



Sacred Heart Sr. Sec. School

Bhai Randhir Singh Nagar, Ludhiana-141001



40

Glorious Years of Excellence
1980-2021

EXPRESSIONS

Ruby Jubilee Souvenir 2021-22







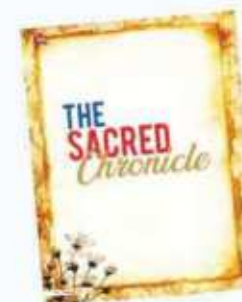
His Holiness
POPE FRANCIS



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04

Messages



The Sacred Chronicle

10

28

Results



Activities Galore

46

89

Writing Skills



Aesthetic Corner

140

Bishop's Message

Chairman's Message



Bishop Agnelo Rufino Gracias
(Diocese of Jalandhar)

Rev. Fr. Jose Palakuzha
(CHAIRMAN, DBE)



Diocese of Jalandhar

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

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A Ruby Jubilee is, indeed, a milestone in the journey of any institution. CONGRATULATIONS to the Director, Principal, Management, Teachers and Students of Sacred Heart Sr. Sec. School, BRS Nagar, Ludhiana on reaching this milestone. It is their combined and collaborative effort that has enabled them to go so far. It has moulded the minds and hearts of so many young children for the past 40 years. And I want to wish the school many more years of dedicated and selfless service. AD MULTOS ANNOS!

The School Magazine 'Expressions' 2021 - 22 will highlight the achievements of the school in various fields. Seeing the achievements of the past will stir the school to yet greater heights. I wish the editorial team of the School Magazine ALL THE BEST in this noble enterprise

Given at Bishop's House, Jalandhar
November 28, 2021

+ Agnelo Gracias

Bishop Agnelo Gracias
Apostolic Administrator
Diocese of Jalandhar



Diocesan Board of Education

Bishop's House, Civil Lines, Jalandhar City, Punjab - 144001
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Indeed, I am very happy to know that Sacred Heart Senior Secondary School, BRS Nagar, Ludhiana, is celebrating its Ruby Jubilee this year. I congratulate the Staff and the Students of this prestigious Institution of excellence and wish them a year of joyous celebration that would showcase the success stories of the school during the past 40 years of its constant progress. The school stands tall in the whole city of Ludhiana with its manifold achievements, solely because of the hard work and contribution everyone associated with this institution has given to the educational endeavour.

In our pursuit for imparting knowledge and as we embark into a new horizon of this institution, let us, once again commit ourselves in providing our best to our children. As we peep into the history of the school and appreciate every progress the school has made in its stride, let us also search for those fields in which we require further attention and improvement. I am sure that this magazine 'Expressions 2021-2022' would showcase the strength of this institution and orient it to a new future that would ensure that all those who come out of the portals of this institution would be citizens equipped with the qualities of commitment and love for the society.

I wish everyone God's plentiful blessings and continued success.

Fr. Jose Palakuzha
Chairman
Diocesan Board of Education
Diocese of Jalandhar.



Deputy Commissioner's Message

Director's Message



Mr. Varinder Kumar Sharma
(I.A.S.)

Rev. Fr. John Mankuzhichalil
Director of the School



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ਡਿਪਟੀ ਕਮਿਸ਼ਨਰ
ਲੁਧਿਆਣਾ

Deputy Commissioner
Ludhiana

I feel immense pleasure to know that Sacred Heart Sr. Sec. School, B.R.S. Nagar, Ludhiana celebrates its Ruby Jubilee this year and would like to congratulate the Director, the Principal and the staff for their astounding achievements and bringing out the 38th Edition of their school magazine 'Expressions' 2021-22. I appreciate that the school has contributed constantly in the field of basic and higher education.

The institution has come a long way in providing education to the society and has always been there to help a child realize his/ her inner strength and give him/ her a conducive environment to grow and evolve as a good social being and a global citizen.

The institution is committed to developing leaders of tomorrow by creating an environment of self-learning by encouraging students to think on their feet, to experiment and learn by doing. The emphasis is both on theoretical concepts as well as practical life examples to ensure a holistic development of the mind and heart.

I congratulate the management, teachers and students of the school on the occasion of Ruby Jubilee and extend my best wishes for successful publication of the magazine 'Expressions' 2021-22.

Dear all

I take this opportunity to congratulate all our students, staff and the alumni on the occasion of Forty years of excellence of our school, in this great city of Ludhiana. In its four decades of glorious existence, we cherish so many exciting memories of various people and events, whose contributions and sacrifices have made it possible for us to celebrate this great day. Our hearts are full of gratitude to all of them and we bow our heads before them in tribute. The achievements in academics and non-academics cannot be counted or described in words because its quality is par excellence. This great temple of education could rise up to the occasion and expectations of students and parents of this city as per the need of the hour, especially during the testing period of pandemic recently. I humbly raise my heart in thanksgiving before the Almighty and all other stakeholders for their relentless and unflinching support and cooperation which helped us in obtaining the zenith of glory by providing a true and value based education to the society in this part of the country.

Sacred Heart Sr. Sec. School never compromised on quality and efficiency at any point of time even if it had to take high risk and hard decisions. Therefore, the growth of the school was gradual and natural in its entirety. The innovative and reformatory voyage in different spheres of knowledge became easier through the right vision and mission of the management and the staff along with the cooperation of the parents and students. Our students are very eager to learn and enlighten, to discover new avenues of life and learning. Our alumni's service is being appreciated globally and they are excelling in various spectrums in the world. While I congratulate all our students on this occasion of Ruby Jubilee, I also acknowledge and applaud their marvellous achievements. I thank them all and their parents for confiding in us. A big kudos to all our teachers for their unceasing support and hard work. A word of appreciation to our non-teaching staff members whose hard labour behind and around the campus can never be forgotten. Once again thanks to one and all. Best of luck for the future. God bless!



Chief Editor's Message



Rev. Sr. Silvi SH
Principal of the School

"When we honour the past, we energize the future and the present becomes a celebration".

I am extremely happy and profoundly privileged to head this great institution while it is celebrating 40 glorious years of its existence. As I pen down my thoughts for this special issue of school magazine, I along with the entire Sacred Heart Family, acknowledge the efforts of all the Directors and Principals chronicled in the annals of school history and fondly remember all the great stalwarts who led this institution to its glory.

An institution that has been an edifice of knowledge for 40 years now stands tall and takes pride in the galaxy of students who have walked through its portals. It is a momentous occasion for me to see that this institution has grown from strength to strength and has metamorphosed today into a premier educational institution.

It is well said that a school does not only consist of buildings and latest instruments but it is the teachers who are the backbone of every educational institution. Sacred Heart Sr. Sec. School is proud to have a team of teachers who spark the imagination of their students and give wings to their dreams. They have the potential to break down the barriers and touch the souls of their students.

At this juncture, I gratefully remember all the teachers, of past and present and sincerely appreciate and value the efforts made by them to empower the students with a strong sense of self, enabling them to acquire new skills and shape a better tomorrow. I feel pride in saying that our alumni are donning positions of great responsibility and honour across the country and abroad.

The amazing success of our school and realization of its goal has been made possible due to the constant support and cooperation of our dear parents, benefactors and well-wishers. I express my gratitude and appreciation to them for their timely support and valuable suggestions for the welfare of this institution.

Sacred Heart Sr. Sec. School has taken rapid strides towards establishing itself as the leading CBSE school in Ludhiana. This exciting journey towards excellence has been marked by four decades of visionary planning, sustained hardwork, exposition of talent and clear focus on our vision and mission as we all ardently believe that "Excellence is never an accident, it is the result of high intention, sincere efforts, intelligent direction, skillful execution and the vision to see the obstacles as opportunities."

I congratulate the editorial board for their tireless efforts in bringing out this publication of school magazine. I also extend my gratitude to all the editors, teachers and students who coordinated it, thus turning it into a souvenir for everyone's information and edification.

Now, as we march towards attaining 50 years of excellence, we pledge to make our students life long learners and leaders of tomorrow, equipped with the 21st century skills so that they can adapt themselves in the everchanging world. I wish and pray to God that as the time rolls on and the tide changes, the little stars of Sacred Heart keep on shining brightly forever in the educational firmament.

May the Sacred Heart of Jesus bless us all.

Editorial



Mrs Gunveen Kaur
Editor

***"Severe storms cannot erode hope and happiness to extinction
Seeds of opportunity keep on sprouting on the land of conviction."***

Dear Readers

Having seen and suffered so much from the unprecedented times, man's vision has certainly birthed a new wisdom that every calamity is a branch point from where fresh leaves of new life spring forth.

Undoubtedly, it created the new pedagogical mechanism called "PHYGITAL WORLD" – a new reality indispensable for instructional methodologies

The 38th edition of school magazine 'EXPRESSIONS' is the historical document that marks the growth of the school and speaks volume of its enviable reputation as a hub for transfer of knowledge, a pioneer in innovation and an exemplary provider of valuable services in the community. The annual school magazine, 'EXPRESSIONS', is a wide spectrum for students to showcase their creative abilities, through articles, poetry and painting.

With a rich legacy of last four decades, the school epitomizes vibrancy and dynamism. With a zealous spirit, we shall continue to strive with wholesome efforts. Wishing nobility, vitality and vivacity of education system for safe and sound society!!!

***GARNISH THE PLATTER OF ARTICLES WITH FREE
FLOWING AND FLEXIBLE READING
HAPPY AND RELISHING READING!***





THE SACRED *Chronicle*



FORTY YEARS OF FORTIFYING EDUCATION



Proverb 16 : 3 - "Commit thy works unto the lord and thy thoughts shall be established".

*"I am constant as the Northern Star, Of whose true-fix'd
and resting quality,
There is no fellow in the firmament"
- William Shakespeare*



Inception of Sacred Heart Sr. Sec. School

-Ever widening horizons of knowledge

The Sacred perspective was introduced as a part of commitment by The Diocese of Jalandhar in 1980, when the Ludhiana Improvement trust allotted 6½ acres of land. A tiny seed that was sowed on 15 April 1981 under the patronage of Late Bishop Dr. Symphorian Keeprath has grown into a mighty tree. On 15 April 1982, His Excellency inaugurated Sacred Heart Boys School which marked the beginning of our mission 'Learn and Enlighten.'

It is not just inspiration. It is aspirational



Through the Seed route

This is my story.

*My brief autobiography;
through a landscape, a singular topography.*

*For I was seed divinely sown;
In the midst of garden. I stalked alone.
In a deep silence of moonlit night;*

A melancholic budding heart that throbbed with fright.

*Thy seed shall make all the pupils
blest (said The Almighty voice).*

*I heaved away the pebbles and
dropped apprehensive noise.*



With the profound dedication of Rev. Fr. Kurian Muttathupadam, the founder principal and unfathomable vigour of our teachers - Mrs. Asha Sagar, Mrs. Gurbhagwant Kaur Grewal, Mrs. Reeta Gulati and Mrs. Harjit Kaur Oberoi, Sacred Heart Boys School made a steady flight towards infinite sky.



Mrs. Asha Sagar



Mrs. Gurbhagwant Kaur Grewal



Mrs. Reeta Gulati



Mrs. Harjit Kaur Oberoi



REV. FR. KURIAN MUTTATHUPADAM
(1982-1985)

*With the sole intent of imparting education trigger:
we marched hard and foot with full vigour.*



On 17 July 1985, Rev. Father Kurian was transferred and left behind a treasure hoard for Rev. Fr. Roby Kolenchery in 1986 to add to and the legacy continued with the joining of Rev. Fr. Charles D' Souza in 1987.



REV. FR. ROBY KOLENCHERY
(1986-1987)



REV. FR. CHARLES D'SOUZA
(1987-1994)



Under the able guidance of Rev. Sister Lylet, the Primary Block came into being in 1985.



REV. FR. LYLET S.H.
(1985-1989)

*Let me be sure how much I could endure;
Let me be an oak deep rooted procure,
Let me paint the walls of elementary;
Let me add accessory in my memory.*

Sacred Heart Boys School took a quantum leap in 1989 by becoming a co-educational institution under the able guidance of Rev. Sr. Sobel (1989 - 2010). With the unceasing and dauntless efforts of Rev. Fr. Charles D' Souza, the Kindergarten block came into existence on 6 April 1991. More feathers were added to the school's cap during this decade by adding the Science labs, Library and Computer labs in its portals.



REV. SR. SOBEL S.H.
(1989-2010)

*Luscious and blooming garden of mine;
spelled the innocence of tenders.
Kindness, compassion and acceptance;
nurtured and kindled the Kinders.*



The climb up continued with obtaining the long awaited affiliation to Central Board of Secondary Education on **01 April 1992**.

*The deeds of progress were Signed;
Resolved to elevate the education spell - bind.
Held firmly the reins of learning;
Swiftly arose and promised bright morning.*

In **1994**, the school touched the zenith of glory with the result of its first batch of X standard. **Omesh Goyal** topped with **89.6%**. **106** Meritorious students brought laurels to the school.

*AND The success knocked with merits;
All goes onward, outward & forward.
Intelligence blister from the miles they run;
Head held high at achievement reckon.*



REV. FR. MATHEW NILAPPANA
(1994-1997)

Another milestone marked the journey to glory as Rev. Fr. Mathew Nilappana's (1994-1997) continued efforts finally bore fruit. Much greater strives continued to exist. With respect to quality and provision of higher education, our school got affiliation to class XII on **1 April 1996** hitherto expanding its dimensions.

Dr. Lakhanpal, Secy. Education Punjab Schools, Chandigarh inaugurated the Senior Secondary wing offering Medical, Non - Medical and Commerce stream that paved the way for students to stay in Sacred Heart portals for another two years.



DR. LAKHANPAL





REV. FR. DAVIS ALAPPATT
(1997-2008)

The academic momentum had a new pace under the stewardship of Director Rev. Fr. Davis Alappatt who took the charge as the Director of the school on **12 August 1997**. The unconditional services of Chairman - (Improvement Trust), Mr. Jagpal Dara & Mr. Satish Soi have been praiseworthy.

- ◆ Acquiring and embracing technology, **25 November 2001** was the moment to cherish as we welcomed the brand new school Website. Keeping pace with the changing times and influx of information, the school website was refurbished in 2004, 2013 and lately in 2016.
- ◆ The legacy to inspire youth with the sense of purpose while giving a disciplined approach to life, an Air Wing - the 4 Punjab Air Squadron was acquired in 2003. The institution had 26 "A" - Certificate holders to its credit.



- ◆ As the school evolved, so did the associations. Alumni Association of Sacred Heart Sr. Sec. School, B.R.S Nagar traces its roots on **6 August 2006** with Sr. Sobel as the chairperson, Mr. Karmvir Singh Kalsi as the President & Dr. Omesh Goyal as the Vice President.

*A greeting brings to all.
All friends and kindred gathered here.
Responsive to my call
A merry band we proudly stand
Responsive to this ancestral hall.*



On **19 April 2006**, Sacred Heart Sr. Sec. School, BRS Nagar, Ludhiana completed its 25 years and was all set to celebrate its Silver Jubilee with a bang. 'Excellencia Jubilata', on **26 November 2006** marked the Silver Jubilee Celebration of the school. Rt. Rev. Dr. Symphorian Keeprath, the patron of the school presided over the function with the astounding echoes of joy and fervour. Joie de vivre reflected from each and every nook and corner of the school. Gaiety and fun was the order of the day.

O Sing.....

*Every tongue proclaims
Every breath declares
Every note plays
Every nook resonates
the songs of my glory on Silvered - wings
the songs of my glory on Silvered - wings*





REV. FR. JOHN EDIYAKUNNEL
(2008-2013)

Rev. Fr. John Ediyakunnel, an icon of integral knowledge, took charge as the Director on 7 July 2008 and veered the Sacred Heart Family towards glorious heights. During his tenure, the foundation stone of a spectacular auditorium was laid by ArchBishop Rt. Rev. Anil Joseph Thomas Couto, Rev. Father John Ediyakunnel and Rev Sr. Sobel on 29 May 2009.



REV. SR. CHRISTO
(2010-2016)

Rev. Sr. Christo (2010-2016) with her rational approach took over the helm to empower the institution. With her grit, grace and notable characteristics, she won plaudits for school.



Bishop Franco Mulakkal, a man of incredible strength took charge of the responsibilities of the Diocese on 4 August 2013 with the aim to enlighten the impoverished souls with education. The reins of responsibility were handed over to the Most Rev. Bishop Agnelo Rufino Gracias, an embodiment of gentle wisdom, who believes in infusing moral values for the upliftment of the character.



BISHOP FRANCO MULAKKAL



MOST REV. BISHOP AGNELO
RUFINO GRACIAS

Sacred Heart Catholic Church

On 3 November 2012 Sacred Heart Catholic Church was inaugurated by His Excellency ArchBishop Salvatore Pennacchio, Apostolic Nuncio and Vatican Ambassador to India.

*Fears will vanish, you will cherish perennial splendour
As soon as you enter into thy divine exotic Chamber.*





Rt. Rev. Dr. Symphorian Keeprath OFM Cap.

Leaving an indelible imprint deep down in the hearts, His Excellency
Rt. Rev. Dr. Symphorian, the gospel of peace and justice left for his heavenly abode on
3 May 2015.



REV. FR. JOHN MANKUZHICALIL
(Director of the School)

Any attempt to trace the growth of this educational empire without recollecting the contribution of Rev. Fr. John Mankuzhichalil will be incomplete. Rev. Fr. John Mankuzhichalil, took up the office as the Director of Sacred Heart Sr. Sec. School, BRS Nagar, Ludhiana on 05 January 2014.

The Hero Lies Within You

**“A CENTRAL PART OF BEING
A GREAT LEADER IS TO CULTIVATE
LEADERSHIP IN OTHERS”**



Rev. Father's uprightness brought massive transformation in administration, infrastructure, Kindergarten Block, Library, Language lab, New building for VI-VII std, technically sound AV room and above all the spectacular Auditorium which was Rev. Father's brain child, is a visual treat to the eyes.

*Hydrated with grit and determination;
thou refused to succumb
With clear vision;
Sculpted to shine. Crafted to perfection.*





*The world is no less than a stage:
All men and women on same page.
The theatre of my life on its run:
Gilded gallery glittering like a sun.*



REV. SR. SILVI JOSEPH
(Principal of the School)

“
BEING A PRINCIPAL IS MORE
THAN A PROFESSION;
IT'S A **PASSION**.
”

The seamless progression of the institute was finally pitched by Rev. Sister Silvi on **1 June 2016**. Her skillful and deft handling of the school helped the school to steer clear through the complexities of competencies of 21st century modern teaching. With her 34 years of teaching and over 24 years of administrative experience as a principal of various schools in different parts of India, Rev. Sister Silvi has been instrumental for the school.

*Today I celebrate my self
Each morn harbingers a day such as this:
Today I declare a taste of bliss.
with fragrance of flower & hum of bees:
Today I am adorned with Rubies.*

*For Every atom in blood of mine:
as good as belongs to thine.
Four decades of committed testimony:
Colossal thanks: Anchors of my destiny.
Colossal thanks: Anchors of my destiny.*



BY TOIL TO STARS



RESULTS CLASS-XII

SCHOLARS' ARENA 2020-2021

OVERALL TOPPERS



MANAVI SHAHI
COMMERCE



JASKARAN SINGH
BHALLA
NON-MEDICAL



KRISHNA KAPOOR
NON-MEDICAL



MAANSI VERMA
COMMERCE



GURLEEN VERMA
HUMANITIES

STREAM-WISE TOPPERS

COMMERCE



MANAVI SHAHI



MAANSI VERMA



ARSHDEEP SINGH



GURNOOR SINGH BATRA

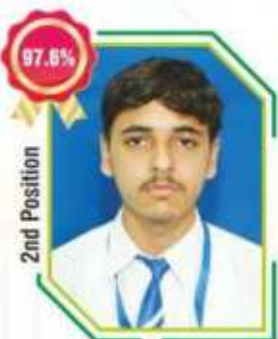


VAISHNAVI GUPTA

NON-MEDICAL



JASKARAN SINGH
BHALLA



KARISHNA KAPOOR



ASHNA

RESULTS CLASS-XII

MEDICAL



ANJALI



PRISHA TALWAR



HENA

HUMANITIES



GURLEEN VERMA



MANJOT KAUR



ARNOOR KANG



JENNIFER SINGH

SUBJECTWISE TOPPERS

"Success is the sum of small efforts repeated day in day out"

Heartiest Congratulations to the Parents, Teachers & Students for an
Excellent performance in AISSCE (XII) 2020-2021



JASKARAN SINGH
BHALLA



MANAVI SHAHI



JASKARAN SINGH
BHALLA



JASKARAN SINGH
BHALLA



SHAHBAZ BRAR



Education is the passport to the future, for tomorrow belongs to those who prepare for it today.-Malcolm X



RESULTS CLASS-XII

SUBJECT-WISE TOPPERS



VEDANSH MISHRA



ANJALI



GURNEMAT KAUR



HENA



MUSKAN



PRISHHA TALWAR



TANUSHREE MADAAN



HIMANSHI MITTAL



JASKARAN SINGH
BHALLA



ARSHDEEP SINGH



MAANSI VERMA



MANAVI SHAHI



ARSHDEEP SINGH



MANAVI SHAHI



DIVYAM JAIN



MAANSI VERMA



MANAVI SHAHI



VAISHNAVI GUPTA



ARSHDEEP SINGH



GURNOOR SINGH
BATRA

SUBJECT-WISE TOPPERS

RESULTS CLASS-XII



JENNIFER SINGH



MANJOT KAUR



ARNOOR KANG



JENNIFER SINGH



MANJOT KAUR



GURLEEN VERMA



MUSKAAN SHARMA



JASKARAN SINGH
BHALLA



ADARSH PAL



KRISHNA KAPOOR



PRISHHA TALWAR



KIRTPREET KAUR



JENNIFER SINGH



SEHAJAL SHARMA



LAKSHAY BERI



SHREYA VERMA



GUNSHEEN MAKKAR



VAISHNAVI GUPTA



ARNOOR KANG



MANJOT KAUR



An investment on knowledge pays the best intention.

90% and Above

CLASS XII - CBSE RESULT 2020-2021



MANAVI SHAHI



JASKARAN SINGH
BHALLA



KARISHNA KAPOOR



MAANSI VERMA



GURLEEN VERMA



ABHAYDEEP SINGH



VRISHAV GARG



AASTHA ANEJA



PRABDEEP SINGH
CHEEMA



GUNISHA KAUR
CHAWLA



VAISHNAVI GUPTA



ARSHDEEP SINGH



GURNOOR SINGH
BATRA



MANJOT KAUR



ARNOOR KANG



AARYAN JAIN



USMEHAR SINGH



MUSKAAN SHARMA



HARSH TYAGI



RANVIR SINGH
SIDHU



JENNIFER SINGH



SEHAJAL SHARMA



VATSALI BAJAJ



KANISHAK KHANNA



ASHNA



DIVYANSHU GUPTA



PIOUS GOEL



SAMRIDDH RAMAN
BHATLA



KESHAVI KHARBANDA



KRISH ARORA



ANJALI



GUNSHEEN MAKKAR



SANCHIT MONGA



PRISHA TALWAR



DIVYAM JAIN



HARSHAL SANDHU



HENA



SHIVAM GUPTA



RIDHIMA



TANUSHREE MADAAN

90% and Above

CLASS XII - CBSE RESULT 2020-2021





90% and Above

CLASS XII - CBSE RESULT 2020-2021



HARSHVIR SINGH
DHILLON



YAADPREET KAUR



GANYA GARG



RIDANSH KAUL



ASHRAY SADANA



ADARSH PAL



SHREYA VERMA



BAVLEEN KAUR
CHHABRA



SHERDEEP SINGH
KHARA



KIRTPREET KAUR



KHYATI SOOD



LAKSHAY BERI



TANYA SINGH



SAUMIL AHUJA



MANNAT KAUR



ANNE MARY
FRANCIS



SHAHNAZ KAUR
GILL



SHAHBAZ BRAR



SANYA ANAND



TUSHAR KANDA

"Success is the sum of small efforts, repeated day in and day out."



TISHA AIRI



ANANYA BATRA



ANJANREET KAUR



SAMPARAN GUPTA



SOMIL MALIK



TANISH GARG



JAPGUN KAUR



NISHTHA BHANDARI



SIMRAN KAUR



MADHAV CHOPRA



MUSKAAN SHARMA



JAPNEET TANEJA



AVLEEN KAUR



ANAM K SAHIWAL



CHITWAN KAUR



SAKSHAM JHAMB



HARSH SHUKLA



HRIDESH KAPOOR



RAVNOOR NARANG



NIHARIKA GOYAL



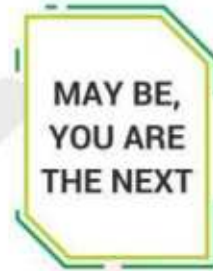
HIMANSHI MITTAL



NANDINI AHLUWALIA



VISHAKHA



MAY BE,
YOU ARE
THE NEXT



OVERALL TOPPERS

Hitting a home run

PARTH GOYAL
1ST POSITIONMANYA
1ST POSITIONKASHNI JINDAL
2ND POSITIONSWASTIKA KUSHWAHA
3RD POSITION

SUBJECT-WISE TOPPERS

JASPAHUL KAUR
ENGLISH-96ANKUR MEHTA
ENGLISH-96RIYA SINGH
ENGLISH-96CHINTAN JAIN
ENGLISH-96MEHRJOT SINGH
KOHLI
ENGLISH-96PARI KATHURIA
ENGLISH-96DHEEPHTHA KANSAL
ENGLISH-96TRISHA SINGH
ENGLISH-96JASLEEN KAUR
ENGLISH-96JOYDEEP SINGH
ENGLISH-96KASHNI JINDAL
ENGLISH-96KHUSHI GUPTA
ENGLISH-96KASHID CHOPRA
ENGLISH-96BANMEET KAUR
MATHEMATICS-100TRISHA SINGH
MATHEMATICS-100RIDHAMROSE KAUR
PAHWA
MATHEMATICS-100SOHM JAIN
MATHEMATICS-100KASHNI JINDAL
SCIENCE-100DARSHPREET SINGH
SOCIAL SCIENCE-98AYUSH SRIVASTAVA
HINDI-100PARTH GOYAL
PUNJABI-100MANYA
PUNJABI-100*Success at its pinnacle*



CLASS-X

90% and
Above

90% and
Above

CLASS-X

Perseverance- *A secret of all triumphs*



PARTH GOYAL
97.8%



MANYA
97.8%



KASHNI JINDAL
97.2%



SWASTIKA KUSHWAHA
96.8%



MRIDUL JINDAL
96.6%



JOYDEEP SINGH
BADWAL
94.6%



DARSHPREET SINGH
94.4%



GURMEHAK KAUR
UPPAL
94.4%



MEHAK GARG
94.4%



KIRTI SHARMA
94.4%



JAPANJOT SINGH
95.8%



TRISHA SINGH
95.6%



RAHUL BANSAL
95.2%



SOHM JAIN
95.2%



SHIVEN KAKKAR
94.8%



ARSHDEEP SINGH
94.4%



KUBER KRISHNA
SRIVASTAVA
94.4%



TAMANNA BHARDWAJ
94.4%



ARSHPREET KAUR
94.2%



ASHNOOR SINGH
94.2%



SRISHTI AGGARWAL
94.8%



DHRUV GOGNA
94.8%



ESHA BAJAJ
94.8%



KHUSHI GUPTA
94.8%



HIMANSHU KAPILA
94.6%



PURAV DHURIA
94.2%



KHUSHI GUPTA
94.2%



DAKSH ARORA
94.2%



ABHAY KHANNA
94.2%



HARSHIT GABA
94.2%



RUSHIK BEHAL
94.6%



RIYA SINGH
94.6%



DHEEPHTHA KANSAL
94.6%



RIDHAMROSE KAUR
PAHWA
94.6%



SHREY KHANNA
94.6%



JITESHWAR SINGH
94%



ANUPRIYA GULATI
94%



ISHAAN SODHI
94%



GURANSH SINGH
94%



TARANDEEP SINGH
94%



CLASS-X

90% and
Above

90% and
Above

CLASS-X

*With ordinary talent and extraordinary perseverance
all things are attainable*



ADVIK JAIN
94%



CHHAVI TANDON
93.8%



PIYUSH ARORA
93.8%



SHENOY MALHI
93.8%



KUNAL MAINI
93.8%



ATISHAY JAIN
92.6%



PAARTH JOSHI
92.6%



MANVEET BEDI
92.6%



ANISHQ DUA
92.6%



REETJOT KAUR
92.6%



HARMANPREET KAUR
93.6%



GAURANG GUPTA
93.4%



MANYA GUPTA
93.4%



PARTH BIYANI
93.4%



JASREET KAUR
93.4%



PUKHRAJ SINGH
GREWAL
92.4%



GARV BAJAJ
92.4%



CHINTAN JAIN
92.4%



TANISHA SHARMA
92.4%



TANISHKA SHREE
92.4%



SAMEER SHARMA
93.2%



ARYAMAN SHARMA
93%



JASHMER SINGH
93%



MEHRJOT SINGH
KOHLI
93%



NITYA MAHAJAN
93%



SUVAM JENA
92.2%



MANAN GUPTA
92.2%



MEHTAB ARORA
92.2%



KASHID CHOPRA
92%



AKSHAT TIWARI
91.8%



AYUSH SRIVASTAVA
92.8%



DAMANJEET SINGH
92.8%



BANMEET KAUR
92.8%



KHUSHI TREHAN
92.8%



SHIVANSH LAMA
92.8%



CHHAVI
91.8%



DEVANSH SHARMA
91.6%



MEHAK SETHI
91.6%



SEERAT KALRA
91.6%



JASLEEN KAUR
91.6%

JASNEET KAUR
91.6%



ACCOLADES



SOF OLYMPIAD WINNERS 2021-2022

Inter School Competition Beyond Classrooms

INTERNATIONAL GENERAL KNOWLEDGE OLYMPIAD



DIVRAJ SINGH-I
Zonal Rank - 24
Medal of Distinction +
Certificate of Distinction



LISHKAARDEEP SINGH-III
Zonal Rank - 14
Medal of Distinction +
Certificate of Distinction



KARTIKAY GOYAL-IX
Zonal Rank - 11
Gifts Worth ₹500/- +
Medal of Distinction +
Certificate of Distinction



HARSUKHPREET SINGH-X
Zonal Rank - 5
Gifts Worth ₹500/- +
Medal of Distinction +
Certificate of Distinction



NAUNIHAL SINGH GILL-X
Zonal Rank - 21
Medal of Distinction +
Certificate of Distinction

INTERNATIONAL ENGLISH OLYMPIAD



CHAHAT UPPAL-X
Zonal Rank - 24
Medal of Distinction +
Certificate of Distinction



DELISHA BINDRA-IV
Zonal Rank - 20
Medal of Distinction +
Certificate of Distinction



KARTIKAY GOYAL-IX
Zonal Rank - 13
Medal of Distinction +
Certificate of Distinction



KASHVI JAIN-IX
Zonal Rank - 14
Medal of Distinction +
Certificate of Distinction



PARINOOR KAUR-IX
Zonal Rank - 18
Medal of Distinction +
Certificate of Distinction

NATIONAL SCIENCE OLYMPIAD



JASNOOR KAUR-IV
Zonal Rank - 27
Medal of Distinction +
Certificate of Distinction



MANRAJ SINGH-V
Zonal Rank - 15
Medal of Distinction +
Certificate of Distinction



RASHMIKA SHARMA-X
Zonal Rank - 26
Medal of Distinction +
Certificate of Distinction



AKSHAT JAIN-XI
Zonal Rank - 8
Gifts Worth ₹500/- +
Medal of Distinction +
Certificate of Distinction



ATISHAY JAIN-XI
Zonal Rank - 25
Medal of Distinction +
Certificate of Distinction



SOF OLYMPIAD WINNERS 2021-2022

INTERNATIONAL MATHEMATICS OLYMPIAD

Special Mention



LISHKAARDEEP SINGH-III
International Rank - 1
Regional Rank-1, Zonal Rank-1
Gifts Worth ₹1000/- +
International Gold Medal +
Certificate of Outstanding
Performance



JASNEET KAUR-III
Zonal Rank - 16
Medal of Distinction +
Certificate of Distinction



JANISHA JAIN-III
Zonal Rank - 17
Medal of Distinction +
Certificate of Distinction



KANANPREET KAUR-IV
Zonal Rank - 23
Medal of Distinction +
Certificate of Distinction



HEMANK VERMA-V
Zonal Rank - 21
Medal of Distinction +
Certificate of Distinction

Special Mention



MANRAJ SINGH-V
International Rank - 2
Regional Rank-2, Zonal Rank-2
Gifts Worth ₹1000/- +
International Gold Medal +
Certificate of Outstanding
Performance



RUDRAKSH JAIN-XII
Zonal Rank - 4
Gifts Worth ₹1000/-
Medal of Distinction +
Certificate of Distinction



VISHWAS BHALLA-XI
Zonal Rank - 5
Gifts Worth ₹500/-
Medal of Distinction +
Certificate of Distinction



SHREY KOHLI-XII
Zonal Rank - 13
Medal of Distinction +
Certificate of Distinction



MANAN CHAWLA-XII
Zonal Rank - 17
Medal of Distinction +
Certificate of Distinction

NATIONAL CYBER OLYMPIAD

Special Mention



KARTIKAY GOYAL-IX
International Rank - 18
Regional Rank - 11, Zonal Rank - 2
Gifts Worth ₹1000/-
Zonal Silver Medal +
Certificate of Zonal Excellence



SUHAAN JAIN-II
Zonal Rank - 25
Medal of Distinction +
Certificate of Distinction



AARNA-VII
Zonal Rank - 22
Medal of Distinction +
Certificate of Distinction



ADITYA GUPTA-IX
Zonal Rank - 6
Gifts Worth ₹500/-
Medal of Distinction +
Certificate of Distinction



SOF OLYMPIAD WINNERS 2021-2022

INTERNATIONAL SOCIAL SCIENCE OLYMPIAD

Special Mention



NAUNIHAL SINGH GILL-X
Zonal Rank - 2,
International Rank - 2,
Regional Rank - 2
Gifts Worth ₹1000/-
International Silver Medal +
Certificate of Outstanding Performance

Special Mention



PRIYANSH AGGARWAL-X
Zonal Rank - 5,
International Rank - 5,
Regional Rank - 5,
Gifts Worth ₹1000/-
+ Zonal Silver Medal +
Certificate of Outstanding Performance

INTERNATIONAL COMMERCE OLYMPIAD

Special Mention



VISHWAS BHALLA-XI
Zonal Rank - 2,
International Rank - 28,
Gifts Worth ₹1000/-
+ Zonal Gold Medal +
Certificate of Zonal Excellence



MEHAK GARG-XI
Zonal Rank - 17,
Medal of Distinction +
Certificate of Distinction +
Certificate of Zonal Excellence



AARNA-VII
Zonal Rank - 26,
Medal of Distinction +
Certificate of Distinction



RASHMEEN KAUR-IX
Zonal Rank - 10,
Gifts Worth ₹500/- +
Medal of Distinction +
Certificate of Distinction



KARTIKAY GOYAL-IX
Zonal Rank - 18,
Medal of Distinction +
Certificate of Distinction



KASHVI JAIN-IX
Zonal Rank - 23,
Medal of Distinction +
Certificate of Distinction



NEW BEGINNINGS

INAUGURAL PRAYER SERVICE

Loving God
We ask you to wrap our Diocesan family in your cloak of love and protection. As we prepare to walk into the future, we pray for the "new normal" to come. May our hearts be unified in you more than ever. May the joyous our moments of seeing someone again in person be all the more rich and treasured. May the reunions, interactions and moments ahead be held in such intentionality and may we turn to you in sincere gratitude. Help us to come out of this pandemic better, not bitter.

-Amen

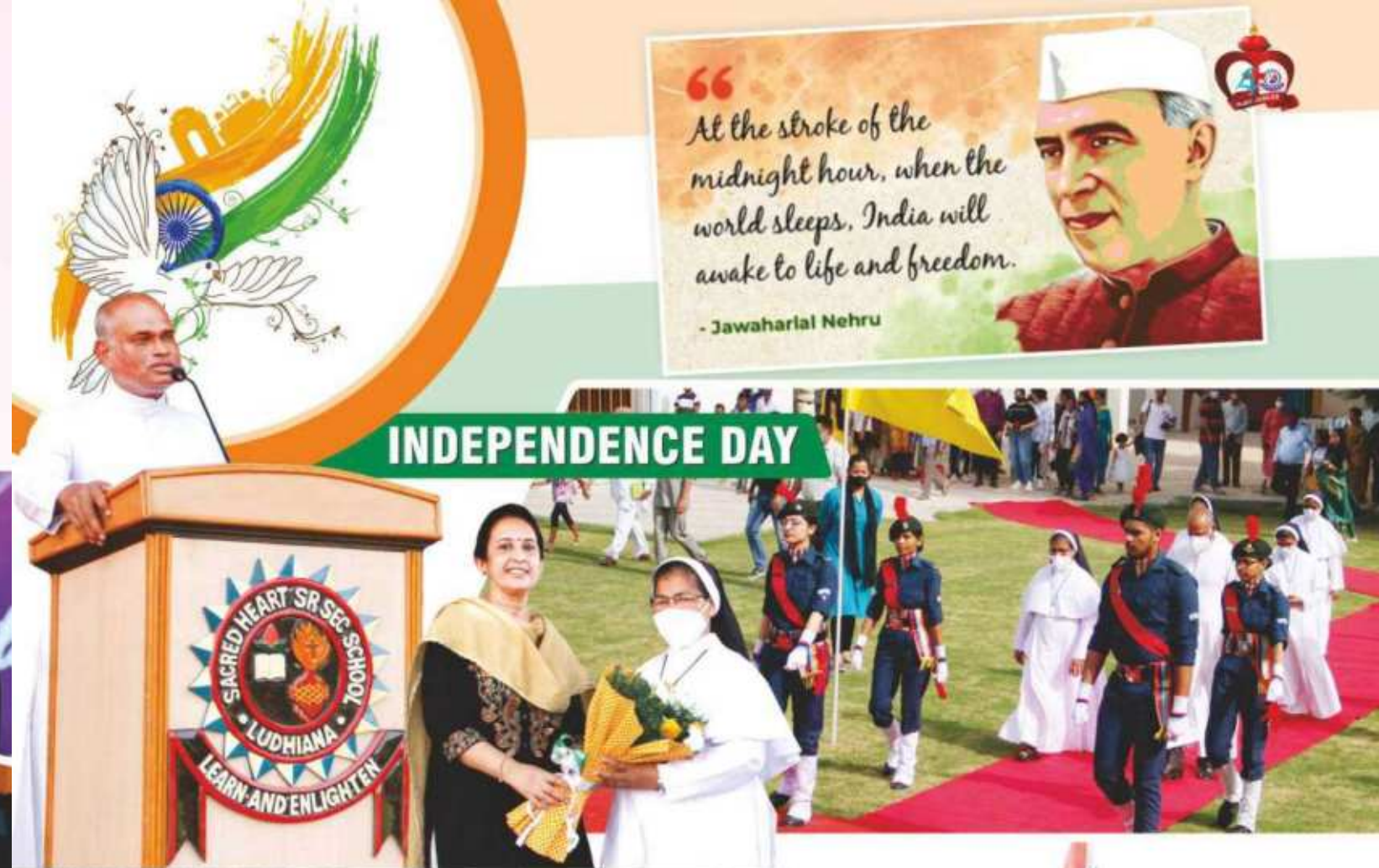


Health Awareness Week HUM FIT TO INDIA FIT



Sacred Heartians prepping for the crucial phase viewing the inspiring interaction on how to tide over the Covid-19 Stress.







Labour's Day

Capital is only the fruit of labour,
and could never have existed
if labour had not first existed. -Abraham Lincoln



Teachers' Day Celebrations



**TEACHER-
A COMPASS**

They are Google in flesh &
blood. You call them *Teachers*.





Célébrations du jubilé de rubis

Thespians of Sacred Heart beguiled the audience with their amazeball renditions on value services.



SEPTEMBER 16, 2021



A galaxy of dignitaries graced the auspicious occasion:-

- ◉ Rt. Rev. Bishop Agnelo Rufino Gracias
- ◉ Rt. Rev. Bishop Ignatius Loyola Mascarenhas
- ◉ Mrs. Mamta Ashu (MC Councillor)
- ◉ Sh. Varinder Kumar Sharma (DC)





POMP & GAIETY MARK



Célébration du jubilé de rubis



A day was marked by a scintillating performances. The guests of honour were:-
Rt. Rev. Bishop Agnelo Rufino Gracias.
Rt. Rev. Bishop Ivan Pereira,
Sh. Naunihal Singh, Police Commissioner



RUBY JUBILEE CELEBRATIONS- SEPTEMBER 17, 2021





Ms. Kamla
01-04-1985 to 25-05-2020



Mrs. Manvinder Kochar
01-08-2000 to 20-07-2020



Mrs. Rachna Walia
04-04-1996 to 18-10-2020



Ms. Sureshta Khurana
15-04-1994 to 01-04-2021

Goodbyes are not forever, Goodbyes are not the end; It simply means I'll miss you until we meet again." - Anonymous



Mrs. Rama Ohri
02-08-1993 to 17-08-2021



Mrs. Avtar Narula
07-10-2002 to 07-10-2021



Mrs. Neeru Suri
07-04-1997 to 07-12-2021



Ms. Edith Newton
01-10-1992 to 20-03-2022

Stepping into Retirement

OUR PILLARS



MRS. SARLA SAMSON
08-11-1991 TO
07-07-2020



MRS. MARTHA BADING
01-06-2000 TO
15-11-2020



MRS. CECILIA
21-04-1994 TO
28-10-2021





Live, Laugh, Learn
& keep the
Child
within
you
alive



Rev. Director's Birthday



Loving God

Be a shelter to shield him.
Be a wisdom to guide him.
Be an angel to guard him.



CHRISTMAS CELEBRATIONS

Christmas Acrostic



CHRISTMAS Function

And all who gathered round him,
Rejoiced and praised his birth,
For the baby, the King, named Jesus,
Is our Saviour here on Earth!





Republic Day

The sanctity of law can be maintained only so long as it is the expression of the will of the people.
-Bhagat Singh



NATIONAL CADET CORPS

2021-2022

NCC Air Wing

Motto of NCC:- Unity and Discipline



"A dream doesn't become a reality through magic; It takes sweat, determination and hard work."

Aims of NCC:-

1. To Create a Human Resource of organized, trained & motivated path.
2. To provide Leader.
3. Steer in all walks of life and be always available for the service of Nation.
4. To provide a suitable environment to motivate the youth to take up a career in the Armed forces.

Commanding Officer : Wing commander Avinash Chander Sethi

Associate NCC Officer

3rd Officer Nazer Lepcha

NCC Senior Boy

Manan Sukhiya

NCC Senior Girl

Kashvi Jain

Total duration of NCC enrollment for Cadets :- 2years

Total Number of Cadets in NCC :- 100

1st year Cadets : 50

2nd year Cadets : 50

Schedule of NCC training Class :- 1½ Hours NCC Class on every Monday and Tuesday [Theory and Practical]

Compulsory NCC Training :- A 10 days Annual Training Camp and 'A' Certificate Examination.

Activities of Session 2021-2022

- New Enrollment of NCC Air Wing Cadets.
- Participation in International Yoga Day on 21 June.
- Tree Plantation
- Swachh Bharat Abhiyan
- Clean India Green India
- Fit India
- Ek Bharat Shreshtha Bharat
- Cleaning of Statues by NCC Cadets [75years of Independence]
- NCC Cadets of 2nd year appeared in "A" Certificate Examination.



Nazer Lepcha
Associate NCC Officer

Incentives for NCC Cadets

- Vacancies Reserved for Commission in Defence for NCC "C" Certificate Holders.
- Army, Air force, Paramilitary and Navy 5 to 10 Bonus Marks awarded for Recruitment.

Opportunities:-

- Opportunity to take part in Republic Day Parade which is held in New Delhi.
- Selected as best Cadets.
- Interaction with Prime Minister, Chief Minister.

Unity
& Discipline

Don't say
= I WISH =
Say
I WILL

SPORTS ACHIEVEMENTS



Mayra Gulati
VIII-Pink

SKATING

Mayra Gulati of Class-VIII Pink participated in 23rd Roller Skating speed championship held at Ludhiana. She secured Silver Medal in this championship.



Kavisha Sukhija
VI-Pink

FREE STYLE SWIMMING

Kavisha Sukhija of Class-VI Pink participated in State Swimming Championship held at Mohali.



Vanshika Yadav
VIII-Violet

KARATE

Vanshika Yadav of class-VIII Violet participated in Punjab State Karate championship. She secured two Gold medals in this championship. She was selected for National level to be held at Guwahati and was honoured by Punjab Govt. on 15 Aug. 2021 for representing Punjab state in Karate.



Amelia Bhakoo
V-Orange

BADMINTION

Amelia Bhakoo of Class-V Orange secured Bronze Medal in Punjab State Badminton Championship.



State and National Achievers 2021-22



Ashmi Dhand
V - Blue

CHESS

Ashmi Dhand of Class V Blue participated in District Chess championship held at Ludhiana and secured Gold Medal in this Championship.



Manan Sukhija
IX-Blue

SWIMMING

Manan Sukhija of Class IX Blue participated in State Swimming Championship held at Ropar and secured Bronze Medal in this championship.



Sukhman Kaur Soni
VII-Violet

SKATING

Open District Championship 2020

- 1) 500 meter rink race- Silver Medal
- 2) 1 lap road race- Gold Medal
- 3) 100 meter road race- Gold Medal

Open District Championship 2021

1. (Under-14) 5000 meter eliminations rink- Gold Medal
2. 3000 meter road race- Gold Medal
3. 1 lap road race- Gold Medal

Selected for State Championship



Japleen Kaur Soni
VIII-Red

SKATING

Open District Championship 2020 Under - 14 (Girls)

- 1) 5000 meter elimination- Gold Medal
- 2) 1000 meter rink- old Medal
- 3) 3000meter road race- Gold Medal

Open State Championship 2020

- 1) 5000 meter elimination rink- Gold Medal
- 2) 1000 meter rink- Gold Medal
- 3) 3000 meter road race- Gold Medal

National Participation 2020

Open District Championship 2021

Under - 17 (Girls)

- 1) 10,000 meter elimination rink- Gold Medal
- 2) 1000 meter rink race- Gold Medal
- 3) 15000 meter elimination road- Gold Medal
- 4) 1 lap road race- Gold Medal

Selected for State Championship



Bandgi
XII-Humanities

SHOOTING

Bandagi of Class XII-Humanities participated in various shooting competitions. Her achievements are as under-

1. Silver medal in Punjab state shooting Championship.
2. Participated in National Shooting championship held at Bhopal.
3. Inter Range Shooting Championship: Bronze Medal.
4. Punjab State Inter School District: Silver Medal.
5. Ambala Shooting Tournament: Gold Medal.
6. Mohali Shooting Tournament (2019) Bronze Medal.
7. National Player (Qualified)
8. Pre-National (India)- 74th Rank



Simranjot Kaur
X-Orange

WEIGHT LIFTING

Simranjot Kaur of Class X-Orange won Bronze medal in District weight lifting championship held at Guru Nanak Stadium, Ludhiana.

"Success is not given. It is earned on the track with blood, sweat & occasional tear."



INTRAMURAL COMPETITIONS

SPORTS DO NOT BUILD CHARACTER. THEY REVEAL IT.

VI AND VII BOYS CRICKET TOURNAMENT

1st - NEHRU HOUSE

2nd - TAGORE HOUSE

3rd - GANDHI HOUSE

VI and VII GIRLS INTER HOUSE BADMINTON TOURNAMENT

1st - SHASTRI HOUSE

2nd - TAGORE HOUSE

3rd - GANDHI HOUSE

CLASS VIII: BOYS INTER SECTION FOOTBALL TOURNAMENT

1st - VIII GREEN

2nd - VIII YELLOW

3rd - VIII PINK

CLASS VIII: GIRLS INTER SECTION FOOTBALL TOURNAMENT

1st - VIII GREEN

2nd - VIII YELLOW

3rd - VIII ORANGE



Hubs of Learning



RESULT OF POEM RECITATION (HUBS OF LEARNING)

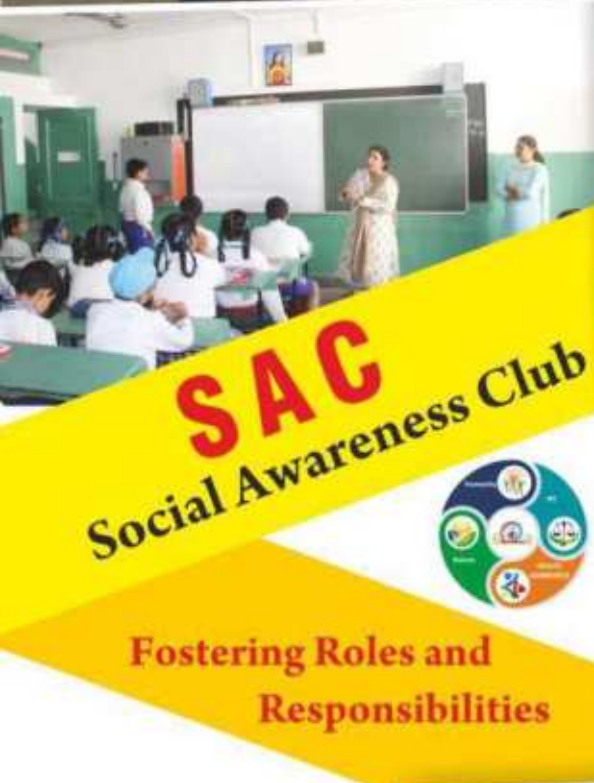
S.No	Name	Position	School
1.	Itri Kaur Punia	First	Sacred Heart Sr. Sec. School (BBS Nagar)
2.	Jeewika Rawat	Second	Vardhman International Public School
3.	Shivani Verma	Third	MGM Public School
ENCOURAGEMENT AWARD			
1.	Deepika Kaur		SKSS International Public School, Sarabla

Hubs of learning is an initiative by CBSE to form a cluster of 4-6 neighbouring schools for the purpose of collaborative growth, promoting self-improvement and for ensuring the enhancement of the quality of Education.

Sacred Heart Sr. Sec. School, Ludhiana being the lead school has four schools in collaboration i.e.

- Vardhman International Public School, Ludhiana.
- MGM Public School, Ludhiana
- Sri Guru Harkrishan Public School, Ludhiana
- SKSS International Public School, Ludhiana

Various Competitions are conducted amongst these schools to promote quality education.



SAC
Social Awareness Club

Fostering Roles and Responsibilities



KEEPING OUR CHILDREN SAFE

In India, there is a steady rise in the incidents of offences against children. Just 2 minutes of googling and you will find innumerable cases of abuse of children. The big concern among parents is that children don't speak up about it. It is estimated that every 2nd child is exposed to one or the other form of abuse.

As a counsellor, working with children who have been abused, (physically, emotionally, sexually or even cyber abuse) I want to highlight reasons WHY CHILDREN DON'T SPEAK UP ABOUT IT?

- ❖ They are afraid that they may be disbelieved. (Since, majority of the times in case of an abuse, the offender is the acquaintance of the family)
- ❖ They have a sense of guilt that perhaps it is 'their own fault' that they've been abused.
- ❖ Older Children/adolescents fear that their parents would get to know about their relationships with other gender and so they don't speak about themselves being abused by their partners. (During individual counselling sessions young girls disclose sharing their objectionable pictures with their beaus and then are being blackmailed for favours. To make it worse they dread disclosing it to their parents)
- ❖ Adolescents do not disclose cyber abuse fearing that their parents would get to know about their digital footprints esp. their social media accounts including chats and texts. (According to the latest developmental research, adolescence period begins at the age of 9)
- ❖ The child may have been manipulated by the offender into believing that their relationship is normal. Sometimes the child does not realize that he/she is being abused.
- ❖ Fear of retaliation and further abuse also forces a child to keep silent.
- ❖ Generally, children are not encouraged to talk about their feelings and when they do, adults do not listen or believe. (Thanks to the culture of COMMANDING rather than ACTIVE LISTENING to children)
- ❖ Parents have absolutely no idea how adversely this can affect children. Please understand that the trauma associated with abuse can contribute to arrest the development, along with a host of severe psychological and emotional disorders (Generalised Anxiety Disorder, Depression, and Schizophrenia to name a few) that they may never overcome throughout their lives. IT IS A MYTH that the child will easily overcome the hurt or trauma.
- ❖ Need is great to prevent and even more important, to help children who have been abused.
- ❖ TALK about it (Catharsis: by an expert) to get rid of the emotional hurt.
- ❖ We should raise awareness of all the children, both boys and girls to prevent the ABUSE.
- ❖ Help them understand that it is not their fault.
- ❖ Help them understand that you are always with them.
- ❖ Help them understand that their safety is in their hands.
- ❖ Teach them "If they sense something wrong, it must Be Wrong" and must be conveyed to parents.
- ❖ Teach them 'Gone are the days to stay in private if you've been abused; Now is the time to go in Public if you feel someone is trying to abuse you.
- ❖ Teach kids not only about good and bad touch, but also confusing touch. (Most of the times I've seen that children bear so much as they are unable to differentiate between them)
- ❖ Teach them about e-POCSO (online complaint box for reporting child abuse for Protection of Children from Sexual Offences, Act 2012) and child helpline number ie. 1098.
- ❖ Above all 'DON'T JUST HEAR BUT LISTEN' to your children. Active listening involves undivided attention, with focus on non-verbal gestures and emotions as well.
- ❖ Together, we can protect our children by teaching them to be Smart, Strong and Safe.

BE AWARE, STAY SAFE

Shamina Deol

School Counsellor

Coordinator (POCSO and Child Protection Committee)





"Every child can learn, just not on the same day, or in the same way." -George Evans

Every child is different, unique and has his/her own capability or potential, yet there are a few children who may have learning problems or learning issues that make it more difficult for them to learn as compared to children of the same age.

The term 'education' is familiar to all of us. But 'Special Education' may be a new expression for some of you. Special Education refers to a range of services that help children with emotional, cognitive, physical and learning difficulties. They may have problem with academics, communication or behaviour.

I provide my services in this prestigious institute as a Special Educator and a Resource Teacher which requires me to be sensitive, flexible, understanding and patient.

My main goal is to help children who have learning difficulties or learning issues; to benefit from general education. It is to make it easier for them to participate in general class with special instructions and by teaching them with different methods which will make them learn or understand the concept in their own way.

We have a Resource room where we also work with a small group of children periodically who need assistance with specific problems that they encounter in academics. Individual and realistic targets are set for these children with the help of their regular teacher.

We cater to the individual needs of each child with the regular cooperation and assistance from the parents.

The entire purpose of special education is to enable students to grow to their full potential.

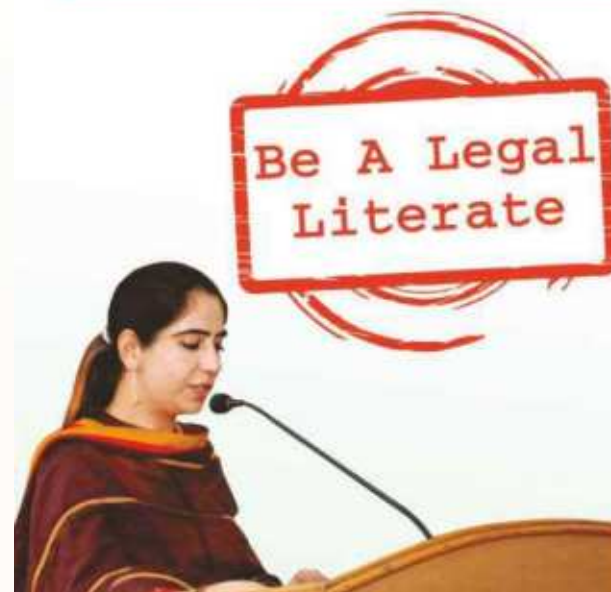
Let's come together to understand our children as it is rightly said, **"Sometimes real superheroes live in the hearts of small children fighting big battles."*



Praveen Kangniwal
Special Educator

Talk on PAN India Awareness & Outreach Programmes.

Seminar on PAN



Alumni Speak

-Sukhwinder Singh Bindra Chairman- Punjab Youth Development Board

School life is an important phase in a student's academic journey. I cherished the feeling of studying at Sacred Heart Sr. Sec. School which focuses on career enhancement along with overall skill development with the seamless mix of academics and extracurricular activities. The teachers are dedicated experts in their respective subjects and are talented. School has nurtured my aspirations. The peer group at School was intellectually stimulating, and with some, I have made friends for life. Presently, I am working as the Chairman of Punjab Youth Development Board (Government of Punjab) and I can proudly say that my schooling has really helped me to achieve whatever I am today.



-Garvit Bhatia Entrepreneur

School is a place that holds a special place in everyone's life because it's your second home. More than your parents you meet your teachers and friends everyday. They all play an important part in nurturing you and also shaping you as a human. Mine has been no different. However, I can say this with a lot of pride that my teachers built the building blocks of my life and have been instrumental in shaping my future. The learnings I have had at Sacred Heart, I wouldn't want it any other way because everything my successes, my failures, the appreciation or even the scoldings from my teachers have led me to where I am. I am thankful and grateful to my alma mater and my heart swells with pride while I say I am an alumni of Sacred Heart Sr. Sec. School.



-Paresh Chadha Chartered Accountant

What it takes to be a Chartered Accountant! Sheer hard work, dedication and utmost important, patience, which had been inculcated in me from the elementary level by my respected teachers of Sacred Heart Sr. Sec. School, Ludhiana. Undoubtedly, the best phase of my life-story is my school years from 1995-2003. My school has a very special place in my heart. It steered me to know my potential of being a professionally qualified CA today. The prayers been taught to us in school to "Enlighten our minds, strengthen our memories, and direct our will towards what is right" have all come true. I am a fortunate student who takes pride in being a part of this prestigious school. I am grateful to God for the infinite blessings he has showered on me. I owe all to my warm and loving family, friends and teachers who nurtured me and taught me to stand tall facing the adversities and believe in myself. Thank you to my remarkable school and reverend teachers who left an indelible imprint on me. I would not be where I am today without having had such an outstanding education and experience. I wish Good Luck to all the Teachers and Management of Sacred Heart Sr. Sec. School, Ludhiana as they celebrate their Ruby Jubilee this year.



Toppers Speak

-Aina Makkar

Today, as I sit down to write this, my mind is flooded with memories, memories of those beautiful 15 years at this place which is close to my heart. My School, first and last, my Sacred Heart. Everything is still so fresh and clear and I wonder if it has actually been 3 years since I passed out from here.

My mother often tells me how much I used to cry during the first year of my school as I didn't like going there. And then I remember that last year when my heart almost cried out everytime at the thought of it being the last year at school crossed my mind. That was the happiness, warmth and love I recieved from this place. Today, when I go about life, meet new people, there are 1000 things for which I sit back and thank Sacred Heart and feel really blessed that I got to study from a school as wonderful as this. I got immense knowledge, values and all that I'm today, this institute has a big role in that.

Whenever, I think about school, the first thing that comes to my mind is immense gratitude towards this place and towards every person whom I crossed paths with during this beautiful journey. I'm really thankful for all that I've learnt here and will always keep building on that.

The whole journey was really wholesome and all I know is that even some 40-50 years from now, I'll continue telling everyone that Sacred Heart gave me the best 15 years of my life.



-Manavi Shahi

"Success doesn't just happen. You have to be intentional about it, and that takes discipline"

Success is always earned by dreaming it every hour, every minute. Always dream to be the best of version of yourself. If you dream success, it will follow you. The only way to earn it is to work hard and be optimistic. Feel and act successful, conduct yourself accordingly and you will be amazed at positive results.

I feel it's not just you who makes effort, it's the joint efforts of your family, teachers and your friends. I will always be obliged to the school for giving me so much. All the teachers who were there by my side too are the shareholders of my success. I will always be grateful to my parents who gave me the best. Thank you, SACRED HEART for giving me such beautiful experience of my life.



-Abhishek Jain

2019: May I have your attention please, Train No. 12919 Malwa Express with destination to Indore Junction started from Ludhiana Junction has reached platform no. 1.

And I knew my voyage in search of green pastures had begun.

2022: As I look back, the voyage has been full of friendships, achievements, parties, fights, breakups and failures. With my Sacred Heart Family, I share some of my lessons.

1. Strive for success, but embrace failures as and when they come. It's okay to Fail:)
2. Read good literature. Start with Sapiens by Prof. Yuval Noah Harari. My only regret from school days is not reading enough.
3. Take initiatives. Want a new club, more books in the library, no assembly on Wednesday, or Valentine's day celebration? Write a formal application with a sound argument. The last one's not happening, though.
4. Be humble. Take constructive criticism with a smile but don't let insults demoralize you.
5. Connect with your seniors. Follow me on instagram - abhishek_jain0909





Toppers Speak

-Arit Singla

The school has played a really significant role in my life. The guidance provided by the teachers is very enriching. They have played an eminent role in shaping my thoughts and skills. They mentored me to focus on academic as well as co-curricular activities. As a result, it led to the development of holistic skills. Furthermore, the school environment is very conducive and provided me with ample opportunities. The 15 years spent at this school have left a lifelong impact on me. I am proud and extremely grateful to have been a student of this great institution which has provided me with infinite memories to cherish and infinite experiences to derive lessons from. Once a Heartian, always a Heartian!



Parents Speak

-Dr Sandeep Goyal

Our younger son Namish Goyal is a student of class V in Sacred Heart Sr. Sec. School and our elder son Parth Goyal passed 10th class (in 2021) from the same school.

School has some of the best teachers who not only educate students well, but also groom them for the challenges ahead. The school's great infrastructure, with multiple computer labs and science labs, help students to understand the practical application of concepts.

School provides many opportunities to all the students e.g., the well organized partnership with external organizations like SPACE.

We are sincerely thankful to the Director, Reverend Father John, the Principal, Reverend Sister Silvi and the school fraternity for their well structured programme to nurture the students into wise and aware young adults.



-Ms Anuradha Sharma

John Dewey once said, "I believe that education is the fundamental method of social progress and reform."

I had the honour of my child, Aastik, studying at Sacred Heart Sr. Sec. School and as the journey is coming to an end soon, I would like to share my experience about the amazing institute and the wonderful teachers it employs.

I would like to express my deep and sincere regards to Rev. Father John, Rev. Sister Silvi, and all the outstanding teachers who put in so much effort for the excellent education of my kid. All of them make sure the children have good education while also participating in extra-curriculars to have an all-around development.

In the end, I would like to thank all the teachers who motivated him to become a better human being and receive a good education to go out into the world and face any situation.



INDIAN ARMED FORCES Unmatched Valour & Sacrifice



To all my juniors and upcoming leaders at Sacred Heart...

To begin with, I must say, it is an honour for me to write to all my juniors in school.

I have studied in the same school in which you all are currently in, I have played at the same sports field which you all enjoy and walked the same corridors. One thing that I can assure you is that if you want to succeed in life, the school is the best platform to start preparing for it. Take part in all the activities that the school conducts, learn and play as many sports as you can, work on the power of your expression and avoid wasting time wherever possible.

LT. VIREN PATHANIA

In this long write up of mine, I am emphasizing on the life of an Officer in the Armed Forces. We all have a dream and desire to become the best in whatever passion we perceive. I too had a dream, which was triggered in me in my school, aspired and perspired by me in my college. **A dream of wearing uniform.** Carrying the ethos of an armed forces officer, the fact that men in uniform live by code and serve our nation with pride and chivalry used to always mesmerise me. To join the armed forces was my childhood dream. It took long preparations to overcome all the obstacles and conquer the challenges to become what I wanted. Being from a civilian background, it was a matter of great pride and honour when I was selected to serve our nation. Donning the white uniform was a dream come true. The thrill of wearing the uniform, tackling problems and challenges that affect the nation directly & the drive to make a difference in the world veered me towards the armed forces. Joining forces was more than just a job.

Our initial orientation training happens in the prestigious Indian Naval Academy, located in Ezhimala, Kerala. The Indian Naval Academy does the job of transforming you from a common civilian to a military leader. Other events like swimming, camps and sports events played a very important role to create a dynamic officer. Camps are the important tool to test toughness and teamwork of the group. Certain objectives are given and we are expected to complete them in time, no matter the odds, no matter the circumstances, because there is no second position in war.

The day of an officer starts early in the morning with adequate physical and mental conditioning. The day ends with a satisfied feeling of doing something bigger than one self and putting others ahead. In this last 2.5 years of service, I have learnt more lessons than the lessons of all my previous years combined. Defence forces make us strong to push beyond our limits, to overcome our shortcomings and live with honour, courage and commitment.

Duty, Honour, Courage are the core values of our Indian Navy which are inculcated in us during our training days, which stays till our last breath. We are taught 'Safety, Honor and Welfare of your country always come first'. The honour, welfare and comfort of the men you command come next.

I have learnt to be resilient. We don't succeed in everything we do & sometimes, it takes a hard fall to know where you really stand. Failure is a part of life and the training here toughens you up, not just physically but also emotionally and mentally. Being in the Armed Forces is all about balance and fortitude and a lot of courage. You are as strong as your weakest link.

In Indian Armed Forces we follow ethos like **Espirit-de-Corps** which stands for the spirit of comradeship and brotherhood of the brave, regardless of caste, creed or religion. Life in Armed Forces teaches you to learn from your seniors and pass on the legacy to you budding juniors.

'One for all, all for one' is the supreme policy. This has instilled in us the ability to work selflessly as a team, the feeling of camaraderie, of mutual trust and friendship.

In the civilian sector, seldom will someone under the age of 25 be placed in charge of large numbers of personnel and equipment. However, it is commonplace for newly commissioned officers, fresh out of Training academy, to be placed in charge of 50 or more service members and thousands- or some cases millions- of rupees' worth of equipment.

So yes, Armed Force is not only just a profession but 'It's a way of life'. The best part is, you will never get bored with what you are doing because every day is a new beginning and a new challenge waiting for you. Being part of the Indian Defence services doesn't mean giving up your social life. In fact, it's quite the opposite, from recreational facilities on base and special entertainment to sports leagues and discounted leisure travel, military personnel often maintain active social lives.

I know that the learning curve for me has just begun; And I am excited to take on the challenges that come in the way of serving our nation. I know this has to be the best thing that has happened to me. So, if you think you have seen it all, well think again and push past your limits and I promise defence forces will give you ample amount of opportunities. I would urge others to join this honour too because the pride of having the privilege to serve your country swells your heart. Being a soldier, I am proud of my own country and the fellow citizens.

To sum this up, I must say each Sacred Heartian truly lives with the motto **"Learn and Enlighten"**. I would envisage each one of you to respect each teacher of yours and value their efforts. Being the naughtiest and at the same time the most adorable child of all my teachers, today, I am affirmative that their countless blessings and love got me wear this uniform.

Thank you and oodles of love to all my dearest teachers.

I would also render special thanks to all Rev. Sisters who were the torch bearers for me. Also, I would urge all my English teachers to bear with me for marking at least passing marks for this write up of mine.

I wish each one of you good luck, success and glory in every endeavour.

Jai Hind! Shamno Varunah!

Yours Aye,

Lt Viren Pathania



THE SMALLEST ACT
OF KINDNESS
IS WORTH
MORE THAN THE GRANDEST
INTENTION.



UPGRADED SCHOOL BUILDING



Prancing fast on the path of Development.





THROUGH THE WEB CAST

Turning moments into Memories



Être déguisé

Fancy Dress Competition



Declamation - Kg's le meilleur Orators





Ssshhh....
Brilliant
minds
at work!!



DEAR COVID
We May Be Chained, But Not Tamed





From a single dot, to an admirable Art

VIRTUOSITY AT ITS BEST



Rangoli COMPETITION





We Have Made A Mark In Our Field



Hon. Harjot Singh Bains
Minister for Education,
Jail and Mining
Govt. of Punjab

2008-09



Dr. Omesh Goyal
Professor of Gastroenterology
D.M.C. Hospital LDH.

1993-94



Dr. Amaninder Singh Dhaliwal
Assistant Professor
University of South Carolina
School of Medicine, Trained
Interventional Gastroenterologist,
Transplant Hepatologist, U.S.A

2002-03



Dr. Joffi Chacko
Consultant Gynaecologist
Apollo Hospital,
Gurgaon

2002-03



Lt. Viren Pathania
Indian Defence Services

2013-14



Ms. Jasreen Kaur
Valuations Manager at
Eight Advisory UK,
London, United Kingdom

2009-10



Mr. Vaibhav Sehgal
Assistant Commissioner
of Police, Ludhiana

2002-03



Dr. Rajeev Kumar
Gastroenterologist, Terre Haute,
U.S.A

1995-96



Dr. Sameer Kapoor
Associate Professor in
Cardiothoracic and Vascular
Surgeon, Hero Heart DMC
Institute, Ludhiana

1997-98



Dr. Chaitanya Bedi, MBBS
MS (General Surgery)
Sri Guru Ram Das Medical College,
Amritsar

2011-12



Ms. Vani Sood
Associate, Transaction Strategy
and Execution, EY Parthenon
Gurgaon

2013-14



Mr. Gurkirat Bindra
Managing Director: GSB Hospitality Pvt. Ltd.
Restaurant: Bakdavi Bar and Kitchen
Hotel: Coyaba (The Boutique Hotel),
Ludhiana

2012-13



**Hon. Jasmeet Singh Dhandra,
IRS**
Deputy Director,
Enforcement Directorate,
Ministry of Finance
(Government of India)

2000-01



Donning the Mantle of Responsibility



Hon. Sukhwinder Singh Bindra
Chairman, Punjab Youth
Development, Govt. of Punjab

1999-02



Mr. Yatin Budhiraja
Director - Analytics,
Research & Data at Fidelity
Investments, Bangalore

2005-06



Mr. Kashish Vyas
Intergenerational Therapist
and Coach Qualitative
Research Freelancer
Ludhiana

2008-09



Mr. Bhavjot Singh Sehgal
Project Engineer at
Delta Group Pty. Ltd.
Victoria, Australia

2015-16



Ms. Shilpi Chhabra
Sr. Software Engineer
Macys Tech,
USA

2002-03



Mr. Paresh Chadha
Chartered Accountant
Ludhiana

2002-03



Ms. Trishika Singla
Fashion Communication and
Creative Entrepreneur
New York

2016-17



Ms. Bhumika Behl
(Event Stylist)
Founder Frills'n Decor
Ludhiana

2015-16



Mr. Simarpreet Singh Arora
Assistant Controller
(Finance & Accounts)
(Dept. of Finance, Punjab)

2006-07



Ms. Tanvi Kalra
Advocate
District and Sessions Court
Ludhiana

2008-09



Mr. Nikhil Goel
Partner in M/s, Sunil Kumar Contractor,
Specialist in Road Construction for Govt
and Private Sector. Partner in Dumpling
Hood restaurant Ludhiana

2006-07



Mr. Viresh Jain
(CEO) CREATIVE PACKAGES,
LUDHIANA

2006-07



Ms. Kamaya Singla
Software Developer in
Amdocs Company
Ottawa

2010-11



Mr. Garvit Bhatia
M.D. at Bhatia Brothers Overseas
India

2009-10



Lt. Vivek Tingloo
Lieutenant Commander
Indian Navy

2005-06



Mr. Harsimran Singh Saini
IES
DSTE Indian Railways
Ambala

2008-09



Divyansh Dwivedi

Designation: Jokes Ka Boss

Speciality: Off the Cuff

Laughter Group: 😄 +

Address: Comic Factory



English Section



Mrs Sukhsimran Gill
Sub-Editor

Dear students

Contentment is the key to success. Being satisfied with what you have is the one aspect that leads towards the zenith of all achievements. Just try to recognize what you have and appreciate it. My dear students, it's my humble appeal to all to just feel that your life is the biggest boon. Try and plan it with the available resources and then make a path and travel. DON'T get diverted by comparing with others. Here is a short poem by me which I hope will surely inspire all my loving Sacred Heartians.....

*Achievements, amendments
Is there any way for contentment?
The root cause being no pause
and then left with only a way too far!*

*It's always hurry
to achieve the surry
A surry to ride over life
A surry to get just to beget.*

*The measures, the means
over the lives beams
The sparkling road is still to behold,
upon its means the man stands
behind the scene, again in hurry
But, his ways too far*

*Somewhere within is a
smile with a grin
the far is farther
Yet! it is there!
Come together lets find a
way hidden behind*

*Yes it's there
one and all it's a call for all
The way is not too far.*

Editorial

Power Tends To Corrupt, But Absolute Power Corrupts Absolutely



Corruption, in one form or another, is a world wide phenomenon. But everyone admits that corruption is something ugly, immoral and detestable. Unfortunately, in our country, corruption has become a part of life. It has entered the very roots of the Indian society.

Corruption, nepotism and dishonesty have tarnished every fabric of our social life. Our ministers are corrupt; our officers are corrupt; our people are corrupt. Every politician, without exception, is corrupt. Even our anti-corruption departments fall an easy prey to the viles of the corrupt persons and they let them go scot free after minor punishment. Corruption is prevailing at all levels - economic, social, administrative, moral and spiritual. During the past few years, the image of the country has been defaced beyond redemption. A large number of scams, involving top politicians, administrators and VVIP'S have come to light. These scams, most of them unearthed by the Central Bureau of Investigation, involve huge sums running into thousands of crores. They have shaken the entire conscience of the country to the bones. The law enforcing agencies are seeking the help of the judicial process to bring the culprits to books. The judicial system however, is full of flaws and the culprits do not find it very difficult to cleverly escape the legal net. The skeletons in a large number of cupboards are however, coming out and many mighty ministers, politicians bureaucrats are being exposed. Law might take decades to assert but it has been fully established that we are a nation full of corrupt elements. Thus, as we all know corruption is rampant everywhere, and, unless we deal with it with an iron hand there will be very little or no headway in improving the crumbling situation.

Indeed ANTI - CORRUPTION STARTS FROM US...



Himanshu Kapila
XI - Humanities

WHO SAID ENGLISH IS EASY?

Fill in the blanks with 'Yes' or 'No'

- _____ I don't have a brain.
- _____ I don't have sense.
- _____ I am stupid.



Kanan Sood
VIII - B



Live Each Day

Live each day,
In a special way.
Leave no room for sorrow.
Have no regrets,
or desires.
There may not be tomorrow.
Don't live in fear,
Cherish every moment, for life is dear.
Time passes by
Like different hues of the sky.
Precious time is yours to handle,
who knows?
When the wind blows,
It takes away the light of your candle.



Avneet Kaur
VIII-Red



A Perilous Ten Letter Word



The other day, while sitting on the couch, a bemusing thought struck my mind.

"What causes people to take their own life?"

People believe that fame, money and beguile are the keys to the door of exhilaration. Whereas, this thinking is wrong. When heart is filled with pessimism, nothing except communication or support can help.

Apparently, many of us are unaware of the seriousness of this ten letter word - DEPRESSION. Recuperating from depression isn't a child's play. In order to avert acts, the need of the hour is to realise the prominence of mental health. Depression is as serious as any other disease. Let it be cancer or diabetes.

Amusingly, mental health illnesses such as depression, bipolar, etc are perceived as a stigma in the Indian culture. Consulting clinical psychologists or seeking help through therapy is contemptible in India.

But it is high time. The citizens of India with an old mentality need to have a transition.

Any person going through illnesses like anxiety and depression must reach out to a trusted adult or a good mental health therapist in order to seek help.

Sharing hidden emotions with someone who understands you can make you feel a lot better. Opening

up to people can prove to be soothing for a person experiencing pain.

Talking and sharing about one's dreary thoughts can save one's skin. A depressive person should try not to camouflage his/her misery behind pretentious grins.

For some individuals, concealing their despondency is congenital. And they are the most vulnerable to be in doldrums. It's significant for such individuals to recognise the vitalness of LIFE.

Life is exquisite.

Highs and lows, ups and downs, ecstasy and melancholy are healthy fragments of life. No one's life is perfect as it seems as appearances are deceptive. It's very well quoted - "There are wounds that never show on the body that are deeper and more hurtful than anything that bleeds." - Laurell K. Hamilton

The world is fictitious. People are malicious and obnoxious. Less than half of the kindness is left in the world today. Henceforth, being gussy is an indispensable part of life.

Instead of scurrying away from the trials and tribulations of life, we should face all the obstacles with sheer confidence.

Life is precious. Before taking colossal step like suicide, one should muster up the courage to talk about our weakness and sorrows.

Depression can be cured.

During miserable times, one should never be despondent and should look forward to seeking help from folks, family members, or specialists.

One should stick together and fight depression.

By and large, know your worth and talk your heart out.

Suicide isn't a remedy, but COMMUNICATION is.



Ananya Duggal
XII - Humanities

NEVERLAND

Neverland is a place where
During the night
There is no light
This is the Heaven
For those seven.
One of them is the most cute
who is never mute
He is a thief
but never broke someone's belief.
He was like a gentleman
He was really cute
and forces me to solute.
The Land was magical

with no chemical.
There was no body old
And no body's scolds
The place was frigid
And finding treasure was rigid.
There were people to murder
But no body to sputter
There was a ghost
Who loved them the most.
That was Tinker Bell
With a gold smell
He was really very funny
But having no money.
I Love that heaven
Because of those seven.

Samaira
XI - Commerce



GIRL CHILD

The Art of God, Beauty of the World.



You are a girl child, not a shame,
No one has the right to blame
No one has the right to take away your education,
Educate yourselves and leave them in humiliation
No one has the right to make you do the labour chores,
You are born, not to face the worst.
No one has the right to take away your dreams,
You are the light of this world, just like
the beams.
You are the one, the star of mankind,
So erase the darkness in everybody's
mind.
You are the one who makes everyone
proud,
So, stretch your wings and fly among
the clouds.



Sidakdeep
VIII - Orange

English QUIZ

LET'S SEE - HOW MUCH IS YOUR ENGLISH STRONG?

1. The longest common English word without vowels?
Ans: Rhythms
2. The longest English word made up of only vowels?
Ans: Euouae
3. A word that is pronounced in the same way when the last 4 letters are removed?
Ans: Queue
4. The shortest complete sentence in the English language is?
Ans: Go
5. What do we call day after tomorrow?
Ans: Overmorrow
6. One word in all of English has an X,Y,Z in order
Ans: Hydroxyzine
7. An English word with triple Y?
Ans: Syzygy
8. A month that is same in number as well as same in letters?
Ans: September
9. What is the synonym of the word synonym?
Ans: Poecilonym
10. The longest word you can type on the top row of a typewriter/Keyboard?
Ans: Typewriter



Rudraksh Jain
XII - Non-Med.

Our Nation- 'India'



I will make India a Great Nation,
with my creation and
imagination;
Poverty is our subtraction,
Big hearts are our addition;
The only thing to do for
Prevention is,
To stop the going on
Corruption.



Harshnoor Singh Ghuman
XI - Humanities

DARKNESS



Life is like a dark room for me,
No one is here to listen to me...
All alone in this room
All alone in myself...
Can someone lighten this darkness!
Oh!! I need it.
Otherwise the whole life I have to live in the darkness
All alone with me.
It's been years not seen my shadow
For I was weeping in sorrow.
Never knew what was the reason for my darkness was
it ME or YOU???

Niharika
XI - Medical

Social Media

We live in a time and age where information is just a button press away. We are swayed by information all around us. We millennials want to know, read, understand and then speak our minds about it. That is where social media comes into play. Social media is one of the biggest elements that we live with and cannot ignore it.

Social media is collection of websites, applications and other platforms that enable us to share or create content and also helps us to participate in social networking. Social media is not limited to blogging and sharing pictures, there are lots of strong tools also that social media provides. That is because the impact of social media is very high and far reaching. It can make or break images.

But social media is a topic of controversy today. Many feel it's a boon but there is a majority who feels that it is a curse. Mostly people feel that social media has destroyed human interaction with a rapid rate and has modified modern human relationships. But there are others who feel that it is a blessing that has connected

us to every part of the world, we can meet our loved ones who are far, we can spread awareness through it, we can send security warnings etc. There is a lot that social media can do. But it is an unarguable fact that the presence of social media has made our lives convenient, easier and much faster.

Pranav
XII-Non-Medical



I Speak



I Speak for the man, the sword he wields.
I Speak for the farmer, the harrow in his fields.
I Speak for those brutal, and those who cried.
I Speak for the tortured, the sighs they sighed.
I Speak for the tailor, and the needle that pricks.
I Speak for the time, and the clock that ticks.

Against the devil I speak, and his spake sins.
Against the killers I speak, and the cold dead winds.
Against those I speak who thrived and flourished.
I Speak for those, who rotted and perished.
I Speak for dead songs, and the passing time.
For loud majesty gongs, and the rusting chime.

I Speak for the wielders, of swords and pens.
I Speak for the royals, and the roaring dens.

I Speak for the gambler, against life who makes a bet.
To the deserter I ask, how far can thee get?
As the sword kills, the pens does too.
Unlike the pen, it never does woo.

For land I speak, and those that tilled.
For assassins I speak, and those that killed.
Tis the coward, who attacks the chained.
Tis the wars, in whom the blood rained.
I speak for the pain, that suffer the anguish'd.
I speak for those suffered, pitied, languish'd.

Thus I speak for the man, his screams and scorns.
The shingles he dwells under, the hues he dons.
And yet fated am I, to lie till lingering breath.
For what man does is never true, except for his death.
Tis such an irony, of the rose so fragrant.
Despite its bloody beauty, its thorns leave it vagrant.

Amitoj Singh
XI - Medical

BELIEVE IT OR NOT...

Tattos so far:- Guinness Rishi from Delhi, India, was featured in Ripley's 'Believe it or not'! Seeing is believing for a stomach - churning Ketchup - Guzzling feat. Now Guinness has undertaken to get his head, face & body permanently tattooed with more than 200 national flags in full colour. Guinness has 24 flags tattoos on the top of his head, 25 flags on his face and more than 150 tattoos of other flags on his rest of the body. He is now working on tattooing a map of the countries of the world on his stomach.

1. Longest Neck:- A display in the Ripley's museum in Brisbane, Australia, features tall man Robert Wadlow, 17 - in - tall (43cm) Alypius - imprisoned in a bird cage by an Egyptian Pharaoh for treason - a Paduang woman

with Brass neck rings.

2. Three Legs:- Three legged performer Francisco Letini.

3. Superb Eyeballs:- Avelino Perez Matoz who could dislocate his eyeballs from their sockets.

BYB - Boost your brain

Founding Father

Medicines - Hippocrates

Modern Astronomy - Nicolaus

Copernicus

White Revolution - Verghese Kurier

Railways - George Steffinsin

History - Herolotus

Science Heads

1. A biologist & an archeologist who demonstrated by experiments that plants are also sensitive to heart, cold, light, noise etc and various other external stimuli.

-Jagdish Chandra Bose

2. A famous Indian mathematician

known for his contributions to mathematical analysis, number theory, infinite series & continued fractions.

-Srinivas Ramanujan

3. An Indian astrophysicist best known for his development of the 'Saha Equation' used to describe the chemical & physical condition in stars.

-Meghnad Saha

Renamed Countries:-

New

Iraq

Iran

Myanmar

Taiwan

Cambodia

Thailand

Sri Lanka

Old

Mesopotamia

Persia

Burma

Formosa

Kampuchea

Siam

Leylon



Sifat VI - E

Childhood Of Church Mice

The age to blossom and bloom, it's called; the age to mop and broom, it becomes.

Slogging in sharp sun, deprived even of a room.

Life replete with struggle, no sign of buddle.



Millions of Naives, umpteen desires in their eyes;

waiting to get fulfilled, till the end of time.

Cries in their eyes, spotlighting between the grime.

Having no mercy towards them, schools and fun clubs giving way to the affluents.

Gazing at the school students; with no choice,

Other than chasing them.

For the little children, as poor as church mice,

a small aid would suffice.

So, join hands, tide over the church mice, by donating a teensy price.



Ananya Duggal XII - Humanities

GOOD FRIENDS

Good Friends are the beat of your heart, from whom you don't want to be apart. You can share your secrets with them,

Without them you feel your life to be incomplete, with them your life is full of dreams; Good friends are never judgemental, with you they are always crazy and mental.

They'll always make your problems their own, They'll give solutions and guide you, but never let you wrong.

They will never let you cry, fear or worry,

They are the ones who don't need formalities. 'Thank you' or 'sorry'

are some foreign words. No matter how busy they are, they will always

take out their time for you. No matter wherever they are, in your

dark times they will always be there for you, They'll hear you every time,

They'll always be happy for you. So don't ever betray them. Thank them

and love them.



Gunjot Kaur VIII - Green

Grammar Mistakes...

It looked like

their wasnt

anything they could

Subject - Verb Agreement Error

The subject and verb of a sentence must agree with one another in number whether they are singular or plural. If the subject of the sentence is singular, its verb must also be singular, and if the subject is plural, the verb must also be plural.

Example 1:-

Incorrect :- An important part of my life have been the people who stood by me.

Correct:- An important part of my life has been the people who stood by me.

Example 2:-

Incorrect :- The two best things about the party was food and the music.

Correct:- The two best things about the party were food and the music.



Jasmine Kaur VIII - Orange

LOL



IMPOSSIBILITIES OF THE WORLD

1. You can't count your hair
2. You can't wash your eyes with soap
3. You can't lick your elbow
4. You can't breathe with your tongue out!

Put your tongue back dear friend!!

10 THINGS I KNOW ABOUT YOU

1. You are reading this.
2. You are human.
3. You can't spell the letter "P" without separating your lips.
4. You just attempted to do it.
6. You have a smile on your face! And you skipped no. 5.
7. You just checked if there is a no.5.
8. You laugh at this because you are a fool and everyone who does it too!
9. You are probably going to encourage your friends to read LOL by Radhika in the school magazine.
10. I actually wrote 8 things that I know about you because there is no number 5 and this point is useless.

Radhika Sharma VIII

I Love my teacher.
Because of her nature.
She is always in my prayers.
She is as sweet as strawberry.
Her voice is like music to my ears.
and she always removes my tears.
She is very funny.
and looks like cute Bunny.
She is more than money
And when I talk to her my day goes sunny.
She teaches me that sharing is caring.
Her mind is as sharp as knife.
And she is my life.
When she is ill,
I want to give her a pill.
To get her well soon,
so she again shines like a moon.

My Teacher

Samaira XI - Commerce



My Future Profession

Every time I think what to become,
An engineer or a doctor
Rock like a singer,
or pop like a dancer.

Streams are so many,
But have to choose one.
Every time I think what to become,
A lawyer or a judge,
Even C.A. seems like a Judge.

To choose my future profession,
I am still so confused
Everytime I think what to become,
and a poet in me just blooms.

Harjas Singh
X-Yellow



A Mother's Joy



She wakes up in the middle of night.
To check if you are alright
She holds you in her arms
Until you sleep tight.

The happiness you bring
It makes her heart swing.
She'll never leave your side
She will always be by your side.

Never take her for granted
Never make her cry.
For a mother's joy at heart
Is the love of a child.

Jasneet Kaur
XI-Commerce

Life!

Life has passed much to extent,
I met new people wherever I went
Overcrowded, lonely and hallow lanes,
I made nice efforts but some were in vain.
Thinking about life I went deep,
I found incidents of happiness and some to weep.
I walked little forward and found, there was brightness
and a swelling wound.
I wanted someone to come and feel,
someone who can understand me and
share my meal.
I wanted to try if I could cry, But found
my eyes dry. I looked behind and
discovered my steps,
I met new people whom I left. I just
realized the life is going, I'm getting
the fruit what I'm sowing. I'm
awakened what to do next. Whatever
I saw in life, I wrote in text.



Gunnjot Kaur
VIII-Green



A Sign of Hope : Covid 19

I somehow know that there is something better
On the other side of this stormy weather,
Even with everything becoming wither,
There is still a way to hold strong together,
With every fight and battle ahead,
There is still a chance to see a bright tomorrow
ahead.

Instead of worrying about
tomorrow,
Worry about what you cannot do
Worry about what you cannot see,
Instead of worrying all the time,
Stay connected to the source of all
power, of all healing and of all
hope!



Tanisha
XI-Medical

'etc.'

Why do we write 'etc' at the end in
the Exam??

because it Means

E - End of
T - Thinking
C - Capacity



Sanskriti Sood
VIII-Blue

MOTHER IS THE BEST

My mom is really great;
She's sweet as she can be;
When I need some help, I know
She will always be there for me.
Mom loves me all the time,
Even when I'm a pest,
She always takes good care of me;
My mother is the best.



My mother, my friend so dear
Throughout my life
You're always near.
A tender smile to guide my way
You're the sunshine
to light my day.

"M" is for million things she gave me,
"O" only best of best friends,
"T" for tears she shed to save me,
"H" for her heart of gold,
"E" for her eyes, with love - light shining,
"R" right, and right she'll always be,
Put them all together, it's "Mother",
May all the love you gave others come back to you.



Anushka Kaushik
VIII-Yellow



RIDDLES



1. I make a loud sound when I'm changing. When I do change, I get bigger but weigh less. What am I?

Answer: Popcorn.

2. I can fill a room, but I take up no space. What am I?

Answer: Light.

3. What will die if it drinks?

Answer: Fire

4. Who is that with a neck and no head?

Answer: A shirt

5. What has legs but can't walk?

Answer: A Chair



Divit Jain
I-Orange

THE GUIDE



Teachers are God's most wonderful creation, showing a progressive way to the nation.

They are the ones moulding the future, converting the child into a wanted creation. They are the ones holding the torch of education,

And help the child to reach his destination.

They bring colours to life that are bright, And teach the child the difference between wrong and right.

They are the best source of inspiration,

And show a path to achieve success and salvation.

Among all of us they are the best, so their dignity commands respect.



Tvisha Malhotra
VIII-Blue

AMAZING FACTS ABOUT ENGLISH

- Google's founders were willing to sell to excite for under \$ 1 million in 1999 - but excite turned them down. 
- The medical term for ice cream headaches is sphenopalatine ganglioneuralgia. 
- Although Dr. James Naismith invented basketball, he's the only Kansas Jayhawks basketball coach with a losing record. 
- Wisconsin is the Badger state because the area's lead miners used to spend winters in tunnels burrowed into hills like badgers. 
- In 1999, the U.S government paid the Yapruder family \$ 16 million for the film of JFK's assassination. 
- Before he became president, Abraham Lincoln was wrestling champion of his country. He fought nearly 300 matches and lost only one. 

Smriti Jain
VIII-Red

THE AMAZING FACTS



My Wish



I wish to have a perfect life
with no pain, sorrow or grief
Where we have time to stand and stare
The beauty of nature, its love and care
Where our thoughts are filled with
God's belief
And there is no one in suffering or in grief.
The sky for every one is clear,
Every face is smiling and in cheer
I want to enjoy the sunshine
which signifies the presence of the divine.



Gunnjot Kaur
VIII-Green

DON'T ABORT GIRL CHILD

I am a girl, I'm one month old,
My mother just got to know,
That I'm entering her world.
I'm super excited to see her, just don't know how would be my world?
But my mother is not happy with the news, she seems to be worried and scared.
Doesn't she want me in her life?
My parents and family are fighting over me. They want a boy.
Not a burden like me, Am I that bad?
They want to abort me, kill me before I'm even born
If I'm not a boy was that my fault?
I'm still in my mother's womb
She is always so stressed.
She wants me but can't fight with the rest
Is it so easy for her to give up upon me?
I'm a girl, was that my fault
I'm your child, please don't abort.
Today is the day when I'll be gone,
My existence will be destroyed
But I still want my next birth
as a girl child, and a plead to Lord
To give me a parent who loves me and keeps me alive
Don't abort girl child.

Praveen Yadav
IX - Orange



Can You Change Me?: Destiny

I was happy when destiny challenged me,
I had some fear to shift the gear,
I tried and cried all day long,
But my destiny kept singing a song.
Did you find some bliss?
Or did you hear the snake's hiss?
"Take a pill", my destiny said with a chill!
I started to think without a blink,
When suddenly my friend gave me a wink,
She handed me a card which said
"Work hard."
With some fear of tear I worked,
It had some pain,
But at last I was happy again!



Tanisha Sharma
XI-Medical



Grow old along with me: The best is yet to be

Melancholy nights,
Winds seemed wailing
Woods naked
With meadows that were brown
Cried & tried all night long but I was scared to fight more.
Scary whispers all around,
With the cicadas making sound,
Suddenly he came
With moonlight bent around him, surrounding him in a hazy shimmer.
His metallic eyes,
Made the stars glow bright,
In my colourless life he poured colours of each & every light,
By those sparkling two beautiful eyes of black and white.
He gave me hope,
When the world called me dope,
He taught me that I am stronger than my struggles and more fierce than my fears.
That's when I realised what a true friend was,
Through odds and ends
We've been best friends,
Time passed but memories will last,
Always remember a single thing
I want you forever and this friendship won't ever sink.
I want to grow old along with you
Whatever be my situation or yours
Because you taught me the best is yet to be!



Tanisha
XI-Medical



LOCKDOWN - A Great Teacher

A few days ago, I was listening to a poem "Lockdown तुमको समझा torture, निकला है तू teacher रे"

Suddenly an idea stuck to my mind to write an article on this. Lockdown has taught us many lessons. Let us take one by one.

L- Stands for (Life)

It means our life should be simple living with high thinking.

E- (Environment)

Since everyone is staying inside, environment is becoming less polluted.

S- (Survival)

For our survival, we only need a few things like food and shelter etc. Also that cannot survive without our family.

S- (Save)

We must save for our future needs especially for hard days.

O- (Opportunity)

We must make of every opportunity in our life. During these days, we have learnt so many things. We have become digitally strong.

N- (Nature)

We should not harm nature. Rather we must change our nature according to time. Please preserve this lesson for a life time.

Shaurya Bhatia
IV - Pink

Is This We Promise To God?

The Blue Skies Turns Black,
The Birds Flying Fell On Earth
Due To The Terrible Change Brought Out in Earth.

Is This We Promise To God?

The Forest Start Vanishing,

Drinking Water going To null,

Some Animals Are extinting,

Due To Terrible Change Brought Out in Earth.

Is This We Promise To God?

Axe Cutting Tree So Soon,

Nature's Beauty Going Soon,

Due To Change Occur On Mother Earth.

Is This We Promise To God?

What Would Happen, What We Do?

STOP ALL THIS RUBBISH FOOL'S

✿ Correct your mistake and Save Mother Earth,

✿ Use 3R's System and reduce the Waste Soon

✿ Plant Tree and Make it Green.

Yes, This We Promise To God

Yes, This We Promise To God...



Dashmeet Singh
XII-Non-Medical

हिंदी विभाग



श्रीमती मोनिका शर्मा
उप-संपादिका

संपादकीय

ब्रह्माण्ड की सारी शक्तियाँ हमारे हाथों में हैं
किंतु ये हम ही हैं कि इन्हें आँखों पर रखकर कहते हैं
कि अंधेरा बहुत है।

आत्मविश्वास मनुष्य के अंदर ही समाहित होता है। बस जरूरत है आंतरिक शक्तियों को इकट्ठा कर अपने आत्मविश्वास को सुदृढ़ करने की। जीवन में सफलता के लिए आत्मविश्वास उतना ही आवश्यक है, जितना मनुष्य के लिए ऑक्सीजन और पानी। एक बालक के व्यक्तित्व में इस गुण को विकसित करने हेतु शिक्षा एक मात्र सर्वोत्तम साधन है। शिक्षा एक ऐसा माध्यम है जिसके द्वारा शिक्षा ग्रहण करने वाला विद्यार्थी अपनी भारतीय संस्कृति को संजोकर भविष्य में विकास के पथ पर अग्रसर होगा।

हमारा निश्चय है कि हम अपने विद्यार्थियों को उत्कर्ष शिक्षा केन्द्र प्रदान करें, जोकि उन्हें सर्वांगीण रूप से सक्षम एवं स्वावलम्बी भारतीय नागरिक के रूप में सुसज्जित करें। यह संस्थान ऐसे हो जो उत्तम शैक्षणिक आधारभूत संरचना और सर्वश्रेष्ठ संकाय के द्वारा छात्रों के ज्ञानोपार्जन के साथ अनुशासन व चरित्र निर्माण में सहयोग प्रदान करें एवं अभ्यापक गण, छात्र व छात्राएँ इस शताब्दी के महायज्ञ में कदम से कदम मिलाकर बढ़े तथा अपने देश को अपने समय में ही विकसित देश के रूप में देखें।

राही

खुद की चुनी राह पर यदि तुम्हे चलना है,
तो सूरज से पहले ना तुम्हे ढलना है।
जिन्दगी के किसी मोड़ पे,
कहीं मुश्किलें ना तुम्हे तोड़ दे।
दोपहर की तपती रेत पर,
तू पसीना बहा मेहनत कर।
चाहे चोट पे चोट लगे बुझे,
तेरे जुनून की लौ ना बुझे।
तू चाहे तो हवा का रूख मोड़ दे,
हर जंजीर को तोड़ दे।
तू आगे अपने बड़ा कदम,
जो तुझ में है दम।
जो तुझ में है दम।।



ख्वाब पजनी
दसवीं - संतरी



शिक्षक

कौन हमारे मन में हरदम, ज्ञान के दीप जलाता है।
इस जग में आगे बढ़ने की, हमको दिशा दिखाता है।
माँ ने हमको जन्म दिया, पर सच में किसने पाला है।
तन तो ढाला माता ने, पर मन को किसने ढाला है।
किसने हमको यह बताया, क्या है जग और क्या है नभ।
किसने हमको यह समझाया, क्या है झूठ और क्या है सच।
किसने हमको अलग अलग सौ, भाषाओं का ज्ञान दिया।
हम साक्षर हैं ये कहने का, किसने हमको मान दिया।
माँ बाप के बच्चे हैं, हम, इस खातिर हमें दुलार दिया।
किसने अपना न होते भी, अपने जैसा प्यार दिया।
शिक्षक पिता, शिक्षक माता, शिक्षक मेरा विधाता है।
प्रभु से पहले शिक्षक के आगे, शीश मेरा झुक जाता है।



प्रभरूप कौर
दसवीं - पीली



जिंदगी का सफरनामा

ये जो जिंदगी की किताब है
ये किताब भी क्या खिताब है
कहीं एक हसीन सा ख्वाब है
कहीं जानलेवा औंजार है
कहीं खो दिया, कहीं पा लिया
कहीं रो लिया, कहीं हंस लिया
कहीं छीन लेती है हर खुशी
कहीं मेहरबान बेहिसाब है
ये जो जिंदगी की किताब है
ये किताब भी क्या खिताब है



बूझो तो जानों



1. बूझो भैया एक पहेली, जब काटो तो नई नवेली।
उत्तर- पेन्सिल
2. पाँच अक्षर का मेरा नाम, उल्टा-सीधा एक समान।
उत्तर- मलयालम
3. काला घोड़ा, सफेद सफारी, एक उतरा तो दूसरे की बारी।
उत्तर- तवा और रोटी
4. हरा हूँ पर पत्ता नहीं, नकलची हूँ पर बंदर नहीं, बूझो तो मेरा नाम सही।
उत्तर- तोता



प्रणव अरोड़ा
दसवीं - पीली

माता-पिता

माता-पिता भगवान के दिए हुए सबसे अनमोल उपहार हैं। माता पिता का स्थान हर व्यक्ति के जीवन में भगवान से भी पहले आता है और यह पूजनीय है। माता-पिता का प्यार निःस्वार्थ होता है और वह हमारी खुशियों के लिए अपनी खुशियों को त्याग देते हैं। बच्चे चाहे कितने भी बड़े हो जाए पर वह माँ बाप के लिए हमेशा छोटे ही रहते हैं। दुनिया का कोई भी रिश्ता झूठा हो सकता है लेकिन माँ बाप का रिश्ता हमेशा सच्चा होता है। माता पिता हमेशा अपने बच्चों को सफल होते हुए देखना चाहते हैं और उनकी जरूरतें पूरी करते हैं। माता-पिता दिन-रात हमारे लिए कार्य करते हैं और हर मुसीबत को हमारे तक आने से पहले ही रोक देते हैं। माता-पिता का अपने बच्चों के साथ पवित्र रिश्ता होता है। सिर्फ माता-पिता ही होते हैं जो हमें जीवन देते हैं और अच्छे संस्कारों से सींचते हैं। हमारे जन्म से लेकर उनकी मृत्यु तक वह हर कदम पर हमारे साथ होते हैं। वह हमें संस्कार देकर इस समाज में रहने योग्य बनाते हैं और हमारा सही मार्गदर्शन करते हैं। माता-पिता की ममता और त्याग का कर्ज हम कभी नहीं चुका सकते हैं पर हमें भी उन्हें खुश रखने की कोशिश करनी चाहिए। आधुनिक समय में लोग माता-पिता के महत्व को भूलते जा रहे हैं और उनसे सही तरीके से बात भी नहीं करते हैं। बच्चे बड़े होते माँ बाप का प्यार भूल जाते हैं और उन्हें वृद्धाश्रम छोड़ आते हैं जो कि बहुत गलत है। माता-पिता का निरादर भगवान के निरादर के समान है। हमें हमेशा अपने माता-पिता का सम्मान करना चाहिए। क्योंकि वह जीवन में सिर्फ एक बार ही मिलते हैं। किसी ने सही लिखा है:-
**माता-पिता के बिना दुनिया की हर चीज़ कोरी है,
दुनिया का सबसे सुंदर संगीत माँ की लोरी है।**

अकांशा गुप्ता
दसवीं - पीली

Best Mom



माँ

रिश्तों के तो नाम कई हैं, पर माँ होना आसान नहीं है।
अपना हर एक ख्वाब भुलाकर, खुश होना आसान नहीं है।
एक एक काम है माँ के जिम्मे, समय सारणी सख्त बड़ी है।
पल पल काम में उलझे रहना, सच जानो आसान नहीं है।
माना ये एहसान नहीं है, किसी पर इल्जाम नहीं है,
पर अंतमन की अभिलाषा को, भुला पाना आसान नहीं है।
हार छोड़ो तो घर बिगड़ेगा, मन तोड़ो तो मन बिगड़ेगा
दोनों को समेट के चलना, ये भी आसान नहीं है।
सबसे कठिन तो तब लगता है, जब कोई नहीं समझ पाया ये,
कि कैसे माँ ने पूरी की है, हर रिश्ते की जिम्मेदारी।
कर कर के भी नाम ना मिलना, हक का वो सम्मान ना मिलना,
हंसकर सब कुछ टालते रहना, बिल्कुल भी आसान नहीं है।

पायल यादव
दसवीं - हरी



समय है पश्चाताप का

सजा मिली है, विकास की,
दूर देश विहार की,
माँ-बाप से विरहा की,
धन संचय क्रिया की,
समय है, पूर्ण पश्चाताप का,
भूलों की सुधार का,
गलतियों की पहचान का,
अपनों के बचाव का,
समय है, साथ मिलकर रहने का,
साफ-सुथरे पहने का,
आभक्ष के त्याग का,
प्रकृति के सुधार का,
समय है, परिजन संग समय बिताने का,
स्नेह दीप फिर जलाने का,
स्वच्छता को अपनाने का,
अंतर्मन को जगाने का,
समय है, कार्य, घर से करने का,
शांत, मन रखने का,
जीवन मूल्य, जानने का,
अहिंसा, को मानने का,
समय है, कोरोना को मिटाने का,
मानवता को जिताने का,
स्व-परिवार को बचने का,
घर से बाहर नहीं जाने का।।

पायल यादव
दसवीं - हरी

क्या खूब लिखा है

आहिस्ता चल जिंदगी, अभी
कई कर्ज चुकाना बाकी है
कुछ दर्द मिटाना बाकी है
कुछ फर्ज निभाना बाकी है



अपशीता
नवी - पीली

रफ्तार में तेरे चलने से
कुछ रूठ गए कुछ छूट गए
रूठों को मनाना बाकी है
रोतों को हंसाना बाकी है

कुछ रिश्ते बनकर, टूट गए
कुछ जुड़ते-जुड़ते छूट गए
उन टूटे-छूटे रिश्तों के
जख्मों को मिटाना बाकी है

कुछ हसरतें अभी अधूरी हैं
कुछ काम भी और जरूरी हैं
जीवन की उलझी पहेली को
पूरा सुलझाना बाकी है

जब सौंसो को थम जाना है
फिर क्या खोना, क्या पाना है
पर मन के जिद्दी बच्चे को
यह बात बताना बाकी है

आहिस्ता चल जिंदगी, अभी
कई कर्ज चुकाना बाकी है
कुछ दर्द मिटाना बाकी है
कुछ फर्ज निभाना बाकी है



आशा

हर सुबह एक नई आशा लाती है
यह आशा की किरण हर रोज आती है।
नए-नए सपने लाती है
सपनों को पूरा करने का एहसास दिलाती है।
इस आशा के सहारे दुनिया चलती
सब सुधारते हैं गलती।
प्रिय साथियों हमें रहता है सुबह का इंतजार
जिन्दगी में नहीं माननी चाहिए हार।
सदा करो हिम्मत से मुसीबतों का सामना
करो हमेशा सबकी सफलता की कामना।
कभी न छोड़ो आशा का सहारा
यह पहुँचा देगी हमारी मंजिल तक जो है।
नदी के किनारे, मुसीबत का साथ नहीं छोड़ती
यह तो इतनी जरूरी, जितनी हमारी भाषा।
सदा रखो मधुर वाणी
रहे स्वच्छ जैसे पानी।
हर सुबह एक नई आशा लाती है
यह आशा की किरण हर रोज आती है।



अनायत कौर
नवी - संतरी

मेरे सिर पर भी माँ की
दुआओं का साया होगा,
इसलिए समुन्दर ने मुझे
डूबने से बचाया होगा....
माँ की आघोष में लौट
आया है वो बेटा फिर से...
शायद इस दुनिया ने उसे
बहुत सताया होगा...
अब उसकी मोहब्बत की
कोई मिसाल दे,
पेट अपना काट जब बच्चों
को खिलाया हो...



की थी सकावत उसर भर जिसने उन के लिए
क्या हाल हुआ जब हाथ में कजा आया होगा
कैसे जन्नत मिलेगी उस औलाद को जिस ने
उस माँ से पहले बीबी का फर्ज निभाया होगा...
और माँ के सजदे को कोई शिकं न कह दे
इसलिए उन पैरों में एक स्वर्ग बनाया होगा....



अभीजीत सिंह
नवी - जामुनी

अस्तित्व

चाहूँ क्यों..... बनू पसंद किसी की
मिटानूँ क्यों..... इच्छायें खुद ही की....
क्यों भागूँ मैं पीछे उसके,
जो हर पल भरमाता है...
तकती क्यूँ रहूँ राह उसकी,
जो छोड़, दूर चला जाता है....
क्यों बदलूँ मैं खातिर किसी के,
सह क्यूँ लूँ सारे तोड़ जिन्दगी के....
क्यों मोचूँ करे कोई स्वीकार
समझूँ क्यूँ खुशी का इसे द्वार...
जीवन यदि ये मेरा है तो,
क्यों हक इस पर औरों का है...
इतने क्यूँ पर उत्तर नहीं है,
उस पर जहाँ साधे चुप्पी है...
कोई तो समझे आखिर ये,
कि अस्तित्व तो मेरा भी है।



रक्शीन कौर ओलक्ख
नवी - जामुनी



वृक्षारोपण

“कड़ी धूप है जलते पाँव, होते वृक्ष तो
मिलती छाँव साँस हो रही है कम, आओ वृक्ष
लगाएँ हम।”
पेड़ पौधे लगाना और उनकी देखभाल करना
वृक्षारोपण कहलाता है। मानव जाति आज भी
जीवित रहने के लिए पौधों पर निर्भर करती है।
प्राचीन काल से लेकर आज तक मानव सभ्यता में
जो भी उत्थान हुए हैं, उनमें वृक्षों का दान अतुलनीय है। परंतु बहुत दुःखद बात
यह है कि यांत्रिक विस्तार, तेजी से औद्योगीकरण और जन संख्या विस्फोट
के कारण वृक्षों की संख्या कम हो रही है। पेड़ न केवल हमें शुद्ध वायु प्रदान
करते हैं बल्कि पर्यावरण को भी सुंदर बनाते हैं। प्रकृति में पेड़ मनुष्य के सच्चे
मित्र हैं क्योंकि यह ना केवल फल, सब्जियाँ, लकड़ियाँ आदि देते हैं बल्कि
पेड़ों से मिली अनेक प्रकार की औषधियाँ हमारे शरीर
से सम्बंधित कई प्रकार के रोगों का उपचार करने में भी
हमारी मदद करती हैं। शुद्ध हवा एवं आक्सीजन के
बिना मानव जीवन असंभव है। यदि हम प्राकृतिक
आपदाओं से बचना चाहते हैं तो प्रत्येक नागरिक का
यह कर्तव्य है कि वह वृक्षों को ना काटे और काटने से
भी रोके। अगर वन सम्पदा नष्ट हो जाएगी तो प्रकृति
को कोप से बचाना बहुत ही मुश्किल होगा।



परीनीत
नवी - पीली



शिक्षक- हमारे मार्गदर्शक

1. शिक्षक वह होते हैं जो अपनी ज्ञान की ज्योति से हमें प्रकाशित करते हैं और हमारा मार्गदर्शन करते हैं।
2. माँ किसी भी व्यक्ति की पहली शिक्षक होती हैं जो उसे चलना, बोलना, जैसी मूलभूत आवश्यकताएँ सिखाती हैं।
3. शिक्षक के पेशे को सबसे अच्छे और आदर्श पेशे के रूप में माना जाता है।
4. यह किसी के जीवन को बनाने में निःस्वार्थ भाव से अपनी सेवा देते हैं।
5. शिक्षा की ओर महत्वपूर्ण जिम्मेदारी को शिक्षक निभाते हैं।
6. शिक्षक बच्चों को उनके बचपन से ही नेतृत्व करते हैं और उन्हें काबिल बनाते हैं।
7. वो हमें जीवन के प्रति सकारात्मक नज़रिया अपनाना सिखाते हैं।
8. हमें सदैव अपने गुरु का आदर करना चाहिए।
9. सच्चे मायनों से गुरु का आदर तभी तो हो सकता है, जब हम उनके बताए गए मार्ग पर चलें।



अवनीज्योत कौर
नौवीं - पीली

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 दे,
फौलाद का भी बल निकलेगा।
जिन्दा रख, दिल में उम्मीदों को,
गरल के समन्दर में भी गंगाजल निकलेगा।
कोशिशें जारी रख कुछ कर मंजिल हासिल करने की,
जो है आज थमा थमा सा, चल निकलेगा।।

कोशिश कर



कश्यवी जैन
नौवीं - पीली



सिखला दो न पापा

जिन्दगी के गणित में मैं बहुत कच्ची हूँ,
मुझे जिन्दगी का गणित सिखला दो न पापा।
जोड़, घटाना, गुणा और भाग को,
जीवन में लागू करना बतला दो न पापा।
मुझे जिन्दगी का
लोग सम्बन्धों के लिए तरसते हैं,
आजकल सच्चे रिश्ते कौन रखते हैं।
हर रिश्ते में मिलावट देख लिया पापा,
अपने जैसा रिश्ता निभाना सिखला दो न पापा।
मुझे जिन्दगी का
गुणा-भाग और लाभ-हानि के चक्कर में,
अपने रिश्ते सिमटते जा रहे हैं।
खून के रिश्ते भी तो अब कहाँ निभ रहे हैं,
उनको भी निःस्वार्थ प्रेम करना सिखला दो न पापा।
मुझे जिन्दगी का
यूँ तो फेसबुक और वाट्सएप की दुनिया में,
किसी को किसी की जरूरत महसूस नहीं होती है।
जीवन की खुशियाँ तो अपनों के संग बिताने में हैं,
अपनों से भी घनिष्ठता करवा दो ना पापा।
मुझे जिन्दगी का



करनीत कौर
नौवीं - जामुनी



दोस्त

दोस्त! हमारे जीवन में इनके क्या मापने होते हैं। यह हमसे बेहतर कौन समझ सकता है। यह वह लोग होते हैं। जिन्हें हमारे जीवन में हमारे माता-पिता के बाद सबसे महत्वपूर्ण स्थान प्राप्त होता है। दोस्त किसके पास नहीं होता। सबके पास अपना मनचाहा दोस्त होता है। दोस्त शब्द की कोई परिभाषा नहीं होती। एक सच्चे दोस्त की तुलना हम किसी भी अनमोल खजाने से नहीं कर सकते। ये वे लोग हैं जब हमें कोई नहीं सुन रहा होता तो ये सुन रहे होते हैं। ये हमारे हर फैसले में हमारे साथ खड़े होते हैं, हमारी पसंद, नापसंद, अच्छाइयाँ, बुराइयाँ इन्हे सब पता होता है। वह भी जो हम इनसे छुपाने की कोशिश करते हैं। हम जिस भी परेशानी में कूद रहे हो, वह भी उस परेशानी में बिना सोचे-समझे ही कूद पड़ते हैं। कभी-कभी कितना अजीब बर्ताव करते हैं ना ये कि हमें कुछ समझ में नहीं आता। अगर हम कभी गलत रास्ते पर चल पड़े तो हमसे लड़ना ही क्यों ना पड़े ये हमें वापिस सही रास्ते पर ले ही आते हैं। कितने खुशकिस्मत होते हैं ना वे लोग जिन्हें ऐसे दोस्त मिलते हैं।



मरीअम
नौवीं - जामुनी

मिनी हिंदुस्तान

दुनिया के लगभग हर, देश में हर कोने में भारतीय रहते हैं। कुछ-कुछ देश तो ऐसे हैं जहाँ भारतीयों की आबादी बहुत ज्यादा है। ऐसे देशों को अगर हम 'मिनी हिंदुस्तान' कहें तो गलत नहीं होगा। ऐसा ही एक देश है फिजी यहाँ प्रचुर मात्रा में वन, खनिज और जलीय स्रोत हैं। यही वजह है कि फिजी को प्रशांत महासागर के द्वीपों सबसे उन्नत राष्ट्र माना जाता है। फिजी द्वीप समूह अपने द्वीपों की खूबसूरती की वजह से ही दुनियाभर में मशहूर है और इसी वजह से बड़ी संख्या में लोग यहाँ घूमने भी आते हैं। बड़ी संख्या में भारतीयों के होने की वजह से इस देश में कई हिंदू मंदिर भी हैं। फिजी में रहने वाले हिंदू हिन्दुस्तान की तरह ही रामनवमी, होली और दीवाली जैसे त्योहार भी मनाते हैं।



वमिका कालीया
नौवीं - जामुनी

वक्त नहीं

“हर खुशी है लोगों के दामन में
पर इस हँसी के लिए वक्त नहीं,
दिन रात दौड़ती दुनिया में
जिंदगी के लिए ही वक्त नहीं,
माँ की लोरी का एहसास तो है
पर मां को मां कहने का वक्त नहीं,
सारे नाम मोबाइल में हैं
पर दोस्ती के लिए वक्त नहीं,
आँखों में है नींद बड़ी
पर सोने का भी वक्त नहीं,
पैसों की दौड़ में ऐसे दौड़े
कि थकने का भी वक्त नहीं,
पराए एहसासों की क्या कद्र करें
जब अपने सपनों के लिए ही वक्त नहीं।।”



इरा शर्मा
नौवीं - लाल



करियर चयन

जीवन में बहुत सारी आवश्यक बातों में एक महत्वपूर्ण बात होती है करियर का चुनाव। करियर इंसान की प्रतिभा निखारने में काबिल होना चाहिए। इंसान में जो योग्यता और गुण होते हैं उन्हीं के हिसाब से करियर का चयन किया जाता है। कई बार हम ऐसे करियर का चुनाव कर लेते हैं जो हमारी रुचि को नहीं दर्शाता तो हम उसमें अपना शत-प्रतिशत नहीं दे पाते और हम पीछे रह जाते हैं। ऐसा होने पर हम मानसिक और शारीरिक दोनों तरह से प्रभावित होते हैं।

कई बार बच्चे यह निर्णय लेने में असमर्थ होते हैं तो वह अपने शिक्षक और माता-पिता की मदद ले सकते हैं। यह जरूरी नहीं होता कि साईंस वाले बच्चे ही तरक्की कर पाते हैं। वे बच्चे जिनमें निर्णय लेने का साहस होता है, जिनमें लीडरशिप गुण होता है, जो कला, साहित्य में रुचि रखते हैं वे बच्चे भी बहुत तरक्की करते हैं।

करियर चयन ऐसा भी होना चाहिए जो आपको आर्थिक रूप में भी सहायता करे। ऐसा करियर जो आपकी योग्यता को पहचानता है और जो अच्छा जीवन निर्वाह करने में सहायक हो। ऐसा करियर सफलता की ओर लेकर जाता है। बस, जरूरत होती है अपनी योग्यता को पहचानना, महारत हासिल करना यही है असली करियर का चयन।



इशा अग्रवाल
नौवीं - लाल



जिन्दगी

कभी तानों में कटेगी,
कभी तारीफों में,
ये जिंदगी है यारों
पल पल घटेगी
पाने को कुछ नहीं,
ले जाने को कुछ नहीं,
फिर भी क्यों चिंता करते हो
इससे सिर्फ खूबसूरती घटेगी
ये जिंदगी है यारों पल पल घटेगी।
बार-बार रफू करता रहता हूँ
जिंदगी की जेब
कमबख्त फिर भी निकल जाते हैं
खुशियों के कुछ लम्हें।
जिंदगी में सारा झगड़ा ही
ख्वाहिशों का है....
ना तो किसी को गम चाहिए,
ना ही किसी को कम चाहिए।



कंगना माटला
नौवीं - लाल

फिर उसका क्या दोष?

रात के समय एक दुकानदार अपनी दुकान
बंद ही कर रहा था कि एक कुत्ता दुकान में
आया। उसके मुँह में एक थैली थी, जिसमें
सामान की लिस्ट और पैसे थे। दुकानदार ने
पैसे लेकर सामान उस थैले में भर दिया।
कुत्ते ने थैली मुँह में उठा ली और चला गया।
दुकानदार आश्चर्यचकित हो के पीछे-पीछे गया। यह देखने कि इतने
समझदार कुत्ते का मालिक कौन है? कुत्ता बस स्टॉप पर खड़ा रहा। थोड़ी
देर बाद एक बस आई, जिसमें चढ़ गया। कंडक्टर के पास आते ही अपनी
गर्दन आगे कर दी। उसके गले में उसका पता भी था। कंडक्टर ने पैसे लेकर
टिकट कुत्ते के गले के बेल्ट में रख दिया। अपना स्टॉप आते ही कुत्ता आगे
के दरवाजे पर चला गया और पूँछ हिलाकर कंडक्टर को इशारा कर दिया।
बस के रुकते ही उतरकर चल दिया। दुकानदार भी पीछे-पीछे चल रहा
था। कुत्ते ने घर का दरवाजा अपने पैरों से 2-3 बार खटखटाया।
अंदर से उसका मालिक आया और लाठी से उसकी
पिट्टाई शुरू कर दी। दुकानदार ने मालिक से इसका
कारण पूछा। मालिक बोला, साले ने मेरी नौद
खराब कर दी। चाबी साथ लेके नहीं जा सकता था
गधा।
जीवन की भी यही सच्चाई है। लोगों की अपेक्षाओं
का कोई अंत नहीं।



मनसीरत कौर
नौवीं - लाल

सुकून की तलाश में

सुकून की तलाश में तू फिरा इधर-उधर था मगर जहाँ छिपा, गई नहीं वहाँ
नज़र।
तू सोचता रहा यही कि एक दिन मिलेगा वो जब मिलेगा सब तुझे, हाँ तभी
दिखेगा वो।
तू छोड़ आया एक शहर, तू छोड़ आया एक गली जिंदगी के संग चला, वो
जिधर-जिधर चली।
ये नई-सी थी जगह आसमान भी था नया तू उड़ा बहुत मगर, फिर जरा सा
थक गया।
इस उड़ान ने तुझे था यहाँ बहुत दिया चाहतों को पर तेरी, नया मुकाम दिख
गया।
तू फिर उड़ा यह सोचकर कि जो तलब थी अब तलक खत्म होगी यह वहाँ,
जहाँ दिखी है एक झलक।।
लंबा यह सफर रहा, हौसला मगर रहा, आ गया नज़र में वो, जो दूर ही से था
दिखा।
एक शख्स था वहाँ, फेरे अपना मुँह खड़ा, उसके पास वो सुकून तुझे कभी ना
जो मिला।
तुमने उससे यह कहा, कि रास्ता कठिन रहा, खुश मगर हूँ मैं बहुत मुझे सुकून
है मिल गया।
क्यों अँधेरा है यहाँ, फेरे मुँह तू क्यों खड़ा, चल सुकून को बाँट ले, मैं आदमी
नहीं बुरा।
फिर हुई थी रोशनी, फिर हुई जो रोशनी,,
था नहीं था वहाँ कोई भी, हाँ मगर था आईना, था आईने में अक्स भी।
वो अक्स था तेरा वहाँ, जो था सुकून लिए खड़ा, हँस के कहने यह लगा, "मैं
तुझमें ही सदैव रहा।"
तो एक इंसान जिसकी उम्र गुज़र गई सुकून को तलाशने में, यह सुनकर हैरान
हो जाता है।
खुद से सवाल करता है "क्या वो महज जुनून था? क्या पास में सुकून था?
क्यों मुझे खबर न थी, क्या मुझमें ही था ये कहीं?"
इंसान को देखकर सुकून अक्सर उससे कहता है-
क्यों खुद से इतना लड़ रहा? जो चाहा तुमने पा लिया, अब समझ यह बात तू
जो तुझ से मैं ये कह रहा,
दौड़ में यहाँ सभी मुझे नहीं तलाशते, नाम देते हैं कई खाक पर हैं छानते।
मैं दौड़ में आराम हूँ, मैं खास न हूँ आम हूँ, हर किसी में हूँ बसा, मैं फिर भी
सबका खाब हूँ।
आँख मूंद तू अभी, अभी खड़ा है तू जहाँ, मुस्कुरा के
दूँड न मैं तुझ में भी छिपा हुआ।
जिंदगी जो थी तेरी चाहतों में थी घिरी, दीर्घा में तू रहा
तो मैं तुझे दिखा नहीं।
तो दीर्घा को काट दे तू रोशनी को साथ ले अब सुकून
को खोज मत, है
क्या सुकून यह जान ले। है क्या सुकून यह जान ले।"



पशवी अरोरा
दसवीं - जामुनी

"मैं समय हूँ
मैं किसी की प्रतीक्षा नहीं करता
मैं निरंतर गतिशील हूँ
मेरा बीता हुआ एक भी क्षण
लौट कर नहीं आता है।
जिसने भी मेरा निरादर किया
वह हाथ मलता रह जाता है।
सिर धुन-धुन कर पछताता है।"



हरमुखप्रीत सिंह
दसवीं - पीली

समय अनमोल है



आसमान की बाँहों में
प्यारा सा वो चाँद
ना जाने मुझे क्यों मेरे
साथी सा लग रहा है

खामोश है वो भी
खामोश हूँ मैं भी
सहमा है वो भी
सहमी हूँ मैं भी

कुछ दाग उसके सीने पर
कुछ दाग मेरे सीने पर
जल रहा है वो भी
जल रही हूँ मैं भी

कुछ बादल उसे ढँके हुए
और कुछ मुझे भी
सारी रात वो जागा है
और साथ में मैं भी

मेरे अस्तित्व में शामिल है वो
सुख में और दुख में भी
फिर भी वो आसमाँ का चाँद है
और मैं..... जमी की हवा!

चाँद



अरनव गुलाटी
नौवीं - लाल

प्रभु कृतज्ञ हूँ मैं



कंगना शर्मा
आठवीं - गुलाबी

प्रभु कृतज्ञ हूँ मैं
मेरे कलुषित, मन से
छीने ईर्ष्या, द्वेष और राग।
दिया भिक्षु को
प्रेम, ज्ञान, विश्वास
का अक्षुण्ण प्रसाद।
प्रभु कृतज्ञ हूँ मैं।
पात्रता दिलाती भिक्षु को प्रसाद
लौकिक और अलौकिक जगत में
कृतज्ञ हूँ मैं जगत का
जिसने सिखलाया मुझे
करना अर्थपूर्ण प्रयास।
प्रभु, भर दो मुझमें इतना प्रेम
करता रहूँ मैं प्रेम
आपसे जगत से और स्वयं से
मेरे कलुषित मन से
छीने ईर्ष्या द्वेष और राग
प्रभु कृतज्ञ हूँ मैं।

जीवन में खेलों का महत्व



खेल है जीवन का आधार,
नव ऊर्जा का करें संचार।।

खेल-कूद हर व्यक्ति के जीवन का एक
अहम हिस्सा है। इससे हमारा शारीरिक
व मानसिक विकास होता है। एक वह
समय था जब कहा जाता था 'पढ़ोगे-
लिखोगे बनोगे नवाब, खेलोगे-कूदोगे तो होगे खराब।' अब ऐसा नहीं है हम
खेलों में भाग लेकर भी स्वर्णिम भविष्य बन सकते हैं और समाज में पद व
प्रतिष्ठा प्राप्त कर सकते हैं। सचिन तेंदुलकर, महेन्द्र सिंह धोनी, नीरज चोपड़ा,
पी.वी. संधू, सान्या नेहवाल, सानिया मिर्जा, दीपिका कुमारी, अभिनव बिन्दा
उसके जीते-जागते उदाहरण हैं। आज की युवा पीढ़ी के ये प्रेरणा स्रोत हैं।
खेल कूद प्रतियोगिताओं के द्वारा व्यक्ति में टीम भावना, सहयोग, धैर्य और
अनुशासन की भावनाएँ पैदा होती हैं जो जीवन में सफलता प्राप्त करने के लिए
अति आवश्यक हैं। खेलों से हमारा तन और मन स्वस्थ रहता है और हमारी सोच
सकारात्मक होती है। खेलों के माध्यम से हमारे जीवन में संघर्ष और कभी हार न
मानने की भावना का विकास होता है। खेलों के नियमित अभ्यास से हम स्वयं
को बीमारियों से दूर रह सकते हैं और एक खुशहाल
जीवन जी सकते हैं।
कहा जाता है कि एक स्वस्थ शरीर में स्वस्थ मन बसता
है। समाज व राष्ट्र की उन्नति में अपना योगदान देने के
लिए यह और भी आवश्यक हो जाता है कि हर बालक
युवा जो कल का नागरिक और देश का भविष्य है,
खेलों के माध्यम से स्वस्थ शरीर का निर्माण करें और
देश को स्वर्णिम भविष्य की ओर अग्रसर करें।



कवीशा
छठी - गुलाबी

हरी हरी खेतों में
बरस रही हैं बूँदें
खुशी खुशी से आया सावन
भर गया ऐसा मेरा आँगन

प्रकृति

ऐसा लग रहा है जैसे
मन की कलियाँ खिल जायें वैसे
ऐसा कि आया बसंत
लेके फूलों का जशन।

धूप से प्यासी मेरे तन को
बूँदों ने दी ऐसी अँगड़ाई
कूद पड़ा मेरा तनमन
लगता है मैं हूँ एक दामन

यह संसार है कितना सुंदर
लेकिन लोग नहीं उतने अकलमंद
यही है एक निवेदन
न करो प्रकृति का शोषण।



मानया आवाली
छठी - लाहौर

संतुलन

समय समय पर कीजिए, समयानुकूल काम।
अनुकूल समय चूकते, बिगड़ते सभी काम।।
अगर समय साधा नहीं, हो सकती है हानि।
बस रेल विमान वाहन, छूटेंगे सच मानि।।
अनल पवन नभ जल धरा, जीवन के आधार।
संतुलन डिंग जाने पर, सरजे नाश आपार।।
पालती पोषती अग्नि, करने लगे विनाश।
संतुलन डिंग जाने पर, सरजे नाश अपार।।
बिगड़े संतुलन से ही, जल थल प्रलय होय।
भयानकतम विनाश को, रोक न पाये कोय।।
जीवन के हर क्षेत्र में, उजागर होय सब काम।।
जलधि की भी यही दशा, नियमित सहज दिखाए।
संतुलन डिंगे सुनामी, सर्वनाश कर जाय।।
धरा सभी को धारती, देती जीवन दान।
पर भूकम्पी हानि का, कर न सकें अनुमान।।
अनेक सड़क दुर्घटना, ले लेती है जान।
संतुलन का डिंगना ही, विशेष कारण मान।।
जीभ संतुलन डिंगे तो, सरजे वाद-विवाद।
संतुलित भोजन न मिले, बीमारी अवसाद।।
रस्सी ऊपर चलते यदि, संतुलन बिगड़ जाए।
तो नट धड़ाम से गिरे, धरती पर पटकाल।।
संतुलन ठीक रहते, ठीक ठाक सब काम।
सफलता कदम चूमती, चहुँ गिरी चमके नाम।।
सुहानी लगे हर दिशा, संतुलन ठीक होय।
नियमित होने काम हो, सुखी रहे सब कोय।।



चारवीं सिकारवर
छठी - गुलाबी

अपनी मर्जी से कहा अपने सफर के हम हैं

अपनी मर्जी से कहा अपने सफर के हम हैं,
रूख हवाओ का जिधर का है, उधर के हम हैं।
पहले हर चीज थी अपनी मगर अब लगता है,
अपने ही घर में, किसी दूसरे घर के हम हैं।
वक्त के साथ मिट्टी का सफर सदियों से,
किसको मालूम, कहा के, किधर के हम हैं।
जिस्म से रूह तलक अपने कई आलम हैं,
कभी धरती के, कभी चाँद नगर के हम हैं।
चलते रहते हैं की चलना है मुसाफिर का नसीब,
सोचते रहते हैं, किस राहगुजर के हम हैं।
गिनतियों में ही गिने जाते हैं हर दौर में हम,
हर कलमकार की बेनाम खबर के हम हैं।
ये जब की बात है तुम भी न थे गिनाहों में,
तुम्हारे नाम की खुशबू थी मेरी राहों में।



कौमल तोर
नौवीं - जामुनी

“सोचा नहीं था कभी”

कभी सोचा नहीं था
ऐसे भी दिन आएँगे
छुट्टियाँ तो होंगी पर,
मना नहीं पाएँगे।
आइसक्रीम का मौसम होगा,
पर खा नहीं पाएँगे।
रास्ते खुले होंगे पर,
कहीं जा नहीं पाएँगे।
जो दूर रह गए उन्हें
भुला भी नहीं पाएँगे।
और जो पास है उनसे,
हाथ मिला नहीं पाएँगे।
जो घर लौटने की राह देखते थे,
वो घर में ही बंद हो जाएँगे।
साफ हो जाएगी हवा पर,
चैन की साँस न ले पाएँगे।
नहीं दिखेगी कोई मुस्कराहट
चेहरे मास्क से ढक जाएँगे।
खुद को समझते थे बादशाह
वो मदद को हाथ फैलाएँगे।
कभी सोचा नहीं था
ऐसे भी दिन आएँगे
“कोरोना” नाम दिया जिसको
वो बीमारी भुला नहीं पाएँगे।



धीरेन गांधी
सातवीं - लाल

पढ़ाई के रोचक तथ्य



1. कोई भी व्यक्ति लगातार बीस मिनट से ज्यादा नहीं पढ़ सकता। पढ़ते समय हर बीस मिनट के बाद कुछ समय का ब्रेक लेकर माइंड को रिफ्रेश करना अच्छी फोकस स्टडी के लिए आवश्यक है।

2. अक्षरों के मुकाबले चित्र देखकर समझना दिमाग के लिए अधिक आसान होता है। चित्र पढ़ाई के प्रति दिलचस्पी भी बढ़ाते हैं और समझने में भी आसान होते हैं।

3. रट्टा लगाने की जगह किसी को समझते हुए पढ़ने से दिमाग विषय को बेहतर तरीके से ग्रहण करता है। इसलिए अकेले भी पढ़ते समय खुद को समझाते हुए पढ़ने से विषय जल्दी समझ में आता है और याद भी रहता है।

4. दिमाग हर समय एक जैसा नहीं चलता कभी यह तेजी से समझता है, तो कभी धीमी गति है। कब किस समय किसका दिमाग तेज चले, यह हर व्यक्ति अनुसार अलग-अलग होता है। किसी का दिमाग सुबह एक समय तेज चलता है और वह अच्छी तरह विषय समझ पाता है, तो किसी का रात का समय अब आपको अपने अनुभवों से अपना समय स्वयं नियत करना होगा।

5. वैज्ञानिक शोधों से ज्ञात हुआ है कि नीले रंग के अलग-अलग शेड हमारा फोकस बढ़ाते हैं इसलिए पढ़ते या नोट्स बनाते समय आप नीले रंग के हाईलाइटर का इस्तेमाल कर सकते हैं।

6. ताजा फल खाने वाले बच्चों का आई क्यू अन्य बच्चों के मुकाबले अधिक तेज होता है। परीक्षा के पहले केला खाना चाहिए। शरीर से ऊर्जा प्रदान करने के साथ-साथ इसमें मौजूद पोटाशियम स्मरण शक्ति भी तेज करता है।

7. माना जाता है कि पढ़ते समय चॉकलेट खाना नए विषय याद करने में सहायक होता है।

8. जिस फ्लेवर का च्युइंग-गम आप पढ़ते समय चबाते हैं, उसी फ्लेवर का च्युगम-गम परीक्षा के समय चबायें तो पढ़ा हुआ याद आने की संभावना बढ़ जाती है।

9. पढ़ते समय बनाए गए नोट्स एक दिन के भीतर पढ़ लेने से उन्हें याद करने की संभावना 60% बढ़ जाती है।



आयाती खुराना
नौवीं - जामुनी

स्वयं को पहचाने

सोते-सोते बीती सदियों
अब तो नौद से जाग भई जाओ।
नव जीवन के नव प्रकाश में
स्वयं की एक पहचान बनाओ।

1. दुविधा के इस चक्रव्यूह को
भेद, लक्ष्य को पाना है।
ज्ञान प्रकाश का भानु बनकर,
तुम को आज मिटाना है।
नई भोर आई है जो,
यूँ न इसको व्यर्थ बिताओ।
नव जीवन के नव प्रकाश.....पहचान बनाओ।

2. पहचानों तुम स्वयं को पहले,
तब दूजे की बात करो।
दुःख संशय के इस कुचक्र से
खुद को तुम आजाद करो।
मीठी संयत बोलो वाणी



अगमजोत सिंह
दसवीं - लाल

जीवन में रस बरसाओ
नव जीवन के नव प्रकाश.....पहचान बनाओ।
3. देकर अपना अंश तुझे उस
ईश्वर ने साकार किया।
अपने अहं के वशीभूत हो,
जीवन तुने बेकार किया
तुम हो केवल निमित्त मात्र बस
अपना किरदार निभाते जाओ।
नव जीवन के नव प्रकाश.....पहचान बनाओ।



ਪੰਜਾਬੀ ਵਿਭਾਗ

ਗੁਲਦਸਤਾ

ਸੰਪਾਦਕੀ



ਸ਼੍ਰੀਮਤੀ ਗਗਨਦੀਪ ਕੌਰ
ਉਪ-ਸੰਪਾਦਕ

“ਮਾਂ - ਬੋਲੀ ਹੈ ਮਾਣ ਅਸਾਡਾ,
ਸੌ ਜਿੰਦਿਆਂ ਦੀ ਚਾਬੀ।

ਸਾਹਿਤ ਦੇ ਖੇਤਰ ਵਿੱਚ ਮਾਰੇ ਮੱਲਾਂ,

ਪੜ੍ਹ ਭਾਸ਼ਾ ਪੰਜਾਬੀ।”

ਬੱਚਾ ਆਪਣੀ ਮਾਂ - ਬੋਲੀ ਵਿੱਚ ਜਿਸ ਪ੍ਰੀਨਤਾ ਅਤੇ ਲਹਿਜੇ ਵਿੱਚ ਆਪਣੇ ਹਾਵ - ਭਾਵ, ਕਲਪਨਾ ਅਤੇ ਜਜ਼ਬੇ ਨੂੰ ਪ੍ਰਗਟ ਕਰ ਸਕਦਾ ਹੈ, ਹੋਰ ਕਿਸੇ ਭਾਸ਼ਾ ਵਿੱਚ ਨਹੀਂ ਕਿਉਂਕਿ ਆਪਣੀ ਜ਼ਬਾਨ ਵਿੱਚ ਹਾਸਲ ਕੀਤੀ ‘ਮੁਹਾਰਤ’ ਬਾਅਦ ਵਿੱਚ ਦੂਜੀ ਜ਼ਬਾਨ ਦੀ ‘ਲਿਆਕਤ’ ਹਾਸਲ ਕਰਨ ਵਿੱਚ ਵੀ ਵਰਦਾਨ ਸਾਬਤ ਹੁੰਦੀ ਹੈ।

ਇਸ ਉਦੇਸ਼ ਨੂੰ ਮੁੱਖ ਰੱਖਦਿਆਂ ਸਾਡੇ ਸਕੂਲ ਵੱਲੋਂ ਇੱਕ ਯੋਗ ਕਦਮ ਚੁੱਕਿਆ ਗਿਆ ਹੈ, ਜਿਸ ਦੇ ਅਧੀਨ ਇਸ ਸਕੂਲ ਰੂਪੀ ‘ਬਾਗ’ ਵਿੱਚੋਂ ਬੱਚਿਆਂ ਰੂਪੀ ‘ਫੁੱਲਾਂ’ ਦੁਆਰਾ ਲਿਖੀਆਂ ਗਈਆਂ ਰਚਨਾਵਾਂ ਦੇ ਸੰਗ੍ਰਹਿ (ਕਹਾਣੀਆਂ, ਕਵਿਤਾਵਾਂ, ਵਿਚਾਰ, ਲੇਖਾਂ ਆਦਿ) ਦਾ ‘ਇੱਕ ਗੁਲਦਸਤਾ’ ਤਿਆਰ ਕਰਕੇ ਉਹਨਾਂ ਦੇ ਮਨ ਦੇ ਭਾਵਾਂ ਨੂੰ ਪਾਠਕਾਂ ਤੱਕ ਪਹੁੰਚਾਉਣ ਦਾ ਇੱਕ ਸੁਹਿਰਦ ਯਤਨ ਕੀਤਾ ਗਿਆ ਹੈ।

ਦੁਨੀਆ ਦੇ ਅਸਲੀ ਸੱਚ

- ਦਾੜੀ ਕਦੇ ਜੱਚਦੀ ਨੀ ਪੱਗ ਤੋਂ ਬਿਨ੍ਹਾਂ
- ਪੈਦਾ ਨੀ ਕਲੇਸ਼ ਲਾਈਲੱਗ ਤੋਂ ਬਿਨ੍ਹਾਂ
- ਰਾਖ ਕਦੇ ਬਣਦੀ ਨੀ ਅੱਗ ਤੋਂ ਬਿਨ੍ਹਾਂ
- ਮਿਰਗੀ ਨਾ ਮੰਨੀ ਜਾਵੇ ਝੱਗ ਤੋਂ ਬਿਨ੍ਹਾਂ
- ਹੁੰਦੀ ਨਹੀਂ ਭਗਤੀ ਧਿਆਨ ਤੋਂ ਬਿਨ੍ਹਾਂ
- ਚੱਕ ਨਹੀਂ ਹੁੰਦਾ ਭਾਰ ਜਾਨ ਤੋਂ ਬਿਨ੍ਹਾਂ
- ਹੀਰਾ ਕਦੇ ਨਿਕਲੇ ਨਾ ਖਾਣ ਤੋਂ ਬਿਨ੍ਹਾਂ
- ਜੋੜੀ ਬੁਰੀ ਲੱਗਦੀ ਏ ਹਾਣ ਤੋਂ ਬਿਨ੍ਹਾਂ
- ਸਾਧ ਬੁਰਾ ਕਹਿੰਦੇ ਨੇ ਲੰਗੋਟ ਤੋਂ ਬਿਨ੍ਹਾਂ
- ਟਾਈ ਕਦੇ ਜਚਦੀ ਨਾ ਕੋਟ ਤੋਂ ਬਿਨ੍ਹਾਂ
- ਬਣੇ ਨਾ ਸਿਪਾਹੀ ਰੰਗਰੂਟ ਤੋਂ ਬਿਨ੍ਹਾਂ
- ਲੀਡਰੀ ਨਾ ਹੁੰਦੀ ਕਦੇ ਨੋਟ ਤੋਂ ਬਿਨ੍ਹਾਂ
- ਪਿਆਸ ਕਦੇ ਬੁੱਝਦੀ ਨੀ ਪਾਣੀ ਤੋਂ ਬਿਨ੍ਹਾਂ
- ਘਰ ਕਦੇ ਬੱਝੇ ਨਾ ਘਰਾਣੀ ਤੋਂ ਬਿਨ੍ਹਾਂ



ਗੁਰਪ੍ਰੀਤ ਸਿੰਘ
ਸੱਤਵੀਂ - ਗੁਲਾਬੀ

ਸੋਨੇ ਦੀ ਚਿੜੀ

ਪੰਜਾਬ ਨੂੰ ਸੋਨੇ ਦੀ ਚਿੜੀ ਕਿਹਾ ਜਾਂਦਾ ਸੀ। ਇੱਕ ਸਮਾਂ ਸੀ ਜਦੋਂ ਪੰਜਾਬ ਦੇ ਕਿਸਾਨਾਂ ਨੇ ਅਨਾਜ ਦੇ ਭੰਡਾਰ ਲਗਾ ਦਿੱਤੇ ਅਤੇ ਸਾਰੇ ਸੰਸਾਰ ਦਾ ਵਿੱਡ ਭਰਿਆ। ਹਰ ਪਾਸੇ ਖੁਸ਼ਹਾਲੀ ਸੀ ਅਤੇ ਲੋਕ ਹੱਸਦੇ ਵੱਸਦੇ ਗੀਤ ਗਾਉਂਦੇ ਅਤੇ ਖੁਸ਼ਹਾਲ ਸੀ। ਪਰ ਪਤਾ ਨਹੀਂ ਇਸ ਹੱਸਦੇ ਵੱਸਦੇ ਪੰਜਾਬ ਨੂੰ ਕਿਸ ਦੀ ਨਜ਼ਰ ਲੱਗ ਗਈ। ਵੰਡਣ ਵਾਲੇ ਵੰਡ ਗਏ ਪੰਜ ਦਰਿਆਵਾਂ ਨੂੰ, ਨਲੇ, ਗਰੀਬੀ, ਅਨਪੜ੍ਹਤਾ, ਤਣਾਅ, ਭਰੂਣ ਹੱਤਿਆ ਅਤੇ ਅਨੇਕਾਂ ਹੀ ਹੋਰ ਸਮਾਜਕ ਬੁਰਾਈਆਂ ਨੇ ਜਕੜ ਲਿਆ ਪੰਜਾਬ ਨੂੰ। ਅੱਜ ਕਿਸਾਨ ਆਪਣੇ ਹੱਕਾਂ ਦੀ ਲੜਾਈ ਲੜਨ ਬਾਰਡਰਾਂ ਤੇ ਬੈਠੇ ਹਨ। ਪੜ੍ਹੇ ਲਿਖੇ ਨੌਜਵਾਨ ਬੇਰੁਜ਼ਗਾਰ ਘੁੰਮ ਰਹੇ ਹਨ ਅਤੇ ਨੌਕਰੀਆਂ ਪਾਉਣ ਲਈ ਮੰਤਰੀਆਂ ਦੇ ਘਰਾਂ ਦੇ ਬਾਹਰ ਧਰਨੇ ਦੇ ਰਹੇ ਹਨ। ਕੀ ਇਹ ਇਹਨਾਂ ਦੀ ਥਾਂ ਹੈ? ਨਹੀਂ। ਕਹਿਣਾ ਸੌਖਾ ਲੱਗ ਰਿਹਾ ਹੈ ਕਿ ਇਥੇ ਨਹੀਂ ਹੋਣਾ ਚਾਹੀਦਾ। ਆਮ ਇਨਸਾਨ ਦੀ ਹਾਲਤ ਨਾਜ਼ੁਕ ਦੇਖ ਰੂਹ ਕੰਬਦੀ ਹੈ। ਖੋਰੇ ਕਿਸ ਨੇ ਨਜ਼ਰ ਲਾ ਦਿੱਤੀ ਮੇਰੇ ਪੰਜਾਬ ਨੂੰ। ਮੁੰਡੇ-ਕੁੜੀਆਂ ਵਿਦੇਸ਼ ਜਾਣਾ ਪਸੰਦ ਕਰਦੇ ਹਨ। ਗਿੱਧਾ ਅਤੇ ਭੋਗੜਾ ਤਾਂ ਅਲੋਪ ਹੀ ਹੋ ਗਏ। ਜਵਾਨੀ ਵੀ ਹੁਣ ਨਸ਼ਿਆਂ ਅਤੇ ਮੋਬਾਇਲਾਂ ਵਿੱਚ ਰੁੱਝ ਗਈ ਹੈ। ਜੇਕਰ ਹੁਣ ਵੀ ਇਸ ਸਭ 'ਤੇ ਸੋਚ ਵਿਚਾਰ ਨਾ ਕੀਤਾ ਗਿਆ ਤਾਂ ਉਹ ਦਿਨ ਦੂਰ ਨਹੀਂ, ਜਦੋਂ ਸਾਡਾ ਪੰਜਾਬ ਸਿਰਫ ਨਸ਼ਿਆਂ, ਭੁੱਖਮਰੀ ਦੇ ਨਾਮ ਨਾਲ ਹੀ ਜਾਣਿਆ ਜਾਏਗਾ। ਜਵਾਨੀ ਦੇ ਰੁਲਣ ਤੋਂ ਪਹਿਲਾਂ ਇਸ ਨੂੰ ਬਚਾਇਆ ਜਾਏ। ਆਓ! ਹਰ ਘਰ ਵਿੱਚ ਸਾਰੇ ਰਲ-ਮਿਲ ਇਸ ਸੋਨੇ ਦੀ ਚਿੜੀ ਨੂੰ ਬਚਾਉਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰੀਏ।



ਗੁਰਪ੍ਰੀਤ ਕੌਰ
ਅੱਠਵੀਂ - ਸੰਤਰੀ

ਕਦਰ...

ਇਹ ਕਹਾਣੀ ਦੱਸਦੀ ਹੈ ਕਿ ਦੋ ਦੋਸਤ ਮਾਰੂਥਲ ਵਿੱਚੋਂ ਲੰਘ ਰਹੇ ਸਨ। ਯਾਤਰਾ ਦੇ ਕੁਝ ਬਿੰਦੂਆਂ ਦੌਰਾਨ ਉਨ੍ਹਾਂ ਵਿੱਚ ਬਹਿਸ ਹੋ ਗਈ, ਅਤੇ ਇੱਕ ਦੋਸਤ ਨੇ ਦੂਜੇ ਦੇ ਮੂੰਹ 'ਤੇ ਥੱਪੜ ਮਾਰ ਦਿੱਤਾ। ਜਿਸਨੂੰ ਥੱਪੜ ਮਾਰਿਆ ਗਿਆ ਉਹ ਦੁਖੀ ਸੀ, ਪਰ ਬਿਨ੍ਹਾਂ ਕੁਝ ਬੋਲੇ ਰੇਤ ਵਿੱਚ ਲਿਖਿਆ, “ਅੱਜ ਮੇਰੇ ਸਭ ਤੋਂ ਚੰਗੇ ਦੋਸਤ ਨੇ ਮੇਰੇ ਮੂੰਹ 'ਤੇ ਥੱਪੜ ਮਾਰਿਆ।” ਉਹ ਉਦੋਂ ਤੱਕ ਤੁਰਦੇ ਰਹੇ ਜਦੋਂ ਤੱਕ ਉਨ੍ਹਾਂ ਨੂੰ ਇੱਕ ਓਏਸਿਸ ਨਹੀਂ ਮਿਲਿਆ, ਜਿੱਥੇ ਉਨ੍ਹਾਂ ਨੇ ਇਸ਼ਨਾਨ ਕਰਨ ਦਾ ਫੈਸਲਾ ਕੀਤਾ। ਜਿਸਨੂੰ ਥੱਪੜ ਮਾਰਿਆ ਗਿਆ ਸੀ, ਉਹ ਚਿੱਕੜ ਵਿੱਚ ਫਸ ਗਿਆ ਅਤੇ ਡੁੱਬਣ ਲੱਗਾ, ਪਰ ਦੋਸਤ ਨੇ ਉਸਨੂੰ ਬਚਾ ਲਿਆ। ਡੁੱਬਣ ਤੋਂ ਠੀਕ ਹੋਣ ਤੋਂ ਬਾਅਦ, ਉਸਨੇ ਇੱਕ ਪੱਥਰ 'ਤੇ ਲਿਖਿਆ, “ਅੱਜ ਮੇਰੇ ਸਭ ਤੋਂ ਚੰਗੇ ਦੋਸਤ ਨੇ ਮੇਰੀ ਜਾਨ ਬਚਾਈ।” ਜਿਸ ਦੋਸਤ ਨੇ ਥੱਪੜ ਮਾਰ ਕੇ ਆਪਣੇ ਜਿਗਰੀ ਦੋਸਤ ਨੂੰ ਬਚਾਇਆ ਸੀ, ਉਸ ਨੇ ਉਸ ਨੂੰ ਪੁੱਛਿਆ, ਮੇਰੇ ਤੈਨੂੰ ਦੁੱਖ ਦੇਣ ਤੋਂ ਬਾਅਦ, ਤੂੰ ਰੇਤ ਵਿੱਚ ਲਿਖਿਆ ਅਤੇ ਹੁਣ ਪੱਥਰ ਉੱਤੇ ਲਿਖਿਆ, ਕਿਉਂ?” ਦੂਜੇ ਦੋਸਤ ਨੇ ਜਵਾਬ ਦਿੱਤਾ “ਜਦੋਂ ਕੋਈ ਸਾਨੂੰ ਦੁਖੀ ਕਰਦਾ ਹੈ ਤਾਂ ਸਾਨੂੰ ਇਸਨੂੰ ਰੇਤ ਵਿੱਚ ਲਿਖਣਾ ਚਾਹੀਦਾ ਹੈ ਜਿੱਥੇ ਮਾਫੀ ਦੀਆਂ ਹਵਾਵਾਂ ਇਸਨੂੰ ਮਿਟਾ ਸਕਦੀਆਂ ਹਨ। ਪਰ ਜਦੋਂ ਕੋਈ ਸਾਡੇ ਲਈ ਕੁਝ ਚੰਗਾ ਕਰਦਾ ਹੈ, ਤਾਂ ਸਾਨੂੰ ਉਸ ਨੂੰ ਪੱਥਰ ਵਿੱਚ ਉੱਕਰ ਦੇਣਾ ਚਾਹੀਦਾ ਹੈ ਜਿੱਥੇ ਕੋਈ ਹਵਾ ਕਦੇ ਵੀ ਇਸਨੂੰ ਮਿਟਾ ਨਹੀਂ ਸਕਦੀ।”

ਕਹਾਣੀ ਦੀ ਨੈਤਿਕਤਾ-

ਉਨ੍ਹਾਂ ਚੀਜ਼ਾਂ ਦੀ ਕਦਰ ਨਾ ਕਰੋ ਜੋ ਤੁਹਾਡੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਨਹੀਂ ਹਨ। ਪਰ ਕਦਰ ਕਰੋ ਕਿ ਤੁਹਾਡੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਕੌਣ ਹੈ?



ਸਿਫਤ
ਅੱਠਵੀਂ - ਪੀਲੀ



ਸਫਲਤਾ

“ਬੁਲੰਦੀਆਂ ਤੱਕ ਜੇ ਪੁੱਜਣਾ ਚਾਹੁੰਦਾ, ਰਾਹ ਮਿਹਨਤ ਦਾ ਚੁਣ ਲੈਣਾ।

ਕਾਮਯਾਬੀ ਆਏਗੀ ਤੇਰੇ ਪਿੱਛੇ-ਪਿੱਛੇ, ਹੋਣਾ ਕਦੀ ਨਹੀਂ ਤੈਨੂੰ ਨਿਰਾਸ਼ ਪੈਣਾ।”

ਮਨੁੱਖੀ ਜੀਵਨ ਕਰਮ-ਅਧਾਰਤ ਹੈ, ਮਨੁੱਖ ਨੂੰ ਨਿਰਸਵਾਰਥ ਭਾਵਨਾ ਨਾਲ

ਸਫਲਤਾ ਦੀ ਚਿੰਤਾ ਕੀਤੇ ਬਿਨਾਂ ਆਪਣਾ ਫਰਜ਼ ਨਿਭਾਉਣਾ ਪੈਂਦਾ ਹੈ।

ਅਸਫਲ ਵਿਅਕਤੀ ਨਿਰਾਸ਼ ਹੋ ਜਾਂਦਾ ਹੈ, ਪਰ ਸੰਤਾਂ ਨੇ ਵੀ ਅਸਫਲਤਾ

ਨੂੰ ਸਫਲਤਾ ਦੀ ਕੁੰਜੀ ਕਿਹਾ ਹੈ। ਕਿਉਂਕਿ ਅਸਫਲ ਵਿਅਕਤੀ ਤਜਰਬੇ ਦੀ ਦੌਲਤ ਨੂੰ

ਪ੍ਰਾਪਤ ਕਰ ਲੈਂਦਾ ਹੈ।

“ਕਰ ਮਿਹਨਤ ਤੇ ਹੋ ਜਾ ਸਫਲ ਬੰਦਿਆ, ਕਰ ਮਿਹਨਤ ਤੇ ਹੋ ਜਾ ਸਫਲ ਬੰਦਿਆ,

ਮਿਹਨਤ ਕਰੇਗਾ ਤਾਂ ਕਾਮਯਾਬ ਹੋ ਜਾਵੇਗਾ। ਤਾਂਹੀ ਤਾਂ ਇੱਕ ਸਫਲ ਇਨਸਾਨ ਕਹਾਵੇਗਾ”



ਜਸਮੀਨ ਕੌਰ
ਅੱਠਵੀਂ - ਸੰਤਰੀ

ਅਧਿਆਪਕ

ਵਿਦਿਆਰਥੀ ਦੇ ਜੀਵਨ ਵਿੱਚ ਅਧਿਆਪਕ ਦੀ ਮਹੱਤਤਾ

ਜੀਵਨ ਵਿੱਚ ਰੱਬ ਤੋਂ ਵੀ ਵੱਧ ਕੇ ਜਗ੍ਹਾ ਅਧਿਆਪਕ ਦੀ ਹੁੰਦੀ ਹੈ।

“ਅਧਿਆਪਕ” ਉਹ ਸ਼ਬਦ ਹੈ ਜਿਸ ਵਿੱਚ ਹਰ ਦੇਸ਼ ਦਾ ਭਵਿੱਖ

ਵੱਸਿਆ ਹੋਇਆ ਹੈ। ਜਿਸ ਤਰ੍ਹਾਂ ਗਿੱਲੀ ਮਿੱਟੀ ਨੂੰ ਕੋਈ ਵੀ ਰੂਪ

ਦਿੱਤਾ ਜਾ ਸਕਦਾ ਹੈ ਉਸੇ ਤਰ੍ਹਾਂ ਅਧਿਆਪਕ ਹੀ ਬੱਚਿਆਂ ਨੂੰ ਸਹੀ

ਦਿਸ਼ਾ ਦਿਖਾ ਸਕਦਾ ਹੈ। ਅਧਿਆਪਕ ਨੂੰ “ਗੁਰੂ” ਦਾ ਦਰਜਾ

ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ। ਗੁਰੂ ਹੀ ਸਾਡਾ ਮਾਰਗ ਦਰਸ਼ਕ ਹੁੰਦਾ ਹੈ। ਗੁਰੂ ਹੀ

ਸਾਨੂੰ ਸਹੀ ਦਿਸ਼ਾ ਵਿੱਚ ਚੱਲਣਾ ਸਿਖਾਉਂਦੇ ਹਨ ਤਾਂ ਕਿ ਅਸੀਂ ਆਪਣੀ

ਮੰਜ਼ਿਲ ਤੱਕ ਪਹੁੰਚਣ ਵਿੱਚ ਸਫਲ ਹੋ ਸਕੀਏ। ਅਧਿਆਪਕ ਸਾਨੂੰ ਮਾਨਸਿਕ

ਰੂਪ ਨਾਲ ਸਹਾਰਾ ਦੇ ਕੇ ਸਾਡਾ ਜੀਵਨ ਸੰਵਾਰਦੇ ਹਨ। ਅਧਿਆਪਕ ਉਸ

ਬੇੜੀ ਦੇ ਸਮਾਨ ਹਨ ਜੋ ਸਾਨੂੰ ਇਸ ਹਨੇਰੇ ਜੀਵਨ ਤੋਂ ਆਪਣੇ ਗਿਆਨ ਵੱਲ

ਪ੍ਰੇਰਿਤ ਕਰਦੇ ਹਨ। ਅਧਿਆਪਕ ਇੱਕ ਮਣੀ ਹੈ ਜਿਸ ਨੂੰ ਪਾਕੇ ਵਿਦਿਆਰਥੀ ਗਿਆਨਵਾਨ ਹੋ ਜਾਂਦੇ ਹਨ।

ਇਸ ਲਈ ਸਾਨੂੰ ਆਪਣੇ ਅਧਿਆਪਕ ਦਾ ਆਦਰ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਉਸ ਦੁਆਰਾ ਦਿੱਤੀ ਸਿੱਖਿਆ ਨੂੰ ਯਾਦ ਰੱਖਣਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂ ਹੀ ਅਸੀਂ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਕਾਮਯਾਬ ਹੋ ਸਕਦੇ ਹਾਂ।



ਸਿਮਰਤ ਗੁਰਬਰ
ਅੱਠਵੀਂ - ਨੌਲੀ



ਪੰਜਾਬ ਦਾ ਮਹਾਨ ਸੱਭਿਆਚਾਰ

ਪੰਜਾਬ ਦੀ ਸੰਸਕ੍ਰਿਤੀ ਦਾ ਭਾਰਤੀ ਸੱਭਿਆਚਾਰ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਸਥਾਨ

ਹੈ। ਚਾਰੇ ਵੇਦ ਪੰਜਾਬ ਦੀ ਧਰਤੀ ਉੱਤੇ ਰਚੇ ਗਏ ਸਨ। ਇੱਥੋਂ ਹੀ ਸਿੰਧ ਘਾਟੀ

ਦੀ ਸਭ ਤੋਂ ਪੁਰਾਣੀ ਸੱਭਿਆਚਾਰ ਦਾ ਜਨਮ ਹੋਇਆ ਸੀ। ਇਹ ਗੁਰੂਆਂ ਦੀ

ਪਵਿੱਤਰ ਧਰਤੀ ਹੈ। ਇੱਥੇ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਤੋਂ ਲੈ ਕੇ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ

ਜੀ ਤੱਕ ਦੇ ਦਸ ਗੁਰੂਆਂ ਨੇ ਧਾਰਮਿਕ ਚੇਤਨਾ ਅਤੇ ਲੋਕ ਭਲਾਈ ਤੇ ਬਹੁਤ

ਸਾਰੇ ਸ਼ਲਾਘਾਯੋਗ ਕਾਰਜ ਕੀਤੇ ਹਨ। ਇੱਥੇ ਸ੍ਰੀ ਹਰਿਮੰਦਰ ਸਾਹਿਬ, ਮੁਕਤਸਰ

ਸਾਹਿਬ, ਫਤਿਹਗੜ੍ਹ ਸਾਹਿਬ ਆਦਿ ਗੁਰਦੁਆਰੇ ਮੁੱਖ ਧਾਰਮਿਕ ਸਥਾਨ ਹਨ।

ਲੋਹੜੀ, ਵਿਸਾਖੀ, ਹੋਲੀ, ਦੁਸਹਿਰਾ, ਦਿਵਾਲੀ ਆਦਿ ਤਿਉਹਾਰਾਂ ਦੇ ਮੌਕਿਆਂ

‘ਤੇ ਪੰਜਾਬ ਵਿੱਚ ਮੇਲੇ ਆਯੋਜਿਤ ਕੀਤੇ ਜਾਂਦੇ ਹਨ। ਜਿਵੇਂ ਅਨੰਦਪੁਰ ਸਾਹਿਬ

ਦਾ ਹੋਲਾ ਮੁਹੱਲਾ, ਮੁਕਤਸਰ ਦਾ ਮਾਘੀ ਮੇਲਾ, ਸਰਹਿੰਦ ਵਿੱਚ ਸ਼ਹੀਦੀ ਜੋੜ

ਮੇਲਾ, ਫਰੀਦਕੋਟ ਵਿੱਚ ਸ਼ੇਖ ਫਰੀਦ ਆਗਮ ਦਾ ਤਿਉਹਾਰ, ਸਰਹਿੰਦ ਵਿੱਚ

ਰੋਜਾ ਸ਼ਰੀਫ ਉੱਤੇ ਉਰਸ ਅਤੇ ਛਪਾਰ ਮੇਲਾ, ਜਗਰਾਉਂ ਦੀ ਰੋਸ਼ਨੀ ਆਦਿ।

ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਦੇ ਵਿਕਾਸ ਵਿੱਚ ਵੀ ਪੰਜਾਬੀ ਸਾਹਿਤ ਦੀ ਇੱਕ

ਮਹੱਤਵਪੂਰਨ ਥਾਂ ਹੈ। ਮੁਸਲਿਮ ਸੂਫੀ ਸੰਤਾਂ ਸ਼ੇਖ ਫਰੀਦ, ਸ਼ਾਹ ਹੁਸੈਨ, ਬੁੱਲ੍ਹੇਸ਼ਾਹ, ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ, ਸ਼ਾਹ ਮੁਹੰਮਦ, ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਆਦਿ

ਦੀਆਂ ਰਚਨਾਵਾਂ ਅਤੇ ਬਾਣੀ ਵਿੱਚ ਪੰਜਾਬੀ ਸਾਹਿਤ ਦੇਖਿਆ ਜਾਂਦਾ ਹੈ। ਪੰਜਾਬ ਵਿੱਚ ਉੱਚ ਭਾਵਨਾ ਵਾਲੇ ਉਦਾਰਵਾਦੀ ਲੋਕ ਹਨ। ਭਾਰਤ ਦੇ ਦਿਲ ਵਿੱਚ ਵੱਸਦੇ, ਉਹ ਨਰਮ ਸੁਭਾਅ ਵਾਲੇ ਲੋਕ ਹਨ ਜੋ ਹਰ ਸਮਾਗਮ ਅਤੇ ਤਿਉਹਾਰ ਨੂੰ ਬਹੁਤ ਉਤਸ਼ਾਹ ਨਾਲ ਮਨਾਉਂਦੇ ਹਨ। ਪੰਜਾਬ ਪੰਜ ਦਰਿਆਵਾਂ ਦੀ ਧਰਤੀ ਹੈ, ਜਿਸ ਨੂੰ ਕੁਦਰਤ ਦੀ ਸੁੰਦਰਤਾ ਦੇ ਨਾਲ-ਨਾਲ ਇੱਕ ਅਮੀਰ ਸੱਭਿਆਚਾਰ ਦੇ ਨਾਲ ਨਿਵਾਸਿਆ ਗਿਆ ਹੈ। ਇਸ ‘ਤੇ ਸਾਰਾ ਦੇਸ਼ ਮਾਣ ਕਰਦਾ ਹੈ।



ਮਨਸ਼ੀਰਤ ਕੌਰ
ਨੌਵੀਂ - ਲਾਲ



ਬੁਲਾ ਰਿਹਾ ਹੈ ਕੋਈ.....

ਅੱਜ ਦੀ ਪੀੜ੍ਹੀ ਨੂੰ ਬੁਲਾ ਰਿਹਾ ਹੈ ਕੋਈ,
ਜਿਨ੍ਹਾਂ ਨੇ ਸੁਪਨਾ ਲਿਆ ਸੀ ਇਸ ਦੇਸ਼ ਲਈ ਕੋਈ।

ਉਹ ਵੀ ਸੋਚ ਰਹੇ ਹੋਣਗੇ ਅੱਜ, ਕਿਵੇਂ ਨੌਜਵਾਨ ਨਸ਼ਿਆਂ ‘ਚ ਗਏ ਨੇ ਸੱਜ

ਅੱਜ ਦੀ ਪੀੜ੍ਹੀ ਨੂੰ ਬੁਲਾ ਰਿਹਾ ਹੈ ਕੋਈ।
ਜਿਨ੍ਹਾਂ ਨੇ ਸੁਪਨਾ ਲਿਆ ਸੀ ਇਸ ਦੇਸ਼ ਲਈ ਕੋਈ।

ਕਿੰਨੇ ਹੀ ਨੌਜਵਾਨ ਫਸ ਗਏ ਨੇ ਨਸ਼ਿਆਂ ਦੇ ਜਾਲ ਵਿੱਚ
ਇਨ੍ਹਾਂ ਨੂੰ ਬਾਹਰ ਕੱਢਣਾ ਹੋ ਜਾਣਾ ਹੈ ਮੁਸ਼ਕਲ ਆਉਣ ਵਾਲੇ ਹਾਲਾਤ

ਵਿੱਚ।
ਅੱਜ ਦੀ ਪੀੜ੍ਹੀ ਨੂੰ ਬੁਲਾ ਰਿਹਾ ਹੈ ਕੋਈ,
ਜਿਨ੍ਹਾਂ ਨੇ ਸੁਪਨਾ ਲਿਆ ਸੀ ਇਸ ਦੇਸ਼ ਲਈ ਕੋਈ।

ਜਿਸ ਦੇਸ਼ ‘ਚ ਅੱਜ ਬੱਚੇ ਗਾ ਰਹੇ ਹੋਣ ਭੈੜੇ ਗਾਣੇ
ਉਹਨਾਂ ਨੂੰ ਅਜੇ ਨਹੀਂ ਭਗਤ-ਸਰਾਭੇ ਯਾਦ ਆਉਣੇ

ਜਿੱਥੇ ਇੱਕ ਨੇਤਾ ਦਿੰਦਾ ਹੋਵੇ ਭੂਠਾ ਲਾਰਾ
ਉਸ ਦੇਸ਼ ਨੂੰ ਕਹਿੰਦੇ ਨੇ ਸਾਰੇ ਜਹਾਨ ਸੇ ਅੱਛਾ ਹਿੰਦੁਸਤਾਨ ਹਮਾਰਾ

ਜਿਸ ਦੇਸ਼ ਵਿੱਚ ਅੱਜ ਕੁੜੀ ਮਾਰੀ ਜਾਂਦੀ ਹੈ ਮਾਂ ਦੀ ਕੁੱਖ ਵਿੱਚ ਹੀ
ਜ਼ਰਾ ਫਰੋਲ ਕੇ ਵੇਖਿਓ ਉਸ ਮਾਂ ਦੇ ਦੁੱਖ ਨੂੰ ਹੀ

ਅੱਜ ਦੀ ਪੀੜ੍ਹੀ ਨੂੰ ਬੁਲਾ ਰਿਹਾ ਹੈ ਕੋਈ,
ਜਿਨ੍ਹਾਂ ਨੇ ਸੁਪਨਾ ਲਿਆ ਸੀ ਇਸ ਦੇਸ਼ ਲਈ ਕੋਈ।

ਉਹ ਲੋਕ ਕੋਈ ਹੋਰ ਨਹੀਂ, ਹੋ ਆਪਣੇ ਹੀ ਦੇਸ਼ ਭਗਤ
ਜਿਨ੍ਹਾਂ ਨੂੰ ਨਹੀਂ ਲੱਗ ਰਿਹਾ ਇਹ ਜਿਉਣ ਵਾਲਾ ਜਗਤ

ਅੱਜ ਦੀ ਪੀੜ੍ਹੀ ਨੂੰ ਬੁਲਾ ਰਿਹਾ ਹੈ ਕੋਈ,
ਜਿਨ੍ਹਾਂ ਨੇ ਸੁਪਨਾ ਲਿਆ ਸੀ ਇਸ ਦੇਸ਼ ਲਈ ਕੋਈ

ਹੁਣ ਲੋੜ ਹੈ ਭਗਤ ਸਰਾਭੇ ਬਣਨ ਦੀ, ਇੱਕ ਚੰਗਾ
ਤੇ ਨਰੋਆ ਸਮਾਜ ਸਿਰਜਣ ਦੀ।

ਤੇ ਸਾਹਿਤਕ ਤੇ ਇਨਕਲਾਬੀ ਵਿਰਸਾ ਅਪਨਾਉਣ
ਦੀ।

ਅੱਜ ਦੀ ਪੀੜ੍ਹੀ ਨੂੰ ਬੁਲਾ ਰਿਹਾ ਹੈ ਕੋਈ,
ਜਿਨ੍ਹਾਂ ਨੇ ਸੁਪਨਾ ਲਿਆ ਸੀ, ਇਸ ਦੇਸ਼ ਲਈ

ਕੋਈ ॥



ਪਰੀਨੀਤ ਕੌਰ
ਨੌਵੀਂ - ਪੀਲੀ

ਕੀ ਤੁਸੀਂ ਜਾਣਦੇ ਹੋ?

1. ਮੱਛਰ ਦੇ 22 ਦੰਦ ਹੁੰਦੇ ਹਨ।
2. ਸੰਸਾਰ ਦਾ ਸਭ ਤੋਂ ਪਹਿਲਾ ਰੰਗਦਾਰ ਟੈਲੀਵੀਜ਼ਨ ਪ੍ਰੋਗਰਾਮ 25 ਜੂਨ, 1951 ਨੂੰ ਸ਼ਾਮ ਸਾਢੇ ਚਾਰ ਵਜੇ ਅਮਰੀਕਾ ਵਿੱਚ ਪ੍ਰਸਾਰਿਤ ਕੀਤਾ ਗਿਆ।
3. ਭਾਰਤ ਦੀ ਪਹਿਲੀ ਰੇਲਵੇ ਲਾਈਨ 1851 ਈ: ਵਿੱਚ ਬਣੀ ਸੀ।
4. ਭਾਰਤ ਵਿੱਚ ਮਨੀਆਰਡਰ ਦਾ ਆਰੰਭ ਸੰਨ 1800 ਵਿੱਚ ਹੋਇਆ।
5. ਭਾਰਤ ਦੀ ਸਭ ਤੋਂ ਵੱਡੀ ਝੀਲ ‘ਵੁਲਰ ਝੀਲ’ ਕਸ਼ਮੀਰ ਪਾਰਕ ਦੱਖਣੀ ਅਫਰੀਕਾ ਵਿੱਚ ਹੈ।
6. ਹਾਥੀ ਨੂੰ ਹਰ ਵਸਤੂ ਦੁੱਗਣੀ ਦਿਖਾਈ ਦਿੰਦੀ ਹੈ।
7. ਭਾਰਤ ਦਾ ਸਭ ਤੋਂ ਪਹਿਲਾ ਰੇਡੀਓ ਸਟੇਸ਼ਨ ਬੰਬਈ ਵਿੱਚ 23 ਜੁਲਾਈ, 1927 ਨੂੰ ਸ਼ੁਰੂ ਹੋਇਆ।
8. ਡਾਰਪਡੋ ਮੱਛੀ ਕਰੰਟ ਪੈਦਾ ਕਰਦੀ ਹੈ।
9. ਪੂਰਨ ਸੂਰਜ ਗ੍ਰਹਿਣ ਸੱਤ ਮਿੰਟ ਤੋਂ ਵੱਧ ਨਹੀਂ ਹੁੰਦਾ।

ਅਨਮੋਲ ਵਚਨ

1. ਆਤਮ ਵਿਸ਼ਵਾਸ ਵਰਗਾ ਕੋਈ ਦੂਸਰਾ ਮਿੱਤਰ ਨਹੀਂ। -(ਸਵਾਮੀ ਵਿਵੇਕਾਨੰਦ)
2. ਇੱਕ ਪਵਿੱਤਰ ਆਤਮਾ ਨੂੰ ਦੁਨੀਆਂ ਦਾ ਸਭ ਕੁਝ ਪਵਿੱਤਰ ਦਿਖਾਈ ਦਿੰਦਾ ਹੈ। -(ਬਾਈਬਲ)
3. ਜਿਨ੍ਹਾਂ ਪਾਸ ਦੁਨੀਆਂ ਦੀ ਦੌਲਤ ਹੈ, ਉਹ ਕੰਗਾਲ ਹਨ, ਜਿਨ੍ਹਾਂ ਪਾਸ ‘ਤੂੰ’ ਹੈ, ਅਸਲ ਅਮੀਰ ਉਹ ਹਨ। -(ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ)
4. ‘ਸਬਰ’ ਕਾਮਯਾਬੀ ਦਾ ਸਭ ਤੋਂ ਵੱਡਾ ਭੇਦ ਹੈ, ਜਿਨ੍ਹਾਂ ਕੋਲ ਸਬਰ ਨਹੀਂ, ਉਹ ਗਰੀਬ ਹਨ। -(ਸ਼ੇਕਸਪੀਅਰ)

ਮਹਿਪੀਤ ਕੌਰ
ਨੌਵੀਂ - ਹਰੀ





ਤਿਰੰਗਾ

ਝੰਡਿਆ ਤਿਰੰਗਿਆ ਨਿਰਾਲੀ ਤੇਰੀ ਸ਼ਾਨ ਏ,
ਸਾਰੇ ਦੇਸ਼ ਵਾਸੀਆਂ ਨੂੰ ਤੇਰੇ ਉੱਤੇ ਮਾਣ ਏ।
ਇਕ ਇਕ ਤਾਰ ਤੇਰੀ,
ਜਾਪੇ ਮੂੰਹੋਂ ਬੋਲਦੀ।
ਮੁੱਲ ਹੈ ਅਜ਼ਾਦੀ ਸਦਾ,
ਲਹੂਆਂ ਨਾਲ ਤੋਲਦੀ।
ਉੱਚਾ ਸਾਡਾ ਅੰਬਰਾਂ 'ਤੇ ਝੁਲਦਾ ਨਿਸ਼ਾਨ ਏ,
ਝੰਡਿਆ ਤਿਰੰਗਿਆ ਨਿਰਾਲੀ ਤੇਰੀ ਸ਼ਾਨ ਏ।
ਸਾਵਾ ਰੰਗ ਤੇਰਾ ਦੱਸੇ,
ਖੇਤੀਆਂ ਦੇ ਰੰਗ ਨੂੰ।
ਪਹਿਨ ਬਾਣਾ ਕੇਸਰੀ,
ਸ਼ਹੀਦ ਜਾਣ ਜੰਗ ਨੂੰ।
ਚਿੱਟਾ ਰੰਗ ਤੇਰਾ ਸਾਡਾ ਸ਼ਾਂਤੀ ਦਾ ਵਿਧਾਨ ਏ,
ਝੰਡਿਆ ਤਿਰੰਗਿਆ ਨਿਰਾਲੀ ਤੇਰੀ ਸ਼ਾਨ ਏ।
ਤਿੰਨੇ ਰੰਗ 'ਕੱਠੇ' ਹੋ ਕੇ,
ਏਕਤਾ ਨੂੰ ਦੱਸਦੇ।
ਤੇਰੀ ਛਾਇਆ ਹੇਠ,
ਸਾਰੇ ਭਾਈ ਭਾਈ ਵੱਸਦੇ।
ਚੱਕਰ ਅਸ਼ੋਕ ਵਿਕਾਸ ਦਾ ਨਿਸ਼ਾਨ ਏ,
ਝੰਡਿਆ ਤਿਰੰਗਿਆ ਨਿਰਾਲੀ ਤੇਰੀ ਸ਼ਾਨ ਏ।
ਸਾਰੇ ਦੇਸ਼ ਵਾਸੀਆਂ ਨੂੰ ਤੇਰੇ ਉੱਤੇ ਮਾਣ ਏ।



ਅਰਨਵ ਗੁਲਾਟੀ
ਨੌਵੀ - ਲਾਲ



ਓ, ਅ, ਏ '35' ਅੱਖਰਾਂ ਦਾ ਸਹੱਤਵ

ਓ- ਉਸਤਤ ਉਸ ਰੱਬ ਦੀ ਕਰੋ।
ਅ- ਅਕਲਮੇਦ ਬਣੋ।
ੲ- ਈਸ਼ਵਰ ਇੱਕ ਹੈ।
ਸ- ਸਰਬਤ ਦਾ ਭਲਾ, ਸਦਾ ਸੱਚ ਬੋਲੋ।
ਹ- ਹੱਥੀਂ ਸੇਵਾ ਕਰੋ। ਹੱਥੀਂ ਕਿਰਤ ਕਰੋ।
ਕ- ਕਿਰਤ ਕਰੋ। ਵੰਡ ਛਕੋ।
ਖ- ਖੂਬ ਮਿਹਨਤ ਕਰੋ।
ਗ- ਗਲਤਫਹਿਮੀ ਤੋਂ ਦੂਰ ਰਹੋ।
ਘ- ਘਮੰਡ ਨਾ ਕਰੋ।
ਚ- ਚਰਿੱਤਰ ਦੇ ਚੰਗੇ ਰਹੋ।
ਛ- ਛਲ ਨਾ ਕਰੋ।
ਜ- ਚੁਲਮ ਨਾ ਕਰੋ।
ਝ- ਝੂਠ ਨਾ ਬੋਲੋ।
ਟ- ਟੋਰ ਸ਼ੁਕੀਨੀ ਜੇਬ ਮੁਤਾਬਿਕ ਕਰੋ।
ਠ- ਠੱਗੀ ਨਾ ਮਾਰੋ।
ਡ- ਡਰਪੋਕ ਨਾ ਬਣੋ।
ਢ- ਢਹਿੰਦੀ ਕਲਾ ਵਿੱਚ ਨਾ ਰਹੋ।
ਤ- ਤਮਾਸ਼ਾ ਨਾ ਬਣੋ।
ਥ- ਥੁੱਕ ਕੇ ਨਾ ਚੱਟੋ।
ਦ- ਕਿਸੇ ਨੂੰ ਦੁੱਖ ਨਾ ਦਿਓ।
ਧ- ਧਰਮ ਨਾ ਹਾਰੋ।
ਨ- ਨਾਮ ਜਪੋ।
ਪ- ਪਾਪ ਨਾ ਕਰੋ।
ਫ- ਫੋਕੀ ਵਡਿਆਈ ਨਾ ਕਰੋ।
ਬ- ਬੁਰੇ ਕੰਮ ਨਾ ਕਰੋ।
ਭ- ਭਾਰ ਕਿਸੇ ਤੇ ਨਾ ਬਣੇ।
ਮ- ਮੌਤ ਨੂੰ ਸਦਾ ਯਾਦ ਰੱਖੋ।
ਯ- ਯਾਦ ਰੱਖੋ ਚੰਗੀਆਂ ਗੱਲਾਂ।
ਰ- ਰੱਜ ਕੇ ਖਾਓ।
ਲ- ਲੁਧੇ ਲੋਕਾਂ ਦਾ ਸਾਥ ਨਾ ਦਿਓ।
ਵ- ਵਕਤ ਦੀ ਕਦਰ ਕਰੋ।
ਸ਼- ਸ਼ਰਾਰਤੀ ਨਾ ਬਣੋ।



ਅਵਨੀਸ਼ਿਊਤ ਕੌਰ
ਨੌਵੀ - ਪੀਲੀ

ਕੁਝ ਤੱਤ

ਡਿੱਗ ਤਾਂ ਸਹੀ ਤੈਨੂੰ ਚੱਲਣਾ ਵੀ ਆਜੂ,
ਹੱਸਣਾ ਤਾਂ ਸਿੱਖ ਦੁੱਖ ਝੱਲਣਾ ਵੀ ਆਜੂ।
ਸਮਝੀ ਕੁਝ ਬਣੋਗਾ ਜਦ ਲੋਕ ਖਿਲਾਫ਼ ਹੋਣਗੇ,
ਮਿਹਨਤ ਨਾਲ ਗੰਦੇ ਹੱਥਾਂ ਦੇ ਨਤੀਜੇ ਸਾਫ਼ ਹੋਣਗੇ।
ਕੱਲ ਵਰਗੀ ਅੱਜ ਤੇ ਅੱਜ ਵਰਗੀ ਕੱਲ ਨਹੀਂ ਹੋਣੀ,
ਨਿਕਲਿਆ ਜੇ ਸਮਾਂ ਹੱਥੋਂ ਤਾਂ ਜ਼ਿੰਦਗੀ ਹੱਲ ਨਹੀਂ ਹੋਣੀ।



ਮਨਵੀਰ ਸਿੰਘ
ਗਿਆਰਵੀ - ਸੀ



ਕਾਂ, ਬਾਜ਼ ਤੇ ਖਰਗੋਸ਼

ਇੱਕ ਵਾਰ ਇੱਕ ਪਹਾੜ ਦੀ ਉੱਚੀ ਚੋਟੀ ਉੱਤੇ ਇੱਕ ਬਾਜ਼ ਰਹਿੰਦਾ ਸੀ। ਉਸੇ ਪਹਾੜ ਦੇ ਪੈਰਾਂ ਵਿੱਚ ਬੋਹੜ ਦੇ ਰੁੱਖ ਉੱਤੇ ਇੱਕ ਕਾਂ ਦਾ ਆਲ੍ਹਣਾ ਸੀ। ਉਹ ਬੜਾ ਚਲਾਕ ਅਤੇ ਮੱਕਾਰ ਸੀ। ਉਹ ਹਮੇਸ਼ਾ ਇਹੀ ਸੋਚਦਾ ਰਹਿੰਦਾ ਕਿ ਬਿਨਾਂ ਮਿਹਨਤ ਕੀਤੇ ਵਧੀਆ ਖਾਣ ਨੂੰ ਮਿਲ ਜਾਵੇ। ਰੁੱਖ ਦੇ ਕੋਲ ਗੁਫਾ ਵਿੱਚ ਖਰਗੋਸ਼ ਰਹਿੰਦੇ ਸਨ। ਜਦੋਂ ਵੀ ਖਰਗੋਸ਼ ਬਾਹਰ ਆਉਂਦੇ ਤਾਂ ਬਾਜ਼ ਉੱਚੀ ਉਡਾਣ ਭਰਦੇ ਅਤੇ ਕਿਸੇ ਨਾ ਕਿਸੇ ਖਰਗੋਸ਼ ਨੂੰ ਆਪਣੇ ਪੰਜਿਆਂ ਵਿੱਚ ਚੁੱਕ ਕੇ ਲੈ ਜਾਂਦੇ। ਇੱਕ ਦਿਨ ਕਾਂ ਨੇ ਸੋਚਿਆ, 'ਉੱਜ ਤਾਂ ਇਹ ਚਲਾਕ ਖਰਗੋਸ਼ ਮੇਰੇ ਹੱਥ ਨਹੀਂ ਆਉਣ ਲੱਗੇ, ਇਨ੍ਹਾਂ ਦਾ ਨਰਮ ਮਾਸ ਖਾਣ ਲਈ ਮੈਨੂੰ ਵੀ ਬਾਜ਼ ਵਾਂਗ ਕਰਨਾ ਪਵੇਗਾ। ਮੈਂ ਵੀ ਅਚਾਨਕ ਝੱਪਟਾ ਮਾਰਕੇ ਇਨ੍ਹਾਂ ਨੂੰ ਫੜ ਲਵਾਂਗਾ।' ਦੂਜੇ ਦਿਨ ਕਾਂ ਨੇ ਵੀ ਇੱਕ ਖਰਗੋਸ਼ ਨੂੰ ਫੜਨ ਦੀ ਗੱਲ ਸੋਚਕੇ ਉੱਚੀ ਉਡਾਣ ਭਰੀ। ਫਿਰ ਉਹਨੇ ਖਰਗੋਸ਼ ਨੂੰ ਫੜਨ ਲਈ ਬਾਜ਼ ਦੀ ਤਰ੍ਹਾਂ ਜ਼ੋਰ ਨਾਲ ਉਪਰੋਂ ਝੱਪਟਾ ਮਾਰਿਆ। ਭਲਾ ਕਾਂ ਤੇ ਬਾਜ਼ ਦਾ ਕੀ ਮੁਕਾਬਲਾ? ਖਰਗੋਸ਼ ਨੇ ਕਾਂ ਨੂੰ ਵੇਖ ਲਿਆ ਅਤੇ ਉਸੇ ਵੇਲੇ ਭੱਜਕੇ ਚੱਟਾਨ ਦੇ ਪਿੱਛੇ ਲੁਕ ਗਿਆ। ਕਾਂ ਪੂਰੇ ਜ਼ੋਰ ਨਾਲ ਚੱਟਾਨ ਵਿੱਚ ਜਾ ਵੱਜਿਆ। ਚੱਟਾਨ ਨਾਲ ਵੱਜਦਿਆਂ ਸਾਰ ਹੀ ਉਸਦੀ ਚੁੰਝ ਅਤੇ ਗਰਦਨ ਟੁੱਟ ਗਈਆਂ ਅਤੇ ਉਹ ਉੱਥੇ ਹੀ ਤੜਫ-ਤੜਫ ਕੇ ਮਰ ਗਿਆ।
ਸਿੱਖਿਆ- ਸਾਨੂੰ ਮੱਕਾਰ ਨਹੀਂ ਹੋਣਾ ਚਾਹੀਦਾ, ਸਗੋਂ ਮਿਹਨਤ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ।



ਗੀਤ ਭਾਰਦਵਾਜ
ਅੱਠਵੀਂ - ਪੀਲੀ



ਸਾਂਝ

ਇਹ ਸਾਂਝ ਪੁਰਾਣੀ ਕਿੱਦਾਂ ਟੁੱਟ
ਇਹ ਸਾਂਝ ਨਿਮਾਣੀ ਕਿੱਦਾਂ ਛੁੱਟ
ਕਰ, ਹੌਸਲਾ ਬੁਲੰਦ
ਬੰਦਾ ਬਹਾਦਰ ਬਣ
ਕਿਤੇ ਪਿਛਲੀ ਗੁਰੂਆਂ ਦੀ ਆਵਾਜ਼ ਸੁਣ
ਸਾਥੀਆ ਸੁਣ, ਕਰ ਬਰਸਾਤੀ ਬੇੜਾ ਪਾਰ, ਸੁਣ
ਹਕੀਕਤ 'ਚ ਰਹਿ ਵੇ ਬੇਦਿਆ
ਸਿਆਣਪ ਨਾਲ ਕੋਈ ਰਾਹ ਤਾਂ ਚੁਣ
ਹੈਂਕੜ, ਆਕੜ ਨਾਲ ਬੰਦਾ ਨਾ ਕਦੇ ਹੋਇਆ ਧਾਕੜ
ਪ੍ਰੇਮ ਦੀ ਆਵਾਜ਼ ਸੁਣ।
ਗੁਰੂਆਂ ਦੇ ਸਾਕੇ
ਪੜ੍ਹ-ਪੜ੍ਹ ਪੰਜਾਬੀ ਕਾਕੇ
ਪਹੁੰਚੇ ਦਿੱਲੀ ਦੇ ਰਾਹ ਹੁਣ।
ਬੇਦਿਆ, ਪਿਆਰ ਦਾ ਕਰ ਸਤਿਕਾਰ ਸੁਣ
(ਕਿਸੇ) ਕੁੱਝ ? ਵਾਕੇ ਦੀ ਉਡੀਕ ਨਾ ਕਰ
ਜ਼ਿੰਦਗੀ ਨੂੰ ਸੋਝੀ ਨਾਲ ਫੜ
ਸਬਰ ਦਾ ਲੈ ਇਮਤਿਹਾਨ ਤੂੰ,
ਲਾ ਦੇ ਸੋਝੀਆਂ ਦਾ ਬੇੜਾ ਪਾਰ ਤੂੰ।
ਗਹਿਮਾ - ਗਹਿਮੀ, ਗਰਮੇ - ਗਰਮੀ
ਪੋਹ ਦੇ ਮਹੀਨੇ ਵਿੱਚ ਵੱਗਦੀ ਪੁੱਠੀ ਹਵਾ ਦਾ ਰੁੱਖ
ਕਿਤੇ ਬੁੱਢੇ ਮਾਪੇ, ਤਕੜੇ ਕਾਕੇ
ਬੀਬੀਆਂ ਦੇ ਬੱਚਿਆਂ ਦੀ ਉੱਪਰਲੀ ਸੋਝੀ ਦੀ,
ਤਕਰਾਰ ਦੀ ਹਾਹਾਕਾਰ ਹੁਣ
ਕਿਤੇ ਕਿਲ੍ਹੇ - ਪੁਰਾਣੇ
ਬਣ ਜਾਣ ਨਾ ਬੰਜਰ ਤੇ ਉਜਾੜ ਹੁਣ।
ਆ ਕਰ ਏਕਤਾ,
ਜਾਤੀਵਾਦ ਨਾ ਬਣ।
ਗੁਰੂਆਂ, ਪੀਰਾਂ ਦਾ ਵੰਡਾਰਾ ਨਾ ਕਰ
ਹਰ ਬਾਬਾ, ਫਕੀਰ ਵਸਦਾ ਤੇਰੇ - ਮੇਰੇ ਅੰਦਰ
ਮੇਰੇ - ਤੇਰੇ ਦਾ ਹਿਸਾਬ ਅੱਜ ਆਪ ਨਾ ਕਰ।
ਕਿਤੇ ਬੈਠੇ ਦੇਖਦਾ ਸੋਝੀ ਚਾਲਕ ਇਸ ਸੰਸਾਰ ਦਾ
ਫੈਸਲੇ ਲੈਣ ਵਾਲਾ ਤੂੰ ਆਪ ਨਾ ਬਣ।
ਘੜੀ - ਮੁੜੀ ਦੇ ਸੁਆਸ ਲੈ ਲਏ
ਘੜੀ - ਮੁੜੀ ਦੇ ਸੁਆਸ ਰਹਿ ਗਏ।
ਵੰਡ ਖੁਸ਼ੀਆਂ, ਵੰਡ ਪਿਆਰ ਸੁਣ
ਕਰ ਖਾਲੀ ਮਾਣ ਦਾ ਡੋਲਾ ਸੁਣ
ਵੰਡ ਪਿਆਰ ਤੇ ਸਤਿਕਾਰ ਦਾ ਝੋਲਾ ਹੁਣ।
ਸੁੱਖਸਿਮਰਨ ਗਿੱਲ
ਅੰਗਰੇਜ਼ੀ ਅਧਿਆਪਕਾ



ਸੁੱਖਸਿਮਰਨ ਗਿੱਲ
ਅੰਗਰੇਜ਼ੀ ਅਧਿਆਪਕਾ

ਇੱਕ



ਕਿਉਂ ਦੁਨਿਆਵੀ ਸੁੱਖ ਪਿੱਛੇ ਭੱਜਦਾ ਹੈ"
ਤੂੰ ਉਸ 'ਇੱਕ' ਨਾਲ ਪਿਆਰ ਪਾ ਕੇ ਤਾਂ ਵੇਖ।
ਕਿਉਂ ਦੂਜਿਆਂ 'ਚ ਆਸਰਾ ਲੱਭਦਾ ਹੈ,
ਉਸ 'ਇੱਕ' ਨੂੰ ਪੱਲਾ ਫੜਾ ਕੇ ਤਾਂ ਵੇਖ।
ਸਭ ਦੁੱਖ ਦੂਰ ਹੋ ਜਾਣਗੇ ਤੇਰੇ,
ਤੂੰ ਉਸ 'ਇੱਕ' ਦਾ ਸੁੱਖ ਪਾ ਕੇ ਤਾਂ ਵੇਖ।
ਕਿਉਂ ਦੁੱਖ ਬੇਗਾਨਿਆਂ ਅੱਗੇ ਫੋਲਦਾ ਹੈ,
ਉਸ 'ਇੱਕ' ਨੂੰ ਮਿੱਤਰ ਬਣਾ ਕੇ ਤਾਂ ਵੇਖ।
ਤੇਰੀ ਹਰ ਪ੍ਰੇਸ਼ਾਨੀ ਨੂੰ ਬਣਾ ਲਏਗਾ ਆਪਣਾ,
ਤੂੰ ਉਸ 'ਇੱਕ' ਨਾਲ ਸਾਂਝ ਪਾ ਕੇ ਤਾਂ ਵੇਖ।

ਖੁਸ਼ੀਆਂ ਖੇੜੇ ਦੋੜਨਗੇ ਪਿੱਛੇ ਤੇਰੇ,
ਉਸ 'ਇੱਕ' ਵੱਲ ਕਦਮ ਵਧਾ ਕੇ ਤਾਂ ਵੇਖ।
ਇਹ ਦੁਨਿਆਵੀ ਧਨ ਸਭ ਫਿੱਕੇ ਪੈ ਜਾਣਗੇ,
ਉਸ 'ਇੱਕ' ਨਾਲ ਪਿਆਰ ਦੌਲਤ ਕਮਾ ਕੇ ਤਾਂ ਵੇਖ।
ਤੇਰੇ ਜੀਵਨ ਵਿੱਚ ਅਨੰਦ ਦਾ ਰੰਗ ਘੁਲ ਜਾਵੇਗਾ,
ਉਸ 'ਰੱਬ' ਦੇ ਰੰਗ ਵਿੱਚ ਖੁਦ ਨੂੰ ਰੰਗਾ ਕੇ ਤਾਂ ਵੇਖ।
ਤੂੰ ਉਸ ਪ੍ਰਮਾਤਮਾ ਨੂੰ ਦਿਲ ਵਿੱਚ ਵਸਾ ਕੇ ਤਾਂ ਵੇਖ,
ਉਸ ਰੱਬ ਨਾਲ ਰਿਸ਼ਤਾ ਨਿਭਾ ਕੇ ਤਾਂ ਵੇਖ।



ਹਰਸਿਮਰਨ ਕੌਰ
ਨੌਵੀ - ਜਾਮਨੀ

MATHEMATICS SECTION



Ms Kriti Gupta
Sub-Editor

Editorial

"Mathematics is the most beautiful and most powerful creation of the human spirit." -Stefan Banach

My belief is that Mathematics is a methodical application of matter. It makes our life orderly and prevents chaos. It is the cradle of all creations, without which the world can not move an inch. The mathematics content in the magazine will encourage and attract an alert and open-minded attitude among our young Aryabhatts and Shakuntala Devis. I hope the brain teasers in the magazine will offer rationality to our thoughts and ideas.

10 Interesting Facts about Maths!

The Facts!

1. The longest Mathematical proof is 15,000 pages long. It involved over 100 mathematicians and took 30 years just to complete it.
2. The number 8 is considered such a lucky number in China that the Chinese government scheduled the Beijing Olympics to begin 8 seconds after 8:08 on 8/8/2008.
3. A Mathematician named George Danizig solved two of the most famous statistics because he came into the class too late to hear that they were supposed to be unsolvable.
4. I, V, X, L, C, D, M aren't the only letters used in Roman numerals, "S" is used to represent $\frac{1}{2}$ along with dots for other fractions.
5. The sum of all numbers on Roulette is 666.
6. 73939133 is the largest known prime number that, if you keep removing digits from the right, will always leave a prime number.
7. If you multiply any integer by nine and then add the digits of the resulting number until there is only one digit left you will end up with nine again.
8. The percent symbol(%) is supposed to be a fraction of zero over zero. There are higher symbols such as permille signs(0/00) and others for smaller percentages.
9. A Russian mathematician named **Grigori Perelman** solved a 100-year-old math problem. He declined the fields medal, \$1million in awards, and later retired from math because he hated the recognition the math community gives to people who prove things.
10. There are numbers (illegal prime) that are illegal to possess or distribute. One of the first ones, found in 2001, was used to bypass copyright protection on DVDS.



Sifat
VIII - Yellow

Fun Facts Maths

- In a room of 23 people there's 50% chance that two people have the same birthday.
- Most mathematical symbols weren't invented until the 16th century. Before that, equations were written in words.
- Every odd number has an "e" in it.
- The reason Americans call mathematics "math", is because they argue that "mathematics" functions as a singular noun so 'math' should be singular too.
- Mount Everest weights an estimated 357 trillion pounds.



Naisha Arora
VI - Yellow

Mathematics Wedding Invitation

Sh. Addition and Smt. Subtraction
would love to have your presence

at
their daughter's wedding

Divide Weds Multiply

(Grand son of Sh. Rectangle and Smt. Triangle)

At our residence: $5+50 \times 1+0=55$

Quadrilateral Bazar,

Ludhiana as per program:

7-6-2021 = Ladies Sangeet at = 10-2 at 8pm

8-6-2021 = Lunch = 6×2 at 12 noon

Arrival of Barat = $56/7$ at 8pm

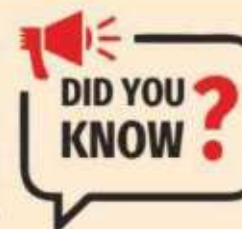
9-6-2021 = Departure of Barat = $2+2+1$ at 5am

RSVP

All Members of Geometry



Divya Jain
VIII - Red



1. Abacus is considered the origin of the calculator.
2. 12, 345, 678, 987, 654, 321 is the product of 111, 111, 111x111, 111, 111. Notice the sequence of the number 1 to 9 and back to 1.
3. Plus [+] and the Minus [-] symbols were used as early as 1489.D.
4. An icosagon is a shape with 20 sides.
5. From 0 to 1000, the letter "A" only appears in 1000 [one thousand].
6. A "Jiffy" is an actual unit of time for $1/100^{\text{th}}$ second
7. Among all shapes with the same area circle has the shortest perimeter.
8. A shape with 18 sides is called octakaidecagon.
9. In 1995 in Taipei, citizens were allowed to remove '4' from street numbers because it sounded like 'Death' in Chinese. Many Chinese hospitals do not have 4th floor.
10. Alfred Nobel started the tradition of Nobel prizes. However, no Nobel prize was designated for mathematics
11. The word "FRACTION" is derived from Latin "fractio-to break".



Gunveen Kaur
VIII - Orange

MATHS TRICK



- Step1.** Come up with any number
Step2. Subtract 1 from this number
Step3. Multiply your answer with the number 3
Step4. Add 12 to the number
Step5. Divide the result by 3
Step6. Add 5 to your answer in step 5
Step7. Subtract the first number you came up with (in step 1) from the number you resulted at the end of steps 6
And the Answer is 8



Agam Narang
VIII - Red



MATHS TRICK

- Step1.** Come up with any number.
Step2. Multiply with the number 3.
Step3. Add 6 to the number.
Step4. Divide the result by 3.
Step5. Subtract the no. from **Step 1** from answer in **Step 4**.
And the Answer is 2.



Agamjot Singh
IX - Pink

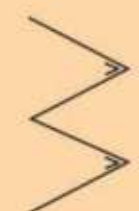
Numbers from 0-9 and Number of Angles



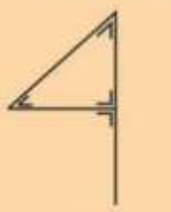
One Angles



Two Angles



Three Angles



Four Angles



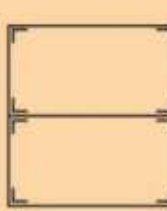
Five Angles



Six Angles



Seven Angles



Eight Angles

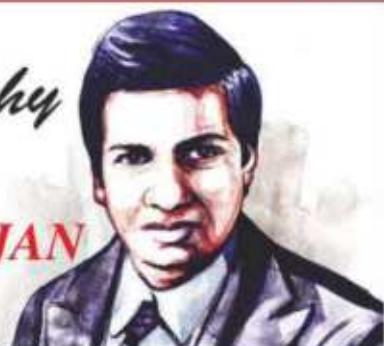


Nine Angles



Lakshita Gupta
VI - Yellow

Biography of RAMANUJAN



Ramanujan's full name was Srinivasa Ramanujan Aiyangar. He was born on 22 December, 1887. He was an Indian mathematician who lived during the British rule in India. He had almost no training in pure mathematics, but he made substantial contributions to mathematical analysis, number theory, infinite series and continued fractions including solutions to mathematical problems then considered unsolvable. Ramanujan developed his own mathematical research in isolation. In 1913 he began a postal correspondence with the English mathematician G.H. Hardy at the University of Cambridge, England. Recognizing Ramanujan's work as extraordinary, Hardy arranged for him to travel to Cambridge. Hardy commented that Ramanujan had produced ground breaking new theorems. He became one of the youngest fellows of the Royal Society and only the second Indian member, and the first Indian to be elected a fellow of Trinity College, Cambridge. Ramanujan died in 1920 at the age of 32 due to illness.



Anmol Singh Grewal
IX - Pink

Take a Number

Imagine a world
 Without mathematics
 No rulers or scales
 No inches or feet
 No dates or numbers
 On house or street
 No prices or weights
 No determining heights
 No hours running through
 Days and nights
 No zero no birthdays
 No way to subtract
 All of the guesswork
 Surrounding the fact
 No sizes for shoes
 Or suit or hat
 Wouldn't it be awful
 To live like that?



Angelina
VII - Violet

Poem on Mathematics

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 as different as brothers
 Lines are parallel
 Angles are similar
 Maths is necessary in life
 Without it, it is difficult to survive



Kangana Matta
IX - Red

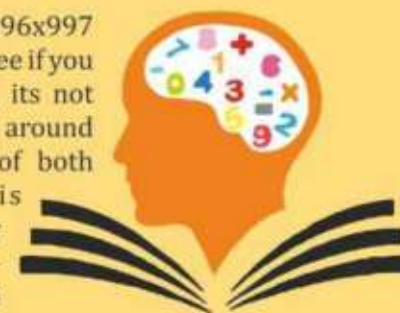
Facts about Mathematics

- 40 °C is equal to -40 °F.
- If you shuffle a deck of cards properly, it's more than likely that the exact order of the cards you get has never been seen before in the whole history of the universe.
- Zero is not represented in Roman numerals.
- 2 and 5 are the only prime numbers that end in 2 or 5.



Arnav Gulati
IX - Red

Vedic Maths



You have five seconds to solve 996×997 without using a calculator. Let's see if you can take up the challenge well, it's not difficult if you know your way around Vedic mathematics. The base of both numbers - 996 and 997 - is thousand subtract each number by 1000 and you get -004 and -003 and now multiply the subtracted number and you get 012. After this cross subtracted either of the number -996 minus 003 or 997 minus 004 - and you get the number (993). There you have your answer :993012. Vedic maths is the easiest way to solve maths problems - and the great way of getting over the maths phobia that several children & even adults suffer from some argue that the term Vedic might be misleading given that Vedic mathematics, the first book on the subject, was first published only in 1965, it was authored by BHARATI KRISHNA TIRTHAJI, Shankaracharya of Puri's Goverdhan Math and the founder of Vedic Maths. The book contains 16 sutras or mental calculation techniques which are said to cover practically every branch of mathematics, arithmetic, algebra, geometry, trigonometry, calculus, applied mathematics, dynamics, hydrostatics, etc.



Suraj Partap Singh
VIII - Red

REVOLVING NUMBERS

Do you know what revolving numbers are?

The Basic property of revolving number is that when multiplied by a number, the product contains the digits in the same sequence. The starting digit is different in each product

Let us take a number 142857

$$\begin{array}{r} 7 \ 1 \ 4 \\ 5 \ 8 \ 2 \end{array}$$

If this number is multiplied by 1, 2, 3, 4, 5 and 6. We have.

$$\begin{aligned} 142857 \times 1 &= 142857 \\ 142857 \times 2 &= 285714 \\ 142857 \times 3 &= 428571 \\ 142857 \times 4 &= 571428 \\ 142857 \times 5 &= 714285 \\ 142857 \times 6 &= 857142 \end{aligned}$$

In the above result, we see that the starting digits are different in each product but other digits are in the same order as in original number. Therefore, they are revolving numbers



Aarna
VII - Violet

Maths Did you Know?

1. In 2010, the world maths day, 1.13 million students from more than 235 countries, set a record by correctly answering 479, 732, 613 question.
2. Notches on animal bones show that people have been doing mathematics, or at least making computations since around 30,000BC.
3. 'Mathematics' is an anagram of 'me asthmatic'.
4. "Pure Mathematics" is, in its way, the poetry of logical ideas" (Albert Einstein)
5. Mathematics is the subject in which we never know what we are talking about nor what we are saying is true.
6. 2,520 is the smallest number that can be exactly divided by all the numbers 1 to 10.



Diya
VII - Violet

Interesting Maths Facts

1. Markings on animal bones indicate that humans have been doing maths since around 30,000BC.
2. Zero is not represented in Roman numerals.
3. 2 and 5 are the only prime numbers that end in 2 or 5.
4. Take any number, and multiply it by three. Then, take the digits of that new number and add them all together. Whatever number that equals will always be divisible by three, no matter what number you started with.
5. 4 is designated as the black hole number. Think of any word, name, thing etc. For e.g. the word "mathematics", has eleven letters. Now 'eleven' in turn has six letters. 'Six' has three letters. 'Three' has five letters. And how many letters does 'four' have? FOUR! Think of any other word and you'll arrive at the same dead end.



Siya Abhi
IX - Red

Interesting Facts About Mathematics

1. If you shuffle a deck of cards properly, it's more than likely that the exact order of the cards you get has never been seen before in the whole history of the universe.
2. The Radius of the moon is approximately **1,079.6 miles**.
3. Baking is mathematical and delicious! To make the perfect sugar cookie, follow a **simple ratio of 3:2:1**, or 3 parts flour to 2 parts fat to 1 part sugar.
4. The spiral shapes of sunflowers, snails and shells follow **the Fibonacci sequence**, where the previous 2 numbers are added together to get the next. (1, 2, 3, 5, 8, 13, 21, 34.....).
5. In a classroom of 23 people, there's a **50% chance two of them have the same birthday**. In a room of 75 people, the probability increases to 99%. It's called the **Birthday Problem**.
6. Mount Everest weighs an estimated **357 trillion pounds**.
7. Surely, you remember the

8. **Zero is An Even Number**
Mathematically, an even number is one that can be divided by two and still create a whole number. Zero meets the criteria for this because if you halve zero, you get zero. But if you're confused, you're not alone: Research from the 1990s, out of Cambridge University, actually revealed that people are 10 percent slower at deciding whether zero is even or not.
9. **Six is the smallest perfect Number**
In number theory, a perfect number is a positive integer that is equal to the sum of its positive divisors. By this rule, six is the smallest perfect number. if you scratched your head and said, "Huh?". here's an example to clarify: 1+2+3=6. The next perfect number doesn't occur until 28. it

turns out perfection really is few and far between....

10. Have you ever heard that the number **9 is considered to be a "magic" number**? No? Well it is, and here is why: if you multiply a number by 9 and add all the digits of the new number together, the sum will always add up to 9. So, for example: $8 \times 9 = 72$, $7+2=9$; or: $4 \times 9 = 36$, $3+6=9$, see? It truly is magical. Try it out. Every single combination will always lead you back to 9!

11. **Six weeks = 10! Seconds**
That is, $10 \times 9 \times 8 \times 7 \times 6 \times 5 \times 4 \times 3 \times 2 \times 1 = 3,628,800$ seconds = 60,480 minutes = 1,008 hours = 42 days = 6 weeks.

12. **In Thailand, "555" is Hilarious**
Teenagers texting in Thailand will send the digits "555" to indicate that something is funny. The reason? "5" is pronounced "ha" so "555" translates to "hahaha." Thus, "555555" means "hahahahaha," or "ha" squared.



Sanyam Nohria
X - Red

SOLVE THIS IF YOU CAN



Ravleen Kaur
VI - Green

$$\begin{aligned} \star + \star + \star &= 30 \\ \star + \star + \star &= 18 \\ \star - \star &= 2 \\ \star + \star \times \star &= ?? \end{aligned}$$

Answer = 21

Inauspicious Number 13

There is a popular maxim which states that the best way to predict the future is to look into the past. History has time and again proven the number 13 to be a diabolical entity, sneaking in corners, ready to cause lead omen and accidents. Horror at the prospect of residing at the "13th FLOOR" of the building!

The fear of this number has its own personalized jargon known as "TRISKAIDEKAPHOBIA". It is combination of Greek words "Tris" means "Three" "Kai" means "and", "Deka" means "Ten", "Phobia" means "Fear"

- Apollo 13 was launched on 11 April it underwent explosion on 13th April.
- Many hotels like China and America don't have 13th FLOOR in them.

I beg to differ:-

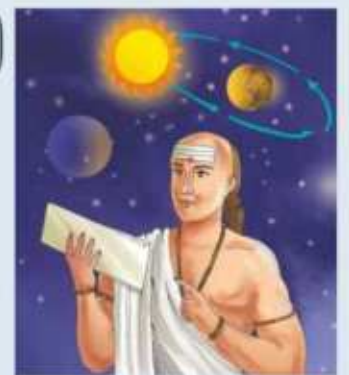
In the sacred book of Sikhs, the "GURU GRANTH SAHIB", the word "WAHEGURU" appears 13 times!



Hasheen Kaur Khurana
IX - Orange

History of ZERO

It is said that Aryabhata invented the number 0. Aryabhata was one of the world's greatest mathematician-astronomer. Aryabhata devised a number system, which had no zero, as a positional system, but used to denote empty space. There is evidence that a dot had been used in earlier manuscripts to denote an empty space in positional notation. He gave the world the digit "0" (Zero) for which he became immortal. He was the first mathematician to use the concept of zero. He used zero for the first time to define decimal system. It is said that he was aware of the concept and even used it in his calculations.



Parveen Yadav
IX - Orange

GEOMETRY

Here we go again reviewing math from 1 to 10. Starting from a point, a long way to go stay tuned for this journey won't be slow.

It has no sides or lengths to say in fixed positions it shall stay it is represented by a tiny dot a point on a paper that we plot.

Looking like railway tracks or the shelves of shoe rack they have no ends they are infinite vines in math we call them parallel lines.

Like two rays meet at a point for example, in our body we have joints they stay apart and never tangle together, they both form an angle.

4 equal sides it has with him whom we cannot move, touch or trim just like himself, he has a brother square and rectangle, quite similar to each other.

Shapes, lines, angles and so much more on paper they could seem like a hefty chore. However, here and there math is all around and between these concepts a poem found.



Kaveesha Sharma
IX - Green

20 INTERESTING FACTS ABOUT MATHS

Does 0.999999999999999... = 1?

- There are types of interesting numbers in mathematics. One such number is a hundred. It is derived from the old Norse word. "Hundrath", which actually means 120.
- Did you know that the number 0.99999... is equal to 1? Mind-boggling... but here is an example to prove it: Let $x = 0.9999...$. Then $10x = 9.9999...$. $10x - x = (9.9999) - (0.9999...)$, then $9x = 9$, finally $x = 1$.
- 'FOUR' is the only number in the English Language that is spelt with the same number of letters as the number itself.
- The reason Americans call mathematics "math" is because they argue that "mathematics" functions as a singular noun so 'math' should be singular too.
- From 0 to 1000, the only number that has the letter 'A' in it is 'one thousand'.
- Every odd number has an "e" in it.
- Among all shapes with the same perimeter, a circle has the largest area.
- The sum of the digits of the number added to 9 is always equal to the sum of the digits of the result.
- The only Shakespeare play to contain the word 'mathematics' is the Taming of the Shrew.
- The easiest way to remember the value of Pi (3.1415926....) is by counting each word's letter in 'May I have a large container of coffee'.
- The only number in English that is spelt with its letters in alphabetical order is 'forty'. And One is the only number with its letters in reverse alphabetical order.
- A year isn't exactly 365 days - it's 365.2564 days! That's why we have a leap year every four years.
- In a room of just 23 people, there's a 50% chance that two people have the same birthday.
- There are 43, 252, 003, 274, 489, 856, 000 ways to scramble a Rubik's Cube.
- The equal sign '=' was invented by an English mathematician in 1557. In his book Robert

Recorde explains: '...to avoid the tedious repetition of these words: "is equal to", I will set (as I do often in work use) a pair of parallels, or Gemowe lines, of one length (thus =), because no two things can be more equal.'

- We all know that primes are numbers that can only be divided by themselves and 1 (Such as 2, 3, 5, 7). Largest prime number known so far is $2^{57,885,161} - 1$, a 17, 425, 170 digit number. The new largest-known prime is the third discovered by Curtis Cooper of the University of Central Missouri, who was running Gimps software on 1,000 university computers. It took on of the PCS 39 days of non-stop computing to check it was indeed prime.
- The power of exponential growth is shocking. You can actually reach the moon by folding a paper of 0.01mm 45 times.
- $1111111111 \times 1111111111 = 12345678987654321$
- Zero is the Only Number that can't be represented in Roman numerals.
- If you multiply 6 by an even number, the answer will end with the same digit. The number in the ten's place will be half of the number in the one's place.

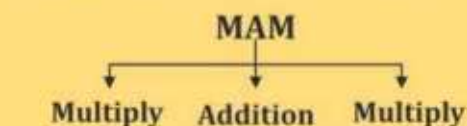


Aditya Papneja
X - Violet

*Using 8, eight times make a thousand. think!

Ans:- $888 + 88 + 8 + 8 + 8 = 1000$

*If we have 2 digit number with 1 on ones place then use MAM formula.



Example

41×41

$1 \times 1 = 1$

$4 + 4 = 8$

$4 \times 4 = 16$

Ans= 1681



Dhruv Goel
VI - Pink

Riddles

- is the only digit whose spelling are alphabetically arranged.
- is only number which has alphabets in descending order.
- is only digit in which no. of alphabets is equal to number it is.
- is only number which cannot be represented in roman numerals.
- If you write 'HOW I Wish I COULD CALCULATE PI' you will get first seven digits of pie. Think how.....
- If there are four apples and you take away three, how many do you have?
- I add five to nine and get two. The answer is correct, but how?

Answers:-

A) FOUR B) ONE C) FOUR D) ZERO

E) 'HOW' has 3 alphabets which means first digit is 3 then 'I' has 1 alphabet which means second digit is 1 and so on.....

F) You took three apples, so you have three!

G) When it is 9 a.m., add five hours to it, and you will get to 2 p.m.



Drishti
IX - Pink

Multiplication Property

Commutative Property

You can multiply the factors in any order, and the product will be the same

$$\begin{array}{c} \text{5} \times \text{4} \\ \hline 20 \end{array} = \begin{array}{c} \text{4} \times \text{5} \\ \hline 20 \end{array}$$

Associative Property

You can group the factors in different ways, and the product will be the same.

$$\begin{array}{l} (3 \times 4) \times 2 = 24 \\ 12 \times 2 = 24 \\ (3 \times 4) \times 2 = 24 \\ 3 \times 8 = 24 \end{array}$$

Identity Property

The product of any number and 1 is that number itself.

$8 \times 1 = 8$

$562 \times 1 = 562$

Zero property

The product of any number and 0 is 0.

$6 \times 0 = 0$

$714 \times 0 = 0$

Distributive Property

A multiplication fact can be broken up into the sum of two other multiplication facts

$$\begin{array}{l} 23 \times 2 = ? \\ (20 + 3) \times 2 \\ \downarrow \\ (20 \times 2) + (3 \times 2) \\ 40 + 6 = 46 \end{array}$$



Muskan
VI - Yellow



SCIENCE SECTION



Ms Inderpreet Kaur
Sub-Editor

Editorial

Science is simply providing opportunities for the mind to work

Somewhere, something incredible is waiting to be known. To get to know, to discover, to publish is the destiny of the scientist. Science section in the Magazine presents selection of articles that highlights the methods of organizing our curiosity. Science section is to be viewed as a launch pad for the children's creative ages to blossom naturally.

This is a humble initiative to set up a budding scientific minds free, allowing them to roam free in the realm of imagination.

We are sure that the positive attitude, hardwork, sustained efforts and innovative ideas exhibited by our budding scientists will surely stir the mind of our readers. We have put in relentless efforts to bring excellence to this treasure trove.

Stimulating facts of Human Anatomy

- It's easier to smile than to frown. A happy smile uses less than 20 face muscles where as a sad frown needs twice as many.
- The longest bone, Femur in the thigh forms 1/4 of the body weight.
- Even on a healthy skin, in an area the size of a fingernail, there may be more than 1000 bacteria.
- Up to one million dead skin cells fall off your skin every single moments.
- The Lungs are the only part of the body that could float on water. In fact, people float more easily on water if they breathe in deeply, and then take small breaths, keeping the lungs as full of air as possible.
- Sneezing blows out of the nose at speed of up to 95 miles per hour.
- You always close your eyes when you sneeze.
- During a typical day, the adult heart pumps out about 2000 gallons of blood that would be enough blood to fill more than 50 bathtubs.
- If all your blood vessels could be taken out of your body and laid end to end, they would stretch 62,000 miles. This is the same distance as two-and a half times around the earth.
- A tiny drop of blood as small as a pinhead contains approximately 5 million red blood cells, 10000 white blood cells and 300000 platelets.



Ruban Randhawa
VII - Red

Science Role in Modern Age

One of the biggest blessing of nature is life. The Motive behind inventions that we can address as the wonders of science is to make the activities involved in our livelihood easier our thirst for knowledge often called curiosity, is the drive behind all the discoveries in science ever made. And with this curiosity, imagination, logic and work we have been successful as humans to bring forth the wonders of science. These wonders of science not only simplify our life but also successfully add meaning to it. From the discoveries made by driving underwater and to the ones made on the ground of moon, everything explains how far we have come with science. At this modern day age food, electricity, transportation, medicines, distance communications, entertainment, internet, or even a pen, you name it, and you will realize all these are wonders of science.



Tanya Nijhawan
VII - Green

Science Riddles

You will find me in Mercury. Earth, Mars and Jupiter, but not in Venus or Neptune What am I?

The letter R

What are the R's that keep our planet clean?

The three R's are Reduce, Reuse and Recycle.

Which Weighs more a ton of concrete or a ton of feathers?

They both weigh the same (a ton).

I can rush, be still, be not be cold and be hard I can slip through almost anything what am I?

Water

What can go up and come down without moving?

The temperature

What grows only upwards and can never come down?

Our height

I am excellent to taste, but horrible to smell. What am I?

?

A tongue

I touch your face. I am in your words. I am a lack of space, and beloved by birds. What am I?

Air

What breaks but never falls?

Dawn

What falls but never breaks?

Dusk

What has a mouth but cannot chew?

A river

What goes around and around the wood but never goes into the wood?

The bark of a tree

What kind of rocks are on the bottom of the Mississippi River?

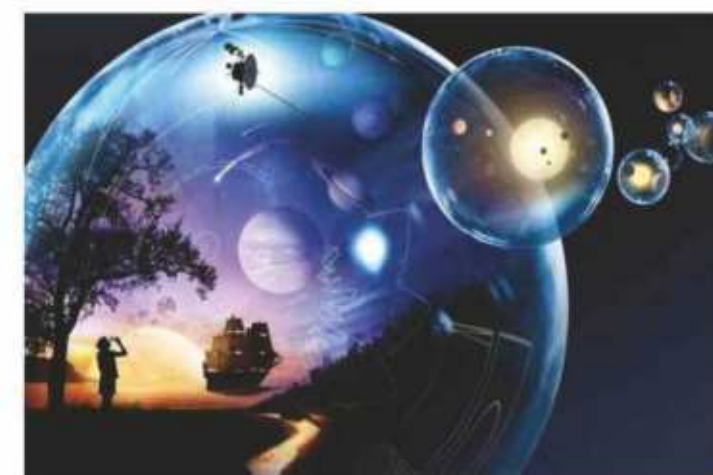
Wet rocks

What is the moon worth?

\$1. because it has 4 quarters



Sanyam Vekariya
X - Red



CHEMISTRY IN ASTROLOGY (Gemstones Associated with month of birth)

S.No.	BIRTH MONTH	GEMSTONE	CHEMICAL PROPERTIES
1.	January	Garnet 	Chemical Formula: $Mg_3Al_2(SiO_4)_3$ Hardness: 6.5-7.5 Colour caused by Fe^{2+} ions replacing Mg^{2+} ions in some locations in the structure.
2.	February	Amethyst 	Chemical Formula: SiO_2 Hardness: 7.0 Colour caused by irradiation Fe^{3+} in place of silicon in some locations in the structure.
3.	March	Aquamarine 	Chemical Formula: $Be_3Al_2(SiO_3)_6$ Hardness: 7.5-8.0 Colour caused by Fe^{2+}/Fe^{3+} ions replacing Al^{3+} ions in some locations of the structure.
4.	April	Diamond 	Chemical Formula: C Hardness: 10 Colourless; can be faintly coloured by the trapping of nitrogen atoms in the crystal.
5.	May	Emerald 	Chemical Formula: $Be_3Al_2(SiO_3)_6$ Hardness: 7.5-8.0 Colour caused by Cr^{3+} ions replacing aluminium in some locations in the structure.
6.	June	Pearl 	Chemical Formula: $CaCO_3$ Hardness: 2.5-4.5 Produced in the soft tissue of shelled molluscs. Most modern pearls are artificially cultured.
7.	July	Ruby 	Chemical Formula: Al_2O_3 Hardness: 9.0 Colour caused by Cr^{3+} ions replacing Al^{3+} ions in some locations of the structure.
8.	August	Peridot 	Chemical Formula: Mg_2SiO_4 Hardness: 6.5-7.5 Colour caused by Fe^{2+} ions replacing Mg^{2+} ions in some locations in the structure.
9.	September	Blue sapphire 	Chemical Formula: Al_2O_3 Hardness: 9.0 Colour caused by Ti^{4+} and Fe^{2+} ions replacing Al^{3+} ions in some locations in the structure.
10.	October	Opal 	Chemical Formula: $SiO_2 \cdot nH_2O$ Hardness: 5.5-6.0 A 'play of colours' caused by interference and diffraction of light passing through the structure.
11.	November	Topaz 	Chemical Formula: $Al_2SiO_4(F,OH)_2$ Hardness: 8.0 Pure topaz is colourless; blue and brown varieties are caused by imperfections in atomic structure.
12.	December	Turquoise 	Chemical Formula: $CuAl_6(PO_4)_4(OH)_4 \cdot 4H_2O$ Hardness: 5.5-6.0 Colour caused by the presence of Cu ions coordinated to the OH^- ions and H_2O .



Sanyam Nohria
X - Red

ENVIRONMENT

The Environment with the treasures,
All so Countless it's treasures
Fish & whales in the deep blue waters life in the sea, so alive
Grasslands & forests wild life, cold, freezing mountain peaks and hot, tiring deserts life among trees, the tress & sands so alive.
Sky so blue with air so clean, only sun, moon & stars to see.
Eagles & vultures, take their turn, life in the sky, so alive.



Keshav Mohindru
VIII - Pink

SPACE SCIENCE

Thousands of years ago, on a small rocky planet orbiting a modest star in a an ordinary spiral galaxy, our remote ancestors looked up and wondered about their place between Earth and sky. Like them, we ask the same profound questions, such as how did the universe begin? Today, we are beginning to answer these questions. Using tools of science that range from abstract mathematics and computer modeling to laboratories and observatories, humans are filling in the details of the amazing story of the universe. In the last 40 years, space probes and space observatories have played a central role in this fascinating process, and NASA's space science Enterprise will continue to address these three profound questions:

How did the universe begin and evolve? We seek to explain the earliest moments of the universe: How stars and galaxies formed and how matter and energy are entwined on the grandest scales?

How did we get here? We investigate how the chemical elements necessary for life have been built up and dispersed throughout the cosmos, evidence about how the sun affects Earth, similarities between Earth and other planets, and how comets and asteroids in our solar system affect Earth.

Where are we going? Our ultimate place in the cosmos is wrapped up in the fate of the universe. Humanity has taken its first steps from our home world, and we will contribute to making it safe to travel throughout the solar system.



Ruban Randhawa
VII - Red

SCIENCE AND TECHNOLOGY

Science is knowledge. Knowledge attained through study or practice. Science refers to a system uses observation and experimentation to describe and explain natural phenomena. The term science also refers to the organized body of knowledge that people have gained through that learning. Technology means the application of science. New invention in the field of science and technology plays great role in the daily lives of people and making their life style advance. In order to keep student up to date and check their general knowledge about new technologies coming up, which are making human life easier and comfortable by looking at most recent achievement of India successfully launching by 'Chandrayaan 2'. This lunar exploration of India has earned critical acclaim from all over the world once again. This achievement was made possible due to science and technology.



Edhita Pahwa
VII - Yellow



FACTS ABOUT OUR SOLAR SYSTEM'S PLANETS!

- ☞ **Sun** - The sun makes up 99.8% of solar system.
- ☞ **Mercury** - Mercury's year lasts 1.5 days.
- ☞ **Venus** - Venus spins backwards and nobody knows why?
- ☞ **Earth** - Earth is the only planet known to harbor life.
- ☞ **Mars** - Mars has two polar ice caps.
- ☞ **Jupiter** - Jupiter has storms that would swallow the Earth twice.
- ☞ **Saturn** - Saturn has 57 moons.
- ☞ **Uranus** - Uranus is the first planet to be discovered by Telescope.
- ☞ **Neptune** - Neptune is the coldest planet in the solar system.
- ☞ **Pluto** - Pluto isn't a planet. Get over it.



Nishtha Arora
VII - Yellow

Does The Sun Rotate Like Earth?

We know that the Earth rotates on its imaginary axis. This rotation effects day and night on earth. The sun rotates too. However, the sun rotates at a much slower pace than earth. It is not difficult for us to calculate the time taken for the earth to make a full rotation on its axis 24 hours because of its solidity. However, the sun is not as solid as the earth and its body is different from that of our planet. Therefore, the sun's rotation is harder to determine. The sun is predominantly made of gases. Its body therefore, is divided into different layers each one of them moving at various speeds. On an average, the sun rotates on its axis once every 27 days. However, its equator, the mid region of the Sun, spins the fastest and takes about 24 days to rotate, while the poles take more than 30 days. The inner parts of the sun spin faster than the outer layers.



Gunveen Kaur
VIII - Orange

Daily use of Science and Technology

Today, man has developed a lot in science and technology. It is now impossible to live without technology. It has made our life simple, easy and convenient. If we did not progress in science, our life would be as difficult it was before. New inventions have given us a lot of benefits. There are many examples technologies around us.

Mobile phones, TVs, computers, Internet, ovens, fridges, washing machines, water-removing motors, motorcycles, ships, trains, buses, modes of transport, all have been possible with the help of modern technology. With the help of new types of medicines, medical devices, treatment of complex diseases has also become possible. In this way, we cannot survive without modern technology.



Jazmyn
VII - Green



How Does Coronavirus Attack Your Body?

A virus infects your body by entering healthy cells. There, the invader makes copies of itself and multiplies throughout your body. The corona virus latches its spiky surface proteins to receptors on healthy cells, especially those in your lungs. Specifically, the viral proteins bust into cells through ACE2 receptors. Once inside, the corona virus hijacks healthy cells and takes command. Eventually, it kills some of the healthy cells.

bonesfactsride.com

1. Infants are born with approximately 300 bones, but as they grow some of these bones fuse together. By the time they reach adulthood, they only have 206 bones.
2. More than half of your bones are located in the hands, wrists, feet, and ankles.
3. Every second, your body produces 25 million new cells. That means in 15 seconds, you will have produced more cells than there are people in the united states.
4. The largest bone in the human body is the femur, also known as the thigh bone. The smallest bone is the stirrup bone, Which is located inside your ear drum.
5. There is anywhere between 60,000-100,000 miles of blood vessels in the human body. If they were taken out and laid end-to-end, they would be long enough to travel around the world more than three times.
6. Teeth are considered part of the skeletal system, but are not counted as bones.
7. Despite accounting for 2% of our body mass, the brain uses 20% of our oxygen and blood supply.
8. While humans are not the biggest, fastest, or strongest animals around, we are the best at something: long distance

running. Our long legs, upright posture, and ability to shed heat via sweat are all factors that make us good runners. In fact, early humans used to hunt their prey by chasing it for long periods of time until the animals literally died from exhaustion, a technique known as persistence hunting.

9. About 60% of your body is made up of water.
10. Pound for pound, your bones are stronger than steel. A block of bone, the size of a matchbox can support up to 18,000 pounds of weight.



Naisha Arora
VI - Yellow



Earth Has A Second Moon

NASA scientists discovered an asteroid that has been captured and is in stable earth orbit, making it a constant near-Earth companion, as a second satellite. There are a lot of objects orbiting this planet-space stations, man made satellites and lots of junk - but only one moon that we can see, Now NASA has confirmed the existence of 2016 Ho3 (quasi-moon kamo' oalewa)

The asteroid orbits are very far from earth and is more gravitationally affected by the Sun than Earth, but it does orbit Earth as well along its orbital path of the Sun. Don't get too excited about walking on it one day, as it is considerably smaller than our natural satellite with dimension of 40-100 meters (30-350 ft) across.

2016 HO3 is in a fairly stable orbit around the Earth and sun but will depart in few centuries according to Paul Chodas. He also revealed that 2016 HO3 has been a stable quasi-satellite of Earth for more than a century.



Aditya Narula
X - Orange



How has Science Evolved in Past Decade

As you all know, Science and technology has grown rapidly throughout the years. New technologies like Artificial intelligence and even self working robots in some restaurants in some countries. Back the Such technologies could only be dreamt of by ordinary and even high class people. Just imagine, the first Telephone was invented nearly a century ago and now we have Mobile phones that can fit in our pockets, have screen touch and can basically do anything. In 1984, The first Macintosh Computer was invented, Which is one of those old box type computers, and not even half a century later we have advanced computers, some ones that can run on dual monitors, Triple monitors. Coming to the medical field, in 1796 the first vaccine against smallpox was made and tested on a 13 year old. A couple of years after that the first stethoscope was invented in 1816 by a french physician named Rene Theophile Hyacinthe Laennec. It is absolutely crazy to think that these inventions are more commonly used in today's 21st century. The first X-ray was made in 1895 by Wilhelm Roentgen. The human mind is capable of coming up with a lot of ideas. Not just talking about inventions invented at a certain time, humans are capable of finding cures and medicines to diseases that felt impossible to cure in the past. The brain of *Homo sapiens* also developed by time as homo sapiens revolutionized from chimpanzee-looking mammals that can't walk straightly to Intelligent beings that are able to control many things about the earth. However, most of these inventions made by humans may seem good for us. They might not be good for the environment. As the industrial revolution came in Europe and later the entire world, Carbon dioxide and other harmful gases and dangerous wastes released by factories started hurting the environment. Plastic bags, cans, garbage and other dangerous substances released into rivers, Seas, Ponds, Lakes polluting not only our water, throwing these harmful substances for the environment on the land carelessly and polluting land. Gases released from the chimneys of most factories are harmful, so gases are released from most vehicles. These gases pollute the air and cause global warming. It has not even been two-three centuries since the industrial revolution and the earth is already running out of resources like coal and oil if you may have noticed from recent events. If we take advantage of the good inventions by humans like solar panels and green energy, We can be more dependent on non-coal/oil energy which is way better than the energy we use now and pollute the environment less, save our resources and live longer and better lives. We just don't have to think only for ourselves, But every living species on the planet.



Anhad Singh
X - Orange

Bullying behavior and Psychological Health

Bullying: How serious a problem is bullying in schools where you live and what can be done to stop bullying at school?

The happiest days of your life. School days should be a happy time in a young person's life. What can make the people's life a misery during this time?

In my opinion, there is one word which answers this question- **bullying**.

Unfortunately, bullying is quite common in schools where we live. It can affect students of any age, and both boys and girls. A friend of mine had a very negative experience at

school last year as an older boy continuously called his names and sometimes used to post nasty messages about him on face book. Obviously, my friend felt very upset about this and it affected his self-



confidence. Somedays, he didn't want to come to school at all. What can people do to stop this problem? Personally, I think teachers need to be aware that bullying may be

happening in their classes and be very strict when they have a case of bullying. Another thing teachers could do is prepare lessons to talk about the problem with their pupils, which might make bullies realize how badly they hurt their victims. As for students, if they find out a classmate is being bullied, they should support them as much as possible and let a teacher know. Bullying can be a nightmare but there are things we can do to prevent it. Hopefully, one day all will be able to go to school without fear of being bullied.



Anvi Chugh
VII - Blue

SCIENCE RIDDLES

1. You will find me in Mercury, Earth, Mars and Jupiter, but not in Venus or Neptune. What am I?

Ans. The letter R

2. What are the three R's that keep our planet clean?

Ans. The three R's are reduce, reuse and recycle.

3. Which weighs more, a ton of concrete or a ton of feathers?

Ans. They both weigh the same (atom)

4. I can rush, be still, be hot, be cold and be hard. I can slip through almost anything. What am I?

Ans. Water

5. What can go up and come down without moving?

Ans. The temperature

6. What grows only upwards and can never come down?

Ans. Our height

7. What goes around and around the wood but never goes into the wood?

Ans. The bark of a tree



Sanyam Vakariya
X - Red



PLASTIC BOON OR CURSE

Positive:

- Plastic composite pipes are mechanically stronger than metal or unreformed pipes.
- Plastics improve the safety, durability and efficiency of personal protective equipment.
- Plastic can be converted into fuel to reduce the environmental impact of fossil fuel extraction.
- Plastic can be recycled into functional, recyclable products.

Negative:

- Plastic contains toxins which are very dangerous for us.
- The gases, released in the process of decomposition, can affect our atmosphere.
- The plastic in the oceans can cause plastic ingestion to marine animals and make them extinct.
- Plastic containers react with hot food items and contaminate food.



Purvi
VIII - Red

Computer Science

Cyber Speak



Ms. Mona Thapar
Sub-Editor

Basic television broadcasting now depends on complex computer management to keep things moving. Simply put, computer technology permeates the fabric of contemporary life at home, at work and even at play. We are so accustomed to using them that we barely notice their presence. Though many of us may be averse to the idea of machines pervading into our daily lives, they have come to become an inescapable essentiality.

With computer literacy celebrated as an important skill among students, it is no surprise that Cyber Speak section contains host of articles that present facts and inspire readers' curiosity. With each edition of 'Expressions', our inquisitive writers evolve into more mature and aware individuals. They have wielded their pens to weave a fascinating net of cyber info. Good writing is a synthesis of passion, endeavour and inspiration. Our students honour their inspiration by casting light on some of the reads that enlightened and illuminated their minds.

Our young writers have elucidated their ideas with an extra drop of dedication along with a pinch of fascination with technology. This little bit of extra of everything has made all the difference.

Happy Reading!!



Editorial

Computer technology controls satellites and traffic signals. Mp3 players and cellular phones rely on it. When people drive, they depend on a computer to guide them to their destination and keep their vehicle's engine running properly. Governments use it to streamline services and enhance defence.

Safe Use of Internet

During this pandemic, we have used technology in a way we had never imagined. Right from meeting friends and relatives to studying online, internet has helped us achieve the impossible. It is a time-efficient tool for everyone that has widened the possibilities for self-growth and learning. Everyone is using internet on daily basis for every thing from chatting to shopping, gaming, streaming the latest TV shows and of course surfing educational sites.

Unfortunately, this grand tool comes with a darker side. We need to be cautious of the use of technology so as to protect ourselves from cyber bullying, online frauds and several other physical and emotional problems. It is very important to utilize this extraordinary tool safely and adopt many of the internet's safety practices. The following tips will help you and your family to minimize the exposure to cyber risks.

- Do not share your name, phone number, e-mail address, password, postal address or picture on networking sites or with strangers.
- Do not give your phone to strangers for any of the reason.
- Do not open emails or attachments from unknown people.
- Do not become online 'friends' with unknown people.
- Never arrange personal meeting with whom you have met online.
- Parents should join social networking sites that their child uses for monitoring.
- Avoid illegal downloads
- Apply child lock to certain channels and sites.



Gatik Goyal
V - RED



ADDICTION OF VIDEO GAMES

Nowadays video game addiction has become one of the most common problem especially amongst small children and teenagers. This addiction strongly affects one's health, in particular, eyesight, back and neck. Addiction makes one to be quite aggressive, it is hard to concentrate and one does not even have time to eat or sleep, because the only focus is to play video games. This addiction has been noticed even in adults and that might be quite dangerous, one could lose job or even family just because of computer games. Many people can play video games a few hours a week, successfully balancing school activities, friends, job and family obligations. But for some, gaming has become an uncontrollable compulsion.

One of the main solutions of this problem lies with the parents. Parents should control their child's gaming activities. They need to take control of the situation by monitoring the current amount of time the child is playing games, and reducing the time through close supervision and scheduled time for playing.

Another way to get rid of video game addiction is to try to find other alternative activities that can engage children fruitfully such as spending more time with friends and playing outdoors. More the fresh air, the better it is for health and it will help to overcome this serious addiction.

In my opinion video games is a good way to kill time when one is bored. But one should be very careful to not get addicted, because between addiction and cure from boredom, is a very thin line. One should understand that there are more things in life than video games and we should explore other options for recreation and relaxation.



Navjot Suri
VI - RED



One Note- Microsoft's Digital Note Taking App

Dear friends

Today I will share information about an application which provides a hub for all of your notes which can be organized into separate notebooks and individual sections within note book and that is

ONENOTE

OneNote is a free digital note-taking application and productivity tool. Use the app to take notes, record audio, capture screenshots, and so on. Onenote is available for windows, Mac, IOS, Chrome and Android devices and as a web app.

Now I will tell you how OneNote is useful for us.

1. OneNote can easily be integrated with other software.
2. Due to cloud computing, data is automatically saved in cloud and can be used on any device.
3. Scanned handwritten notes are easily converted to text.
4. A user can translate his content into any one of 75 languages provided by OneNote.
5. A user can easily access, collaborate and share content for group work.
6. A user can use different tags and also customize tags according to their needs.
7. With the facility of password, one can easily secure its data.
8. By using Decorative command from page template a user can make his page attractive for visual interest.

So at last I must say that it improves our work flow and transparency.



Japnoor Kaur
VII - BLUE

Which App is more secure in terms of Privacy?

The newly launched privacy policy of Whatsapp has caused data privacy and security concerns. Number and private messages shared with your friends on Whatsapp can be accessed. Whatsapp does not encrypt backups (cloud or local) and metadata unlike SIGNAL, which is used to carry communication between two end points. Telegram group chats are not encrypted unless you secret chats, which again only supports single-user communication.

In terms of user privacy, Signal offers most secure form of communication you can get on the internet. But again, Signal lacks a host of features as compared to Whatsapp and Telegram. Signal by default encrypts all the local files with a 4-digit passphrase. It also supports encrypted group calls.



WHATSAPP VS TELEGRAM VS SIGNAL

WHATSAPP

Whatsapp, owned by Mark Zuckerberg, is currently the largest messaging service in the world with over two billion active users. Whatsapp has everything you would need on a social messaging platform including new-in app features.

- Group chats work with upto 256 members. We can also broadcast message to multiple contacts.
- Supports voice and video calls both for group and individuals. But it allows only 8 users at a time for group video calls.
- One of the most interesting features of Whatsapp is 'Whatsapp status' also known as Whatsapp stories. In this people can post their picture and videos to their chat member that remains active for 24 hours.
- Whatsapp allows us to share file and documents upto 100 MB, while pictures and videos can be shared within 16MB.
- We can also share live locations and do payment through Whatsapp.
- It allows us to delete our messages within a limited time. It does not support self-destructing message.

TELEGRAM

Now comes Telegram which is owned by Pavel Durov.

- It supports groups of upto 200,000 members. Known for its large and massive groups, telegram offers multiple group specific features such as bots, polls, hashtags, quizzes, extensive for large group experiment.
- Supports voice and video calls both for Android and IOS devices. Supports only individual voice and video calls and not for groups.
- Telegram does not allow to share status with our chats.
- Size limit for sharing files on Telegram is upto 1.5GB.
- Telegram supports sharing of locations with our chats while it does not support payment modes.
- Telegram supports feature of self-destructing messages where messages will get deleted at any point of time.

SIGNAL

Coming to latest member Signal, it offers

- To create groups. But does not allow to broadcast to multiple contacts at once.
- Secure messaging, voice and video calls with end-to-end encryption. Supports group calling.
- Does not allow to share status.
- To share files and document upto 100MB.
- To share your current location with your friends.
- Self-destructing message. Note to self-share your own thoughts and ideas without creating single member groups.



Pranav Arora
X - Yellow



DATA PRIVACY

THINKING FOR TRANSPARENCY AND TRUST

In 1969, NASA launched the rocket with a computer. Today's smartphones are a million times powerful than it. We are living in the greatest of all time. In today's world **"Information is Power"**. In earlier times the wars were fought on ground with weapons, later on bio war and presently we engage in the cyber wars. Information is the deadliest weapon in the world for the one who knows its value, for others it is just collection of some numbers or alphabets. Smartphones have put all of us in grave danger as India has the highest number of smartphone users with very less knowledge of its danger.

Transparency is usually considered to be a good characteristic of a system. Data transparency is the ability to easily access and work with data, no matter where they are located or which application created them. Government issues various schemes and to bring transparency in scheme distribution, Government issues Aadhar number and an individual has to share his Aadhar number to avail these schemes. Transparency is a must but individual privacy is beyond it and it should be honoured too.

The government has given us many proofs of our identity but we don't use them wisely. Whenever we are asked to submit an ID proof we submit our Aadhar or PAN details without thinking of trust. Every Aadhar card has a QR code on it, which is not like usual QR code. It contains all details i.e name, DOB and biometric data. With this information anyone can access personal data. In other example of boarding passes which also have a QR code and after journey we throw it in garbage. It contains information such as passport number, journey and bank details. With this QR code scanning one can access all our information. Many of you participate in **"Lucky draw"** or **"lottery"** etc. at Malls and other public places. We apply without thinking and share all our information such as name, mobile number, email id etc. **"Information is wealth"**, which we give all so recklessly without any trust.

One most important way of making information public is social media. In which we eagerly share all our data with real time basis. Social media platforms may be Facebook, Instagram, Twitter, Whatsapp etc. Moreover, we use a lot of Apps which ask to accept its terms and conditions and we accept all without reading them. Recently Whatsapp has updated its privacy policy which is contrary to user privacy.

A philosopher said "One who changes oneself according to surrounding will only survive". In Today's world, Technology is the real wealth, all must update oneself with technology-wise use of data.



Atul Koyal
X - Yellow



ETHICAL HACKING

Ethical hacking can be defined as legal access of an internet geek or group to any organization's online property after their official permission. An Ethical Hacker can help the people who are suffering from Hacking attacks. A good hacker, or a security professional acting as an ethical hacker, just has to understand how a computer system works and know what tools to employ in order to find a security weakness. By learning the same skills and employing the software tools used by hackers, you will be able to defend your computer networks and systems against malicious attacks.

Hackers can be divided into three groups:

White-Hats

White hats are the good guys, the ethical hackers who use their hacking skills for defensive purposes. White-hat hackers are usually security professionals with knowledge of hacking and the hacker toolset and who use this knowledge to locate weaknesses and implement counter measures.

Black-Hats

Black hats are the bad guys: the malicious hackers or crackers who use their skills for illegal or malicious purposes. They break into or otherwise violate the system integrity of remote systems with malicious intent.

Gray-Hats

Gray hats are hackers who may work offensively or defensively, depending on the situation. This is the dividing line between hacker and cracker. Gray-hat hackers may just be interested in hacking tools and technologies and are not malicious black hats.

Ethical hacking is the legal way to secure your system as it is a part of the overall security program. The system administrator should always try to find the loopholes in the system and take preventive measures to secure it. Ethical hackers possess the same skills, mindset, and tools as a hacker but the attacks are done in a non-destructive manner.



Aryaman Sharma
XI Non- Medical

Wearable technology ranges from the most popular smart watches, like Apple Watch or Fitbit trackers, to fashionable necklaces and headbands. Regardless of the form we choose, the benefits of wearables are becoming more commonplace every day.

With wearable technology, we are more connected to each other than ever. We no longer need to pull out our phones or open our laptops, but instead can just glance down at our wrists. We can read and answer texts, make phone calls, browse social media, participate in fitness challenges, and share our every move.

Seamless travel

Many hotels have been allowing guests to get into their rooms by using a smart watch as a key. One of the most exciting uses of wearable technologies in the travel industry is the Ocean Medallion owned by Carnival Corporation, a British-American Cruise company. It is first-of-its-kind wearable device that

elevates every moment before, during and after your Ocean Medallion Vacation. From on-demand food and drinks, interactive gaming, custom entertainment and smart navigation, Medallion makes cruising simpler, and more personal and enjoyable than ever.

Personal healthcare

As wearable devices continue to grow more sophisticated, they are continuously able to gain deeper insights into our personal health each day. Wearable devices available today can monitor our sleep habits, track our heart rates and blood sugar levels, record our physical activity, and help our doctors to better understand our health.

For example, Apple's Heart study app can detect abnormalities in heart rates and alert users of any abnormalities, like atrial fibrillation, which can lead to blood clots, stroke, and other dangerous heart conditions.

Wearable technology is becoming an integral part of our everyday lives. As



IMPACT OF WEARABLE TECHNOLOGIES IN PEOPLE'S LIFE.

it becomes more commonplace, we will begin to see even more applications and feel it's life-enhancing effects.



Gurmehar Singh
XII - Commerce A

List of Top Programming Languages You Should Start Learning

1. Python

This century loves to work with data, loves to train their machine and believes in artificial intelligence. Python is such a genuine & general-purpose language that helps you to explore all that you want to do. Python is probably the best weapon of a geek who is working on data science, artificial intelligence, machine learning and software development.

Reasons you should learn python first:

Not difficult to learn, Multiple programming paradigms, Robust standard library, A nice platform for developers

2. JavaScript

JavaScript is listed as the second one due to its huge usage and demand in the ongoing tech-world. JavaScript is the basic building block for any frontend application.

Reasons you should learn JavaScript:

- Must one for Full-stack developer; needed to frame any frontend application

3. Swift

Swift is a scripting language which has become so popular in last few years only. It is mainly being used in distributed computing as it allows writing scripts that distribute program execution across distributed



computing resources, including clusters, clouds, grids, and supercomputers. Swift is being constantly used in economic and biometric modelling.

Reasons you should learn Swift:

- Has a great future opportunity regarding career, A really nice scripting language

4. Java

Java is powerful for its object-oriented paradigm. Java is most famous for android development, IOT, edge device development. Strong OOP concept facilitates Java as top application developing language.

Reasons you should learn JAVA:

- Object oriented nature, Java applets

5. C/C++

They are much like old wine as their demand is increasing significantly with time! C/C++ are known to be core languages. They are highly efficient & reliable languages. They have been on demand due to high performance & wide usage. Do you know Microsoft Windows, Apple OS X Google application (most of them), Mozilla Firefox, Adobe Systems (major applications) are written in C++?

Reasons you should learn C/C++:

- Do I need to tell? I think no.

6. R Language

R has seen an exponential rise in its ranking on various reputed indexes for programming languages. Various big tech companies like Facebook, Google, Uber, etc are using the R language for their businesses, and considering the rapidly increasing demand for data science and machine learning trends, learning the R programming language is surely worthwhile for your future career endeavours.

Reasons you should learn R:

- Highly extensible with strong graphical capabilities, preferred language among the developers.

7. Ruby

A dynamic, open source programming language with a focus on simplicity and productivity. It has an elegant syntax that is natural to read and easy to write. Many Ruby developers find it fun to work with Ruby, and fun is a great motivator when learning to code. Ruby abstracts away (i.e. handles for you) most of the complex details of the machine. Thus, you can quickly build something from scratch with less lines of code.

Reasons you should learn Ruby:

- Simple syntax, brevity of code, strong community support, open source.

8. Scala

Several tech giants like Netflix, LinkedIn, eBay, Twitter, etc. are using scala for their respective platforms & products. Beginners are strongly recommended to opt for Scala because of its easy to learn nature. As many other companies are looking forward to incorporating Scala into their businesses and considering its significantly growing demand among the developers, it can become one of the most sought after programming languages in 2021.

Reasons you should learn Scala:

- Easy to learn, most popular

9. Matlab

Matlab is a product of mathworks community & is being widely used due to its amazing toolbox. Matlab is mainly used for numerical computing but now is very popular in the research community. There are lots of in-built functions, features, modeling available in Matlab.

Reasons you should learn Matlab:

- Easy to code, lets you to focus on algorithm, Enriched toolbox, Most popular in research community handling numerical computations

10. Golang

This new language developed by google is providing excellent multithreading support and lots of start-up companies have started to depend on "Go". Those who heard this for the first time should know this is also a minimal language like Python having the feature of both functional & object-oriented programming.

Reasons you should learn Golang:

- Great one for concurrency. (This is the era of multi-core app!), Have lots of developing tools.



Anshika Makkar
XII - Commerce- A

Is Virtual Learning a Replacement for Classroom Lessons?

Virtual learning was a forced measure because of covid pandemic but is it a viable option for future to replace classroom learning?

Well, there are advantages and disadvantages of both. The ease of watching recorded lectures anytime, at any pace and even the ability to watch them again in the future was certainly something new and useful that classroom learning cannot provide. But at the same time loss of social interaction among friends and between teachers and students was a big disadvantage too. So much isolation has caused anxiety issues among students. The lack of doubt clearing and in-person teaching were also felt by students. The overall atmosphere of a classroom is necessary for studying which can't be created in the online learning. Moreover, there are certain things like lab work, practicals, demonstrations that can't be done in online classes. Also, life skills like discipline, routine etc. are maintained in classroom education only. Students can use virtual learning as an aid to classroom teaching in scenarios where they wish to acquire extra skills. But virtual learning is not a replacement of classroom learning.



Shailender Goyal
XII - Non Medical



SELF HELP APPS TO INTEGRATE YOURSELF WITH SELF IMPROVEMENT GOALS



Parth Arora
XII - Non Medical

Hello! To all my readers.

There's an old saying that goes, "if you do what you've always done, you will get what you have always got". In simple words, in order to achieve something even great you have to bring in change. So, I have a question for you to ponder upon, what is it that you did today that helped you to become a better version of yourself? It can be as simple as a creative art drawing to a simple change in your daily routine. Sometimes, one can get so busy with their day-to-day life that they even forget about themselves and their self-personal goals in life.

Well, I have got some self-help mobile apps which can help you and make it a little bit easier for you to achieve your self-improvement goals.

1. Headspace:

If mindset is truly the key to success, then this free app can help you meditate. you can easily choose how long you want to meditate and start your day with a fresh mind. Not only that you can add different kinds of nature sounds or music to your meditation (instrumental). A clear mind usually leads to a productive being.

2. MyFitnessPal:

Do you want to track your calories and daily workout activities? Then this is the app for you. What's cool about this app is that it keeps a track about everything you feed in it and calculates your steps, calories, weight and much more. Tip: Make a routine of what you eat and try to feed every activity you do and record your successions.

3. DuLingo:

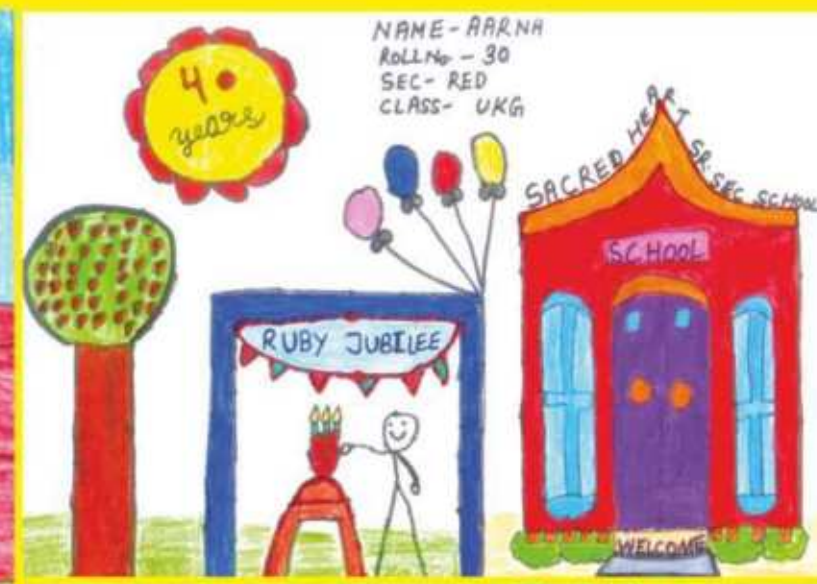
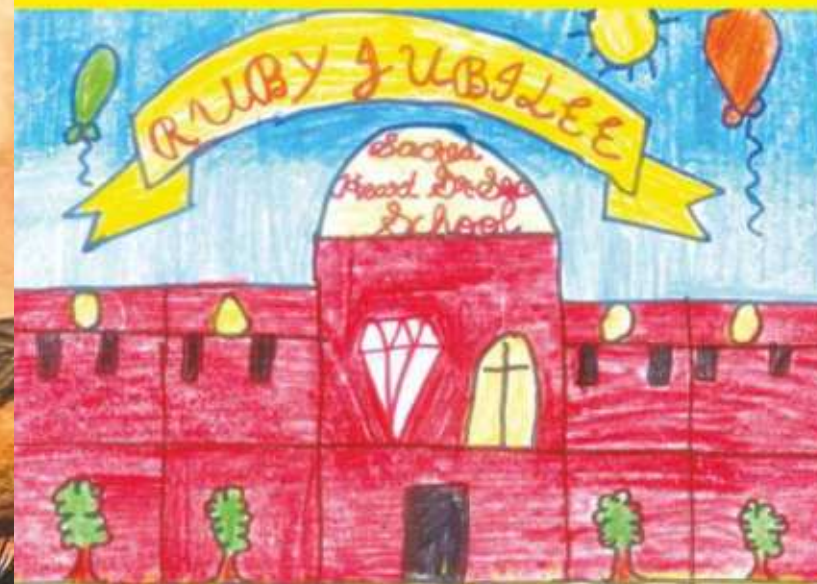
Do you want to learn more than one or two languages? Then this is the app for you. This is a free app which gives you language lessons, currently they offer French, Spanish, Portuguese, German and Italian. Each lesson is 8-10 minutes long which can easily fit in your schedule.

4. Udemy/Coursera:

Do you want to learn something new or add more to your skill set? Then these are the apps for you. Both of them offer free sign ups and millions of different 4-weeks to 10-weeks courses ranging from programming to business administration courses with certificates, which not only helps in increasing your skill set but also helps you secure good well-paying jobs.

5. Microsoft TO-DO:

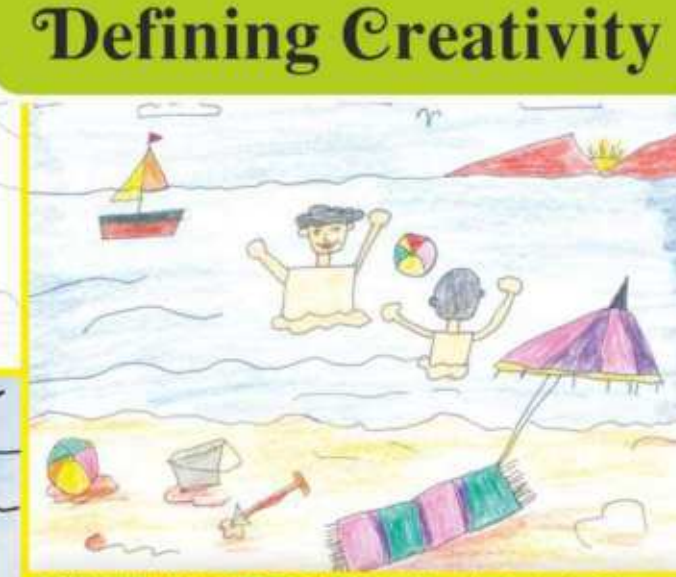
This is one of the most used microsoft's apps, It helps you to create reminders, and type what you need to do every day. TIP for this : write every task like: When is your test? Make reminders like to bring some things, to do chores and more.



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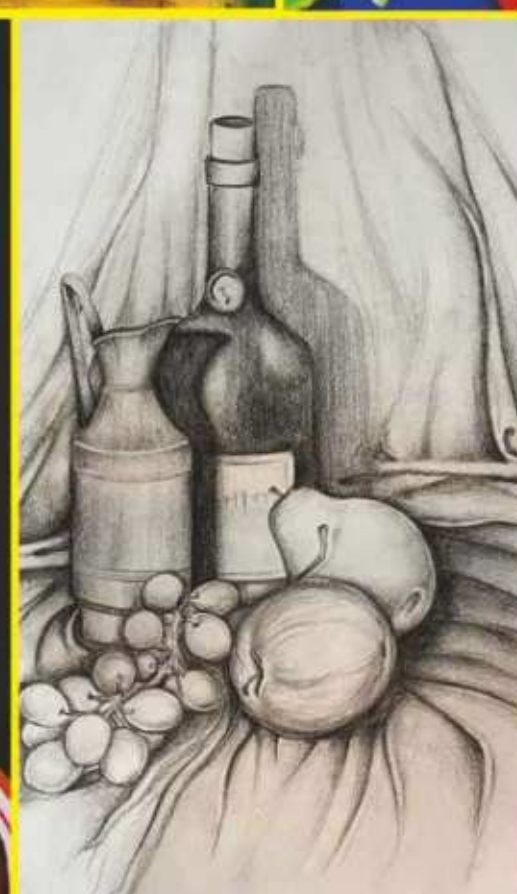
Defining Creativity





Creativity is Contagious, Pass it on.





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