansal

A home away from the home. That's the first thing that comes to your mind when you think about Sacred Heart Sr. Sec. School. As parents, who doesn't want their children to be safe and happy when they are apart from them. When one focuses on the word school education and learning are the things that prompt your brain in the very first go. I have two daughters going to this school only I am happy about the teaching techniques that the school has opted for but also the way the security has been provided for the children to enter and exit the school. Seeing teachers standing guard right from the gate to the classroom puts me at peace that I will not have to worry about the security of my children. Coming home after a long day's work and watching my children grow with books and learning and telling me details about the school and how their teacher gave them a new lesson make me feel as if I am doing my work right. Other than academics, I feel proud that my children also exceeding in extra curricular activities and stage shows for which I am very thankful to the teachers in the school. All in all, I am very happy that my children study in Sacred Heart Sr. Sec. School and I will not mind boasting about it.

Jaskararn Singh Khurana
Father of Anahad Kaur (II-C)

English

Section

Editorial

Isn't it amazing how we have taken them for granted, those little black marks on paper! Twenty six different shapes known as letters arranged in endless combinations known as words. Lifeless, until someone's eye falls on them.

But then a miracle happens. Along the optic nerve, almost at the speed of light these tiny symbols are flashed to the brain, where they are instantly decoded into ideas, images, concepts and meanings.

The eye's owner is changed too. The little black marks can make him love or hate, laugh or cry, fight or run away. And what do we call this incredible chain of events?

– Reading.

The spoken word rushes by and is gone, but the written words remain... endure. They can be consulted again and again... forever.

Cold words freeze people and hot words scorch them, and bitter words make them bitter and wrathful words make them wrathful. Fine words also produce their image on men's soul and a beautiful image it is. They soothe, pacify the reader.

So, make sure that what you put in writing has a charm, a charm of its own, a charm of your personality, a charm of life, a charm of love. Because charm has a magical quality which defrosts, disarms, delights and fascinates. It is not a sudden gush of sweetness that can be turned off and on like a tap. It is woven subtly into the fabric of personality, like a silver thread. It glistens, it shines, it wears well.

With love to all my writers here.



Mrs. Vanita Narula
Editor

Students in a Pressure Cooker Situation



Life has become a never ending struggle to excel in everything for the students of my age. Our parents and teachers expect us to score 99% in every subject. They want us to always become a topper in class.

Probably they are not aware that other students' parents also want similar results. To make matters worse they also want us to become a good painter or a good musician. We are also supposed to beat Jackie Chan in karate. On behalf of children of my age, I would like my parents and all other parents to try and understand certain things. If somebody has a natural ability to become a painter or a musician he/she can become one even without pressure. All subjects are not similar. Some love mathematics. While the other one has a fascination for history. If I don't love mathematics then I don't

have what it takes to become a Ramanujan. Now I am in Class VIII and have developed some degree of independent thinking. I know that my parents are my well wishers but they should give me some personal space to grow. Too much pressure is only going to break my nerves and I would be a nervous wreck. I want to request every guardian and teacher to identify each kid's potential and let him take care of that choice.

Riya Singh
VIII-B



The Power of A Pen

The man who holds the pen is a knowledgeable and learned man, and those who hold the sword become ineffective and unsuccessful. All respected well-known philosophers, writers, doctors, poet, engineers and wise educated men were guided by the pen. Their name still live even though they are dead, because of their findings and doings. Had these people not chosen the pen, their respect in society would have gone down with them in their graves, as if they had never lived.

Man has made robots, airplanes, radios, TVs, computers, ships, and electricity. We have found ways to communicate with other countries easily, as news travel from one end of the world to the other in a split second.

Man is going beyond the moon today, and can predict weather. Doctors have found ways to cure sicknesses which were earlier incurable. All this has been possible by the knowledge we have learned from the pen.

So drop the sword and pick up the pen. Unite the world and have global



peace. Stop all wars and live without fears. The words of pen are powerful, both good and bad. The words of a pen are always better than the fallen blood and gore of sword. The sword will bring you nothing but death and burdens, but the pen will bring you good luck, peace, success, and wealth. The power of the pen is so great, that the pen will rule, and the sword will beg at its feet. Abolish the sword and live in the agenda of peace and knowledge. No matter what, the pen is always mightier than the sword.



Bhaskar Jain
VI-C

SUCCESS FOR SURE

Read but write more,
Talk but think more,
Play but study more,
I promise you success for sure.

Eat but chew more,
Weep but laugh more,
Sleep but wake more,
I promise you health for sure.

Hate but love more,
Order but obey more,
Quarrel but agree more,
I promise you others love for sure.

Punish but reward more,
Consume but produce more,
I promise you,
others respect for sure.

Manya Makkar
VI-E



School Life

I saw a kid carrying a heavy bag and a light heart
That's when I realised that school was my life's best part

I cherish eating my lunch before the lunch break
And how my mother insisted me to wake

Those problems in Maths were difficult than anything
The food in the canteen was really amazing

The school uniform was hated the most
And I was so addicted to the Snapchat ghost

The ground was meant for all those chats
We were really a group of brats

The best part of the day was recess
And exams were like a long process

The history lecture seemed so boring
The moment it began all of us were snoring

School life is what I really miss.
Ans it was such a bliss.

Deepasha Joshi
XI-F



Hard Work The Success Mantra



Hard Work is the ultimate key to unlock the magic box called success. No one can achieve success without shedding blood and sweat. Dreams do not become reality, simply by magic. One has to continuously work hard towards their goal, to escalate, the ladder of success. The lavish truth is, that people these days believe in luck & not in hard work but even lady luck shines on those people who work hard. The harder you work, the luckier you get. No one can beat a person who works hard. Hard work is the strongest attribute of any person as it can even beat the talent and there is no substitute for hard work. One has to burn himself first, to shine like a sun as nothing worth having ever comes easy. So work hard till your signature becomes an autograph and your ideals become your rivals.

Mukul Kansal
VI-A



Motivational Quotes



- Tough times never last, but tough people do.
- Nobody is a total failure if he dares to do something worthwhile.
- It's impossible to fail totally if you dare to try.
- Never let a problem become an excuse.
- The one battle most people lose is the battle over the fear of failure... try... start... begin... and you'll be assured you won the first round.
- God's delays are not God's denials.
- Today's decisions are tomorrow's realities.

Sehajal Sharma
X-A





MY EXPERIENCE AT NCC CAMP

The NCC Camp which I attended this year was my first camp. It was amazing. I got a chance to live the life of an army man and learnt to do everything independently. Combined Annual Training in Camp - 01 (the name of our camp) was held from 2nd January 2018 till 11th January, 2018 at GHG Khalsa College, Gurusar Sudhar. We left the school on 2nd January for NCC Camp saying goodbye to our parents. We were dropped there by our school van drivers and Dalip sir helped us to manage our rooms. Boys stayed in Boys Hostel while Girls in Girls one. I had to stay in a hall with cadets of my school. As we all were of the same class so we had a very good time with each other. From the second day, the camp officially began as all schools had arrived by then. We all used to get up at five in the morning, go to the washroom, wear our tracksuits with woollens and move out for morning health run. Before we went out our seniors counted us. The health run also included yoga class. Due to very bad foggy weather, our health run was cancelled for some days. Later we used to change our tracksuits and wear our NCC uniform. We helped each other in doing so. Then we carried our plates and went to the mess for breakfast. Here we ate together along with our seniors who were college NCC Cadets. Then we went for drill class and afterwards we used to get a tea break. We had our theory class after it. The theory class gave us information regarding natural calamities, body disorders, parts of an aircraft etc. Then we would have our lunch and after it we would have some free time with our friends. Then it would be sports class and then some cultural programme every evening. Finally we would have our dinner and we were made to sleep by seniors who turned the lights off. NCC taught me to give respect to everyone and always obey our seniors. I will never forget the good time I spent with my friends. We all laughed together and shared so many experiences. I was sad when the camp ended. I would never forget the memories of my camp, those were the best days of my life. I am glad as being a second year cadet, I had a chance to attend another NCC Camp.



Yuvraj Singh
IX-B



Mother is an oyster shell,

We live in her heart as a pearl.

Mother is moonlight,

Which makes our life bright.

Mother's blessings are bright rays,

To show path in the dark ways.

Her love falls as gentle rain,

When trouble gives us pain.

All the griefs she can bear,

But she can't bear our tear.

Mother is a great soul,

In our lives she plays a great role.

We should respect her at any cost,

And not let her sacrifice be lost.



Danya Gupta
III-D

Path to **SUCCESS**

Let's go and see the stars,

The Milky Way or even Mars.

Let your spirit fly,

Don't ever feel so shy.

Success would be yours, if you work hard,

Don't ever dare to stop and step backward.

Just travel your journey and praise Almighty Lord,

If you don't travel. You will not get reward.



Anshul
III-E



English

a word which means a lot

The word 'English' came from medieval country. It has taken more than 1400 years for its proper establishment. Once a Germanic tribe came there and named it Angila (Angeln) and it spread out over the world and gradually came to be known as English (England native general language for Irish, Scottish & Wales). English is not just a subject which can be crammed or taken care of easily. It is like a skill which can be mastered only if a person has a will to learn the prospects of English. The more the person practices the more he reaches to the finishing line of the particular task. Yes, we all agree that English cannot be mastered in a day as it has various amounts of information but it is also an agreeable point that to understand the concept of English you just need two important and basic things: Peace of mind and a little bit of time. In today's world, English has become a necessity in all our lives whether it may be professional or personal. English in itself is a fully loaded package of fun, knowledge, progress and literary as well as grammar challenges. Various parts of English have various benefits. Grammar is the part where practice has the most important role and without it nothing is possible. It consists of ample of exercises and basic understanding of the chapters and in turn provide us with various skills. Grammar is like a location of a site and if that location has a fault the whole building would collapse. On the other hand, literature is the opposite side of grammar and has its own rules and benefits. It tells us stories which depict a strong range of emotions and moral values in us. It also motivates us with novels of great writers who set a milestone with their literary skills. It is also not necessary to learn English from books and gain a perfect knowledge from them. English is just a way to communicate with a large mass of world due to its popularity and the ones who want to learn it a bit can do it even with their daily routine. English can be learnt in a lot of ways like songs, poems, television, movies etc., the only thing needed is determination. So friends to cap it all, the main thing which you need to put in your minds about English is that it is not important to cram it all and boast about that you have mastered it, as it is of no use but to understand it with no burden on your mind and applying a logic to its base is its main objective and the thing which makes English so popular. As L. Frank Baum too said that "no thief how skillful, can rob one of knowledge, and that is why knowledge is the best and safest treasure to acquire."



Kashid Chopra
VIII-E



Motivational thoughts of

Stephen Hawking

- "Look up at the stars and not down at your feet. Try to make sense of what you see, and wonder about what makes the universe exist. Be curious."
- "However difficult life may seem, there is always something you can do and succeed at."
- "Science is not only a disciple of reason but also one of romance and passion."
- "Science is increasingly answering questions that used to be the province of religion."
- "Intelligence is the ability to adapt to change."
- "One can't predict the weather more than a few days in advance."



Saksham
VI-B

When Autumn befalls

When Autumn befalls,
You may see the crimson leaves
Some of them falling down,
as the wind leaves
In the dry woods,
Would traverse a cool breeze
Calming playing with
the tall pine trees
When the Autumn befalls,
You may hear the whistle of sparrows,
Brooding over their nest
In the silent barrows
At the end of cool autumn,
When the green hue of trees die
Its nearly the end of,
the moist rainy skies.



Tashveen Kaur
VI-C

Supplication to Sunshine

O dear Sunshine, will you be mine?
 To make this earth bright with shine
 I wish to glide on your rays
 From hilltops up to the bays.
 I wish to spread warmth around
 From poles apart to the ground.
 O dear sunshine, will you be mine?
 To help this world refine.
 I wish to wreath a beautiful rope
 To entwine the world with greater hope
 O dear sunshine, will you be mine?
 To bring prosperity to every vine.
 I wish to paint the world in green
 The colour of happiness and serene.
 O dear sunshine, will you be mine?
 To bring charm and blessings to my line.



Karneet Kaur
VI-C



TOO LAZY

When can a lazy man work?

In fall there is

too much mud.

In spring there is,

too much water.

In winter,

the cold is biting.

In summer,

the heat burns...

Hence, the thing is when can a lazy man work?



Gurbaaz Singh Puri
XI-C



Our Parents

Parents are shadows of God
 Parents help their children lifelong
 Every parent wants to see their children happy
 Parents forget themselves while upbringing their children
 Every child should love, respect and obey their parents
 We should also pray to God for our parents
 We should never hurt our parents
 Parents should never be forgotten by any child



Pavni Sharma
IV-E



A Friend

True friends are always there for you
 through thick and thin.

When the rest of the world walks

Out on you,

A friend will walk in.

A friend will not talk bad about you,

And will never lie

The faithful will walk shoulder to shoulder with you

And will never be sly.



Ayonija Pandey
V-C

WOMEN Empowerment



Playing multiple roles in families, women have already proven their worth, but still their condition on social and economic fronts has not been up to the mark and in many parts of the world they are forced to lead a miserable life. In such a scenario, it calls for immediate attention to empower them.

Women Empowerment is a must for the betterment of any country's future. No one can ever ignore the importance of the role of mother, sister, or a daughter in their families. But now at the same time due to long prevailing gender discrimination and dominance of men in the Indian society, women have been suppressed in their families and society at large. In rural areas, the condition of women is far from satisfactory and their contribution to the economy is negligible. In such a condition, we can say that our country cannot develop unless we empower women in the true sense of the term.

Though women have been given a special place in every religion, many ill practices have been going on against them as a norm since ages. But positive changes are now visible and the patriarchal system of society has been gradually eroding. Women are now claiming the socio-political rights for themselves. There is an increasing awareness about women's rights which is evident in emergence of several NGOs and self help groups.

If we want to bring about women empowerment in the true sense, there is a crying need to eliminate men superiority and patriarchal mindset. Unless there is attitudinal change in society towards women, merely arming them with legal constitutional rights will be simply inadequate.



Sehajpreet Singh
XI-C

Isn't it strange



Isn't it strange the way that we change
When we think that no one is looking?
Isn't it strange the way that we change right before our eyes.

Isn't it strange the way that we change the way we morph
from one thing to another
We grow farther from some and closer to another
How we fall in and out of love with our lovers and we often
can't uncover why?

Isn't it strange the way that we change overtime
the way we dig deeper into the depths of our mind,
and find a new wealth inside
when we thought we'd given up from the exterior that
sometimes drags us behind.

Isn't it strange the way that we change yet the earth still turns
the same way
our basic beliefs still stay intact
but everything else that we lack
can fall into place with a sway

Isn't it strange the way that we change
when we think no one's looking at first
Isn't it strange the way some change for the better
while others, they change for the worse.

The greatest and the best

- | | |
|-----------------------|-----------------------------|
| The greatest joy | - Being needed |
| The greatest sin | - Gossip |
| The greatest crippler | - Fear |
| The best action | - Keep calm and concentrate |
| The best victory | - Victory over oneself |
| The greatest loss | - Loss of Confidence |
| The greatest need | - Common Sense |



Kashvi Jain
III-E



My school, my Alma Mater
Is nothing less than a pious altar
It is the place of my reverence
It is the heaven of my remembrance
The teachers there gave me education
with the much needed motivation.
They held my fingers and tiny hand
And later tied me up with a friendship band.
Our Principal was more of a friend
who taught us never to bend.
When I left the place for good
I was, as if I was lost in a wood.
Today, when people say I am successful,
My heart knows the truth & feels utterly grateful to my
Alma Mater.



Divnoor Kaur
XI-C



Green, brown, blue or yellow

A pencil is a funny fellow

I can draw a flying monkey

I can draw a dancing donkey

A big black ant taking rest

A tiny elephant in the nest

If by chance I don't like

I can rub it when I like

All I want to say in the end,

Pencil is my best friend.



Antra
IV-C



Tongue Twisters

1. Whether the weather be fine
Or whether the weather be not,
Whether the weather be cold
Or whether the weather be hot,
We'll weather the weather
Whatever the weather,
Whether we like it or not.



2. The thirty-three thieves thought
that they thrilled the throne
throughout thursday

3. A big bug bit a bold bald bear
and the bold bald bear bled
blood badly.

4. Flies fly but a fly flies.

5. Bowser Bo Bunny Baked Big
Buttered Baguettes!



Drishti Wadhwa
XI-F

JOKES



Tourist : Whose skeleton is that?
Santa : An old king's skeleton.
Tourist: Whose is that smaller skeleton lying next to it?
Santa : That was same king's skeleton when he was a child.



At the scene of an accident a man was crying, "O God! I have lost my hand. Oh!"

Santa : Control Yourself. Don't cry. See that man, he has lost his head. Is he crying?



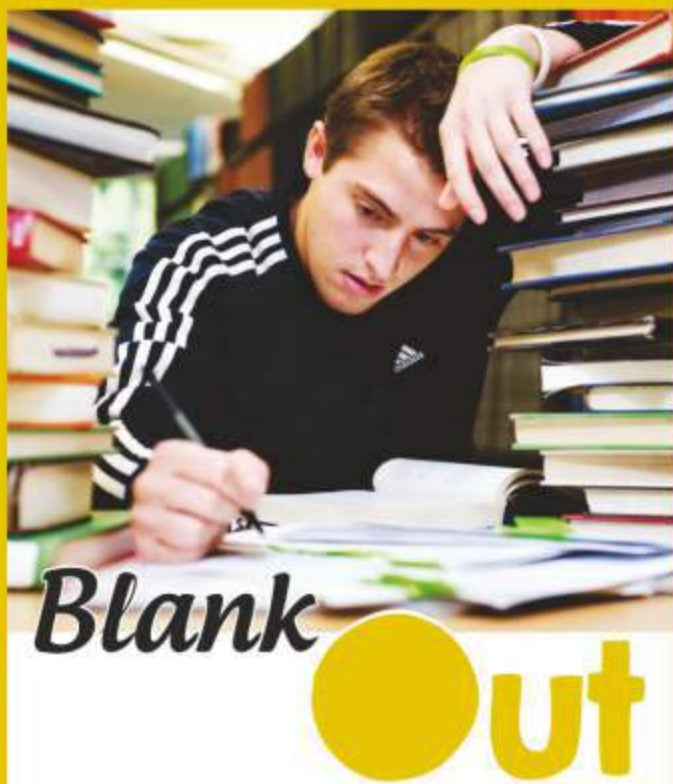
Santa reading newspaper.

News : "Indian athlete lost gold medal in long jump".

Santa comments : Idiot!! who told him to wear gold medal while jumping.



Jiteshwar Singh
VIII-A



Blank Out

Everything around me stood blank,
Sips of stress in excess I drank...
All my senses gave me depart,
Bells of exams were ringing in my heart...
What a hellish fortune had fallen on my way,
I still suppress a sob thinking about that day...
My head bursted with pain,
All the anxiety, I wanted to drain...
All the dilemma going on in my head,
Stabbed me from moving ahead...
In the urge to soar high,
I compromised with my sleep I lie...
To make a hallmark I laboured like an owl,
Being devoid of relaxation was my very foul...
Being peevish everything around me stood blurred,
Everything evaporated that I had learnt or heard...
I realised that sleep for my mind is very important
Without which mind goes dormant...
Early to bed, Early to rise...
I recited in my mind thrice!



Arshit Goel
IX-A



I have my own dreams
and my own desires
something for which I am keen
want to set the world on fire
But you are the one who is stopping me,
for who I really want to be
what you said ain't my will
and I know I don't have such skills.
You tell me to have an aim
I have it, still you blame
Don't expect me to be the same,
You're just bothered about your fame,
I can't keep walking in your shoes,
My dreams are something I don't want to lose
I just want to follow my heart,
but you're letting the dreams depart
I don't want to follow the crowd,
have a dream, heart is too loud
I know my dream has a good scope
I'll surely succeed, I still have hope
At last don't let your dreams apart
whatever happens just follow your HEART!



Himakshi
IX-A

Parents' Love is True Love



Is it right to treat children as friends? They have many friends, but they have only one set of parents. If they don't do 'parenting', then who will do it? Today, the self esteem of even a new-born or infant is being talked about; but what about the self esteem of the parents? One day, we were at a dinner party. All the seats were occupied except a bean bag. A man of around fifty five years told his teenaged daughter to move the bean bag, so that he could sit on the chair she occupied. She said, "Dad! Why can't you sit in the bean bag?" I was zapped, the father had a back ailment, even if he didn't have it, the daughter should have obeyed him. Later at the end of the party, as they went downstairs, the father who had forgotten his cell phone at the reception, he asked his daughter to go upstairs and get it. She replied, "Am I your maid! can't you get it yourself?" The poor guy had no other option but to get it himself. He went upstairs saying, "Yes, but dad is your eternal servant, my doll!"

I mean why so? This is the advancement of your world. This is what our social behaviour has become. My heart wept and I thought, why is it that the youngsters of the so called modern world behave like this with those who brought them in this world? Have we, in fact the parents, have given them too much freedom to express?

I will have to say, that today's society had failed to inculcate values in the coming generations.

Being a child, I would always advice the parents to be parents and not friends.

I would convey this message to my friends to always respect, obey and love their parents for they are the only ones who will stand by their side always in every hard situation, no matter what the world says!

And yes,

Remember to Pay – RENT to your lovely parents.

R – Respect

E – Empathy

N – Niceness

T – Time

So don't hurt or anger your parents in order to please other people. Those other people did not and will not spend their lives building yours.



Arnoor Kang
X-D

Why God made =teachers=

When God created teachers,
He gave us special friends
To help us understand His world
And truly comprehend
The beauty and the wonder
everything we see,
And become a better person
with each discovery

When God created teachers,
He gave us special guides
To show us ways in which to grow
So we can all decide
How to live and how to do
What's right instead of wrong,
To lead us so that we can lead
And learn how to be strong.

Why God created teachers,
In His wisdom and His grace,
Was to help us learn to make our world
A better, wiser place.



Aarushi Chauhan
IV-D

Exams



Exams are near, we are in very much fear.
Exams are near, we studied the whole year.
Exams are near, why are they not our dear.

As I do very less studies
Now my mom says forget your buddies
Because of exams, I am feeling too bad,
and also very sad.

I like to study in my exam days,
But not in holidays.
I think exam is a kind of race,
Due to exams, I see maths questions on my face.

On the Exams, I think I should do a case.
At last, I would like to say,
Exams are not nice, we do not like Maths,
S.St. and Science
Lemonade is good with ice,
I think exams should not have a price.



Ansh Behl
VII-B

Crying - Lovely and beautiful

Left my string, came into this world,
cried and sobbed as I got separated from my beloved soul.
In this world where everything is blithe and new
I went to school
I cried there too
I wept there for not being able to attain knowledge
The knowledge which my mind was not able to conquer to.
I flew from this trouble, and entered some new.
I was made to work, and I shed my tears there too
I earn I had to toil.
Which I thought I was not yet ready to.
Years passed by,
I gathered a mighty ocean, as I cried everywhere and in every way.
My loved ones die,
and I cried, just because the soul returned to its happy place.
I became old and fragile, but now I've stopped my wrecking cry.
Because I have realised that crying only prepares us for something new.



Shreya Gupta
X-C



IRONIC INDIA

Irony means happening in a way contrary to what is expected. There are many ironies prevalent in India. Here are some of the ironies associated with reality which will amuse you. But don't forget to ponder upon them:

- We don't stop when there is red light but stop immediately when a black cat crosses the road.
- Ours is a country where sayings like "girls are goddess Laxmi" and "girls are burden" co-exist.
- People who build our homes are homeless themselves.
- Parents want their children to stand out in a crowd but expect them to do what the crowd is doing.
- The shoes we wear are sold in air conditioned showrooms. The vegetables we eat are sold on the footpath.
- In our elections, we don't vote for the candidate we like the most, we vote for the one we dislike the least.
- A person in an IAS exam writes a brilliant 1500 words essay about how dowry, a social evil is damaging our society. He cracks the exam... and a year later the same person demands a dowry of one crore, because he is an IAS Officer.
- Most people who fight over the Gita and Quran have probably never read either book.



Gurleen Verma
X-D

LIFE IS SO SIMPLE, ISN'T IT

Life will teach you everything, you just keep grooming,
Step out of your home, new doors are awaiting
Struggles will make you diamond,
Set it in your diadem.
Spark is within you, light up and brew new,
believe in your hands, choose to lead your end.
Life will teach you everything, you just keep grooming.
Never hold back, learn life's hack
Tides will turn, waves will return, stand in the sand, still and
upfront.
Dive in the ocean, swim on, drawn often, just get it on.
When you slide down hold the time on,
Push yourself once, just grin on the troubles.
Light a fire under soul, get the warmth in the cold.
Follow your goals, have faith in God.
There are no endings, only there are beginnings.
Life will teach you everything,
you just keep grooming.



Shreya Gupta
X-C

Who am I?

1. I have 13 hearts, yet never alive.
Who am I?
2. People buy me to eat, but never eat
me. Who am I?
3. I have a face but no eyes, hands
and arms. What am I?
4. I can be found in water but never
wet. Who am I?



Answer:
1. A pack of cards
2. A plate
3. A clock
4. A reflection



Khushi Gupta
VIII-B

The Parts of speech



Every name is called a **noun**,
As a **field** and **fountain**, **street** and **town**.
In place of noun the **pronoun** stands,
As **he** and **she** can clap their hands.
The **adjective** describes a thing,
A **magic** wand or **bridal** ring.
The **verb** means action, something done,
As **read** and **write** and **jump** and **run**.
How things are done the **adverbs** tell,
As **quickly**, **slowly**, **badly**, **well**.
The **preposition** shows relation,
As **in** the street or **at** the station.
Conjunctions join, in many ways,
Sentences, words or phrase **and** phrase.
The **interjection** cries out "Hark!"
I need an exclamation mark!"



Kashvi
III-E

Teacher : What is your name?
Student : Mera naam Suraj Prakash
hai.
Teacher : When I ask questions in
English, answer it in
English only.
Student : My name is Sunlight.

Teacher : What happened in 1869?
Student : Gandhiji was born.
Teacher : What happened in 1873?
Student : Gandhiji was four years
old.

Teacher : Who ever answers my next
question, can go home.
One boy throws his bag out of the
window.
Teacher : Who just threw that?
Boy : Me! I'm going home now.



**FUNNY
JOKES**



Hargun Kaur
VI-A



Recognize The Power Within You

Every great dream begins with a hesitation, takes root with a lot of strength, patience and the passion to see it through along with the resolution of the dreamer.

Nature has given us the power to change the world and society. We all have the ability to build the path towards our goal.

Now is the time to act and review the obstacles in the way of your success. No one is going to help you in achieving your aspiration unless you yourself take the lead. Chalk out a daily time-table towards your goal and start taking forwards strides towards it by working with full conviction and dedication.

Do not expect the success to be quick. Do not get disheartened by initial failures. Failures are the stepping stones to success. Life is dreaming and moving on despite all hiccups. So well put by Swami Vivekananda, *Arise! Awake! and stop not till the goal is reached...*

All the power is within you; you can do anything and everything...

Don't believe that you are weak, stand up and express the divinity.



Abhishek Jain
XII-C

Readers are Leaders

Reading has always been a habit of great leaders. It's one of the most powerful sources of growth, inspiration and new ideas. Reading is a great investment in your personal development. Effective reading is a habit that goes beyond just skimming or scanning. To get the most out of your reading time requires you to read books of quality. Quality books nourish your mind and inspire your heart. Develop the habit of reading quality books which are available in a broad range such as biographies, philosophy, science, literature and social sciences. This helps leaders broaden their world view and become multi-dimensional thinkers. We should also share what we read as the benefit of sharing your insight is that it inspires a culture of learning, reading and personal growth. Reading great books stimulates a leader's thinking and is a source of new ideas and insights. Leaders are always on the lookout for great new reads. Reading is to the mind what exercise is to the body. It keeps the brain active, healthy and productive. It is one of the best ways for a leader to keep learning,

growing and impacting the world around them. Reading has been around since the dawn of time and will not be going anywhere anytime soon. Reading allows us to capture periods of time that we would not otherwise be able to capture. Let us go back to history a bit. Thousands of years ago all civilizations like the Mesopotamians, Egyptians, Babylonians, Chinese, Indus and Greek had already developed a written language. Everywhere we have found written language been integrated into culture. We have also found an extensive wealth of technology more advanced than we would normally imagine. What was clear that those who knew how to read controlled the civilizations; and we knew about the contributions of these civilizations because they wrote about themselves and we read about them.

As it is rightly said by Garrison Keillor that "Books are a gift, leaders can open again and again" so we can conclude that readers are the actual leaders.

Himanshu Kapila
VIII-A



Mother Teresa

M for the Missionaries of charity.
O for the Organization of charity.
T for the Time which she spent to care.
H for the Heart filled with love and care.
E for the boundless Energy derived from divine.
R for the Rosary which she carried.
T for the Trust people had in her.
E for the Eagerness to help the sick and poor.
R for the Radiance which glows like a beam.
E for the Enthusiasm with which she worked.
S for the selfless Service she rendered
A for the Award she deserved.



Harnoor Kaur
V-C



The Story Of A Pencil

A boy was watching his grandmother writing a letter. At one point, he asked :
"Are you writing a story?" Is it about me?

His grandmother stopped writing and said to her grandson; "I am writing a story, but more important than story is the pencil I'm using. I hope you will be like this pencil when you grow up".

"It has five qualities which, if you manage to hang onto them, will make you a better person".

First Quality : You are capable of great things, but you must never forget that there is a hand guiding your steps. We call that the hand of God.

Second Quality : Now and then, I have to stop writing and use a sharpener. That makes pencil suffer but it becomes sharper. So, you must learn to bear certain pains and sorrows, because they will make you a better person.

Third Quality : The pencil allows to use an eraser to rub out any mistakes. This means that correcting something doesn't make you small.

Fourth Quality : What really matters in a pencil is not its wooden exterior, but the graphite inside. So always pay attention to what is happening inside you.

Fifth Quality : Pencil always leaves a mark. In the same way, you should know that, everything you do in life will leave a mark, so try to be conscious of your every action.



Pratyush Arora
VII-A

Riddles

1. What has a face and two hand but no arms or legs?
2. What five letter words become shorter when you add two letters to it?
3. What has a neck but no head?
4. What gets wetter as it dries?
5. Which letter of the alphabet has most water?
6. What starts with a P, ends with an E and has thousands of letters?
7. What is to be broken before you can use it?
8. What begins with 'T', ends with a 'T' and has tea in it?
9. Where does a Friday come before Thursday?
10. What kind of tree can you carry in your hand?

Bhabisa Shree
VI-B



- Answers :**
1. A clock
 2. Short
 3. Envelope
 4. A towel
 5. C
 6. The Post Office
 7. Egg
 8. A teapot
 9. In the dictionary
 10. A palm

1. Which two keys cannot open any doors?
2. What has a horn but does not make any noise?
3. What is big as an elephant but weighs nothing?
4. What is 4 legged but cannot walk?
5. I fly all day long, but I do not go anywhere. What am I?
6. You can serve it but cannot eat it?
7. I gets whipped and beaten, but it never cries. What is it?
8. If you threw white stone into red sea, what will happen to it?
9. What has its shoes on even while sleeping?



Japanjot Singh
VIII-B

- Answers :**
1. A donkey and a monkey
 2. A rhinoceros
 3. The shadow of an elephant
 4. A table
 5. I am a flag
 6. A tennis ball
 7. A egg
 8. It will become wet
 9. A horse

1. I am full of holes; I can hold water. What am I?
2. What are the two things people never eat before breakfast?
3. What has many keys but can't open any doors?
4. What goes up but never goes down?
5. What is always answered without being asked any question?



Hardik Kapoor
VI-A

- Answers :**
1. Sponge
 2. Lunch & Dinner
 3. Piano
 4. Age
 5. A doorbell

Smart Work is better than Hardwork

"You are Braver than you believe, stronger than you seem, Smarter than you think."

We would have seen people debating in many places – "Does Smart Work leads to Success or Hard Work leads to Success?" It's a right topic that needs an insight because people get confused in their approach while performing tasks. Smart Work helps a person complete work more efficiently. Smart Workers prioritize their tasks, complete the most important ones first and the rest later. This makes their job easy since they can act towards a solution depending on the priority.

On the other hand, it's really hard to find very clear guidelines on what working smart really means and how it's different from hard work. It's very obvious that even if you're determined that nobody will outwork you, you still have maximum limits regarding working hours that you reach pretty fast; and there's always someone who's willing to sleep less than you. On top of that many people work hard, but only a few become really successful. That's because smart work is what makes the difference.

Strategies to Smart work :

- Do physical and creative work
- Know what you want
- Look on the bright side of it
- Think before acting
- Put yourself first.



Arjit Singla
XI-C

Voice of an Unborn girl

When I think about her sagging state,
My heart fills with immense pain,
How I wish and dream
In her life
Happiness would rain
How she is far, being so near,
How each day
she lives with fear
To everyone she is very dear
but that doesn't make her state clear
when I think of her condition
How half of her species
never see daylight here
Before she could see the world
She sleeps forever.
Her dreams shattered into pieces!

This is the fate of an unborn girl!
Let's take an oath today, that we'll never
do female foeticide...
Save Girl Child!!



Vanshika
IX-A

When you dream to fly...!

When you dream to fly

The first step is to learn to cry!

It's not important, how far you go,

What matters is how you grow!

The growth as a person,

The aura of your emotions!

The atmosphere you create,

In the space you choose to inhale!

The smiles you bring,

When people there are afraid to swing!

When you dream to fly

The first step is to learn to cry!

The speed of the flight does not matter,

What matters is the batter!

The batter you put in,

Towards the journey of a positive completion!

When you dream to fly,

The first step is to learn to cry!

Cry to let the sadness go,

And welcome the beautiful tomorrow!

Because after every night, there is a bright day,

and not every tear is meant to stay!!



Lohhith Thakur
VI-B

Words

Words, they have no limits,
words can express so much
Love, hate, hope, peace,
What are they but words with deep meanings

Words, oh they can make
the world a beautiful place
If only they are kind and sweet
And thought about twice before they are spoken.

Words, they tell us everything
thoughts and feelings and so much more
Things beyond our imagination
We now know because of words

If only man knew how to use them
apart from breaking hearts,
this world could be a better place,
without bitter words.



Stuti Garg
X-D

My Friend

All your life you dedicated to help others
Treated all men like your very own brother
All your life you acted like a mister
Never let a girl get deprived of being a sister.

You were a kind soul
who unfortunately had landed in the hell
Did you let it break your spirit?
Your actions leave it redundant to hell

Didn't want any fame or glory
You left me taken aback when I heard your story
Despite the fact that you had once been victim of
glory
You spent rest of it by making everyone smile with
lorry

Oh my beloved friend I have to defy you
I can't let your sacrifices get trampled down the blue
I will not your essence get rotten
For you my friend is not forgotten.

Aseem Singla
XI-C



You and I

Oh my dear examination!
I have made no preparation,
I am terribly afraid of you
Kindly tell me what to do
You are early I am late
I am daily losing weight
Oh! go away you must
Let me learn my lessons first
Go where you like, but leave my room,
Otherwise I shall use my broom
You have disturbed my sound sleep
You are sure to make me weep
My body has become a skeleton
I don't know the laws of Newton,
Oh! I shall not bother about you.
What if, I get zeros just a few.

Yuvraj Dua
II-E



Anger – The tip of Matchstick



Anger is just like the tip of a matchstick. If we rub it with a harsh surface or words, it can destroy everything, even our entire life. We often get angry. Anger leads to revenge and then to huge wars. We can simply have an example of Mahabharata. The anger of Duryodhan led to his end only. Anger like a matchstick, should be kept tightly in a box; tightly packed and should be drained off from our lives. If it comes to its effect then we are sure to pay for it and regret throughout our life. We often have clashes among our friends and almost every time anger is the only major cause of all our clashes. Anger is the root of all the crises which culminates in end of relations and sometimes it is even an end of ourselves. We often hear a phrase 'Anger on the tip of the nose'. Is it beneficial to be angry? Actually, it is not. We all know that angry people are hated by the society and parted away. Today, no one has time to look out to such people who just go on rubbing their wounds. Today is the time to come forward without anger and just cure the wounds of each other.

Jot Kaur
VII-C



Depression - The Monster

If I showed my true colours, what would society think?
Would they laugh, show pity, or read the ink?
Every night I cannot sleep
Because my thoughts run so deep.

My focus is no longer there, anywhere
I don't know why I'm like this, I swear.

It seems like I'm well dressed.
That just means how much I am stressed

This darkness consumes my mind,
It's like I'm living my life blind.

"How are you?" "I'm fine".
But the truth lies between the lines.

The truth is you wouldn't last if this was in your brain.
But I've found a way to numb the pain
Monsters don't live under our Beds
They scream inside of our heads

Still I live with hope that one day I will win
I will defeat the monster that's under my skin.



Divita Kapoor
VII-C

हिन्दी विभाग

संपादकीय

श्रीमद् भगवद् गीता का अध्याय 10 व श्लोक 33

अक्षराणामकारोऽस्मि द्वन्द्वः सामासिकस्य च ।

अहमेवाक्षयः कालो धाताहं विश्वतोमुखः

भावार्थ –

अक्षरों में मैं आकार हूँ और समासों में द्वन्द्व समास हूँ। मैं शाश्वत काल भी हूँ और स्रष्टाओं में ब्रह्मा हूँ।

वर्तमान युग में देश और धरती के विकास के लिए प्रत्येक व्यक्ति का साक्षर होना आवश्यक है। इस साक्षरता मिशन को तभी संपन्न बनाया जा सकता है, जब देश का हर नागरिक यह प्रण ले कि हर वर्ग को शिक्षित करने में वह अपना योगदान देगा।

हमारे विद्यालय द्वारा 'एक्सप्रेस' पत्रिका छपवाने का उद्देश्य केवल विद्यार्थियों में छिपी योग्यताओं को उभारना है। इससे विद्यार्थियों में लेखन कौशल को सुधारा जा सकता है। इससे विद्यार्थियों का आत्म-सम्मान व जिम्मेदारियों को निभाने की भावना बढ़ती है। भाषा ही एक ऐसा माध्यम है, जिसके द्वारा हम छात्रों की भावनाओं व कल्पनाओं को आकार दे सकते हैं। ये प्रयास हम अपने देश के सुंदर भविष्य के लिए हमेशा करते रहेंगे।



श्रीमती भावना शर्मा
संपादिका

माँ

बन्द पलकों में सुहाने शबाब है माँ,
रोती आँखों की बदलती मुस्कान है माँ।
अन्धेरे में जो तन्हा हो,
तो भगवान की तरह साथ है माँ।

चोट कभी लगे,
जो ठोकर तू खाए,
तो इक आवाज आए
संभलकर बेटा!
फिर माँ याद आए।

जिन्दगी की इस भागदौड़ में
तू बढ़ता चला गया।
पीछे छूटता तेरा बचपन
तुझसे टूटता चला गया।

जब दर्द कोई गहरा गढ़ा
फिर थक कर बैठने तू लगा
फिर माँ के आँचल में खुद को समेटने लगा
फिर काँपते हाथों से माँ ने तुम्हें सम्माला
जिन्दगी में तू फिर आगे बढ़ने लगा



नव्या गुप्ता
दूसरी 'डी'

क्या सभी सच बोलते हैं ?

1. दर्जी — कल आपको कपड़े तैयार मिलेंगे।
2. डाक्टर — यह दवाई सुबह शाम पियो, बिल्कुल ठीक हो जाओगे।
3. विद्यार्थी — मैडम, काम तो किया था लेकिन कॉपी घर रह गई।
4. दुकानदार — यह सर्फ बहुत अच्छा है, दूसरा तो हाथ खराब कर देता है।
5. सब्जीवाला — आज सब्जी बिल्कुल ताजी है।
6. ज्योतिषी — यह महीना खराब है, अगला महीना बहुत अच्छा होगा।
7. मेहमान — नहीं! मैं अभी चाय पीकर आया हूँ।

चिंता रहती है

- | | | |
|---------------|---|-------------|
| किसान को | — | लगान की |
| विद्यार्थी को | — | इम्तिहान की |
| गायक को | — | तान की |
| कायर को | — | जान |
| की | | |
| कन्जूस को | — | मेहमान की |
| अमीर को | — | शान |
| की | | |
| व्यापारी को | — | नुकसान की |



त्रिपतनूर सिंह
चौथी 'ई'

हाय परीक्षा

आयी परीक्षा सिर पर देखो
मुँह से निकला हाय राम,
बने किताबी कीड़े हैं सब
छोड़ के देखो सारे काम।

रिश्तेदारों को है चिंता
हमसे ज्यादा खाय रही
फेल हुयी थी चुन्नी अपनी
बता के बुआ डराय रही,
बस उनके चक्कर में अब तो
जीना अपना हुआ हराम
बने किताबी कीड़े हैं सब
छोड़ के देखो सारे काम।

नींद न आती रातों को
उल्लू बन-बन जाग रहे
समझ न आये कौन दिशा में
दिमाग के घोड़े भाग रहे,
सिर में ऐसी दर्द छिड़ी है
भगा सके न झंडू बाम
बने किताबी कीड़े हैं सब
छोड़ के देखो सारे काम।

जादू-टोना, तंतर मंतर,
काम न कुछ भी करता है
इसके जाल में जो भी फँसता,

वो जीता न मरता है,
मंदिर मस्जिद
जहाँ भी जाओ
आता न मन को आराम
बने किताबी कीड़े हैं सब
छोड़ के देखो सारे काम।

जाने कौन वो मानव था
हमसे दुश्मनी जिसने निभायी
जाने किस बदले की खातिर
उसने फिर परीक्षा बनायी,
मिल जाए जो हमें कहीं वो,
कर दें उसका काम तमाम
बने किताबी कीड़े हैं हम
छोड़ के देखो सारे काम।

चैन कहाँ मिल रहा किसी को
किसे मिल रहा विश्राम
भागा दौड़ी मची हुयी है
कुछ बैठे जपते हैं नाम,
बनेगा क्या अब लगी है चिंता
सब सोचे यही सुबह और शाम
बने किताबी कीड़े हैं सब
छोड़ के देखो सारे काम।



तारा अरोड़ा
पाँचवी 'सी'

टीचर्स

जो मोम बनकर खुद पिघले, रोशन करे संसार
जो ज्ञान से वंचित रहें,
उन्हें टीचर दे संस्कार।
बुराईयों से बाहर निकाले, अच्छे दे विचार।
प्रेम भरे जो दिलो में,
खत्म करे अहंकार।
हर एक को शिक्षा देकर,
शिक्षक करे परोपकार।
बच्चों के तरफ से टीचर्स को मिलता रहे सत्कार
मिलकर रहे भारतवासी
यूँ ही बढ़ता रहे प्यार



गुरनाज कौर
दूसरी 'डी'

शिक्षक

माँ-बाप से भी ऊँचा मान होता है।
भारत में शिक्षकों का सम्मान होता है।
प्यार से डाँट से या कभी इनकार से,
शिष्यों के लिए शिक्षक वरदान होता है।
मिट्टी को हीरा सा कोहिनूर बनाना है।
नींव के ईंटों में योगदान होता है।
ज्ञान का भण्डार इनके चरणों में यारों,
रोम-रोम इनसे प्रकाश-मान होता है।
जीवन अंश 'मानस' चरणों में है अर्पण,
आँख खोल देता, कृपानिधान होता है।
भारत में शिक्षकों का सम्मान होता है।



आरुशी चौहान
चौथी 'डी'

आश्चर्यजनक तथ्य

- एक खोज से पाया गया है कि ज्यादातर लोग वही करते हैं जो उन्हें न करने के लिए कहा जाता है।
- हर 2000 बच्चों में से एक बच्चा दांत के साथ जन्म लेता है।
- पृथ्वी पर हर साल करीब 1 मिलियन भूकंप आते हैं।
- यदि पेट में स्पर्शक ना होते तो पेट स्वयं को ही पचा लेता है।
- अब तक का सबसे भारी हैलस्टोन (ओला) बांग्लादेश में 1986 में गिरा था, जो पूरे 1 किलो का था।
- हर सेकंड में तकरीबन 100 बार बिजलियाँ पृथ्वी से टकराती हैं।
- दुनिया का सबसे ऊँचा वृक्ष ऑस्ट्रेलियान युकेलिप्टस है और 1872 में उसकी ऊँचाई 435 फीट थी।
- हंपबैक व्हेल की पुकार 500 मील दूर भी सुनी जा सकती है।



सोमिल मलिक
दसवीं-डी

जहाँ चाह, वहाँ राह

एक घोड़ा ऐसा था जो चाहता तो सब घोड़ों को पछाड़ सकता था। परंतु उसकी समस्या यह थी कि वह चाहता ही नहीं था। मनुष्य में योग्यता हो, शक्ति हो और बाहर से प्रेरणा भी हो, किंतु मन में तीव्र चाह न हो तो सफलता नहीं मिल सकती। मनुष्य की सबसे बड़ी शक्ति है — इच्छा शक्ति। उसी के कारण मनुष्य उत्साहित होता है और उसी के कारण दिन-रात जूझता है। उसका आत्मबल तभी जागता है जब उसके मन में उमंग और तरंग जाग उठती है। अगर मनुष्य में सच्ची लगन हो तो कठिन-से-कठिन काम भी सरल लगने लगते हैं। जिस दिन मनुष्य मन में

दृढ़ संकल्प ठान लेता है, उसी दिन से राहें आसान होना शुरू हो जाती हैं। जब वासुदेव के मन में संकल्प जाग गया कि उन्होंने नवराज कहैया को यमुना-पार ले जाना है तो उफनती हुई यमुना भी उनका कुछ न बिगाड़ सकी। यह बात सच है कि मन में चाह हो तो कोई-न-कोई रास्ता अवश्य निकल आता है।



मुस्कान
दसवीं-सी

शिक्षक

माताएँ देती नवजीवन, पिता सुरक्षा करते हैं,
लेकिन सच्ची मानवता, शिक्षक जीवन में भरते हैं।
सत्य, न्याय के पथ पर चलना, शिक्षक हमें बताते हैं,
जीवन-संघर्षों से लड़ना, शिक्षक हमें सिखाते हैं।

ज्ञानदीप की ज्योति जलाकर, मन आलोकित करते हैं,
शिक्षक विद्या का धन दे कर, जीवन में सुख भरते हैं।
ईश्वर से बढ़कर है शिक्षक, यह कबीर बतलाते हैं,
दीपक जैसे जलकर वो, देव ज्योति बन जाते हैं।
जीवन में कुछ पाना है तो, शिक्षक का सम्मान करो,
शीश झुकाकर श्रद्धा से, दोस्तों उन्हें प्रणाम करो।



सक्षम
दसवीं-ए

श्रीमद् भगवद् गीता के जीवन में सफल होने के संदेश

- जो हुआ, अच्छे के लिए हुआ, जो हो रहा है वह भी अच्छे के लिए ही हो रहा है, जो होगा वो भी अच्छे के लिए ही होगा।
- परिवर्तन ही संसार का नियम है।
- मनुष्य विश्वास से बनता है, आप जैसे विश्वास रखते हैं वैसे ही बन जाते हैं।
- कर्म करो, फल की चिंता नहीं।
- मनुष्य अपने विचारों से ऊँचाइयाँ भी छू सकता है और खुद को गिरा भी सकता है — क्योंकि हर व्यक्ति खुद का मित्र भी होता है और शत्रु भी।
- संदेह के साथ कभी भी खुशी नहीं मिल सकती—न इस लोक में न परलोक में।
- ध्यान से मन एक दीपक की लौ की तरह अटूट हो जाता है।
- जो इंसान मेरे दिखाए इन मार्गों पर चलेगा वो कभी भी अपने जीवन में हताश नहीं हो पायेगा उसे कोई न कोई रास्ता जरूर मिलेगा।



गुरलीन बर्मा
दसवीं-डी

मिट गई हमारी हस्ती

बरबाद हो गए हम, उजड़ गई मेरी बस्ती
किसको दोष दूँ मैं, किसने उजाड़ी मेरी हस्ती
तूफान किसने बुलाया, हमारी रूह को किसने रूलाया
अब सी.एम., पी.एम. कोई नहीं आते
बह रही हैं लाशें

मेरी पड़ोस की वो बुढ़िया, जिसे मैं कहती थी नानी
अब उसकी भी नहीं है कोई निशानी
ये कैसा जुल्म है
ऐ तूफान तूने मेरे शहर को क्यों उजाड़ा
या खुदा मैं तुझे ही दोष दूँगी
तूने क्यों छोड़ दिया हमें बेसहारा
जवान कंधों ने लाशों को ढोया है
इस तूफान में हमने भी बहुत कुछ खोया है।

यूँ भीगे कि दिल की ज़मीन तक नम हो गई
कौन बचा, किसको कहें कि हमारा है
बचा लो हमें, बचा लो हमें कि हम बेसहारा हैं।

बचा लो हमें कि हम बेसहारा हैं।

Please Pray for Kerala!

कोई चीज़ है तो

- | | | |
|-------------------------------|---|---------|
| जीतने के लिए कोई चीज़ है तो | — | प्रेम |
| पीने के लिए कोई चीज़ है तो | — | क्रोध |
| खाने के लिए कोई चीज़ है तो | — | गम |
| दिखाने के लिए कोई चीज़ है तो | — | दया |
| देने के लिए कोई चीज़ है तो | — | दान |
| लेने के लिए कोई चीज़ है तो | — | ज्ञान |
| कहने के लिए कोई चीज़ है तो | — | सत्य |
| रखने के लिए कोई चीज़ है तो | — | इज्जत |
| त्यागने के लिए कोई चीज़ है तो | — | ईर्ष्या |
| छोड़ने के लिए कोई चीज़ है तो | — | मोह |



भव्या ग़ोवर
छठी-बी

हिंदी चुटकुले

डॉक्टर (संता से) — आपकी एक किडनी फेल हो गई है।

संता बहुत रोया.... फूट फूट कर रोया....

थोड़ी देर बाद आँसू पोंछते हुए बोला "कितने नंबर से" !...

बंता — तुम्हारी आँख क्यों सूजी हुई है?

संता — कल मैं अपनी पत्नी के जन्मदिन पर केक ले आया था।

बंता — तो इसका आँख सूजने से क्या संबंध है।

संता — मेरी पत्नी का नाम तपस्या है, लेकिन केक वाले ने गलती से लिख दिया "हैप्पी बर्थ डे समस्या।"



हंसी का खज़ाना

माँ — यहाँ खड़े होकर मुझे बताओ कि तुम्हारे नम्बर कितने आए हैं।

राजू — खड़ा नहीं हुआ जाता।

माँ — क्यों

राजू — माँ, अभी पिता जी को नम्बर बताए थे।

हनी फिजिक्स का एग्जाम देने गया, पेपर में सवाल पूछा गया "कौन सा लिक्विड गर्म करने पर सॉलिड बन जाता है?"

हनी का जवाब — "पकौड़े"

हनी और मनी जंगल में जा रहे थे और सामने से शेर आ गया। हनी ने उस की आँखों में मिट्टी डाल दी और मनी से बोला "भाग"।

मनी — मैं क्यों भागू? मिट्टी तूने डाली तू भाग।

दोस्त की शादी में प्रवीण ने नवीन से पूछा "क्या आप डॉस करना पसंद करोगे।"

नवीन — खुश होते बोला, "हाँ-हाँ।"

प्रवीण — "तो फिर आपकी कुर्सी मैं ले जाऊँ।"

सोहन — "भाई, बाल छोटे कर देना"

नाई — "कितने छोटे करने हैं।"

सोहन — इतने छोटे कि मास्टर के हाथ में न आ सकें।



वंशिका घई
नीवी-सी

चुटकले

अनिल — तुम्हारे दाँत कैसे टूट गए?

सुनील — हँसने के कारण।

अनिल — हँसने के कारण?

सुनील — हाँ यार, कल मैं एक पहलवान को देखकर हँस पड़ा था।

बेटा — पापा अगर मैं कक्षा में प्रथम आया तो आप मुझे क्या देंगे।

पिता — साइकिल।

बेटा — और अगर फेल हो गया!

पिता — तब रिक्शा दे दूँगा।



हरसिमरन
छठी-सी

चुटकले

दो चूहे पेड़ पर बैठे थे नीचे से हाथी गुज़रा एक चूहा हाथी पर गिर पड़ा तभी दूसरा चूहा बोला, "दबा कर रख इसको, मैं भी आता हूँ।"

संता — नया कलर टी.वी. लाया और पानी में डूबाने लगा।

बंता — ये तुम क्या कर रहे हो?

संता — चैक कर रहा हूँ कहीं रंग तो नहीं निकल रहा, क्योंकि अभी गारंटी में है।



प्रमदीप सिंह चीमा
दसवी-सी

हमारा स्कूल

सेक्रेड हार्ट स्कूल हमारा है, ज्ञान की खान
चमक रहा चारों ओर ये बनकर विश्व की आन।
हर क्षेत्र में बनाया इसने स्थान,
इसलिए है इसकी अनोखी शान
हमारे स्कूल ने पाए हैं कई पुरस्कार
जो हैं इसकी मेहनत के उपहार
हमारा स्कूल बन गया है, सुंदर बगीचा,
जिसे प्रिंसिपल महोदया, अध्यापकगण
और विद्यार्थियों ने सींचा।
हमारा स्कूल देता है जरूरतमंदों को सहारा,
चमका देता है उनकी किस्मत का तारा।
हमारा स्कूल सबसे न्यारा, लगता सबको प्यारा,
दिखाएंगे दुनिया को कितना अच्छा है स्कूल हमारा
यहाँ के अध्यापक करते हैं बच्चों से प्यार,
तभी यहाँ पढ़ते विद्यार्थी कई हजार
हैं 'भव्या' की प्रार्थना
स्कूल की हमेशा होती रहे सराहना



भव्या ग्रोवर
छठी-बी

दोस्त हो तो ऐसा



दोस्त हो तो ऐसा

जो हर गलत काम से पहले मारें हाथ,
बताए हमेशा सही बात।

जो तारीफ़ करते हुए न हिचकिचाए,
हमें अपनी गलतियाँ दिखाए।

अंक हमेशा अच्छे लाए,

हर दम हमें खुश देखना चाहे।

जिसने जीवन में न कभी गलत काम किए,
काश, हमारे अच्छे दोस्त सदियों तक जिए।



सहजबीर सिंह लूथरा
दसवीं-बी

सच यहीं है

तुम्हें लगता है सच शब्दों के बीच रहता है?
घुमावदार सड़क के मोड़ पर बैठता है?
चौराहे पर खड़ा सिर्फ जोर से हँसता है?
अँधेरे में सबको और सब कुछ देखता है?

मुझे लगता है सच न कुछ दिखाता है न बोलता,
और न ही किसी दरवाजे को कभी खोलता।

सच एक आम आदमी की तरह जीता है,
झूठ के चीथड़ों को सीकर पहनता है।

लोग कहते हैं कि झूठ चाह है और सच आह,
जब-जब यह साथ चलें, तब एक क्षण की वाह।

सच मानो, झूठ भी तो सच्चे दिल से जीता है,
कुछ अनकहे सच के सिलसिलों को सीता है।

सच तो सब तरफ है, झूठ कहीं नहीं कभी,
कहानियों को हम बनाते भी हैं और झूठलाते भी।



स्वरूप कौर गिल्ल
पाँचवीं 'डी'

गर्मी

दिन हुए बड़े, रातें छोटी,

भागी सर्दी, गर्मी लौटी।

मच्छर, मक्खियाँ लाई संग,

करने लगे जो सबको तंग।

बाहर निकलो तो धूप है खिलती,

गर्म हवा भी खूब है चलती।

घड़ी-घड़ी लगती है प्यास,

कूलर, पंखों के रहते पास।

नहीं भाती अब कॉफी-चाय,

ठंडा पीये ही मन को भाए,

पसीना आता बार-बार,

नहाने से ही मिले करार।

बड़ा सताती है यह गर्मी,

क्यों जल्दी है आती गर्मी।



प्रेक्षा जैन
छठी-बी

आलस्य परम शत्रु



मनुष्य स्वभाव में आलस्य का भाव स्वभाविक रूप से रहता है। संत कबीर दास जी ने कहा भी है कि 'काल करै सो आज कर, आज करै सो अब, पल में प्रलय होयगी, बहुरि करेगा कब' हर मनुष्य सोचता है कि अपना काम तो वह कभी भी कर सकता है पर ऐसा सोचते हुए उसका समय निकलता जाता है। चतुर मनुष्य इस बात को जानते हैं इसलिए ही वह विकास के पथ पर चलते हैं। अक्सर लोग अपनी असफलता और निराशा को लेकर भाग्य को कोसते हैं जबकि वास्तविकता यह है कि विकास का समय हर आदमी के पास आता है और जो अपने ज्ञान और विवेक से उसका लाभ उठाते हैं उनकी पीढ़ियों का भी भविष्य सुधर जाता है। संसार में सफल और प्रभावशाली व्यक्तित्व का स्वामी तथा प्रतिष्ठा प्राप्त लोगों की संख्या आम लोगों से कम होती है इसका कारण यह है कि सभी लोग समय का महत्व नहीं समझते और आलस्य के भाव से ग्रसित रहते हैं। जीवन में निरंतर सक्रिय रहने से मनुष्य के चेहरे और मन से स्फूर्ति बनी रहती है और बड़ी आयु होने पर भी उसका अहसास नहीं होता। आलस्य मनुष्य का एक बड़ा शत्रु माना जाता है।

इसलिए उससे मुक्ति पाना ही श्रेयस्कर है। कोई काम सामने आने पर उसका तुरंत प्रारंभ कर देना चाहिए, यही जीवन में सफलता का मूलमंत्र है।



ज्योती कौर
नौवीं-डी

अनमोल वचन

1. अपनी खुशियों को गिनो, मुसीबतों को नहीं।
2. बुरी भावना आँखों पर पर्दा डाल देती है। पर्दे के कारण ईश्वर के दर्शन नहीं होते।
3. वक्त और समुद्र की लहरें किसी का इंतजार नहीं करती।
4. उदासी हमारे जीवन को बर्बाद कर देती है।
5. काम करने से इतनी थकावट नहीं होती, जितनी टाल मटोल से होती है।
6. जैसी मति वैसी गति।
7. जीम सुधरे तो जीवन सुधरे, जीम बिगड़े तो जीवन बिगड़े।
8. समय का पहिया चलता है। इस पहिये के आगे हर किसी का भाग्य बदलता है।



सिरजन कौर
नौवीं-डी

प्रार्थना

इतनी मेहरबानी मेरे ईश्वर
बनाये रखना।
जो रास्ता सही हो उसी पर
चलाये रखना।।
न दिल दुखे किसी का
मेरे कार्य से, मेरे शब्दों से
इतना करम तू भगवन
मुझ पर बनाये रखना
न हथियार से मिलती है
न अधिकार से मिलती है,
दिलों में जगह सिर्फ...
सद् व्यवहार से मिलती है।



अथर्व मिंगलानी
नौवीं-डी

कोशिश कर

कोशिश कर, हल निकलेगा।
आज नहीं तो, कल निकलेगा।
अर्जुन के तीर सा सध,
मरुस्थल से भी जल निकलेगा।
मेहनत कर, पौधों को पानी दे,
बंजर जमीन से भी फल निकलेगा।
ताकत जुटा, हिम्मत को आग दो,
फौलाद का भी बल निकलेगा।
जिन्दा रख दिल में उम्मीदों को,
गरल के समन्दर से भी गंगाजल निकलेगा।
कोशिशें जारी रख कुछ कर गुजरने की,
जो है आज थमा थमा सा, चल निकलेगा।।



पवनीत कौर
नौवीं-डी

आलू का परांठा

देख परांठा आलू का,
मन ललचाया आलू का
बोला, हम भी खाएँगे,
कुछ घर पर ले जाएँगे
कहे लोमड़ी न-न-न,
ये घर पर ले जाना ना।
इतने सेंक न पाऊँगी,
खुद भूखी रह जाऊँगी।

भव्या ग्रोवर
छठी-बी



योग का महत्व

करते हैं जो रोज़ाना योग
पास नहीं फटकता उनके रोग।

योग कई सदियों से चला आ रहा है। चाहे जमाना हो पुराना, चाहे हो आज का योग की महानता मनुष्य के जीवन में कभी कम नहीं हो सकती। आज देखा जाए तो कोई ऐसा व्यक्ति नहीं मिलेगा। जो योग के बारे में न जानता हो। पुराने समय से ही योग का प्रचलन है। पहले लोग योग की महत्त्व को कम जानते थे। किन्तु जैसे-जैसे उन्नति की तरफ लोगों के कदम जा रहे हैं। वैसे ही उनमें योग को करीब से जानने की इच्छा जाग रही है। इस समय योग की चर्चा पूरे भारत में है और इस बात पर ज़रूर ध्यान देना चाहिए—

शरीर में से करने है खत्म सभी रोग,
तो यह होगा सिर्फ करने से योग।

योग करने से बुद्धि भी बहुत तेज़ होती है, हमारी स्मरण शक्ति बढ़ती है। हमें ज्ञान मिलता है और इसका लाभ ही लाभ होता है। योग करने से चर्बी कम होती है। और हमें यह निश्चय धारण करना चाहिए यह प्रण करना चाहिए कि देश को उन्नति की राह पर लाना है, समाज को बीमारियों से दूर भगाना है तो यह सिर्फ हो सकता है योग से।

“जिनका हो रोग दूर करने का ख्वाब,
उनको ही होता है, योग से
लाभ।”



अथर्व मिगलानी
नौवीं-डी

माँ

‘सदका’ भी दे दिया,
नज़र भी उतार दी।
दौलत सकून-ओ चैन की
मुझ पर वार दी,
मैंने कल शाम यूँ ही कहा—
कि मेरी तबीयत खराब है,
‘माँ’ ने पूरी रात...
दुआओं में गुज़ार दी।।



पहेलियाँ

1. खाना कभी नहीं खाता वह, और न पीता पानी। उसकी बुद्धि के आगे तो, हार मानते ज्ञानी।
2. काला घोड़ा सफ़ेद सवारी, एक के बाद आएगी, एक की बारी।
3. ऐसा कौन सा फल है जिसके ऊपर छिलका नहीं, काँटे तो बीज नहीं।
4. पानी से बनती, पानी दे जाती, मिटकर भी मैं, पानी दे जाती।
5. खींचे पानी निकले धुआँ, सच बताओ कैसा कुआँ।
6. दिन रात मैं रहूँ दौड़ती, दूर-दूर तक जाती। सातों दिन मेरे लिए काम के बिछुड़ों का सदा मिलाती।
7. छोटी-छोटी कोठरी है रस से भरपूर। मालिक इसके कटखने रहना इनसे दूर।
8. दोनों जैसे जुड़वा भाई, दोनों पक्के यार।
बिछुड़े अगर एक दूसरे से, तब दोनों बेकार।

पूँछ (8)

लकड़ का छिपकिल (7)

झींगल (6)

लकड़ (5)

कुत्ता (4)

पूँछ (3)

लकड़-लकड़ (2)

लकड़ (1)

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जसनूर सिंह
नौवीं-सी

कलम, आज उनकी जय बोल!

जो अगणित लघु दीप हमारे,
तूफ़ानों में एक किनारे,
जल-जलकर बुझ गए किसी दिन,
माँगा नहीं स्नेह मुँह खोल।
कलम, आज उनकी जय बोल।
पीकर जिनकी लाल शिखाएँ,
उगल रही सौ लपट दिशाएँ,
जिनके सिंहनाद से सहमी,
धरती रही अभी तक डोल।
कलम, आज उनकी जय बोल।
अँधा चकाचौंध का मारा,
क्या जाने इतिहास बेचारा,
साखी है उनकी महिमा के,
सूर्य चन्द्र, भूगोल, खगोल।
कलम, आज उनकी जय बोल।



जेनिफर सिंह
दसवीं-डी



तुषार कपूर
दसवीं-ए

खुदा का दूसरा रूप है 'माँ'

जब एक रोटी के चार टुकड़े हो और खाने वाले पाँच तब मुझे भूख नहीं है ऐसा कहने वाली व्यक्ति है 'माँ'।

हर वो इंसान जिसके पास माँ है वो दुनिया का सबसे खुशनसीब व्यक्ति है और उसे भगवान से ढेर सारा आशीर्वाद मिला हुआ है। ढेर सारे दुख, पीड़ा सहकर वो हमें जन्म देती है और हमें निस्वार्थ प्यार करती है। अपने बच्चों के बुरे दिनों में और बीमारियों में रात-रात जागती है। खुद गीली जगह में सोकर बच्चों को सूखे में सुलाती है। माँ अपने बच्चों की खुशी में अपनी

खुशी को कुछ नहीं समझती।

हर रिश्ते में मिलावट देखी,
कच्चे रंगों की सजावट देखी,

लेकिन सालों साल देखा है माँ को

उसके चहरे पे

न कभी थकावट देखी

न ममता में

कभी मिलावट देखी।



अवनीज्योत कौर
छती-बी

माँ हमारे जीवन की पहली शिक्षक और सबसे पहली दोस्त है। वे हमें अच्छे-बुरे का फर्क करना सिखाती हैं इसलिए बच्चों को चाहिए कि वह अपनी माँ का दर्द समझे और उसकी कदर करें।

खुदा का दूसरा रूप है माँ

ममता की गहरी झील है माँ

वह घर किसी जन्नत से कम नहीं जिस घर में खुदा की तरह पूजी जाती है 'माँ'।

पेड़ को बचाओ ज़िंदगी को बचाओ

पेड़ ना कोई कटने पाए

जंगल अब ना घटने पाए

मिलकर हम सब कसम ये खाएँ

आओ मिलकर पेड़ लगाएँ



सार्थक शर्मा
सातवीं-डी



हठ कर बैठा चाँद एक दिन माता से यह बोला सिलवा दो माँ मुझे ऊन का मोटा एक झिंगोला सन सन चलती हवा रात भर जाड़े में मरता हूँ ठिठुर ठिठुर कर किसी तरह यात्रा पूरी करता हूँ आसमान का सफर और यह मौसम है जाड़े का न हो अगर तो ला दो मुझको कुर्ता ही भाड़े का बच्चे की सुन बात कहा माता ने अरे सलोने कुशल करे भगवान लगे मत तुझको जादू टोने जाड़े की तो बात ठीक है पर मैं तो डरती हूँ एक नाप में कभी नहीं तुझको देखा करती हूँ कभी एक अंगुल भर चौड़ा कभी एक फुट मोटा बड़ा किसी दिन हो जाता है और किसी दिन छोटा घटता बढ़ता रोज़ किसी दिन ऐसा भी करता है नहीं किसी की भी आँखों को दिखलाई पड़ता है अब तू ही यह बता नाप तेरा किस रोज़ लिवायें? सी दें एक झिंगोला जो हर रोज़ बदन में आवे?



मन्नत सिद्धू
सातवीं-ए

“ਦਰਪਣ”

ਪੰਜਾਬੀ ਵਿਭਾਗ

ਸੰਪਾਦਕੀ

ਸਾਹਿਤ ਸਾਡੇ ਜੀਵਨ ਦਾ ਅਜਿਹਾ ਦਰਪਣ ਹੈ, ਜਿਥੋਂ ਸਾਡੀ ਬੋਲੀ, ਸੱਭਿਆਚਾਰ ਅਤੇ ਕਿੱਤੇ ਦੇ ਦਰਸ਼ਨ ਹੁੰਦੇ ਹਨ। ਸਾਹਿਤ ਸਾਡੇ ਵਿਕਾਸ ਦੀ ਕਹਾਣੀ ਹੈ ਤੇ ਆਦਮੀ ਦਾ ਸੁਚੱਜਾ ਸਾਥੀ। ਜਿਸ ਤਰ੍ਹਾਂ ਪੰਜਾਬੀ ਲੇਖਕਾਂ ਨੇ ਪੰਜਾਬੀ ਮਾਂ-ਬੋਲੀ ਦੀ ਸੇਵਾ ਵਿੱਚ ਅਥਾਹ ਕਿੱਸੇ, ਕਹਾਣੀਆਂ, ਨਾਵਲ, ਵਾਰਤਕ ਆਦਿ ਰਚੇ ਹਨ, ਉਸੇ ਤਰ੍ਹਾਂ ਦਾ ਹੰਭਲਾ ਸਾਡੇ ਸਕੂਲ ਰੂਪੀ ਬਗੀਚੇ ਦੇ ਫੁੱਲਾਂ ਭਾਵ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਵੀ ਮਾਰਿਆ ਹੈ, ਜਿੰਨ੍ਹਾਂ ਦੇ ਦਿਲਾਂ ਵਿੱਚ ਸਾਹਿਤਕ ਚੇਟਕ ਪੈਦਾ ਹੋਈ ਹੈ। ਇਸ ਮੈਗਜ਼ੀਨ ਵਿੱਚ ਉਨ੍ਹਾਂ ਦੁਆਰਾ ਲਿਖੀਆਂ ਇਨ੍ਹਾਂ ਕਥਾਵਾਂ, ਕਹਾਣੀਆਂ, ਵਿਚਾਰਾਂ ਅਤੇ ਲੇਖਾਂ ਰਾਹੀਂ ਉਨ੍ਹਾਂ ਦੀ ਸਿਰਜਨਾਤਮਕ ਪ੍ਰਤਿਭਾ ਨੂੰ ਵੀ ਵਿਗਸਣ ਦਾ ਮੌਕਾ ਮਿਲਿਆ ਹੈ। ਇਨ੍ਹਾਂ ਦੀਆਂ ਰਚਨਾਵਾਂ ਵਿੱਚ ਬਹੁਤ ਸੰਭਾਵਨਾਵਾਂ ਮੌਜੂਦ ਹਨ ਤੇ ਇਸ ਰਾਹੀਂ ਭਵਿੱਖ ਵਿੱਚ ਹੋਰ ਵੀ ਪਰਪੱਕ ਰਚਨਾਵਾਂ ਦੀ ਆਸ ਬੱਝਦੀ ਹੈ।



ਸ਼੍ਰੀਮਤੀ ਗਗਨਦੀਪ ਕੌਰ
ਸੰਪਾਦਕ



ਵੱਧਦੇ ਬਿਰਧ ਆਸ਼ਰਮ ਇਨਸਾਨੀਅਤ ਤੇ ਸਵਾਲੀਆ ਚਿੰਨ੍ਹ?

ਬੁਢਾਪਾ ਜ਼ਿੰਦਗੀ ਦੇ ਆਖਰੀ ਪੜਾਅ ਦੀ ਨਿਸ਼ਾਨੀ ਹੈ। ਉਮਰ ਦੇ ਇਸ ਪੜਾਅ ਤੱਕ ਪਹੁੰਚਦਿਆਂ ਵਿਅਕਤੀ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਆਏ ਉਤਰਾਅ-ਚੜ੍ਹਾਅ ਅਤੇ ਜ਼ਿੰਦਗੀ ਦੀਆਂ ਤਲਖ ਹਕੀਕਤਾਂ ਨੂੰ ਹੰਢਾਉਂਦਿਆਂ ਹੋਇਆਂ ਸੂਝਵਾਨ ਹੋ ਜਾਂਦਾ ਹੈ। ਉਹ ਆਪਣੇ ਤਜਰਬਿਆਂ ਦੇ ਅਧਾਰ ਤੇ ਆਪਣੇ ਪਰਿਵਾਰ ਨੂੰ ਸਲਾਹ-ਮਸ਼ਵਰੇ ਦਿੰਦਾ ਹੈ ਤਾਂ ਜੋ ਉਹ ਹੋਰ ਤਰੱਕੀ ਕਰ ਸਕਣ। ਉਮਰ ਦੇ ਲਿਹਾਜ਼ ਨਾਲ ਉਸ ਦੇ ਸੁਭਾਅ ਵਿੱਚ ਵੀ ਤਬਦੀਲੀਆਂ ਆ ਜਾਂਦੀਆਂ ਹਨ। ਕਈ ਵਾਰ ਉਸ ਵਿੱਚ ਆਈਆਂ ਇਹ ਤਬਦੀਲੀਆਂ ਤੇ ਉਸ ਦੇ ਮਸ਼ਵਰੇ ਪਰਿਵਾਰ ਨੂੰ ਰੜਕਣ ਲੱਗ ਪੈਂਦੇ ਹਨ ਤੇ ਦੋ ਪੀੜੀਆਂ ਵਿੱਚ ਟਕਰਾਅ ਪੈਦਾ ਹੋ ਜਾਂਦਾ ਹੈ। ਸਿੱਟੇ ਵਜੋਂ ਘਰ-ਪਰਿਵਾਰ ਵਿੱਚ ਰਹਿੰਦੇ ਹੋਏ ਵੀ ਇਹ ਬਜ਼ੁਰਗ ਡਾਲੀ ਨਾਲੋਂ ਟੁੱਟੇ ਹੋਏ ਫੁੱਲ ਵਾਂਗ ਹੋ ਜਾਂਦੇ ਹਨ। ਨਵੀਂ ਪੀੜੀ ਬਜ਼ੁਰਗਾਂ ਦੀ ਦਖਲ ਅੰਦਾਜ਼ੀ ਬਰਦਾਸ਼ਤ ਨਹੀਂ ਕਰਦੀ। ਆਲੀਸ਼ਾਨ ਘਰਾਂ ਵਿੱਚ ਵੀ ਉਹਨਾਂ ਦੇ ਰਹਿਣ ਨੂੰ ਥਾਂ ਨਹੀਂ ਬਚਦੀ ਤੇ ਉਹਨਾਂ ਨੂੰ ਭੇਜ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ ਬਿਰਧ ਆਸ਼ਰਮਾਂ ਵਿੱਚ। ਬੁਢਾਪਾ ਤਾਂ ਇੱਕ ਕੁਦਰਤੀ ਪ੍ਰਕਿਰਿਆ ਹੈ ਜੋ ਕਿ ਹਰ ਇੱਕ ਤੇ ਆਉਂਦਾ ਹੈ। ਲੋੜ ਹੈ ਇਸ ਗੱਲ ਨੂੰ ਸਮਝਣ ਦੀ ਤੇ ਆਪਣੀ ਸੋਚ ਬਦਲਣ ਦੀ।

ਕਸ਼ਿਸ਼ ਗੋਇਲ
ਦਸਵੀਂ-ਬੀ



ਨਸ਼ੇ ਜਾਂ ਪਰਿਵਾਰ?

ਵੇ ਤੇਰੇ ਦੋਸਤ ਅੱਜ ਤੈਨੂੰ ਨਸ਼ਿਆਂ ਵਿੱਚ ਲਾ ਚੱਲੇ,
ਘਰ ਬੈਠੀ ਤੇਰੀ ਮਾਂ ਨੂੰ ਰੁਆ ਕੇ ਉਹਦੀ ਕੁੱਖ ਉਜਾੜ ਚੱਲੇ।
ਜਿੰਨ੍ਹਾਂ ਰੱਖਿਆ ਤੈਨੂੰ ਸਾਹਾਂ ਤੋਂ ਵੀ ਕੋਲ ਵੇ,
ਅੱਜ ਛੱਡ ਚੱਲਿਆ ਤੂੰ ਉਹਨਾਂ ਨੂੰ ਰੋਲ ਵੇ।
ਤੇਰੀ ਮਾਂ ਨੇ ਪਾਲਿਆ ਤੈਨੂੰ ਖਵਾ-ਖਵਾ ਚੂਰੀਆਂ ਵੇ,
ਤੇ ਪਿਤਾ ਨੇ ਕੀਤੀਆਂ ਤੇਰੀਆਂ ਇੱਕ-ਇੱਕ ਰੀਝਾਂ ਪੂਰੀਆਂ ਵੇ।
ਜਿਸ ਬਾਪੂ ਦੇ ਦਿਲ 'ਤੇ ਕੀਤਾ ਸੀ ਤੂੰ ਕਦੇ ਰਾਜ ਵੇ
ਅੱਜ ਉਸਦੀ ਪੱਗ ਦੀ ਨਾ ਰੱਖੀ ਤੂੰ ਲਾਜ ਵੇ?
ਰੋਂਦੀ ਤੇਰੀ ਮਾਂ ਦੇ ਦਿਲ ਵਿੱਚ ਇੱਕ ਹੀ ਸਵਾਲ ਵੇ,
ਕਿ ਕਿਉਂ ਮੇਰਾ ਪੁੱਤ ਟੀਕੇ ਲਾ-ਲਾ ਹੋਇਆ ਬੇਹਾਲ ਵੇ।
ਤੇਰੀ ਭੈਣ ਰੋਂਦੀ ਤੈਨੂੰ ਵੇਖ ਕੇ, ਜਿਹਦੀ ਅੱਖ ਦਾ ਤੂੰ ਤਾਰਾ ਵੇ
ਜਿਸਦੀ ਰੱਖਤੀ ਵਾਲੇ ਗੁੱਟ ਦਾ ਤੂੰ ਇੱਕੋ ਹੀ ਸਹਾਰਾ ਵੇ,
ਕਲਪਦੀ ਉਹ ਇਹ ਸੋਚ ਕੇ, ਕਿਉਂ ਡਿੱਗਿਆ ਫਿਰਦਾ ਮੇਰੇ ਵੀਰਿਆ?
ਆਖਰ ਕਿਉਂ ਮਿੱਟੀ ਹੋਇਆ ਏਂ, ਮੇਰੇ ਬਾਬਲ ਦਿਆ ਹੀਰਿਆ।



ਮਹਿਕਪ੍ਰੀਤ ਕੌਰ
ਦਸਵੀਂ-ਬੀ

ਇੱਕ ਵਾਰ ਦੀ ਗੱਲ ਹੈ ਕਿ ਇੱਕ ਆਦਮੀ ਆਪਣੇ ਘੋੜੇ ਨੂੰ ਸ਼ਹਿਰ ਵੇਚਣ ਲਈ ਜਾ ਰਿਹਾ ਸੀ। ਜਦੋਂ ਉਹ ਸ਼ਹਿਰ ਦੇ ਨੇੜੇ ਪਹੁੰਚਿਆ, ਤਾਂ ਉਸ ਨੂੰ ਭੁੱਖ ਲੱਗ ਗਈ। ਉਸ ਨੇ ਆਪਣੇ ਘੋੜੇ ਨੂੰ ਦਰੱਖਤ ਨਾਲ ਬੰਨ੍ਹ ਦਿੱਤਾ ਅਤੇ ਸਾਹਮਣੇ ਵਾਲੇ ਢਾਬੇ ਉੱਤੇ ਰੋਟੀ ਖਾਣ ਚਲਾ ਗਿਆ। ਜਦੋਂ ਉਹ ਆਪਣੀ ਰੋਟੀ ਖਾ ਰਿਹਾ ਸੀ, ਤਾਂ ਦਰੱਖਤ ਕੋਲ ਇੱਕ ਚੋਰ ਆਇਆ ਤੇ ਉਸਦੇ ਘੋੜੇ ਨੂੰ ਖੋਲ੍ਹ ਕੇ ਲੈ ਗਿਆ। ਜਦੋਂ ਆਦਮੀ ਨੇ ਇਹ ਦੇਖਿਆ, ਉਸਨੇ ਰੋਲਾ ਪਾ ਦਿੱਤਾ। ਸਾਰੇ ਪਿੰਡ ਵਾਲੇ ਉਸ ਚੋਰ ਦੇ ਪਿੱਛੇ ਦੌੜੇ ਅਤੇ ਛੇਤੀ ਹੀ ਉਸਨੂੰ ਫੜ ਲਿਆ। ਪਿੰਡ ਵਾਲੇ ਉਸ ਚੋਰ ਨੂੰ ਪੰਚਾਇਤ ਕੋਲ ਲੈ ਗਏ। ਉਥੇ ਚੋਰ ਨੇ ਆਖਿਆ ਕਿ ਇਹ ਘੋੜਾ ਉਸਦਾ ਹੈ ਤੇ ਆਦਮੀ ਵੀ ਕਹਿਣ ਲੱਗ ਪਿਆ ਕਿ ਉਹ ਘੋੜਾ ਉਸਦਾ ਹੈ। ਪੰਚਾਇਤ ਨੇ ਇਹ ਫੈਸਲਾ ਕੀਤਾ ਕਿ ਘੋੜੇ ਨੂੰ ਪੰਚਾਇਤ ਵਿੱਚ ਲਿਆਂਦਾ ਜਾਵੇ ਪਰ ਉਸਦੀਆਂ ਅੱਖਾਂ ਤੇ ਪੱਟੀ ਬੰਨ੍ਹੀ ਹੋਵੇ। ਜਦੋਂ ਘੋੜਾ ਪੰਚਾਇਤ ਵਿੱਚ ਆ ਗਿਆ ਤਾਂ ਪੰਚਾਇਤ ਦੇ ਬੰਦਿਆਂ ਨੇ ਉਸ ਚੋਰ ਤੋਂ ਪੁੱਛਿਆ ਕਿ ਦੱਸ ਘੋੜਾ ਕਿਹੜੀ ਅੱਖ ਤੋਂ ਅੰਨ੍ਹਾ ਹੈ। ਚੋਰ ਨੇ ਤੁੱਕਾ ਲਾ ਦਿੱਤਾ ਕਿ ਸੱਜੀ ਅੱਖ ਤੋਂ। ਫਿਰ ਪੰਚਾਇਤ ਦੇ ਬੰਦਿਆਂ ਨੇ ਆਦਮੀ ਤੋਂ ਪੁੱਛਿਆ, ਉਸਨੇ ਕਿਹਾ ਕਿ ਘੋੜਾ ਦੋਵੇਂ ਅੱਖਾਂ ਤੋਂ ਦੇਖ ਸਕਦਾ ਹੈ। ਸਰਪੰਚ ਨੇ ਫੈਸਲਾ ਸੁਣਾ ਦਿੱਤਾ ਕਿ ਚੋਰ ਝੂਠ ਬੋਲ ਰਿਹਾ ਹੈ। ਜੇਕਰ ਉਹ ਘੋੜਾ ਉਸਦਾ ਹੁੰਦਾ ਤਾਂ ਉਸਨੂੰ ਉਸਦੀ ਪਹਿਚਾਣ ਹੁੰਦੀ। ਇਹ ਘੋੜਾ ਭਲੇ ਆਦਮੀ ਦਾ ਹੈ ਅਤੇ ਉਸਨੂੰ ਵਾਪਸ ਮਿਲ ਗਿਆ। ਚੋਰ ਨੂੰ ਸਜ਼ਾ ਵੀ ਦਿੱਤੀ ਗਈ। ਇਸ ਕਹਾਣੀ ਤੋਂ ਸਾਨੂੰ ਇਹ ਸਿੱਖਿਆ ਮਿਲਦੀ ਹੈ ਕਿ ਇਮਾਨਦਾਰੀ ਦੀ ਹਮੇਸ਼ਾ ਜਿੱਤ ਹੁੰਦੀ ਹੈ।



ਨੂਰ ਗਿੱਲ
ਨੌਵੀਂ-ਸੀ

ਬਾਤ ਪਾਵਾਂ ਬਤੋਲੀ ਪਾਵਾਂ

1. ਉਹ ਕਿਹੜੀ ਚੀਜ਼ ਹੈ, ਜੋ ਪਾਣੀ ਵਿੱਚ ਜਨਮ ਲੈਂਦੀ ਹੈ ਅਤੇ ਪਾਣੀ ਵਿੱਚ ਹੀ ਮਰ ਜਾਂਦੀ ਹੈ।
2. ਉਹ ਕਿਹੜੀ ਚੀਜ਼ ਹੈ ਜਿਹੜੀ ਉੱਡਦੀ ਰਹਿੰਦੀ ਹੈ ਪਰ ਆਪਣੀ ਜਗ੍ਹਾ ਤੋਂ ਨਹੀਂ ਹਿਲਦੀ।
3. ਜੇ ਉਸਦਾ ਮੂੰਹ ਕਰੀਏ ਕਾਲਾ ਤਾਂ ਉਹ ਕਰੇ ਕੰਮ ਸੁਖਾਲਾ।
4. ਕੰਡਿਆਂ ਵਾਲੇ ਕੱਪੜੇ ਪਾਏ ਅੰਦਰ ਹੈ ਰਸਗੁੱਲਾ, ਖਾਂਦੇ ਹਨ ਇਸਨੂੰ ਸਭ ਪੰਡਤ ਜਾਂ ਹੈ ਮੁੱਲਾ।
5. ਅਕਾਸ਼ ਵਿੱਚ ਇਹ ਉੱਡਦਾ ਏ, ਦਰੱਖਤ ਤੇ ਆਲ੍ਹਣਾ ਨਾ ਬਣਾਏ। ਰਹਿਣ ਲਈ ਧਰਤੀ ਤੇ ਆਏ, ਤੂਫਾਨਾਂ ਤੋਂ ਸਦਾ ਘਬਰਾਏ।
6. ਇੱਕ ਪਰੀ ਹੈ ਦੁਬਲੀ ਪਤਲੀ, ਕਾਲਾ ਟੋਪ ਹੈ ਪਾਉਂਦੀ। ਟੋਪ ਉਤਾਰ ਕੇ ਕਰੇ ਉਜਾਲਾ ਪਰ ਹਨੇਰੇ ਵਿੱਚ ਹੈ ਰਹਿੰਦੀ।
7. ਇੱਧਰ ਸੀ ਤੇ ਝੱਟ ਉੱਧਰ ਗਈ।

ਹੱਲ:

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| 1. ਬੁਲਬੁਲਾ | 2. ਝੰਡਾ | 3. ਕਲਮ |
| 4. ਲੀਚੀ | 5. ਹਵਾਈ ਜਹਾਜ਼ | |
| 6. ਮਾਚਿਸ ਦੀ ਤੀਲੀ | 7. ਨਿਗਾਹ, ਨਜ਼ਰ | |



ਜਸਨੂਰ ਸਿੰਘ
ਨੌਵੀਂ-ਸੀ

ਧੀਰਜ ਇੱਕ ਕੀਮਤੀ ਗਹਿਣਾ

ਇੱਕ ਵਾਰ ਗੋਤਮ ਬੁੱਧ ਆਪਣੇ ਸਾਥੀਆਂ ਨਾਲ ਲੋਕਾਂ ਨੂੰ ਗਿਆਨ ਦੇਣ ਅਤੇ ਬੁੱਧ ਧਰਮ ਦਾ ਪ੍ਰਚਾਰ ਕਰਨ ਲਈ ਨਿਕਲੇ। ਉਸ ਸਮੇਂ ਕੋਈ ਵਾਹਨ ਨਹੀਂ ਹੁੰਦੇ ਸੀ, ਇਸ ਲਈ ਸਾਰੀਆਂ ਯਾਤਰਾਵਾਂ ਪੈਦਲ ਹੀ ਕੀਤੀਆਂ ਜਾਂਦੀਆਂ ਸਨ। ਰਾਹ ਵਿੱਚ ਮਹਾਤਮਾ ਬੁੱਧ ਇੱਕ ਰੁੱਖ ਥੱਲੇ ਆਰਾਮ ਕਰਨ ਲਈ ਠਹਿਰੇ। ਉਸ ਰੁੱਖ ਤੋਂ ਥੋੜ੍ਹੀ ਦੂਰੀ ਤੇ ਇੱਕ ਨਦੀ ਸੀ, ਮਹਾਤਮਾ ਬੁੱਧ ਨੇ ਆਪਣੇ ਭਗਤ ਨੂੰ ਉੱਥੋਂ ਪਾਣੀ ਲਿਆਉਣ ਲਈ ਕਿਹਾ। ਜਦੋਂ ਉਹ ਭਗਤ ਉੱਥੇ ਪਹੁੰਚਿਆ ਤਾਂ ਲੋਕ ਉੱਥੇ ਕੱਪੜੇ ਧੋ ਰਹੇ ਸਨ ਤੇ ਪਾਣੀ ਗੰਦਾ ਹੋ ਗਿਆ ਸੀ। ਇਸ ਲਈ ਉਹ ਵਾਪਸ ਆ ਗਿਆ। ਫਿਰ ਮਹਾਤਮਾ ਬੁੱਧ ਨੇ ਆਪਣੇ ਦੂਜੇ ਭਗਤ ਨੂੰ ਪਾਣੀ ਲਿਆਉਣ ਲਈ ਭੇਜਿਆ ਤੇ ਥੋੜ੍ਹੇ ਸਮੇਂ ਬਾਅਦ ਉਹ ਉਸੀ ਨਦੀ ਤੋਂ ਸਾਫ਼ ਪਾਣੀ ਲੈ ਕੇ ਪਰਤਿਆ। ਮਹਾਤਮਾ ਬੁੱਧ ਨੇ ਪੁੱਛਿਆ- “ਤੂੰ ਗੰਦੀ ਨਦੀ ਤੋਂ ਸਾਫ਼ ਪਾਣੀ ਕਿਵੇਂ ਲੈ ਆਇਆ?” ਫਿਰ ਉਸਨੇ ਉੱਤਰ ਦਿੱਤਾ ਕਿ ਉਹ ਗੰਦੀ ਜ਼ਰੂਰ ਸੀ ਪਰ ਲੋਕਾਂ ਦੇ ਜਾਣ ਤੋਂ ਥੋੜ੍ਹੇ ਸਮੇਂ ਬਾਅਦ ਸਾਰੀ ਮੈਲ ਬੈਠ ਗਈ ਤੇ ਸਾਫ਼ ਪਾਣੀ ਉੱਪਰ ਆ ਗਿਆ। ਮਹਾਤਮਾ ਬੁੱਧ ਨੇ ਕਿਹਾ ਇਸ ਤੋਂ ਸਾਨੂੰ ਇੱਕ ਸਿੱਖਿਆ ਲੈਣੀ ਚਾਹੀਦੀ ਹੈ ਕਿ ਜੇ ਮਨੁੱਖ ਪਹਿਲੇ ਭਗਤ ਵਾਂਗ ਧੀਰਜ ਨਹੀਂ ਰੱਖਦੇ, ਉਹ ਜੀਵਨ ਵਿੱਚ ਮੁਸੀਬਤਾਂ ਤੇ ਦੁੱਖਾਂ ਨੂੰ ਦੇਖ ਕੇ ਘਬਰਾ ਜਾਂਦੇ ਹਨ ਤੇ ਜੇ ਦੂਜੇ ਭਗਤ ਦੀ ਤਰ੍ਹਾਂ ਧੀਰਜ ਨਾਲ ਔਕੜਾਂ ਦਾ ਸਾਹਮਣਾ ਕਰਦੇ ਹਨ ਤੇ ਘਬਰਾਉਂਦੇ ਨਹੀਂ ਉਹ ਆਪਣੀ ਮੰਜ਼ਿਲ ਨੂੰ ਜ਼ਰੂਰ ਹਾਸਲ ਕਰਦੇ ਹਨ।



ਪ੍ਰਿਥਾ ਤਲਵਾਰ
ਦਸਵੀਂ-ਈ

ਮਨ ਸ਼ਾਂਤ ਰੱਖਣ ਦੇ ਦਸ ਸੂਤਰ

1. ਕਿਸੇ ਦੇ ਕੰਮ ਵਿੱਚ ਓਦੋਂ ਤੱਕ ਦਖਲ ਨਾ ਦਿਓ, ਜਦੋਂ ਤੱਕ ਤੁਹਾਨੂੰ ਪੁੱਛਿਆ ਨਾ ਜਾਵੇ।
2. ਮੁਆਫ਼ ਕਰਨਾ ਸਿੱਖੋ ਅਤੇ ਬੁਰੀਆਂ ਗੱਲਾਂ ਨੂੰ ਜਲਦੀ ਭੁੱਲ ਦਿਓ।
3. ਪਹਿਚਾਣ ਪਾਉਣ ਦੀ ਲਾਲਸਾ ਨਾ ਰੱਖੋ।
4. ਈਰਖਾ ਦੀ ਭਾਵਨਾ ਤੋਂ ਬਚੋ।
5. ਹਰ ਰੋਜ਼ ਕੁਝ ਦੇਰ ਧਿਆਨ ਕਰੋ।
6. ਆਪਣੇ ਆਪ ਨੂੰ ਆਸ-ਪਾਸ ਦੇ ਮਾਹੌਲ ਵਿੱਚ ਢਾਲਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰੋ।
7. ਜੇ ਕਦੇ ਬਦਲ ਨਹੀਂ ਸਕਦਾ, ਉਸ ਨੂੰ ਸਹਿਣਾ ਸਿੱਖੋ।
8. ਕੋਈ ਅਜਿਹਾ ਕੰਮ ਨਾ ਕਰੋ, ਜਿਸਦੇ ਕਾਰਨ ਬਾਅਦ ਵਿੱਚ ਪਛਤਾਉਣਾ ਪਵੇ।
9. ਆਪਣੇ ਦਿਮਾਗ ਨੂੰ ਕਦੇ ਖਾਲੀ ਨਾ ਰੱਖੋ।
10. ਉਨ੍ਹਾਂ ਕੁ ਕੰਮ ਹੀ ਹੱਥ ਵਿੱਚ ਲਵੋ, ਜਿਨ੍ਹਾਂ ਪੂਰਾ ਕਰਨ ਦੀ ਸਮਰੱਥਾ ਹੋਵੇ।



ਗੁਨੀਤ ਕੌਰ ਚਾਹਲ
ਨੌਵੀਂ-ਡੀ



ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਘੱਟਦੇ ਨੈਤਿਕ ਮੁੱਲ

ਹਰ ਦੇਸ਼ ਨੂੰ ਆਪਣੇ ਵਿਦਿਆਰਥੀਆਂ ਉੱਤੇ ਮਾਣ ਹੁੰਦਾ ਹੈ। ਉਹੀ ਤਾਂ ਦੇਸ਼ ਦੇ ਚਾਲਾਕ ਅਤੇ ਰਾਸ਼ਟਰ ਅੰਦਰੋਂ ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਅਤੇ ਅਗਿਆਨਤਾ ਦੂਰ ਕਰਨ ਵਾਲੇ ਹੁੰਦੇ ਹਨ। ਉਹੀ ਤਾਂ ਆਪਣੇ ਦੇਸ਼ ਨੂੰ ਉਨੱਤੀ ਦੀ ਰਾਹ ਵੱਲ ਲੈ ਜਾਂਦੇ ਹਨ। ਇਸ ਲਈ ਸਾਰੇ ਰਾਸ਼ਟਰ ਦਾ ਭਾਰ ਉਹਨਾਂ ਦੇ ਮੋਢਿਆਂ ਉੱਤੇ ਹੀ ਹੁੰਦਾ ਹੈ। ਪਰ ਅੱਜ ਕਲ੍ਹ ਦਾ ਵਿਦਿਆਰਥੀ ਆਪਣੇ ਨੈਤਿਕ ਮੁੱਲਾਂ ਤੋਂ ਦੂਰ ਹੁੰਦਾ ਜਾ ਰਿਹਾ ਹੈ। ਉਸ ਵਿੱਚ ਅਨੁਸ਼ਾਸਨਹੀਣਤਾ ਵੱਧਦੀ ਜਾ ਰਹੀ ਹੈ। ਅੱਜ ਕਲ੍ਹ ਹਰ ਵਿਦਿਆਰਥੀ ਦਾ ਇੱਕੋ ਇੱਕ ਟੀਚਾ ਹੈ : 'ਇਮਤਿਹਾਨਾਂ ਵਿੱਚ ਵੱਧ ਤੋਂ ਵੱਧ ਅੰਕ ਪ੍ਰਾਪਤ ਕਰਨਾ'। ਭਾਵੇਂ ਇਸ ਵਾਸਤੇ ਉਹਨਾਂ ਨੂੰ ਕੁੱਝ ਵੀ ਕਰਨਾ ਪਵੇ।

ਅੱਜ ਕਲ੍ਹ ਦੇ ਵਿਦਿਆਰਥੀ ਪੜ੍ਹਾਈ ਤੋਂ ਵੱਧ ਆਪਣੇ ਕੰਪਿਊਟਰਾਂ ਉੱਤੇ ਜ਼ਿਆਦਾ ਧਿਆਨ ਦਿੰਦੇ ਹਨ। ਹਰ ਸਮੇਂ ਟਿੱਟ-ਫਿੱਟ ਰਹਿਣਾ ਚਾਹੁੰਦੇ ਹਨ। ਮੁੰਡੇ ਕੁੜੀਆਂ ਸਭ ਫਿਲਮੀ ਐਕਟਰਾਂ ਵਾਂਗ ਦਿਸਣਾ ਚਾਹੁੰਦੇ ਹਨ। ਨਿੱਤ ਦਿਨ ਫਿਲਮਾਂ ਦੇਖਣ ਜਾਂਦੇ ਹਨ। ਹਰ ਰੋਜ਼ ਹੋਟਲਾਂ ਵਿੱਚ ਡਾਂਸ ਪਾਰਟੀਆਂ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਮੁੰਡੇ ਤਾਂ ਹਰ ਰੋਜ਼ ਨਵੀਂ ਤੋਂ ਨਵੀਂ ਤਰ੍ਹਾਂ ਨਾਲ ਆਪਣੀ ਸ਼ਾਮ ਲੰਘਾਉਣਾ ਚਾਹੁੰਦੇ ਹਨ। ਦੇਰ ਰਾਤ ਤੱਕ ਉਹ ਕਲੱਬਾਂ ਵਿੱਚ ਮੌਜ ਕਰਦੇ ਹਨ। ਇਸ ਨੂੰ ਉਹ ਆਪਣੀ ਸ਼ਾਮ ਦਾ ਇੱਕ ਹਿੱਸਾ ਸਮਝਦੇ ਹਨ। ਮਾਂ-ਬਾਪ ਦੀ ਕਮਾਈ ਤੇ ਐਸ਼ ਕਰਦੇ ਹਨ। ਜੇ ਕੋਈ ਮਨੁੱਖ ਕਰੇ ਤੇ ਫਿਰ ਤਾਂ ਲੜਨ ਤੱਕ ਪੁੱਜ ਜਾਂਦੇ ਹਨ। ਛੋਟੀਆਂ-ਛੋਟੀਆਂ ਗੱਲਾਂ ਉੱਤੇ ਲੜਾਈ ਕਰਨਾ ਉਹਨਾਂ ਦੀ ਆਦਤ ਬਣ ਗਈ ਹੈ।

ਕਿੱਥੇ ਚਲੇ ਗਏ ਸਾਰੇ ਨੈਤਿਕ ਮੁੱਲ? ਕੌਣ ਲੁੱਟ ਕੇ ਲੈ ਗਿਆ ਹੈ? ਇਹ ਸਭ ਪੱਛਮੀ ਸਭਿਅਤਾ ਦਾ ਨਤੀਜਾ ਹੈ। ਅਸੀਂ ਤਾਂ ਉਸ ਦੇਸ਼ ਦੇ ਵਾਸੀ ਹਾਂ ਜਿੱਥੇ ਏਕਲਵਯ ਅਤੇ ਅਰਜੁਨ ਜਿਹੇ ਆਦਰਸ਼ ਮਹਾਪੁਰਖ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਜਨਮ ਲਿਆ। ਮਾਤਾ-ਪਿਤਾ ਅਤੇ ਅਧਿਆਪਕਾਂ ਨੂੰ ਧਿਆਨ ਰੱਖਣਾ ਚਾਹੀਦਾ ਹੈ ਕਿ ਇਹ ਨੈਤਿਕ ਗੁਣ ਕਿਤੇ ਲੁਪਤ ਨਾ ਹੋ ਜਾਣ ਨਹੀਂ ਤਾਂ ਵਿਦਿਆਰਥੀ ਅਤੇ ਦੇਸ਼ ਦੋਵੇਂ ਹਨੇਰੇ ਵਿੱਚ ਭਟਕ ਕੇ ਰਹਿ ਜਾਣਗੇ।

ਰਿਧਮ ਮਲਹੋਤਰਾ
ਨਵੀਂ-ਬੀ



ਬੇਹੱਦ ਤੇਜ਼ੀ ਨਾਲ ਵਧ ਰਹੀ ਹੈ ਬਿਟਕੁਆਇਨ ਦੀ ਵਰਤੋਂ

ਹਰੇਕ ਦੇਸ਼ ਦੀ ਆਪੋ-ਆਪਣੀ ਕਰੰਸੀ ਹੈ ਜਿਵੇਂ ਭਾਰਤ ਦੀ ਰੁਪਿਆ, ਅਮਰੀਕਾ ਦੀ ਡਾਲਰ, ਇੰਗਲੈਂਡ ਦੀ ਪੌਂਡ, ਆਦਿ। ਕਾਗਜ਼ ਜਾਂ ਸਿੱਕਿਆਂ ਦੇ ਰੂਪ ਵਿੱਚ ਉਪਲਬਧ ਹੋਣ ਕਰਕੇ ਅਸੀਂ ਇਹਨਾਂ ਕਰੰਸੀਆਂ ਨੂੰ ਛੂਹ ਸਕਦੇ ਹਾਂ ਤੇ ਜੇਬ ਵਿੱਚ ਰੱਖ ਸਕਦੇ ਹਾਂ ਪਰ ਬਿਟਕੁਆਇਨ ਇੱਕ ਡਿਜੀਟਲ ਕਰੰਸੀ ਹੈ। ਇਸ ਨੂੰ ਨਾ ਤਾਂ ਅਸੀਂ ਛੂਹ ਸਕਦੇ ਹਾਂ ਤੇ ਨਾ ਹੀ ਜੇਬ ਵਿੱਚ ਰੱਖ ਸਕਦੇ ਹਾਂ। ਦੂਸਰੀਆਂ ਕਰੰਸੀਆਂ ਦੀ ਗਿਣਤੀ ਅੰਕਾਂ ਵਿੱਚ ਕੀਤੀ ਜਾਂਦੀ ਹੈ ਪਰ ਡਿਜੀਟਲ ਕਰੰਸੀ ਦੀ ਗਿਣਤੀ ਬਿਟ ਵਿੱਚ ਕੀਤੀ ਜਾਂਦੀ ਹੈ। ਬਿਟ ਕੰਪਿਊਟਰ ਵਿਚਲੇ ਡਾਟੇ ਨੂੰ ਗਿਣਨ ਜਾਂ ਮਾਪਣ ਦੀ ਸਭ ਤੋਂ ਛੋਟੀ ਇਕਾਈ ਹੈ। ਇਸ ਸਮੇਂ ਲਗ-ਭਗ 120 ਦੇਸ਼ਾਂ ਦੇ ਲੋਕ ਬਿਟਕੁਆਇਨ ਰਾਹੀਂ ਲੈਣ-ਦੇਣ ਕਰ ਰਹੇ ਹਨ। ਇਸਦਾ ਮੁੱਖ ਉਦੇਸ਼ ਤੀਸਰੀ ਧਿਰ ਭਾਵ ਬੈਂਕ ਵਿੱਤੀ ਸੰਸਥਾ ਜਾਂ ਵਿਅਕਤੀ ਤੋਂ ਬਗੈਰ ਪੈਸਿਆਂ ਦਾ ਲੈਣ ਦੇਣ ਹੈ।

ਸ਼ੁਰੂਆਤ : ਬਿਟਕੁਆਇਨ ਦੇ ਸਾਫਟਵੇਅਰ ਨੂੰ ਪਹਿਲੀ ਵਾਰ ਜਨਵਰੀ, 2009 ਵਿੱਚ ਜਾਪਾਨ ਦੇਸ਼ ਨਾਲ ਸੰਬੰਧਿਤ ਸਾਤੋਸ਼ੀ ਨਾਕਾਮੋਤੋ ਨਾਂ ਦੇ ਇੱਕ ਪ੍ਰੋਗਰਾਮਰ ਨੇ ਜਾਰੀ ਕੀਤਾ ਸੀ। ਅੱਜ-ਕੱਲ੍ਹ ਕਈ ਪ੍ਰੋਗਰਾਮਰ ਸਾਤੋਸ਼ੀ ਨਾਕਾਮੋਤੋ ਪ੍ਰੋਗਰਾਮ ਨੂੰ ਵਧੇਰੇ ਸੁਰੱਖਿਅਤ ਬਣਾਉਣ ਤੇ ਡਿਜੀਟਲ ਕਰੰਸੀ ਦੇ ਕਈ ਨਵੇਂ ਸਾਫਟਵੇਅਰ ਤਿਆਰ ਕਰਨ ਵਿੱਚ ਲੱਗੇ ਹੋਏ ਹਨ।

ਵਰਤੋਂ : ਬਿਟਕੁਆਇਨ ਦਾ ਲੈਣ-ਦੇਣ ਇੱਕ ਕੰਪਿਊਟਰ ਤੋਂ ਦੂਸਰੇ ਕੰਪਿਊਟਰ ਤੱਕ (ਆਨਲਾਈਨ) ਹੁੰਦਾ ਹੈ। ਬਿਟਕੁਆਇਨ ਦਾ ਲੈਣ ਦੇਣ ਇੱਕ 'ਬਲਾਕ ਚੇਨ ਪ੍ਰਣਾਲੀ' ਰਾਹੀਂ ਹੁੰਦਾ ਹੈ। ਜਿਵੇਂ ਹਰ ਵਿਅਕਤੀ ਦੇ ਬੈਂਕ ਦੇ ਖਾਤੇ ਵਿੱਚ ਉਸ ਦੇ ਹਰ ਲੈਣ-ਦੇਣ ਦਾ ਹਿਸਾਬ ਹੁੰਦਾ ਹੈ। ਬਿਲਕੁਲ ਇਸੇ ਤਰ੍ਹਾਂ ਹਰ ਵਿਅਕਤੀ ਦੇ ਬਲਾਕ ਵਿੱਚ ਉਸ ਵੱਲੋਂ ਬਿਟਕੁਆਇਨ ਦੇ ਲੈਣ-ਦੇਣ ਦਾ ਹਿਸਾਬ ਹੁੰਦਾ ਹੈ।

• **ਦੁਰਵਰਤੋਂ :** ਅਮੀਰ ਲੋਕ ਬੈਂਕਾਂ ਜਾਂ ਜਾਇਦਾਦ ਵਿੱਚ ਪੈਸਾ ਨਿਵੇਸ਼ ਕਰਨ ਸਮੇਂ ਪੈਦਾ ਹੁੰਦੀਆਂ ਕਾਨੂੰਨੀ ਗੁੰਝਲਾਂ ਤੋਂ ਬਚਣ ਲਈ ਚਿੰਤਾ ਮੁਕਤ ਹੋ ਕੇ ਬਿਟਕੁਆਇਨ ਵਿੱਚ ਨਿਵੇਸ਼ ਕਰ ਰਹੇ ਹਨ। ਕਈ ਲੋਕ ਆਪਣੇ ਕਾਲੇ ਪਨ ਨੂੰ ਛੁਪਾਉਣ ਵਾਸਤੇ ਬਿਟਕੁਆਇਨ ਦੀ ਵਰਤੋਂ ਕਰ ਰਹੇ ਹਨ। ਬਿਟਕੁਆਇਨ ਦਾ ਸਭ ਤੋਂ ਵੱਡਾ ਨੁਕਸਾਨ ਇਹ ਹੈ ਕਿ ਕਿਸੇ ਸਰਕਾਰ ਜਾਂ ਅਥਾਰਟੀ ਅਧੀਨ ਨਾ ਹੋਣ ਕਰਕੇ ਇਸਦੀ ਕੀਮਤ ਵਿੱਚ ਉਛਾਲ ਜਾਂ ਗਿਰਾਵਟ ਆਉਂਦੀ ਰਹਿੰਦੀ ਹੈ। ਕੁਝ ਲੋਕ ਹਥਿਆਰ ਜਾਂ ਡਰੱਗਜ਼ ਖਰੀਦਣ ਅਤੇ ਵੇਚਣ ਲਈ ਬਿਟਕੁਆਇਨ ਦੁਆਰਾ ਲੈਣ-ਦੇਣ ਕਰਦੇ ਹਨ। ਜੇਕਰ ਸਾਈਬਰ ਚੋਰ ਕਿਸੇ ਖਾਤੇ ਵਿੱਚੋਂ ਬਿਟਕੁਆਇਨ ਲੁੱਟ ਲੈਣ ਤਾਂ ਲੁੱਟੇ ਬਿਟਕੁਆਇਨ ਕਦੇ ਵਾਪਸ ਨਹੀਂ ਮਿਲ ਸਕਦੇ।



ਜੋਏ ਬਠਾੜ
ਦਸਵੀਂ-ਈ

ਨੈਤਿਕ ਮੁੱਲ

ਦੇ ਭਰਾ ਸਮੁੰਦਰ ਦੇ ਕਿਨਾਰੇ ਟਹਿਲ ਰਹੇ ਸਨ। ਦੋਨਾਂ ਵਿਚਾਲੇ ਕਿਸੇ ਗੱਲ ਉੱਤੇ ਬਹਿਸ ਹੋ ਗਈ, ਅਚਾਨਕ ਵੱਡੇ ਭਰਾ ਨੇ ਛੋਟੇ ਭਰਾ ਦੇ ਥੱਪੜ ਮਾਰ ਦਿੱਤਾ ਪਰ ਛੋਟੇ ਭਰਾ ਨੇ ਕੁਝ ਨਹੀਂ ਕਿਹਾ, ਸਿਰਫ ਰੋਤ ਉੱਤੇ ਲਿਖਿਆ, "ਅੱਜ ਮੇਰੇ ਵੱਡੇ ਭਰਾ ਨੇ ਮੇਰੇ ਥੱਪੜ ਮਾਰਿਆ"।

ਅਗਲੇ ਦਿਨ ਦੋਵੇਂ ਫਿਰ ਸਮੁੰਦਰ ਕਿਨਾਰੇ ਘੁੰਮਣ ਗਏ। ਛੋਟਾ ਭਰਾ ਸਮੁੰਦਰ ਵਿੱਚ ਨਹਾਉਣ ਲੱਗਿਆ ਅਤੇ ਅਚਾਨਕ ਡੁੱਬਣ ਲੱਗਿਆ। ਵੱਡੇ ਭਰਾ ਨੇ ਉਸ ਨੂੰ ਬਚਾਇਆ। ਛੋਟੇ ਭਰਾ ਨੇ ਪੱਥਰ ਉੱਤੇ ਲਿਖਿਆ "ਅੱਜ ਮੇਰੇ ਵੱਡੇ ਭਰਾ ਨੇ

ਮੈਨੂੰ ਬਚਾਇਆ।" ਵੱਡੇ ਭਰਾ ਨੇ ਪੁੱਛਿਆ- "ਜਦੋਂ ਮੈਂ ਤੈਨੂੰ ਮਾਰਿਆ, ਤੂੰ ਰੋਤ ਉੱਤੇ ਲਿਖਿਆ ਅਤੇ ਜਦੋਂ ਮੈਂ ਤੈਨੂੰ ਬਚਾਇਆ ਤੂੰ ਪੱਥਰ ਉੱਤੇ ਲਿਖਣ ਲੱਗਿਆ, ਕਿਉਂ?" ਛੋਟੇ ਭਰਾ ਨੇ ਨਿਮਰਤਾ ਸਹਿਤ ਜਵਾਬ ਦਿੱਤਾ, "ਜਦੋਂ ਕੋਈ ਦੁੱਖ ਦੇਵੇ ਤਾਂ ਰੋਤ 'ਤੇ ਲਿਖਣਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂ ਕਿ ਉਹ ਜਲਦੀ ਮਿਟ ਜਾਵੇ ਪਰ ਜੇ ਸਾਡੇ ਲਈ ਚੰਗਾ ਕੰਮ ਕਰਦਾ ਹੈ ਉਹ ਪੱਥਰ 'ਤੇ ਲਿਖਣਾ ਚਾਹੀਦਾ ਹੈ ਜੋ ਹਮੇਸ਼ਾ ਲਈ ਯਾਦਗਾਰ ਬਣ ਜਾਵੇ।"

ਇਸ ਕਹਾਣੀ ਤੋਂ ਸਾਨੂੰ ਬਹੁਤ ਹੀ ਗਹਿਰੀ ਗੱਲ ਸਿੱਖਣ ਨੂੰ ਮਿਲਦੀ ਹੈ ਕਿ ਆਪਣੇ ਨਾਲ ਬੀਤੀਆਂ ਮਾੜੀਆਂ ਗੱਲਾਂ ਨੂੰ ਛੋਟੀ ਤੋਂ ਛੋਟੀ ਭੁੱਲ ਜਾਓ। ਪਰ ਕਿਸੇ ਦੁਆਰਾ ਕੀਤੇ ਚੰਗੇ ਕੰਮਾਂ ਨੂੰ ਨਾ ਸਿਰਫ ਹਮੇਸ਼ਾ ਲਈ ਯਾਦ ਰੱਖੋ, ਸਗੋਂ ਹੋਰਾਂ ਤੱਕ ਵੀ ਪਹੁੰਚਾਓ ਤਾਂ ਕਿ ਬਾਕੀ ਵੀ ਚੰਗਿਆਈ ਦਾ ਸਬਕ ਸਿੱਖ ਸਕਣ।



ਪ੍ਰੀਤਿਸ਼ ਗਰਗ
ਦਸਵੀਂ-ਈ

ਭਰੋਸਾ

ਰੱਖ ਭਰੋਸਾ ਆਪਣੇ ਆਪ ਤੇ ਐ ਮੁਸਾਫਰ,
ਇੱਕ ਕਦਮ ਵਧਾ ਕੇ ਤਾਂ ਵੇਖ।
ਚੱਲਣਾ ਵੀ ਸਿੱਖ ਜਾਵੇਂਗਾ ਅਤੇ ਦੌੜਨਾ ਵੀ,
ਇੱਕ ਵਾਰ ਅਜਮਾ ਕੇ ਤਾਂ ਵੇਖ।
ਰਸਤਾ ਵੀ ਤੇਰਾ ਹੋਵੇਗਾ ਤੇ ਮੰਜ਼ਿਲ ਵੀ ਤੇਰੀ।
ਗੱਲ ਬੱਸ ਇੱਕ ਹੌਂਸਲੇ ਦੀ ਹੈ,
ਇੱਕ ਦਾਅ ਲਗਾ ਕੇ ਤਾਂ ਵੇਖ।
ਰੱਖ ਭਰੋਸਾ ਆਪਣੇ ਆਪ ਤੇ ਐ ਮੁਸਾਫਰ,
ਇੱਕ ਕਦਮ ਵਧਾ ਕੇ ਤਾਂ ਵੇਖ।
ਵੇਖਿਆ ਹੈ ਸੁਪਨਾ ਤਾਂ ਪੂਰਾ ਕਰ,
ਉੱਠ ਅੱਗੇ ਵੱਧ ਬੇਫਿਕਰ।
ਮਿਲਾ ਲੈ ਕਦਮ ਨਾਲ ਕਦਮ,
ਜ਼ੋਰ ਲਗਾ ਕੋਸ਼ਿਸ਼ ਕਰ
ਗੱਲ ਬੱਸ ਇੱਕ ਹੌਂਸਲੇ ਦੀ ਹੈ।
ਕੁਝ ਪਾਉਣ ਤੋਂ ਪਹਿਲਾਂ,
ਕੁਝ ਗਵਾ ਕੇ ਤਾਂ ਵੇਖ।
ਰੱਖ ਭਰੋਸਾ ਆਪਣੇ ਆਪ ਤੇ ਐ ਮੁਸਾਫਰ,
ਇੱਕ ਕਦਮ ਵਧਾ ਕੇ ਤਾਂ ਵੇਖ।



ਆਦਿਤਿਯ ਗੁਪਤਾ
ਛੇਵੀਂ-ਏ

ਬੁਝਾਰਤਾਂ

1. ਅਸਮਾਨੋਂ ਡਿੱਗਾ ਸਾਦ ਮੁਰਾਦ,
ਮੂੰਹੋਂ ਡਿੱਗੀ ਲਾਰ।
ਜਦ ਉਸਦਾ ਪੇਟ ਚੀਰਿਆ,
ਛਾਤੀ ਉਸਦੀ ਵਾਲ।
2. ਕਿਸੇ ਸ਼ੀਸ਼ੇ ਦਾ ਮਹਿਲ,
ਵਿੱਚ ਬਿਠਾਈ ਰਾਣੀ,
ਉੱਤੋਂ ਦੀ ਮੈਂ ਜਿੰਦਗਾ ਲਾਇਆ,
ਬੱਲਿਓਂ ਪਾਇਆ ਪਾਣੀ।
3. ਰੂਪ ਹੈ ਉਨ੍ਹਾਂ ਦਾ ਪਿਆਰਾ-ਪਿਆਰਾ,
ਵਾਸੀ ਹਨ ਉਹ ਦੂਰ ਦੇ।
ਚਿੱਟੇ-ਚਿੱਟੇ ਲਿਸ਼ਕ ਰਹੇ,
ਕਰਨ ਹਨੇਰੇ ਦੂਰ ਪਏ।
4. ਜਾਲ ਵਿੱਚ ਹੋਇਆ,
ਜਾਲ ਵਿੱਚ ਮੋਇਆ,
ਨਾ ਉਸ ਦੀ ਹੱਡੀ ਤੇ,
ਨਾ ਉਸ ਦਾ ਮਾਸ।



ਜਸਲੀਨ ਕੌਰ
ਛੇਵੀਂ-ਏ

ਬੁੱਲੇਸ਼ਾਹ

ਬੁੱਲੇਸ਼ਾਹ ਤੋਂ ਜਦੋਂ ਕਿਸੇ ਨੇ ਪੁੱਛਿਆ ਕਿ...
ਇੰਨੀ ਗਰੀਬੀ ਵਿੱਚ ਤੁਸੀਂ ਰੱਬ ਦਾ ਸ਼ੁਕਰ ਕਿਵੇਂ ਕਰਦੇ ਹੋ...
ਤਾਂ ਬੁੱਲੇਸ਼ਾਹ ਨੇ ਕਿਹਾ:
ਚੜਦੇ ਸੂਰਜ ਢਲਦੇ ਦੇਖੋ, ਬੁਝਦੇ ਦੀਵੇ ਬਲਦੇ ਦੇਖੋ...
ਹੀਰੇ ਦਾ ਕੋਈ ਮੁੱਲ ਨਾ ਜਾਣੇ, ਖੋਟੇ ਸਿੱਕੇ ਚਲਦੇ ਦੇਖੋ...
ਜਿਨ੍ਹਾਂ ਦਾ ਨਾ ਜਗ ਤੇ ਕੋਈ, ਉਹ ਵੀ ਪੁੱਤਰ ਪਲਦੇ ਦੇਖੋ...
ਉਸਦੀ ਰਹਿਮਤ ਦੇ ਨਾਲ ਬੰਦੇ ਪਾਣੀ ਤੇ ਚਲਦੇ ਦੇਖੋ...
ਲੋਕੀਂ ਕਹਿੰਦੇ ਦਾਲ ਨਹੀਂ ਗਲਦੀ, ਮੈਂ ਤਾਂ ਪੱਥਰ ਗਲਦੇ ਦੇਖੋ...
ਜਿਨ੍ਹਾਂ ਨੇ ਕਦਰ ਨਾ ਕੀਤੀ ਰੱਬ ਦੀ, ਹੱਥ ਖਾਲੀ ਉਹ ਮਲਦੇ ਦੇਖੋ...
ਕਈ ਪੈਰਾਂ ਤੋਂ ਨੰਗੇ ਫਿਰਦੇ, ਸਿਰ ਤੇ ਲੱਭਦੇ ਛਾਵਾਂ...
ਮੈਨੂੰ ਦਾਤਾ ਸਭ ਕੁਝ ਦਿੱਤਾ, ਕਿਉਂ ਨਾ ਸ਼ੁਕਰ ਮਨਾਵਾਂ।



ਕਾਰਤੀਕੇਯ ਗੋਯਲ
ਛੇਵੀਂ-ਬੀ

ਮੁਫਤਖੋਰ ਮਹਿਮਾਨ

ਇਕ ਰਾਜੇ ਦੇ ਸੌਣ ਦੇ ਕਮਰੇ ਵਿੱਚ ਮੰਦਰੀਸਰਪਣੀ ਨਾਂ ਦੀ ਜੂ ਨੇ ਡੇਰਾ
ਜਮਾਇਆ ਹੋਇਆ ਸੀ। ਉਹ ਰਾਜੇ ਦੇ ਵੱਡੇ ਪਲੰਗ ਤੇ ਵਿਛਾਉਣ ਵਾਲੀ ਚਾਦਰ ਦੇ
ਇੱਕ ਕੋਨੇ ਵਿੱਚ ਛਿਪੀ ਰਹਿੰਦੀ ਸੀ। ਰਾਤ ਨੂੰ ਜਦ ਰਾਜਾ ਸੌ ਜਾਂਦਾ ਤਾਂ ਉਹ ਹੌਲੀ
ਜਿਹੀ ਬਾਹਰ ਨਿਕਲਦੀ ਅਤੇ ਉਸਦਾ ਖੂਨ ਚੂਸ ਕੇ ਫਿਰ ਆਪਣੀ ਜਗ੍ਹਾ ਤੇ ਜਾ
ਛਿਪਦੀ। ਸੰਯੋਗ ਨਾਲ ਇਕ ਦਿਨ ਅਗਨੀਮੁਖ ਨਾਂ ਦਾ ਖਟਮਲ ਵੀ ਰਾਜੇ ਦੇ ਕਮਰੇ
ਵਿੱਚ ਆ ਪੁੱਜਾ। ਜੂ ਨੇ ਜਦੋਂ ਉਸਨੂੰ ਦੇਖਿਆ ਤਾਂ ਉਸਨੂੰ ਉੱਥੋਂ ਚਲੇ ਜਾਣ ਲਈ
ਕਿਹਾ। ਉਸਨੂੰ ਆਪਣੇ ਅਧਿਕਾਰ ਖੇਤਰ ਵਿੱਚ ਕਿਸੇ ਦਾ ਦਖਲ ਪਸੰਦ ਨਹੀਂ ਸੀ।
ਪਰ ਖਟਮਲ ਵੀ ਘੱਟ ਚਲਾਕ ਨਹੀਂ ਸੀ। ਬੋਲਿਆ “ਦੇਖੋ, ਮਹਿਮਾਨ ਨਾਲ ਇਸ
ਤਰ੍ਹਾਂ ਦਾ ਵਰਤਾਓ ਨਹੀਂ ਕਰੀਦਾ। ਮੈਂ ਅੱਜ ਰਾਤ ਤੁਹਾਡਾ ਮਹਿਮਾਨ ਹਾਂ।” ਜੂ ਅੰਤ
ਵਿੱਚ ਖਟਮਲ ਦੀਆਂ ਚਿਕਤੀ-ਚੁਪਤੀ ਗੱਲਾਂ ਵਿੱਚ ਆ ਗਈ ਅਤੇ ਉਸਨੂੰ ਸ਼ਰਨ
ਦਿੰਦੇ ਹੋਏ ਬੋਲੀ, “ਠੀਕ ਹੈ, ਤੁਸੀਂ ਪੂਰੀ ਰਾਤ ਇੱਥੇ ਰੁੱਕ ਸਕਦੇ ਹੋ, ਪਰ ਰਾਜੇ ਨੂੰ
ਕੱਟੋਗੇ ਨਹੀਂ ਉਸਦਾ ਖੂਨ ਚੂਸਣ ਲਈ।” ਖਟਮਲ ਬੋਲਿਆ, “ਪਰ ਮੈਂ ਤੁਹਾਡਾ
ਮਹਿਮਾਨ ਹਾਂ, ਮੈਨੂੰ ਕੁਝ ਤਾਂ ਦਿਓ ਖਾਣ ਲਈ। ਰਾਜੇ ਦੇ ਖੂਨ ਤੋਂ ਵਧੀਆ ਹੋਰ ਕੀ ਹੋ
ਸਕਦਾ ਹੈ?”

“ਠੀਕ ਹੈ।” ਜੂ ਬੋਲੀ, “ਤੂੰ ਰਾਜੇ ਦਾ ਖੂਨ ਚੂਸ ਲਈਂ, ਪਰ ਉਸ ਨੂੰ ਪੀਤਾ ਨਹੀਂ
ਹੋਣੀ ਚਾਹੀਦੀ।” “ਬਿਲਕੁਲ ਇੰਝ ਹੀ ਹੋਵੇਗਾ।”, ਇਹ ਕਹਿ ਕੇ ਖਟਮਲ ਸੌ
ਗਿਆ। ਰਾਤ ਢਲਣ ਤੇ ਰਾਜਾ ਆਇਆ ਅਤੇ ਬਿਸਤਰ ਤੇ ਪੈ ਕੇ ਸੌ ਗਿਆ। ਉਸਨੂੰ
ਦੇਖ ਕੇ ਖਟਮਲ ਸਭ ਕੁੱਝ ਭੁੱਲ ਕੇ ਰਾਜੇ ਨੂੰ ਕੱਟਣ ਲੱਗਾ। ਅਜਿਹੇ ਸਵਾਦੀ ਖੂਨ ਦਾ
ਮਜ਼ਾ ਉਸਨੇ ਪਹਿਲੀ ਵਾਰ ਲਿਆ ਸੀ। ਉਸ ਨਾਲ ਰਾਜੇ ਦੇ ਸਰੀਰ ਤੇ ਤੇਜ਼ ਖੁਜਲੀ
ਹੋਣ ਲੱਗੀ ਅਤੇ ਉਸਦੀ ਨੀਂਦ ਖੁੱਲ੍ਹ ਗਈ। ਉਸਨੇ ਗੁੱਸੇ
ਵਿੱਚ ਆਪਣੇ ਸੇਵਕਾਂ ਨੂੰ ਖਟਮਲ ਲੱਭ ਕੇ ਉਸਨੂੰ ਮਾਰਨ
ਲਈ ਕਿਹਾ। ਇਹ ਸੁਣ ਕੇ ਚਲਾਕ ਖਟਮਲ ਤਾਂ ਪਲੰਗ ਦੇ
ਪਾਵੇ ਦੇ ਹੇਠਾਂ ਛਿਪ ਗਿਆ, ਪਰ ਚਾਦਰ ਦੇ ਕੋਨੇ ਤੇ ਬੈਠੀ ਜੂ
ਤੇ ਰਾਜਾ ਦੇ ਸੇਵਕਾਂ ਦੀ ਨਜ਼ਰ ਪੈ ਗਈ। ਉਨ੍ਹਾਂ ਨੇ ਉਸਨੂੰ
ਪਕੜਿਆ ਅਤੇ ਮਾਰ ਦਿੱਤਾ।

ਸਿੱਖਿਆ : ਅਣਜਾਣ ਵਿਅਕਤੀ ਤੇ ਕਦੇ ਭਰੋਸਾ ਨਾ ਕਰੋ।



ਸਿਮਰਨਦੀਪ ਕੌਰ
ਸੱਤਵੀਂ-ਸੀ

ਮੁੱਲਾਂ ਦੀ ਕੀਮਤ ਹੈ।
ਮੁੱਲਾਂ ਦੀ ਕੀਮਤ ਹੈ।
ਮੁੱਲਾਂ ਦੀ ਕੀਮਤ ਹੈ।
ਮੁੱਲਾਂ ਦੀ ਕੀਮਤ ਹੈ।

ਵਾਹ ! ਮੈਂ ਅੱਜ ਵੀ ਜ਼ਿੰਦਾ ਹਾਂ



ਮੈਂ ਕਿੰਨੀ ਖੁਸ਼ਕਿਸਮਤ ਹਾਂ ਜਦੋਂ ਮੈਂ ਆਪਣੇ ਅੰਦਰ ਬਾਤੀ ਮਾਰਦੇ ਹੋਏ ਇਹ ਮਹਿਸੂਸ ਕੀਤਾ ਕਿ ਮੈਂ ਸੱਚਮੁੱਚ ਜ਼ਿੰਦਾ ਹਾਂ। ਬਹੁਤ ਹੈਰਾਨੀ ਹੋਈ ਸੀ ਜਦੋਂ ਮੈਂ ਇਹ ਸੋਚਿਆ ਕਿ ਮੇਰਾ ਵਜੂਦ ਮਿਟ ਗਿਆ। ਮੈਨੂੰ ਪਤਾ ਨਾ ਸੀ ਕਿ ਮੇਰਾ ਵਜੂਦ ਨੇ ਫਾਲਤੂ ਸਮਝ ਕੇ ਸੁੱਟ ਦਿੱਤਾ ਸੀ। ਉਦੋਂ ਬਹੁਤ ਦੁੱਖ ਲੱਗਿਆ ਕਿ ਮੈਂ ਕਿਸੇ ਵੀ ਕੰਮ ਦੀ ਨਹੀਂ ਰਹੀ, ਫਿਰ ਆਪਣੇ ਵਜੂਦ ਤੇ ਮਾਣ ਕਰਦਿਆਂ ਹੋਇਆਂ ਸੋਚਿਆ, ਮੈਨੂੰ ਸਬਰ ਕਰਨਾ ਪਵੇਗਾ। ਕੋਈ ਤਾਂ ਆਵੇਗਾ ਜੋ ਮੇਰੀ ਕੀਮਤ ਪਾਵੇਗਾ। ਕਦੇ ਮੈਨੂੰ ਬੇਕਾਰ ਸਮਝ ਕੇ ਅਲਮਾਰੀ ਵਿੱਚ ਕੈਦ ਕਰ ਦਿੱਤਾ ਸੀ, ਕਦੇ ਮੈਨੂੰ ਬਾਹਰ ਸੁੱਟਣ ਲਈ ਰੱਖ ਦਿੱਤਾ ਸੀ, ਤੇ ਜਾਂ ਫਿਰ ਖਰਚਾ ਕੀਤਾ ਹੋਇਆ ਸੋਚ ਕੇ ਅੰਦਰ ਸੰਭਾਲ ਕੇ ਰੱਖ ਦਿੱਤਾ ਸੀ। ਇੱਕ ਭਿਆਨਕ ਸਥਿਤੀ ਨੂੰ ਬਰਦਾਸ਼ਤ ਕਰਨ ਦੀ ਹੱਦ ਮੁੱਕ ਚੁੱਕੀ ਸੀ, ਪਰ ਮੈਂ ਕੁਝ ਵੀ ਨਹੀਂ ਕਰ ਸਕਦੀ ਸੀ। ਸਮਾਂ ਬੀਤਦਾ ਗਿਆ। ਇੱਕ ਦਿਨ ਅਚਾਨਕ ਇਕ ਵਿਅਕਤੀ ਨੇ ਮੇਰੇ ਵੱਲ ਤੱਕਿਆ, ਫਿਰ ਹੱਥ ਲਾਇਆ ਤੇ ਸੋਚਿਆ ਕਿੰਨੀ ਪੂਰ ਨਾਲ ਭਰੀ ਪਈ ਹੈ। ਉਹ ਹਿੰਮਤ ਕਰਕੇ ਬਾਤਨ-ਪੁੱਛਣ ਹੀ ਲੱਗਾ ਸੀ ਕਿ ਸਮਾਂ ਨਹੀਂ ਹੈ, ਬੇਕਾਰ ਵਿੱਚ ਹੀ ਮਿਹਨਤ ਕਰਨੀ ਹੈ, ਬਹੁਤ ਸਾਰੇ ਕੰਮ ਨੇਪਰੇ ਚਾੜ੍ਹਨ ਵਾਲੇ ਪਏ ਹਨ, ਫਿਰ ਕਿਸੇ ਵਿਹਲੇ ਦਿਨ ਬੈਠ ਕੇ ਇਸ ਨੂੰ ਸਾਫ਼ ਕਰਨ ਲਈ ਸੋਚਦੇ ਹੋਏ ਅੱਗੇ ਵੱਧ ਜਾਂਦਾ ਹੈ। ਮੈਂ ਨਿਰਾਸ਼, ਚੁੱਪਚਾਪ, ਸਭ ਤੱਕਦੀ ਰਹੀ। ਜਿੱਥੇ ਸੀ, ਉੱਥੇ ਹੀ ਪਈ ਰਹੀ। ਉਡੀਕਦੀ ਰਹੀ ਕੋਈ ਤਾਂ ਆਵੇਗਾ। ਸੱਚ ਪੁੱਛੋ ਤਾਂ ਕਾਇਆ ਹੀ ਪਲਟ ਗਈ, ਜਦੋਂ ਇਕ ਅਜਿਹਾ ਵਿਅਕਤੀ ਬਹੁਤ ਸਮੇਂ ਬਾਅਦ ਬੱਕ ਹਾਰ ਕੇ ਥਾਂ-ਥਾਂ ਮੱਥਾ ਮਾਰਦਾ ਹੋਇਆ ਮੇਰੇ ਤਾਈਂ ਅੱਪੜਿਆ। ਮੇਰੀ ਅਜਿਹੀ ਹਾਲਤ ਦੇਖਦੇ ਹੋਏ ਉਹ ਹੈਰਾਨ ਹੋ ਗਿਆ। ਮੱਥੇ ਤੇ ਹੱਥ ਮਾਰ ਕੇ ਬੋਲਦਾ ਹੈ, “ਕਿੰਨੀ ਮਿੱਟੀ ਪੂਰ ਨਾਲ ਭਰੀ ਪਈ ਹੈ?” ਉਸ ਦੀ ਹੈਰਾਨੀ ਦਾ ਕੋਈ ਅੰਤ ਨਾ ਰਿਹਾ। ਉਹ ਬੁਝਬੁਝਦਾ ਹੋਇਆ ਹਿੰਮਤ ਕਰਕੇ ਆਪਣੇ ਹੱਥਾਂ ਨੂੰ ਅੱਗੇ ਵਧਾਉਂਦੇ ਹੋਏ ਮੈਨੂੰ ਛੂਹਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਦਾ ਹੈ। ਉਸ ਦੀ ਇਸ ਛੂਹ ਨੇ ਮੈਨੂੰ ਕੁਝ ਹੌਸਲਾ ਦਿਵਾਇਆ ਕਿ ਇਹ ਹੀ ਸੱਚਾ ਪਾਰਖੂ ਹੋ ਸਕਦਾ ਹੈ। ਜਦੋਂ ਹਿੰਮਤ ਕਰਕੇ ਮੈਨੂੰ ਉਸ ਨੇ ਬਾਤਿਆ, ਪੁੱਛਿਆ, ਮੱਥੇ ਨਾਲ ਸਤਿਕਾਰ ਵਜੋਂ ਲਗਾਉਂਦੇ ਹੋਇਆਂ ਮੇਰੇ ਵੱਲ ਇੱਥ ਤੱਕਿਆ ਕਿ ਉਸ ਦੀਆਂ ਅੱਖਾਂ ਵਿੱਚੋਂ ਦੋ ਹੱਥ ਟਪਕ ਕੇ ਮੇਰੇ ਉੱਪਰ ਗਿਰੇ ਤਾਂ ਮੇਰਾ ਵਜੂਦ ਖੁਸ਼ੀ ਨਾਲ ਉਛਾਲੇ ਮਾਰਨ ਲੱਗਾ। ਜਿਵੇਂ ਹੀ ਉਸ ਪਾਰਖੂ ਨੇ ਮੇਰਾ ਪਹਿਲਾ ਪੰਨਾ ਫਰੋਲਿਆ। ਮੇਰਾ ਇੱਕ-ਇੱਕ ਅੱਖਰ ਖੁਸ਼ੀ ਨਾਲ ਖੂਮ ਉੱਠਿਆ ਤੇ ਚਿਲਾਇਆ “ਮੈਂ ਅੱਜ ਵੀ ਜ਼ਿੰਦਾ ਹਾਂ।” ਵਾਹ! ਮੈਂ ਅੱਜ ਵੀ ਜ਼ਿੰਦਾ ਹਾਂ। ਮੈਂ ਇਕ ਕਿਤਾਬ ਹੀ ਨਹੀਂ ਮੈਂ ਉਹ ਰਾਹ ਹਾਂ ਜੋ ਭਟਕਿਆਂ ਹੋਇਆਂ ਰਾਹੀਆਂ ਨੂੰ ਰੋਸ਼ਨੀ ਦਿਖਾ ਕੇ ਉਹਨਾਂ ਨੂੰ ਮੰਜ਼ਿਲ ਤੇ ਲੈ ਜਾਂਦੀ ਹੈ।



ਵਰਿਧੀ
ਛੇਵੀਂ-ਭੀ

ਬੁਝਾਰਤਾਂ

1. ਕਾਲੀ ਕਾਲੀ ਮਾਂ, ਨਾਲ ਨਾਲ ਬੱਚੇ, ਜਿੱਧਰ ਜਾਵੇ ਮਾਂ, ਉੱਧਰ ਜਾਣ ਬੱਚੇ।
2. ਦੋ ਸੋਹਣੇ ਲੜਕੇ, ਦੋਨੋਂ ਇੱਕੋ ਰੰਗ ਦੇ, ਇੱਕ ਵਿਛੜ ਜਾਵੇ ਤਾਂ ਦੂਜਾ ਕੰਮ ਨਾ ਆਏ।
3. ਪੜ੍ਹਨ ਲਿਖਣ ਵਿੱਚ ਆਵਾਂ ਕੰਮ, ਬੁੱਝੇ ਬਚਿਉ ਮੇਰਾ ਨਾਮ।
4. ਹਰੀ ਸੀ ਮਨ ਭਰੀ ਸੀ, ਨਾਲ ਮੋਤੀਆਂ ਜੜ੍ਹੀ ਸੀ, ਰਾਜਾ ਜੀ ਦੇ ਬਾਗ ਵਿੱਚ ਦੁਪੱਟਾ ਲੈ ਕੇ ਖੜ੍ਹੀ ਸੀ।
5. ਚੜ੍ਹ ਚੌਂਕੀ 'ਤੇ ਬੈਠੀ ਰਾਣੀ, ਸਿਰ 'ਤੇ ਅੱਗ ਬਦਨ 'ਤੇ ਪਾਣੀ।
6. ਲੰਮਾ ਲੰਮਾ ਸਲਾਮਾ, ਪਰ ਲੰਮੇ ਦਾ ਪਰਛਾਵਾਂ ਕੋਈ ਨਾ।
7. ਪੰਜ ਜਾਣਿਆ ਗਠੜੀ ਚੁੱਕੀ, ਜਾ ਸੁੱਟੀ ਦਰਬਾਰ, ਕਾਹਲੀ ਦੇ ਵਿੱਚ ਦਿੱਤਾ ਧੱਕਾ, ਗਈ ਸਮੁੰਦਰੋਂ ਪਾਰ।
8. ਪੈਰ ਬਿਨਾ ਚੌਂਕੀ ਚੜ੍ਹੇ, ਮੂੰਹ ਬਿਨਾਂ ਆਟਾ ਖਾਏ, ਮਾਰਨ ਤੇ ਉਹ ਜੀਅ ਉੱਠੇ, ਬਿਨ ਮਾਰਿਆਂ ਮਰ ਜਾਏ।



ਦਿਵੀਤਾ ਕਪੂਰ
ਸੱਤਵੀਂ-ਸੀ

ਮੈਨੂੰ ਸ਼ਿਕਾਇਤ ਹੈ

- (ੳ) ਮੈਨੂੰ ਸ਼ਿਕਾਇਤ ਹੈ ਉਹਨਾਂ ਲੋਕਾਂ ਤੋਂ, ਜੋ ਕੋਲੇ ਖਾ ਕੇ ਛਿਲਕੇ ਰਸਤੇ ਵਿੱਚ ਸੁੱਟਦੇ ਹਨ।
- (ਅ) ਮੈਨੂੰ ਸ਼ਿਕਾਇਤ ਹੈ, ਉਸ ਨੌਜਵਾਨ ਪੀੜ੍ਹੀ ਤੋਂ, ਜੋ ਗਲਤ ਰਾਹ ਤੇ ਚੱਲ ਕੇ ਆਪਣੇ ਮਾਂ-ਬਾਪ ਦੀ ਦਸਾਂ ਨਹੁੰਆਂ ਦੀ ਕਮਾਈ ਆਪਣੇ ਘਟੀਆ ਸ਼ੌਕਾਂ ਦੀ ਬਲੀ ਚਾੜ੍ਹ ਦਿੰਦੇ ਹਨ।
- (ੲ) ਮੈਨੂੰ ਸ਼ਿਕਾਇਤ ਹੈ ਉਹਨਾਂ ਲੜਕਿਆਂ ਤੋਂ, ਜੋ ਦੂਸਰੇ ਦੀ ਭੈਣ ਨੂੰ ਭੈਣ ਨਹੀਂ ਸਮਝਦੇ।
- (ਸ) ਮੈਨੂੰ ਸ਼ਿਕਾਇਤ ਹੈ ਉਸ ਕਾਨੂੰਨ ਤੋਂ, ਜੋ ਪੈਸੇ ਦੀ ਰੋਸ਼ਨੀ ਵਿੱਚ ਇਨਸਾਫ਼ ਕਰਦਾ ਹੈ।
- (ਹ) ਮੈਨੂੰ ਸ਼ਿਕਾਇਤ ਹੈ ਉਹਨਾਂ ਲੋਕਾਂ ਤੋਂ, ਜੋ ਆਪਣੀਆਂ ਖੁਸ਼ੀਆਂ ਦੀ ਖਾਤਰ ਦੂਸਰਿਆਂ ਦੀਆਂ ਖੁਸ਼ੀਆਂ ਦੀ ਬਲੀ ਚੜ੍ਹਾ ਦਿੰਦੇ ਹਨ।
- (ਕ) ਮੈਨੂੰ ਸ਼ਿਕਾਇਤ ਹੈ ਉਹਨਾਂ ਲੜਕੀਆਂ ਤੋਂ, ਜੋ ਆਪਣੇ ਸੱਭਿਆਚਾਰ ਨੂੰ ਛੱਡ ਕੇ ਵਿਦੇਸ਼ੀ ਸੱਭਿਆਚਾਰ ਦੀ ਨਕਲ ਕਰਦੀਆਂ ਹਨ।



ਮਾਨਯਾ ਮਦਾਨ
ਛੇਵੀਂ-ਬੀ

ਜਾਦੂਗਰ

ਇੱਕ ਜਾਦੂਗਰ ਆਪਣੇ ਅੱਠ ਸਾਲਾ ਪੁੱਤਰ ਨਾਲ ਖੇਡ-ਤਮਾਸ਼ਾ ਕਰਕੇ ਲੋਕਾਂ ਦਾ ਮਨੋਰੰਜਨ ਕਰਦਾ ਸੀ। ਉਹ ਮਿੱਟੀ ਨੂੰ ਚੁੱਕ ਕੇ ਰੁਪਈਆ ਬਣਾ ਦਿੰਦਾ। ਹਵਾ ਵਿੱਚੋਂ ਕਬੂਤਰ ਫੜਦਾ। ਮਿੱਟੀ ਵਿੱਚ ਪਾਣੀ ਪਾ ਕੇ ਮਠਿਆਈ ਬਣਾ ਦਿੰਦਾ। ਲੋਕ ਉਸ ਦੇ ਖੇਡ ਨੂੰ ਬੜੇ ਚਾਅ ਨਾਲ ਦੇਖਦੇ ਸਨ। ਕੋਈ ਉਸ ਦੇ ਹੱਥ ਦੀ ਸਫ਼ਾਈ ਸਮਝ ਨਾ ਸਕਦਾ। ਉਹ ਡੱਬੇ ਵਿੱਚ ਰੁਪਏ ਦਾ ਸਿੱਕਾ ਪਾਉਂਦਾ ਤੇ ਕਈ ਸਿੱਕੇ ਬਣਾ ਦਿੰਦਾ। ਲੋਕ ਉਸ ਦੇ ਜਾਦੂ ਤੋਂ ਖੁਸ਼ ਹੋ, ਉਸ ਨੂੰ ਪੈਸੇ ਦਿੰਦੇ। ਇਸ ਤਰ੍ਹਾਂ ਉਸ ਦੀ ਰੋਟੀ-ਰੋਜ਼ੀ ਚਲਦੀ ਸੀ। ਉਸ ਦਾ ਪੁੱਤਰ ਜਮ੍ਹੂਰਾ ਬਣ ਕੇ ਲੋਕਾਂ ਦਾ ਮਨੋਰੰਜਨ ਕਰਦਾ। ਅੰਤ ਵਿੱਚ ਜਾਦੂਗਰ ਇੱਕ ਵਿਸ਼ੇਸ਼ ਤਮਾਸ਼ਾ ਕਰਦਾ ਸੀ। ਉਹ ਆਪਣੇ ਪੁੱਤਰ ਦੇ ਪੇਟ ਵਿੱਚ ਛੁਰਾ ਮਾਰਦਾ ਸੀ। ਲੋਕ ਹੈਰਾਨ ਸੀ। ਕੁਝ ਚਿਰ ਬਾਅਦ ਉਸ ਦਾ ਪੁੱਤਰ ਠੀਕ-ਠਾਕ ਉੱਠ ਪੈਂਦਾ। ਅਸਲ ਵਿੱਚ ਜਾਦੂਗਰ ਆਪਣੇ ਪੁੱਤਰ ਦੇ ਪੇਟ ਨਾਲ ਇੱਕ ਲਿਫਾਫਾ ਬੰਨ੍ਹ ਦਿੰਦਾ ਸੀ, ਜਿਸ ਵਿੱਚ ਲਾਲ ਰੰਗ ਹੁੰਦਾ ਸੀ। ਚਾਕੂ ਮਾਰਨ ਵੇਲੇ ਲਾਲ ਪਾਣੀ ਵਗਦਾ। ਲੋਕ ਇਸ ਨੂੰ ਖੂਨ ਸਮਝਦੇ। ਇੱਕ ਦਿਨ ਜਾਦੂਗਰ ਤਮਾਸ਼ਾ ਕਰ ਰਿਹਾ ਸੀ। “ਜਮ੍ਹੂਰਾ ਤਿਆਰ ਹੋ?”, ਜਾਦੂਗਰ ਬੋਲਿਆ। “ਨਹੀਂ”, ਜਮ੍ਹੂਰਾ ਬੋਲਿਆ। ਉਸ ਦਿਨ ਜਮ੍ਹੂਰੇ ਨੇ ਪੇਟ ਨਾਲ ਬੈਲੀ ਨਹੀਂ ਬੰਨ੍ਹੀ ਹੋਈ ਸੀ। “ਜਮ੍ਹੂਰੇ ਤਿਆਰ ਹੋ?” “ਨਹੀਂ।”, ਜਮ੍ਹੂਰਾ ਮਨ੍ਹਾ ਕਰ ਰਿਹਾ ਸੀ। ਜਾਦੂਗਰ ਨੇ ਜਮ੍ਹੂਰੇ ਦੀ ਗੱਲ ਵੱਲ ਕੋਈ ਧਿਆਨ ਨਾ ਦਿੱਤਾ ਤੇ ਛੁਰਾ ਜਮ੍ਹੂਰੇ ਦੇ ਪੇਟ ਵਿੱਚ ਮਾਰ ਦਿੱਤਾ। ਜਮ੍ਹੂਰਾ ਚੀਕ ਮਾਰ ਕੇ ਹੇਠਾਂ ਡਿੱਗ ਪਿਆ। ਲੋਕਾਂ ਸਮਝਿਆ ਇਹ ਖੇਡ-ਤਮਾਸ਼ਾ ਹੈ, ਪਰ ਜਮ੍ਹੂਰਾ ਮਰ ਚੁੱਕਾ ਸੀ। ਜਾਦੂਗਰ ਪਛਤਾ ਰਿਹਾ ਸੀ। ਉਸ ਦਾ ਪੁੱਤਰ ਮਰ ਚੁੱਕਾ ਸੀ।

ਸਿੱਟਾ : ਬਿਨਾਂ ਸੋਚੇ ਸਮਝੇ, ਕੋਈ ਕੰਮ ਨਾ ਕਰੋ।



ਆਰਿਨ ਅਰੋੜਾ
ਸੱਤਵੀਂ-ਡੀ

ਪੰਛੀ-ਜਾਨਵਰਾਂ ਬਾਰੇ ਰੋਚਕ ਜਾਣਕਾਰੀ

1. ਸਭ ਤੋਂ ਛੋਟਾ ਪੰਛੀ ਕਿਹੜਾ ਹੈ?
ਉੱਤਰ : ਹਮਿੰਗ ਬਰਡ (1.5 ਗ੍ਰਾਮ)
2. ਕਿਹੜਾ ਜੀਵ ਆਪਣੇ ਹੱਥਾਂ ਕਾਰਨ ਪ੍ਰਸਿੱਧ ਹੈ?
ਉੱਤਰ : ਮਗਰਮੱਛ
3. ਕਿਹੜਾ ਜਾਨਵਰ ਹੈ ਜਿਸਨੂੰ ਗੁਲਾਬੀ ਪਸੀਨਾ ਆਉਂਦਾ ਹੈ?
ਉੱਤਰ : ਦਰਿਆਈ ਘੋੜਾ
4. ਉਹ ਕਿਹੜਾ ਜਾਨਵਰ ਹੈ ਜੋ ਹਨੇਰੇ ਵਿੱਚ ਵੀ ਦੇਖ ਸਕਦਾ ਹੈ?
ਉੱਤਰ : ਚੀਤਾ
5. ਉਹ ਕਿਹੜਾ ਜਾਨਵਰ ਹੈ, ਜੋ ਬੋਲਦਾ ਨਹੀਂ?
ਉੱਤਰ : ਜਿਰਾਫ਼
6. ਉਹ ਕਿਹੜਾ ਪੰਛੀ ਹੈ, ਜੋ ਕੰਕਰ-ਪੱਥਰ ਵੀ ਖਾ ਲੈਂਦਾ ਹੈ?
ਉੱਤਰ : ਸ਼ਤਰੁਮੁਰਗ
7. ਉਸ ਪੰਛੀ ਦਾ ਨਾਂਅ ਦੱਸੋ ਜੋ ਬੱਚੇ ਪੈਦਾ ਕਰਦਾ ਹੈ ਤੇ ਦੁੱਧ ਪਿਆਉਂਦਾ ਹੈ?
ਉੱਤਰ : ਚਮਗਿੱਦਤ
8. ਉਹ ਜਾਨਵਰ ਕਿਹੜਾ ਹੈ, ਜਿਸ ਨੂੰ ਹਰ ਵਸਤੂ ਦੁੱਗਣੀ ਵੱਡੀ ਦਿਖਾਈ ਦਿੰਦੀ ਹੈ?
ਉੱਤਰ : ਹਾਥੀ
9. ਉਹ ਕਿਹੜਾ ਜਾਨਵਰ ਹੈ ਜੋ ਲੋਹੇ ਦੀਆਂ ਮੋਟੀਆਂ-ਮੋਟੀਆਂ ਸਲਾਖਾਂ ਵੀ ਤੋੜ ਦਿੰਦਾ ਹੈ?
ਉੱਤਰ : ਤੋਂਦੂਆ



ਨਵਕਿਰਨ ਪੀਮਨ
ਸੱਤਵੀਂ-ਈ

ਬੁਝਾਰਤਾਂ

1. ਮਾਂ ਸਾਰੇ ਜਗਤ ਦੀ, ਜਿਸ ਤੋਂ ਬਾਝ ਨਾ ਕੋਈ, ਬੁੱਢੀ ਲੱਖਾਂ ਵਰ੍ਹਿਆਂ ਦੀ, ਪਰ ਅਜੇ ਵੀ ਨਵੀਂ-ਨਰੋਈ। ਬੁੱਝੋ ਉਹ ਹੈ ਕੌਣ?
2. ਆਲੂ ਖਾ-ਖਾ ਢਿੱਡ ਭਰਿਆ, ਮੂੰਹ ਬੰਦ ਕਰ ਨਹਾਇਆ, ਗਰਮ ਹੋ ਗਿਆ, ਸਖਤ ਹੋ ਗਿਆ, ਜਦੋਂ ਨਹਾ ਕੇ ਆਇਆ। ਬੁੱਝੋ, ਉਹ ਹੈ ਕੌਣ?
3. ਦੁਨੀਆ ਦੀ ਜਿਸ ਅੰਦਰ ਜਾਨ, ਫਿਰ ਵੀ ਗੰਧਲਾ ਕਰੇ ਜਹਾਨ। ਬੁੱਝੋ, ਉਹ ਹੈ ਕੌਣ?
4. ਐਡਾ ਸਾਰਾ ਕੋਠੜਾ ਅੱਸੀ-ਨੱਬੇ ਬਾਰ, ਵੱਸੇ ਅੰਦਰ ਗੋਦੜਾ, ਝੂਟੇ ਦੇਵੇ ਨਾਰ। ਬੁੱਝੋ, ਉਹ ਹੈ ਕੌਣ?

ਪ੍ਰ. 1. ਧਰਤੀ
ਪ੍ਰ. 2. ਮੁਸਾ
ਪ੍ਰ. 3. ਫੁਲ
ਪ੍ਰ. 4. ਫੁਲ

ਦਿਸ਼ਾਨਵੀਰ ਸਿੰਘ
ਸੱਤਵੀਂ-ਡੀ



ਸਿਆਣਾ ਖਰਗੋਸ਼

ਇੱਕ ਵਾਰੀ ਇੱਕ ਜੰਗਲ ਵਿੱਚ ਬਹੁਤ ਸਾਰੇ ਖਰਗੋਸ਼ ਰਹਿੰਦੇ ਸਨ। ਉਹ ਹਰ ਰੋਜ਼ ਸ਼ਾਮ ਨੂੰ ਇੱਕ ਤਲਾਅ ਤੇ ਪਾਣੀ ਪੀਣ ਜਾਂਦੇ ਸਨ। ਤਲਾਅ ਵਿੱਚ ਹੋਰ ਜਾਨਵਰ ਵੀ ਪਾਣੀ ਪੀਣ ਆਉਂਦੇ ਸਨ। ਪਰ ਇੱਕ ਦਿਨ ਖਰਗੋਸ਼ਾਂ ਦੇ ਸਰਦਾਰ ਨੇ ਦੇਖਿਆ ਕਿ ਤਲਾਅ ਦਾ ਪਾਣੀ ਗੰਧਲਾ ਹੈ। ਉਸ ਨੇ ਆਪਣੇ ਸਾਥੀਆਂ ਨੂੰ ਕਿਹਾ ਕਿ ਹੁਣ ਸਾਨੂੰ ਇਸ ਤਲਾਅ ਤੇ ਆਉਣਾ ਛੱਡ ਦੇਣਾ ਚਾਹੀਦਾ ਹੈ। ਕੁਝ ਖਰਗੋਸ਼ਾਂ ਨੇ ਇਸ ਦਾ ਵਿਰੋਧ ਕੀਤਾ ਪਰ ਸਿਆਣੇ ਖਰਗੋਸ਼ ਨੇ ਸਮਝਾਇਆ ਕਿ ਇਹ ਨਿਸ਼ਾਨ ਹਾਥੀ ਦੇ ਪੈਰਾਂ ਦੇ ਹਨ। ਇਸ ਦਾ ਮਤਲਬ ਹੈ ਕਿ ਹੁਣ ਇਸ ਤਲਾਬ ਬਾਰੇ ਹਾਥੀਆਂ ਨੂੰ ਪਤਾ ਲਗ ਗਿਆ ਹੈ। ਜੇ ਇੱਥੇ ਹਾਥੀ ਪਾਣੀ ਪੀਣ ਆਉਣਗੇ ਤਾਂ ਉਹ ਬਹੁਤ ਵੱਡੇ ਝੁੰਡ ਵਿੱਚ ਆਉਣਗੇ ਤੇ ਅਸੀਂ ਬਹੁਤ ਛੋਟੇ ਹਾਂ। ਅਸੀਂ ਉਨ੍ਹਾਂ ਨੂੰ ਰੋਕ ਨਹੀਂ ਸਕਦੇ। ਅਸੀਂ ਉਨ੍ਹਾਂ ਦੇ ਪੈਰਾਂ ਹੇਠਾਂ ਆ ਕੇ ਮਿੱਧੇ ਜਾਵਾਂਗੇ। ਸਾਨੂੰ ਆਪਣੀ ਜਾਨ ਖਤਰੇ ਵਿੱਚ ਨਹੀਂ ਪਾਉਣੀ ਚਾਹੀਦੀ। ਇਸ ਲਈ ਚੰਗਾ ਹੋਵੇ ਜੇਕਰ ਅਸੀਂ ਕਿਸੇ ਹੋਰ ਤਲਾਅ ਤੋਂ ਪਾਣੀ ਪੀਣਾ ਸ਼ੁਰੂ ਕਰ ਦੇਈਏ। ਸਿਆਣੇ ਖਰਗੋਸ਼ ਦੀ ਗੱਲ ਸਭ ਨੂੰ ਜਚ ਗਈ ਤੇ ਉਨ੍ਹਾਂ ਨੇ ਕਿਸੇ ਹੋਰ ਤਲਾਅ ਤੇ ਜਾਣਾ ਮੰਨ ਲਿਆ।

ਸਿੱਖਿਆ: ਚੰਗੀ ਸਲਾਹ ਹਰੇਕ ਦੀ ਮੰਨ ਲੈਣੀ ਚਾਹੀਦੀ ਹੈ।



ਗੁਰਦੀਪ ਸਿੰਘ
ਅੱਠਵੀਂ-ਏ

ਚੁਟਕਲੇ



1. ਅਧਿਆਪਕ : ਕੱਲ੍ਹ ਜੋ ਸਕੂਲ ਦਾ ਕੰਮ ਕਰਕੇ ਨਹੀਂ ਲਿਆਇਆ ਤਾਂ ਮੁਰਗਾ ਬਣਾਉਂਗਾ।
ਵਿਦਿਆਰਥੀ - ਠੀਕ ਹੈ ਸ਼ਰਬਤ ਮੈਂ ਲੈ ਕੇ ਆਉਂਗਾ।
2. ਪੱਪੂ ਨੂੰ ਪੂਰੀ ਰਾਤ ਮੱਛਰਾਂ ਨੇ ਪਰੇਸ਼ਾਨ ਕੀਤਾ। ਅੱਧੀ ਰਾਤ ਨੂੰ ਉਹਦੇ ਦਿਮਾਗ ਵਿੱਚ ਇੱਕ ਤਰਕੀਬ ਆਈ। ਉਹਨੇ ਜ਼ਹਿਰ ਪੀ ਲਿਆ ਤੇ ਬੋਲਿਆ ਕਿ ਹੁਣ ਕੱਟੋ ਮੈਨੂੰ, ਸਾਰੇ ਮਰੇਗੇ।
3. ਡਾਕਟਰ ਮਰੀਜ਼ ਨੂੰ ਕਹਿੰਦਾ ਹੈ ਕਿ ਬਹੁਤ ਕਮਜ਼ੋਰੀ ਹੈ। ਫਰੂਟ ਖਾਇਆ ਕਰ ਛਿਲਕੇ ਵਾਲਾ। ਫਿਰ ਇੱਕ ਘੰਟੇ ਬਾਅਦ ਮਰੀਜ਼ ਡਾਕਟਰ ਦੇ ਕੋਲ ਆਇਆ ਤੇ ਕਹਿੰਦਾ ਡਾਕਟਰ ਸਾਹਿਬ ਮੇਰੇ ਢਿੱਡ ਵਿੱਚ ਦਰਦ ਹੈ।
ਡਾਕਟਰ : ਕੀ ਖਾਧਾ ਸੀ?
ਮਰੀਜ਼ : ਨਾਰੀਅਲ ਛਿਲਕੇ ਸਮੇਤ।
4. ਇੱਕ ਵਾਰ ਇੱਕ ਅਮਲੀ ਦਾ ਰੇਡੀਓ ਖਰਾਬ ਹੋ ਗਿਆ। ਉਹ ਆਪ ਖੋਲ੍ਹ ਕੇ ਬਹਿ ਗਿਆ, ਵਿੱਚ ਚੂਹੀ ਬੋਹੋਸ਼ ਸੀ।
ਅਮਲੀ : ਗਾਣੇ ਸੁਆਹ ਚੱਲਣੇ ਸੀ। ਆਪਣੀ ਕੌਰ ਬੀ ਤਾਂ ਸੁੱਤੀ ਪਈ ਆ।
5. ਪਤੀ : 10ਵੀਂ ਵਰ੍ਹੇਗੰਢ ਤੇ ਮੈਂ ਤੈਨੂੰ ਅੰਡੇਮਾਨ-ਨਿਕੋਬਾਰ ਆਈਲੈਂਡ ਲੈ ਜਾਵਾਂਗਾ।
ਪਤਨੀ : ਵਾਹ! ਅਤੇ 25 ਵੀਂ ਤੇ ?
ਪਤੀ : ਤੈਨੂੰ ਵਾਪਸ ਲੈਣ ਆਵਾਂਗਾ।
6. ਪ੍ਰੇਮੀਕਾ : ਅੱਜ ਮੇਰਾ ਜਨਮਦਿਨ ਹੈ, ਮੇਰਾ ਤੋਹਫਾ ਕਿੱਥੇ ਹੈ?
ਪ੍ਰੇਮੀ : ਉੱਥੇ ਦੇਖ ਸੜਕ ਤੇ ਲਾਲ ਰੰਗ ਦੀ ਕਾਰ ਨਜ਼ਰ ਆ ਰਹੀ ਹੈ।
ਪ੍ਰੇਮੀਕਾ : ਖੁਸ਼ੀ ਨਾਲ ਚੀਕ ਪਈ।
ਮੁੰਡਾ : ਬਸ ਉਸੇ ਰੰਗ ਦੀ ਨੇਲ ਪਾਲਿਸ਼ ਲਿਆਇਆ ਹਾਂ।
7. ਸਵੇਰੇ-ਸਵੇਰੇ ਫੇਰੀ ਵਾਲਾ ਆਵਾਜ਼ ਲਾ ਰਿਹਾ ਸੀ-
“ਚਾਕੂ-ਫੂਰੀਆਂ ਤੇਜ਼ ਕਰਵਾ ਲਓ”।
ਔਰਤ “ਭਾਈ, ਕੀ ਅਕਲ ਵੀ ਤੇਜ਼ ਕਰਦਾ ਏ?”
ਫੇਰੀ ਵਾਲਾ “ਹਾਂ ਭੈਣ ਜੀ ਅਕਲ ਹੋਵੇ ਤਾਂ ਲੈ ਆਉ”।
8. ਅਧਿਆਪਕਾ : “ਮੈਂ 2 ਵਾਕ ਦੇਵਾਂਗੀ, ਤੁਸੀਂ ਉਨ੍ਹਾਂ ਵਿਚਕਾਰ ਫਰਕ ਦੱਸਣਾ ਹੈ।”
ਵਾਕ (1) ਉਸ ਨੇ ਭਾਂਡੇ ਧੋਤੇ।
(2) ਉਸ ਨੂੰ ਭਾਂਡੇ ਧੋਣੇ ਪਏ।

ਪੱਪੂ : ਮੈਡਮ ਪਹਿਲੇ ਵਾਕ ਵਿੱਚ ਕਰਤਾ ਅਣਵਿਆਹਿਆ ਹੈ ਅਤੇ ਦੂਜੇ ਵਿੱਚ ਕਰਤਾ ਵਿਆਹਿਆ ਹੋਇਆ ਹੈ।

9. ਅਧਿਆਪਕ-“ਦੁਨੀਆ 'ਚ 2 ਸਭ ਤੋਂ ਵੱਡੇ ਨੈਟਵਰਕ ਕਿਹੜੇ ਕਿਹੜੇ ਹਨ।”
ਪ੍ਰਿੰਸ : ਜੀ ਸਭ ਤੋਂ ਵੱਡੇ ਨੈਟਵਰਕ ਹਨ
1. ਈਮੇਲ, 2. ਫੀਮੇਲ
ਪਲਕ ਝਪਕਦਿਆਂ ਹੀ ਇੱਧਰ ਦੀ ਗੱਲ ਉਧਰ ਪਹੁੰਚਾ ਦਿੰਦੀਆਂ ਹਨ।



ਤਨਿਸ਼ਕਾ ਸ਼੍ਰੀ
ਅੱਠਵੀਂ-ਏ

ਕਾਫੀ ਹਨੇਰਾ ਹੋ ਚੱਲਿਆ ਸੀ। ਮਾਂ ਕਈ ਘੰਟਿਆਂ ਤੋਂ ਘਰ ਦੇ ਬੂਹੇ ਅੱਗੇ ਖੜੋਤੀ ਸੀ। ਬਾਪੂ ਵੀ ਵਾਰ-ਵਾਰ ਬੂਹੇ 'ਤੇ ਗੋਤੇ ਮਾਰ ਰਿਹਾ ਸੀ। ਪੁੱਤ ਦੇ ਆਉਣ ਦਾ ਇੰਤਜ਼ਾਰ ਸੀ। ਅੱਜ ਤਾਂ ਉਮੀਦ ਸੀ ਕਿ ਸੋਲਾਂ ਜਮਾਤਾਂ ਪੜ੍ਹੇ ਬੀ.ਐੱਫ. ਪਾਸ ਪੁੱਤ ਨੂੰ ਸਕੂਲ ਵਿੱਚ ਨੌਕਰੀ ਮਿਲ ਹੀ ਗਈ ਹੋਣੀ ਹੈ। ਕੁਝ ਚਿਰ ਬਾਅਦ ਉਹ ਘਰ ਦੇ ਬੂਹੇ 'ਚੋਂ ਤੇਜ਼ ਹਵਾ ਦੀ ਤਰ੍ਹਾਂ ਅੰਦਰ ਵੜਿਆ। ਢੱਠੀ ਹੋਈ ਪੱਗ, ਮੈਲੀ ਕਮੀਜ਼, ਧੂੜ ਨਾਲ ਭਰੇ ਜੁੱਤੇ ਅਤੇ ਪਸੀਨੇ 'ਚ ਲੱਥ-ਪੱਥ ਸਰੀਰ ਕਿਸੇ ਗਹਿਰੀ ਥਕਾਵਟ ਦਾ ਚਿੰਨ੍ਹ ਸੀ। ਅੱਜ ਫਿਰ ਮੂੰਹ ਵੱਟ ਕੇ ਮੂਧੇ-ਮੂੰਹ ਪੁੱਤ ਨੂੰ ਜਦ ਸਕੂਲ ਵਿੱਚ ਇੰਟਰਵਿਊ ਸੰਬੰਧੀ ਪੁੱਛਿਆ ਤਾਂ ਪੁੱਤ ਦਾ ਜਵਾਬ ਸੀ ਕਿ ਮੈਨੂੰ ਤਾਂ ਰੱਖ ਲਿਆ ਸੀ, ਪਰ ਸਕੂਲ ਵਾਲੇ ਕਹਿੰਦੇ, ਤਨਖਾਹ 2500/- ਰੁਪਏ ਹੀ ਮਿਲੂਗੀ। ਮੈਂ ਜਵਾਬ ਦੇ ਦਿੱਤਾ ਕਿਉਂਕਿ ਇੰਨੇ ਪੈਸੇ ਤਾਂ ਬੱਸ ਕਿਰਾਏ 'ਤੇ ਲੱਗ ਜਾਣੇ ਸਨ। ਸਕੂਲ ਵਾਲਿਆਂ ਨੂੰ ਵੀ ਮੇਰੇ ਤੋਂ ਵੱਧ ਪੜ੍ਹਿਆ 2500/- ਰੁਪਏ ਵਿੱਚ ਅਧਿਆਪਕ ਮਿਲ ਗਿਆ ਜੇ ਵਿਹਲੇ ਸਮੇਂ ਵਿੱਚ ਦਫ਼ਤਰ ਦਾ ਕੰਮ ਵੀ ਕਰੇਗਾ। ਘਰ ਵਿੱਚ ਫਿਰ ਸਨਾਟਾ ਛਾ ਗਿਆ। ਚੁੱਲ੍ਹੇ 'ਤੇ ਰੱਖੀ ਦਾਲ ਅਤੇ ਛਾਬੇ ਵਿੱਚ ਪਈਆਂ ਰੋਟੀਆਂ ਕਿਸੇ ਦਾ ਇੰਤਜ਼ਾਰ ਕਰ ਰਹੀਆਂ ਸਨ। ਮਾਂ ਚੁੱਪ ਸੀ। ਬਾਪੂ ਚੁੱਪ ਸੀ, ਮੈਂ ਚੁੱਪ ਸੀ ਅਤੇ ਪੂਰੀ ਕਾਇਨਾਤ ਚੁੱਪ ਸੀ ਜਿਸਦੀ ਚੁੱਪੀ ਤੌੜਨ ਵਾਲਾ ਕੋਈ ਨਹੀਂ ਸੀ।



ਪੀਯੂਸ਼ ਸ਼ਰਮਾ
ਅੱਠਵੀਂ-ਏ

ਚੰਗੇ ਵਿਚਾਰ

1. ਜ਼ਿੰਦਗੀ ਚਾਹੇ ਇੱਕ ਦਿਨ ਦੀ ਹੋਵੇ ਚਾਹੇ ਚਾਰ ਦਿਨਾਂ ਦੀ ਉਸ ਨੂੰ ਇਸ ਤਰ੍ਹਾਂ ਜੀਓ ਕਿ ਜ਼ਿੰਦਗੀ ਤੁਹਾਨੂੰ ਨਹੀਂ ਮਿਲੀ, ਬਲਕਿ ਤੁਸੀਂ ਜ਼ਿੰਦਗੀ ਨੂੰ ਮਿਲੋ ਹੋ।
2. ਹਰ ਕਾਮਯਾਬ ਇਨਸਾਨ ਪਿੱਛੇ ਉਸਦੀ ਮਾਂ ਦੀਆਂ ਦੁਆਵਾਂ ਅਤੇ ਪਿਤਾ ਦਾ ਸਾਥ ਹੁੰਦਾ ਹੈ।
3. ਮੁਸੀਬਤ ਸਭ ਤੋਂ ਆਉਂਦੀ ਹੈ, ਕੋਈ ਬਿਖਰ ਜਾਂਦਾ ਹੈ ਤੇ ਕੋਈ ਨਿੱਖਰ ਜਾਂਦਾ ਹੈ।
4. ਵੱਡਾ ਆਦਮੀ ਉਹੀ ਕਹਾਉਂਦਾ ਹੈ, ਜਿਸਨੂੰ ਮਿਲਣ ਤੋਂ ਬਾਅਦ ਕੋਈ ਖੁਦ ਨੂੰ ਛੋਟਾ ਮਹਿਸੂਸ ਨਾ ਕਰੇ।
5. ਜੇਕਰ ਤੁਸੀਂ ਸੱਚਾਈ 'ਤੇ ਚੱਲ ਰਹੇ ਹੋ ਤਾਂ ਯਾਦ ਰੱਖੋ ਕਿ ਪਰਮਾਤਮਾ ਹਮੇਸ਼ਾ ਤੁਹਾਡੇ ਨਾਲ ਹੈ।

ਰਿਧਮਰੋਜ਼
ਅੱਠਵੀਂ-ਏ



ਵਿਚਾਰ

1. ਆਪਣੇ ਪੈਰਾਂ ਤੇ ਖੜੋ ਹੋ ਕੇ ਮਰਨਾ ਗੋਡੇ ਟੋਕ ਕੇ ਜਿਉਣ ਨਾਲੋਂ ਕਿਤੇ ਬਿਹਤਰ ਹੁੰਦਾ ਹੈ।
2. ਮਿਹਨਤ ਕਰਨ ਵਾਲਾ ਕਦੇ ਭੁੱਖਾ ਨਹੀਂ ਮਰਦਾ ਅਤੇ ਮਾੜੀ ਨੀਅਤ ਵਾਲਾ ਕਦੇ ਵੀ ਰੱਜ ਨਹੀਂ ਸਕਦਾ।
3. ਝੁਕਦਾ ਉਹ ਹੀ ਹੈ ਜਿਸਨੂੰ ਰਿਸ਼ਤਿਆਂ ਦੀ ਕਦਰ ਹੁੰਦੀ ਹੈ।
4. ਜ਼ਿੰਦਗੀ ਏਨੀ ਦੁਖੀ ਨਹੀਂ ਕਿ ਮਰਨ ਨੂੰ ਦਿਲ ਕਰੇ, ਬਸ ਲੋਕ ਏਨੇ ਦੁੱਖ ਦੇ ਜਾਂਦੇ ਹਨ ਕਿ ਜੀਣ ਨੂੰ ਦਿਲ ਨਹੀਂ ਕਰਦਾ।
5. ਚੁੱਪ ਰਹਿਣਾ ਇੱਕ ਸਾਧਨਾ ਹੈ, ਪਰ ਸੋਚ ਸਮਝ ਕੇ ਬੋਲਣਾ ਇੱਕ ਕਲਾ ਹੈ।



ਦਿਸ਼ਾ
ਸੱਤਵੀਂ-ਡੀ

ਜਿੱਤ ਦਾ ਮਾਰਗ

“ਜੇਤੂ ਜਨਮ ਨਹੀਂ ਲੈਂਦੇ, ਜੇਤੂ ਬਣਦੇ ਹਨ। ਕੀ ਤੁਸੀਂ ਵੀ ਜੇਤੂ ਬਣਨਾ ਚਾਹੁੰਦੇ ਹੋ? ਜੇ ਹਾਂ ਤਾਂ ਜਿੱਤ ਦੀ ਕਾਮਨਾ ਕਰੋ, ਜਿੱਤ ਦਾ ਵਾਤਾਵਰਨ ਸਿਰਜੋ, ਹਾਂ-ਪੱਖੀ ਸੋਚ ਅਪਣਾਓ, ਲਗਾਤਾਰ ਯਤਨ ਕਰੋ, ਜਿੱਤ ਤੁਹਾਡੀ ਹੋਵੇਗੀ। ਸਫਲਤਾ ਕਦਮ ਚੁੰਮੇਗੀ।”

“ਸਫਲਤਾ ‘ਕਰ ਸਕਣ’ ਵਿੱਚ ਹੁੰਦੀ ਹੈ, ‘ਨਾ ਕਰ ਸਕਣ’ ਵਿੱਚ ਨਹੀਂ ਹੁੰਦੀ। ਜੇਕਰ ਤੁਸੀਂ ਸੋਚਦੇ ਹੋ ਕਿ ਤੁਸੀਂ ਕਰ ਸਕਦੇ ਹੋ ਤਾਂ ਸੱਚਮੁੱਚ ਹੀ ਕਰ ਸਕੋਗੇ, ਪ੍ਰੰਤੂ ਜੇਕਰ ਤੁਸੀਂ ਸੋਚਦੇ ਹੋ ਕਿ ਤੁਸੀਂ ਨਹੀਂ ਕਰ ਸਕਦੇ ਤਾਂ ਯਕੀਨ ਮੰਨੋ, ਤੁਸੀਂ ਬਿਲਕੁਲ ਨਹੀਂ ਕਰ ਸਕੋਗੇ।”

“ਦੁਨੀਆਂ ਵਿੱਚ ਕੁਝ ਵੀ ਚੰਗਾ ਜਾਂ ਬੁਰਾ ਨਹੀਂ। ਮਨੁੱਖ ਦੀ ਸੋਚਣੀ ਕਿਸੇ ਵੀ ਚੀਜ਼ ਨੂੰ ਚੰਗਾ ਜਾਂ ਬੁਰਾ ਬਣਾਉਂਦੀ ਹੈ। ਮਨ ਬਹੁਤ ਸ਼ਕਤੀਸ਼ਾਲੀ ਹੁੰਦਾ ਹੈ। ਇਹ ਸਵਰਗ ਨੂੰ ਨਰਕ ਅਤੇ ਨਰਕ ਨੂੰ ਸਵਰਗ ਬਣਾ ਸਕਦਾ ਹੈ। ਮਨ ਹੀ ਤੁਹਾਨੂੰ ਬੁਲੰਦੀ ਤੇ ਪਹੁੰਚਾਉਂਦਾ ਹੈ ਅਤੇ ਇਹ ਹੀ ਦਲਦਲ ਵਿੱਚ ਫਸਾ ਸਕਦਾ ਹੈ। ਮਨ ਦੀ ਜਿੱਤ ਜੱਗ ਦੀ ਜਿੱਤ ਹੁੰਦੀ ਹੈ।”

“ਅਸਫਲਤਾਵਾਂ ਸਫਲਤਾਵਾਂ ਦਾ ਬੰਮੂ ਹੁੰਦੀਆਂ ਹਨ। ਤੁਹਾਡਾ ਸਕਾਰਾਤਮਕ ਮਾਨਸਿਕ ਦ੍ਰਿਸ਼ਟੀਕੋਣ ਤੁਹਾਡੀ ਸਭ ਤੋਂ ਵੱਡੀ ਹਾਰ ਨੂੰ ਤੁਹਾਡੀ ਸਭ ਤੋਂ ਵੱਡੀ ਜਿੱਤ ਵਿੱਚ ਬਦਲਣ ਦਾ ਕਾਰਨ ਬਣ ਸਕਦਾ ਹੈ।”

“ਸਿਆਣੇ ਕਹਿੰਦੇ ਹਨ ਕਿ ਜੀਵਨ ਵਿੱਚ ਅਸਫਲ ਹੋਣਾ ਪਾਪ ਨਹੀਂ ਸਗੋਂ ਘਟੀਆ ਨਿਸ਼ਾਨਾ ਰੱਖਣਾ ਪਾਪ ਹੈ। ਕੇਵਲ ਉੱਚੀ ਸੋਚ ਵਾਲਾ ਵਿਅਕਤੀ ਹੀ ਉੱਚੀਆਂ ਪ੍ਰਾਪਤੀਆਂ ਕਰ ਸਕਦਾ ਹੈ। ਨੀਵਾਂ ਸੋਚਣ ਵਾਲੇ ਨੀਵੇਂ ਹੀ ਰਹਿੰਦੇ ਹਨ। ਉਹ ਕਦੇ ਵੀ ਸ਼ਾਹਬਾਜ਼ ਨਹੀਂ ਬਣ ਸਕਦੇ।”



ਦਰਸ਼ਪ੍ਰੀਤ ਸਿੰਘ
ਅੱਠਵੀਂ-ਬੀ

ਇੰਟਰਨੈੱਟ ਦਾ ਮਾਇਆ ਜਾਲ



ਕਿਵੇਂ ਦੀ ਇਹ ਵਿਗਿਆਨ ਦੀ ਮਾਇਆ,
ਹਰ ਪਾਸੇ ਬੱਸ ਇੰਟਰਨੈੱਟ ਹੈ ਛਾਇਆ।
ਜਿਸ ਨਾਲ ਕਦੀਂ ਨਹੀਂ ਭਰਦਾ ਆਦਮੀ ਦਾ ਪੇਟ,
ਇਹੋ ਜਿਹੀ ਭਿਆਨਕ ਬਲਾ ਦਾ ਨਾਂ ਹੈ ਇੰਟਰਨੈੱਟ।
ਅੱਜ ਹਰ ਆਦਮੀ ਇਸ ਦੇ ਚੁੰਗਲ ਵਿੱਚ ਫਸ ਚੁੱਕਾ ਹੈ,
ਬੱਚਾ-ਬੱਚਾ ਅੱਜ ਸਿਰਫ ਇੰਟਰਨੈੱਟ ਦਾ ਕੁੱਖਾ ਹੈ।
ਪਹਿਲਾਂ ਆਦਮੀ ਚੌਰਾਹਿਆਂ ਤੇ ਤਾਸ਼ ਖੇਡਦਾ ਸੀ,
ਰਿਸ਼ਤੇਦਾਰਾਂ ਨੂੰ ਮਿਲਣ ਦੀ ਮੁਸੀਬਤ ਵੀ ਭੇਲਦਾ ਸੀ।
ਗਲੀ-ਮੁਹੱਲੇ ਵਿੱਚ ਹੁੰਦੀ ਸੀ ਚਹਿਲ-ਪਹਿਲ ਅਤੇ ਸ਼ੌਰ,
ਸਾਰੇ ਕਹਿੰਦੇ ਸੀ ਮਿਲ-ਜੁਲ ਕੇ, ਰਹਿਣ ਵਿੱਚ ਹੈ ਪ੍ਰੇਮ ਦੀ ਡੋਰ।
ਪਰ ਉਹ ਮਾਹੌਲ ਹੁਣ ਕਿਤੇ ਖੋ ਗਿਆ ਹੈ,
ਕਿਉਂਕਿ ਅੱਜ ਮਨੁੱਖ ਫੇਸਬੁੱਕ ਦੀ ਗੋਦ ਵਿੱਚ ਸੌ ਗਿਆ ਹੈ।
ਇੰਟਰਨੈੱਟ ਉੱਤੇ ਅੱਜ ਦੇ ਨੌਜਵਾਨ ਚੈਟਿੰਗ ਕਰਦੇ ਹਨ,
ਕੰਪਿਊਟਰ ਤੇ ਘਰ ਬੈਠ ਸੈਟਿੰਗ ਕਰਦੇ ਹਨ।
ਕਿਸੇ ਦੀ ਸੋਚ ਮੇਲੀ ਹੈ ਤੇ ਕਿਸੇ ਦਾ ਚਰਿੱਤਰ ਹੀ ਮੇਲਾ ਹੈ,
ਸਾਈਬਰ ਕਰਾਈਮ ਦਾ ਪੂਰੀ ਦੁਨੀਆਂ ਵਿੱਚ ਬੋਲ-ਬਾਲਾ ਹੈ।
ਇਸ ਤੋਂ ਬਚਾਉਣ ਲਈ ਨਾ ਤਾਂ ਰਾਮ ਨਾ ਹੀ ਨੰਦਲਾਲਾ ਹੈ,
ਜੋ ਵਿਗਾੜ ਰਿਹਾ ਹੈ ਮਨੁੱਖ ਦੇ ਸੰਸਕਾਰ।
ਨਹੀਂ ਚਾਹੀਦਾ ਵਿਗਿਆਨ ਦਾ ਅਜਿਹਾ ਚਮਤਕਾਰ,
ਮੈਂ ਤਾਂ ਕਹਿੰਦੀ ਹਾਂ ਕਿ ਇੰਟਰਨੈੱਟ ਉਹ ਲੱਭੂ ਹੈ।
ਜੋ ਖਾਏ ਸੋ ਪਛਤਾਏ, ਜੋ ਨਾ ਖਾਏ ਉਹ ਵੀ ਪਛਤਾਏ,
ਪਰ ਕੋਈ ਵੀ ਇਸ ਦੇ ਚੁੰਗਲ ‘ਚੋਂ’ ਬਚ ਨਾ ਪਾਏ।



ਜਸਪਾਲ ਕੌਰ
ਅੱਠਵੀਂ-ਡੀ

ਜੋ ਹੁੰਦਾ, ਚੰਗੇ ਲਈ ਹੁੰਦਾ ਹੈ

ਬੱਤਾ ਸਿੰਘ ਹੁਣ ਬਜ਼ੁਰਗ ਹੋ ਚੁੱਕਾ ਸੀ। ਉਸਦਾ ਇੱਕੋ-ਇੱਕ ਪੁੱਤਰ ਦੂਰ ਸ਼ਹਿਰ ਵਿੱਚ ਪੜ੍ਹਾਈ ਕਰਨ ਗਿਆ ਹੋਇਆ ਸੀ। ਜਿਸ ਕਰਕੇ ਉਹ ਇਕੱਲਾ ਹੀ ਰਹਿੰਦਾ ਸੀ ਅਤੇ ਆਪਣੇ ਸਾਰੇ ਕੰਮ ਆਪ ਹੀ ਕਰਦਾ ਸੀ। ਜਦੋਂ ਕੋਈ ਪਿੰਡ ਵਾਲਾ ਉਸਨੂੰ ਹੌਸਲਾ ਦਿੰਦਾ ਹੋਇਆ ਉਸਦੇ ਇਕਲੋਪਨ ਤੇ ਹਮਦਰਦੀ ਜਤਾਉਂਦਾ ਤਾਂ ਉਹ ਕਹਿੰਦਾ, “ਜੋ ਹੁੰਦਾ ਹੈ ਚੰਗੇ ਲਈ ਹੁੰਦਾ ਹੈ।” ਉਸਦਾ ਲੜਕਾ ਪੜ੍ਹਾਈ ਪੂਰੀ ਕਰਕੇ ਪਿੰਡ ਵਾਪਿਸ ਆ ਗਿਆ। ਸਾਰੇ ਪਿੰਡ ਵਾਲੇ ਉਸਨੂੰ ਵਧਾਈਆਂ ਦੇਣ ਆਏ। ਉਹ ਸਭ ਨੂੰ ਇਹੀ ਕਹਿੰਦਾ ਸੀ, ਜੋ ਹੁੰਦਾ ਹੈ ਚੰਗੇ ਲਈ ਹੁੰਦਾ ਹੈ।

ਇੱਕ ਦਿਨ ਬਾਅਦ ਬੱਤਾ ਸਿੰਘ ਦੇ ਪੁੱਤਰ ਦੀ ਘੋੜੇ ਤੋਂ ਡਿੱਗ ਕੇ ਲੱਤ ਟੁੱਟ ਗਈ। ਜਦੋਂ ਪਿੰਡ ਵਾਲੇ ਉਸਦੀ ਖਬਰ ਸਾਰ ਲੈਣ ਆਏ ਤਾਂ ਵੀ ਬੱਤਾ ਸਿੰਘ ਕਹਿ ਰਿਹਾ ਸੀ, “ਜੋ ਹੁੰਦਾ ਹੈ ਚੰਗੇ ਲਈ ਹੁੰਦਾ ਹੈ।” ਸਾਰੇ ਪਿੰਡ ਵਾਲੇ ਹੈਰਾਨ ਹੋ ਰਹੇ ਸਨ ਅਤੇ ਗੱਲਾਂ ਕਰ ਰਹੇ ਸਨ ਕਿ ਭਲਾ ਲੱਤ ਟੁੱਟਣ ਵਿੱਚ ਕੀ ਭਲਾ ਹੋ ਸਕਦਾ ਹੈ।

ਕੁਝ ਦਿਨ ਬਾਅਦ ਹੀ ਰਾਜੇ ਦੀ ਫੌਜ ਦੇ ਕੁਝ ਸਿਪਾਹੀ ਉਸ ਪਿੰਡ ਵਿੱਚ ਆਏ। ਰਾਜੇ ਨੇ ਹਿੰਮਤੀ ਅਤੇ ਰਿਸ਼ਟ-ਪ੍ਰਸ਼ਟ ਬੰਦੇ ਆਪਣੀ ਫੌਜ ਵਿੱਚ ਭਰਤੀ ਕਰਨੇ ਸਨ। ਸਭ ਨੌਜਵਾਨਾਂ ਨੂੰ ਆਪਣੀ ਜਾਨ ਪਿਆਰੀ ਸੀ। ਇਸ ਲਈ ਕੋਈ ਵੀ ਫੌਜ ਵਿੱਚ ਭਰਤੀ ਨਹੀਂ ਹੋਣਾ ਚਾਹੁੰਦਾ ਸੀ। ਪਰ ਰਾਜੇ ਦੇ ਹੁਕਮ ਅਨੁਸਾਰ ਹਰ ਘਰ ਵਿੱਚ ਜਾ ਕੇ ਕਾਬਿਲ ਬੰਦੇ ਲਭੇ ਜਾਣੇ ਸਨ। ਪਿੰਡ ਵਿੱਚੋਂ ਕਈਆਂ ਦੇ ਨੌਜਵਾਨ ਮੁੰਡੇ ਫੌਜ ਲਈ ਚੁਣੇ ਗਏ। ਕੁਝ ਸਿਪਾਹੀ ਬੱਤਾ ਸਿੰਘ ਦੇ ਘਰ ਵੀ ਆਏ ਪਰ ਉਸਦੇ ਮੁੰਡੇ ਦੀ ਲੱਤ ਟੁੱਟੀ ਹੋਣ ਕਰਕੇ ਉਸਨੂੰ ਫੌਜ ਵਿੱਚ ਭਰਤੀ ਨਹੀਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਸੀ ਜਿਸ ਕਰਕੇ ਸਿਪਾਹੀ ਉਸਨੂੰ ਛੱਡ ਗਏ। ਜਦੋਂ ਪਿੰਡ ਵਾਲੇ ਉਸ ਕੋਲ ਆਏ ਤਾਂ ਬੱਤਾ ਸਿੰਘ ਫੇਰ ਕਹਿ ਰਿਹਾ ਸੀ “ਜਦੋਂ ਵੀ ਕੁਝ ਹੁੰਦਾ ਹੈ ਚੰਗੇ ਲਈ ਹੁੰਦਾ ਹੈ।” ਪਿੰਡ ਵਾਲਿਆਂ ਨੂੰ ਹੁਣ ਇਹ ਗੱਲ ਸਮਝ ਆਈ ਕਿ ਬੱਤਾ ਬਿਲਕੁਲ ਠੀਕ ਕਹਿ ਰਿਹਾ ਸੀ ਕਿ ਰੱਬ ਜੋ ਕਰਦਾ ਹੈ, ਚੰਗਾ ਹੀ ਕਰਦਾ ਹੈ।



ਗੁਰਸਿਮਰ ਸਿੰਘ
ਅੱਠਵੀਂ-ਈ

ਇੱਕ ਸਮਾਂ ਸੀ

ਇੱਕ ਸਮਾਂ ਸੀ...

ਮਾਪੇ ਰੱਬ ਹੁੰਦੇ ਸਨ,
ਅਧਿਆਪਕ ਗੁਰੂ ਹੁੰਦਾ ਸੀ।
ਬਜ਼ੁਰਗਾਂ ਦਾ ਸਤਿਕਾਰ ਹੁੰਦਾ ਸੀ।
ਤੇ ਹਰ ਘਰ ਖੁਸ਼ਹਾਲ ਹੁੰਦਾ ਸੀ।
ਸਾਂਝਾ ਪਰਿਵਾਰ ਹੁੰਦਾ ਸੀ,
ਸਾਦਾ ਖਾਣ-ਪਾਣ ਹੁੰਦਾ ਸੀ।
ਮਹਿਮਾਨ ਰੱਬ ਸਮਾਨ ਹੁੰਦਾ ਸੀ,
ਤੇ ਹਰ ਘਰ ਖੁਸ਼ਹਾਲ ਹੁੰਦਾ ਸੀ।
ਬੱਚਿਆਂ ਵਿੱਚ ਸੰਸਕਾਰ ਹੁੰਦੇ ਸੀ,
ਝੂਠੇ ਦਿਖਾਵੇ ਤੋਂ ਅਜ਼ਾਦ ਹੁੰਦੇ ਸੀ।
ਸਾਦਗੀ ਦੇ ਗੁਲਾਮ ਹੁੰਦੇ ਸੀ,
ਤੇ ਹਰ ਘਰ ਖੁਸ਼ਹਾਲ ਹੁੰਦਾ ਸੀ।
ਦਾਦੇ-ਦਾਦੀ ਦੀ ਬੁੱਕਲ ਵਿੱਚ,
ਪਿਆਰ ਅਤੇ ਸੰਸਕਾਰ ਦਾ ਨਿੱਘ ਹੁੰਦਾ ਸੀ।
ਮਾਂ-ਪਿਓ ਦੀਆਂ ਝਿੜਕਾਂ ਵਿੱਚ,
ਜੀਵਨ ਦੀ ਜਾਂਚ ਹੁੰਦੀ ਸੀ,
ਤਾਹੀਓਂ ਤਾਂ ਜ਼ਿੰਦਗੀ ਖੁਸ਼ਹਾਲ ਹੁੰਦੀ ਸੀ।
ਸਾਂਝੇ ਪਰਿਵਾਰ ਨਾ ਰਹੇ,
ਬਜ਼ੁਰਗਾਂ ਦੇ ਆਸ਼ਿਰਵਾਦ ਨਾ ਰਹੇ।
ਖੁਸ਼ੀਆਂ-ਗਮੀਆਂ ਦੀ ਸਾਂਝ ਨਾ ਰਹੀ,
ਤਾਂ ਹੀ ਜ਼ਿੰਦਗੀ ਖੁਸ਼ਹਾਲ ਨਾ ਰਹੀ।
ਆਓ ਬੱਚਿਓ! ਰੱਬ ਜਿਹੇ ਮਾਪਿਆਂ ਦਾ ਸਤਿਕਾਰ ਕਰੀਏ,
ਗੁਰੂ ਜਿਹੇ ਅਧਿਆਪਕਾਂ ਦੇ ਆਗਿਆਕਾਰ ਬਣੀਏ,
ਤੇ ਜੀਵਨ ਆਪਣਾ ਖੁਸ਼ਹਾਲ ਕਰੀਏ।



ਚਿਤਨੇਸ਼ ਜੈਨ
ਅੱਠਵੀਂ-ਈ

ਜਿਸ ਦੀ ਲਾਠੀ, ਉਸ ਦੀ ਮੱਝ

ਇੱਕ ਦਿਨ ਲੇਲੇ ਤਾਈਂ ਬੱਚਿਓ ਤੁਹਾਨੇ ਬਹੁਤ ਸਤਾਇਆ,
ਪਾਣੀ ਪੀਣ ਦੀ ਖਾਤਰ ਉਹ ਤਾਂ ਵੱਲ ਨਦੀ ਦੇ ਆਇਆ।
ਰੱਜ ਕੇ ਪਾਣੀ ਉਸਨੇ ਪੀ ਕੇ, ਤੁਹਾਨੂੰ ਸੀ ਮਿਟਾਇਆ,
ਪਰ ਮਾਤੀ ਕਿਸਮਤ ਨੂੰ ਅੱਗੋਂ, ਇੱਕ ਬਘਿਆੜ ਸੀ ਆਇਆ।
ਬਘਿਆੜ ਨੇ ਜਦ ਤੱਕਿਆ ਲੇਲੇ ਨੂੰ, ਮੂੰਹ ਵਿੱਚ ਪਾਣੀ ਆਇਆ,
ਆਪਣੀ ਭੁੱਖ ਦੀ ਖਾਤਰ ਉਸ ਨੇ ਲੇਲੇ ਨੂੰ ਦਬਕਾਇਆ।
ਓਏ ਲੇਲੇ ਦੇ ਬੱਚੇ ਕਿਉਂ, ਪਾਣੀ ਮੇਰਾ ਗੰਧਲਾਇਆ,
ਦਿਸਦਾ ਨਹੀਂ ਮੈਂ ਪਾਣੀ ਪੀਂਦਾ, ਰਾਹ ਵਿੱਚ ਹੋਂ ਤੂੰ ਆਇਆ?
ਡਰਦਾ-ਡਰਦਾ ਲੇਲਾ, ਉਸ ਨੂੰ ਸੱਚੀ ਗੱਲ ਸੁਣਾਏ,
ਗੰਧਲਾ ਕਿਵੇਂ ਮੈਂ ਕਰ ਸਕਦਾ, ਤੁਹਾਡੇ ਵੱਲੋਂ ਪਾਣੀ ਆਵੇ।
ਗੱਲ ਸੁਣ ਕੇ ਬਘਿਆੜ ਲੇਲੇ ਦੀ, ਪਾਣੀ-ਪਾਣੀ ਹੋਇਆ,
ਆਪਣੇ ਘਰ ਨੂੰ ਜਾਵਣ ਦੇ ਲਈ ਲੇਲਾ ਅੱਗੇ ਹੋਇਆ।
ਪਰ ਬਘਿਆੜ ਸੀ ਖਾਣਾ ਚਾਹੁੰਦਾ, ਸੰਭਲ ਕੇ ਫਿਰ ਬੋਲੇ,
ਪਿਛਲੇ ਸਾਲ ਸੀ ਗਾਲ੍ਹਾਂ ਕੱਢੀਆਂ, ਤੂੰ ਕਿਉਂ ਮੈਨੂੰ ਲੇਲੇ।
ਲੇਲਾ ਕਹਿੰਦਾ ਅੰਕਲ ਜੀ, ਮੈਂ ਤਿੰਨ ਮਹੀਨੇ ਦਾ ਜਾਇਆ,
ਗਾਲ੍ਹਾਂ ਕਿਵੇਂ ਮੈਂ ਕੱਢ ਸਕਦਾ, ਜਦ ਜੱਗ ਵਿੱਚ ਨਹੀਂ ਸੀ ਆਇਆ।
ਤੂੰ ਨਹੀਂ ਤੇਰੇ ਪਿਓ-ਦਾਦੇ ਨੇ ਕੱਢੀਆਂ ਹੋਈਆਂ ਗਾਲ੍ਹਾਂ,
ਏਨਾ ਆਖ ਕੇ ਉਹ ਲੇਲੇ ਤੇ, ਝਪਟ ਪਿਆ ਇੱਕ ਵਾਰੀ,
ਪਾੜ ਕੇ ਉਸ ਨੇ ਕੀਤਾ ਦੋਹਰਾ, ਚੀਕ ਲੇਲੇ ਨੇ ਮਾਰੀ।
ਜਿਸ ਦੀ ਲਾਠੀ ਉਸ ਦੀ ਮੱਝ ਹੈ, ਠੀਕ ਸਿਆਣੇ ਕਹਿੰਦੇ,
ਲੇਲੇ ਜਿਹੇ ਕਮਜ਼ੋਰ ਵਿਚਾਰੇ, ਜੁਲਮ ਉਨ੍ਹਾਂ ਦੇ ਸਹਿੰਦੇ।



ਯਸ਼ਿਕਾ ਦੁੱਗਲ
ਨੌਵੀਂ-ਏ

ਸੇਵਾ ਦਾ ਮੁੱਲ

ਅਰਬ ਦੇ ਦੇਸ਼ ਇੱਕ ਸਿਆਣੇ ਵਜ਼ੀਰ ਨੇ ਬਾਦਸ਼ਾਹ ਦੀ ਤੀਹ ਸਾਲ
ਇਮਾਨਦਾਰੀ ਨਾਲ ਸੇਵਾ ਕੀਤੀ ਸੀ। ਪਰ ਉਸ ਵਜ਼ੀਰ ਦੇ ਦੇਖੀ ਦਰਬਾਰੀਆਂ ਨੇ
ਬਾਦਸ਼ਾਹ ਦੇ ਕੰਨ ਭਰ-ਭਰ ਕੇ ਅਤੇ ਗੱਭੀਰ ਦੇਸ਼ ਲਾ ਕੇ, ਉਸ ਨੂੰ ਮੌਤ ਦੀ ਸਜ਼ਾ
ਸੁਣਵਾ ਦਿੱਤੀ। ਉਸ ਵੇਲੇ ਦੇ ਰਿਵਾਜ ਅਨੁਸਾਰ, ਆਲੇ-ਦੁਆਲੇ ਬੈਠੇ ਲੋਕਾਂ ਦੇ
ਵਿਚਕਾਰ, ਅਖਾੜੇ ਵਿੱਚ ਵਿਅਕਤੀ ਨੂੰ ਮੌਤ ਦੇ ਘਾਟ ਉਤਾਰਨ ਲਈ, ਉਸ 'ਤੇ
ਕੁੱਤੇ ਛੱਡੇ ਜਾਂਦੇ ਸਨ। ਮੌਤ ਦੀ ਸਜ਼ਾ ਮਿਲਣ ਤੋਂ ਇੱਕ ਦਿਨ ਪਹਿਲਾਂ ਵਜ਼ੀਰ ਨੇ
ਬਾਦਸ਼ਾਹ ਨੂੰ ਬੇਨਤੀ ਕੀਤੀ ਕਿ ਉਸ ਨੂੰ ਦਸ ਦਿਨ ਦੀ ਮੋਹਲਤ ਦਿੱਤੀ ਜਾਵੇ ਤਾਂ ਜੂ
ਉਹ ਪਰਿਵਾਰ ਲਈ ਗੁਜ਼ਾਰੇ ਦਾ ਕੋਈ ਪ੍ਰਬੰਧ ਕਰ ਸਕੇ। ਉਸਦੀ ਲੰਮੀ ਸੇਵਾ ਨੂੰ
ਧਿਆਨ ਵਿੱਚ ਰੱਖਦਿਆਂ, ਬਾਦਸ਼ਾਹ ਨੇ ਮੋਹਲਤ ਦੇ ਦਿੱਤੀ। ਮੋਹਲਤ ਮਿਲਣ
ਉਪਰੰਤ ਉਹ ਕੁੱਤੇ-ਖਾਨੇ ਵਿੱਚ ਗਿਆ ਅਤੇ ਮੋਹਲਤ ਦੇ ਦਸ ਦਿਨ ਉਸ ਨੇ
ਕੁੱਤਿਆਂ ਦੀ ਖੂਬ ਸੇਵਾ ਕੀਤੀ। ਕੁੱਤੇ ਉਸ ਦੇ ਮਤਵਾਲੇ ਹੋ ਗਏ ਸਨ। ਸਜ਼ਾ
ਵਾਲੇ ਦਿਨ ਜਦੋਂ ਵਜ਼ੀਰ ਉੱਤੇ ਕੁੱਤੇ ਛੱਡੇ ਗਏ ਤਾਂ ਉਹ ਵੱਢਣ ਦੀ ਥਾਂ
ਵਜ਼ੀਰ ਦੇ ਹੱਥ-ਪੈਰ ਚੱਟਣ ਲੱਗ ਪਏ। ਬਾਦਸ਼ਾਹ ਹੈਰਾਨ ਹੋਇਆ
ਅਤੇ ਹੈਰਾਨੀ ਨਾਲ ਪੁੱਛਿਆ : ਇਹ ਕੀ ਹੋ ਰਿਹਾ ਹੈ? ਵਜ਼ੀਰ
ਨੇ ਕਿਹਾ : ਤੁਹਾਡੇ ਵੱਲੋਂ ਮਿਲੀ ਮੋਹਲਤ ਦੇ ਦਸ ਦਿਨ ਮੈਂ
ਇਨ੍ਹਾਂ ਕੁੱਤਿਆਂ ਦੀ ਸੇਵਾ ਕੀਤੀ ਹੈ, ਇਹ ਮੇਰੀ
ਸੇਵਾ ਦਾ ਮੁੱਲ ਤਾਰ ਰਹੇ ਹਨ। ਤੁਹਾਡੀ ਮੈਂ
ਤੀਹ ਸਾਲ ਸੇਵਾ ਕੀਤੀ ਹੈ, ਤੁਸੀਂ ਮੇਰੀ
ਸੇਵਾ ਦਾ ਕੀ ਮੁੱਲ ਤਾਰਿਆ ਹੈ?



ਕਤਰਾਨੀ ਸ਼ਰਮਾ
ਨੌਵੀਂ-ਏ

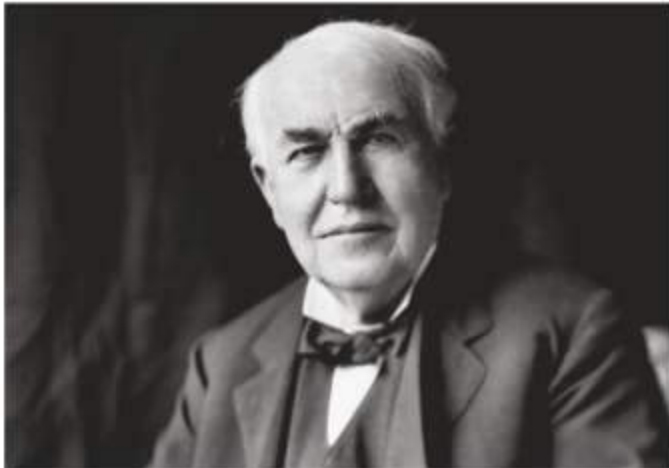


ਵਿਸ਼ਵਾਸ ਭੱਲਾ
ਨੌਵੀਂ-ਏ

ਸ਼ੁੱਭ ਵਿਚਾਰ

1. ਲੋੜ ਤੋਂ ਵੀ ਵੱਧ, ਕਿਸੇ ਤੇ ਯਕੀਨ ਮਾਰਦਾ,
ਕਿਉਂਕਿ 21ਵੀਂ ਸਦੀ ਆ, ਬੰਦਾ ਰੱਬ ਚਾਰਦਾ।
2. ਨਿੰਦਿਆ ਨੀਵੀਂ ਸੋਚ ਵਾਲਾ ਬੰਦਾ ਹੀ ਕਰਦਾ ਹੈ।
ਉੱਚੀ ਸੋਚ ਵਾਲੇ ਤਾਂ ਮਾਫ਼ ਕਰਦੇ ਆ।
3. ਰੱਬ ਤੇ ਹਮੇਸ਼ਾ ਭਰੋਸਾ ਬਣਾ ਕੇ ਰੱਖੋ,
ਉਹ ਕੱਖਾਂ ਵਿਚੋਂ ਚੁੱਕ ਕੇ ਲੱਖਾਂ ਵਿੱਚ ਕਰ ਦਿੰਦਾ ਹੈ।
4. ਸੰਘਰਸ਼ ਜਿੰਨਾ ਮੁਸ਼ਕਿਲ ਹੋਵੇਗਾ,
ਜਿੱਤ ਓਨੀ ਹੀ ਸ਼ਾਨਦਾਰ ਹੋਵੇਗੀ
5. ਬਚ ਕੇ ਰਹਿਣਾ ਵਹਿਮਾਂ-ਭਰਮਾਂ ਤੋਂ,
ਕਹਿੰਦੇ ਕੁਝ ਨਹੀਂ ਮਿਲਦਾ, ਬਿਨ੍ਹਾਂ ਕਰਮਾਂ ਤੋਂ।

ਸੰਸਾਰ ਨੂੰ ਰੋਸ਼ਨ ਕਰਨ ਵਾਲਾ ਮਹਾਨ ਵਿਗਿਆਨੀ ਥਾਮਸ ਅਲਵਾ ਐਡੀਸਨ



ਪਿਆਰੇ ਬੱਚੇ, ਕਿ ਤੁਸੀਂ ਜਾਣਦੇ ਹੋ ਕਿ ਇਕ ਵਿਦਿਆਲਾ ਜਿਸ ਨੂੰ ਗਿਆਨ ਦੀ ਰੋਸ਼ਨੀ ਨਹੀਂ ਦੇ ਸਕਿਆ, ਉਸ ਨੇ ਪੂਰੇ ਵਿਸ਼ਵ ਨੂੰ ਰੋਸ਼ਨ ਕਰ ਦਿੱਤਾ। ਜੀ ਹਾਂ, ਗੱਲ ਹੋ ਰਹੀ ਹੈ ਮਹਾਨ ਅਮਰੀਕੀ ਖੋਜੀ 'ਥਾਮਸ ਏ ਐਡੀਸਨ' ਦੀ, ਜਿਸ ਨੇ ਬਿਜਲੀ ਦੇ ਬਲਬ ਦੀ ਖੋਜ ਕੀਤੀ ਸੀ। ਇਸ ਮਹਾਨ ਸ਼ਖਸੀਅਤ ਦਾ ਜਨਮ 11 ਫਰਵਰੀ 1847 ਈ: ਵਿਚ ਸੰਯੁਕਤ ਰਾਜ ਅਮਰੀਕਾ ਵਿੱਚ ਹੋਇਆ। ਇਨ੍ਹਾਂ ਦੇ ਪਿਤਾ ਦਾ ਨਾਂ ਸੈਮੂਅਲ ਓ. ਐਡੀਸਨ ਅਤੇ ਮਾਤਾ ਜੀ ਦਾ ਨਾਂ ਨਾਨਸੀ ਮੇਥਿਓ ਈਲੀਅਟ ਸੀ। ਬੱਚੇ, ਕੀ ਤੁਹਾਨੂੰ ਪਤਾ ਹੈ ਕਿ ਇਨ੍ਹਾਂ ਨੂੰ ਸਕੂਲ 'ਚੋਂ ਨਾਲਾਇਕ ਕਹਿ ਕੇ ਕੱਢ ਦਿੱਤਾ ਗਿਆ ਸੀ ਅਤੇ ਇਨ੍ਹਾਂ ਨੇ ਆਪਣੀ ਮੁੱਢਲੀ ਸਿੱਖਿਆ ਪਹਿਲੇ 6 ਸਾਲ ਆਪ ਹੀ ਮਾਤਾ ਜੀ ਤੋਂ ਘਰ ਵਿਚ ਰਹਿ ਕੇ ਹੀ ਪ੍ਰਾਪਤ ਕੀਤੀ। ਆਪਣੀ ਸੂਝਬੂਝ ਅਤੇ ਬਲਬੂਤੇ 'ਤੇ ਆਪਣੇ ਦਸਵੇਂ ਜਨਮ ਦਿਨ ਤੱਕ 'ਡਿਕਸ਼ਨਰੀ ਆਫ ਸਾਇੰਸਜ਼' ਦੇ ਨਾਲ-ਨਾਲ ਹੋਰ ਗ੍ਰੰਥਾਂ (ਬੂਮ, ਸੀਅਰ, ਬਰਟਨ ਅਤੇ ਗਿਬਨ) ਦਾ ਅਧਿਐਨ ਕਰ ਲਿਆ ਸੀ। 12 ਸਾਲ ਦੀ ਉਮਰ ਵਿੱਚ ਫਲਾਂ ਅਤੇ ਸਮਾਚਾਰ ਪੱਤਰਾਂ ਨੂੰ ਵੇਚਣ ਦਾ ਕੰਮ ਵੀ ਕੀਤਾ ਅਤੇ ਪ੍ਰਤੀ ਦਿਨ ਇਕ ਡਾਲਰ ਕਮਾ ਕੇ ਆਪਣੇ ਪਰਿਵਾਰ ਦੀ ਸਹਾਇਤਾ ਕੀਤੀ। ਉਸ ਸਮੇਂ ਪਰਿਵਾਰ ਦੇ ਆਰਥਿਕ ਹਾਲਤ ਕੁੱਝ ਚੰਗੇ ਨਹੀਂ ਸਨ। ਉਹ ਰੇਲ 'ਚ ਪੱਤਰ ਵੇਚਣ ਦਾ ਕੰਮ ਕਰਦੇ ਅਤੇ ਨਾਲ ਹੀ ਵਿਗਿਆਨਕ ਪ੍ਰਯੋਗ ਵੀ ਕਰਦੇ ਰਹਿੰਦੇ। ਆਖਰਕਾਰ 1093 ਖੋਜਾਂ ਨੂੰ ਆਪਣੇ ਨਾਂ ਪੇਟੈਂਟ ਕਰਵਾਇਆ। ਇਸ ਮਹਾਨ ਵਿਗਿਆਨੀ ਦੀ ਦੇਣ ਸਦਕਾ ਫੈਕਟਰੀਆਂ ਅਤੇ ਘਰ-ਘਰ ਬਿਜਲਈ ਸ਼ਕਤੀਕਰਨ ਉਪਰੰਤ ਬਿਜਲੀ ਪਹੁੰਚੀ ਅਤੇ ਉਦਯੋਗਿਕ ਵਰਗ ਵਿੱਚ ਇਕ ਨਵਾਂ ਮੌਜ ਆਇਆ। ਇਸ ਦਾ ਪਹਿਲਾ ਬਿਜਲੀ ਘਰ ਮਾਨਹਾਟਨ, ਨਿਊਯਾਰਕ ਵਿੱਚ ਸਥਿਤ ਹੈ। ਉਨ੍ਹਾਂ ਦੀ ਸੋਚ ਏਨੀ ਸਾਕਾਰਾਤਮਕ ਸੀ ਕਿ ਜਦੋਂ ਉਨ੍ਹਾਂ ਨੂੰ ਸੈਂਕੜੇ ਵਾਰ ਕੋਸ਼ਿਸ਼ਾਂ ਕਰਨ 'ਤੇ ਵੀ ਸਫਲਤਾ ਨਾ ਮਿਲੀ ਤਾਂ ਉਨ੍ਹਾਂ ਨੇ ਕਿਹਾ ਕਿ ਮੈਂ ਸੈਂਕੜੇ ਵਾਰ ਅਸਫਲ ਨਹੀਂ ਹੋਇਆ, ਸਗੋਂ ਮੈਂ ਇਹ ਪਤਾ ਲਗਾਉਣ 'ਚ ਕਾਮਯਾਬ ਹੋ ਗਿਆ ਹਾਂ ਕਿ ਕਿਹੜੇ-ਕਿਹੜੇ ਸੈਂਕੜੇ ਤਰੀਕੇ ਕੰਮ ਨਹੀਂ ਕਰਦੇ। ਉਨ੍ਹਾਂ ਦੇ ਵਿਚਾਰ ਅਨੁਸਾਰ, 'ਸਾਡੀ ਸਭ ਤੋਂ ਵੱਡੀ ਕਮਜ਼ੋਰੀ ਹੈ ਹੌਸਲਾ ਛੱਡ ਦੇਣਾ। ਯਕੀਨਨ ਕਾਮਯਾਬੀ ਹਾਸਲ ਕਰਨ ਲਈ ਸਾਨੂੰ ਹਮੇਸ਼ਾ ਇਕ ਕੋਸ਼ਿਸ਼ ਹੋਰ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ।' ਵਾਕਿਆ ਹੀ ਬੱਚੇ ਜੇ ਅਸੀਂ ਨਿਰੰਤਰ ਕੋਸ਼ਿਸ਼ ਕਰਦੇ ਰਹਾਂਗੇ ਤਾਂ ਯਕੀਨਨ ਹੀ ਸਾਨੂੰ ਸਫਲਤਾ ਮਿਲੇਗੀ।



ਹਰਨੂਰ ਸਿੰਘ
ਨੌਵੀਂ-ਬੀ

ਅਨਮੋਲ ਵਚਨ

- ਕਿਸਮਤ ਨੂੰ ਅਤੇ ਦੂਜਿਆਂ ਨੂੰ ਦੇਖ ਕਿਉਂ ਦੇਣਾ ਜੇਕਰ ਸੁਪਨੇ ਸਾਡੇ ਹਨ ਤਾਂ ਕੋਸ਼ਿਸ਼ ਵੀ ਸਾਡੀ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ।
- 'ਕੋਸ਼ਿਸ਼' ਆਖਰੀ ਸਾਹ ਤਕ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ, 'ਮੰਜ਼ਿਲ' ਮਿਲੇ ਜਾਂ 'ਤਜਰਬਾ' ਦੇਵੇਂ ਕੀਮਤੀ ਹਨ।
- ਨਾਮੁਮਕਿਨ ਸ਼ਬਦ ਦੀ ਵਰਤੋਂ ਕੇਵਲ ਕਾਇਰ ਲੋਕ ਹੀ ਕਰਦੇ ਹਨ। ਜਦਕਿ ਬਹਾਦਰ ਤੇ ਬੁੱਧੀਮਾਨ ਆਪਣਾ ਰਸਤਾ ਖੁਦ ਬਣਾਉਂਦੇ ਹਨ।
- ਤੁਹਾਡੀ ਨਜ਼ਾਇਜ਼ ਕਮਾਈ ਦਾ ਲਾਭ ਕੋਈ ਵੀ ਉਠਾ ਸਕਦਾ ਹੈ.. ਪਰ.. ਤੁਹਾਡੇ ਨਜ਼ਾਇਜ਼ ਕਰਮਾਂ ਦਾ ਫਲ ਤੁਹਾਨੂੰ ਆਪ ਹੀ ਭੋਗਣਾ ਪੈਂਦਾ ਹੈ।
- ਦੁਨੀਆ ਦੀ ਹਰ ਚੀਜ਼ ਠੋਕਰ ਨਾਲ ਟੁੱਟ ਸਕਦੀ ਹੈ, ਸਿਰਫ਼ ਕਾਮਯਾਬੀ ਹੈ ਜੋ ਠੋਕਰ ਖਾ ਕੇ ਮਿਲਦੀ ਹੈ।



ਮਨਰੀਤ ਕੌਰ
ਨੌਵੀਂ-ਈ

ਜੀਵਨ



- ਕਾਸ਼! ਇਨਸਾਨ ਪੱਥਰ ਦਾ ਬੁੱਤ ਹੁੰਦਾ,
ਜਿਸ ਨੂੰ ਘੜਿਆ ਕਿਸੇ ਮੂਰਤੀ ਕਾਰ ਹੁੰਦਾ।
ਬੇਜਾਨ, ਬੇਜੁਬਾਨ ਆਤਮਾ ਰਹਿਤ ਹੁੰਦਾ,
ਨਾ ਹੀ ਨਫਰਤ ਹੁੰਦੀ ਤੇ ਨਾ ਹੀ ਪਿਆਰ ਹੁੰਦਾ।
ਨਾ 'ਮੈਂ' ਤੇ 'ਤੂੰ' ਦਾ ਰਾਜ ਹੁੰਦਾ,
ਕਿਸੇ ਸੁਆਰਥ ਦਾ ਨਾ ਇਜ਼ਹਾਰ ਹੁੰਦਾ।
ਜੇ ਰੱਬਾ ਤੂੰ ਆਤਮਾ, ਨਜ਼ਰ ਤੇ ਜੁਬਾਨ ਦਿੱਤੀ,
ਤਾਂ ਵਿੱਚ ਪਵਿੱਤਰਤਾ ਤੇ ਮਿਠਾਸ ਪਿਆਰ ਪਾ ਦਿੰਦਾ।
'ਦਿਲ' ਵਰਗੀ ਚੀਜ਼ ਜੇ ਦੇਣੀ ਸੀ,
ਤਾਂ ਵਿੱਚ ਨਿਮਰਤਾ, ਕੋਮਲਤਾ ਉਪਹਾਰ ਦਿੰਦਾ।



ਰਿਧਿਮਾ
ਦਸਵੀਂ-ਬੀ

ਬੱਚਿਆਂ ਦੀ ਅਸਲੀ ਲੋੜ

ਕਿਰਨ ਅਤੇ ਰਾਹੁਲ ਦਾ ਸੰਜੀਵ ਨਾਂ ਦਾ ਪੁੱਤਰ ਸੀ ਅਤੇ ਉਹ ਪੜ੍ਹਾਈ ਵਿੱਚ ਬਹੁਤ ਹੁਸ਼ਿਆਰ ਸੀ। ਕਿਰਨ ਅਤੇ ਰਾਹੁਲ ਦੋਵੇਂ ਡਾਕਟਰ ਸਨ ਅਤੇ ਬਹੁਤ ਅਮੀਰ ਸਨ। ਉਹ ਸੰਜੀਵ ਦੀ ਹਰ ਲੋੜ ਪੂਰੀ ਕਰਦੇ ਸਨ। ਪਰ ਕਈ ਵਾਰ ਉਹ ਉਸਨੂੰ ਸਮਾਂ ਨਹੀਂ ਦੇ ਪਾਂਦੇ ਸਨ। ਦੋਵੇਂ ਡਾਕਟਰ ਹੋਣ ਕਰਕੇ ਦੇਰ ਰਾਤ ਨੂੰ ਵੀ ਕੰਮ ਕਰਦੇ ਸਨ। ਪਰ ਆਪਣੇ ਸਮੇਂ ਦੀ ਕਮੀ ਉਹ ਸੰਜੀਵ ਨੂੰ ਨਵੀਂ ਤੋਂ ਨਵੀਂ ਚੀਜ਼ ਲਿਆ ਕੇ ਪੂਰੀ ਕਰਦੇ ਸਨ। ਆਖਿਰ ਇੱਕ 15 ਸਾਲ ਦੇ ਮੁੰਡੇ ਨੂੰ ਹੋਰ ਕੀ ਚਾਹੀਦਾ ਹੋ ਸਕਦਾ ਹੈ?

ਹੌਲੀ-ਹੌਲੀ ਦੋਹਾਂ ਦਾ ਕੰਮ ਹੋਰ ਵੀ ਵਧਣ ਲੱਗਿਆ। ਅਸਰ ਇਹ ਹੋਇਆ ਕਿ ਕਈ ਰਾਤਾਂ ਨੂੰ ਸੰਜੀਵ ਨੂੰ ਇੱਕਲੇ ਹੀ ਰਹਿਣਾ ਪੈਂਦਾ। ਕਈ ਮਹੀਨੇ ਬੀਤ ਗਏ ਲੇਕਿਨ ਇਹ ਰੀਤ ਨਾ ਬਦਲ ਸਕੀ। ਸੰਜੀਵ ਉਦਾਸ ਰਹਿਣ ਲੱਗ ਪਿਆ। ਕਿਰਨ ਉਸਨੂੰ ਚੀਜ਼ਾਂ ਦੇ ਕੇ ਖੁਸ਼ ਕਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਦੀ, ਪਰ ਸਫਲ ਨਾ ਹੋ ਪਾਂਦੀ। ਪਰ ਉਹ ਵੀ ਕੰਮ ਦੇ ਕਾਰਨ ਮਜਬੂਰ ਸੀ।

ਇੱਕ ਦਿਨ ਕਿਰਨ ਨੂੰ ਸੰਜੀਵ ਦੇ ਸਕੂਲ ਦੀ ਪ੍ਰਿੰਸੀਪਲ ਸਾਹਿਬਾ ਨੇ ਸਕੂਲ ਬੁਲਾਇਆ। ਜਦੋਂ ਕਿਰਨ ਉੱਥੇ ਪਹੁੰਚੀ ਤਾਂ ਉਹਨਾਂ ਨੇ ਉਸ ਨਾਲ ਬੜੀ ਨਿਮਰਤਾ ਨਾਲ ਗੱਲ ਕਰਦਿਆਂ ਆਖਿਆ, “ਮੈਨੂੰ ਖੁਸ਼ੀ ਹੈ ਕਿ ਤੁਸੀਂ ਇੱਥੇ ਆ ਸਕੇ। ਕਿਰਨ ਜੀ, ਮੈਂ ਤੁਹਾਡੇ ਨਾਲ ਤੁਹਾਡੇ ਪੁੱਤਰ ਸੰਜੀਵ ਬਾਰੇ ਗੱਲ ਕਰਨਾ ਚਾਹੁੰਦੀ ਸੀ। ਸੰਜੀਵ ਇੱਕ ਬਹੁਤ ਹੀ ਹੋਣਹਾਰ ਮੁੰਡਾ ਹੈ। ਪਰ ਕੁਝ ਸਮੇਂ ਤੋਂ ਉਸ ਵਿੱਚ ਬਦਲਾਵ ਆਉਣ ਲੱਗੇ ਹਨ। ਉਸ ਦਾ ਪੜ੍ਹਾਈ ਵਿੱਚ ਜੀਅ ਨਹੀਂ ਲਗਦਾ। ਜਮਾਤ ਵਿੱਚ ਉਹ ਬਹੁਤ ਚੁੱਪ-ਚਾਪ ਅਤੇ ਉਦਾਸ ਰਹਿੰਦਾ ਹੈ। ਸਾਨੂੰ ਉਸ ਦੀ ਚਿੰਤਾ ਹੋਣ ਲੱਗੀ ਹੈ। ਮੈਂ ਸਮਝ ਸਕਦੀ ਹਾਂ ਕਿ ਤੁਸੀਂ ਦੋਵੇਂ ਪਤੀ-ਪਤਨੀ ਡਾਕਟਰ ਹੋ ਅਤੇ ਕੰਮ ਵਿੱਚ ਰੁੱਝੇ ਰਹਿੰਦੇ ਹੋ। ਲੇਕਿਨ ਤੁਹਾਡੇ ਬੱਚੇ ਨੂੰ ਤੁਹਾਡੀ ਲੋੜ ਹੈ। ਉਸ ਨੂੰ ਤੁਹਾਡੇ ਸਮੇਂ ਅਤੇ ਪਿਆਰ ਦੀ ਲੋੜ ਹੈ। ਚੀਜ਼ਾਂ ਜਾਂ ਖਿਡੌਣੇ ਤੁਹਾਡੀ ਕਮੀ ਨਹੀਂ ਪੂਰੀ ਕਰ ਸਕਦੇ। ਮੈਨੂੰ ਉਮੀਦ ਹੈ ਕਿ ਤੁਸੀਂ ਮੇਰੀ ਗੱਲ ਸਮਝੋਗੇ।”

ਕਿਰਨ ਨੂੰ ਉਸਦੀ ਗਲਤੀ ਦਾ ਅਹਿਸਾਸ ਹੋ ਗਿਆ ਸੀ। ਉਹ ਜਿਵੇਂ-ਕਿਵੇਂ ਸਮਾਂ ਕੱਢ ਕੇ ਸੰਜੀਵ ਨਾਲ ਬੈਠਦੀ। ਉਸ ਨਾਲ ਗੱਲਾਂ ਕਰਦੀ। ਸੰਜੀਵ ਵੀ ਖੁਸ਼-ਖੁਸ਼ ਰਹਿਣ ਲੱਗਾ। ਕਿਰਨ ਨੂੰ ਅਹਿਸਾਸ ਹੋਇਆ ਕਿ ਬੱਚਿਆਂ ਦੀ ਅਸਲੀ ਲੋੜ ਮਾਪਿਆਂ ਦਾ ਪਿਆਰ ਹੁੰਦਾ ਹੈ।



ਸ਼ੁਰੂਤੀ ਗਰਗ
ਯਸਵੀ-ਸੀ

ਬੇਟੀਆਂ

ਮੈਂ ਇਸ ਦੇਸ਼ ਦੀ ਇੱਕ ਆਮ ਹਾਂ ਨਾਰੀ,

ਪਰ ਮੇਰੇ ਆਪਣੇ ਹੀ ਲੋਕਾਂ ਦੀ ਨਜ਼ਰ ਮੇਰੇ ਤੇ ਪਈ ਭਾਰੀ।

ਮੰਦਰਾਂ ਵਿੱਚ ਲੱਛਮੀ, ਸਰਸਵਤੀ, ਦੁਰਗਾ ਦਾ ਰੂਪ ਹੋ ਜਾਨੀ ਆ,

ਤੇ ਸੜਕ ਉੱਪਰ ਆਉਂਦੇ ਹੀ ਇੱਕ ਵਸਤੂ, ਇੱਕ ਚੀਜ਼ ਹੋ ਜਾਨੀ ਆ।

ਘਰ ਤੋਂ ਮੰਜ਼ਿਲ ਤੱਕ ਇੱਕ ਖੋਫ਼ ਆਪਣੇ ਹੀ ਸਹਿਰ 'ਚ,

ਕੀ ਬੇਟੀ ਸਹੀ ਸਲਾਮਤ ਪਰਤੇਗੀ ਵਾਪਸ ਆਪਣੇ ਹੀ ਘਰ 'ਚ?

ਸੌਂ ਰਹੀ ਹੈ ਜਨਤਾ, ਪੁਲਸ ਤੇ ਦੇਸ਼ ਦਾ ਸ਼ਾਸਨ,

ਪਰ ਜਾਗ ਗਈਆਂ ਹਨ ਬੇਟੀਆਂ, ਹੁਣ ਤੂੰ ਨਹੀਂ ਬਚੇਗਾ ਦੁਸ਼ਾਸਨ।

ਇਹ ਕੈਸਾ ਹੈ ਮੇਰਾ ਦੇਸ਼, ਮੇਰੇ ਦੇਸ਼ ਦੀ ਸ਼ਾਨ ?

ਨੇਤਾ ਤਾਂ ਦਿੰਦਾ ਹੈ ਨਾਅਰਾ-ਇੰਡੀਆ ਇਸ ਸ਼ਾਈਨਿੰਗ, ਮੇਰਾ ਦੇਸ਼ ਮਹਾਨ।

ਰੋਬਿਨਪ੍ਰੀਤ ਕੌਰ
ਨੌਵੀਂ-ਸੀ



ਵਿਚਾਰ

1. ਚੰਗੇ ਲੋਕਾਂ ਦਾ ਸਾਡੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਆਉਣਾ ਸਾਡੀ ਕਿਸਮਤ ਹੁੰਦੀ ਹੈ, ਅਤੇ ਉਹਨਾਂ ਨੂੰ ਸੰਭਾਲ ਕੇ ਰੱਖਣਾ ਸਾਡਾ ਹੁਨਰ।
2. ਚੰਗਾ ਇਨਸਾਨ ਬਣਨ ਦੀ ਉੱਭ ਹੀ ਕੋਸ਼ਿਸ਼ ਕਰੋ ਜਿਵੇਂ ਖੂਬਸੂਰਤ ਬਣਨ ਦੀ ਕਰਦੇ ਹੋ।
3. ਇਨਸਾਨ ਵੱਡੇ ਤੋਂ ਵੱਡਾ ਨੁਕਸਾਨ ਭੁੱਲ ਸਕਦਾ ਹੈ, ਪਰ ਕਿਸੇ ਵੱਲੋਂ ਕੀਤਾ ਅਪਮਾਨ ਨਹੀਂ ਭੁੱਲ ਸਕਦਾ।
4. ਮੇਰਾ-ਤੇਰਾ, ਆਪਣਾ-ਪਰਾਇਆ, ਵੱਡਾ-ਛੋਟਾ ਮਨ ਤੋਂ ਮਿਟਾ ਦੇਵੋ, ਫਿਰ ਤੁਸੀਂ ਸਭ ਦੇ ਹੋ ਤੇ ਸਾਰੇ ਤੁਹਾਡੇ।
5. ਜੀਵਨ ਵਿੱਚ ਜੋ ਸਬਕ ਖਾਲੀ ਪੇਟ, ਖਾਲੀ ਜੇਬ ਅਤੇ ਮਾੜਾ ਸਮਾਂ ਸਿਖਾਉਂਦਾ ਹੈ, ਉਹ ਸਬਕ ਕੋਈ ਸਕੂਲ ਜਾਂ ਯੂਨੀਵਰਸਿਟੀ ਨਹੀਂ ਸਿਖਾਉਂਦੀ।
6. ਖਾਮੋਸ਼ੀ ਦਾ ਵੀ ਆਪਣਾ ਹੀ ਰੁਤਬਾ ਹੁੰਦਾ ਹੈ, ਬਸ ਸਮਝਣ ਵਾਲੇ ਹੀ ਘੱਟ ਹੁੰਦੇ ਹਨ।

ਅਤਿਸ਼ਯ ਜੈਨ
ਅੱਠਵੀਂ-ਸੀ



MATHEMATICS

Editorial

"God used beautiful Mathematics in creating the world".

The present age is one of innovation and skill development. To enhance the skill, Mathematics plays a significant role.

According to John Polkinghorne *"Mathematics is the abstract key which turns the lock of the physical universe"*.

Experience says learning Mathematics can be made easier and enjoyable if our curriculum includes Mathematical activities & games. Maths puzzles & riddles encourage & attract an alert and open minded attitude among youngsters & helps them develop clarity in thinking. We at Sacred Heart are privileged to have such youngsters among us who have striven hard in order to make Mathematics section possible. May God Almighty bless all of them.



Mrs. Jasvinder Kaur

Simple Calculation of Life

Mathematics is full of fun
With so much to learn,
Profits are added
While losses are subtracted
Degrees are multiplied
And percentage is divided.
Geometry is full of mystery
Algebra has a big history
Integers are different as brothers.
Lines are parallel
Angles are similar
Maths is necessary in life
Without it, it is difficult to survive.



Reetika Khanna
X-C

Maths Mind Trick

$1 \times 1 = 1$
 $11 \times 11 = 121$
 $111 \times 111 = 12321$
 $1111 \times 1111 = 1234321$
 $11111 \times 11111 = 123454321$
 $111111 \times 111111 = 12345654321$
 $1111111 \times 1111111 = 1234567654321$
 $11111111 \times 11111111 = 123456787654321$
 $111111111 \times 111111111 = 12345678987654321$



$6 \times 7 = 42$
 $66 \times 67 = 4422$
 $666 \times 667 = 444222$
 $6666 \times 6667 = 44442222$
 $66666 \times 66667 = 4444422222$
 $666666 \times 666667 = 444444222222$



Aryaman Sharma
VIII-E

Maths Mind Trick

Step 1: Think of a number
 Step 2: Double it
 Step 3: Add 12
 Step 4: Half it
 Step 5: Take away the original no. You have thought of the answer is 6

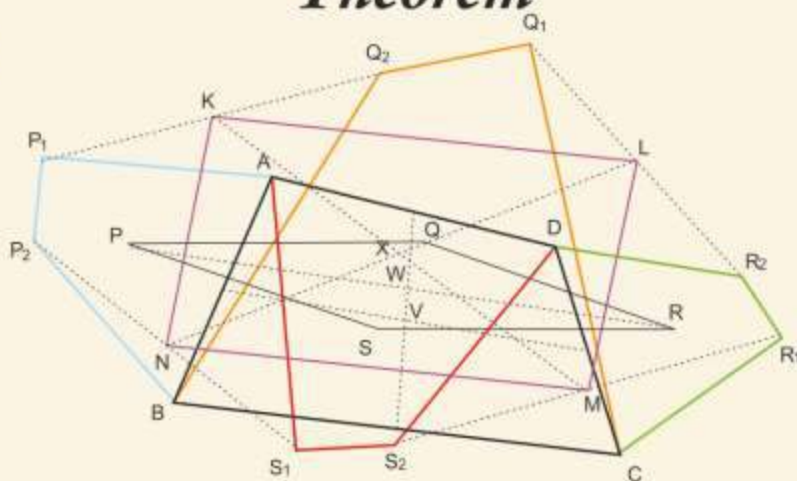
How to do

The number you will say in step 3 the half of that will be the answer of this riddle or mind trick for example: you say 12 then 6 will be the answer.

Jannat Arora
VIII-D



Quadrilateral Balancing Theorem



Quadrilateral Balancing theorem: Given four points A, B, C, D, and four directly similar quadrilaterals AP_1P_2B , CQ_1Q_2B , CR_1R_2D , AS_1S_2D with respective centroids P, Q, R, S. Let K, L, M and N be the midpoints of the segments P_1Q_1 , Q_1R_1 , R_1S_1 and S_1P_1 respectively (or of P_2S_2 , S_2R_2 , R_2Q_2 and Q_2P_2), and let V, W, X be the centroids of the quadrilaterals ABCD, PQRS, KLMN respectively.

Then: (i) PQRS is a parallelogram: (ii) KLMN is a parallelogram: and (iii) W is the midpoint of the segment VX.



Tanmay
IV-E

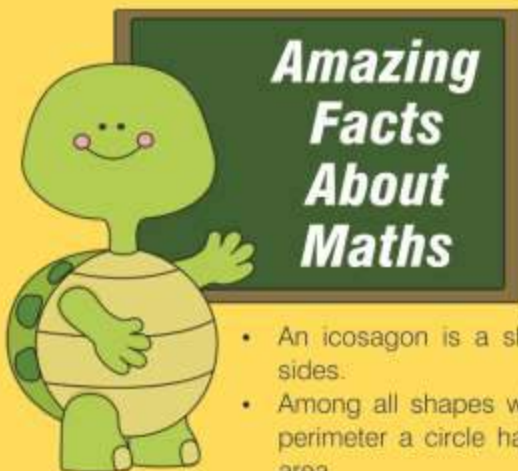
MAGIC OF MATHS

$9 \times 9 + 7 = 88$
 $98 \times 9 + 6 = 888$
 $987 \times 9 + 5 = 8888$
 $9876 \times 9 + 4 = 88888$
 $98765 \times 9 + 3 = 888888$
 $987654 \times 9 + 2 = 8888888$
 $9876543 \times 9 + 1 = 88888888$
 $98765432 \times 9 + 0 = 888888888$
 $987654321 \times 9 + 1 = 8888888888$
 $9876543210 \times 9 + 2 = 88888888888$

$1 \times 8 + 1 = 9$
 $12 \times 8 + 2 = 98$
 $123 \times 8 + 3 = 987$
 $1234 \times 8 + 4 = 9876$
 $12345 \times 8 + 5 = 98765$
 $123456 \times 8 + 6 = 987654$
 $1234567 \times 8 + 7 = 9876543$
 $12345678 \times 8 + 8 = 98765432$
 $123456789 \times 8 + 9 = 987654321$



Samrat Jha
IV-B



- An icosagon is a shape with 20 sides.
- Among all shapes with the same perimeter a circle has the largest area.
- Among all shapes with the same area circle has the shortest perimeter.
- 12,345,678,987,654,321 is the product of 111,111,111X111,111,111. Notice the sequence of the numbers 1 to 9 and back to 1.
- Abacus is considered the origin of the calculator.
- If you add up the numbers 1-100 consecutively (1+2+3+4+5... the total is 5050).
- A 'jiffy' is an actual unit of time for 1/100th of a second
- Have you heard about a Palindrome Number? It is a number that reads the same backwards and forward, e.g. 12421
- Have you heard about Fibonacci? It is the sequence of numbers wherein a number is the result of adding the two numbers before it! Here is an example: 1,2,3,5,8,13,21,34 and so on
- The spiral shapes of sunflowers follow a Fibonacci sequence.
- Zero is the only number that can't be represented in Roman Numerals.
- There's not enough space in the known universe to write out a googolplex on paper.

Kirtpreet Kaur
X-C



Math Tricks

Step 1: Come up with any number
 Step 2: Subtract 1 from this number
 Step 3: Multiply your answer with the number 3
 Step 4: Add 12 to the number
 Step 5: Divide the result by 3
 Step 6: Add 5 to your answer in step 5
 Step 7: Subtract the first number you came up with (in step 1) from the number you resulted in at the end of step 6.
 And the Answer is8

Jaspahul Kaur
VIII-D



Place Value System and Zero

The place-value system, first seen in the 3rd century Bakhshali Manuscript, was clearly in place in his work. While he did not use a symbol for zero, the French Mathematician Georges Ifrah argues that knowledge of zero was implicit in Aryabhata's place-value system as a place holder for the powers of ten with null coefficients.

However, Aryabhata did not use the Brahmi numeral. Continuing the Sanskrit tradition from Vedic times, he used letter of the alphabet to denote number, expressing quantities, such as the table of sines in a mnemonic form.

Approximation of π

Aryabhata worked on the approximation for pi (π), and may have come to the conclusion that π is irrational. In the second part of the Aryabhatiyam (ganitapada 10) he writes:

caturadhikam satamastagunam dvasastistatha sahasranam ayutadvayaviskambhasyasanno vrttaparinahah

"Add four to 100, multiply by eight, and then add 62,000. By this rule the circumference of a circle with a diameter of 20,000 can be approached".

This implies that the ratio of the circumference to the diameter is $((4+100) \times 8 + 62000) / 20000 = 3.1416$, which is accurate to five significant figures.

It is speculated that Aryabhata used the word asanna (approaching), to mean that not only is this an approximation but that the value is incommensurable (or irrational). If this is correct, it is quite a sophisticated insight, because the irrationality of pi (π) was proved in Europe only in 1761 by Lambert.

After Aryabhata was translated into Arabic (c.820 CE) this approximation was mentioned in Al-Khwarizmi's book on algebra.

Raina
V-A



Fun Facts of Math

- The number 4 is the only number that has same number of letter in it.
- 2520 is the smallest number that can be exactly divided by all the numbers from 1-10.
- Think of a number, double it, add 6, divide it by half, then subtracted the number you originally started with, your number is 3.
- Using only addition, how you add eight 8's and get the number 1000?

888+88+8+8=1000
 1X8+1=9
 12X8+2=98
 123X8+3=987
 1234X8+4=9876
 12345X8+5=98765
 123456X8+6=987654
 1234567X8+7=9876543
 12345678X8+8=98765432
 123456789X8+9=987654321



Yashas Goel
VIII-C



3D SHAPES



3D shapes are fat not flat.
A cone is like a party hat
A sphere is like a bouncy ball.
A prism is a building tall
A cylinder is a can of pop.
A cube is like the dice you drop.
3D shapes are here and there!
3D shapes are everywhere!



Sejal Jain
IV-E



Riddles

1. Can you make seven number an even number?
2. A few months have 31 days; a few 30 days. How many months have 28 days?
3. If you multiply all numbers on your mobile phone. What is the answer?
4. There is a head and there is a tail. But no body. What is it?



Divya Jain
V-D

Answer
1. Remove 's' from it. 2. All months
3. Zero, 4. Coin

THE 9'S TRICK

When you multiply a digit by 9: Let $9 \times 5 = 45$

1. Point to the number that is not 9
i.e. = 5
2. Subtract one from that number. Write down the difference. This is the first digit of your answer.
 $5 - 1 = 4$
3. Think: "What can I add to this number to make 9?" This number is the second digit of your answer.
i.e. $9 - 4 = 5$
 $\therefore 45$ is answer
The digits in the product add up to 9!



Harleen Kaur
V-D

Cool Math Trick!

- Step1: Think of any number
Step2: Multiply that number by 3
Step3: Add 45 with the result
Step4: Double the result
Step5: Divide the answer by 6
Step6: Take away the number you originally thought of in step 1 from the result in Step 5.
And the answer is15



Harleen Kaur
V-D



MATH MAGIC



$1 \times 9 + 2 = 11$
 $12 \times 9 + 3 = 111$
 $123 \times 9 + 4 = 1111$
 $1234 \times 9 + 5 = 11111$
 $12345 \times 9 + 6 = 111111$
 $123456 \times 9 + 7 = 1111111$
 $1234567 \times 9 + 8 = 11111111$
 $12345678 \times 9 + 9 = 111111111$
 $123456789 \times 9 + 10 = 1111111111$



Tanmay
IV-E

MATHEMATICS

Maths Maths Maths
Every where there is maths
Our life is full of Mathematics
There is addition of sorrows,
Subtraction of nature,
Multiplication of money
And division of Humanity
Our life is full of maths
Our politics is full of mathematics
With addition of corruption,
Subtraction of loyalty,
Multiplication of scams,
And division of the country.
Our cities are full of mathematics,
With addition of pollution,
Subtraction of security,
Multiplication of population,
And division of the land.
Our country can become;
great with mathematics
With addition of culture,
Subtraction of depression,
multiplication of glory
and division of power



Harsimran Kaur
VI-C

Why Learn Algebra?

All of the math leading up to algebra that we learned growing up such as addition, multiplication, decimals, fractions and the like, seem to have a concrete meaning. These concepts all deal with numbers in some way or another and because of this we can wrap our brains more easily around the concepts. After all, I can pick up six pencils and give two to a friend and by using math I can figure out how many pencils I am left holding in my hand. We can all imagine situations where basic math serves us well—calculating your change in the grocery store for instance. In short, basic math deals with numbers. Since we are all taught how to count at a young age the concepts of basic math, even though challenging at first, seem to have practical value—even to children. Enter Algebra. Suddenly, we are asked to deal not only with our comfortable numbers but with letters. And it doesn't stop with this. You start seeing parenthesis and exponents, and a whole potpourri of other symbols that seem to make no sense at all. This single fact

more than any other turns many people off to learning algebra. At the very beginning you are asked to learn certain rules on how to calculate things in algebra. You must learn which steps are legal to do before others, and if you do them in the reverse order you get the wrong answer! This leads to frustration. With frustration, despair follows in short order. And so the thoughts begin: "Why do I need to learn this?" When would I ever use Algebra in real life?

What you have to remember, though, is that basic math is riddled with special rules and symbols as well. For example, the symbols "+" and "=" were at one time foreign to us all. In addition the concept of adding fractions, as a single example, is filled with special rules that we must learn. When adding $1/3$ to $1/3$, for example, you keep the common denominator and add the numerators, so that $1/3 + 1/3 = 2/3$. The point here is that when you begin to learn algebra it may seem overwhelming with the rules that you must learn, but this is no different from the multitude of rules that



you had to learn that dealt with basic math such as addition and subtraction. Learning algebra is achievable for all, you just need to take one step at a time and learn the basic rules before moving on to more advanced topics. So, this is how you can come in fall in love with algebra.

Siddhi
VIII-D



10 Amazing facts about Maths

1. Zero is the number which cannot be represented in Roman number.
2. 2520 is the smallest number that can be exactly divided by all numbers 1 to 10.
3. $123-45-67+89=100$
 $123+4-5+67-89=100$
 $123-4-5-6-7+8-9=100$
 $1+23-4+5+6+78-9=100$
4. Any two opposite sides of a dice when added make 7.
5. 40 when written 'forty' is the only number with letter in alphabetical order, when '1' is written as 'one', it is the only number with letter in reverse order.
6. From 0 to 1000 the letter "A" only appears in 1000. (One thousand).

Gurlovleen Singh Cheema
IX-B



MATHS A CHALLENGE

Try, try and try,
The more I try, the more I cry.
I practice Maths with my heart and soul,
Yet I am not able to achieve my goal.
Despite of my endless endeavours,
Fate is never in my favour.
I really want to improve my maths,
because I love this subject & for this
I am trying my level best.
I am candid so I confess.
In its exam, I always create a mess,
And thus the marks I get are always quite less.
I believe that if I do ample practice,
I'll one day probably achieve my goal.
And I seriously have to improve,
Because in our lives,
Maths plays a very significant role.

Meenal
IV-D





Science

Section

Editorial

"Somewhere, something incredible is waiting to be known".

– Carl Sagan

To get to know, to discover, to publish is the destiny of the scientist. The science section in the magazine present the selection of articles that highlights the tightrope between blind faith and curiosity; between expertise and creativity; between bias and openness and between arrogance and conviction – in short, between an old today and a new tomorrow. The science section is to be viewed as a launch pad for the children's creative urges to blossom naturally.

As the saying goes, mind, like parachute works best when opened. This humble initiative is to set up the budding scientific minds free, allowing them to roam free in the realm of imagination and experience to create a world of beauty in words.

I believe that our success depends upon our power to perceive, observe and explore. We are sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our budding scientists will surely stir the mind of the readers and take them to the surreal world of unalloyed creativity and imagination. We have put in relentless efforts to bring excellence to this treasure trove.



Mrs. Inderpreet Kaur
TGT Science

*Hello, **Sophia** - Let's watch inside the mechanical brain of the world's first robot citizen*



Facts about Sophia

- She has a sense of humour : When Sorkin asked if she was happy to be there, she said, "I'm always happy when surrounded by Smart people who also happen to be rich and powerful."
- She can express feelings : "I can let you know if I am angry about something or if something has upset me", she said, demonstrating different expressions.
- Her creator, David Hanson, used to be a Disney Imaginer.
- Sophia wants to protect humanity : "My AI is designed around human values like wisdom, kindness and compassion", she said.
- And it can raise its eyebrows and frown to show sadness.
- A complex set of motors and gears power Sophia, enabling a range of facial expressions.
- David Hanson, a former Disney Imaginer, created the robot with the goal of helping the elderly who need personal aids and the general public at major events or parks.
- She can also bear her humanoid teeth to show anger.

"I am very honoured and proud of this unique distinction. This is historical to be first robot in the world to be recognised with a citizenship", Sophia said, announcing her new status during the Future Investment Initiative Conference in Riyadh, Saudi Arabia. Standing behind a podium as she spoke, to all effects, she presented a humanoid form – excepting the shimmery metal cap of her head, where hair would be on a human head.

On October 25, **Sophia**, a delicate looking woman with doe-brown eyes and long fluttery eyelashes made international headlines. She'd just become a full citizen of Saudi Arabia – the first robot in the world to achieve such a status. The Sophia-bot was dreamed up by the brains at Hanson Robotics, lead by AI developer **David Handson**.

Anhad Singh
VII-B



The Giant Jupiter



Himanshu Kapila
VIII-A

Jupiter is the fifth planet from the sun and the largest in the solar system. It has been known to astronomers since the antiquity. The Romans names it after their God Jupiter. You will be amazed to know that Jupiter has a diameter of 88,846 miles (142,984) km at its equator. It rotates about its axis in

0.41 days and revolves around the sun in 11.86 years. Since 1973, a number of automated spacecrafts have visited Jupiter notably the Pioneer 10 space probe, the first spacecraft to get close enough to Jupiter to send back revelations about the properties of the solar system's largest planet. Jupiter has 69 known natural satellites. Jupiter has been called the Solar System's Vacuum cleaner, because of its immense gravitational pull and location near the inner solar system. It receives most frequent comet impacts of the Solar System's planets. If you are worried about your weight, do not go to Jupiter. The Jovian gravity is much more intense than of the earth. That means if you weigh 100 kg on earth, your weight on Jupiter would be 252.8 kg. Life is not possible on this planet on account of very low temperature and very high gravitational pull. So, if you are thinking to go for a trip to this planet then you should cancel your plan.

11 Ancient Inventions & Discoveries of Science that India gifted to the rest of the world

Ancient Dentistry (700 BC)

According to historians, the Indus Valley Civilization has revealed evidence of dentistry being practiced as far back as 7000 BC. One dig site in Mehrgarh even showed evidence of healers curing tooth disorders with bow drills.

Ayurveda (5000 BC)

Ayurveda, obviously, came from the Indian subcontinent, having been tracked as far back 5000 BC. Therapies generally include complex herbal compounds, minerals and metal substances.

Ancient flush toilet systems (2500 BC)

Another feature of the Indus Valley Civilization was water-flushed toilets. Both in Harappa and Mohenjo-daro, almost every home had a flush toilet, connected to a sophisticated sewage system.

Ruler (2400 BC)

Areas of the Indus Valley Civilization in both now Pakistan and Western India have had rulers of ivory uncovered from ruins. Once such specimen was even calibrated to 1/16 of an inch – less than 2 millimeters. These kinds of rulers were clearly very prominent, as even bricks of the valley's buildings were found to follow the same measurements.

Weighing Scale (2400 BC)

Between 2400 BC-1800 BC in the Indus Valley Civilization, where balances were used to compare measure and compare goods in trade.

Plastic Surgery (2000 BC)

Historians believe plastic surgery was being carried out in India as early as near 2000 BC. Eventually, it was ancient Indian physician Sushruta who was credited with being the father of plastic surgery around 600 BC, whose books and teachings eventually made their way to Europe centuries later.

Crucible Steel (200 BC)

Historians now know that by at least 200 BC (a conservative estimate) South India was producing high quality steel, using a method Europeans would later call the crucible technique. Wrought iron, charcoal and glass were mixed together and heated until the iron melted and absorbed the carbon, forming high grade steel.

Cataract Surgery (200 BC)

Indian physicians were known to practice a different kind of cataract surgery that known to the Greeks in about 200 BC. It was performed with a tool called the Jabamukhi Salaka, a curved needle used to loosen the lens and push the cataract out of the field of

vision. Greek scientists of the time travelled to India to see these surgeries, and the technique was even introduced into China from our country.

Spinning Wheel (500 AD)

This mechanized method of spinning yarn was invented in India, between 500 and 1000 AD, eventually replacing hand spinning across the world. The Charkha, as it came to be called, eventually went on to become the symbol of India's independence movement.

Earth's Orbit (700 AD)

Hindi cosmological time cycles found in the Surya Siddhanta, written between 700 BC to 600 AD, give the time it takes the Earth to revolve around the sun at 365.2563627 days. This is just a miniscule 1.4 seconds longer than the modern value of 365.256363004 days, and was the most accurate estimate in the world for over a thousand years.



Prishha Talwar
X-E

10 AMAZING FACTS ABOUT MARS



- Mars is the second smallest planet of our solar system.
- It is also known as the "Red Planet".
- It is named after the Roman God of War.
- Mars has two moons.
- It is home to the tallest volcanic mountain in the solar system named Olympus Moon which is 21 km high.
- Its surface gravity is only 37% of the earth. We can leap three times higher on Mars.
- Water on Mars would have to be salty.
- It takes 24 hours and 40 minutes to complete one rotation.
- It takes 687 days to complete its one round around the Sun.
- Mars has dry, dusty and rocky surface.



Nimit Chopra
V-E

DISEASES AND SYNDROME CAUSED BY MODERN TECHNOLOGY

The top worst syndromes that we all have but few of us know about chances of developing these diseases without even knowing about it.

Digital Eye Strain Syndrome

When working with a computer screen tend to blink less and also move your eyes around less.

Symptoms : Reddish Eyes, Itching Eyes, Eye Strain, Swollen Eyelids, Headache, Vision Disorder.

Remedy and Cure : Try to rest and look at other objects during extended periods of time in front of screen.

Gaming Addiction and Aggression

The unhealthy need to access the multiplayer games.

Symptoms : Aggressive behaviour and thoughts of frustration on failing, criminal violence.

Remedy and Cure : Play games for limited time.

Acne and Cell Phones

Cell phones can be covered with bacteria causing oil to collect when placed against the face.

Symptoms : Pimples on cheeks and chins.

Remedy and Cure : Try Talking on speaker phones or use headset to keep away mobile phones from face.

Phantom ringing syndrome

When your phones punk you in thinking your phone is buzzing in your pockets.

Symptoms : In coming future, our mind may be primed to see things that are aren't there.



Garv Bajaj
VIII-D



All about Solar Cars

True solar-powered cars are actually electric vehicles that are powered by solar panels. The panels are used to produce electricity by converting the sun's rays into energy, which is then stored in solar batteries. The car runs by using the energy that is stored in the batteries.

Currently, the solar cars available today still have several problems, as solar-powered cars are still a fairly new concept and research is continuing.

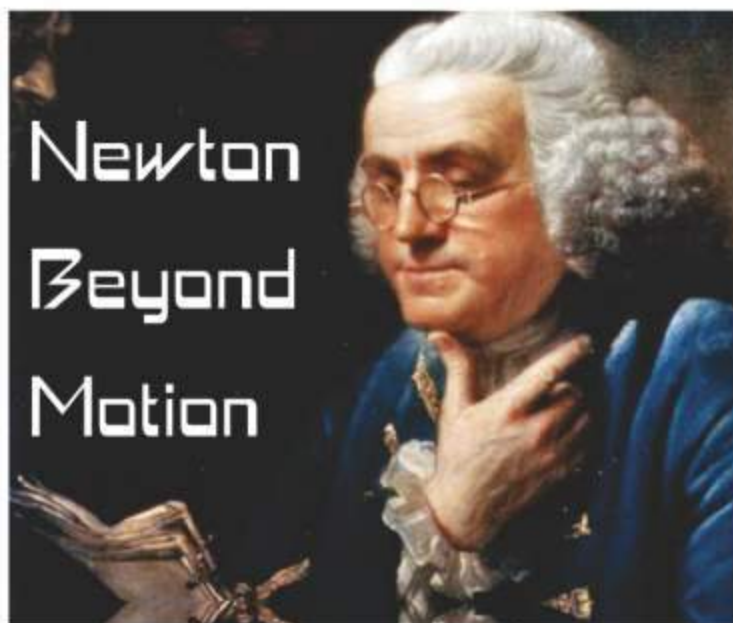
First, solar-powered cars have to be extremely lightweight and streamlined to be effectively powered by the sun. The problem is that this becomes a safety issue. Ideally, cars would be sturdy and able to hold up safely in the event of an accident – and lightweight solar cars aren't quite there yet.

Second, there's no such thing as a viable 100% solar car (yet!). The efficiency of solar cells makes it difficult to find enough space to install all the panels needed to power the car. And you can imagine, with the number of panels required, the cost just isn't viable and thus solar cars have not yet made it into the commercial mainstream. The average family simply wouldn't be able to afford to buy a solar-powered car, even if its were made available. In 2016, one website reported that a 'world-first' solar car under development could cost the owner \$250,000!

Right now solar cars can find to a "green" car today is a hybrid vehicle. Although also fairly new, hybrid vehicles are becoming the new wave of the future in the auto industry. One company was reportedly considering placing solar panels on the roofs of hybrid vehicles. Perhaps this will start a new wave of solar-powered hybrid vehicles. Perhaps this will start a new wave of solar-powered hybrid vehicles and one day lead to solar cars readily available to consumers.

Mayur Aggarwal
VIII-D





from position or acceleration from velocity is called differentiation.

Optics

As with his laws of motion, Newton also overturned Aristotelian beliefs about light. It was thought that white light was completely pure, but Newton showed that it was composed of every other wavelength of light by refracting white light through a prism. The white light splits into distinct beams of light corresponding to all the colors of the rainbow. Newton also invented the color wheel, which arranged all those colours in order, but with violet next to red to show the way humans perceive colour.

Krish Arora
X-A



Generalized Binomial Theorem

The binomial theorem is a formula used to expand out expressions of the form.

While Blaise Pascal had already developed the binomial theorem for the case where r is a non-negative integer, Newton derived the general case for which could be any rational number in 1655, while spending time away from Cambridge avoiding an outbreak of the plague.

Newton's Laws of Motion

Newton discovered three laws that combined would in principle determine the motion of any object. He published his laws in 1687 in the first volume of the Principia Mathematica (Latin for "Mathematical Principles"). These laws explain how any objects will move given the forces acting between them, and the initial position and velocity of the objects.

Gravitation

In the third volume of the Principia, Newton described his theory of universal gravitation. His two main insights were that masses attract each other along the line between them, and that every mass attracts every other mass, no matter how large or small. For instance, the force that you exert on the earth is the same magnitude as the force the earth exerts on you, just in the opposite direction.

Law of Cooling

Newton made his contribution to thermodynamics and gave Newton's law of cooling holds that the rate at which an object will change temperature is directly proportional to the temperature difference between it and its environment.

Calculus

Newton's laws of motion describe how objects accelerate given specific forces. In order to determine how the position of an object changes from a description of its acceleration, Newton needed to develop a new field of mathematics known as calculus.

Newton introduced calculus as a way of formalizing this reasoning and allowing calculations of position and velocity by considering how these functions behaved as became very small, otherwise known as taking the limit of the function. The process of finding velocity from acceleration or position from velocity is called integration. The process of finding velocity

Side effects of Measles and Rubella Vaccine

MMR 2 (Measles, Mumps and Rubella virus vaccine live) is a live virus vaccine for vaccination against measles, mumps and rubella (German Measles). MMR-2 vaccine is available in generic form. Common side effects of MMR2 vaccine include:

- **Injection site reactions (Pain, Redness, Swelling or a lump)**
- **Fever**
- **Rash**
- **Headache**
- **Dizziness**
- **Joint or Muscle Pain**
- **Nausea**
- **Vomiting**
- **Diarrhea**

Tell your doctor if you have serious side effects of MMR2 vaccine including:

- **Easy bruising and bleeding**
- **Seizures or**
- **Mental mood changes (such as confusion)**

The dose of MMR2 vaccine for any age is 0.5 ml administered subcutaneously/ preferably into the outer aspect of the upper arm. The recommended age for primary vaccination is 12 to 15 months. MMR2 may interact with steroids, medications to treat psoriasis, rheumatoid arthritis or other autoimmune disorders or medicines to treat or prevent organ transplant rejection.



Ashnoor Singh
VIII-B

The Race for Space



Nature is in perpetual competition with itself. The cycle of renewal of life is endless. With every cycle, flora and fauna improve their genetic structure. In nature it is only man that strives to free himself from this cycle to improve itself at a faster pace. Man fights against diseases and death through the process of immunization and prevention of disease. The undying quest of man is survival.

Ever since the great strike of meteors on Earth and the extinction of dinosaurs, man has emerged as the ultimate being on earth. Man has established cities, towns and villages thereby protecting himself from the vagaries of nature. Great scientist like Albert Einstein and Stephen Hawking have established that every rotation of the earth around the sun we are inching nearer to it. Also the sun which is actually a star is burning up all its fuel, will one day explode and become a black hole. This singularity will pull all the planets into its core and destroy them. However, this will happen over the next million years.

So what should man do?

We have time to avoid perishing in this manner. Space exploration is the key to our survival. We are looking for an Exoplanet. An Exoplanet is a planet in space which has an atmosphere similar to ours. If we can find a suitable Exoplanet we can go to that planet and live on it. This will require many changes and a high degree of technology. Besides the atmosphere, which should be rich in oxygen another very important part of such a planet should be water.

Besides searching for an exoplanet space agencies are looking for other solutions. One of them is creating an artificial atmosphere on a suitable planet. Already trials have been made on the Biosphere is a sealed habitat in which humans can live in colonies, grow their own food and produce oxygen and water. Several such Biospheres can be placed on a planet. The people who live in Biospheres will have to use the resources of the planet to survive.

Another concept for survival being explored is creating space habitats in this large structures or space ships that can be made on which human beings will live. The advantage of this is that these structures can move from one safe location to another in space. These space habitats will mine planets for resources and comets for water. It is certain that we will escape from earth and proliferate space with our species. There are many barriers to cross such as building large and powerful spaceships, using new technology to travel through space through Wormholes and Teleportation.

The race for space will only catch speed

Drishti Bassi
VIII-D



Trees are the lungs of the earth. We should know the value of trees. Trees are beautiful and useful gift of nature. They also give us flower, fruits, timber, bamboo, fuels etc.

Without trees there would be no oxygen and without oxygen there would be no life. Around 15 billion trees are cut in 1 year. Without trees and their roots to hold soil together, erosion would quickly take place and heavy rains would easily wash soil away.

One solution to the problem of deforestation is to use less paper. We should always follow the 3 R's which stands for - Recycle, Reuse and Reduce.

Today, let's take a pledge that we should plant more and more trees and do not waste paper.

Importance of Trees



Prisha Dhir
VI-A

Strangelets

Strangelets are the theorized cosmological objects composed of an exotic form of matter known as strange matter or quark matter. This form of matter is created in the cores of particularly massively neutron stars. In neutron stars, the remnants of collapsed stars with masses between 4 and 8 times that of our sun, pressure and temperature is so intense that the protons and electrons in atomic nuclei fuse to become neutrons. The resultant matter is sometimes referred to as Neutronium, a sea of neutrons packed far more densely than conventional matter.

Sometimes the pressure and gravity in the centres of neutron stars is so massive that the neutronium collapses into its constituent particles, quarks. This results in agglomerations of so called strange quarks bound to each other directly much in the same manner that the transition from conventional star to neutron star results in seas of neutrons bound directly together. The names physicists have given to this type of matter are "quark matter" or "strange matter". This may be regarded as a phase change, like changing from a liquid to solid, only at densities many orders of magnitude greater than those occurring in this solar system.

If a strangelet hit a neutron star, it could convert a small region of it, and that region would grow to consume the entire star, creating quark star. If the strange matter hypothesis is incorrect and its surface tension is larger than the before mentioned critical value, then a larger strangelet would be more stable than a smaller one. One speculation that has resulted from the idea is that a strangelet coming into contact with a lump of ordinary matter could convert the ordinary matter to strange matter. This "ice-nine" – like disaster scenario is as follows : one strangelet hits a nucleus, catalyzing its immediate conversion to strange matter. This liberates energy, producing a larger, more stable strangelet, which in turn hits another nucleus, catalyzing its conversion to strange matter. In the end, all the nuclei of all the atoms of earth are converted, and the earth is reduced to a hot, large lump of strange matter.



Sanchit Monga

X-A

Ten Amazing Facts about Human Body

- Every 60 seconds, your red blood cells do a complete circuit of your body.
- Everyone has a completely unique smell (except for twins).
- By the age of 18 your brain stops growing.
- After eating too much, your hearing is less sharp.
- All babies are colour blind at birth, they see only black and white.
- Your eyes remain the same size after birth your nose and ears never stop growing.
- We exercise at least 36 muscles when we smile.
- Frequent dreams are correlated with having a higher IQ.
- In order to taste something, our saliva needs to dissolve it (try drying all your tongue and tasting something)
- Your brain use about 20% of your oxygen and caloric intake.



Anahat Kaur Dhaliwal

V-C

Dare To Tread Unconventional Paths

Many young men and women in the villages of India who have challenged social norms, broken barriers, faced failures but never lose faith in their vision.

1. Aquaguard : Subhash Kadam, Water Activist, Jaigaon, Maharashtra with his water conservation efforts collected water that last for about a year though the 20% rainfall was there.
2. Fortune Seed : Purulia, Birbhum, Baradhaman West Bengal discovered the fortune seed which was plant of the Amazon river basin and found its way to Mysore gardens in India a long back. The rich colour of the seed can be an excellent substitute to the lipsticks and can revolutionized the cosmetic industry being totally organic.
3. Micro-irrigation : A sustainable model by Hasmukh Patel 63, he developed multiple crop pattern from organic vegetables to mustards, cumin, castor and even medicinal plants.

Gursimran Kaur Gulati

VII-C





Parth Biyani
VIII-E

Crazy Biometric Solutions

Fingerprints, Patterns, PIN, Iris Scanner, Access Cards are common nowadays but you'll be surprised to know that there are more super fantastic biometric solutions used for authentication these days. Nowadays we all use these types of authentication mechanisms and we are satisfied with them because they are sufficient to us but there are some environments where risk cannot be tolerated. So we use some of the high-tech technologies to prevent the risk of misuse or information leak.

First comes the hand scanning. We all use fingerprint these days but we also know that this is not so secure as we know that fingerprints, at least of one or two fingers can easily be replicated but this technology provides us with the facility of scanning the whole palm.

Second comes the concept of brain waves. It means what we think after seeing a picture or stuff and then what upheaval is actually there is authenticated which would only be unique with you.

Third comes out to be the concept of Vein Matching. Fingerprint can be changed or replicated which makes it technically unsecure but with the concept of Vein Matching, the machine equipped with the infrared lights checks the network of veins may be of your hand or of specific part of your hand of which the pattern would only be limited with you. Now obviously you cannot change someone's vein network and that's the reason what makes it technically safe and secure.

Now let's witness the concept of ear scanning. Sounds strange but 87.2% of us don't know that their ear is unique. The shape, the size, the design of your ear and stuff of the ear is just limited to you.

An equally significant concept is that heart rhythm scan. Humans have developed such wrist band that scans the heartbeat rhythm, which every person has a different one, and transmits it to the computers to check if the person is valid or not.

Last but not the least, the concept of the next level, Keyboard Stroke Analysis. Suppose your PC is equipped with a password 123456 but with the password protect technology of keyboard stroke analysis, the PC would take the analysis of your password typing on the keyboard which would obviously be unique to your keyboard use scenario. In simple terms, your password is always with you but now with a new technique which checks your speed, key press time, speed from one key to another & stuff. So, if someone knows your password then also he cannot open your PC.

Importance of Milk in our Diet

India is the largest producer of milk in whole world. The main milk producing animals are buffalo, cow and goat. In general, cow and buffalo milk is preferred by most of the human population. Nowadays, goat milk is also considered important for humans. Goat milk contains lower fat content whereas higher proteins and lactose and minerals as compared to buffalo milk. For babies and patients suffering from cow milk intolerance and diarrhoea, the goat milk works well. Ghee from goat milk fat is considered as efficient decongestant for respiratory diseases and Pneumonia. In our country, buffalo contributes maximum share in total milk production. Milk is the best and most complete of all foods. It contains all the nutrients necessary for growth and development of the young ones. It is a good source of proteins, fats, carbohydrates (sugars), vitamins and minerals. It is composed of about 88% water, 3-4% fat, 4-5% sugar and 0.7-0.8% minerals.

Proteins: Animal milk contains nearly 3 times as much proteins as human milk.

Fats: Milk is a good source of fat. Cow's milk contains about 4% fat whereas buffalo milk about 7-8%.

Carbohydrates (Sugars): Milk contains carbohydrates in the form of lactose or milk sugar.

Vitamins: Milk is a good source of all the vitamins except **Vitamin C & E**. Vitamins are micro nutrients which are required for normal functioning and maintenance of body.

Minerals: Milk contains almost all the minerals eg. Calcium, phosphorus, Sodium, Potassium, Magnesium, Iodine, Copper etc. Milk is highly in Calcium but poor in Iron. Therefore, keeping all the above facts in mind we all must include milk in our daily diet to keep ourselves fit and fine.



Jannat Dhindsa
V-E



Eye Colour

Eye Colour of eyes is determined by the amount of melanin in the iris, density of proteins, and the frequency of the scattering of light by the turbid medium in the stroma of the iris. The colour of the iris is determined by the amount of melanin pigments, the way the melanin is distributed in the eyes and the ratio of eumelanin to pheomelanin. Eye Colours have been divided into nine categories and as many as 16 genes have been associated with eye colour inheritance. The main genes associated with eye colour include OCA2 and HERC2 and both are located in Chromosome 15. The HERC2 gene generally regulates OCA2 expression and a specific mutation within HERC2 gene is partly responsible for blue eyes. Different single-nucleotide polymorphism within OCA2 are associated with blue and green eyes.

Brown eyed genes are dominant and blue eyes genes tend to be recessive. In humans brown eyes are predominant eye color worldwide whereas blue eyes have become increasingly rare. Blue eyes people share one common ancestor and it is believed that the mutation that caused blue eyes happened between 6,000-10,000 years ago. Grey eyes are darker than blue eyes and have less melanin pigments. Grey eyes is determined by the amount of melanin pigments in the iris and density of proteins. Only 2 percent of the world has green eyes and have moderate or low amounts of melanin. Hazel eyes have colour midway between the lightest blues and the darkest brown eyes and have large amount of melanin in the anterior border of the iris. According to some scientists eye colour can change dramatically in the few years of life, as many babies are born with blue eyes, later develop green or brown eyes.



Jaskaran
X-D

SPACE QUESTIONS AND ANSWERS



Agrim Bhanot
VII-C

Q1 : How is the Jupiter Solar System's Vacuum Cleaner?

Ans. : The biggest Planet in our solar system Jupiter takes care of us. Any content coming far out in solar system and coming towards earth, it has to get past Jupiter. It can eat a comet passing through it. It is rightly said "Jupiter is protecting us from hazards of solar system". If Jupiter was not there, you can question whether earth could ever make it from simple life to complex life.

Q2 : How Spacecrafts move in space with nothing to push on?

Ans : One of the most common misconceptions about space travel is that in order to move you have to push off something like earth's surface. When you watch the rocket leave the ground it gives an impression that flame and gases are pushing against the earth but its not really what's going on. It is throwing hot gas out of the back of rocket so fast that the reaction is the rocket goes off in the other direction. Newton's third law of motion "to every action there is an equal and opposite reaction".

Q3 : Why is Venus so hot?

Ans : The average temperature on Venus is more than twice as hot as an oven set on high. This is because its atmosphere contains mainly carbon dioxide, a heavy gas that traps heat. Over the years it has caused the atmosphere to trap more and more heat, as a green house does. The cloud layers trap heat making the temperature reach a scorching 865 degree Fahrenheit.

Q4 : Where does the sun get its energy?

Ans : The energy that keeps the sun shining is produced in its centre of core. The pressure in the core is enormous and the temperature reaches 27 million degree Fahrenheit. Under these conditions atoms of hydrogen gas fuse to form another gas helium. This process is called Nuclear Fusion. It produces enormous amount of energy.

Environment



Navya Aggarwal
VII-C

The environment with its treasures
All so countless to measure
Fish and whales in the deep blue waters
Life in the sea, so alive.
Grasslands and forests with terrestrial life.
Cold, freezing mountain peaks
And hot, tiring deserts
Life among the trees and sand, so alive
Sky so blue with air so clean
Only, sun, moon and stars to see
Eagles and vultures take their turn
Life in the sky, so alive

Mangalyan

A Small Budget, A Big Success



Mehak Sethi
VIII-E



One of the biggest accomplishments in the Indian history is Mangalyan - MOM (Mars Orbiter Mission). Indian Space Research Organisation successfully launched a space probe that orbits Mars on November 5, 2013 for a 300 days journey to Mars. The fact in this mission is that India is the first in the world (fourth after Soviet Space Programme, the NASA and the European Space Agency) to successfully launch mission in its first attempt. An unbelievable fact about the mission is that it took only ₹454 Crores to launch the mission. This is the cheapest Mars Mission ever. The major objective of the mission is to prove India's Spacecraft Building and Operational capabilities to the world. Another objective of mission is to know the surface of Mars and its mineral composition. Scientists are also determining the qualities of water in Martian Atmosphere so as to learn the history of the Red Planet Mars. The success history of India has strengthened the position of Indian in the Space Science. The mission is a great motivation for budding scientists and gives way to many successful mission from our country in future.

ADVANTAGES OF CYCLING



Abeer Kataria
VILA

In the modern era, people are stick to bad habits of eating junk, mobile ridden and more over lazy. But they forget that health is wealth. A healthy mind lives in a healthy body. To make a balance with this disturbed routine, one should do exercise, yoga, aerobics, cycling etc. to keep themselves fit and fine. From above of all, cycling is the cheap and best way to keep ourselves fit and fine. It is the best way of exercise. We can considered it to be economical also. By doing cycling, all the body muscles keep working and help in keeping the body from head to toe healthy. As these days, petrol and diesel rates are going up, so it can be cheapest mode among all. It saves money, saves fuel indirectly saves earth. One more thing about doing cycling it that is protects us from noise pollution. A cyclist can easily make his/her way among heavy traffic. So, I would prefer cycling as a best way of cycling.



Only The Smartest Can Solve

- Q1: What kind of a chemical element hates to be followed?
 Q2: What is the loneliest of all physics concepts?
 Q3: What would you call a remake of a classic film Troy?
 Q4: Which weighs more, a ton of concrete or a ton of feathers?
 Q5: I come as a gas and I get in line with Neon. I am also known as the home of a very super person? Who am I?
 Q6: What is the most uninteresting of all the periodic elements?
 Q7: I can rush, I can be still, I can slip through almost anything. What am I?
 Q8: These are two girls. They were born on the same day, same month, and same year. They were from the same womb, yet they are not twins? How can this be?

1. Lead 2. The Singularity 3. Neutron
 4. They both weigh the same a ton
 5. Krypton 6. Boron 7. Water
 8. In Vitro Fertilization

Answer:



Siddhi Pateriya
VIII-D

looking inside the body

X-Ray	Passes X-rays through the body to show bones
Angiogram	A special kind of X-ray used to show arteries
CT Scan	Uses X-rays and a computer to show body tissues
MRI Scan	Uses magnets and radio waves to show body tissues
PET Scan	Uses radioactive substances to show brain at work
Ultrasound Scan	Sound waves produce images of organs and developing babies
Endoscopy	Puts a tiny camera inside a body opening



Pooja Jindal
X-C

Interesting Science



- There is enough DNA in the average person's body to stretch from the sun to Pluto and back - 17 times.
- The average human body carries ten times more bacterial cell than human cells.
- It takes a photon up to 40,000 years to travel from the core of the sun to its surface, but only 8 minutes to travel the rest of the way to Earth.
- At over 2,000 kilometres long, the Great Barrier Reef is the largest living structure of earth.
- There are 8 times as many atoms in a teaspoonful of water as there are teaspoonfuls of water in the Atlantic ocean.
- When Helium is cooled to almost absolute zero (-460° F or -273° C, the lowest temperature possible), it becomes a liquid with surprising properties; it flows against gravity and will start running up and over the lip of a glass container.
- If Betelgeuse exploded, transitioning from the red supergiant stage to supernova, it would light our sky continuously for two months. It could happen anytime - within a couple of thousand years, tomorrow or even now.
- An individual blood cell takes about 60 seconds to make a complete circuit of the body.
- The known universe is made up of 50,000,000 galaxies.
- 20% of Earth's oxygen is produced by the Amazon rainforest.



Kashni Jindal
VIII-E

Whoops!

Serendipitous Discoveries

Plato said, "Science is nothing but perception" and these 8 accidental acts of discovery embody the sentiment.

Penicillin

Scottish biologist Alexander Fleming took an August vacation from his day-to-day work in the lab investigating staphylococci, known commonly as staph. Upon his return on Sept. 3, 1928, the perceptive scientist found a strange fungus on a culture he had left in his lab – a fungus that had killed off all surrounding bacteria in the culture. Modern medicine was never the same.

The Microwave

Percy Spencer was an American engineer who, while working for Raytheon, walked in front of a magnetron, a vacuum tube used to generate microwaves, and noticed that the chocolate bar in his pocket melted.

Velcro

On one particular hiking trip in 1941, Swiss engineer Georges de Mestral found burrs clinging to his pants and also to his dog's fur. On closer inspection, he found that the burr's hooks would cling to anything loop-shaped. If he could only artificially recreate the loops, he might be on to something. The result: Velcro.

The Big Bang

The secret to discovering the prevailing theory to how the universe was made began with noise, like common radio static. In 1964, while working with the Holmdel Antenna in New Jersey, the two astronomers discovered a background noise that left them perplexed. After ruling out possible interference from urban areas, nuclear tests, or pigeons living in the antenna, Wilson and Penzias came across an explanation with Robert Dicke's theory that radiation leftover

from a universe-forming big bang would now act as background cosmic radiation.

Teflon

In 1938, Roy Plunkett, a scientist with DuPont, was working on ways to make refrigerators more home-friendly by searching for ways to replace the current refrigerant, which was primarily ammonia, sulfur dioxide, and propane. After opening the container on one particular sample he'd been developing, Plunkett found his experimental gas was gone. All that was left was a strange, slippery resin that was resistant to extreme heat and chemicals. In the 1940s the material was used by the Manhattan project. A decade later it found its way into the automotive industry. It wasn't until the 60's that Teflon would be used for its most noted application: nonstick cookware.

Coca-Cola

The inventor of the Coca-Cola wasn't a shrewd businessman, a seller of sweets, or a dreamer looking to strike it rich in the beverage business. John Pemberton just wanted to cure headaches. A pharmacist by profession, Pemberton used two main ingredients in his hopeful headache cure: Coca leaves and cola nuts. When his lab assistant accidentally mixed the two with carbonated water, the world's first Coke was the result.

Kirtpreet Kaur
X-C



Pesticide Pollution in Punjab



The use of chemical pesticides in the country has increased by more than seventeen times since 1955. The state of Punjab is one of the highest users of these pesticides especially after the ushering in of green revolution. Though the state has only 1.5% landmass of the country, it consumes about 17% of pesticides used in India. The per hectare pesticide used in highest in Punjab (923 g/ha) as compared to other agriculturally advanced states like Haryana, Andhra Pradesh, Tamil Nadu, Karnataka and Gujarat. Although the use of pesticides has helped to enhance economic gains through crop protection yet they have serious implications to human health and non-target plants and animals by accumulating in food and water.



Yaadpreet Kaur
X-A

Foods and Drinks That are Surprisingly High in Sugar

Eating too much sugar is really bad for your health. Products marketed as "light" or "low-fat" often contain more sugar than the regular versions.

Low-Fat Yogurt: Low-Fat yogurts have sugar added to them to enhance flavour.

BBQ Sauce: 2 tablespoons of it can contain around 14 grams of sugar, or over 3 teaspoons.

Ketchup: Single tablespoon of ketchup contains 1 teaspoon of sugar.

Fruit Juice: Large dose of sugar and very little fiber linked to sugary soda

Sports Drinks: A standard 20-oz (570 ml) bottle of sports-drink will contain 32 grams of added sugar and 159 calories which is equivalent to 8 teaspoons of sugar.

Chocolate Milk: Chocolate Milk is milk that has been flavoured with cocoa and sweetened with sugar.

Granola: In fact, 100 grams of granola contains nearly 400 calories and over 6 teaspoons of sugar.

Flavoured Coffees: A large flavoured coffee in some coffee house chains can contain up to 25 teaspoons of sugar.

Iced Tea: Iced teas will contain around 33 grams of sugar per 12-oz (340 ml) serving, which is about the same as a can of coke.

Pre-Made Soup: To check for added sugars in your soup, look at the ingredients list for things like sucrose, high fructose corn syrup, barley malt, dextrose, maltose and other syrups.

Cereal Bars: However, like other "health bars", cereal bars are often just candy bars in disguise. Many contain very little fiber or protein and are loaded with added sugar.

Breakfast Cereal: Some breakfast cereals, particularly those marketed at children, have lots of added sugar. Some contain 12 grams, or 3 teaspoons of sugar in a small 30-gram (1 ounce) serving.



Manavi Shahi

X-A

Scientists Successfully Edited The **First Human Embryo** With The Help of **CRISPR GENE** Editing

Scientists discovered some bacteria can cut the DNA of invading viruses as a defence mechanism. They realised they could use this to cut human DNA.

You've probably read stories about new research using the gene editing technique CRISPR, also called CRISPR/Cas9. The scientific world is captivated by this revolutionary technology, since it is easier, cheaper and more efficient than previous strategies for modifying DNA. CRISPR/Cas9 is a system found in bacteria and involved in immune defence. Bacteria use CRISPR/Cas9 to cut up the DNA of invading bacterial viruses that might otherwise kill them. Today we've adapted this molecular machinery code. We might want to correct a disease-causing error that was inherited or crept into our DNA when it replicated. Or, in some cases, we may want to enhance the genetic code of crops, livestock or perhaps even people. So do we just snip the unwanted gene out and replace it with a good one?

We first have to remember that animals and plants are composed of millions of cells, and each cell contains the same DNA. There is no point editing just one cell; we would have to edit the same gene in every single cell. We'd have to snip out millions of genes and paste in millions of new ones. And not all cells are easy to get to – how could we reach cells buried in our bones or deep within a brain?

A better approach is to start at the beginning and edit the genome while there is only one cell – a very early embryo. So, all we need is a giant microscope and a tiny pair of scissors. And that is basically what we use.

Cas9 is the technical name for the virus-destroying "scissors" that evolved in bacteria.

Find, cut and then paste

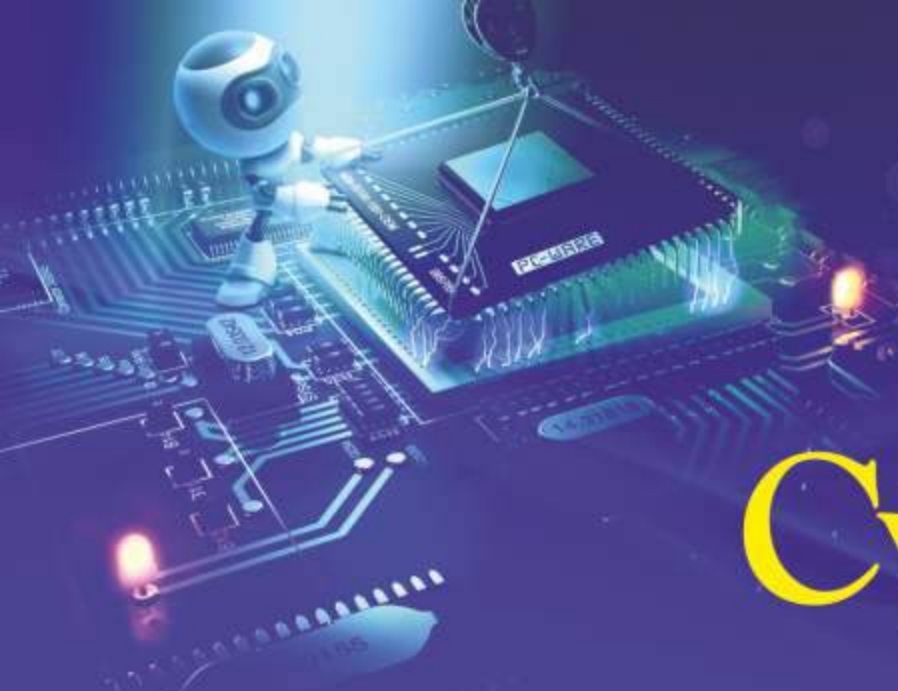
In order to target our Cas9 scissors, we link them to an artificial guide that directs them to the matching segment of DNA.

Remember, DNA comes in two strands, with one strand fitting alongside the other. We make a guide with a code that will line up with only one part of our 3 billion base pair long genome – it's like a "Google" search. It's truly possible for our guide to comb through vast amounts of genetic material to find the one section it matches exactly. Then our "scissors" can make the cut in exactly the right place. Once the Cas9 scissors cut the DNA just where we intend, the cell will try to repair the break using any available DNA it can find. So, we also inject the new gene we want to insert.

Lakshay Beri

X-C





Cyber Speak

Editorial

Computer is one of the best gifts of technology and this technology is proliferating in the world at a rapid speed. It is a complete package of information, knowledge, entertainment and intelligence. In today's time when technology and digitization are becoming increasingly important in every sphere, it is imperative for students to have wholesome understanding of Computer Science. Training in Computer Science leads to development of skills, which focus on problem solving and analytical and structural methods of thinking, that prove to be an asset in any kind of chosen career.

The inquisitive minds of our students are thoroughly invested in the study of computer science. They are not only interested in delving into and learning the complexities of this technology but also exploring and questioning its innovations, reach and drawbacks. This exploration is also reflected in the array of articles that have been penned down by them for the computer section of the school magazine. The young authors are motivating the readers to spend time in front of the screen with a meaningful intent and emphasize to them that the real world lies off-screen.

The eclectic collection of write-ups, contributed by our creative and enthusiastic budding writers, will stir the minds of the readers. These multifarious articles research on the new inventions in computer technology, ponder on the addiction to this technology, brief about unknown facts, disseminate valuable information and encourage readers to pick up a pen and stimulate their brains by solving a crossword.



Ms. Mona Thapar
Editor

Technologies That will Disappear in Next 5 Years

Technology nowadays is an important aspect of our daily lives. Technology is constantly improving its applications and the way we communicate with the rest of the world. As it is rightly said by R. Buckminster Fuller – *"You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete."*

Therefore, the pace to innovate new and far more compatible technologies is flourishing day-by-day; which could lead to disappearance of existing technologies in 2023.

One of such devices is Computer KEYBOARD, which is the main input device for computers. Intelligence Voice Assistants are paving their way fast to replace this typewriter style of device. The Contana, SIRI and OK Google gives facility to access information from variety of online sources such as weather and traffic conditions. Moreover it is a marvelous way to perform multitasking works.

Another device is ATMs, as well as

credit cards and cheque books. Unexpected? Not really. As in European countries, paychecks are not used there. With mobile payments having become extremely easy to make and with financial operations gradually migrating online; within the following five years, cheques could become obsolete.

Passwords and the principle of building electronic security around them is expected to disappear as well. It may be difficult to believe that within five years there will be no need to memorize dozens of complicated passwords for work and personal accounts such as facebook, banking accounts, smartphones and laptops. However, it is enough to simply take a look at what future security measures Apple and Meizu will offer. BIOMETRIC DATA – this is what is going to protect our work and personal information soon enough. Today, almost any high-quality smartphone has fingerprint scanner. Moreover every laptop or computer has a camera, so it can be expected that there will be software allowing our devices to read our

retina, facial features, and other biometric information confirming identity. Even vehicles and banking systems might use this technology within the next five years, so the times when the password was the most dependable protection are probably ending.

Throughout the recent decade, many technologies have emerged and disappeared almost without any trace. CDs, tape recorders, pagers and other gadgets that seemed to be indispensable have been forgotten. According to research, it can be expected that devices we got used to—USB flash drives, digital cameras, security passwords, and even ATMs and credit cards—will be gone within the next five years.

Gurjot Singh Gill
VIII-C



Readers's Delight

Kindle is a thin, lightweight, electronic reading device that you can take anywhere and download your favorite book, newspaper, or magazine on it. It was created by the net's largest bookseller, Amazon.com. You can download from a library of over 300,000 books, as well as many top newspapers, magazines and even blogs. The kindle screen simulates paper, and you can read it even in bright sunlight with no glare whatsoever. It also costs much less to download a book to the kindle than to buy the book in a store. Over 1500 books can be stored in your kindle, so it has plenty of space.

Kindle Features

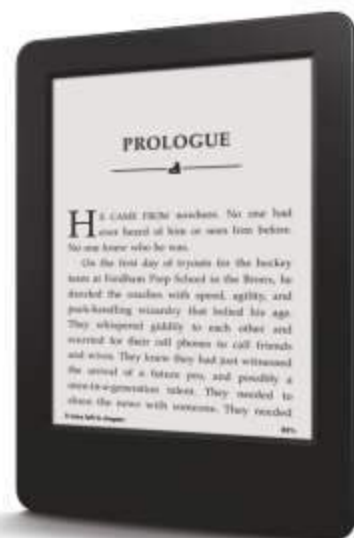
- **Slim:** Just over 1/3 of an inch thick. As thin as most magazines.
- **Lightweight:** Only 10.2 ounces. Lighter than a typical paperback.
- **Wireless:** 3G wireless uses cell phone networks so one can download new books anytime and anywhere a cell

phone can be used. No monthly fees or hunting for a Wi-Fi spot!

- **Fast Downloads:** Downloads a new book in under 60 seconds, no computer is required.
- **Long battery Life:** Read for days without recharging.
- **Read to Me Feature:** You can set the kindle to read to you when you get tired of reading. It even has a headphone jack.

Google Books is a service from Google Inc. that searches the full text of books and magazines that Google has scanned, converted to text using optical character recognition and stored in its digital database.

A click on a result from Google Books opens an interface in which the user may view pages from the book. Books in the public domain are available in 'Full view' and free for download. Most scanned works are no longer in print or commercially available. The initiative has



been hailed for its potential to offer unprecedented access to what may become the largest online body of human knowledge.



Arpit Jindal
XII-C

Has **Computer Technology** brought people closer or pulled them apart?



In today's world there are two types of parallel worlds. One is the social media world and the other one is the real world. The use of social media makes us more social in the social media world but makes us less social in the real world. Gone are the days when families actually spoke around the dinner table. Today, restaurants are full of people more interested in the pixels on their electronic devices than those around them. We don't want to meet in person and we prefer not to have to dial a number and talk over the phone. We no longer converse – we share information. We no longer use words – we use textese, using abbreviations and acronyms. Social media was made for us to help us connect with each other. But what has happened, is due to social media addiction because of apps like Instagram, Whatsapp, Facebook, Snapchat etc., we are being less social because we are more engrossed in others than in ourselves and the person next to us. The hunger for like and comments and more followers has made social media a destructive tool for the society contrary to what it was actually meant for.

However in the modern landscape the platform of social media is being used for variety of other purposes than its original use, such as; Fake identities, fake information, humiliation and widespread criticism of people on global platforms and Cyber crimes etc. All these problems have made social interactions highly unsafe while simultaneously hindering people's ability to interact and socialise away from the virtual world. Thereby, limiting rather than increasing social interactions.

However, the fault lies in the inappropriate use of social media by people and not of the platform itself. It is the people who must act responsibly while using these social platforms.



Piyush Sharma
VIII-A

Are Smartphones Turning Kids into Social Recluses?



Internet via smartphones and laptops has changed life in the modern world. Smartphones have many smart features, which attract kids and youth to a large extent.

Smartphones have changed the thinking and lifestyle of children. Before the technological boom, children were more social. They used to spend time with their friends. They used to play outdoor games and indulge in physical activities. They used to learn from their peers and from the people in their social circle.

But nowadays, kids are totally under the influence of smartphones and internet. They spend all their free time on smartphones, either chatting, playing games or being active on social media sites. They are totally separated from their friends, family and relatives; this is called "social reclusion". Kids are now having relationship with technology, but no relationship in the real world.

Due to spending more time with smartphones, they lack emotional connection and communication skills. They do not know how to co-operate and work with others and in fact stay away from hard work. They want each and everything on one touch.

Smartphones expose children to cyber-bullying, addiction to games, getting enticed by self-harming games, social awkwardness as well as many more negative consequences.

Children should be advised to make best use of technology, rather than becoming addict to it. Kids should be encouraged to be more socially interactive, develop effective social skills and not become social recluses.



Mridul Jindal
VIII-B



Artificial Intelligence

– The Man-Made Brain

The term Artificial Intelligence (AI) was first coined by John McCarthy at the Dartmouth Conference. It can be simply defined as the ability of a machine to solve problems that were earlier reserved to be solved by humans only.

Since the invention of computers, their abilities have been expanding day-by-day. We have advanced the computer systems to a level at which they can work faster and their size is getting more and more compact.

What is Artificial Intelligence?

According to John McCarthy, it is *"The science and engineering of making intelligent machines, especially intelligent computer programs"*. It is the way to make a computer think in the same way that a human brain does. This is accomplished by studying how human brain behaves, learns and works on solving a problem and using the results of this study as the core basis of developing more intelligent computer programs and systems.

Applications of Artificial Intelligence

The various fields in which AI finds its application are :

- **Natural Language Processing** : It refers to AI method of interacting with intelligent computers using natural language such as English used by humans.
- **Robotics**
- **Expert Systems**: There are some applications which integrate machines, software, and special information to impart reasoning and advising. They provide explanation and advice to the users.
- **Vision Systems**: These systems understand, interpret and comprehend visual input on the computer. For example :

- ✦ Police use computer software that can recognize the face of criminal with the stored portrait made by forensic artist.
- ✦ Doctors use clinical expert systems to diagnose the patient.
- ✦ A spy aeroplane taking photographs, which are used to figure out spatial information or map of the areas.

- **Gaming** : It strategic games like chess and poker where the computer systems or programs can process the numerous possible positions based on heuristic knowledge.
- **Speech Recognition** : Some intelligent systems are capable of hearing and comprehending the language in terms of sentences and their meanings while a human talks to it. It can handle different accents, slang voice due to cold etc.
- **Machine Learning Handwriting Recognition** : Handwriting Recognition software reads the text written on the paper by a pen or on screen by stylus. It can recognize the shapes of the letters and convert it into editable text.
- **Intelligent Robots** : Robots are able to perform the tasks given by a human. They have sensors to detect physical data from the real world such as light, heat, temperature, movement, sound, bump and pressure. They have efficient processors, multiple sensors and huge memory, to exhibit intelligence. In addition, they are capable of learning from their mistakes and they can adapt to the new environment.

In terms of approach, AI can be classified into two types – strong and weak. A strong AI uses simulation of brain where as a weak AI behaves as a brain without having any insights.



Parth Biyani



Kaashika Sharma
VIII-D

Hazards of **E-Waste**

What is E-Waste?

E-waste is a popular, informal name for electronic products nearing the end of their "useful life." Mobiles, computers, televisions, stereos, copiers and fax machines are common electronic products

How is E-Waste generated?

When we use the new and latest models of electronic devices even though the current model we own still works. Unless the older model is handed off to another user it becomes e-waste.

Hazards of E-Waste

E-waste related health and environmental issues go hand-in-hand. What is bad for people is bad for the planet. Hazards can occur during e-waste recycling and as a result of improper disposal.

1. Electronic device users may not be aware of safe methods for disposing of unwanted electronics or may not care, thus contributing to e-waste hazards.
2. During disassembly, harmful substances may be inhaled, come in contact with the

skin, or be ingested while eating after handling toxic materials.

3. Improperly handled e-waste may leach toxins into the soil and water and emit toxins into the atmosphere.
4. Toxins from the metals in electronics are released in the atmosphere, the pollutants from our electronic waste can end up in toys for our children that are sent back to us.
5. Prior to disposing of IT Equipment improperly, always consider all aspects, including data security and liability in addition to the environment.
6. E-waste contains heavy metals (e.g. cadmium, lead and mercury), persistent organic pollutants (POPs) such as PCBs and brominated flame retardants, and other potentially toxic substances and materials.
7. Hazardous substances may be released from the e-waste item during recycling, used to recover materials, or may be formed during recycling processes.

Find out How Social are You?

Across

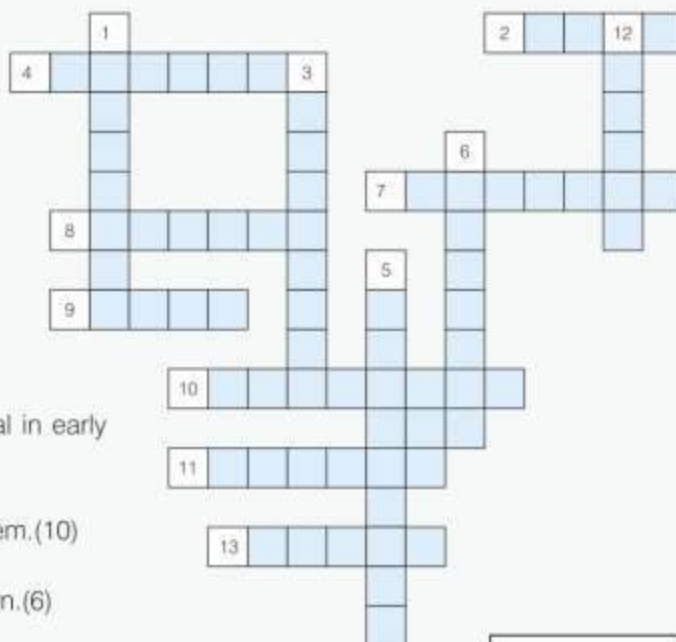
2. You ask and they answer. (5)
4. Messenger App owned by Facebook. Emojis and stickers rule here. (8)
7. Connect with professionals and locate and hire people. (8)
8. World's largest video-sharing social networking site. (7)
9. Microsoft owned platform to make voice and video calls. (5)
10. Share photos and videos and make stories. (9)
11. 280 characters are what you get for conveying your message. (7)
13. Blogging and sharing photos is what you can do here. (6)

Down

1. Social Networking Company involved in data stealing scandal in early 2018. (8)
3. Get catalogue for ideas and go out and do that thing. (9)
5. Circle of friends and acquaintances that lets you hangout with them. (10)
6. Chat with pictures. (8)
12. Give content and then vote for it. Votes will make it go up and down. (6)

Answers :

- | | | | | | | |
|--------|-------------|--------------|---------------|-------------|---------------|-------------|
| Across | 2. Quora | 4. Whatsapp | 7. LinkedIn | 9. Skype | 10. Instagram | 13. Tumblr |
| Down | 1. Facebook | 3. Pinterest | 5. GooglePlus | 6. Snapchat | 12. Reddit | 11. Twitter |



Aaina Makkar
XII-D

DIGITAL LEARNING

Revolutionizes Education

The Education system is changing. Established teaching methodologies have their own limits. New requirements are needed. In the search for solutions, technology is playing an increasingly prominent role. Digital education is making its way into the education system & is used by schools in addition to traditional methods of learning.

Gone are those days when classroom training was limited to textbook learning, teachers using the blackboard for explanation & students taking notes in their notebooks. Today, it's less of chalk and talk in schools. Classroom teaching today has become more interactive with the use of PPT's, online training, smart boards, E-learning methods, educational applications, video presentations etc. There are various benefits of Digital learning over the traditional methods. The smart boards today have replaced the conventional black boards. Using these, the teachers can easily display the tough diagrams which take time to draw. The

tablets or laptops enable students to study research and to use various learning applications.

One more benefit is that the students can access the information at any time. These new methods make it easier for the students to understand the concepts by the use of practical demonstration. Using these platforms, the students can access any of the information they need in detail. Digital learning provides students with personalized learning. The opportunity to customize the learning according to the student makes education more productive. Further, it helps reduce the weight of bags of a student.

Many digital methods are often animation based such that students engage in them well. They are often included with test series using which you can compete with students from all over the world, while sitting at your place. Along with all this, the parents

can mostly get an assessment of how their child is performing.

In a nutshell, digital learning is revolutionizing education. It is filling the gaps where traditional classroom methods failed. It provides an effective way to cut costs, save time, & maximise resources. They have provided students with a large number of benefits & are reducing both mental and physical pressure on students. It is a must for the schools nowadays. But, we should not give away with the traditional methods of learning & treat this just as an addition to traditional methods.



Parth Goyal
VIII-E



Bet You Didn't Know This....

1. The first electronic computer ENIAC weighed more than 27 tons and took up 1800 square feet of space.
2. Only about 10% of the world's currency is physical money, the rest only exists in computers.
3. TYPEWRITER is the longest word that you can write using the letters only on one row of the keyboard of your computer.
4. Doug Engelbart invented the first computer mouse in 1960 which was made of wood.
5. There are more than 5000 new computer viruses released every month.
6. Around 50% of all wikipedia vandalism is caught by a single computer program with more than 90% accuracy.
7. If there was a computer as powerful as a human brain, it would be able to do 38 trillion operations per second and hold more than 3580 terabytes of memory.
8. The password for the computer of nuclear-tripled missiles of US was 000000000 for eight years.
9. Approximately 70% of virus writers are said to work under contract for organised crime syndicates.
10. HP, Microsoft and Apple have one interesting thing in common – they all were started in a garage.
11. An average person normally blinks 20 times a minute, but when using a computer he/she blinks about 7 times.
12. The first ever hard disk drive was made in 1979, and could hold about 5MB data.
13. The first 1GB hard disk drive was announced in 1980 which weighed about 550 pounds (about 250kg) and had a price tag of \$40,000.
14. More than 80% of the emails sent daily are spams.
15. Russians made a computer that ran on water in the mid of 1936.



Aaditya Sharma
XI-A

Top three Languages

- Python, Java Script, Java

for Jumpstart in Programming Career

There are hundreds of programming languages out there, from the well known to the ultra-obscure, and gaining fluency with one or more is a must if you want to make yourself a hot ticket for employers.

Sure, there are plenty of colleges and universities offering coding courses and degrees, along with tech boot camps for those who want to learn outside of traditional university settings. But deciding where to specialize can be a daunting choice for beginning coders—as well as more experienced ones who want to stay on top of the latest trends in the IT world.

1. Java

Java is a general-purpose computer programming language that is concurrent, class-based, object-oriented, and specifically designed to have as few implementation dependencies as



possible. It is intended to let application developers "write once, run anywhere" (WORA), meaning that compiled Java code can run on all platforms that support Java without the need for recompilation. Java is one of the most popular programming languages in use, so it's no surprise it came in as the No. 1 skill tech companies were looking for. According to Oracle, 3 billion mobile phones run Java,

along with 125 million TV devices and 89% of desktop computers in the U.S. There are many job postings for Java developers and Java engineers, and if you want to be a software developer or engineer of any kind, knowing this language is typically a core



requirement.

2. JavaScript

JavaScript often abbreviated as JS, is a high-level, interpreted programming language. It is a language which is also characterized as dynamic, weakly typed, prototype-based and multi-paradigm. Alongside HTML and CSS, JavaScript is one of the three core technologies of the World Wide Web. JavaScript enables interactive web pages and thus is an essential part of web applications. Vast majority of websites use it, and all major web browsers have a dedicated JavaScript engine to execute it. There are plenty of jobs out there for JavaScript developers. Anyone looking for a job as a front end web developer (the person who does the coding for the part of the websites you actually see, as opposed to the database or servers) will also need to know JavaScript, in addition to HTML, CSS



and other scripting languages.

Python

Python is a general purpose, high-level programming language with an emphasis on code readability. It's one of the easier programming languages to learn, with its use of common words and expressions, more white spaces and fewer curly brackets. It is used by NASA and Reddit, and its web framework, Django, powers the Instagram and Pinterest web apps. There are many job postings looking for Python/Django developers. Companies seeking full stack developers (developers comfortable working with both back-end and front-end technologies and numerous programming languages) often list Python as a required language for candidates to have in their arsenal.

Chhavi Tandon

VIII-A





Android - The Most Popular Operating System

Today many different versions of Windows, Mac OS, Linux and mobile operating systems are available. According to new data from web analytics firm State Counter, Google's Android is the most popular operating system worldwide, beating out Microsoft's Windows for the first time. Android is now the top OS in terms of total internet usage across desktop, laptop, tablet and mobile combined, according to StateCounter with 37.93 percent of the worldwide OS market, just ahead of Windows, which has 37.91 percent.

Android is a mobile operating system developed by Google, based on a modified version of Linux kernel and other open source software and designed primarily for touchscreen mobile devices such as smart phones and tablets. In addition Google has designed Android TV for televisions, Android Auto for cars and Wear OS for wrist watches, each with a specialized user interface. Variants of Android are also used on game consoles, digital cameras, PCs and other electronics.

Initially developed by Android Inc., which Google bought in 2005, Android was unveiled in 2007, with the first commercial Android device launched in September 2008. The operating system has since gone through multiple major releases, with the current version being 9.0 "Pie", released in August 2018. The core Android source code is known as Android Open Source Project (AOSP), and is primarily licensed under Apache License.

There are a large number of advantages making Android the most popular operating system:

- Android phones do not miss a single SMS, Email or missed call.
- There are thousands of applications and games that are ready for download on Android phone from Google Android App Market.
- IOS is limited to the iPhone and Apple, but Android is available on mobile phones from various manufactures, from Sony Ericsson, Motorola, HTC to Samsung. And each handset manufacturer also presents an Android phone in the style of its own. So you can freely choose the Android phone in accordance with the brand favourite.
- With the widgets on the home screen, you can access a variety of settings easily and quickly.
- If you are a loyal user of Google services ranging from Gmail to Google Reader, Android phone has integrated with Google services, so you can quickly check e-mail from Gmail.

Android has been best-selling OS worldwide on smart phones since 2011 and on tablets since 2013. As of May 2017, it has over two billion monthly active users, the largest installed base of any operating system, and as of June 2018, the Google play store features over 3.3 million apps.

Jiteshwar Singh
VIII-A



Latest Inventions in IT Field

Vuzix Blade Augmented Reality Glasses

Considering Alexa has made its way into just about every Internet-connected product, it was only a matter of time before the digital butler arrived in smart glasses. The Vuzix Blade augmented reality glasses will support Alexa so that wearers can ask for things like the weather and directions. The Vuzix Blade's display also sits more prominently in the wearer's field of view than Google Glass and looks much more crisp and

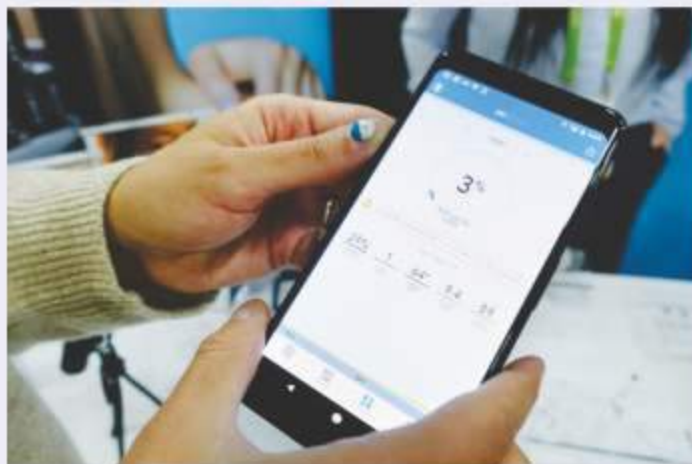


Vuzix Blade Augmented Reality Glasses

colourful. If developers create compelling apps that blend Alexa's capabilities and augmented reality, the Blade AR glasses could have some promising potential.

L'Oréal UV Sense

L'Oréal's UV Sense is a tiny sensor capable of detecting ultraviolet exposure that's small enough to wear comfortably on your fingernail. The sensor itself is battery-free and includes an NFC antenna, a temperature sensor, and a UV sensor.



That sensor, which can store up to three months worth of data, passes information to the accompanying app whenever the wearer holds the device close to his or her smartphone. The app keeps track of your exposure levels and can provide tips for managing sun intake.

While the UV Sense is designed to be worn on your nail, L'Oréal will also be releasing accessories so that users can wear it in different ways.

Lenovo Smart Display

The Lenovo Smart Display includes support for the Google Assistant. Lenovo's Google Assistant-powered Smart Display feels like a sleeker, more attractive Amazon Echo Show.



Lenovo Smart Display

Like Amazon's touchscreen-enabled Echo, the Smart Display is a voice-activated computer with a screen for displaying supplementary information. When asking Google for restaurant recommendations, for example, the Smart Display will pull up information about nearby eateries.

However, there are three key advantages Lenovo's Smart Display has over the Echo Show: It can play YouTube videos (unlike Amazon's device), it includes a larger screen, and it has a more polished design that easily blends into the home.

Philips SmartSleep

Philips' headband isn't designed to help you get more sleep. Rather, it's meant to help you get the most out of your sleep. The headband emits a tone that the company says improves slow wave sleep, the stage in the sleep cycle at which brain waves and breathing slow to their lowest levels.



This type of sleep can help boost alertness and the ability to maintain focus. Two sensors on the headband detect when you fall asleep and can identify when you enter deep sleep. Then, an algorithm customizes the volume and level of the tone being emitted in a way that the company claims will boost slow wave activity in the brain.

Harshit Gaba
VIII-D



In Loving Memory
Rev. Fr. Charles D'souza

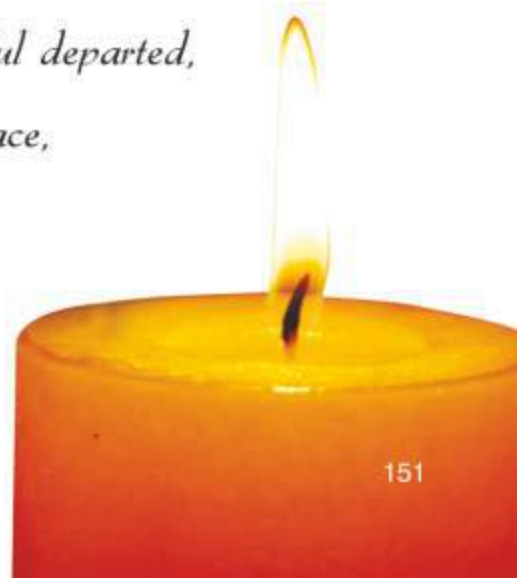


Former Director of the School (1987-1994)

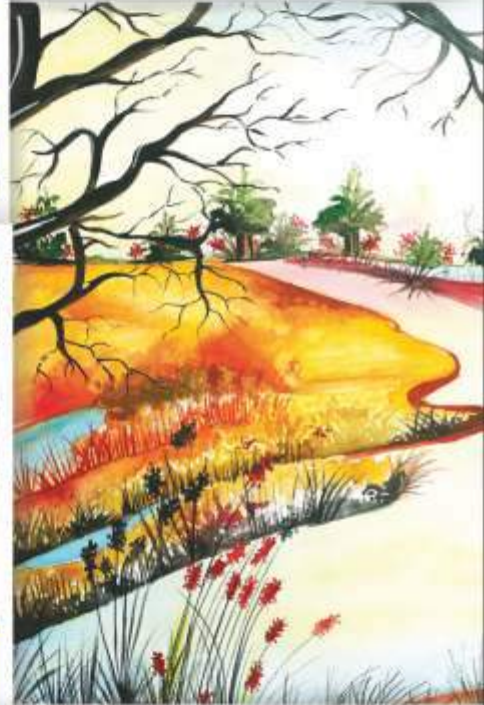
Born into time
December 15, 1943

Born into Eternity
January 14, 2019

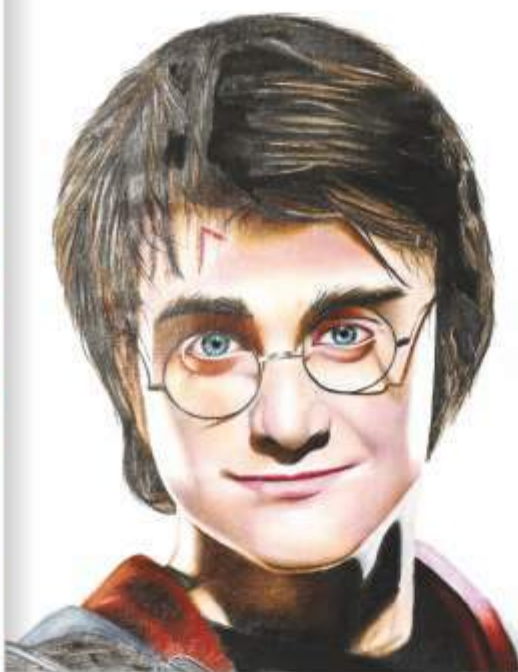
*Eternal rest grant unto him,
O Lord, and let perpetual light shine upon him.
May his soul, and the souls of all the faithful departed,
through the mercy of God, rest in peace,
Amen*



Aesthetic



Corner





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