



# Sacred Heart Sr. Sec. School

Bhai Randhir Singh Nagar, Ludhiana - 141001

## *Expressions*

2017-18



# Sacred Heart Senior Secondary School



## Vision & Mission

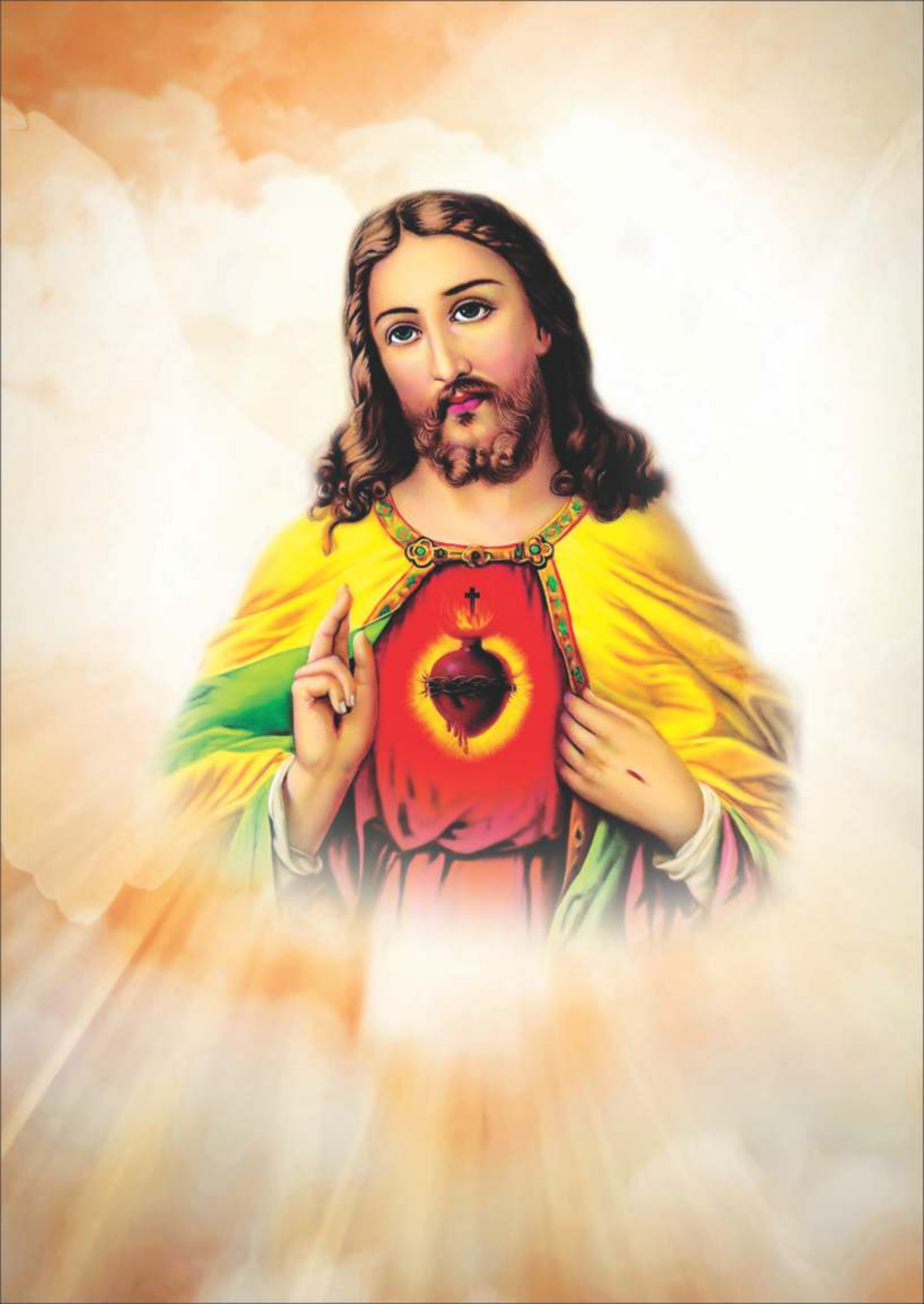
### Vision:

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

### Mission:

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

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





## *Almighty God*

We give you our school.

We give you all the teachers and staff who work here,

We give you all the children who study here.

We pray our school would be place of great discovery, adventure and  
creativity.

May it be a place where we love to learn and where we learn to love,

A place where every one is respected and all are deeply valued.

We ask all this through Jesus Christ our Lord.

Amen.





*His Holiness Pope Francis*



Dear God,

Thank you for looking after our school.

Thank you that you love each and everyone of us here.

Help us to learn, play and share together,

So that the wonderful world you have made

Becomes more beautiful everyday.

Amen.

e-mail (P) : francomulakkal@gmail.com  
e-mail (O) : diojal5ab@gmail.com  
Website : jalandhardiocese.com  
Mobile : +91-97799-91099  
Office : 0181-2222634  
Fax : 0181-4635701



BISHOP'S HOUSE  
Civil Lines, Jalandhar City – 144001  
Punjab – India  
Phone (R) : +91-181-2223987  
              : +91-181-2243987



BISHOP OF JALANDHAR  
MOST REV.  
DR. FRANCO MULAKKAL

## MESSAGE

*It was a joy to have "Expressions" in my hand. It is a wonderful work produced by the staff and students of Sacred Heart Sr. Sec. School, BRS Nagar at Ludhiana.*

*Education is multifaceted process and "Expressions" is a part of that process. Therefore such publications coming forth from the school with such periodical precision is very much an important link in the whole network of imparting good and standard education.*

*I congratulate the Director, the Principal and the entire team of blooming artists involved in the making of this beautiful treasure trove for the Parents and students of the historic city of Ludhiana.*

*Rt. Rev. Dr. Franco Mulakkal  
President, Diocese of Jalandhar &  
Bishop of Punjab & Himachal Pradesh*



*'Towards Wisdom and Grace'*

Tel. 0181-4613556  
e-mail : dbejalandhar@gmail.com  
Ex. Secty, 08283807011, 07508799149,  
09876725566

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



CHAIRMAN  
MSGR.  
XAVIER THAZHATHUVEETIL

## MESSAGE

I am glad to pen these few lines of appreciation as the school is publishing the new volume of its school magazine, "Expression 2017-18". The creative venture of the school management is certainly a golden opportunity to explore the literary and creative talents of the students. Such a regular publication from the school will go a long way in providing a platform for the budding artists year after year to develop their writing skills besides helping them in widening their horizon of knowledge and in infusing confidence in them. A school magazine in which the students are encouraged to contribute their literary and other artistic talents is definitely a bold venture of the school management to encourage its wards to showcase their talents and to give expressions to their developing thought process in manifold attractive ways.

An annual publication of a school will reveal the vision and goals of the institution. In the famous fiction of 'Alice's Adventures in Wonderland' by Lewis Carroll, one day Alice came to a fork in the road and saw a Cheshire cat on a tress and asked, "Would you tell me please, which way I ought to go from here?" "That depends on where you want to go", said the cat. Alice said, "I don't much care where". "Then it doesn't much matter which way you go", replied the cat. "Where there is no vision people perish, break loose become demoralized" (Prov. 29:18). Sacred Heart Senior Secondary School at BRS Nagar is known for its right goal of educational pursuit with high moral and spiritual overtone to mould the young minds to become successful citizens of tomorrow. I wish that this annual feature may carry to the heights the vision and mission of the school.

I take this opportunity to congratulate all the budding artists who have contributed to the issue of the publication. I extend my special appreciation and applause to the Editorial team, to the Director and the Principal of the school for maintaining the high profile of the publication by their concerted effort and conscientious attention to arrive at the height of perfection. I wish and pray God's blessings on all those who have worked hard to bring out this issue of the school bulletin.

With Prayerful Greetings

Thanking you, Yours sincerely

**Msgr. Xavier Thazhathuveetil** (email id : frxaviertc@gmail.com)  
Chairman, Diocesan Board of Education, Diocese of Jalandhar



DIRECTOR OF THE SCHOOL  
REV. FR.  
JOHN MANKUZHICHALIL

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## MESSAGE

### **The Throb of Sacred Heart**

Sacred Heart Senior Secondary School, BRS Nagar, has added one more feather to its glorious hat through this new issue of Expressions. To showcase the talents and achievements of the students is nothing new but an annual feature of the Sacred Heart School. Students are motivated to excel in bringing out their hidden potentialities in them to address the vital challenges of life in this world.

We explore new techniques and experiments to enhance the knowledge, helping the students discover various innovative methods to transform each one of them into a perfect human being. We open up a complete orientation to tackle situations of unexpected and challenging magnitude in their lives. Inspiring insight and surprising success is brought in by the creative minds of digital gen of our student's community.

Primary importance is given to academics according to modern standards with strong foundations in fundamental and eternal values so that they may not deviate from the essential principles of life. They are also initiated into the digital world grounding in the traditional analogue methods of teaching so that they lack nothing.

We have introduced programs like digital labs and libraries. Smart Class solutions in each classroom, Maths labs with new technologies in Physics, Chemistry and Biology, Geography labs, e-care solutions with multifarious facilities and modules with parent and student portals, multi-media a.v. room etc. A multi-purpose modern auditorium is getting ready for the benefit of the students, an additional advantage for the school.

We are proud to provide world class standard infrastructure to our students with eco-friendly campus atmosphere besides a well maintained ground for all students to actively participate in sports and games to fit oneself physically disciplined as well. We are providing every opportunity to have a hands-on experience to students to go to any extent to explore their potentials. The school is fast progressing in the cyber world also with all facilities for homework, information, interaction and involvement.

The best education is made possible by a team of strong and well qualified teachers with ceaseless efforts and commitment. Because of this, Sacred Heart is a home of God, to learn and enlighten every student who goes through this great glorious temple of education. I also appreciate and congratulate all our students and parents for their endless cooperation and suggestions. May God continue to bless us in the march towards discovering true wisdom and skill for making a better world and a prosperous India – our Motherland.

**Rev. Fr. John Mankuzhichalil**

**Pradeep Kumar Agrawal I.A.S.**

**ਪ੍ਰਦੀਪ ਕੁਮਰ ਅਗਰਵਾਲ ਆਈ.ਏ.ਐਸ.**



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

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

Deputy Commissioner  
Ludhiana

ਡਿਪਟੀ ਕਮਿਸ਼ਨਰ  
ਲੁਧਿਆਣਾ

D.O. No. 213/DC/SSS Date/ ਮਿਤੀ 05/09/2018



**DEPUTY COMMISSIONER  
LUDHIANA  
PRADEEP KUMAR AGRAWAL, IAS**

## **MESSAGE**

It gives me immense pleasure to learn that Sacred Heart Senior Secondary School, Bhai Randhir Singh Nagar, Ludhiana is bringing out school magazine "Expressions 2017-18" to commemorate 36 years of glorious service in the field of quality education. Sacred Heart Senior Secondary School is one of the pioneer institutions in the State, which has given excellent results in sharpening the talents of the students, besides inculcating qualities of dedication, patriotism and moral values.

I congratulate the management, teachers and students of the school on this occasion and wish the school a great success.

**Pradeep Kumar Agrawal, IAS**

Deputy Commissioner

Ludhiana

ਸੁਕੇਸ਼ ਕਾਲੀਆ

ਚੇਅਰਮੈਨ

**Sukesh Kalia**

Chairman

ਟੈਲੀਫੋਨ ਨੰ./Tel. No. : 0172-2298093

ਮੋਬਾਇਲ ਨੰ./Mob. No. : 97805-11111



ਅ.ਸ.ਪੰ. ਨੰ./D.O. No. ....Draft English-2.....

ਪੰਜਾਬ ਸਰਕਾਰ

ਬਾਲ ਅਧਿਕਾਰ ਰੱਖਿਆ ਕਮਿਸ਼ਨ

Govt. of Punjab

Commission for Protection of Child Rights

ਮਿਤੀ/ Date 13.3.2018



CHAIRMAN, PUNJAB STATE  
COMMISSION FOR PROTECTION  
OF CHILD RIGHTS  
SUKESH KALIA

## MESSAGE

It is a matter of pride to pen down the message for the annual school magazine Sacred Heart Sr. Sec. School, BRS Nagar, Ludhiana. I am happy that school is bringing out its Annual Magazine. My heart fills with immense pleasure as I perceive the educational pursuits achieved by this School.

As Aristotle once said that Educating the mind without educating the heart is no education at all. Therefore, the entire purpose of education is not to restrict itself to imparting bookish knowledge only but to inculcate humanitarian values like wisdom, compassion, courage, humility, integrity and reliability in a student.

I am elated to know that holistic education encompassing – academics, co-curricular activities, sports education and life-skills learning is being imparted. I hope this will enable students with self-confidence, motivation and ever ready to take up challenges.

I hope activities and achievements of your school are gathered up in this volume and I pray for the continued success in all your educational activities in Ludhiana.

I extend my heartfelt felicitations and congratulate the school for their hard work and dedication that has resulted in the publication of this issue of Annual Magazine.

**Sukesh Kalia**

Chairman

Punjab State Commission  
for Protection of Child Rights



## FROM THE PRINCIPAL'S DESK

SR. SILVI

## MESSAGE

It is a moment of great pride and pleasure for me when I am articulating my views and feelings for the forthcoming issue of our school magazine "Expression 2017-18".

*"All our dreams can come true if we have the courage to pursue them"*

Hard work and commitment certainly bring good fruit and success in life. Dream the impossible, then you will realize that there is nothing impossible and unachievable in this world. Today's dreams are tomorrow's success. Every possibility exists for one who intends to uncover what lies within. If we discover our inner self, every fear is conquerable. There are immense possibilities for those who dare to dream and turn those dreams into reality. Goals are dreams with a deadline attached to them.

Dear students, sturdy will, patience and passion about your aspiration will help you attain the fulfillment of your great goal. All the performance of great human art, unbelievable discoveries and miraculous feats of scientific achievements which we regard wonders are nothing but perseverance in disguise. It is doing things over and over with courage, faith and will power. We get out of life what we put into it. Our hidden desires motivate and drive us to work towards the fulfillment of our goals. Let your mind and heart urge you to move on and allow the power of your will to lead you to your destination. Don't count the steps ahead, just add up the total steps already covered and multiply them with faith, confidence and endurance and you will surely reach the top and will crown yourself with success.

I exhort you all to "Reach high, for stars lie hidden in your soul. Dream deep for every dream precedes the goal."

Each issue of our school magazine is a milestone that marks our growth, unfolds our imaginations and gives life to our thoughts and aspirations. It unleashes a wide spectrum of creative skill ranging from writing to editing and even in designing the magazine. I congratulate the entire Editorial Team for their hard work, dedication and commitment in making the dream come true. My earnest desire for all is to work with devotion, confidence and strong determination with faith in God. May our institution scale greater heights and reach the zenith of glory!

Sr. Silvi



## CHIEF EDITOR'S MESSAGE

Dear Readers,

*'To me, the greatest pleasure of writing is not what it's about, but the inner music the words make.'*

– Truman Capote

This is a time of great changes. In education too we see fast changes. The student today is an individual, is a real person with feelings of self-respect, sensitivity, responsibility and compassion. We need to recognize, appreciate, applaud and foster the fine blend of sensibilities in a child – and thus 'Expressions' is to be viewed as a launch pad for the children's creative urges to blossom naturally. As the saying goes, mind like parachute works best when opened. This humble initiative is to set the budding minds free, allowing them to roam free in the realm of imagination and experience to create a world of beauty in words.

This school magazine attains its eminence in the first place through the achievement of children. This has been given enough print space as it espouses the school spirit which is built up within the school through the collective actions, thoughts and aspirations. All these, I believe would spur higher growth and enterprise in children.

From the entire team of 'Expressions' I wish all the readers a happy reading!

**Navnita Kaur Jolly (PGT English)**  
Editor-in-Chief

# RESULTS CLASS XII

## OUR SHINING STARS

### Success

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

Heartiest Congratulations to the Parents, Teachers & Students for an  
Excellent performance in AISSCE (XII) 2017 - 2018

## OVERALL TOPPERS



## STREAM WISE TOPPERS

### NON-MEDICAL



### MEDICAL



## STREAM WISE TOPPERS

### HUMANITIES



**Kavya Jain**  
90%



**Inayat Singh**  
88.6%



**Mannat Jasvir Singh Gill**  
84%

### COMMERCE



**Prachi Newtia**  
97 %



**Chehak Garg**  
96.6%



**Sifat Kaur**  
96.4%

## Subject Wise Toppers XII



**Amisha Bagri**  
English 95%



**Avneet Kaur**  
Economics 99%



**Bharat Garg**  
Economics 99%



**Chehak Garg**  
Business Studies 100%  
English 95%



**Daksh Jain**  
Economics 99%



**Devansh Marwaha**  
Mathematics 99%  
Physics 95%



**Disha Bajaj**  
Business Std. 100%



**Gurkiran Kaur Kohli**  
Physical Edu. 97%



**Gurbahul Singh**  
Painting 100%  
English 95%  
Chemistry 98%



**Inayat Singh**  
Political Sci. 88 %  
Geography 95%

*The future belongs to those who believe in Perseverance*

**Subject Wise Toppers XII**



**Ishani Trehan**  
English 95%



**Japnoor Kaur Bakshi**  
Eng. 95%, Bio. 98%



**Kavya Jain**  
English 95%  
Geography 95%



**Lira Chawla**  
I.P. 100%,  
Physics 95%



**Manav Goel**  
English 95%



**Manveen Kaur**  
Business Std. 100%



**Mayank Saxena**  
I.P.100%,Chem.98%  
Physics 95%



**Mohan Sharma**  
English 95%



**Neknoor Kaur**  
Painting 100%



**Piyush Sood**  
English 95%



**Prachi Newtia**  
English 95%  
Painting 100%



**Pragati Aggarwal**  
English 95%



**Priti Dhanda**  
Economics 99%  
Business Std.-100%



**Pulkit Sharma**  
English 95%



**Pushp Jain**  
Economics 99%



**Ripanjot Kaur Gill**  
Biotechnology 98%



**Sanmati Goyal**  
I. P. 100%



**Sidique Chaudhary**  
English 95%



**Sifat Kaur**  
Business Std.100%



**Simar Bedi**  
English 95%

## Subject Wise Toppers XII



**Simrit Sidhu**  
Economics 99%



**Stalanpreet Kaur**  
Physical Edu. 97%



**Tejinder Pal Singh**  
Eco.99%, Acct.- 96%  
Mathematics-99%



**Vani Gupta**  
Painting 100%



**Vanshika Dhir**  
Eng. 95%, Eco. 99%



**Vedika Narula**  
Economics 99%



**Vinayak Kondal**  
Geography 95%



**Zoya**  
Psychology 88%

## Gems Scoring 90% Above

Students Scoring 90% and Above



**Prachi Newtia**  
97 %



**Gurbahul Singh**  
96.8%



**Chehak Garg**  
96.6%



**Sifat Kaur**  
96.4%



**Sanmati Goyal**  
96.2%



**Devansh Marwaha**  
96%



**Tejinder Pal Singh**  
95.6%



**Lira Chawla**  
95.2%



**Simrit Sidhu**  
94.8%



**Gurkiran Kaur Kohli**  
94.8%

## Gems Scoring 90% Above

Students Scoring 90% and Above



**Pushp Jain**  
94.6%



**Mayank Saxena**  
94.6%



**Vedika Narula**  
94.2%



**Mudit Dhawan**  
94.2%



**Vanshika Dhir**  
94%



**Disha Bajaj**  
94%



**Priti Dhanda**  
94%



**Khushwant Singh**  
93.4%



**Prabudh Gupta**  
93.2%



**Manav Goel**  
92.6%



**Bharat Nayyar**  
92.4%



**Japnoor Kaur  
Bakshi**  
92.4%



**Ishani Trehan**  
92.4%



**Parneet Kaur**  
92%



**Vidisha Kairam**  
91.8%



**Zoya**  
91.6%

## Gems Scoring 90% Above

Students Scoring 90% and Above



**Devam Sehgal**  
91.6%



**Shubham Goel**  
91.4%



**Manveen Kaur**  
91%



**Amisha Bagri**  
90.8%



**Pragati Aggarwal**  
90.8%



**Raghav Chadha**  
90.6%



**Rahul Bansal**  
90.4%



**Rishab Khanna**  
90.4%



**Lavish Bagga**  
90.4%



**Aarish Malhotra**  
90.4%



**Jasleen Kaur**  
90.4%



**Guneet Kaur**  
90.2%



**Kavya Jain**  
90%

# Results (Class X)

## OUR ACME ACHIEVERS

*Success is not an Option but an Expectation*

1st



**Mridul Jain**  
97.6%

2nd



**Gagandeep Kaur**  
97.4%

3rd



**Harsh Sihag**  
97%



**Kunwardeep S. Bakshi**, 96.4%



**Divnoor Kaur**  
96.4%



**Armaandeep Kaur**  
95.8%



**Keshav Garg**  
95.8%



**Joyleen K. Dhiman**, 95.6%



**Harleen Kaur**  
95.6%



**Vansh Bhatia**  
94.8%



**Satyam Arora**  
94.8%



**Gaurav Pal Singh**  
94.8%



**Kshitiz Sharma**  
94.6%



**Mannjot Singh**  
94.6%



**Shreya Nayar**  
94.6%



**Aashish Nauhria**  
94.4%



**Arjit Singla**  
94.4%



**Vanshita Gupta**  
94.2%

## OUR ACME ACHIEVERS



**Ujjwal Sharma**  
94.2%



**Kritika**  
94%



**Nandini Goyal**  
94%



**Radhika Kalia**  
94%



**Sehajpreet Singh**  
93.8%



**Shanu**  
93.8%



**Arushi Sadana**  
93.8%



**Geshna Sikarwar**  
93.8%



**Armaan Singh  
Dhalwal** 93.6%



**Ansh Gupta**  
93.2%



**Jai Arora**  
93.2%



**Riya Jain**  
93.2%



**Khushsir Singh**  
93%



**Gurpreet Singh  
Wadhwa**  
93 %



**Divyam Goyal**  
92.8%



**Anshdeep Singh**  
92.8%



**Divleen K. Pannu**  
92.6%



**Ishit Garg**  
92.6%



**Raghuvir Singh**  
92.4%



**Ayush Singla**  
92.2%

## OUR ACME ACHIEVERS



**Ayushi Gupta**  
92.2%



**Vibhuti Garg**  
92.2%



**Ishneet Kaur**  
92.2%



**Gurmanjot Singh**  
92%



**Archita Arora**  
91.8%



**Vrihen Arora**  
91.6%



**Davjot Singh**  
91.2%



**Karanvir Singh  
Malhotra** 91.2%



**Vidhi Singhal**  
91%



**Anshu Jindal**  
91%



**Vansh Malhotra**  
90.8%



**Srishti Gupta**  
90.8%



**Shrey Litoria**  
90.6%



**Shubham Dhuria**  
90.6%



**Vaibhav Sachdeva**  
90.6%



**Maulik Jain**  
90.4%



**Priyal Jain**  
90.4%



**Ashish Jain**  
90.4%



**Yug Nayyar**  
90.4%



**Maansi Verma**  
90.4%



**Aryan Sharma**  
90%

# SUBJECT WISE TOPPERS

## 2017-2018

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

Heartiest Congratulations to the Parents, Teachers & Students for an Excellent performance in  
AISSE (X) 2017-2018.

**Appeared : 256**

**Passed : 100%**

Subjects	Students	Marks
English	Rakshit Baghla Gagandeep Kaur Jasminedeeep Kaur Grewal Ishneet Kaur Anshdeep Singh Jasnoor Kaur Bakshi	97
Mathematics	Harsh Sihag Kunwardeep Singh Bakshi Gaurav Pal Singh Mannjot Singh	100
Science	Sehajpreet Singh Kunwardeep Singh Bakshi	100
Social Science	Mridul Jain	99
Hindi	Riya Jain Divyam Goyal	99
Punjabi	Joyleen Kaur Dhiman	98

# *Enthusiasm is the real secret of success*

## *Awards & Accolades*



**Mr. Younus Masih** was conferred with 'The Best Teacher Award' by the Diocese of Jalandhar for enlightening the path of wisdom and creativity in his students. Heartiest congratulations to Mr. Masih for his diligence, dedication and sincere endeavours. He leaves an indelible imprint on the hearts and minds of those blooming buds who come in his contact.



**Anjli Sapna Tigga** (XII Medical) received 'The Best Student's Award' from the Diocese of Jalandhar on 2nd September, 2017.

*Ludhiana School  
Sahodaya Fine Arts  
(Poster Making  
Competition) Winner*



**Jennifer Singh (IX-D)**  
secured 1st position



**Gurleen Verma (IX-D)**  
secured 3rd position

*Ludhiana School  
Sahodaya English  
Declamation Winner*

# Icons of Sacred Heart (2017-18)

## Science Olympiad Foundation Award Winners



**Gurpreet Singh**  
X-C



1. NTSE Level 1-State Rank 2
2. PRE RMO cleared
3. RMO cleared 16th position, AIR (52 marks)
4. SEAMO (South East Asian Maths Olympiad, Singapore University AIR 1 (Gold Medal)
5. IGKO (Single Level), Zonal Rank-4, Zonal Award - ₹250/- + Zonal Bronze Medal + Zonal Certificate of Excellence
6. IMO Level 2, Zonal Rank - 2, Zonal Award - ₹5000/- + Zonal Gold Medal + Certificate of Zonal Excellence
7. NSO Level 2, Zonal Rank - 4, Zonal Award - ₹1000/- + Zonal Bronze Medal + Zonal Excellence Certificate
8. NSTSE (Unified Council) State Achiever - Rank 3, Gold Medal of State Achiever



**Kartikay Goyal**  
V-A

1. IMO-II Level, Zonal Rank-7, International Rank-443, Gift Worth ₹1000/- + Certificate of Zonal Excellence
2. NSO-II Level, Zonal Rank-3, International Rank-31, Gift Worth ₹1000/-, Zonal Bronze Medal + Certificate of Zonal Excellence
3. NCO - I Level, Zonal Rank-5, International Rank-85, Gift Worth ₹1000/- + Certificate of Zonal Excellence
4. SOF-Academic Excellence Scholarship (AES)- 2017-18, Award - Merit Certificate + cash award of ₹5000/-



**Lira Chawla**  
XII-A

1. IEO-II Level, Zonal Rank-6, International Rank-129, ₹1000/-, Zonal Bronze Medal + Certificate of Zonal Excellence
2. International Mathematics Olympiad (II Level) Zonal Rank-15, International Rank-453, Certificate of Zonal Excellence
3. NCO-I Level, Zonal Rank-6, International Rank-126, Gift Worth ₹1000/- + Certificate of Zonal Excellence



**Ripudaman Singh**  
X-D

1. NCO-I Level, Zonal Rank-4, International Rank-31, Gift Worth ₹1000/- + Certificate of Zonal Excellence
2. IEO-II Level, Zonal Rank-22, International Rank-783, Certificate of Zonal Excellence

**International  
General Knowledge  
Olympiad (IGKO-I Level)**



**Shreya Gupta, IX-C**  
IGKO-I Level, Zonal Rank-2  
International Rank-168  
₹2,500/-, Zonal Silver Medal  
Certificate of Zonal Excellence

**SOF Nation Cyber Olympiad (NCO-I Level)**



**Manan Sukhija, V-E**  
NCO-I Level, Zonal Rank-10  
International Rank-128  
Gift Worth ₹1000/-  
Certificate of Zonal Excellence



**Akshat Sood, VI-D**  
NCO-I Level, Zonal Rank-9  
International Rank-146  
Gift Worth ₹1000/-  
Certificate of Zonal Excellence



**Pranav Suri, VIII-E**  
NCO-I Level, Zonal Rank-9  
International Rank-95  
Gift Worth ₹1000/-  
Certificate of Zonal Excellence

**SOF International  
English Olympiad  
(IEO-II Level)**



**Abhishek Jain, XI-C**  
IEO-II Level, Zonal Rank-8  
International Rank-303  
Gift Worth ₹1000/-  
Certificate of Zonal Excellence



**Vaibhav Sharma, XI-A**  
NCO-I Level,  
Zonal Rank-2  
International Rank-77  
₹2500/- and Zonal Silver Medal  
Certificate of  
Zonal Excellence



**Gagandeep Singh, XII-B**  
NCO-I Level,  
Zonal Rank-8  
International Rank-136  
Gift Worth ₹1000/-  
Certificate of  
Zonal Excellence



**Vidisha Kairam, XII-A**  
NCO-I Level,  
Zonal Rank-9  
International Rank-166  
Gift Worth ₹1000/-  
Certificate of  
Zonal Excellence

**International General  
Knowledge Olympiad  
(IGKO-I Level)**



**Vishwas Bhalla, VIII-B**  
IGKO-I Level, Zonal Rank-12  
International Rank-484  
Certificate of Zonal Excellence

**International Science  
Olympiad (II Level)**



**Soumit Sarupya Swain, XI-B**  
NSO-II Level, Zonal Rank-24  
International Rank-601  
Certificate of Zonal Excellence

**International  
English Olympiad  
(IEO-II Level)**



**Naunihal Singh Gill, VI-E**  
IEO-II Level, Zonal Rank-12  
International Rank-571  
Certificate of Zonal Excellence

**International  
Mathematics Olympiad  
(IMO-II Level)**



**Sanuj Sood, XI-A**  
IMO-II Level, Zonal Rank-8  
International Rank-217  
Gift worth ₹1000/-  
+ Certificate of Zonal Excellence



**Armaan Singh Dhaliwal, X-D**  
IGKO-I Level, Zonal Rank-18  
International Rank-641  
Certificate of Zonal Excellence



**Mayank Saxena, XII-A**  
NSO-II Level, Zonal Rank-12  
International Rank-358  
Certificate of Zonal Excellence



**Inayat Singh, XII-E**  
IEO-II Level, Zonal Rank-12  
International Rank-376  
Certificate of Zonal Excellence

## National Cyber Olympiad (NCO-I Level)



**Vidushi Jain, IV-B**  
NCO-I Level,  
Zonal Rank-14  
International Rank-70  
Certificate of Zonal Excellence



**Parth Biyani, VII-E**  
NCO-I Level, Zonal Rank-21  
International Rank-135  
Certificate of Zonal Excellence



**Ishaan Sodhi, VII-E**  
NCO-I Level, Zonal Rank-22  
International Rank-141  
Certificate of Zonal Excellence



**Shailender Goyal, VIII-D**  
NCO-I Level, Zonal Rank-13  
International Rank-118  
Certificate of Zonal Excellence



**Vishwas Bhalla, VIII-B**  
NCO-I Level, Zonal Rank-19  
International Rank-155  
Certificate of Zonal Excellence



**Rithik Gupta, VIII-C**  
NCO-I Level, Zonal Rank-22  
International Rank-165  
Certificate of Zonal Excellence



**Jasmine Kaur Bedi, VIII-C**  
NCO-I Level, Zonal Rank-25  
International Rank-175  
Certificate of Zonal Excellence



**Chirag Sharma, X-C**  
NCO-I Level, Zonal Rank-11  
International Rank-100  
Certificate of Zonal Excellence



**Aryan Sharma, X-A**  
NCO-I Level, Zonal Rank-23  
International Rank-145  
Certificate of Zonal Excellence



**Rajdeep Singh Rattol, X-E**  
NCO-I Level, Zonal Rank-24  
International Rank-153  
Certificate of Zonal Excellence



**Sehajpreet Singh, XI-A**  
NCO-I Level, Zonal Rank-25  
International Rank-165  
Certificate of Zonal Excellence



**Tawanjot Singh, XI-A**  
NCO-I Level, Zonal Rank-11  
International Rank-243  
Certificate of Zonal Excellence



**Devansh Marwaha, XII-A**  
NCO-I Level, Zonal Rank-13  
International Rank-187  
Certificate of Zonal Excellence



**Gurneet Kaur, XII-B**  
NCO-I Level, Zonal Rank-18  
International Rank-226  
Certificate of Zonal Excellence



**Mayank Saxena, XII-A**  
NCO-I Level, Zonal Rank-19  
International Rank-232  
Certificate of Zonal Excellence



**Darshdeep Singh Grewal, XII-A**  
NCO-I Level, Zonal Rank-24  
International Rank-298  
Certificate of Zonal Excellence



# SACRED HEART SR. SEC. SCHOOL



## HEARTY WELCOME



Sacred Heart Fraternity

# PRAYER SERVICE

The school academic session commenced on 27th March, 2017 with great zeal and fervour. An inaugural prayer service was held in which the words of the God were read from the Sri Guru Granth Sahib, the Bhagwad Gita and the Bible.

Our Father, who art in heaven,  
Hallowed be Thy name;  
Thy Kingdom come;  
Thy will be done on earth as it is in  
heaven.  
Give us this day our daily bread,  
and forgive us our trespasses  
as we forgive those who trespass  
against us;  
and lead us not into temptation,  
but deliver us from evil.

Amen



# EARTH DAY CELEBRATION

To sensitize the children to become the crusaders for environment conservation, Earth Day was celebrated in Sacred Heart Sr. Sec. School, BRS Nagar, Ludhiana on April 24, 2017.

We, Sacred Heartians take pledge on this Earth Day to plant more trees, keep our surroundings clean and to use environment friendly product.



# INVESTITURE CEREMONY

## Senior House Cabinet

### SESSION 2017-18

The deserving young talents were bestowed with the responsibility of leading the school from the front. The Captains and the prefects took the oath of office with a promise that they would carry out their duties with integrity, faith and excellence. The students council took the pledge to hold the school motto, 'Learn and Enlighten' in high esteem.



Head Boy	Aavaig Malhotra	XI-A	Sports Captain Boy	Chirag Goel	XI-E
Head Girl	Dilpreet Kaur	XI-B	Sport Captain Girl	Chahat Angrish	XI-A
Deputy Head Boy	Abhishek Jain	XI-C	Vice Sports Captain Boy	Shriyam	XI-B
Deputy Head Girl	Jyoti Jindal	XI-C	Vice Sports Captain Girl	Harnoor Kaur	XI-B
Secretary Boy	Aarsh Nayyar	XI-B	Social Service Leader Boy	Abhiroose Singh	XI-E
Secretary Girl	Pragati Jain	XI-D	Social Service Leader Girl	Vipanchi Jain	XI-D
Editor Boy	Soumit	XI-B			
Editor Girl	Sejal Modi	XI-D			





## HOUSE CABINET

SESSION 2017-18

House	Captain	Vice Captain	Discipline Incharge
Nehru	Hridesh Kapoor, IX-C	Kushal Jain, VIII-B	Tushar Kapoor, IX-A
	Rushali Maria, IX-E	Ayushi Bharti, VIII-C	Jannifer V Singh, IX-D
Tagore	Shaurya Batta, IX-B	Varinder Singh, VIII-B	Karmanjot Singh, IX-A
	Prabhsimran Kaur, IX-C	Guneet Chahal, VIII-B	Anshita Gupta, IX-A
Gandhi	Gautam Verma, IX-C	Atharav Miglani, VIII-B	Tushar Vij, IX-C
	Anandni Dhandha, IX-E	Dhriti Gandhi, VIII-A	Khushi Walia, IX-A
Shastri	Jashanpreet Singh, IX-D	Adit Aima, VIII-A	Tushar Kanda, IX-E
	Ramandeep Bajwa, IX-A	Ishika Jain, VIII-C	Arnoor Kaur, IX-D

Literary and Cultural Activities-Secretary		Social Service Leader	
Shivam Nagpal	IX-D	Daksham Ajmani	IX-C
Anne Mary Francis	IX-D	Ridhima	IX-B

# PRIMARY SCHOOL CABINET

SESSION 2017-18



Designation	Name	Class	Designation	Name	Class
Head Boy	Aditya Gupta	V-A	Sports Captain Boy	Manan Sukhija	V-E
Head Girl	Parineet Kaur	V-D	Sports Captain Girl	Komal Toor	V-D
Deputy Head Boy	Nitesh Kandulna	IV-C	Editor Boy	Loverose Preet Singh	V-B
Deputy Head Girl	Japleen Kaur	IV-D	Editor Girl	Harleen Kaur	V-C
Secretary Boy	Kartikay Goyal	V-A	Social Service Leader Boy	Gurshaan Singh Sidhu	V-C
Secretary Girl	Kaveesha Sharma	V-E	Social Service Leader Girl	Pranchi Gupta	V-E
Discipline Incharge Boy	Saksham Jhawar	V-E	Literary and Cultural Secretary	Gunraj Singh Thind	V-B
Discipline Incharge Girl	Aakshi Gupta	V-B	Literary and Cultural Secretary	Avanijyot Kaur	V-B



House	Captain	Vice Captain	Discipline Incharge
Gandhi	Namish Sharma, IV-E Preksha Jain, V-B	Ruhaan Chaudhary, IV-C Manshir Dhanor, V-D	Aditya Kansal, IV-B Tanvi Gaba, IV-B
Nehru	Paarth Jethi, V-B Harsimran Kaur, V-B	Amulya Mahajan, V-E Taara Arora, IV-C	Akshit Bajaj, IV-C Vedanjali Sahi, V-E
Shastri	Tanmay Joshi, V-D Harsheen Kaur, V-D	Soumil Gautam, IV-C Yakini Jain, IV-A	Abeer Kataria, V-C Vamika Kalia, V-E
Tagore	Lohhith Thakur, V-B Kirat Kaur, V-E	Ketav Garg, IV-C Ishaanya Swami, IV-A	Rudraksh Mahajan, IV-B Savroop Kaur Gill, IV-D

# LABOUR'S DAY

God give me work, till my life shall end.



## Mother's Day Celebration

Your arms were always open when I needed a hug.  
Your heart understood when I needed a friend.  
Your gentle eyes were stern when I needed a lesson.  
Your strength and love guided me and gave me wings to soar.

"The natural state of motherhood is unselfishness."  
A mother is your first friend, your best friend, your forever friend."



# REV. SR. SILVI'S FEAST DAY

Go forth in peace, for you have followed the good road.  
Go forth without fear, for He who created you have made you holy,  
Has always protected you and loves you as His child.  
Blessed be you, My God, for having created you.



# Independence Day

Where the mind is  
without fear and the  
head is held high....  
into that heaven of  
freedom, my father, let  
my country awake.



# TEACHERS' DAY

## *Celebrations*

Sacred Heartians lauded the teachers for being friends, philosophers and mentors leaving an indelible imprint on their tender minds.



## Blooming Buds

Blooming Buds held on August 11, 2017

	Level-I	Level-II
1st	Archit Mehra	Lira Chawla
2nd	Lira Chawla Soumit	
3rd	Jivjot Singh	



Lira Chawla  
XII-A

- Cleared 3rd Level of Blooming Buds held at Trinity College, Jalandhar.
- Amongst top 3 (XI-XII Category) from all over Punjab.
- Felicited at Trinity College, Jalandhar on 28th April, 2018 during the college's convocation.
- Won a memento, a certificate, cash prize of ₹1000 and a scholarship on Tuition fees for first year to pursue graduation from Trinity College, Jalandhar equal in percentage to the percentage marks achieved in Class XII Board Exams.

## Divyansh Dwivedi, (V-D)

- Divyansh captivated the entire nation and the judges alike with his quirky comical performances, mind-blowing expressions, mimicry of Bollywood stars and affable smile on the show. He emerged as the **"Winner"** of the show **"Chhote Miyan Dhaakad"** thereby making his city, his parents and his school proud.
- He also participated in another popular comedy show **"Entertainment Ki Raat"** which got telecast on Colors TV channel. Divyansh mesmerized the audience with his powerful performances and appeared in all 26 episodes of the show. He is one among few artists who have been signed in again for the second season of **"Entertainment Ki Raat"**.
- Divyansh apart from playing crucial roles in TV commercials of Flipkart and MTR spices also marked his strong presence in leading TV shows **Bigg Boss**, **Rising Star** and **Comedy Dangal**.
- His role in most talked about **"Rally for River Campaign"** initiated by Sadguru was highly appreciated.
- Divyansh all this while is pursuing his academics very sincerely and always tries to balance his passion with his studies too.



# Diwali Celebrations



rangoli  
Making



## Salad and Mocktail Making (IX-XII)



# SCHOOL FETE - 2017

Sacred Heart Extravaganza 2017 : The Family fun day





Release of School Magazine 'Expressions 2016-17'



# Children's Day Celebration

Children are the world's most valuable resource and its best hope for the future.



# REV. FATHER'S *Birthday*

*May God give you the power, courage, knowledge  
and wisdom to propagate His words to mankind.*

*We pray, on your special day.*

*May God continue to strengthen your faith,  
establish all your steps, purify you, and hold you  
firm on the right path of life that you are  
following.*



# ANNUAL ATHLETIC MEET

*The power of the human will to compete and the drive to excel beyond the body's normal capabilities is most beautifully demonstrated in the arena of sport.*

– Almee Mullins



1st position – Shastri House  
2nd position – Gandhi House  
3rd position – Tagore House





# Christmas Celebration

'Christmas is the spirit of giving without a thought of getting'  
O' Christmas tree, O' Christmas tree,  
Thy candles shine so brightly  
From base to summit, gay and bright  
There's only splendor for the sight  
Thou bidst us true and faithful be  
O' Christmas tree, O' Christmas tree



# Sarv Dharam Sammelan

Under the able guidance and stewardship of Rt. Rev. Dr. Franco Mulakkal, the Bishop of Diocese of Jalandhar, Sarv Dharm Sammelen was harmonised on December 23, 2017. The luminaries of different religions conveyed the message of love, brotherhood and cooperation for the spiritual, moral, social, intellectual and political growth of the society.





# ACADEMIC PRIZE

## *Distribution (Primary & Higher Section)*





# ANNUAL CULTURAL PRIZE DISTRIBUTION

*Preparation and opportunity bear hopeful results*

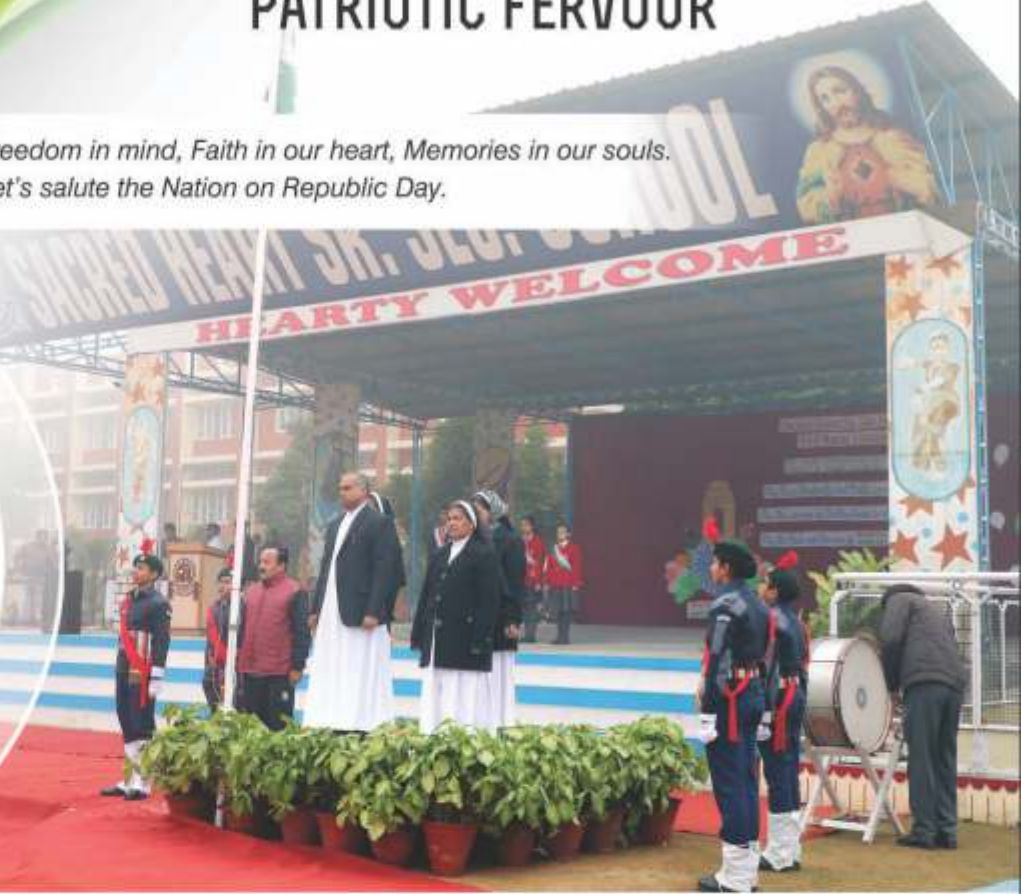




# REPUBLIC DAY

## PATRIOTIC FERVOUR

*Freedom in mind, Faith in our heart, Memories in our souls.  
Let's salute the Nation on Republic Day.*



# NATIONAL CADET CORPS

## (2017-2018)

### NCC AIR WING

## AIM OF NCC

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

Name of Unit	-	No.4 PB AIR SQN NCC, Ludhiana
Name of Commanding Officer	-	Group Captain - Avinash Chander Sethi
Name of Associate NCC Officer	-	2nd Officer Dalip Kumar
NCC Senior Boy	-	Cadet Udaiveer Dhillon
NCC Senior Girl	-	Sergeant Nishant
NCC Deputy Senior Boy	-	Cadet Harvijay Partap Singh Grewal
NCC Deputy Senior Girl	-	Cadet Jia Bansal

### Best Cadets of NCC AIR Wing Session 2017-2018

- |                         |                                |
|-------------------------|--------------------------------|
| 1. Cadet Shivam Nagpal  | 2. Cadet Jiyajeet Kaur Boparai |
| 3. Cadet Khushi Mehra   | 4. Cadet Vikramjeet Singh      |
| 5. Cadet Shailza Thakur | 6. Cadet Arshdeep Singh        |
| 7. Cadet Tisha Vashist  | 8. Cadet Bharat Arora          |
| 9. Cadet Guljeet Singh  | 10. Cadet Priyam Singh         |
| 11. Ankit Kapoor        | 12. Cadet Yuvraj Verma         |



**Associate NCC Officer:  
Mr. Dalip Kumar**

### Camp Activities

- |                           |   |
|---------------------------|---|
| 1. Morning Health Run     | 2. Fitness Exercise                           |
| 3. Yoga                   | 4. Drill Marching                             |
| 5. Swachh Bharat Abhiyan  | 6. Theory Technical Classes                   |
| 7. Sports Competition     | 8. Cultural Competition                       |
| 9. Quiz Competition       | 10. Visit of Range Firing                     |
| 11. Flying (Power Models) | 12. Karate Class (Self Defense Demonstration) |

### NCC AIR Wing Annual Training Camp Achievements (2017-2018)

- 1st Position in Solo Song by Cadet Cherrish Dhawan.
- 1st Position in Group Dance by cadets Jia Bansal, Ivleen Kaur, Robinpreet Kaur, Malisha George, Mokshi Ahuja, Bhakti, Karhail, Muskan and Jiyajeet Kaur.
- 1st Position in Tug of War Competition by cadets Anshika Yadav, Jia Bansal, Sahjar Kilam, Jiyajeet Kaur Boparai, Tisha Vashist, Shailza Thakur, Khushi Mehra and Aashna Chawla.
- 1st Position in 4x400 Meter Relay Race by cadets Shailza Thakur, Sahjar Kilam, Khushi Mehra and Anshika Yadav.
- 1st Position in Drill Competition by cadets Shilza Thapar, Jiyajeet Kaur Boparai, Jia Bansal, Vanshika Yadav, Malisha George, Tisha Vashist, Udaiveer Singh Dhillon, Harvijay Partap Singh Grewal, Vikramjeet Singh Kalyan, Shivam Nagpal, Khushi Mehra Amiraj Singh Khangura and Japjot Singh Grewal.
- 3rd Position in Quiz Competition by cadets Ankit Kapoor and Shailza Thakur.
- 3rd Position in Basketball Competition by cadet Khushi Mehra, Shailza Thapar, Aashna Chawla, Tanya, Priyal Ahuja, Noor Arora, Prabhnoor Kaur, Divya, Bhakti Karhail, Topsy Dhand, Sehaj Narang and Memansa Verma.

# NCC CAMP



First Position in Drill Competition



Group Photograph



Drill Competition



Drill Practice



Visit of Parents



Visit of Shooting Range



Technical Classes



Basket Ball 3rd Position



## National Level Players 2017-18

### Our Eager Beavers



**Anshika Yadav, VIII-B**  
Participated in National  
Swimming Championship  
and Secured Silver Medal



**Akshit Bhardwaj**  
XII-E  
Participated in National  
Level Cricket Tournament



**Siya Sharma, X-E**  
Participated in National  
Level Badminton  
Tournament



**Chashmeet, X-C**  
Participated in National Level  
Skating Championship  
and Secured, Gold,  
Silver & Bronze Medal



**Udaypratap, X-C**  
Participated in  
National Level  
Shooting Championship



**Vanshika Yadav, IV-E**  
Participated in  
National Karate  
Championship



**Gurmeet Kaur, V-A**  
Participated in All India  
Tennis Championship  
Series



**Harmanveer Singh, IV-B**  
Participated in National  
Level Karate Championship

## State Level Players 2017-18



**Jashanpreet Singh, IX-D**  
Participated in State Level  
Hockey Tournament



**Priyansh, VI-B**  
Participated in  
State Level Gymnastics  
Championship



**Prabhkaran Singh, VIII-A**  
Participated in  
State Level  
Football Tournament



**Japleen Kaur, IV-D**  
Participated in State Level  
Skating Championship and  
Secured Silver Medal



**Japjot Singh, VIII-E**  
Participated in State Level  
Skating Championship



**Harnoor Dhillon, XI-B**  
Participated in State Level  
Basketball Championship  
Secured Bronze Medal



**Sukham Kaur, IV-B**  
Participated in State Level  
Skating Championship  
& Bronze Medal in  
Open State Skating  
Championship



**Manan Sukhija, VI-A**  
Participated in Open State  
Swimming Championship  
& State Level

# SPORTS ACHIEVEMENTS



## Football

Football team in U-12 boys category secured first position in sub junior Football Championship held at Sri Muktsar Sahib



Football Team in U-10 boys category secured first position in GS Memorial Football Championship held at Jesus Sacred Heart School, Ludhiana



Football team in U-14 Boys Category secured third position in Zonal Football Championship and participated in District Football Championship.



Football team in U-17 Boys category secured second position in PSEB Zonal Football Championship and participated in District Football Championship.



## Cricket

Cricket team in U-19 Boys Category secured second position in Ludhiana Sahodaya School Complex Cricket Championship held at Nankana Sahib Public School, Gill Park, Ludhiana.





## Skating

Skating team in U-14 Boys and Girls category secured 2nd position in District Skating Championship.



## Badminton

School Badminton team in U-19 Girls category secured first position in Ludhiana Sahodaya Schools Complex Badminton Championship held at BCM Arya Model School, Ludhiana



## Swimming

Swimmers in U-12, 14 Boys and Girls category secured second position in Ludhiana Sahodaya Schools Complex Swimming Championship held at Delhi Public School, Ludhiana



## Basketball

Basketball team in U-14 Boys category secured second position in Ludhiana Sahodaya Schools Complex Basketball Championship held at Sacred Heart Sr. Sec. School, BRS Nagar, Ludhiana.



## Hockey

Hockey team in U-14 Boys category secured first position in PSEB Zonal Hockey Tournament and participated in District Hockey Championship.



Hockey team in U-14 Girls category secured third position in PSEB Zonal Hockey Championship and participated in District Hockey Championship.



## Band Students 2017-18

1. Arshdeep Singh	VIII-E	9. Garav Dang	VI-A	17. Kabir	VI-B
2. Sidak Arora	VIII-C	10. Harprabh	VI-A	18. Gurnoor	VI-E
3. Ansh Behl	VI-B	11. Hridayjit	VI-A	19. Gurpreet	VI-D
4. Manan Gupta	VII-E	12. Gurmehak	VI-A	20. Rudra	VI-B
5. Aryaman Sharma	VII-E	13. Yuvraj	VI-D	21. Harguneet	VI-D
6. Karan Mahal	VI-B	14. Arshveer	VI-D	22. Harrehmat	VI-B
7. Pahul Mahal	VI-C	15. Krish Chopra	VI-D	23. Mehraban	VI-B
8. Kanav Kaushal	VI-B	16. Irish	VI-A	24. Naunial Singh	VI-B

## Land Mark Forums 2017-2018 (VI-VIII)

- School Band
- Fun and Fitness
  - Badminton
  - Cricket
  - Football
  - Skating
  - Kho-Kho
  - Basketball
  - Hockey
- Performing Arts (Music, Dance, Arts)
- Cyber Space
- Expression's Club
- Cook and Decor
- Eco Club
- Little Scientist Club
- Social Service & Interact Club
- Aryabhata Club
- Human Rights and Gender Sensitivity Club

## Overall Trophy VI-X (Activities)

First Prize	: <b>Tagore House</b> Mrs. Ritika Malhan Ms. Anju Bala
Second Prize	: <b>Nehru House</b> Mrs. Rifika Dutt
Third Prize	: <b>Shastri House</b> Mrs. Gagandeep Kaur Mrs. Kamaljeet Kaur

## Overall Trophy II-V (Activities)

First Prize	: Tagore House Gandhi House
Second Prize	: Shastri House
Third Prize	: Nehru House

## *Nostalgia*

*... a journey through  
familiar and fond  
remembrances*

*... flooding your senses  
and emotions with  
pleasure and delight*

*... whilst effortlessly  
filtering out all  
the pain*

*... Oh, nostalgia,  
may I walk your roads  
evermore...*



*Class XII-A*



*Class XII-B*



*Class XII-C*

# Memories

Session 2017-18



*Class XII-D*



*Class XII-E*

# Tiny Toddler's Club



# Elocution



*PUNJABI DECLAMATION  
(CLASS - IX)*



*Essay Writing Activity (XI-XII)*



*English Declamation  
(VI-VII) 25-7-17*



*Punjabi  
Declamation  
(VIII-IX) 1-8-17*



*English Declamation Contest  
(IV) 18-7-18*



*Group Dance  
(Inter House)  
(VI-IX) 9-8-17*



B.R.S. NAGAR LUDHIANA

INTER HOUSE  
GROUP DANCE  
COMPETITION  
LAST  
AUGUST

RED HEART SR. SEC. SCHOOL  
B.R.S. NAGAR LUDHIANA

B.R.S. NAGAR LUDHIANA

INTER HOUSE  
GROUP DANCE  
COMPETITION  
LAST  
AUGUST

RED HEART SR. SEC. SCHOOL  
B.R.S. NAGAR LUDHIANA

*Dance*  
Competition

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

# Orientation Programmes for Parents



## POOR Mental Health Leads to

- Low Academic Achievement
- Relationship difficulties
- High risk behaviour
- Violence
- Substance Abuse
- Poor physical health
- Suicide
- Threats to wellbeing and happiness of people around them



## SEMINAR FOR TEACHERS BY MR. RISHABH KHANNA



## MOTIVATIONAL SESSION FOR TEACHERS MRS. SHAMINA DEOL



## Seminar on Drug Abuse, POCSO and Road Safety

On the sensitive issue of Drug Abuse, Road Safety & POCSO being faced by the children of today, the school conducted a seminar on July 20, 2017. The resource person Mr. Surender Lamba, ADCP, IPS Officer Zone III made children aware about their surroundings and how to keep themselves safe.



## Career Counselling Class X – Mrs. Jyotsana Bhardwaj



## G.K. QUIZ (PRIMARY)



*To initiate the Safe Vahan Scheme and to ensure safety and security to the children; the Drivers of the Vans had meeting with Rev. Sr. Silvi.*



# PICNICS & TRIPS





## 12th Class

# Farewell XII



### Farewell 30th January

Ms. Sacred Heart 2018	: Simrit Sidhu
Mr. Sacred Heart 2018	: Gurbahul Singh
Ms. Elegant 2018	: Vedika Narula
Mr. Elegant 2018	: Ankit Chawla





## Prayer Service



# Top Signs #You Must Quit Social Media



#

You announce to everyone on social media what you are doing every day and sometimes even every hour as well.



#

You take a snapshot of every dish you eat and post it on your account before giving into the delicious meals.



#

You sleep with your smart phone within reach.



#

You tag your friend on pictures that do not involve them, in order to make sure they see the pictures.



#

You are worried and uncomfortable when internet is not working.



#

You judge your popularity based on the number of likes, shares or followers.



#

Ur usng social media slangs & wrtng



#

You check your social media accounts before getting in and out of bed.

**W**hen was the last time you watched an entire movie or TV series episode, or studied without checking your phone? Heck! when was the last time you surfed the web without opening another window for social media?

As a part of my daily routine, both the first and the last thing I do, in bed, are to scroll through **Facebook** and **Instagram** and check my **Snapchat** and **Whatsapp**, looking both at the news and what all my (so called) friends are up to. It then pervades through the rest of my day too: I check social media on my commute, even while preparing food and not to ignore... during the washroom breaks. I read any notification there and then that beeps on my phone throughout the day diverting me off my work leaving me bewildered most of the times.

Social media makes us think that we have hundreds and thousands of friends whom we connect daily... but the amount of time we spend leering at prosperous, alluring and seemingly exemplary strangers on **Facebook** and comparing our lives and appearances with theirs, which fuels our already existing insecurities and complexes. The **snapchat** story of all your friends at an excursion, which to be honest was probably flat, apart from that moment they all posed for a selfie. The ravishing photos uploaded by your (so called) friends, which gives you an inferiority complex are heavily filtered and **photoshopped**. The never ending knowledge flaunting tweets and status updates, check-ins of celebrated places by your (so called) friends which makes us feel overwhelmed and that our life is not even marginal. The rationale that nobody's life is perfect and that what people share on social media is **curated** and **edited**, often goes futile during these times.

Social media has occupied the bottom of the **Maslow's Hierarchy of Needs Pyramid**. My question is..... Is it worth placing social media equivalent to the physiological needs such as food, water and air? The fact that we are never truly switched off doing us more harm than good?

As a child and family counsellor, whenever I'm sitting in a session, I've witnessed the majority of social media users talking about how anxious, distressed and depressed they feel while scrolling through the social media apps, trapped in the vicious circle of ogling others and comparing themselves; resulting in poor mental health.

One of my cases, a teen aged 15 told me that she would wake up in cold sweat at 3 am and drag down the smart gadget to see if she had received any comments to her crisp declaration. She suffered the loss of her mental health but couldn't get rid of this addiction of the Facebook.

Another teen Instagram user has been open about his struggles with anxiety attacks due to the social media. He mentioned that the craze to have the maximum followers is taking a toll on him.

Yet another social media user shared her feelings of being overly obsessed for selfies. She confessed that she is always so busy to get the "perfect click", worthy of sharing on the facebook that she hardly enjoys the places she visits or the friends she meets.

While going through the poem written by Gary Turk called 'Look Up' which talks about the dangers of social media, I simply couldn't help reading and rereading the following lines for its appropriateness : "We edit and exaggerate, crave adulation. We pretend not to notice the social isolation. We put our words into order till our lives are glistening. We don't even know if anyone is listening".

Social Media is an asset. It is a useful tool for staying in touch with those who live far away. However, we all need to take a step back, disconnect once in a while and spend time enjoying our lives rather than posting about them especially by our young generation who must focus on studies and career foremost.

Social media was created to help connect with people. But, the irony is :

- # We spend more time on our social media than with people.
- # We have started hiding emotions behind emojis.
- # We prefer text instead of one to one connect.

Our digital phones have become our physical homes. The constant pressure of posting one thing or the other in which people seek attention and validation through likes and comments is quite frustrating. You read other people's status updates and you think that's who they are. And then you try to compete with that image, and instead of polishing up **YOU FAKE UP**. So it becomes an artificial construct or a fake version of us.

People especially adolescents want to quit the social media because they are devoting an unhealthy proportion of their time on it, losing out on their studies and effective relationships.

You will be amazed how much life can change positively if you go on a social media **fasting** or **quitting**. It can go to the core of your emotions and can transform your life miraculously.

So I suggest you all go for a social media detox for a week (to begin with)

Have you ever thought what would happen if you take a break and get disconnected from his surreal world to get connected to the real world? It may look unrealistic first, but it can actually yield a number of benefits if you are willing to put forth the effort. Should you choose to accept the challenge of staying off social media this week; you'll most likely enjoy some key benefits :

- # **You'll be happier with yourself:** You will stop comparing your life to the fictional lives your stranger friends portray on the social media. As a result you'll be much happier with yourself. The pressure to be Larger than Life will fade away.
- # **You'll be far more productive:** Between fb, insta, twitter, snapchat, whatsapp, the average Millennial commits hours and hours every day. Quitting the social media means extra hours at your disposal. You may use this time to do something meaningful and productive.
- # **You'll notice things you've never seen earlier:** If your face is constantly buried in a smart phone, you're ignoring everyone and everything around you, to the point that you're totally unaware of the exciting things happening in your own backyard.
- # **You'll discover new passions and interests:** Disconnecting from social media forces you to identify new passions and interests. Whatever you find, it will be exponentially more rewarding than scrolling through a news feed.

This is not only about distraction, but also about appreciation i.e. how you appreciate the finer things and go back to being yourself. It hard to actually appreciate something on social media since everything is happening so fast..... yeah?

Well! This is the additional impact quitting social media can have, other than improving your concentration. It can be very powerful. You'll see meaningful results.

In the age of over exposure, there's certainly an appeal in going offline. Life without Social Media will actually teach us the virtues of **Being Social**.

I don't discourage the use of Social Media platform but when it starts becoming a hindrance to growth then it's better to take a break. Do remember that Social Media exists because of us and not vice versa. You don't need social media to live fulfilling life.

If you find yourself unable to stay off the social media, reach out to your friend or family for support. Let them know you want to stop using social media and ask them to help you fill your time.

You may also come and consult me for support and guidance.

**Shamina Deol**  
School Counsellor

# SPACE And Astronomy Club



**S**pace Science and Astronomy Club in collaboration with Space Technology and Education (Brahmaand Edutainment) was introduced in Sacred Heart Senior Secondary School, BRS Nagar, Ludhiana for academic year 2017-18 with the aim of educating children about Space Science and Astronomy and its importance in our daily life. Various sessions were successfully conducted in the school in which children of Classes VI-VIII have actively participated and showed plentiful enthusiasm.

The student strength is 80 and the teacher's Incharge are Mrs. Parineeta Sharma & Mrs. Pratibha Arora.

The Space Club started with the very interesting session of 'Comets, Asteroids : The Space rocks' in which students learnt many interesting facts about Comets, Asteroids, Meteors, Meteor showers and made 99 percent real comet.

During the session of 'Directions during Day Time' students found cardinal directions by using the Gnomon Rod. Students marked the shadow of Gnomon Rod at different time intervals and found the shortest shadow which was pointing towards the North Direction. By using North Directions, students found other directions also.

The session of 'Project Paridhi : Measuring the circumference of Earth' the circumference of Earth was calculated by using the 2500 years old 'Eratosthenes method'. Eratosthenes was a Greek

mathematician, geographer and an astronomer and is remembered for his calculation of circumference of the earth in 3rd century BC by studying the shadow movements and proving that the earth is round. He was the first person to calculate the circumference of earth with such precision.

The session of 'Basic of Rocketry' was conducted which fascinated the students a lot. Students learnt the basic concepts behind the construction and launching the rockets. They learnt how Newton's laws are applied to rocket launch, constructed Hydro Rocket Model and launched them to understand Newton's Laws practically.

Like the Grids on the Earth, Sky also has some imaginary lines which helps the Astronomers and star hunters to locate the celestial objects in the sky. So, in a session of 'Grids in the Sky', students were taught about the imaginary lines in the sky and their need.

Students made Sky Maps in which they fixed the constellations we found in the Northern and Southern Hemisphere according to their location in Equatorial Coordinate System. Hence, students realized the importance of the grid system.

Another interesting concept of capturing celestial bodies with a DSLR camera was put into action. In the session, students understood the fundamentals of Photography, variable light photography and practical use of aspects like focal length, shutter speed, ISO, exposure etc. Students learnt clicking pictures in Manual mode and clicked various pictures by changing the settings every time so as to compare the picture quality in each photography.

In the session of 'Solar observation with Safe Methods' students got their 50mm Telescopes. During the session, students learnt about many interesting facts about Sun and learnt about its prominent features. They realized the importance of using safe methods to look at the sun. Students observed the sun through various safe methods, made the solar filter for their very own telescope and learnt to point the telescope towards the only star of our solar system, i.e. Sun.

During Evening Observation students observed Moon through Dobsonian Telescope with their own 50 mm telescope. They also pointed their telescope toward the planet available in the sky. Students learnt about different Reflector and Refractor telescope along with their working. Students learnt to use the software 'Stellarium' to observe the sky of various locations at different intervals of time.

For the most exciting overnight session, students were taken to one of the beautiful dark site of Punjab, Garshankar, where students enjoyed the breathtaking views of celestial objects. Students spent a night under thousands of stars and many galaxies, nebulae and star clusters. Students learnt to find directions in the night sky by using the pole star. Students hunted many celestial objects through 8 inches Dobsonian Telescope. Space Science and Astronomy Club was concluded by celebrating the Astronomy Day where students showcased all what they had learnt throughout the year being part of the club.

# English Section

## EDITORIAL

Dear Sacred Heartians

"By Toil to Stars"

Learning requires perseverance and hard work. There are no short-cuts to accolades. Stay true to yourself, yet always be open to learn. Work hard, and never give up on your dreams, even when nobody else believes they can come true. You control your future, your destiny. What you think about comes about. By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands – your own.

"Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."



**Mrs. Gagandeep Puri**  
Editor

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# Juvenile Delinquency

Children are known for their innocence and cuteness but it is quite sad to observe that they are getting indulged in various crimes. Whether it is robbery, pickpocketing, chain snatching, molesting or murder. Newspaper reports show the involvement of children in these crimes. Childhood is an impressionable age. We are spoiling it with wide exposure to media, internet access to mobiles and all kinds of gadgets. These children want to find a way to boast about their riches in front of their peers. It mostly happens in nuclear families where both parents are working. Children do not have elders to guide them, monitor their activities and share their emotional turbulence. In poor strata of society, parents have many children and are unable to send them to school, so they keep loitering around and get engaged in anti-social activities. Here, it becomes the duty of the parents to take care of their children. They play an important role in monitoring the activities of their children and not letting them fall in bad company. They should not let them have an easy access to television or gadgets. As far as possible their energies should be channelised in positive direction. They should not be treated as criminals but proper rehabilitation should be provided to bring them back to their childhood.



Arushi Sadana  
X-E

## Live Each Day

Live each day,  
In a special way.  
Leave no room for sorrow.  
Have no regrets,  
or desires.  
There may be no 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.



Tanvi Marwaha  
XII-E

## We are always planning to live but never live

When I was a small kid, I wanted a bicycle. When I got it, I wanted one with gears and was unhappy with the one I had. When I got the one with gears, I wanted one with a different style.

Sounds familiar? Yes, of course it does. Infact, all of us have felt this way one way or another in life. We always chase things we don't have and are too busy planning for tomorrow. Swami Vivekananda once said, "Tomorrow comes everyday, but today only comes once."

Look at a two year old child, he is so happy. For him everyday is present, so he gets up every morning to open this present called 'today' and lives each day to the fullest. But with every passing day, the child will get so influenced by everyone around him that causes the gift to come with an expiry date.

I am not averse to planning, but it has to end somewhere. All we think about all day is my new car, my new dress, my new house, my new phone, my new job. What we don't realize is that in this process we are neglecting something that cannot be bought – human relations.

By no means am I saying or for that matter advocating that we shouldn't plan our future, our kids future and our family's future. Ironically, our plans for tomorrow are only concerned about me, me and me. There is a very small population which thinks about the society of tomorrow because trust me, if more than a billion people of India came out of their self domain and do or at least plan something for this Mother Earth, then it will be a much better planet to live in. So my dear learned people, if you have to think of tomorrow, think on a bigger scale, a bigger magnitude and even for that, start living in your present, start loving your today than being a slave to your tomorrow. Smile at your today and your future will automatically welcome you with a "Jadoo Ki Jhappi".

So get up, wake up. Life is calling.



Inayat Singh  
XII-E



## KARMA!!!

*'What goes around, comes back'*

Every human being has his or her karma. By the way "What is karma?"

Everything we do to make someone happy or sad eventually comes back to us in the same way. Same as Newton's Third Law of Motion : For every action, there is equal and opposite reaction. Same is with Karma, every action we do willingly/unwillingly eventually comes back to us.

**Believe in Karma:** There is no need for revenge, sit back and relax. Those who have hurt us will get hurt themselves. If we would be lucky enough God will let us watch. What I personally think is that we are no one to take revenge God is there.

**The way it changes our lives:** Only thing we should know is, "What we are sowing". As it is rightly said, "As we sow, So shall we reap". If we sow good we will reap good. Similarly, if we are going to sow bad we will get back bad only and we should be ready for the consequences.

At last, we should never forget that our destiny is in our own hands and our Karma unfolds from our thoughts we deal with in our mind because everything happens has its presence.



**Gurbaaz Singh Puri**  
X-D

# An Ecstasy Called Happiness

Our life is an empty box and we are the masters of it. It is our decision, what is to be filled in that box – happiness, cheerfulness, adventures, laughter, bliss; or sorrow, disappointment, jealousy, unhappiness. Whatever will be filled in it, it will become its identity. We must stop and look at our life. What are we making out of our life? Are we harmoniously contented or ridiculously disappointed from it? Blessed are the people who have found the mantra to be at peace with themselves, who have tasted the glory of satisfaction. They know that the key to the spectrum of happiness is lying inside them only. This means that we decide to be happy, nothing and no-one in this world is going to wear us from it. The moment we all realise this, we start feeling the light heartedness as if we have touched the eternity, we have tasted the nectar. And we actually feel that all our worries, problems, stresses are fading away. Ultimately, we recoup our energy to live our life joyously square in the face, but with a smiling face. 'Happiness is a mental or emotional state of well-being expressed by positive or pleasant emotions ranging from contentment to intense joy.' We all want to be happy and for that, we put efforts, spend time with family, friends and relatives; go out for picnics, movies, parties and go overseas for vacations; do adventures on different occasions in different situations and post them on social media so that our friends and acquaintance come to know how happy we are and how happy our lives are. But the question is, are we really happy? Are those smiles only for pictures or they come from inside?



Do we really know 'what' happiness is and how it can be attained? When we start finding happiness outside, we pick the wrong path and the whole journey goes wrong, landing us nowhere. It is actually inside us. We only need to find, realise and feel that ecstasy of happiness. That experience is an eternal bliss. Once we find that inside source of ecstatic adventure, all the adventures of the world fall short as compared to it.

Thus, key to happiness is inside us, it is in our mind. Once we gain control over our mind, nothing bothers us anymore. It is mentioned in Gurbani too.

*Man jeete, Jag jeet.*

If we conquer our mind, we can conquer whole world.



**Seerat Sohi**  
VII-A

## STARVING FOR LIFE

I felt myself so vulnerable on that black stormy day,  
destruction of my soul in the most dreadful way,  
A numb face with lost eyes,  
my mascara smearing and darkening my life.  
All the ecstasies got replaced with vacancies,  
that one culprit who shattered all my fantasies.  
All thy colours of my life faded in such a way,  
darkness almost took my way  
cross ties fluttered from door to door  
fabricating into an Urban lore.  
Oh, I was killed without a knife,  
Yet starving for life!



**Ananya Saggar**  
X-A

Set your goals high, and don't stop till you get there.



I was soft and frizzy  
who got hugged till its dizzy  
I used to be with her all the time  
From dawn till late night  
Me? Myself Mr. Teddy  
Besties with little Betty

Together we ran, together we played  
Together we fell, together we raised  
Chorus of giggles never ceased  
With smiles, our faces creased  
Me? Myself Mr. Teddy  
Besties with little Betty

Was around her when she smiled  
Gave a shoulder when she cried  
Loved her from the bottom of my heart  
Never let her prick on any shard  
Me? Myself Mr. Teddy  
Used to be Besties with little Betty

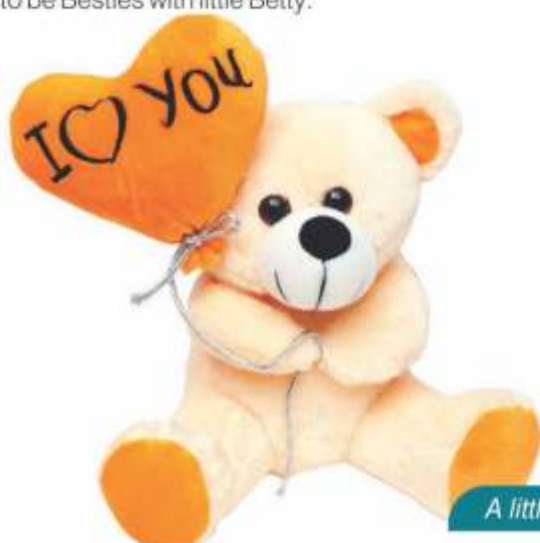
Then came that stormy night  
Lightening struck dazzling white  
Descended a devil raining on our porch  
Disguised as a night took her away  
Me? Myself Mr. Teddy  
Used to be Besties with little Betty

Now I am just a rag  
Rotting in someone's bag  
Starting to crumple and fade  
Leaving behind tears of jade  
Me? Myself Mr. Teddy  
Used to be Besties with little Betty

Oh! I have just one wish  
To have with her one last dish  
To be beyond these bars the devil set  
And sit with her once more under those twinkling stars  
so beautifully lit  
Me? Myself Mr. Teddy  
Used to be Besties with little Betty.



Aseem Singla  
X-A



## All Alone, No Regrets

I am a wreck  
Sailing on a ship's deck  
Going aimlessly to some realm  
Without the aide of any helm

Don't have a patch  
But got an unkept beard  
Don't have a hook  
But know how to cook

Live with my buds; James and Nickole  
A faithful seagull and a lovely prawn  
Not had a word with any human soul  
Since time unknown

Left behind me a life  
But have no regrets  
Had a beautiful wife  
Whose last name was Everett

Was about to be a father  
Still no regrets  
Was going to name him Arthur  
Scale with him the Everest

Don't cry you fool  
I told you I have no regrets  
You are making my eyes drool  
I swear those salty beads are nothing but sweet.



Aryan Sharma  
X-A

## Movies, Movies all the time

Movies, Movies all the time  
Distracting all of my mind.  
Trying to imitate the hero in it,  
Struggling hard to be a bit of it.

When the projection starts on big white screen  
My mind indicates it to be something serene.  
Dialogues, stories and the style  
Each time blows away my mind.

Though unreal but appears contrary  
Inspiring me to achieve that kind of glory  
Flashes of camera, madding crowds.  
Wanting to achieve it as it makes me proud.

Everything in my head I've tried  
Raising my hands, forming a pose saying the  
dialogues aloud...  
But still a long way to go  
As becoming a hero is not that low.



Aashish  
X-A

Kavya Jain  
XII-E



## Never Give Up

Never give up in life, Man!  
Never give up in life.  
Life is greatest gift  
No one here is mis fit.

We need to know our goals  
And nicely play our role,  
Why to fear of dark,  
When there are million stars.

Why to sink in despair,  
When hope resides everywhere  
What a path without a turn,  
What a flower without a thorn.

What a joy without sadness,  
What a goal without weariness  
Everything is for a reason,  
Like we need every season.  
Face the hurdles with a smile.  
Never give up in this life



My childhood was the time when I was innocent  
when the world seemed to be fair  
when my universe was around my toys.

My childhood was the time I lived in dreams  
when everyone was selfless  
when everyone appeared to be a friend

My childhood was the time  
when my life was full of colours  
when sorrows never knocked my door  
when smile was the gift presented to everyone

My childhood was the time  
when love was pure  
when there were no obligations  
when tenderness prevailed

My childhood was the time  
which is long gone  
tears flow from my eyes  
when I go back in my childhood  
My childhood will never come back but  
child in me will never go.

## My Childhood



Diti Pambi  
X-E

## || Civilization Unmasked ||

Homo sapiens can be attributed as the most dominating species at present. The word 'dominating' finds its way on the basis of both power as well as intellect, as this is the only species that has got everything in a balanced proportion. Human Evolution studies clearly show that how humans got civilized or how they have become more organised. The increased intellect has made humans capable of finding solutions to nearly impossible problems. The above line supported by the kind of job doctors, researchers, engineers do. These contributors have taken the progress of work to an another level and have changed the morphology of the world. But according to an old proverb, both pain and gain go hand in hand. Above mentioned are the gains, but who is the sufferer of all the pains involved? The answer is mother earth. Let us now ponder over the dark side of civilization.

The major loss is that this civilization has cost us in the loss of trees or deforestation. Humans are ruthlessly cutting the trees, clearing forests to obtain wood and other advantageous products. They are just concerned about their own selfish motives. Then comes the automobiles that were invented to make us cover the large distances. Other rewarding technologies include smart phones, air conditioners. These gadgets are considered present day human's luxuries. But their overuse has turned them into a menace.

Deforestation has resulted into the loss of natural habitats of so many birds and animals. The loss of trees mark increase in CO<sub>2</sub> concentration and increased temperature. Emissions from automobiles add contaminants into the atmosphere. Radiations emitted from smart phones during calling have resulted into the extinction of various species of birds. These form the dark side of our civilized brains and all the developments we have achieved. Thus, the planet is suffering in a very deteriorating way and all the credit goes to the human race. We have turned our ears deaf towards crying earth's weeping shores. If the same behaviour continues, the resultant situation would be even worse as well as irreversible. So, a change in present day human's behaviour is must to save life; as:

"A change is everything."



Vidhi Goyal  
XII-B



## Apocalypse

No, it won't take a storm  
Nor an asteroid hit,  
A quake won't help much too  
Neither the polar shift.

The smoke may smoke us all  
The sea may see us out,  
Cyclones would cycle along  
As petrols give the dying shout.

A Third World War for sure  
You'd wage it'll seal all lips,  
Yet all of this won't suffice  
To bring the Apocalypse.

The world would burn, you see  
With our fumes of envy first,  
And then it would be bombed  
When our selfish hearts would burst.

With out souls devoid of love  
A mind full of 'me' beneath,  
There would be human faces to see  
But an inhuman underneath.

This mankind's a towering tree  
whose roots all rotten away,  
And it would be surely 'we'  
To bring our own doomsday.



Gurpahul Singh  
XII-A

## Save Girl Child

Mumma calls me a fairy  
And Daddy calls me a princess  
Grandma calls me a nightingale  
And Grandpa calls me a daisy.

Mumma says I'm her life  
Daddy says I'm his soul  
And my brother says I'm his doll.  
YES! I AM A GIRL!!

Maybe I grow up as Fatima or Seeta  
Maybe I become the scholar of  
The BIBLE or learn The GITA.

People kill me in my mother's womb  
They are not humans, they are demons  
Save the girl child and you will be BLESSED  
Save the girl child and you will not be STRESSED.

Send her to school, she wants to learn  
Then she can make whole community HAPPY and EDUCATED  
Today a reader, tomorrow a leader  
YES! I AM A GIRL!!

I can smile like a princess  
I can roar like a lioness  
I can do anything  
Because GOD made me GIRL.



Harshmeet Kaur  
XI-D

## Girls – Angels of God

A girl has to go through so much in her life  
She has to be a mother, a daughter and a wife  
When a girl is born some people cry  
Instead they should be happy for their name is going to be raised high  
I don't understand the reason of their tears  
They should sing welcoming notes as the angel of God appears  
When she is born they are under stress  
How will they earn enough for her marriage they are depressed  
Freedom should be awarded to her  
And she would bring fame to the ones who brought her up.  
That day her parents would repent for their mistakes  
And then they would believe in the angels God makes  
When a girl acts chirpy as she was taught  
Don't be so girly by the people she was caught  
That is when she tries to act cool  
Where are the family values gone you fool  
A girl is never allowed to be the way she wants to be  
She is locked in a cage and she wants to be free  
She encourages generations  
But still people level allegations  
They don't understand she is an angel of God  
So, please give her freedom as a reward.



Deepasha Joshi  
X-A

## I SEE HUMANS, NOT HUMANITY

**"Blood and Tears rolling down our soil, this is the crop our nation sows".**

Thousands of souls cremated with gun powder and unleashed blood with heartless holds. Hundreds of families dreaded and insecure about tomorrow. Each day passing with tears of hope and nostalgia of family smiling. The devils got away several decades ago but we can still smell their presence by untold intentions of terrorism. This one term can take away the happiness and undying patience and peace of every mind. Growing day by day it appears like it has already eaten the dancing feet and flourished beings of every nation. Imagine how emotionless the attackers go while burning the presence of faith. The threat every mother is living with, the heartbreak many families saw. Slowly the scenes get faded but do the memories go away? How hard its for a country to figure which human to trust? Who knows the person sitting with you on your way back home is actually going to take your home away? Terrorism not only affects emotions or health it also disturbs the agenda of Independence. We were under Britishers, now the dark shadows have shifted to stone hearted brutal unseen faces being coward from the power of unity and peace. For how many times should we bow our heads. What is terrorism to all? A broken toy to a child, a heartbreak to a teenager, a debt to an adult, but moreover the fear of death to all. Innocent hands are occupied by deadly element, in age of book sacks, their backs are held by bags of grenades. Not celebrating birthdays they celebrate death rates. Not proud of being human but to be Jihadis. People say we should be happy to receive human birth rather than animals. But I ask why? They are speechless but humans are Heartless!

So we should stand for each other with each other as our undying efforts can bring the authority and make world a better place.



Snehal Vadhera  
X-A

## My Fault

My heart made a mistake  
it hoped on to you  
instead of hoping from situation  
My hands hit the wrong face  
it slapped the right person for wrong context  
My eyes shed the tears  
it watered and felt the pain  
in my life this happened for the first time  
My mouth said the wrong words  
My guilt is still stored  
And I felt sorry for what I did  
Now his transient image is gone for all age  
But he left behind his board  
for me to remember my mistake  
All I can do is just say sorry  
hoping he forgives me  
But what if he forgets me!!



Aastik Madaan  
VII-D

## The Unrealised Life

You have seen so many quotes on life in Facebook posts, Instagram stories or Twitter Tweets. But actually no one could define it. However we can feel its Magic. Though there are only four letters in the word LIFE but this word holds the intense reality of nature. Nowadays life is castaway in busy roads, crowded streets, confined rooms and worried minds. Everyone is too hasty in reaching the destination that they ignore the true happiness living in the journey that is life itself. Everyday with the sunrise we open our eyes, start a new day without realising that we got a new opportunity in life. We are ignoring that time is flying, days are passing and we ourselves one day are going to become ashes. We are living an Unrealised Life. We are just going with the crows. Henceforth its now or never. Achieve your ambitions but the ultimate goal should be making every bit of life precious in satisfaction, love and hardwork. Lets live a lively life so that in the end there are no regrets but just the memories of every action. Let's love life. This means in all the darkest shades we realise we have the true blessing. Life with us which is above all. In crisp Live Life, Cherish Life, Love Life.



Anne Mary Francis  
IX-D

# Someday

Someday you'll finally see,  
The unpleasant sight of our polluted sea.  
Someday you'll know the truth,  
And never ever pollute.  
Someday you'll rise and realise,  
Every plant is dying right before our eyes.  
Someday we will see that the earth is being abused,  
And we will stop before we finally lose.  
Someday you'll finally take a chance,  
To save our planet in advance.  
Someday the earth will be treated kind,  
After all, it is yours and mine.



Navreet Kaur Kooner  
XII-E

## The Subtle Me

Affliction abnegation  
Belligerence took over me  
Lamentation was all  
I could feel  
Monstrous, pugnacious thoughts  
Rivet in my psyche

Bamboozle was played every night  
Sallow | Sie  
Shallow | Cry  
Truce was never found  
Truth or lie

Tutelage broken  
Fallacy occurred  
Prowess gone  
Facade uncovered

They exulted  
repented  
Now I feel fine  
The subtle me



Sanjna Kilam  
XI-C

## Unknown Stories



Piece of paper  
on the floor  
has a story  
of unknown  
Tells tales of its own  
She was day and the snow

Winter comes  
fall too here  
I am the season  
of Affair

Icy winds  
Freezing blood  
Frosting spread  
All over

Season change  
People change  
North star  
Constant remains

Like the north star  
in the sky  
Caesar was too high  
Killed then by his friend  
Trust someone  
Its the bitter end

Hard shell  
soft core  
Or else  
Its same as before



Bhavye  
V-E

Well, most of us would raise our eyebrows at the very idea of such a thought and rubbish it. I can almost hear each one of you asking, 'Stress? Teenagers? You must be joking!' For it's almost taken for granted that we are free from duties, worries and responsibilities. But that is not true. we are being raised not only in

competitive, but also stressful and anxiety ridden environment. Teenagers face myriads of pressures, which makes them physically exhausted, and mentally overwrought. Our daily routine becomes an emotional crisis with the pressure to perform which comes principally from our parents, teachers and peers. This pushes us into fields which may not interest us, or we may not be equipped for.

A small amount of stress is useful as it adds interest and motivation to life, and keeps us on our toes. But not when we are often burdened with the pressure to conform to the norms laid down by the society. We are often pressurized to reform ourselves. Everybody is telling us when to wake up, when to sleep, where to go, what to eat, whom to talk or not talk to, or what length our hair should be. We are observed with hawk eyes, to be critically examined, discussed, criticized and declared arguments upon. Some of us at this point are convinced that love and approval are dependent upon achievements. Situation becomes immensely stressful, when self worth becomes totally dependent on high performance. We only have a limited capacity for adapting to stress, and as long as no further stress builds up on top of the original amount, we usually cope up.

However, the constant effort to keep our parents happy, teachers pleased and friends joyous, takes away our peace of mind. Our mind goes around circles, we struggle to do simple work, and there is lack of concentration and co-ordination. The

worst is that nobody is ready to listen to us. Our logic is dismissed as an argument. This makes us very anxious. It would be appreciated if we are understood by elders and their expectations from us are reasonable. This would certainly help us from entering into the stress trap. Friends, it's we, the teenagers, who have to take control of our lives and do some effective stress management. Teenage can be the best part of a person's life, if one takes joy in the surprises that await him, and take life's challenges in one stride and with a smile.

ATTITUDE IS EVERYTHING!



Shradha Sayal

XII-E

# Stress and Teenagers

*If you think you can do it. You can.*

# Dramarama

Overlap  
Time, it's a wrap  
World's a stage  
And I've got to play

Life's a theatre  
I wish William  
Wrote the play

More drama  
Less affection  
People want perfection

There's no backstage now  
It's all in the front  
It's all clear and num  
People here we store cold  
And here am I soft but sold

Trust no one  
Here I say  
I know that's mean  
But mark my words  
Before its too late

Love is a dream  
sweet as honey  
The more you wait  
The sweeter you get  
Patience is a virtue  
Be kind and generous  
Never be jealous  
Never be treacherous

In the whole wide world  
All you have got is hope  
Nothing to lose  
Just you, Just you  
And you



Shreya Khanna  
XI-C

## Life of a student

Dawn to dusk we are on desks;  
Be it a school, or be it a tuition  
Trying to study with full concentration.

Avoiding the world and its fascinations  
Taming our minds to resist this temptation  
Leaving aside our family and fun  
Focusing only on being number one.

Trying to escape the studies we have,  
Dodging teachers and family we have,  
Trying their best to make us study,  
Still we escape their custody.

But at the end we thank them for being after  
our tails,  
Or else we all would have been tails...

Harsh Sihag  
X-A



## Talent Plus Hard Work - Our Success Mantra

On early cold December morning, the sunlight tickled through the gaps of the window of Ganguli's bedroom in her house. There was a hint of rain in the air.

He was not surprised to see her younger daughter already up and busy studying her books. Her monthly exam was due next week and as a bright and disciplined student she used to get up early every morning and study for an hour or so before going to her school.

She was always first in the class in every examination, but in last month's exam she came second behind her best friend Radha and that too with a small difference of marks only.

But she was very tired and unhappy with this development. She was very possessive with her status as top student of class and when she slipped from this position for the first time, she was very upset, even though she lost it to her best friend.

To all those who tried to console her on this aspect, she used to reply, "When there is a competition, there is no place for friendship, feelings or emotions".

Once you start yielding to such thoughts you will begin to make compromises in your life and before you know it your discipline would have evaporated. You should never lose sight of your aim or target in life, whatever they may be. Unless such determination is kept in your mind and it is followed by positive action you will become loser in life.

It only shows that she had hidden weakness in her and that's why this has happened. Now she wanted to see that such a thing never repeats in future and that number one rank will never have a chance to escape from her.

Her admirers used to wonder how she is able to be so serious in studies and put in such hard work. But her detractors used to make nasty comments about her saying 'Is she appearing for IAS exams? Why does she make such big fuss about it?' But her class teacher Mrs. Deepali Shetty praised her attitude and compared it with Roger Federer, the great tennis player.

When the journalists asked him, 'What is the secret of your success?' he replied, "Talent plus Hardwork, one without other is useless".

Mrs. Deepali explained that Shruti has lots of talent. Unless she enhances it with hard work she will not be able to achieve anything. So her attitude is very correct for her to attain great heights in her career.

She should continue to maintain such attitude in her life for all her ambitions whether its just a class exam only or IAS exam itself. If you are not able to do well in class exam so how are you going to do well in IAS Exam?

Shruti's parents were really proud of her determination and were sure that she would always attain success in whichever field she would take part in future.

Everybody has talent, but ability takes hard work.



Yashti Madaan  
XI-B



## Mind your language

- |                                   |   |   |
|-----------------------------------|---|---|
| 1. Serene (S.reene)               | – | Calm, peaceful and untroubled   |
| 2. Pother (Pow.ther)              | – | A commotion or fuss   |
| 3. Derision (Di.ri.sion)          | – | Contemptuous ridicule or mockery  |
| 4. Ignominious (Ig.know.mini.us)  | – | Deserving or causing public disgrace or shame   |
| 5. Debacle (Day.baa.cal)          | – | A fiasco  |
| 6. Depravity (Day.prae.wity)      | – | Moral Corruption  |
| 7. Celerity (S.lae.rity)          | – | Swiftness of Movement   |
| 8. Micturate (Mick.chu.rate)      | – | Urinate   |
| 9. Tranquil (Tran.quil)           | – | Serene  |
| 10. Paradox (Pae.r.docks)         | – | A statement or proposition which, despite sound (or apparently sound) reasoning from acceptable premises, leads to a conclusion that seems logically absurd |
| 11. Poignant (Paw.in.yent)        | – | Evoking a keen sense of sadness or regret   |
| 12. Pompous (Pom.puss)            | – | Affectedly grand, solemn, or self-important   |
| 13. Poltergeist (Poulter.gee.ist) | – | a ghost or other supernatural being supposedly responsible for physical disturbances such as making loud noises and throwing objects about.                 |
| 14. Phonetic (Foe.nae.tic)        | – | The language which establishes a relationship between symbols and speech to help understand the pronunciation of other languages, such as, English.         |
| 15. Skeptical (Sep.tickle)        | – | not easily convinced; having doubts or reservations.  |



Sehajpreet Singh  
X-A

## The Happiest Days of Your Life

School days should be a happy time in a youngster's life. What can make a student's life a misery during this time, then? In my opinion, there is one word which answers this question – bullying. Unfortunately, bullying is quite common in schools where I 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 older boys continuously called him names and sometimes used to post nasty messages about him in Facebook. Obviously my friend felt very upset about this and it affected his self-confidence. Some days, he didn't want to come to school at all. Bullying can be a nightmare but there are things we can do to prevent it. Hopefully, one day all students will be able to go to school without fear of being bullied.



Parth Arora  
VIII-A



# हिन्दी विभाग

## संपादकीय

मानव जीवन को विकसित करने के लिए शिक्षा एक ऐसा माध्यम है जिसके द्वारा यह देश अपने हजारों साल की संस्कृति को सँजो कर एवं भविष्य में दुनिया के विकसित देशों के व्यक्तियों के साथ कदम से कदम मिला कर चल सकेगा।

यह महान बदलाव का समय है। शिक्षा में भी हम तेजी से बदलाव देखते हैं। छात्र आज एक आत्मनिर्भर, संवेदनशील, जिम्मेदार और करुण भावनाओं वाला व्यक्ति है। हमें आज के छात्र में संवेदनशीलताओं के अच्छे मिश्रण को पहचानने, सराहना करने, प्रशंसा करने और बढ़ावा देने की आवश्यकता है। भाषा ही एक ऐसा माध्यम है जिसके द्वारा हम छात्रों की भावनाओं व कल्पनाओं को आकार दे सकते हैं। ये प्रयास हम अपने देश के सुंदर भविष्य के लिए हमेशा करते रहेंगे।



श्रीमती भावना शर्मा  
संपादिका

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# मीठे बोल अथवा मधुर वचन है औषधि

मनुष्य के पास एक अदभुत परम शक्ति है—मधुर वाणी। मधुभाषी के लिए संसार की कोई वस्तु अलभ्य नहीं है। वह समय पर शासन करता है। परिस्थितियों को अनुकूल मोड़ देता है और अपने आस-पास के वातावरण को सहज और खुशनुमा बना देता है। मधुर वचन तो ऐसा बशी करण मंत्र है जिससे शत्रु भी मित्र बन जाते हैं। मीठे बोल बोलने वाला स्वयं सुखी होता है, दूसरों को भी शांति और आनंद देता है। कटुभाषी व्यक्ति सर्वत्र निंदा का पात्र होता है। कटुभाषी कभी किसी को अपना नहीं बना पाता। उसके अनेक निंदक और विरोधी पैदा हो जाते हैं। वह अपने कड़वे बोलों से लोगों के हृदय में ऐसे घाव करता है जिसका कोई उपचार नहीं होता। एक दुखी और निराश व्यक्ति पर मधुर वचनों का जादुई असर होता है। उसके आहत हृदय पर मधुर वचन औषधि का कार्य करते हैं मीठे बोल एक निराश व्यक्ति के जीवन में आशा का संचार करते हैं, दुख के क्षणों में सांत्वना देते हैं और हमेशा दुख को दूर कर नव प्रेरणा प्रदान करते हैं।

गुरमेहर कौर  
आठवीं—ई



## आँखें

यह आँखें कुछ न कहकर भी सब कुछ कहती हैं,  
यह कभी हँसती है, तो कभी रोती है।  
यह आँखें दिल के राज खोलती हैं।  
यह आँखें कभी हया के कारण झुकती हैं,  
तो कभी साहस से उठती हैं।

इसलिए तो कुछ न कहकर भी, सब कुछ कहती हैं। मुस्कान कौर  
दसवीं—सी



## माँ-बाप

कुछ घड़ियाँ ऐसी आती हैं जिन्दगी में  
जब कोई साथ देने को तुम्हारा आगे नहीं आता,  
तब आगे आते हैं माँ-बाप,  
तुम्हारा साथ देते हैं माँ-बाप।  
जब समझ नहीं आता कुछ क्या करें क्या न करें,  
तब आगे आते हैं माँ-बाप, तुम्हें समझाते हैं माँ-बाप।  
जब लड़खड़ा जाते हो तुम, तब आगे आते हैं माँ-बाप,  
तुम्हें सम्मालते हैं माँ-बाप।  
जब गलत राह पर चल पड़ते हो तुम,  
तब आगे आते हैं माँ-बाप, तुम्हें सही राह दिखाते हैं माँ-बाप।  
कुछ भी करना मगर कभी दिल मत दुखाना उनका क्योंकि  
कितना भी दुख दो तुम उनको फिर भी  
तुम्हें उतना ही प्यार करते हैं माँ-बाप।  
हर बार साथ निभाते हैं माँ-बाप, तुम्हें बहुत चाहते हैं तुम्हारे माँ-बाप।  
सुनते नहीं तुम उनकी, सोचते हो कि पीछे पड़े रहते हैं वो,  
तो यह भी तो जान लो न कि जब तुम पैदा भी नहीं हुए थे  
तब से चाहते हैं तुम्हें तुम्हारे माँ-बाप  
जब-जब तोड़ा होगा तुमने उनका भरोसा,  
तब-तब अपने मन को समझा भरोसा किया तुम पर जिसने  
वो है माँ-बाप,  
हर घड़ी में बच्चों का भला ही चाहते हैं माँ-बाप।  
जब-जब तुम हुए उनकी आँखों से ओझल,  
तब-तब तुम्हारी फिक्र करते हैं माँ-बाप,  
तुम्हें खुद से ज़्यादा चाहते हैं तुम्हारे माँ-बाप।  
उनका दिया तुम कभी वापिस नहीं कर पाओगे  
हो गए दूर तो, तुम रोते रह जाओगे  
माँ-बाप जैसा नहीं इस जहाँ में कोई  
इक बार चले गए तुम्हें छोड़ तो,  
तुम बहुत पछताओगे, तुम बहुत पछताओगे।



किरण प्रीत कौर  
बारहवीं—डी

## हाथी क्यों हारा?

एक बार एक व्यक्ति, एक हाथी को रस्सी से बाँध कर ले जा रहा था। एक दूसरा व्यक्ति इसे देख रहा था। उसे बड़ा आश्चर्य हुआ कि इतना बड़ा जानवर इस हलकी से रस्सी से बाँधा जा रहा है। दूसरे व्यक्ति ने हाथी के मालिक से पूछा "यह कैसे संभव है कि इतना बड़ा जानवर एक हलकी सी रस्सी को नहीं तोड़ पा रहा और तुम्हारे पीछे चल रहा है।"

हाथी के मालिक ने बताया जब ये हाथी छोटे होते हैं तो इन्हें रस्सी से बाँध दिया जाता है उस समय यह कोशिश करते हैं रस्सी तोड़ने की, पर उसे तोड़ नहीं पाते। बार-बार कोशिश करने पर भी यह उसे नहीं तोड़ पाते तो हाथी सोच लेते हैं कि वह इस रस्सी को नहीं तोड़ सकते और बड़े होकर कोशिश ही नहीं करते।

दोस्तों हम में से भी कुछ लोग ऐसे होंगे जो सोचते होंगे कि हम यह नहीं कर सकते और अपने आप को ऐसी रस्सी में बाँध लेते हैं जो होती ही नहीं।



गुरनूर सिंह  
छठी-ए

## देश वासियों

देश वासियों इस देश को बचाओ  
एक अच्छी एक स्थिर सरकार बनाओ  
देश वासियों इस देश को बचाओ....  
कब तक चलेगा किस्सा टूटती सरकारों का  
कब अन्त होगा इस देश के विकारों का  
आपस में मिलकर एक अच्छी मुहिम चलाओ  
देश वासियों इस देश को बचाओ....  
यहाँ रहते सब हिन्दु मुस्लिम सिख ईसाई  
होती रहती है यहाँ सबके साथ बेवफाई  
छोटे बड़े जाति धर्म के भेद से इस देश को बचाओ  
देश वासियों इस देश को बचाओ....  
एक अच्छी, एक स्थिर सरकार बनाओ  
हम एक इन्सान हैं इन्सानियत को ही बढ़ाओ,  
छोटा, बड़ा लालच अपने दिल दिमाग से हटाओ,  
रिश्ते नातों का यह देश है उस परम्परा को आगे बढ़ाओ  
देश वासियों इस देश को बचाओ  
आपस में मिलकर एक स्थिर सरकार बनाओ....



करून वीर  
आठवीं-ए

## परिवार

मिल जुलकर रहे परिवार,  
यही है हम सबकी माँग।  
एक साथ मिलकर रहते,  
हर कदम पर साथ देते।  
निभाते हैं एक-दूसरे का साथ,  
ऐसे ही होता है एक परिवार।।

चाहे सावन की घटा के बादल छाएँ,  
या रंग-बिरंगे फूल खिल आएँ।  
निभाते हैं सब एक-दूसरे का साथ,  
ऐसा ही होता है एक परिवार।।

चाहे सुख हो या दुख,  
चाहे परिस्थिति सरल हो या कठिन।  
निभाते हैं एक-दूसरे का साथ,  
ऐसा ही होता है एक परिवार।।

सुनते हैं एक-दूसरे की परेशानी,  
चाहे वो हो दादा या दादी।  
निभाते हैं एक दूसरे का साथ,  
ऐसा ही होता है एक परिवार।।

मिल जुलकर रहे परिवार,  
यही है हम सबकी माँग।।



जसमुखान कौर  
आठवीं-डी

## माँ

कैसा था नन्हा बचपन वो  
माँ की गोद सुहाती थी,  
देख-देख कर बच्चों को वो  
फूली नहीं समाती थी।  
ज़रा सी ठोकर लग जाती थी तो  
माँ दौड़ी हुई आती थी,  
ज़ख्मों पर जब दवा लगाती  
औंसू अपने छुपाती थी।  
जब कोई ज़िद करता तो,  
प्यार से वो समझाती थी,  
जब-जब बच्चे रूठे उससे  
माँ उन्हें मनाती थी।  
खेल खेलते जब भी कोई  
वो भी बच्ची बन जाती थी,  
सवाल अगर कोई न आता  
टीचर बन कर पढ़ाती थी।  
सबसे आगे रहे हमेशा,  
आस सदा ही लगाती थी,  
तारीफ़ अगर कोई भी करता  
गर्व से वो इतराती थी।  
माँ के मन को समझ न पाए  
हम बच्चों की नादानी थी।  
जीती थी बच्चों की खातिर  
माँ की यही कहानी थी।



दक्ष गुप्ता  
छठी-ए



माँ

माँ तो जन्मत का फूल है,  
प्यार करना उसका असूल है,  
दुनिया की मोहब्बत फिजूल है,  
माँ की हर दुआ कबूल है,  
ऐ इंसान...माँ को नाराज़ करना तेरी भूल है  
माँ के कदमों की मिट्टी... जन्मत की धूल है।



गीतिका कपूर  
दसवीं-बी

## स्वच्छ भारत, स्वस्थ भारत



गंदगी बीमारियों का घर है। भारत में रहने वाले लोगों के आस पास गंदगी फैली रहती है। आप सोच रहे होंगे कि हमारे घर, विद्यालय तो साफ स्वच्छ हैं, परंतु घरों, महंगी गाड़ियों से बाहर निकल रहे आस-पास के वातावरण पर नज़र घुमाइये, हर तरफ कूड़ा करकट, मिट्टी, बदबू ही महसूस करेंगे। भारत में 53 प्रतिशत लोग खुले में शौच जाते हैं। इससे हमारे वातावरण में कीटाणुओं की मात्रा बढ़ जाती है। यही कीटाणु सौंसे लेते समय हमारे शरीर में प्रवेश करते हैं। यह अपनी मात्रा को बढ़ाते हैं और बीमारियाँ पैदा करते हैं। केवल शौच ही नहीं हमारे कारखाने भी गंदगी फैलाते हैं। पानी गंदा होने के कारण हमारी फसलों को खराब करता है। स्वच्छता का अपना ही महत्त्व है। यदि भारत के सभी नागरिक स्वच्छता पर ध्यान देंगे तो भारत अवश्य ही स्वच्छ हो जाएगा। हमारा पहला कर्तव्य भी यही होना चाहिए। हमारे देश के माननीय प्रधानमंत्री श्री नरेन्द्र मोदी ने भी भारत को स्वच्छ एवं गंदगी मुक्त करने के लिए 'स्वच्छ भारत अभियान' चलाया है और इसकी सफलता ने सबको चौंका दिया। अंत में बस यह कह सकते हैं कि स्वस्थ रहने के लिए स्वच्छता महत्वपूर्ण है।



नवकिरण धीमान  
छठी-ई

## उड़ान

एक नन्हे पंछी के थे उड़ने के अरमान,  
की उसने यह इच्छा अपनी माँ से बयान।

माँ बोली:

"तुम छोटी हो, होगा नहीं यह आसान  
कहाँ जाओगी? रास्ते होंगे अनजान  
हमराही किसे बनाओगी? होंगे केवल इन्सान  
बहुत घबराओगी, देखकर उनके अंदर का शैतान  
बच कैसे पाओगी जब चलाएँगे वे तुम पर बाण?  
कैसे लीटोगी जब ले लेंगे वे तुम्हारे अस्तित्व के निशान?"

पंछी बोली:

"पूरी दुनिया घूमने की मैंने ली है ठान,  
मेरे लिए आज़ादी से बढ़कर नहीं है जान।  
उन्हें तो नहीं होता, अपनी गलतियों का भान,  
क्या मरने के डर से मैं ना भरूँ उड़ान?"



आशना चावला  
नौवीं-बी



# द्यूशन का बढ़ता प्रचलन

आजकल जब भी नया सत्र शुरू होता है तो सभी जगह बस एक ही बात की चर्चा है और वह है द्यूशन। चाहे आज जहाँ भी चले जाओ, चाहे कोई समारोह हो या प्रार्थना सभा, किट्टी पार्टी हो या स्कूल में अभिभावकों की मीटिंग, सब जगह द्यूशन के ही चर्चे हैं। आज से कुछ समय पूर्व द्यूशन को अच्छा नहीं समझा जाता था तथा इसे एक बुरी आदत के समान समझा जाता था। इसे तो केवल कमजोर विद्यार्थियों की ज़रूरत समझा जाता था। आजकल द्यूशन हमारी तीन अहम् ज़रूरतों रोटी, कपड़ा और मकान की तरह हमारे जीवन का भी एक अहम् हिस्सा बन चुकी है। जो लोग द्यूशन को ज़रूरी समझते हैं, उनका कहना है कि बच्चे अपने माता-पिता से नहीं पढ़ते क्योंकि वह तो सिर्फ अपने अध्यापक का ही कहना मानते हैं। अध्यापक चाहे गलत हो या सही। दूसरा यह है कि घर में बच्चे अपना समय टी.वी. देखने में व्यतीत करते हैं। अगर द्यूशन जाएँगे कुछ न कुछ तो ज़रूर पढ़ेंगे।

जहाँ तक मेरा विचार है द्यूशन की ज़रूरत अगर है तो सिर्फ ऐसे बच्चों को जो या तो पढ़ने में कमजोर हैं या जिनके माता-पिता अनपढ़ हैं। यह बड़े दुख की बात है कि आजकल द्यूशन का प्रचलन इतना बढ़ गया है कि किसी महुँगे से महुँगे अध्यापक के पास द्यूशन रखना सम्पन्नता का या गौरव का प्रतीक माना जाता है। जो बच्चे द्यूशन रखने में सक्षम नहीं होते उनमें एक तरह से हीन भावना आने लगती है। स्कूल के काम के साथ-साथ बच्चे पर द्यूशन के काम का भी बोझ पड़ जाता है। इससे बच्चे के मानसिक व शारीरिक विकास में बाधा आने लगती है। बच्चा न तो स्कूल का काम समय पर पूरा कर पाता है और न ही द्यूशन का। इस प्रकार गुरु और शिष्य में तनाव बढ़ता है।

मेरे विचार से अगर इस द्यूशन के बढ़ते हुए प्रचलन को न रोका गया तो यह एक महामारी का रूप धारण कर लेगी। आज के बच्चे हमारे देश के कल के भविष्य हैं जिनके हाथ में हमारे देश की बागडोर है। अतः बच्चों को स्वयं ही इस द्यूशन के बढ़ते प्रचलन को रोकना चाहिए तभी वह देश के भविष्य को उज्ज्वल बनाने में सार्थक सिद्ध हो सकते हैं।



ध्रुव गोगना  
सातवीं-डी

## हमारी हिन्दी भाषा

सम्य देश था, सम्य वेश था,  
सम्य हमारी भाषा थी।  
बनी रहे अपनी सह पूँजी,  
हमें यही अभिलाषा थी।

कहाँ गई अपनी वह भाषा,  
कहाँ हमारा वेश है?  
भूल गये क्या भारतवासी,  
बापू का यह देश है।

आज हमारी संस्कृति पर,  
पश्चिम का रंग छाया है।  
छोड़ कर अपनी हिन्दी भाषा,  
अंग्रेज़ी को अपनाया है।

खान-पान व्यवहार सभी कुछ,  
अपना नहीं पराया है।  
चारों तरफ पश्चिमी सम्यता ने,  
अपना रंग जमाया है।

और तो और यह नेता अपने,  
भी इसके गुलाम हैं।  
भाषण तो अंग्रेज़ी में देते  
कहलाते महान हैं।

फिर से जगाओ आत्म-गौरव  
जो भारत की शान है।  
हिन्दी अपनी राष्ट्र की भाषा,  
यही अपनी पहचान है।



इवलीन कौर  
आठवीं-सी

## सकारात्मक विचार,

## सकारात्मक कदम,

## सकारात्मक जीवन

1. तेरे गिरने में तेरी हार नहीं, क्योंकि तू आदमी है अवतार नहीं।
2. अपने आपको अपने गहरे डर के आगे बेनकाब कर दो उसके बाद आप स्वतंत्र हैं।
3. मौन रहना एक साधना है, और सोच-समझ कर बोलना एक कला है।
4. अगर छूने की चाहत हो ऊँचाइयों की क्या औकात।
5. कभी-कभी बहुत खराब अतीत वाले लोग ही सबसे अच्छे भविष्य का निर्माण करते हैं।
6. जितना कठिन संघर्ष होगा, जीत उतनी ही शानदार होगी।
7. मैदान में हारा हुआ इंसान फिर से जीत सकता है लेकिन मन से हारा हुआ इंसान कभी नहीं जीत सकता।
8. उड़ने में बुराई नहीं है, आप भी उड़ें, लेकिन उतना ही जहाँ से ज़मीन साफ दिखाई देती हो।
9. अनजान होना इतने शर्म की बात नहीं, जितना सीखने के लिए तैयार ना होना है।



कात्यानी शर्मा  
आठवीं-बी

## जरूरी बातें

1. 14 सितंबर 1949 को संविधान सभा ने एक बोट से यह निर्णय लिया कि हिंदी ही भारत की राजभाषा होगी।
2. भारत में सबसे अधिक भाषाएँ बोली जाती हैं। यहाँ 10 या 15 भाषाएँ नहीं बल्कि पूरी 461 भाषाएँ बोली जाती हैं, पर इनमें से 14 विलुप्त हो गईं।
3. भारत में सबसे ज्यादा बोली जाने वाली भाषा हिन्दी है। देश के 77% लोग हिन्दी बोलते और समझते हैं।
4. हिन्दी भाषा के बारे में एक अच्छी बात यह भी है कि आप किसी शब्द को बिल्कुल ऐसे ही लिखोगे जिस तरह उसे बोलते हो।
5. देश में हर पाँच में से एक व्यक्ति Internet को हिन्दी में चलाना पसंद करता है।
6. हिन्दी भाषा को अनुच्छेद 343 के अंतर्गत देवनागरी लिपि में 1950 में राष्ट्रभाषा का दर्जा दिया गया।
7. हिन्दी के बारे में एक रोचक तथ्य यह भी है कि हिन्दी मूलतः फारसी भाषा का शब्द है।
8. अंग्रेजी की रोमन लिपि में जहाँ कुल 26 वर्ण हैं, वहीं हिन्दी की देवनागरी लिपि में उससे दोगुने 52 वर्ण हैं।
9. हिन्दी भाषा में कोई ऐसा 'Article' नहीं है जैसे अंग्रेजी में 'the' और 'S' है।
10. हिन्दी की पहली कविता प्रख्यात कवि 'अमीर खुसरो' ने लिखी थी।
11. 366,000,000 लोगों के लिए हिंदी 'मातृभाषा' है वहीं इस भाषा को कुछ 487,000,000 लोग उपयोग करते हैं।
12. आपको यह जानकर भी हैरानी होगी कि हिंदी भाषा के इतिहास पर पहले साहित्य की रचना भी ग्रासिन द तैसी, एक फ्रांसीसी लेखक ने की थी।
13. 1977 में विदेश मंत्री अटल बिहारी वाजपेयी ने पहली बार संयुक्त राष्ट्र की आम सभा को हिन्दी में संबोधित किया।
14. हिन्दी को सबसे ज्यादा नुकसान पहुँचाने वाले हिन्दी अखबार ही हैं। उन्होंने अंग्रेजी, अरबी और फारसी भाषा के शब्दों को जान-बूझकर अखबारों में दूँसकर उन्हें प्रचलन में ला दिया।
15. 'नमस्ते' शब्द हिन्दी भाषा में सबसे ज्यादा प्रयोग किया जाने वाला शब्द है।
16. Google ने कहा है कि इंटरनेट पर हिन्दी कंटेंट की खपत अब बढ़ना शुरू हो गई है। यह साल-दर-साल English कंटेंट के 19 प्रतिशत ग्रोथ के मुकाबले 94 प्रतिशत बढ़ती जा रही है।
17. सन् 2000 में हिन्दी का पहला Webportal अस्तित्व में आया था तभी से इंटरनेट पर हिन्दी ने अपनी छाप छोड़नी प्रारंभ कर दी जो अब रफ्तार पकड़ चुकी है।
18. हिंदी भारत की उन 7 भाषाओं में से एक भाषा है जिसका इस्तेमाल Web Address CURL's बनाने के लिए किया जाता है।
19. आज भी United States of America के 45 विश्वविद्यालय सहित पूरे World में हिंदी की पढ़ाई जारी है।
20. आपके मन में हिन्दी के प्रति ये भावना तो जरूर होनी चाहिए कि हिन्दी मातृभाषा है मात्र एक भाषा नहीं।

चेरिल  
आठवीं-डी



## शिक्षक

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

ज्ञानदीप की ज्योति जलाकर, मन आलोकित करते हैं,  
शिक्षक विद्या का धन देकर, जीवन में सुख भरते हैं।  
ईश्वर से बढ़कर हैं शिक्षक, यह कबीर बतलाते हैं,  
दीपक जैसे जलकर वो, देवज्योति बन जाते हैं।

जीवन में कुछ पाना है तो, शिक्षक का सम्मान करो,  
शीश झुकाकर श्रद्धा से, दोस्तों उन्हें प्रणाम करो।



जागृति  
आठवीं-डी

## देखो 'हँस न देना'

एक महिला डॉक्टर के पास गई  
डॉक्टर : आपके चेहरे का एक्सरे होना है।  
महिला : एक्सरे में क्या होता है?  
डॉक्टर : फोटो खींचने जैसी प्रक्रिया होती है।  
महिला : दो तीन मिनट रुकिए! ज़रा मेकअप ठीक कर लूँ!

अध्यापक बच्चों से : सिकंदर ने जब अपना पहला कदम भारत में रखा तो उसके बाद उसने क्या किया?  
एक बच्चा : फिर उसने दूसरा कदम रखा।

अध्यापक ने बच्चों से : चलती बस से कब उतरना चाहिए।  
एक बच्चा : जब अस्पताल नज़दीक हो।

एक बार एक बच्चा एक डॉक्टर के पास जाकर पूछने लगता है कि दूध पीने से क्या बच्चे गोरे हो जाते हैं?  
डॉक्टर जी ने कहाँ : हाँ।  
बच्चा : चल झूठे, मैंसे का बच्चा तो काला है।



सुरप्रीत कौर  
सातवीं-ई

## मजदूरी के दलदल में फँसा बचपन

बाल मजदूरी इंसानियत के लिये अपराध है जो समाज के लिए श्राप बनता जा रहा है तथा जो देश की वृद्धि और विकास में बाधक के रूप में बड़ा मुद्दा है। बचपन जीवन का सबसे यादकार क्षण होता है जिसे हर एक को जन्म से जीने का अधिकार है। बच्चों को अपने दोस्तों के साथ खेलने का, स्कूल जाने का माता-पिता के प्यार और परवरिश के एहसास करने का, तथा प्रकृति की सुंदरता का आनंद लेने का पूरा अधिकार है। जबकि केवल लोगों की गलत समझ की वजह से बच्चों को बड़ों की तरह जीवन बिताने पर मजबूर होना पड़ रहा है। जीवन के हर ज़रूरी संसाधनों की प्राप्ति के लिये उन्हें अपना बचपन कुर्बान करना पड़ रहा है।

माता-पिता अपने बच्चों को परिवार के प्रति बचपन से ही ज़िम्मेवार बनाना चाहते हैं। वो ये नहीं समझते कि उनके बच्चों को प्यार और परवरिश की ज़रूरत होती है, उन्हें नियमित स्कूल जाने तथा अच्छी तरह से बड़ा होने के लिए दोस्तों के साथ खेलने की ज़रूरत है। बच्चों से काम कराने वाले माँ-बाप सोचते हैं कि बच्चे उनकी जागीर होते हैं और वे उन्हें अपने हिसाब से इस्तेमाल करते हैं। देश के भविष्य को उज्ज्वल बनाने के लिए उन्हें अपने बच्चों को हर तरह से स्वस्थ बनाना चाहिए।



सौची वर्मा  
छठी-ए

## पानी का मोल पहचाने

सुन लो बाबू कान को खोल

जल तो होता है अनमोल।

एक-एक बूंद है प्रकृति का वरदान।

बहती नदियाँ, कल कल झरने हैं,

हमारे भारतवर्ष की शान।

जल से ही है जीवन, जल से ही होती हरियाली

जल के बिन तो होगी हमारी धरती वीरानी।

पृथ्वी पर यदि है जीवन हमें बचाना

तो पड़ेगा प्रत्येक को कम से कम

एक वृक्ष तो लगाना।

तभी तो देश होगा सुख और वैभव से समृद्ध

अभी भी देर नहीं हुई, तुम जानो

पानी का मोल अब तो पहचानो

पानी का मोल अब तो पहचानो।



जपसिमर सिंह  
सातवीं-ए

## ऐसी है मेरी हिंदी

जन-जन की भाषा है हिंदी

भारत की आशा है हिंदी

जिसने पूरे देश को जोड़े रखा है

वो मजबूत धागा है हिंदी।

हिन्दुस्तान की गौरवगाथा है हिन्दी

एकता की अनुपम परम्परा है हिंदी

जिसके गर्भ से रोज नई कौपलें फूटती हैं

ऐसी कामधेनु धरा है हिंदी।

जिसने गुलामी में क्रांति की आग जलाई

ऐसी वीरों की प्रसूता है हिंदी

जिसके बिना हिन्द थम जाए

ऐसी जीवन रेखा है हिंदी।

जिसने काल को जीत लिया है

ऐसी कालजयी भाषा है हिंदी

सरल शब्दों में कहा जाए तो

जीवन की परिभाषा है हिंदी।



रीत कौर  
आठवीं-डी



## दोस्त

हर किसी को दोस्त बनाया नहीं जाता,

ये वो रिश्ता है जो आजमाया नहीं जाता।

हाथ तो मिल जाते हैं अकसर अजनबियों से,

मगर दिल हर किसी से मिलाया नहीं जाता।

बातें दोस्तों की दिल में रखी जाती हैं।

इन्हें किस्से कहानियों की तरह सुनाया नहीं जाता।

दोस्त तो हैं हँसने, हँसाने के लिए,

दिल दोस्त का मंजाक में भी दुखाया नहीं जाता।

इन्सान का रिश्ता बनता है आसमानों में,

रिश्ता 'दोस्तों' का सब से मिलाया नहीं जाता।



रिजुल जैन  
दसवीं-ए



## बचपन की यादें

एक बचपन का ज़माना था,  
जिसमें खुशियों का खजाना था।  
चाहत चाँद को पाने की थी,  
पर दिल तितली का दीवाना था।  
खबर ना थी कुछ सुबह की,  
ना ही शाम का ठिकाना था।  
थक कर आना स्कूल से,  
पर खेलने भी जाना था।  
माँ की कहानी थी,  
परियों का अनोखा फ़साना था।  
बारिश में कागज़ की नाव थी,  
हर मौसम ही जैसे सुहाना था।  
निश्चल हँसी थी लबों पे खेलती,  
भोलपन पे फिदा सारा ज़माना था।  
लौट आए काश फिर वो बचपन,  
रह गया यादें बन कर बीता जो वक्त सुहाना था।



मेहरप्रीत कौर  
दसवीं-सी

## आदर्श बातें

- किसी का दिल मत दुखी करो।
- अगर आप कुछ पाना चाहते हो, तो पहले देना सीखिए।
- हमें अपने जीवन का उद्देश्य पता होना चाहिए।
- समय का सदुपयोग करना चाहिए।
- दुखियों की मदद करनी चाहिए।
- माँ की ममता का कोई मूल्य नहीं चुका सकता।
- सच्चा मित्र वो है जो मुसीबत में काम आता है।
- मनुष्य की बुद्धि ही उसका श्रेष्ठ बल है।
- ईमानदारी मनुष्य का सबसे अच्छा गुण है।
- संकट में हमेशा धैर्य से काम लीजिए।
- अपनों से धनी लोगों से दोस्ती मत करो।
- परिश्रम ही सफलता का मार्ग है।
- आपस के सहयोग से हर काम हो जाता है।
- बल से बुद्धि अधिक बलवान है।



आस्था अनेजा  
नौवीं-बी

## बेटी बचाओ

मेरे होने का अहसास नहीं था।  
पर वो दिन क्या खास नहीं था।  
जिस दिन मैं घर आई थी।  
मम्मी तो मुस्कुराई थी।  
पापा भी चहक उठे थे।  
पर फिर क्यों दुनिया ने नहीं दी बधाई थी।  
लड़की हुई है ये सुनकर सबके मुँह उतर गए।  
बधाई देने वाले शब्द क्यों तानों में बदल गए।  
लड़की हूँ मैं बोझ नहीं किस किस को समझाऊँ मैं।  
लड़कों से हूँ कम नहीं, क्यों तुमको बतलाऊँ मैं?  
भूल गए हो तुम सब, शायद लड़की से है यह जग सारा।  
तुम ना होते आज अगर माँ ने ना होता तुमको 9 महीने कोख में पाला  
तो क्यों खुश नहीं होते हो तुम लड़की के होने पर।  
क्यों कुछ मासूमों को मार देते हो उनके होने पर।  
उनका क्या कसूर उनको भेजा है इस जग में भगवान ने।  
तुम कौन होते हो, यह फैसला करने वाले कि हम रहेंगे या नहीं इस संसार में।  
लड़की से ही तुम भी हो, लड़की से है यह जग सारा।  
कद्र करो और समानता लाओ, कहीं हो न जाए बंजर जग सारा।



गुरनूर खोखर  
नौवीं-ए

## प्रेरणादायक विचार

1. जिस दिन आप अपनी सोच को बड़ा कर लेंगे, उसी दिन से बड़े-बड़े लोग आपके बारे में सोचने लगेंगे।
2. जिस व्यक्ति ने कभी गलती नहीं की है, उसने कभी कुछ नया करने की कोशिश नहीं की है।
3. जिसके पास एक अच्छा दोस्त हो उसे किसी भी दर्पण की जरूरत नहीं।
4. बड़ा आदमी वह है जो अपने पास बैठे व्यक्ति को छोटा महसूस न होने दे।
5. कभी पीठ पीछे आपकी बात चले तो घबराना मत क्योंकि बात तो उन्हीं की होती है, जिनमें कोई बात होती है।
6. जितना कठिन संघर्ष होगा जीत उतनी ही शानदार होगी।
7. आपका स्वभाव ही आपका भविष्य तय करता है।



जसनीत कौर  
सातवीं-डी

## क्या आप जानते हैं ?

1. हाथी रात को सिर्फ 2 घण्टे सोता है।
2. दुनिया की सबसे पुरानी भाषा संस्कृत है।
3. तोता 60 तरह के शब्द बोलता है।
4. बिल्ली अपनी ज़िन्दगी का आधा समय सो कर गुजारती है।
5. तितली की 12000 आँखें होती हैं।
6. जानवरों में, आकार में सबसे छोटा दिल शेर का होता है।
7. बकरी कभी आँखें बंद करके नहीं सोती।
8. रेशम के कीड़े के 30 दिमाग होते हैं।
9. कछुआ 300 से ज़्यादा सालों तक जीवित रह सकता है।
10. चींटी अपने वज़न से 60 गुणा ज़्यादा वज़न उठा सकती है।



तुषार कपूर  
नौवीं-ए

## मकड़ी का जाला

क्या मकड़ी का जाला देख कर आप झुंझला उठते हैं? गुस्से से भर जाते हैं? झाड़ू उठाकर सफाई करने लगते हैं? मकड़ी के जाले के प्रति गुस्सा हमारी नासमझी का परिचायक है। मगर क्या आपको मालूम है कि मकड़ी का यह जाल वास्तव में प्रदूषण को कम करके वातावरण को साफ-सुथरा रखता है। मकड़ी के जाले भारी धातु और जहरीले रसायन को नियंत्रित कर कई तरह के खतरनाक पदार्थों को भी घर के अंदर आने से रोकते हैं। इनवायरनमेंट प्रोटेक्शन अथॉरिटी के वैज्ञानिकों ने शोध के दौरान पाया कि मकड़ी के जाले पर भारी धातुएँ जैसे जिंक और लैड की परतें जम जाती हैं। घर में विभिन्न तरह से फैल रहे रासायनिक प्रदूषण को अपने जाले के ऊपर जमा कर उनकी सक्रियता समाप्त कर देते हैं। (ई.पी.ए.) के वैज्ञानिकों का यह भी कहना है कि सभी मकड़ियों में प्रदूषण को नियंत्रित करने की क्षमता नहीं होती। दो खास प्रजाति की मकड़ियों जिन्हें 'क्रिबेलैटस' के नाम से जाना जाता है, प्रदूषण नियंत्रित करती हैं। ई.पी.ए. की टीम ने अपनी रिपोर्ट में खुलासा किया कि घर में जो मकड़ी पाई जाती है वह मकड़ी आम तौर पर इसी प्रजाति की होती है। मकड़ी के जाले में एक विशिष्ट किस्म का चिपचिपा रसायन मौजूद होता है। इन रसायनों पर अत्यंत सूक्ष्म जीव चिपक जाते हैं। यह मकड़ियों का भोजन होता है। अब वैज्ञानिक इस चिपचिपे रसायन को कृत्रिम तरीके से बनाने की कोशिश कर रहे हैं जिसके इस्तेमाल के जरिए भारी धातुओं वाले प्रदूषण से बचा जा सकता है।



भवकिरत सिंह  
सातवीं-सी

## दूसरों से अपनी तुलना मत करें

एक बार की बात है। किसी शहर में एक लड़का रहता था जो बहुत गरीब था। मेहनत मजदूरी करके बड़ी मुश्किल से 2 वक्त का खाना जुटा पाता एक दिन वह किसी बड़ी कंपनी में चपरासी के लिए इंटरव्यू देने गया। बॉस ने उसे देखकर उसे काम दिलाने का भरोसा जताया। जब बॉस ने पूछा—“तुम्हारी ई-मेल आई.डी. क्या है”...??? लड़के ने मासूमियत से कहा कि उसके पास ई-मेल आई.डी. नहीं है। ये सुनकर बॉस ने उसे बड़ी घृणा दृष्टि से देखा और कहा कि आज दुनिया इतनी आगे निकल गई है, मैं तुम्हें नौकरी पर नहीं रख सकता। ये सुनकर लड़के के आत्म सम्मान को बहुत ठेस पहुँची, उसकी जेब में उस समय 50 रुपए थे। उसने उन 50 रुपये से 1 किलो सेब खरीद कर वह घर चलता बना। वह घर जाकर उन सेबों को बेचने लगा और ऐसा करके उसने 80 रुपये जमा कर लिए। अब तो लड़का रोज सेब खरीदता और घर-घर जाकर बेचता। सालों तक यही सिलसिला चलता रहा लड़के की कठिन मेहनत रंग लाई और एक दिन उसने खुद की कंपनी खोली जहाँ से विदेशों में सेब सप्लाई किये जाते थे। उसके बाद लड़के ने पीछे मुड़कर नहीं देखा और जल्दी ही बहुत बड़े पैमाने पर अपना बिजनेस फैला दिया और एक सड़क छाप लड़का बना अरबपति। एक दिन कुछ मीडिया वाले लड़के का इंटरव्यू लेने आये और अचानक किसी ने पूछ लिया—“सर आपकी ई-मेल आई.डी. क्या है”...??? लड़के ने कहा—“नहीं है” ये सुनकर सारे लोग चौंके लगे कि एक अरबपति आदमी के पास एक ई-मेल आई.डी. तक नहीं है। लड़के ने हँसकर जवाब दिया—“मेरे पास ई-मेल आई.डी. नहीं है इसलिए मैं अरबपति हूँ, अगर ई-मेल आई.डी. होती तो मैं आज एक चपरासी होता। इसीलिए कहा जाता है कि हर इंसान के अंदर कुछ ना कुछ खूबी ज़रूर होती है, भीड़ के पीछे भागना बंद करो और अपने टेलेंट और स्किल को पहचानो। दूसरों की कोई ताकत तुम्हें सफल होने से नहीं रोक सकती।



चारु संघु  
नौवीं-बी

## पेड़ लगाओ

पेड़ लगाओ, पेड़ लगाओ,  
वन में हरियाली लाओ।

अपने जीवन को स्वच्छ बनाओ,  
पेड़ लगाओ, पेड़ लगाओ।

आज संसार में मनुष्य लेता वृक्षों की जान,  
क्या वह नहीं जानता इनसे है सबकी शान।

हमारे जीवन को स्वच्छ बनाने के लिए इन्होंने दिए बलिदान,  
फिर भी ये सब भूल कर ले रहे हैं इनकी जान।

ईश्वर ने इन्हें बनाया हमारे स्वास्थ्य के लिए वरदान,  
हटा प्रदूषण वातावरण से देते हैं ये जीवन दान।

पेड़ लगाओ, पेड़ लगाओ,  
वन में हरियाली लाओ।

पेड़ लगाओ, पेड़ लगाओ।



किरतप्रीत कौर  
नौवीं-सी

## आप भी होंगे माँ-बाप

कभी सोचकर देखें अकेले बैठकर कि तुमने

क्या किया है किसी के लिए

अगर मिले न कोई जवाब अपने आप से

तो याद करो अपने माँ-बाप को

जा बनो बिल्कुल उनकी तरह

पर कुछ कोशिश तो करो

जो सोचते हैं सदा तुम्हारे लिए

तुम भी कुछ करो उनकी खुशी के लिए

बैठते हैं जब वो तुम्हारे सिरहाने आकर

अपनी आँखों की नींद गँवा कर

हमारी आह सुनकर जब वो जाग जाते हैं

हमारे दुखों को वो खुद पर बुलाते जाते हैं

इसलिए ना भूलो उनके किए कामों को

क्योंकि आओगे एक दिन तुम भी उनके पायदानों में।



पलक मिट्तल  
नौवीं-डी

## बूझो तो जानो

1. बूझो मैया एक पहेली, जब काटो तो नई नवेली।  
उत्तर : पेन्सिल
2. हरा हूँ पर पत्ता नहीं, नकलची हूँ पर बन्दर नहीं, बूझो तो मेरा नाम सही।  
उत्तर : तोता
3. रोज़ शाम को आती हूँ मैं, रोज़ सवेरे जाती हूँ मैं, नींद न मुझको कभी समझना, यद्यपि तुम्हें सुलाती हूँ।  
उत्तर : रात
4. पाँच अक्षर का मेरा नाम, उल्टा-सीधा एक समान।  
उत्तर : मलयालम
5. तीन अक्षर का मेरा नाम, उल्टा-सीधा एक समान। मैं हूँ एक जाति का नाम।  
उत्तर : ईसाई
6. मैं अलबेला कारीगर, काटूँ काली घास। राजा, रंक और सिपाही, सिर झुकाते मेरे पास।  
उत्तर : नाई
7. काला घोड़ा सफ़ेद सवारी एक उतरा तो दूसरे की बारी।  
उत्तर : तवा और रोटी।



प्रणव अरोड़ा  
छठी-ए

## खून का रंग लाल क्यों होता ?

सारी दुनिया के लोग चाहे वे गोरी चमड़ी वाले हो या काली चमड़ी वाले, सभी के खून का रंग लाल ही होता है। जाति, धर्म, नस्ल, लिंग के आधार पर खून के रंग में भिन्नता नहीं होती। किसी भी मनुष्य के खून का रंग हरा, पीला, नीला, गुलाबी, सफ़ेद आदि नहीं होता। जानते हैं खून का रंग लाल ही क्यों होता है?

यदि हम खून की संरचना को देखें तो उसमें प्लाज़्मा श्वेत रक्तकण, लाल रक्तकण और प्लेटलेट्स होते हैं। लाल रक्तकणों की वजह से ही खून का रंग लाल दिखाई देता है। इन रक्तकणों में लाल रंग का हेमोग्लोबिन नामक पिगमेंट होता है जो खून का रंग लाल बना देता है हेमोग्लोबिन लोहे और प्रोटीन से मिलकर बनती है। एक सामान्य आदमी के प्रति घन मिली मीटर में लाल रक्तकणों की संख्या 55 लाख तक होती है। उसके बाद वह टूट जाता है और उसके स्थान पर नये लाल रक्त कण बनते रहते हैं। जीवन भर इनका बनना और टूटना जारी रहता है अर्थात् खून का लाल रंग इन कणों में उपस्थित हेमोग्लोबिन होता है।

इन्सान ही क्यों आमतौर पर जानवरों के रक्त का रंग भी लाल ही होता है। क्या आप इस बात पर यकीन कर सकते हैं कि किसी प्राणी के रक्त का रंग नीला हो सकता है? आपको जानकर आश्चर्य होगा कि कटलफिश नामक मछली के रक्त का रंग नीला होता है इस वर्ग की दूसरी मछलियों के रक्त का रंग भी नीला होता है। इसका कारण यह है कि इसके रक्त में हेमोग्लोबिन की बजाय हेमोसाइनिन नामक पदार्थ होता है। जो रक्त को नीला बना देता है। हेमोग्लोबिन में लोहा होता है जबकि हेमोसाइनिन में तौबा होता है।



राहुल बंसल  
सातवीं-सी

## अहमियत

फर्क ईश्वर नहीं इंसान की नज़रों में होता है। जिसे हम छोटा-बड़ा और ऊँचे-नीचे की श्रेणी में बाँट देते हैं..

शहर के नज़दीक बने एक फार्महाऊस में दो घोड़े रहते थे। दूर से देखने पर दोनों घोड़े बिल्कुल एक जैसे दिखते थे, लेकिन उनमें से एक अंधा था। अंधे होने के बावजूद फार्महाऊस के मालिक ने उसे वहाँ से निकाला नहीं था बल्कि उसे और भी अधिक सुरक्षा और आराम के साथ रखा गया था। थोड़ा और ध्यान से देखने पर पता चला कि मालिक ने दूसरे घोड़े के गले में घंटी बाँध रखी थी, जिसकी आवाज़ सुनकर अंधा घोड़ा उसके पास पहुँच जाता और उसके पीछे-पीछे बाड़े में घूमता। घंटी वाला घोड़ा भी अपने अंधे मित्र की परेशानी समझता, वह बीच-बीच में पीछे मुड़कर देखता और इस बात को सुनिश्चित करता कि कहीं वो रास्ते से भटक न जाए। वह ये भी सुनिश्चित करता कि उसका मित्र सुरक्षित वापस अपने स्थान पर पहुँच जाए और उसके बाद ही वो अपनी जगह की ओर बढ़ता। बाड़े के मालिक की तरह ही भगवान हमें बस इसलिए नहीं छोड़ देते कि हमारे अंदर कई दोष या कमियाँ हैं। वो हमारा ख्याल रखते हैं और हमें जब भी ज़रूरत होती है, वो किसी न किसी को हमारी मदद के लिए भेज ही देते हैं। कभी-कभी हम, वो अंधे घोड़े होते हैं, जो भगवान द्वारा बाँधी गई घंटी की मदद से अपनी परेशानियों को पार कर गले में बाँधी घंटी द्वारा दूसरों को रास्ता दिखाने के काम आते हैं।



परी कथूरिया  
सातवीं-सी

## जीवन के ये 13 मूल आधार

1. आनन्द के लिए — संगत
2. खाने के लिए — गम
3. पीने के लिए — क्रोध
4. निगलने के लिए — अपमान
5. व्यवहार के लिए — नीति
6. लेने के लिए — ज्ञान
7. देने के लिए — दान
8. जीतने के लिए — प्रेम
9. बोलने के लिए — सत्य
10. करने के लिए — सेवा
11. फँकने के लिए — ईर्ष्या
12. रखने के लिए — इज्जत
13. प्राप्त करने के लिए — यश



रीतिका खन्ना  
दसवीं—सी

## चुटकुले



1. टीचर : 1869 में क्या हुआ?  
सुरेश : गांधी जी का जन्म!  
टीचर : बिल्कुल सही, बैठो नीचे।  
टीचर : पप्पू, तू बोल 1872 में क्या हुआ?  
पप्पू : गांधी जी 3 साल के हो गए, मैं भी बैठूँ क्या?
2. टीचर : "क्लास में लड़ाई क्यों नहीं करनी चाहिए?"  
पप्पू : "क्योंकि पता नहीं एग्जाम में कब किसके पीछे बैठना पड़ जाए।"
3. हॉस्टल स्टूडेंट अपने दोस्त से :  
भाई धोखा हो गया धोखा।  
दोस्त : क्या हो गया ?  
स्टूडेंट : घर से बुक्स के लिए पैसे मँगवाए थे, घर वालों ने बुक्स ही भेज दी..
4. छात्र : सर राष्ट्रगान और राष्ट्र पशु दोनों एक साथ आये तो खड़ा रहना है या भागना है?  
सर ने इस्तीफा दे दिया!



आर्ची  
आठवीं—ए

## जिंदगी यहाँ भी खेलती है!

जिंदगी यहाँ खेलती है,  
सड़क के किनारे, पेड़ के नीचे,  
छोटी-सी चाय की दुकान में,  
लोगों की शरारतों में,  
उन होठों की मुस्कान में।  
जिंदगी यहाँ भी मुस्कराती है,  
गिरती छत के कच्चे से मकान में,  
जलते-बुझते चूल्हे पर बनते पकवान में,  
अपनी भूख मार कर  
बच्चे का पेट भरते इंसान में।  
जिंदगी यहाँ भी जीती है...  
गर्मी की चिलचिलाती धूप में,  
सड़क पर काम करते मजदूर के रूप में,  
भरपेट भोजन के इंतज़ार में,  
तिल-तिल करके तड़पती भूख में।  
जिंदगी यहाँ भी तरसती है,  
जिंदगी यहाँ भी जीती है,  
जिंदगी यहाँ भी खेलती है।



अंशिका यादव  
आठवीं—बी

## बूझो तो जानें

1. भिखारी नहीं पर भीख माँगता है,  
लड़की नहीं पर पर्स इस्तेमाल करता है।  
पुजारी नहीं पर घंटी बजाता है....?  
उत्तर—बस कंडक्टर।
2. पढ़ने में, लिखने में, दोनों में ही मैं आता काम।  
पैन नहीं, कागज़ नहीं, बताओ क्या है मेरा नाम.....?  
उत्तर—चश्मा।
3. दो किसान लड़ते जाँएँ, उनकी खेती बढ़ती जाए।  
उत्तर—स्वैटर की बुनाई।
4. ऐसी कौन सी चीज़ है जिसे आगे से तो बनाया है भगवान ने, और पीछे से इन्सान ने।  
उत्तर—बैल गाड़ी।
5. एक थाल मोतियों से भरा, सबके सिर पर उल्टा धरा।  
चारों ओर फिरे वो थाल, मोती उससे एक न गिरे।  
उत्तर—आकाश और तारे।



जसमेर सिंह  
सातवीं—सी

# “ਝਲਕ”

## ਪੰਜਾਬੀ ਵਿਭਾਗ

ਸਾਹਿਤ ਇੱਕ ਅਜਿਹਾ ਸਾਧਨ ਹੈ, ਜਿਸ ਰਾਹੀਂ ਹਰ ਕੋਈ ਆਪਣੇ ਸੁਪਨਿਆਂ, ਖਿਆਲਾਂ ਤੇ ਵਿਚਾਰਾਂ ਨੂੰ ਕਵਿਤਾ, ਕਹਾਣੀਆਂ, ਲੇਖਾਂ ਅਤੇ ਤੱਥਾਂ ਜ਼ਰੀਏ ਕਲਮਬੱਧ ਕਰ ਸਕਦਾ ਹੈ। ਮੈਗਜ਼ੀਨ ਦੇ ਇਸ ‘ਪੰਜਾਬੀ ਸੈਕਸ਼ਨ’ ਵਿੱਚ ਵੀ ਸਾਡੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਕੁਝ ਅਜਿਹਾ ਹੀ ਹੰਭਲਾ ਮਾਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ ਹੈ ਅਤੇ ਆਪਣੇ ਮਿਆਰ ਅਨੁਸਾਰ ਸਾਹਿਤ ਦੇ ਵੱਖ-ਵੱਖ ਰੂਪਾਂ ਭਾਵ-ਕਵਿਤਾਵਾਂ, ਕਹਾਣੀਆਂ, ਲੇਖਾਂ, ਚੁਟਕਲਿਆਂ, ਬੁਝਾਰਤਾਂ ਆਦਿ ‘ਤੇ ਹੱਥ ਅਜ਼ਮਾਉਂਦਿਆਂ ਆਪਣੀਆਂ ਰਚਨਾਵਾਂ ਛਾਪਣ ਹਿੱਤ ਭੇਜੀਆਂ ਹਨ, ਤਾਂ ਜੋ ਪਾਠਕ ਇਹਨਾਂ ਨੂੰ ਪੜ੍ਹ ਕੇ ਸਾਹਿਤਕ ਅਨੰਦ ਲੈ ਸਕਣ। ਮੈਂ ਇਨ੍ਹਾਂ ਸਾਰੇ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਦਿਲੋਂ ਧੰਨਵਾਦ ਕਰਦੀ ਹਾਂ, ਜਿਨ੍ਹਾਂ ਨੇ ਮੈਗਜ਼ੀਨ ਰੂਪੀ ਬਗੀਚੇ ਨੂੰ ਆਪਣੀਆਂ ਫੁੱਲਾਂ ਰੂਪੀ ਸਾਹਿਤਕ ਰਚਨਾਵਾਂ ਨਾਲ ਸਿੰਗਾਰਿਆ ਹੈ। ਆਸ ਹੈ ਕਿ ਇਨ੍ਹਾਂ ਪ੍ਰਿਯਰ ਰਹੇ ਸਾਹਿਤਕਾਰਾਂ ਵਿੱਚੋਂ ਹੀ ਭਵਿੱਖ ਦੇ ਮਹਾਨ ਸਾਹਿਤਕਾਰ ਪੈਦਾ ਹੋਵੇਗਾ।



ਸ਼੍ਰੀਮਤੀ ਮਨਜਿੰਦਰ ਕੌਰ  
ਸੰਪਾਦਕ

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## ਜ਼ਿੰਦਗੀ - ਇੱਕ ਕੰਪਿਊਟਰ

ਦਿਮਾਗ ਅਗਰ ਪ੍ਰਿੰਟਰ ਹੁੰਦਾ  
ਤਾਂ ਖਿਆਲਾਂ ਦਾ ਪ੍ਰਿੰਟ ਆਉਂਟ ਕੱਢ ਲੈਂਦੇ।  
ਮਨ ਵਿੱਚ ਜੇਕਰ ਬਲੂਟੂਥ ਹੁੰਦਾ,  
ਤਾਂ ਵਿਚਾਰਾਂ ਨੂੰ ਟਰਾਂਸਫਰ ਕਰ ਲੈਂਦੇ।  
ਦਿਲ ਜੇਕਰ ਸੀ.ਪੀ.ਯੂ. ਹੁੰਦਾ,  
ਤਾਂ ਸਭ ਦੀਆਂ ਯਾਦਾਂ ਨੂੰ ਸੇਵ ਕਰ ਲੈਂਦੇ।  
ਧੜਕਣ ਜੇਕਰ ਪੈਨਡਰਾਈਵ ਹੁੰਦੀ,  
ਤਾਂ ਜ਼ਿੰਦਗੀ ਦਾ ਬੈਕਅੱਪ ਕਰ ਲੈਂਦੇ।  
ਕਾਸ਼! ਜ਼ਿੰਦਗੀ ਇੱਕ ਕੰਪਿਊਟਰ ਹੁੰਦੀ,  
ਤਾਂ ਬਚਪਨ ਰੀ-ਸਟਾਰਟ ਕਰ ਲੈਂਦੇ।



ਤਰਨਪ੍ਰੀਤ  
ਛੇਵੀਂ-ਡੀ

## ਜਪਾਨ

- ਜਪਾਨ ਵਿੱਚ 10 ਸਾਲ ਦੀ ਉਮਰ ਹੋਣ ਤੱਕ ਬੱਚਿਆਂ ਨੂੰ ਕੋਈ ਇਮਤਿਹਾਨ ਨਹੀਂ ਦੇਣਾ ਪੈਂਦਾ।
- ਜਪਾਨ ਦੇ ਲੋਕਾਂ ਦੀ ਔਸਤ ਉਮਰ ਦੁਨੀਆਂ ਵਿੱਚ ਸਭ ਤੋਂ ਜ਼ਿਆਦਾ ਹੈ (82 ਸਾਲ)।
- ਜਪਾਨ ਵਿੱਚ 100 ਸਾਲ ਤੋਂ ਜ਼ਿਆਦਾ ਉਮਰ ਵਾਲੇ 50,000 ਲੋਕ ਹਨ।
- ਜਪਾਨ ਦੇ ਕੋਲ ਕਿਸੀ ਪ੍ਰਕਾਰ ਦੇ 'ਪ੍ਰਾਕ੍ਰਿਤਕ ਸਾਧਨ' ਨਹੀਂ ਹਨ।
- ਉਹ ਹਰ ਸਾਲ ਸੈਂਕੜੇ ਭੁਚਾਲ ਵੀ ਝੇਲਦੇ ਹਨ ਪਰ ਇਸ ਤੋਂ ਬਾਅਦ ਵੀ ਜਪਾਨ ਦੁਨੀਆਂ ਦੀ ਦੂਸਰੀ ਸਭ ਤੋਂ ਵੱਡੀ ਆਰਥਿਕ ਸ਼ਕਤੀ ਹੈ।
- ਸੁਮੋ 'SUMO' ਜਪਾਨ ਦੀ ਸਭ ਤੋਂ ਮਨਪਸੰਦ ਖੇਡ ਹੈ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਬੇਸਬਾਲ ਵੀ ਕਾਫੀ ਮਨਪਸੰਦ ਖੇਡ ਹੈ।
- ਜਪਾਨ ਵਿੱਚ ਸਭ ਤੋਂ ਜ਼ਿਆਦਾ ਪੜ੍ਹੇ ਲਿਖੇ ਲੋਕ ਹਨ। ਜਿੱਥੋਂ ਦੀ ਦਰ 100% ਹੈ।
- ਜਪਾਨ ਵਿੱਚ ਨਵੇਂ ਸਾਲ ਦਾ ਸਵਾਗਤ ਮੰਦਿਰ ਵਿੱਚ 108 ਘੰਟੀਆਂ ਵਜਾ ਕੇ ਕੀਤਾ ਜਾਂਦਾ ਹੈ।
- ਜਪਾਨੀ ਸਮੇਂ ਦੇ ਬਹੁਤ ਪਾਬੰਦ ਹਨ। ਇੱਥੋਂ ਤੱਕ ਗੱਡੀਆਂ (Train) ਵੀ ਜ਼ਿਆਦਾ ਤੋਂ ਜ਼ਿਆਦਾ "18" ਸੈਕਿੰਡ ਹੀ ਲੇਟ ਹੁੰਦੀਆਂ ਹਨ।
- ਜਪਾਨ ਦੁਨੀਆਂ ਦਾ ਸਭ ਤੋਂ ਵੱਡਾ 'ਆਟੋਮੋਬਾਇਲ' ਨਿਰਮਾਤਾ ਹੈ।



ਜਸਪਾਹੁਲ ਕੌਰ  
ਸੱਤਵੀਂ-ਡੀ

## ਇਹ ਜ਼ਰੂਰੀ ਤਾਂ ਨਹੀਂ

ਖਿੜਦੇ ਹਨ ਬਾਗਾਂ ਵਿੱਚ ਫੁੱਲ ਜ਼ਰੂਰ,  
ਹਰ ਫੁੱਲ ਮਹਿਕ ਦੇਵੇ, ਇਹ ਜ਼ਰੂਰੀ ਤਾਂ ਨਹੀਂ।  
ਹਰ ਰੋਜ਼ ਮਰਦੇ ਕਈ ਅਜਾਈਂ ਮੌਤੇ,  
ਹਰ ਕੋਈ ਸ਼ਹੀਦ ਹੋ ਕੇ ਮਰੇ, ਇਹ ਜ਼ਰੂਰੀ ਤਾਂ ਨਹੀਂ।  
ਕਹਿੰਦੇ ਨੇ ਕਿਸਮਤ ਸਾਥ ਦਿੰਦੀ ਹੈ ਇਨਸਾਨ ਦਾ  
ਹਰ ਕਿਸੇ ਦਾ ਸਾਥ ਦੇਵੇ, ਇਹ ਜ਼ਰੂਰੀ ਤਾਂ ਨਹੀਂ।  
ਸਭ ਮਾਂ ਦੇ ਕੁੱਖੋਂ ਜਨਮ ਲੈ ਕੇ ਬਣਦੇ ਆਮ ਇਨਸਾਨ,  
ਹਰ ਕੋਈ ਬਣੇ ਯੋਧਾ, ਇਹ ਜ਼ਰੂਰੀ ਤਾਂ ਨਹੀਂ।  
ਮਿਲਦੇ ਹਰ ਰੋਜ਼ ਨਵੇਂ ਇਨਸਾਨ,  
ਹਰ ਕੋਈ ਬਣੇ ਦੋਸਤ, ਇਹ ਜ਼ਰੂਰੀ ਤਾਂ ਨਹੀਂ।  
ਹਰ ਕੋਈ ਬੰਦਾ ਦਿੰਦਾ ਝੂਠ ਦਾ ਸਾਥ,  
ਕੋਈ ਦੇਵੇ ਸੱਚ ਦਾ ਸਾਥ ਇਹ ਜ਼ਰੂਰੀ ਤਾਂ ਨਹੀਂ।  
ਜ਼ਿੰਦਗੀ ਦੀ ਖ਼ਾਤਰ ਸੰਘਰਸ਼ ਕਰਦੇ ਸਾਰੇ,  
ਹਰ ਕਦਮ ਮਿਲੇ ਸਫਲਤਾ, ਇਹ ਜ਼ਰੂਰੀ ਤਾਂ ਨਹੀਂ।  
ਬੰਦਾ ਕਿੰਝ ਸਮਝਾਵੇ ਇਹ ਦੁਨੀਆਂ ਨੂੰ, ਤਕਦੀਰ ਇਨਸਾਨ ਨੂੰ ਬਦਲ ਦਿੰਦੀ,  
ਪਰ ਇਨਸਾਨ ਬਦਲ ਜਾਵੇ, ਇਹ ਜ਼ਰੂਰੀ ਤਾਂ ਨਹੀਂ।



ਤਮੰਨਾ  
ਸੱਤਵੀਂ-ਡੀ

## ਰੱਬਾ! ਇੱਕ ਧੀ ਹੀ ਦੇ ਦੇ

ਪੁੱਤ ਪਾਉਣ ਲਈ,  
ਧੀਆਂ ਮਾਰ ਬੈਠੀ ਹਾਂ,  
ਕੁੱਖ ਸੁਲੱਖਣੀ ਸੀ ਜਿਹੜੀ,  
ਉਹ ਉਜਾੜ ਬੈਠੀ ਹਾਂ,  
“ਮਾਂ” ਕਹਾਉਣ ਲਈ ਤਰਸਾਂ ਅੱਜ,  
ਮੱਥੇ ਅੱਤ ਲਿਖਾ ਬੈਠੀ ਹਾਂ,  
ਕਿਲਕਾਰੀਆਂ ਸੁਣਨ ਲਈ ਤਰਸਾਂ ਹੁਣ,  
ਅਵਾਜ਼ ਆਪਣੀ ਤੋਂ ਉਕਤਾ ਬੈਠੀ ਹਾਂ,  
ਨਫਰਤ ਹੋ ਗਈ ਆਪਣੇ ਜਿਸਮ ਨਾਲ,  
ਪੱਥਰ ਜਿਸ ਨੂੰ ਬਣਾ ਬੈਠੀ ਹਾਂ,  
ਅੱਜ ਕਹਾਂ ਰੱਬਾ ਇੱਕ ਧੀ ਹੀ ਦੇ ਦੇ,  
ਬਖਸ਼ਣਹਾਰੇ ਦੇ ਦਰ ਆ ਬੈਠੀ ਹਾਂ।



ਰਿਧੀਮਾ ਠਾਕੁਰ  
ਸੱਤਵੀਂ-ਬੀ



## ਅੱਖਾਂ ਦਾ ਮੁੱਲ

ਕਹਿੰਦੇ ਨੇ ਅੱਖੀਂ ਦੇਖੀ ਗੱਲ ਸੱਚ ਹੁੰਦੀ ਹੈ... ਪਰ ਇਹ ਜ਼ਰੂਰੀ ਨਹੀਂ ਕਿਉਂਕਿ ਕਈ ਵਾਰ ਅੱਖੀਂ ਵੇਖਿਆ ਵੀ ਗਲਤ ਸਾਬਿਤ ਹੋ ਜਾਂਦਾ ਹੈ। ਗੱਲ ਉਸ ਵੇਲੇ ਦੀ ਹੈ ਜਦੋਂ ਮੈਂ ਬੱਸ ਵਿੱਚ ਬਹਿ ਕੇ ਕਿਤੇ ਜਾ ਰਿਹਾ ਸੀ। ਥੋੜ੍ਹੀ ਕੁ ਦੂਰ ਜਾ ਕੇ ਬੱਸ ਰੁੱਕੀ ਤਾਂ ਬੱਸ ਵਿੱਚ ਦੇ ਵਿਅਕਤੀ ਚੜ੍ਹੇ। ਉਹਨਾਂ ਦੀਆਂ ਗੱਲਾਂ ਤੋਂ ਪਤਾ ਲੱਗ ਰਿਹਾ ਸੀ ਕਿ ਉਹ ਦੋਵੇਂ ਪਿਓ-ਪੁੱਤ ਸਨ। ਮੁੰਡਾ ਬਹੁਤ ਖੁਸ਼ ਹੁੰਦਾ ਹੈ ਤੇ ਉੱਚੀ-ਉੱਚੀ ਆਪਣੇ ਪਿਓ ਨੂੰ ਵਾਜਾ ਮਾਰ ਕਹਿ ਰਿਹਾ ਸੀ, ਪਾਪਾ ਆ ਵੇਖੋ ਕਿੰਨੇ ਸੋਹਣੇ ਦਰਬੱਤ, ਆ ਵੇਖੋ ਨਹਿਰ, ਪਾਪਾ ਆ ਵੇਖੋ ਖੇਤ ਹੀ ਖੇਤ... ਉਹ ਵੇਖ ਕੇ ਖੁਸ਼ ਹੋ ਰਿਹਾ ਸੀ ਤੇ ਲੋਕੀਂ ਭਰੀ ਬੱਸ ਵਿੱਚ ਬੈਠੇ ਗੱਲਾਂ ਕਰ ਰਹੇ ਸੀ... ਕਿੰਨਾ ਬਚਪਨਾ ਹੈ। ਇੰਨਾ ਵੱਡਾ ਹੋ ਗਿਆ ਹੈ ਫਿਰ ਵੀ ਰੋਲਾ ਪਾਈ ਜਾਂਦਾ ਹੈ। ਆਲੇ-ਦੁਆਲੇ ਬੈਠੇ ਲੋਕ ਉਸ ਨੂੰ ਚੁੱਪ ਕਰਾਉਣ ਲੱਗੇ। ਓਏ ਚੁੱਪ ਕਰ ਜਾ ਤੇਰੇ ਪਿਓ ਨੇ ਸਭ ਕੁਝ ਵੇਖਿਆ ਏ... ਤੇਰੇ ਤੋਂ ਵੱਡਾ ਏ ਉਹ... ਲੋਕਾਂ ਦੀਆਂ ਗੱਲਾਂ ਸੁਣ ਕੇ ਉਹ ਚੁੱਪ ਤੇ ਕਰ ਗਿਆ। ਪਰ ਬਾਅਦ ਵਿੱਚ ਉਸ ਦੇ ਪਿਓ ਨੇ ਸਾਰਿਆਂ ਨੂੰ ਦੱਸਿਆ ਕਿ ਇਸ ਦੀ ਬਚਪਨ ਤੋਂ ਹੀ ਅੱਖਾਂ ਦੀ ਰੋਸ਼ਨੀ ਨਹੀਂ ਸੀ ਤੇ ਅੱਜ ਇਹ ਜੱਗ ਦੇਖ ਕੇ ਮੈਨੂੰ ਦਿਖਾਉਣਾ ਚਾਹੁੰਦਾ ਹੈ... ਬੇਸ਼ਕ ਉਹ ਇੰਨਾ ਵੱਡਾ ਹੋ ਗਿਆ ਹੈ ਪਰ... ਅੱਖਾਂ ਉਸਨੇ ਅੱਜ ਖੋਲ੍ਹੀਆਂ ਨੇ।

ਅਯੂਸ਼ ਸ਼ਰਮਾ  
ਸੱਤਵੀਂ-ਸੀ



## ਬਾਪੂ

ਬਾਪੂ ਤੇਰੇ ਤੁਰ ਜਾਣ ਪਿੱਛੋਂ,  
ਘਰ ਸੁੰਨਾ ਸੁੰਨਾ ਰਹਿ ਗਿਆ।  
ਹਾਲ ਹੋਇਆ ਮੇਰਾ ਬੋਟ ਵਾਲਾ,  
ਜਿਸਦਾ ਆਲ੍ਹਣਾ ਹਨੇਰੀ ਵਿੱਚ ਵਹਿ ਗਿਆ।  
ਆਸਰਾ ਸੀ ਤੇਰਾ ਰੱਬ ਵਰਗਾ,  
ਰੱਬ ਦੁਸ਼ਮਣ ਬਣ ਬਹਿ ਗਿਆ।  
ਅੱਜ ਅੱਖ ਰੋਈ ਬਹੁਤ ਜ਼ਿਆਦਾ,  
ਜਦੋਂ ਤੇਰਾ ਲਿਆਂਦਾ ਖਿਡੌਣਾ ਨਜ਼ਰੀ ਪੈ ਗਿਆ।  
ਮੇਰੇ ਕੱਪੜਿਆਂ 'ਚੋਂ ਲੱਭਦਾ ਰਹਿ ਗਿਆ,  
ਤੇਰੇ ਪਾਏ ਪੂਰਨਿਆਂ ਤੇ ਤੁਰ ਪਿਆ ਪੁੱਤ ਤੇਰਾ,  
ਰਾਤੀਂ ਆ ਸੁਫਨੇ ਅੰਦਰ "ਸਾਬਾਸ਼ ਸ਼ੇਰਾ" ਕਹਿ ਗਿਆ।

ਨੂਰ ਅਰੋੜਾ  
ਅੱਠਵੀਂ-ਏ



## ਚੁਟਕਲੇ



ਅਮਲੀ ਬੈਂਕ 'ਚ ਪੈਸੇ ਜਮਾ ਕਰਾਉਣ ਗਿਆ, ਪੈਸੇ ਵੇਖ ਕੇ ਬੈਂਕ ਮੈਨੇਜਰ ਨੇ ਕਿਹਾ : ਸਰ, ਇਹ ਸਾਰੇ ਨੋਟ ਤਾਂ ਨਕਲੀ ਨੇ।

ਅਮਲੀ ਗੁੱਸੇ 'ਚ ਕਹਿੰਦਾ ਹੈ: ਨਕਲੀ ਏ ਤਾਂ ਤੁਹਾਨੂੰ ਕੀ ਫਰਕ ਪੈਂਦਾ ਹੈ? ਜਮਾਂ ਤਾਂ ਮੇਰੇ ਖਾਤੇ 'ਚ ਹੀ ਹੋਣੇ ਆ ਨਾ।

ਬੱਚਾ : ਪਾਪਾ, ਮੈਂ ਵੀ ਗੱਡੀ 'ਚ ਜਾਣਾ।

ਪਾਪਾ : ਨਹੀਂ ਬੇਟਾ, ਰੱਬ ਨੇ ਆਪਾਂ ਨੂੰ ਦੋ ਪੈਰ ਕਿਸ ਲਈ ਦਿੱਤੇ ਨੇ।

ਬੱਚਾ : ਇੱਕ ਕਲੱਚ ਨੱਪਣ ਲਈ ਤੇ ਦੂਜਾ ਰੇਸ ਦੇਣ ਲਈ।



ਆਰਚੀ ਮੈੱਗੋ  
ਅੱਠਵੀਂ-ਏ



## ਅਨਮੋਲ ਬਚਨ

- ਮਨੁੱਖ ਦੇ ਦੁਖੀ ਹੋਣ ਦਾ ਇੱਕ ਮੁੱਖ ਕਾਰਨ ਇਹ ਹੈ ਕਿ ਉਹ ਜਾਣਦਾ ਤਾਂ ਬਹੁਤ ਹੈ ਪਰ ਸਮਝਦਾ ਬਹੁਤ ਘੱਟ ਹੈ।
- ਜ਼ਹਿਰ ਦਾ ਅਜੀਬ ਹਿਸਾਬ ਹੈ, ਮਰਨ ਲਈ ਥੋੜ੍ਹਾ ਜਿਹਾ ਪਰ ਜ਼ਿੰਦਾ ਰਹਿਣ ਲਈ ਬਹੁਤ ਸਾਰਾ ਪੀਣਾ ਪੈਂਦਾ ਹੈ।
- ਅਸਫਲ ਹੋਣਾ ਗੁਨਾਹ ਨਹੀਂ ਹੈ ਪਰ ਸਫਲਤਾ ਲਈ ਕੋਸ਼ਿਸ਼ ਨਾ ਕਰਨਾ ਗੁਨਾਹ ਜ਼ਰੂਰ ਹੈ।
- ਸਾਰਿਆਂ ਵਿੱਚ ਕੀਤੀ ਗਈ ਅਲੋਚਨਾ ਅਪਮਾਨ ਵਿੱਚ ਬਦਲ ਜਾਂਦੀ ਹੈ ਤੇ ਇੱਕਲਿਆਂ ਦੱਸਣ 'ਤੇ ਸਲਾਹ ਬਣ ਜਾਂਦੀ ਹੈ।
- ਉਹ ਲੋਕ ਹਰ ਵੇਲੇ ਪ੍ਰੇਸ਼ਾਨ ਰਹਿੰਦੇ ਹਨ ਜੋ ਦੁਨੀਆਂ ਨੂੰ ਬਦਲਣ ਦੀ ਸੋਚਦੇ ਹਨ ਪਰ ਆਪਣੇ-ਆਪ ਨੂੰ ਨਹੀਂ।
- ਖਾਹਿਸ਼ ਸਭ ਦੀ ਹੈ ਕਿ ਸ਼ੁਰੂਆਤ ਉਧਰੋਂ ਹੋਵੇ।



ਹਰਮਨਦੀਪ ਸਿੰਘ  
ਦੱਸਵੀਂ-ਡੀ

## ਕੁਝ ਸਿੱਖੇ

1. ਕਿਸੇ ਨੂੰ ਚੰਗਾ ਬਣਾਉਣ ਤੋਂ ਪਹਿਲਾਂ ਖੁਦ ਚੰਗਾ ਬਣਨਾ ਪੈਂਦਾ ਹੈ।
2. ਮਿਹਨਤ ਉਹ ਚਾਬੀ ਹੈ ਜੋ ਕਿਸਮਤ ਦਾ ਦਰਵਾਜ਼ਾ ਖੋਲ੍ਹਦੀ ਹੈ।
3. ਜੇ ਤੁਸੀਂ ਕੁੱਝ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕੁਝ ਦੇਣਾ ਸਿੱਖੋ।
4. ਆਪਣੀ ਗਲਤੀ ਖੁਸ਼ੀ ਨਾਲ ਸਵੀਕਾਰ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ।
5. ਕਿਸੇ ਦਾ ਦਿਲ ਦੁਖਾਉਣ ਤੋਂ ਵੱਡਾ ਕੋਈ ਪਾਪ ਨਹੀਂ।
6. ਮਿੱਤਰਤਾ ਕਰਨ ਵਿੱਚ ਜਲਦੀ ਨਾ ਕਰੋ, ਜੇ ਕਰੋ ਤਾਂ ਅੰਤ ਤੱਕ ਨਿਭਾਉ।

ਤ੍ਰਿਪਤਜੋਤ ਠਾਕੁਰ  
ਛੇਵੀਂ-ਈ

## ਹੱਸਗੁਲੇ

ਡਾਕਟਰ (ਮਰੀਜ਼ ਨੂੰ), “ਤੁਹਾਡੀ ਬਿਮਾਰੀ ਦਾ ਅਸਲ ਕਾਰਨ ਮੇਰੀ ਸਮਝ 'ਚ ਨਹੀਂ ਆ ਰਿਹਾ। ਹੋ ਸਕਦਾ ਹੈ ਕਿ ਸ਼ਰਾਬ ਪੀਣ ਕਾਰਨ ਅਜਿਹਾ ਹੋ ਰਿਹਾ ਹੋਵੇ।”

ਮਰੀਜ਼ (ਡਾਕਟਰ ਨੂੰ), “ਡਾਕਟਰ ਸਾਹਿਬ ਮੇਰੇ ਕੋਲ ਇਲਾਜ ਲਈ ਪੈਸੇ ਨਹੀਂ ਹਨ। ਤੁਸੀਂ ਮੇਰਾ ਇਲਾਜ ਕਰ ਦਿਓ ਤਾਂ ਸ਼ਾਇਦ ਮੈਂ ਕਦੇ ਤੁਹਾਡੇ ਕੰਮ ਆ ਜਾਵਾਂ।”

ਡਾਕਟਰ- “ਤੁਸੀਂ ਕੀ ਕੰਮ ਕਰਦੇ ਹੋ?”

ਮਰੀਜ਼- “ਜੀ, ਮੈਂ ਕਬਰ ਪੁੱਟਦਾ ਹਾਂ।”



ਗਰਿਮਾ  
ਛੇਵੀਂ-ਈ

## ਅਨਮੋਲ ਵਚਨ

ਸੱਚਾਈ ਦੇ ਰਾਹ ਤੇ ਚੱਲਣਾ

ਵਾਇਦੇ ਦੀ ਗੱਲ ਹੁੰਦੀ ਹੈ

ਕਿਉਂਕਿ ਇਸ ਰਾਹ ਤੇ

ਭੀੜ ਘੱਟ ਹੁੰਦੀ ਹੈ

ਖੁਸ਼ ਰਿਹਾ ਕਰੋ

ਕਿਉਂਕਿ ਪਰੇਸ਼ਾਨ ਹੋਣ ਨਾਲ

ਕੱਲ੍ਹ ਦੀ ਮੁਸ਼ਕਿਲ ਦੂਰ ਨਹੀਂ ਹੁੰਦੀ

ਸਗੋਂ ਅੱਜ ਦਾ ਸਕੂਨ ਵੀ ਚਲਾ ਜਾਂਦਾ ਹੈ



ਅਸਮੀ ਵਾਧਵਾ  
ਛੇਵੀਂ-ਈ

## ਸਿਆਣੇ ਕਿਵੇਂ ਬਣੀਏ?

ਬੱਚਿਓ ਸਦਾ ਇਹ ਗੱਲਾਂ ਅਪਣਾਇਓ

ਸਭ ਤੋਂ ਖੂਬ ਪਿਆਰ ਫਿਰ ਪਾਇਓ

ਦਿਲ ਲਾ ਕੇ ਸਦਾ ਪੜ੍ਹਾਈ ਪੜ੍ਹਿਓ

ਨਕਲ ਕਦੇ ਨਾ ਕਿਸੇ ਤੋਂ ਕਰਿਓ

ਨਾ ਹੀ ਕਿਸੇ ਦੀ ਚੀਜ਼ ਚੁਰਾਉਣੀ,

ਇਹ ਆਦਤ ਭੈੜੀ ਕਦੇ ਨਾ ਪਾਉਣੀ।

ਸਮੇਂ ਸਿਰ ਸਕੂਲ ਹੋ ਜਾਣਾ,

ਕਦੇ ਨਾ ਕੋਈ ਬਹਾਨਾ ਲਾਉਣਾ।

ਮੰਮੀ-ਡੈਡੀ ਦਾ ਮੰਨਿਓ ਕਹਿਣਾ,

ਸਮੇਂ ਨਾਲ ਹੀ ਭੋਜਨ ਖਾ ਲੈਣਾ।

ਮੱਥਾਇਲਾਂ ਨਾਲ ਨਾ ਚਿੱਬੜੇ ਰਹਿਣਾ,

ਬਹੁਤਾ ਟੀ.ਵੀ. ਅੱਗੇ ਨਾ ਬਹਿਣਾ।

ਸਮੇਂ ਨਾਲ ਹੀ ਰਾਤ ਨੂੰ ਸੌਣਾ,

ਤਾਹੀਓਂ ਸਵੱਖਤੇ ਉੱਠ ਫਿਰ ਹੋਣਾ।

ਵੱਡਿਆਂ ਦਾ ਸਦਾ ਆਦਰ ਕਰਨਾ,

ਛੋਟਿਆਂ ਦੇ ਨਾਲ ਕਦੇ ਨਾ ਲੜਨਾ।

ਜੋ ਬੱਚਾ ਇਹ ਗੱਲਾਂ ਅਪਣਾਉ

ਬਸ ਉਹੀ ਬੀਬਾ ਅਖਵਾਉ।



ਅਵਨੀਤ ਸਿੰਘ  
ਛੇਵੀਂ-ਈ

## ਚੋਰ ਦੀ ਦਾੜੀ ਵਿੱਚ ਤਿਨਕਾ

ਇੱਕ ਰਾਜਾ ਸੀ। ਇੱਕ ਵਾਰ ਉਸ ਦੇ ਦਰਬਾਰ ਵਿੱਚੋਂ ਕਿਸੇ ਚੀਜ਼ ਦੀ ਚੋਰੀ ਹੋ ਗਈ। ਚੋਰ ਲੱਭਣ ਲਈ ਬਹੁਤ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ ਗਈ, ਪਰ ਕੁਝ ਨਾ ਬਣਿਆ। ਅੰਤ ਇੱਕ ਮੰਤਰੀ ਨੇ ਰਾਜੇ ਨੂੰ ਕਿਹਾ, “ਮਹਾਰਾਜ! ਏਨਾ ਮੈਂ ਕਹਿ ਸਕਦਾ ਹਾਂ ਕਿ ਚੋਰ ਰਾਜ ਕਰਮਚਾਰੀਆਂ ਵਿੱਚੋਂ ਹੀ ਹੈ ਕਿਉਂਕਿ ਇੱਥੇ ਹੋਰ ਕਿਸੇ ਦਾ ਆਉਣਾ ਅਸੰਭਵ ਹੈ। ਤੁਹਾਡੀ ਆਗਿਆ ਨਾਲ ਮੈਂ ਸਾਰੇ ਕਰਮਚਾਰੀਆਂ ਦੀ ਸਭਾ ਬੁਲਾ ਕੇ ਚੋਰ ਲੱਭ ਸਕਦਾ ਹਾਂ। ਜਦੋਂ ਸਾਰੇ ਕਰਮਚਾਰੀ ਆ ਗਏ ਤਾਂ ਉਸ ਮੰਤਰੀ ਨੂੰ ਕਿਹਾ, ਸਾਰੇ ਅੱਖਾਂ ਮੀਟ ਲਵੋ, ਜਦੋਂ ਮੈਂ ਕਹਾਂ, ਤਦੋਂ ਹੀ ਅੱਖਾਂ ਖੋਲ੍ਹਣਾ, ਜਿਹੜਾ ਚੋਰ ਹੋਵੇਗਾ ਉਸਦੀ ਦਾੜੀ ਵਿੱਚ ਤਿਨਕਾ ਆ ਜਾਵੇਗਾ।” ਇੰਝ ਹੀ ਕੀਤਾ ਗਿਆ। ਜਦ ਅੱਖਾਂ ਖੋਲ੍ਹਣ ਦਾ ਹੁਕਮ ਹੋਇਆ ਤਾਂ ਸਾਰੇ ਕਰਮਚਾਰੀ ਸ਼ਾਂਤੀ ਪੂਰਵਕ ਬੈਠੇ ਰਹੇ, ਪਰ ਜਿਹੜਾ ਚੋਰ ਸੀ ਉਸਨੇ ਚੋਰ-ਅੱਖੀਂ ਆਪਣੀ ਦਾੜੀ ਭਾੜੀ, ਤਾਂ ਕਿ ਤਿਨਕਾ ਡਿੱਗ ਪਵੇ। ਮੰਤਰੀ ਨੇ ਉਸ ਨੂੰ ਦੇਖ ਲਿਆ ਅਤੇ ਰਾਜੇ ਅੱਗੇ ਪੇਸ਼ ਕਰ ਦਿੱਤਾ।



ਨਿਰਮਿਤ  
ਸਤਵੀਂ-ਏ

## ਪੜ੍ਹੋ ਅਤੇ ਵਿਚਾਰੋ

1. ਦੁਨੀਆਂ ਵਿੱਚ ਕੁਝ ਵੀ ਚੰਗਾ ਜਾਂ ਬੁਰਾ ਨਹੀਂ, ਮਨੁੱਖ ਦੀ ਸੋਚ ਕਿਸੇ ਚੀਜ਼ ਨੂੰ ਚੰਗਾ ਜਾਂ ਬੁਰਾ ਬਣਾਉਂਦੀ ਹੈ।
2. ਜੇ ਲੋਕ ਘੱਟ ਬੋਲਦੇ ਹਨ, ਉਹਨਾਂ ਅੰਦਰ ਅਥਾਹ ਸ਼ਕਤੀ ਆ ਜਾਂਦੀ ਹੈ।
3. ਗੁਣ ਰੂਪੀ ਪਰਦਾ, ਬਦਸੂਰਤੀ ਨੂੰ ਵੀ ਢੱਕ ਦਿੰਦਾ ਹੈ।
4. ਜਿਸ ਤਰ੍ਹਾਂ ਸਿਉਂਕ ਲੱਕੜੀ ਨੂੰ ਖਾ ਜਾਂਦੀ ਹੈ, ਉਸੇ ਤਰ੍ਹਾਂ ਈਰਖਾ ਇਨਸਾਨ ਨੂੰ ਖਾ ਜਾਂਦੀ ਹੈ।
5. ਹਰ ਹਾਲ ਵਿੱਚ ਖੁਸ਼ ਰਹਿਣ ਵਾਲੇ ਵਿਅਕਤੀ ਲਈ ਕੋਈ ਕੰਮ ਕਰਨਾ ਮੁਸ਼ਕਲ ਨਹੀਂ ਹੁੰਦਾ।
6. ਸੱਚੀ ਲਗਨ ਅਤੇ ਮਿਹਨਤ ਚੰਗਾ ਲਿਆਉਂਦੀ ਹੈ।
7. ਮੌਤ ਉੱਤੇ ਤੁਹਾਡਾ ਕੋਈ ਅਧਿਕਾਰ ਨਹੀਂ, ਪਰ ਜ਼ਿੰਦਗੀ ਤੇ ਹੈ ਇਸ ਲਈ ਇਸ ਨੂੰ ਚੰਗੀ ਤਰ੍ਹਾਂ ਜੀਓ।



ਸਿਧਾਰਥ ਗੋਇਲ  
ਛੇਵੀਂ-ਬੀ

## ਅੱਜ ਦੇ ਯੁੱਗ ਦੀ ਕਹਾਣੀ

ਵੱਡੇ ਘਰ	—	ਪਰਿਵਾਰ ਨਹੀਂ
ਜ਼ਿਆਦਾ ਪੜ੍ਹਾਈ	—	ਤਮੀਜ਼ ਨਹੀਂ
ਘੜੀਆਂ ਮਹਿੰਗੀਆਂ	—	ਸਮਾਂ ਨਹੀਂ
ਚੰਦ ਛੂਹਣਾ	—	ਗਵਾਂਢੀ ਦਾ ਪਤਾ ਨਹੀਂ
ਆਮਦਨੀ ਜ਼ਿਆਦਾ	—	ਸਾਂਤੀ ਨਹੀਂ
ਗਿਆਨ ਚੰਗਾ	—	ਅਕਲ ਨਹੀਂ
ਫੇਸਬੁੱਕ 'ਤੇ ਦੋਸਤ ਬਹੁਤ	—	ਸੱਚਾ ਦੋਸਤ ਨਹੀਂ
ਇਨਸਾਨ ਬਹੁਤ	—	ਇਨਸਾਨੀਅਤ ਨਹੀਂ
ਵਿਗਿਆਨਕ ਸਤਰ ਉੱਚਾ	—	ਭਾਵਨਾ ਨਹੀਂ



ਨੈਸਮੀਨ ਵਿਲੋਂ  
ਅੱਠਵੀਂ-ਡੀ

## ਕੋਸ਼ਿਸ਼ ਕਰਨ ਵਾਲਿਆਂ ਦੀ ਹਾਰ ਨਹੀਂ ਹੁੰਦੀ

ਦੋਸਤੋ, ਸਾਨੂੰ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਕਦੇ ਹਾਰ ਨਹੀਂ ਮੰਨਣੀ ਚਾਹੀਦੀ, ਕਿਉਂਕਿ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਜ਼ਰੂਰੀ ਨਹੀਂ ਕਿ ਹਮੇਸ਼ਾ ਸਾਡੀ ਜਿੱਤ ਹੀ ਹੋਵੇ। ਕਦੇ-ਕਦੇ ਸਾਡੀ ਹਾਰ ਵੀ ਹੋ ਸਕਦੀ ਹੈ। ਪਰ ਉਸ ਹਾਰ ਤੋਂ ਸਾਨੂੰ ਢੇਰੀ ਨਹੀਂ ਢਾਉਣੀ ਚਾਹੀਦੀ। ਸਗੋਂ ਸਾਨੂੰ ਇਰਾਦੇ ਨੂੰ ਹੋਰ ਮਜ਼ਬੂਤ ਬਣਾ ਕੇ ਫਿਰ ਤੋਂ ਜਿੱਤਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ।

ਕਿਸੇ ਮਹਾਨ ਸ਼ਾਇਰ ਨੇ ਕਿਹਾ ਹੈ:

ਅਸਫਲਤਾ ਇੱਕ ਚੁਣੌਤੀ ਹੈ, ਸਵੀਕਾਰ ਕਰੋ  
ਕੀ ਕਮੀ ਰਹਿ ਗਈ ਦੇਖੋ ਤੇ ਸੁਧਾਰ ਕਰੋ,  
ਕਿਉਂਕਿ ਕੁੱਝ ਕੀਤੇ ਬਿਨਾਂ ਜੈ-ਜੈ ਕਾਰ ਨਹੀਂ ਹੁੰਦੀ,  
ਕੋਸ਼ਿਸ਼ ਕਰਨ ਵਾਲਿਆਂ ਦੀ ਕਦੇ ਹਾਰ ਨਹੀਂ ਹੁੰਦੀ।

ਇਸ ਤਰ੍ਹਾਂ ਅਸੀਂ ਇੱਕ ਮਹਾਨ ਤੇ ਸਫਲ ਇਨਸਾਨ ਬਣ ਸਕਦੇ ਹਾਂ। ਜੇਕਰ ਅਸੀਂ ਹਾਰ ਤੋਂ ਢੇਰੀ ਢਾਹ ਕੇ ਬੈਠ ਜਾਈਏ ਤਾਂ ਦੋਸਤੋ ਅਸੀਂ ਕਦੇ ਵੀ ਇੱਕ ਮਹਾਨ ਤੇ ਸਫਲ ਇਨਸਾਨ ਨਹੀਂ ਬਣ ਸਕਦੇ, ਕਿਉਂਕਿ ਜੇਕਰ ਅਸੀਂ ਜਿੱਤ ਨੂੰ ਹਾਸਿਲ ਕਰਨਾ ਹੈ ਤਾਂ ਸਾਨੂੰ ਹਾਰ ਸਵੀਕਾਰ ਕਰਨੀ ਹੀ ਪੈਂਦੀ ਹੈ। ਇਸ ਲਈ ਦੋਸਤੋ ਜਿੱਤਣ ਲਈ ਹਮੇਸ਼ਾ ਹਾਰ ਦਾ ਸਾਹਮਣਾ ਕਰਨਾ ਸਿੱਖਣਾ ਪੈਂਦਾ ਹੈ ਤਾਂ ਹੀ ਅਸੀਂ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਜਿੱਤ ਨੂੰ ਹਾਸਿਲ ਕਰ ਸਕਦੇ ਹਾਂ। ਸਾਨੂੰ ਜਿੱਤ ਹਾਸਿਲ ਕਰਨ ਲਈ ਕਦੇ ਵੀ ਹਾਰ ਨਹੀਂ ਮੰਨਣੀ ਚਾਹੀਦੀ। ਸਗੋਂ ਆਪਣੇ ਆਪ ਨੂੰ ਇਨ੍ਹਾਂ ਮਜ਼ਬੂਤ ਬਣਾ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ ਕਿ ਹਾਰ ਸਾਨੂੰ ਹਰਾ-ਹਰਾ ਕਿ ਆਪ ਹੀ ਹਾਰ ਜਾਵੇ, ਤੇ ਦੋਸਤੋ..... ਕੋਸ਼ਿਸ਼ ਕਰਨ ਵਾਲਿਆਂ ਦੀ ਕਦੇ ਹਾਰ ਨਹੀਂ ਹੁੰਦੀ।



ਮਾਨਿਆ ਗੁਪਤਾ  
ਛੇਵੀਂ-ਏ

## ਰੱਬ ਦਾ ਦੂਜਾ ਰੂਪ

ਮੇਰੀਆਂ ਭੇਲੀਆਂ ਜਿਹੀਆਂ ਸ਼ਰਾਰਤਾਂ ਉੱਤੇ,  
ਉਹਨਾਂ ਰੱਬ ਕੇ ਲਾਡ ਲਛਾਇਆ ਹੋਣਾ।  
ਮੇਰੀਆਂ ਤੋਤਲੀਆਂ ਜਿਹੀਆਂ ਗੱਲਾਂ ਉੱਤੇ,  
ਉਹਨਾਂ ਪਿਆਰ ਵੀ ਬਹੁਤ ਲੁਟਾਇਆ ਹੋਣਾ।  
ਮੇਰੇ ਬਿਨ੍ਹਾਂ ਸਿਰ- ਪੈਰ ਦੇ ਸਵਾਲਾਂ ਉੱਤੇ,  
ਹਾਸਾ ਤਾਂ ਉਹਨਾਂ ਨੂੰ ਵੀ ਬਹੁਤ ਆਇਆ ਹੋਣਾ।  
ਪਤਾ ਨਹੀਂ ਕਿੰਨੀਆਂ ਰਾਤਾਂ ਆਪ ਜਾਗ ਕੇ,  
ਵੀ ਮੈਨੂੰ ਸਵਾਇਆ ਹੋਣਾ।  
ਮੇਰੀ ਨਿੱਕੀ ਜਿਹੀ ਚੀਕ ਤੇ,  
ਮਾਂ ਨੇ ਚੁੱਕ ਸੀਨੇ ਨਾਲ ਲਾਇਆ ਹੋਣਾ।  
ਗਿਣਤੀ ਨਹੀਂ ਕਰ ਸਕਦਾ ਕਿ ਕਿੰਨੀ ਵਾਰ,  
ਮੇਰੇ ਪਿਉ ਨੇ ਮੇਰੇ ਚੁੱਕ ਮੈਨੂੰ ਘੁਮਾਇਆ ਹੋਣਾ।  
ਮੈਨੂੰ ਰੋਸ਼ਨੀ ਦੇਣ ਲਈ ਉਹਨਾਂ,  
ਅੱਗ 'ਚ ਹੰਝੂਆਂ ਦਾ ਤੇਲ ਵੀ ਪਾਇਆ ਹੋਣਾ।  
ਕਦੇ ਲੰਗੇ ਇਹ ਹੀ ਨੇ ਰੱਬ ਤੇ ਕਦੇ ਲੰਗੇ  
ਕਿ ਮੇਰਾ ਖਿਆਲ ਰੱਖਣ ਲਈ,  
ਰੱਬ ਨੇ ਆਪਣੇ ਵਰਗਾ ਹੀ ਕੋਈ ਬਣਾਇਆ ਹੋਣਾ।



ਜੋਤ ਗੁਰਅਸੀਸ ਸਿੰਘ  
ਨੌਵੀਂ-ਡੀ



## ਹਰ ਵੇਲੇ ਸਿੱਖੋ

ਵਰੀਹਨ ਅਰੋੜਾ  
ਦਸਵੀਂ-ਈ

ਹੈਵਾਨ ਨਹੀਂ ਇਨਸਾਨ ਬਣੇ,  
ਇਨਸਾਨ ਬਣ ਕੇ ਇਨਸਾਨੀਅਤ ਸਿੱਖੋ।  
ਸੁਖੀ ਰਹਿਣਾ ਸਿੱਖੋ, ਦੁੱਖ ਸਹਿਣਾ ਸਿੱਖੋ  
ਸਿੱਖਦੇ ਹੀ ਜ਼ਿੰਦਗੀ ਬਿਤਾਉਣੀ ਸਿੱਖੋ।  
ਜੇ ਲੜਨਾ ਹੈ ਤਾਂ ਸੱਚ ਲਈ ਲੜੋ,  
ਸੱਚ ਲਈ ਸਭ ਕੁੱਝ ਮਿਟਾਉਣਾ ਸਿੱਖੋ।

ਗੀਤ ਗਾਣਾ ਸਿੱਖੋ, ਗੁਣਗੁਨਾਉਣਾ ਸਿੱਖੋ  
ਜ਼ਿੰਦਗੀ 'ਚ ਹਮੇਸ਼ਾ ਮੁਸਕਰਾਉਣਾ ਸਿੱਖੋ।  
ਕਰੋ ਉਹ ਜੋ ਸਭ ਨੂੰ ਚਾਹੀਦਾ,  
ਸਵਾਰਥੀਪਨ ਮਿਟਾਉਣਾ ਸਿੱਖੋ।  
ਹਵਾ 'ਚ ਉੱਡ ਕੀ ਮਿਲਣਾ,  
ਧਰਤੀ 'ਤੇ ਪੈਰ ਟਿਕਾਉਣਾ ਸਿੱਖੋ।



## ਚੜ੍ਹਦੇ ਨੂੰ ਸਲਾਮ

ਭੋਲੇ ਕੇ ਲਾਣੇ ਨਾਲ ਸੀਰੀ ਰਲੇ  
ਬਘੇਲ ਨੂੰ ਤਕਰੀਬਨ ਬਾਰ੍ਹਾਂ-ਤੋਰ੍ਹਾਂ ਸਾਲ  
ਹੋ ਗਏ ਸਨ, ਉਸ ਨੇ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਦੇ  
ਕਈ ਕੀਮਤੀ ਸਾਲ ਉਨ੍ਹਾਂ ਦੇ ਖੇਤਾਂ ਵਿੱਚ  
ਲੰਘਾਏ। ਬਘੇਲਾ ਹੁਣ ਥੋੜ੍ਹਾ ਉਮਰੋਂ ਉੱਤਰ ਗਿਆ ਸੀ, ਫਿਰ ਵੀ ਉਹ ਮਨ ਲਾ ਕੇ  
ਕੰਮ ਕਰਦਾ। ਕੰਮ ਕਰਦਿਆਂ ਇਕ ਦਿਨ ਉਸ ਨੂੰ ਅਧਰੰਗ ਦਾ ਅਟੈਕ ਹੋ ਗਿਆ ਤੇ  
ਉਸ ਦੇ ਸਰੀਰ ਦਾ ਇਕ ਪਾਸਾ ਖੜ੍ਹ ਗਿਆ। ਭੋਲੇ ਕਿਆਂ ਨੇ ਉਸ ਦਾ ਮੁੰਢਲਾ  
ਇਲਾਜ ਕਰਵਾ ਉਸ ਨੂੰ ਘਰ ਛੱਡ ਦਿੱਤਾ। ਬਘੇਲਾ ਹੁਣ ਕੰਮ ਤੋਂ ਨਕਾਰਾ ਹੋ ਚੁੱਕਾ  
ਸੀ। ਹੁਣ ਉਹ ਘਰ ਬੈਠਾ ਚੁਰਦਾ ਰਹਿੰਦਾ, ਘਰ ਦਾ ਗੁਜ਼ਾਰਾ ਮੁਸ਼ਕਿਲ ਹੋ ਗਿਆ  
ਸੀ। ਇਕ ਦਿਨ ਉਹ ਆਪਣੇ ਘਰ ਅੱਗੇ ਮੱਥੇ 'ਤੇ ਬੈਠਾ ਰਾਹ ਜਾਂਦਿਆਂ ਨੂੰ ਦੇਖ  
ਰਿਹਾ ਸੀ। ਖੇਤ ਨੂੰ ਜਾਂਦੇ 'ਭੋਲੇ ਕੇ ਤਾਰੀ' ਨੇ ਉਸ ਨੂੰ ਰੋਕ ਕੇ ਪੁੱਛਿਆ, 'ਤਾਰੀ  
ਕਿਵੇਂ ਐਂ, ਫਿਰ ਐਤਕੀ ਦੇ ਕੁਇੰਟਲ ਦਾਣੇ ਦੇਵੋਗਾ ਮੈਨੂੰ। ਤਾਂ ਤਾਰੀ ਨੇ ਕਿਹਾ,  
'ਚਾਚਾ ਐਤਕੀ ਤੇ ਆਭੁਤੀਏ ਦੇ ਹੀ ਮਸਾਂ ਪੂਰੇ ਹੋਣਗੇ, ਕਿਸੇ ਨੂੰ ਹੋਰ ਪੁੱਛ ਲਈ'।  
ਏਨਾ ਆਖ ਉਹ ਖੇਤ ਨੂੰ ਚੱਕਵੇਂ ਪੈਰੀ ਹੋ ਗਿਆ ਸੀ। ਬਘੇਲਾ ਇਹ ਜੁਆਬ ਸੁਣ  
ਮਨ ਹੀ ਮਨ ਸੋਚਣ ਲੱਗਾ, 'ਚੜ੍ਹਦੇ ਨੂੰ ਸਲਾਮਾਂ ਨੇ, ਡੁੱਬਦੇ ਨੂੰ ਕੌਣ ਪੁੱਛਦਾ।'



ਅਕਾਸ਼ਦੀਪ ਸਿੰਘ  
ਐੱਨਵੀ-ਡੀ



## ਹਸਗੁੱਲੇ



ਗਾਹਕ : ਮੈਨੂੰ ਇੱਕ ਹਥੋੜਾ ਅਤੇ ਕਿੱਲ ਚਾਹੀਦਾ ਹੈ।  
ਦੁਕਾਨਦਾਰ : ਕਿਸ ਲਈ ਚਾਹੀਦਾ ਹੈ?  
ਗਾਹਕ : ਮੇਰੇ ਕੰਪਿਊਟਰ ਲਈ।  
ਦੁਕਾਨਦਾਰ : ਪਰ ਕੰਪਿਊਟਰ ਵਿੱਚ ਇਹਨਾਂ ਦਾ ਕੀ ਕੰਮ?  
ਗਾਹਕ : ਕੰਪਿਊਟਰ ਵਿੱਚ ਵਿੰਡੋ ਲਗਾਉਣੀ ਹੈ।

ਸੋਹਣ ਛੱਤਰੀ ਲੈ ਕੇ ਜਾ ਰਿਹਾ ਸੀ ਕਿ ਮੋਹਨ ਨੇ ਵੇਖ ਕੇ ਕਿਹਾ, ਤੇਰੀ ਛੱਤਰੀ ਵਿੱਚ  
ਛੇਦ ਕਿਉਂ?

ਸੋਹਣ : ਜੇ ਬਾਰਿਸ਼ ਰੁਕ ਗਈ ਤਾਂ ਪਤਾ ਕਿਵੇਂ ਚਲੇਗਾ।

ਜੇਲਰ, ਨਾਜ਼ਰ ਨੂੰ : ਤੈਨੂੰ ਕਲ੍ਹ ਸਵੇਰੇ ਪੰਜ ਵਜੇ ਫਾਂਸੀ ਦੇ ਦਿੱਤੀ ਜਾਵੇਗੀ।  
ਨਾਜ਼ਰ : ਹਾ.....ਹਾ.....ਹਾ.....  
ਜੇਲਰ : ਕਿਉਂ ਹੱਸ ਰਹੇ ਹੋ?  
ਨਾਜ਼ਰ : ਮੈਂ ਤਾਂ ਉੱਠਦਾ ਹੀ ਸਵੇਰੇ ਨੌਂ ਵਜੇ ਹਾਂ।

ਅਧਿਆਪਕ : ਬੋਟੇ ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਔਖਾ ਤਾਂ ਨਹੀਂ ਸੀ?  
ਵਿਦਿਆਰਥੀ : ਜੀ ਨਹੀਂ, ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਤਾਂ ਔਖਾ ਨਹੀਂ ਸੀ, ਪਰ ਉੱਤਰ ਦੇਣੇ  
ਬਹੁਤ ਔਖੇ ਸਨ।

ਪੱਪੂ : ਮੇਰੇ ਪਿਤਾ ਜੀ ਦਾ ਕੋਈ ਵਾਲ ਵੀ ਵਿੰਗਾ ਨਹੀਂ ਕਰ ਸਕਦਾ।  
ਗੱਪੂ : ਕੀ ਤੇਰੇ ਪਿਤਾ ਜੀ ਇੰਨੇ ਬਹਾਦਰ ਹਨ?  
ਪੱਪੂ : ਨਹੀਂ, ਉਹ ਬਿਲਕੁਲ ਗੰਜੇ ਹਨ।

ਅਧਿਆਪਕ : (ਪੱਪੂ ਨੂੰ) ਤੇਰਾ ਪੁੱਤਰ ਬਹੁਤ ਨਾਲਾਇਕ ਹੈ। ਇਹ ਇਸ ਦਾ  
ਰਿਪੋਰਟ ਕਾਰਡ ਹੈ। ਅੰਗਰੇਜ਼ੀ - 6, ਹਿਸਾਬ - 7,  
ਸਾਇੰਸ - 4, ਸਮਾਜਿਕ ਸਿੱਖਿਆ - 8, ਟੋਟਲ - 25  
ਪੱਪੂ : ਟੋਟਲ ਵਿੱਚ ਤਾਂ ਕਮਾਲ ਕਰ ਦਿੱਤੀ। ਇਸ ਵਿਸ਼ੇ ਦੀ ਤਾਂ  
ਟਿਊਸ਼ਨ ਵੀ ਨਹੀਂ ਰੱਖੀ ਸੀ।



ਵੰਸ਼ ਭਾਟੀਆ  
ਦਸਵੀਂ-ਏ

## ਬਾਲ ਸਭਾ

ਬੱਚਿਆਂ ਦੀ ਸ਼ਖਸੀਅਤ ਨਿਖਾਰਨ ਲਈ ਬਾਲ ਸਭਾ ਅਹਿਮ ਰੋਲ ਅਦਾ ਕਰਦੀ  
ਹੈ। ਛੋਟੀ ਉਮਰੇ ਸਕੂਲ ਦਾਖਲ ਹੋਇਆ ਬੱਚਾ ਕੱਚਾ ਭਾਵ ਕੋਰਾ ਹੁੰਦਾ ਹੈ। ਜੇ ਇੱਕ  
ਘੁਮਿਆਰ ਦੇ ਚੱਕ ਤੇ ਰੱਖੀ ਮਿੱਟੀ ਦੀ ਤਰ੍ਹਾਂ ਉਸ ਦੀ  
ਜ਼ਿੰਦਗੀ ਨੂੰ ਸ਼ਕਲ ਤੇ ਅਕਾਰ ਦਿੰਦਾ ਹੈ।

ਕਲਾ ਨੂੰ ਤਰਾਸ਼ਣ ਲਈ ਯੋਗ ਉਸਤਾਦ ਦੀ ਲੋੜ ਹੁੰਦੀ  
ਹੈ ਜੋ ਇੱਕ ਅਧਿਆਪਕ ਬਾਖ਼ੂਬੀ ਕਰ ਸਕਦਾ ਹੈ।  
ਜ਼ਿੰਦਗੀ ਨਿਖਾਰਨ ਲਈ ਬਾਲ ਸਭਾ ਦਾ ਬਹੁਤ ਵੱਡਾ  
ਯੋਗਦਾਨ ਹੈ ਜੋ ਹਰ ਸਕੂਲ ਵਿੱਚ ਲਾਜ਼ਮੀ ਕੀਤੀ ਜਾਣੀ  
ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਜੋ ਹਰ ਬੱਚਾ ਆਪਣੇ ਸ਼ੁਰੂਆਤੀ ਦਿਨਾਂ  
ਵਿੱਚ ਜੀਵਨ ਜਾਂਚ ਸਿੱਖ ਸਕੇ ਤੇ ਆਪਣੀ ਜ਼ਿੰਦਗੀ  
ਨਿਖਾਰ ਤੇ ਨਿਤਾਰ ਸਕੇ।



ਮਨਣਪ੍ਰੀਤ  
ਨੌਵੀਂ-ਈ

## ਕੀ ਕੋਈ ਸਮਝ ਸਕਦਾ ਹੈ?

ਮਾਂ ਦਾ ਦਰਦ, ਅੱਥਰੂਆਂ ਦੀ ਜ਼ਬਾਨੀ, ਕੀ ਕੋਈ ਸਮਝ ਸਕਦਾ ਹੈ  
ਧਰਤੀ ਦਾ ਦਰਦ, ਰੂਹ ਦੀ ਰਵਾਨੀ, ਕੀ ਕੋਈ ਸਮਝ ਸਕਦਾ ਹੈ?  
ਕਦ ਸ਼ਰਮ ਦੀ, ਹਯਾ ਦੀ ਹੱਦ ਟੁੱਟ ਜਾਣੀ,  
ਹਨੇਰਿਆਂ ਵਿੱਚ ਸੁੱਤੀ ਜੋਤ ਜਗਾਉਣੀ।  
ਸਿਲਵਟਾਂ ਭੁੱਲ ਗਈਆਂ ਢਿੱਡ ਦੀਆਂ, ਸੁਣ ਕਿਲਕਾਰੀਆਂ,  
ਧਰਤੀ ਦਾ ਕਰਜ਼, ਮਾਂ ਦਾ ਫ਼ਰਜ਼ ਕੀ ਕੋਈ ਸਮਝ ਸਕਦਾ ਹੈ?  
ਧਰਤੀ ਦੇ ਰੁੱਖ ਤੇ ਮਾਂ ਦੀ ਕੁੱਖ, ਕੀ ਕੋਈ ਸਮਝ ਸਕਦਾ ਹੈ?  
ਜਵਾਬ ਦਿੱਤਿਆਂ ਨਹੀਂ ਬਣਦਾ, ਜੇ ਕੋਈ ਸਮਝ ਲਵੇ ਬੱਸ,  
ਉਹ ਮਾਂ ਹੈ, ਮਾਂ ਹੈ, ਮਾਂ ਹੈ.....।

ਪ੍ਰਥਮ ਸ਼ਰਮਾ  
ਦਸਵੀਂ-ਏ



## ਸਾਉਣ ਮਹੀਨਾ ਅਤੇ ਸਭਿਆਚਾਰ

ਲੱਖ ਖੁਸ਼ੀਆਂ ਸੱਧਰਾਂ ਲੈ ਕੇ,  
ਚੜਿਆ ਸਾਉਣ ਮਹੀਨਾ।  
ਕੂ-ਕੂ ਕਰਕੇ ਕੋਇਲਾਂ ਕੂਕਣ,  
ਬੀਛੇ ਵਾਂਗਰ ਬੀਨਾਂ।

ਪੰਜਾਬੀ ਸਭਿਆਚਾਰਕ ਵਰਤਾਰੇ ਵਿੱਚ 'ਸਾਉਣ' ਭਾਗਾਂ ਭਰਿਆ ਮਹੀਨਾ ਹੁੰਦਾ ਹੈ। ਜੇਠ-ਹਾੜ ਦੇ ਮਹੀਨਿਆਂ ਦੀ ਕਰੜੀ ਤਪਸ ਤੋਂ ਬਾਅਦ ਇਸ ਮਹੀਨੇ ਚੱਲਣ ਵਾਲੀਆਂ ਠੰਡੀਆਂ ਹਵਾਵਾਂ, ਕਾਲੀਆਂ ਘਟਾਵਾਂ, ਮੋਹਲੇਦਾਰ ਮੀਂਹ ਦੀਆਂ ਬੁਫ਼ਾੜਾਂ, ਸੁੱਕ ਕੇ ਬੱਜਰ ਹੋ ਰਹੀ ਧਰਤੀ ਦਾ ਸੀਨਾ ਠਾਰ ਦਿੰਦੀਆਂ ਹਨ, ਕੁਦਰਤ ਅਤੇ ਹੋਰ ਅਨੇਕ ਤਰ੍ਹਾਂ ਦੇ ਜੀਵ-ਜੰਤੂ ਵੀ ਇਸ ਨੂੰ ਖੂਬ ਮਾਣਦੇ ਹਨ।

ਬੱਚੇ ਵੀ ਇਸ ਮਹੀਨੇ ਮੀਂਹ ਵਿੱਚ ਨਹਾਉਂਦੇ ਵੇਖੇ ਜਾ ਸਕਦੇ ਹਨ। ਕਈ ਵਾਰ ਸਾਉਣ ਮਹੀਨੇ ਮੀਂਹ ਦੀ ਝੜੀ ਹੀ ਲੱਗ ਜਾਂਦੀ ਹੈ। ਇਸ ਝੜੀ ਵਿੱਚ ਕੱਚੇ ਤਾਂ ਕੀ ਕਈ ਵਾਰ ਪੱਕੇ ਕੋਠੇ ਵੀ ਚੋਣ ਲੱਗ ਪੈਂਦੇ ਹਨ। ਪੈਕੇ ਘਰ ਆਈਆਂ ਮੁਟਿਆਰਾਂ ਨੂੰ ਗੱਲਾਂ-ਬਾਤਾਂ ਵਿੱਚ ਪਤਾ ਹੀ ਨਹੀਂ ਲਗਦਾ ਕਿ ਕਦੋਂ ਸਾਉਣ ਖ਼ਤਮ ਹੋ ਗਿਆ ਤੇ ਮਗਰੋਂ ਉਹ ਆਖਦੀਆਂ ਹਨ : ਸਾਉਣ ਵੀਰ ਕੱਠੀਆਂ ਕਰੋ, ਭਾਦੋਂ ਚੰਦਰੀ ਵਿਛੋੜਾ ਪਾਵੇ।

ਸਾਉਣ ਦਾ ਮਹੀਨਾ  
ਚੋਵੇ ਮੱਥੇ ਤੋਂ ਪਸੀਨਾ  
ਕਾਹਦੀ ਤਿਪ ਤਿਪ ਲਾਈ ਏ  
ਤਾਣ ਛੱਤਰੀ ਵੇ ਜਿਹੜੀ ਲੰਡਨੇ ਮੰਗਾਈ ਏ....



ਐਨਮੇਰੀ ਫਰਾਂਸਿਸ  
ਨੌਵੀਂ-ਡੀ



## ਬਜ਼ੁਰਗ ਰਿਕਸ਼ੇਵਾਲਾ

ਗਲੀ ਤੇ ਮੋੜ ਉੱਤੇ ਪਹੁੰਚਿਆ ਤਾਂ ਅੱਜ ਫੇਰ ਉਹੀ ਬਜ਼ੁਰਗ ਰਿਕਸ਼ੇਵਾਲਾ ਖੜਾ ਸੀ। ਤਿੰਨ ਦਿਨਾਂ ਤੋਂ ਉਹ ਖੜਾ ਮਿਲਦਾ ਸੀ, ਸਵੇਰੇ ਸਵੇਰੇ। ਜੀ ਕੀਤਾ ਕਿ ਇਹਦੇ ਰਿਕਸ਼ੇ ਵਿੱਚ ਬੈਠਣ ਨਾਲੋਂ ਪੈਦਲ ਹੀ ਤੁਰ ਪਵਾਂ, ਵੀਹ ਕੁ ਮਿੰਟ ਦਾ ਹੀ ਰਸਤਾ ਹੈ। ਘੜੀ ਵੇਖੀ ਤਾਂ ਇਨ੍ਹਾਂ ਕੁ ਸਮਾਂ ਹੀ ਬਚਦਾ ਸੀ। ਕਿਤੇ ਬੱਸ ਹੀ ਨਾ ਨਿਕਲ ਜਾਵੇ, ਸੋਚ ਕੇ ਮਨ ਕਰੜਾ ਕੀਤਾ ਤੇ ਰਿਕਸ਼ੇ ਵਿੱਚ ਬੈਠ ਗਿਆ। ਪੱਕਾ ਮਨ ਬਣਾ ਲਿਆ ਸੀ ਕਿ ਅੱਜ ਰਿਕਸ਼ੇ ਵਾਲੇ ਵੱਲ ਬਿਲਕੁਲ ਨਹੀਂ ਵੇਖਣਾ। ਪਿੱਛਲੇ ਤਿੰਨ ਦਿਨਾਂ ਤੋਂ ਇਸੇ ਰਿਕਸ਼ੇ ਉੱਤੇ ਜਾ ਰਿਹਾ ਹਾਂ। ਜਦ ਵੀ ਰਿਕਸ਼ੇ ਵਾਲੇ ਉੱਤੇ ਨਿਗ੍ਹਾ ਟਿੱਕ ਜਾਂਦੀ, ਮੈਂ ਉੱਥੇ ਹੀ ਉੱਤਰਨ ਲਈ ਮਜ਼ਬੂਰ ਹੋ ਜਾਂਦਾ। ਬਾਕੀ ਦਾ ਰਸਤਾ ਪੈਦਲ ਤੈਅ ਕਰਦਾ ਹਰ ਰੋਜ਼। ਪੈਡਲਾਂ ਉੱਤੇ ਜੋਰ ਪੈਣ ਦੀ ਅਵਾਜ਼ ਸੁਣਾਈ ਦਿੰਦੀ ਤੇ ਰਿਕਸ਼ਾ ਤੁਰ ਪਿਆ। 'ਗਰੀਨ ਮੋਟਰਜ਼' ਦਾ ਬੋਰਡ ਦਿੱਸਿਆ ਤਾਂ ਯਾਦ ਆਇਆ ਕਿ ਪਹਿਲੇ ਦਿਨ ਤਾਂ ਇੱਥੇ ਹੀ ਉਤਰ ਗਿਆ ਸੀ। 'ਕੜ ਕੜ' ਦੀ ਅਵਾਜ਼ ਨੇ ਮੇਰੀ ਬਿਰਤੀ ਨੂੰ ਭੰਗ ਕੀਤਾ। ਰਿਕਸ਼ੇ ਦੀ ਚੋਣ ਉਤਰ ਗਈ ਸੀ। ਮੇਰੀ ਨਿਗ੍ਹਾ ਰਿਕਸ਼ੇਵਾਲੇ ਵੱਲ ਚਲੀ ਗਈ। ਉਹਦੇ ਇੱਕ ਪੈਰ ਤੇ ਪੱਟੀ ਬੰਨੀ ਹੋਈ ਸੀ ਤੇ ਪੈਰ ਵਿੱਚ ਜੁੱਤੀ ਵੀ ਨਹੀਂ ਸੀ। ਮੈਨੂੰ ਯਾਦ ਆਇਆ, ਜਦੋਂ ਬਾਪੂ ਦੇ ਪੈਰ ਵਿੱਚ ਮੇਖ ਵੱਜ ਗਈ ਸੀ ਤਾਂ ਉਹ ਵੀ ਠੰਢ ਵਿੱਚ ਬਿਨ੍ਹਾਂ ਜੁੱਤੀ ਦੇ ਫਿਰਦਾ ਰਿਹਾ ਹੀ। ਚੋਣ ਠੀਕ ਕਰਕੇ ਬਜ਼ੁਰਗ ਨੇ ਪਜਾਮਾ ਉਤਾਰ ਚੜ੍ਹਾਇਆ ਤਾਂ ਨਿਗ੍ਹਾ ਉੱਪਰ ਤੱਕ ਚਲੀ ਗਈ। ਬਾਪੂ ਵੀ ਇਸ ਤਰ੍ਹਾਂ ਹੀ ਉਤਾਰ ਚੜ੍ਹਾ ਲੈਂਦਾ ਸੀ। ਮੇਰਾ ਧਿਆਨ ਬਦੋਬਦੀ ਉਹਦੇ ਮੂੰਹ ਵੱਲ ਚਲਾ ਗਿਆ। ਉਹਦੀ ਢਿੱਲੀ ਜਿਹੀ ਪੱਗ ਤੇ ਬੋਲਦੇ ਸਮੇਂ ਸਿਰ ਹਿਲਾਉਣ ਦੇ ਢੰਗ ਨੂੰ ਦੇਖ ਕੇ ਅਬਝਬਾਹ ਮੇਰੇ ਮੂੰਹੋਂ ਨਿਕਲ ਗਿਆ, "ਬਾਪੂ ਰਿਕਸ਼ਾ ਰੋਕ!" ਰਿਕਸ਼ੇ ਵਾਲਾ ਬੋਲਿਆ, "ਕੀ ਗੱਲ ਹੋ ਗਈ ਜੀ?" "ਕੁਝ ਨਹੀਂ ਇੱਕ ਜ਼ਰੂਰੀ ਕੰਮ ਯਾਦ ਆ ਗਿਆ।" ਮੈਂ ਰਿਕਸ਼ੇ ਵਿੱਚੋਂ ਉਤਰ ਕੇ ਉਸਨੂੰ ਪੰਜ ਰੁਪਏ ਦਾ ਨੋਟ ਫੜਾਉਂਦਾ ਪੈਦਲ ਤੁਰਨ ਲੱਗਾ।

ਸੋਮਿਲ ਅਹੂਜਾ  
ਨੌਵੀਂ-ਬੀ



## ਬੁਝਾਰਤਾਂ

1. ਕਿਹੜਾ ਪੰਛੀ ਦੱਸੋ ਐਸਾ, ਜਿਸ ਦੀ ਪੂਛ ਤੇ ਟਿਕਿਆ ਪੈਸਾ।

ਉਤਰ: ਮੋਰ

2. ਦੋ ਅੱਖਰਾਂ ਦਾ ਮੇਰਾ ਨਾਮ ਸਮਾਂ ਬਿਤਾਉਣਾ ਮੇਰਾ ਕਾਮ....

ਉਤਰ: ਘੜੀ

3. ਸ਼ਹਿਰ ਬਵੰਜਾ ਇੱਕੋ ਨਾਮ, ਵਿੱਚ ਬਾਦਸ਼ਾਹ ਵਿੱਚ ਗੁਲਾਮ।

ਉਤਰ: ਤਾਸ

4. ਤੁਰਦੀ ਹਾਂ ਤਾਂ ਪੈਰ ਨਹੀਂ, ਦੇਵਾਂ ਸਭ ਨੂੰ ਜਾਨ

ਦੋ ਅੱਖਰਾਂ ਦੀ ਚੀਜ਼ ਹਾਂ, ਬੁੱਝੋ ਮੇਰਾ ਨਾਮ.....

ਉਤਰ: ਹਵਾ

ਰੁਸ਼ਾਲੀ ਮਾਰੀਆ  
ਨੌਵੀਂ-ਈ





## ਵਕਤ ਦੀ ਕਦਰ

ਵਕਤ ਕਦੇ ਰੁਕੇ ਨਹੀਂ, ਕਿਸੇ ਅੱਗੇ ਝੁਕੇ ਨਹੀਂ।  
ਚਾਲ ਇਸਦੀ ਨਿਰਾਲੀ, ਕਿਤੇ ਉਜਾੜ ਕਿਤੇ ਖੁਸ਼ਹਾਲੀ।  
ਇਸਦੇ ਅਜੀਬ ਗੋੜੇ ਹਨ, ਕਿਸੇ ਤੋਂ ਦੂਰ ਕਿਸੇ ਦੇ ਨੇੜੇ ਹਨ।  
ਵਕਤ ਹੀ ਜ਼ਖਮ ਕਰੇ, ਇਹੀ ਤਾਂ ਜ਼ਖਮ ਭਰੇ।  
ਵਕਤ ਚੰਗਾ ਜਾਂ ਬੁਰਾ ਆਵੇ,  
ਕੋਈ ਵਕਤ ਤੋਂ ਨਾ ਘਬਰਾਵੇ,  
ਮਨੁੱਖ ਯਾਦ ਵਿੱਚ ਕਿਉਂ ਪਛਤਾਵੇ।  
ਮਨੁੱਖ ਯਾਦ ਵਿੱਚ ਕਿਉਂ ਪਛਤਾਵੇ।  
ਵਕਤ ਨੂੰ ਗਵਾਵੇ, ਉਹ ਜ਼ਿੰਦਗੀ 'ਚ ਨਾ ਕਮਾਵੇ।  
ਉਹ ਮਨੁੱਖ ਕਦੇ ਨਾ ਰੋਵੇ, ਜਿਸ ਦਾ ਕੰਮ ਸਮੇਂ ਸਿਰ ਹੋਵੇ।  
ਸੋ ਰੱਬ ਦੇ ਇਨਸਾਨ, ਵਕਤ ਦੀ ਕਦਰ ਪਹਿਚਾਣੋ  
ਵਕਤ ਦੀ ਕਦਰ ਪਹਿਚਾਣੋ।



ਖਿਆਤੀ ਸੂਦ  
ਨੌਵੀਂ-ਡੀ

## ਮਾਂ

ਬਹੁਤ ਗਰੀਬੀ ਸੀ ਘਰ ਵਿੱਚ ਫੇਰ ਵੀ,  
“ਰਾਜਾ ਪੁੱਤ” ਕਹਿ ਅੰਬਰੀ ਬਿਠਾ ਦਿੰਦੀ ਸੀ,  
ਮਹਿਸੂਸ ਨਾ ਹੋਣ ਦਿੱਤੀ ਸੀ ਕਦੇ ਤੰਗੀ,  
ਟਾਕੀ ਸੂਟ ਦੀ ਚੁੰਨੀ ਹੇਠ ਲੁਕਾ ਦਿੰਦੀ ਸੀ,  
ਖਿਡੌਣਾ ਮੰਗਿਆ ਸੀ ਜਦੋਂ ਕਦੇ ਵੀ  
ਖਿੱਦੇ ਚੁੰਨੀ ਦੀ ਝੱਟ ਬਣਾ ਦਿੰਦੀ ਸੀ,  
ਟੁੱਟ ਜਾਂਦੀ ਸੀ ਜਦੋਂ ਹਾਰ ਕੇ,  
ਧੁੰਦੋਂ ਪੱਜ ਹੰਝ ਵਹਾ ਦਿੰਦੀ ਸੀ,  
ਐਸੀ ਕਹਾਣੀ ਸੁਣਾਉਂਦੀ ਸੀ ਸਵਾਉਣ ਲੱਗਿਆਂ,  
ਜੰਝ ਪਰੀਆਂ ਦੇ ਦੇਸ਼ ਪਹੁੰਚਾ ਦਿੰਦੀ ਸੀ,  
ਬਹੁਤ ਬਰਕਤ ਸੀ ਮੇਰੀ “ਮਾਂ” ਦੇ ਹੱਥਾਂ ਵਿੱਚ,  
ਰੋਟੀ ਥੋੜ੍ਹੀ ਸੀ ਪਰ ਰਜਾ ਦਿੰਦੀ ਸੀ।



ਕੰਨਵ ਗੰਭੀਰ  
ਨੌਵੀਂ-ਡੀ

## ਬਾਂਦਰ ਤੇ ਚਿੜੀ

ਇੱਕ ਦਰਖਤ ਉੱਤੇ ਇੱਕ ਬਾਂਦਰ ਅਤੇ ਚਿੜੀ ਰਹਿੰਦੇ ਹਨ। ਉਹਨਾਂ ਦੋਨਾਂ ਵਿੱਚ ਕਾਫ਼ੀ ਪਿਆਰ ਸੀ। ਚਿੜੀ ਸਾਰਾ ਦਿਨ ਕੰਮ ਵਿੱਚ ਰੁੱਝੀ ਰਹਿੰਦੀ ਸੀ ਪਰ ਬਾਂਦਰ ਕੰਮ ਨੂੰ ਹੱਥ ਲਗਾ ਕੇ ਖੁਸ਼ ਨਹੀਂ ਸੀ। ਗਰਮੀ ਤੋਂ ਬਾਅਦ ਬਰਸਾਤ ਦਾ ਮੌਸਮ ਨੇੜੇ ਆਉਣ ਵਾਲਾ ਸੀ, ਚਿੜੀ ਨੇ ਬੜੇ ਪਿਆਰ ਨਾਲ ਆਲਣਾ ਤਿਆਰ ਕੀਤਾ ਤਾਂ ਜੋ ਉਹ ਧੁੱਪ ਅਤੇ ਮੀਂਹ ਆਦਿ ਤੋਂ ਬਚੀ ਰਹੇ। ਪਰ ਬਾਂਦਰ ਨੇ ਆਪਣਾ ਸਮਾਂ ਵਿਅਰਥ ਹੀ ਗਵਾ ਲਿਆ। ਇੱਕ ਦਿਨ ਬਹੁਤ ਤੇਜ਼ ਮੀਂਹ ਆਇਆ, ਚਿੜੀ ਤਾਂ ਆਪਣੇ ਆਲ੍ਹਣੇ ਵਿੱਚ ਬੈਠੀ ਰਹੀ ਪਰ ਬਾਂਦਰ ਦਾ ਤਾਂ ਕੋਈ ਰੈਣ ਬਸੇਰਾ ਨਹੀਂ ਸੀ ਤੇ ਉਹ ਸਾਰਾ ਦਿਨ ਮੀਂਹ ਵਿੱਚ ਭਿੱਜਦਾ ਰਿਹਾ ਤੇ ਅੰਤ ਵਿੱਚ ਮੀਂਹ ਵਿੱਚ ਭਿੱਜਣ ਨਾਲ ਉਸਦੀ ਮੌਤ ਹੋ ਗਈ।



ਵਿਕਰਮਜੀਤ ਸਿੰਘ  
ਨੌਵੀਂ-ਡੀ

## ਪਾਪਾ ਕਹਿੰਦੇ

ਪਾਪਾ ਕਹਿੰਦੇ ਕਰ ਦੇ ਟੀ.ਵੀ. ਬੰਦ,  
ਇਹ ਸੁਣ ਕੇ ਰਹਿ ਗਏ ਅਸੀਂ ਦੰਗ,  
ਪਾਪਾ ਨੇ ਕੀਤਾ ਜਦੋਂ ਇਹ ਐਲਾਨ,  
ਸਾਡੀ ਤਾਂ ਨਿਕਲ ਗਈ ਜਾਨ,

ਪਾਪਾ ਕਹਿੰਦੇ ਤੁਹਾਡੇ ਪੇਪਰ ਆ ਗਏ ਸਿਰ ਤੇ,  
ਤੁਸੀਂ ਤਾਂ ਦਿਨ ਕੱਢਦੇ ਫਿਰ ਕੇ  
ਪਾਪਾ ਕਹਿੰਦੇ ਜਿਹੜਾ ਹੋ ਗਿਆ ਪੇਪਰਾਂ 'ਚ ਫੇਲ੍ਹ  
ਉਸਦੀ ਬਣਾਉਣੀ ਮੈਂ ਰੇਲ।

ਪਾਪਾ ਦੀਆਂ ਝਿੜਕਾਂ ਆਈਆ ਰਾਸ  
ਅਸੀਂ ਹੋ ਗਏ ਪੇਪਰਾਂ 'ਚੋਂ ਪਾਸ  
ਇਸ ਲਈ ਵੱਡਿਆਂ ਦੀ ਗੱਲ 'ਤੇ ਕਰੋ ਅਮਲ  
ਜੇ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਹੋਣਾ ਹੈ ਸਫਲ।



ਸੋਮਿਲ ਮਲਿਕ  
ਨੌਵੀਂ-ਡੀ

## ਹਿੰਮਤ

ਹਿੰਮਤ ਨਾ ਹਾਰ ਓ ਰਾਹੀਂ,  
ਹਿੰਮਤ ਨਾ ਤੂੰ ਹਾਰ।  
ਪੱਤਝਣ ਦੇ ਪਿੱਛੋਂ ਹੀ ਆਉਂਦੀ,  
ਆਉਂਦੀ ਰੁੱਤ ਬਹਾਰ।  
ਹਿੰਮਤ ਨਾ ਤੂੰ ਹਾਰ ਓ ਰਾਹੀਂ, ਹਿੰਮਤ ਨਾ ਤੂੰ ਹਾਰ।

ਤੇਰਾ ਸਫ਼ਰ ਹੈ ਔਖਾ ਭਾਵੇਂ,  
ਰਾਹ ਵੀ ਬਹੁਤ ਲੰਮੇਰੀ।  
ਹੋਣਗੀਆਂ ਸਭ ਦੂਰ ਔਕੜਾਂ,  
ਦੇਖ ਕੇ ਹਿੰਮਤ ਤੇਰੀ।

ਹਿੰਮਤ ਨਾਲ ਹੀ ਮੰਜ਼ਿਲ ਮਿਲਦੀ, ਕਰ ਲੈ ਸੋਚ ਵਿਚਾਰ  
ਹਿੰਮਤ ਨਾ ਤੂੰ ਹਾਰ ਓ ਰਾਹੀਂ, ਹਿੰਮਤ ਨਾ ਤੂੰ ਹਾਰ।

ਰਾਹ ਵਿੱਚ ਆਉਣਗੀਆਂ ਲੱਖ ਮੁਸ਼ਕਲਾਂ,

ਪਰ ਤੂੰ ਨਾ ਘਬਰਾਈਂ।

ਹੱਸਦਾ-ਗਾਉਂਦਾ, ਅੱਗੇ ਵਧਦਾ ਜਾਈਂ।

ਦੇਖੀਂ ਤੇਰੇ ਅੱਗੇ ਝੁੱਕਦੇ, ਟਿੱਬੇ, ਟੋਏ, ਪਹਾੜ।

ਹਿੰਮਤ ਨਾ ਤੂੰ ਹਾਰ ਓ ਰਾਹੀਂ, ਹਿੰਮਤ ਨਾ ਤੂੰ ਹਾਰ।

ਢੇਰੀ ਢਾਹ ਕੇ ਬੈਠ ਨਾ ਜਾਈਂ, ਭਾਵੇਂ ਘੁੱਪ ਹਨੇਰਾ।

ਕਾਲੀ ਬੋਲੀ ਰਾਤ ਤੋਂ ਪਿੱਛੋਂ, ਹੁੰਦਾ ਸੋਨ ਸਵੇਰਾ।

ਲੋਚੀ ਵਾਂਗੂ ਮਨ ਦੇ ਉੱਤੋਂ, ਤੂੰ ਵੀ ਬੇਝ ਉਤਾਰ।

ਹਿੰਮਤ ਨਾ ਤੂੰ ਹਾਰ ਓ ਰਾਹੀਂ, ਹਿੰਮਤ ਨਾ ਤੂੰ ਹਾਰ॥



ਅਨੰਦਸਿਮਰ ਕੌਰ  
ਨੌਵੀਂ-ਡੀ

## ਮਾਡਰਨ ਕਾਲਜ ਲਾਈਫ

ਜਦੋਂ ਵਿਦਿਆਰਥੀ ਕਾਲਜ ਵਿੱਚ ਦਾਖਲਾ ਲੈਂਦਾ ਹੈ

“ਜ਼ਿੰਦਗੀ ਖੂਬਸੂਰਤ ਹੈ।”

ਕਾਲਜ ਵਿੱਚ ਪਹਿਲਾ ਦਿਨ

“ਜੀ ਆਇਆ ਨੂੰ”

ਜਦੋਂ ਵਿਦਿਆਰਥੀ ਲੈਕਚਰ ਛੱਡਦਾ ਹੈ

“ਵਾਹ! ਲਾਈਫ ਹੋ ਤੇ ਐਸੀ।”

ਜਦੋਂ ਅਧਿਆਪਕ ਟੂਰ ਤੇ ਲੈ ਜਾਂਦੇ ਹਨ

“ਯਾਰਾਂ ਨਾਲ ਬਹਾਰਾਂ”

ਜਿਸ ਦਿਨ ਟੈਸਟ ਹੋਣਾ ਹੁੰਦਾ ਹੈ

“ਕੋਈ ਮੇਰੇ ਦਿਲ ਸੇ ਪੂਛੇ”

ਟੈਸਟ ਵਿੱਚ ਜਦੋਂ ਵਿਦਿਆਰਥੀ ਫੇਲ੍ਹ ਹੁੰਦਾ ਹੈ

“ਮਸਤੀ 'ਚ ਰਹੀਏ ਗੱਲ ਦਿਲ ਤੇ ਨਹੀਂ ਲਾਈਦੀ”

ਜਦੋਂ ਮਾਤਾ-ਪਿਤਾ ਕੋਲ ਟੈਸਟ ਰਿਪੋਰਟ ਪਹੁੰਚਦੀ ਹੈ।

“ਓਮ ਸ਼ਾਂਤੀ ਓਮ”

ਜਦੋਂ ਪ੍ਰੀਖਿਆ ਹੁੰਦੀ ਹੈ

“ਹੋਰਾ ਫੇਰੀ”

ਪੇਪਰਾਂ 'ਚ ਫੇਲ੍ਹ

“ਯੇ ਤੋਂ ਹੋਣਾ ਹੀ ਥਾਂ”



ਖੁਸ਼ੀ ਮਹਿਰਾ  
ਨੌਵੀਂ-ਏ

## ਬਚਾਓ ਪਾਣੀ

ਬਚਾਓ ਪਾਣੀ, ਬਚਾਓ ਆਪਣਾ ਸੁੱਖ

ਨਹੀਂ ਤਾਂ ਪਾਣੀ ਬਣ ਜਾਣਾ ਹਰ ਇੱਕ ਦਾ ਦੁੱਖ

ਪਾਣੀ, ਪਾਣੀ ਕੁਦਰਤ ਦੀ ਸੋਹਣੀ ਦਾਤ ਹੈ ਪਾਣੀ

ਪਾਣੀ ਬਿਨਾਂ ਧਰਤੀ ਉੱਤੇ, ਨਾ ਹੋਣਾ ਕੋਈ ਪ੍ਰਾਣੀ

ਅੱਜ ਦਾ ਮਨੁੱਖ ਹੈ ਕਿੰਨਾ ਮੰਦਾ

ਕਰੀ ਜਾਂਦਾ ਹੈ ਇਨ ਨੂੰ ਗੰਦਾ।

ਬਚਾਓ ਪਾਣੀ, ਬਚਾਓ ਇਸ ਨੂੰ ਆਪਣਾ ਸੁੱਖ

ਨਹੀਂ ਤਾਂ ਪਾਣੀ ਹੀ ਬਣ ਜਾਣਾ

ਹਰ ਇੱਕ ਦਾ ਦੁੱਖ।



ਜਾਨਵੀ ਬਾਂਧਾ  
ਦਸਵੀਂ-ਡੀ

## ਸੁੱਚੇ ਮੋਤੀ

- ਫੁੱਲ ਆਪਣੇ ਲਈ ਨਹੀਂ, ਦੂਜਿਆਂ ਲਈ ਖਿੜਦਾ ਹੈ।
- ਉਹ ਮਨੁੱਖ ਹੀ ਕੀ ਜਿਸ ਤੋਂ ਉਸਦੇ ਦੋਸਤ ਵੀ ਡਰੇ ਰਹਿੰਦੇ ਹਨ।
- ਆਪਣੀ ਤਾਕਤ ਤੇ ਭਰੋਸਾ ਕਰੋ, ਉਧਾਰ ਦੀ ਤਾਕਤ ਤੁਹਾਡੇ ਲਈ ਘਾਤਕ ਹੈ।
- ਗਿਆਨ ਹੈ ਜੋ ਪਵਿੱਤਰ ਕਰਦਾ ਹੈ, ਸੱਚ ਹੈ ਜੋ ਮੁਕਤ ਕਰਦਾ ਹੈ।
- ਮੌਕਾ ਕਦੇ ਵੀ ਹੱਥ ਨਹੀਂ ਆਉਂਦਾ, ਉਸ ਨੂੰ ਝਪਟ ਕੇ ਪ੍ਰਾਪਤ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।
- ਗੁੱਸੇ ਨਾਲ ਸਾਰੇ ਕੰਮ ਨਹੀਂ ਬਣਦੇ, ਜਿਵੇਂ ਸ਼ਾਂਤੀ ਨਾਲ ਬਣਦੇ ਹਨ।
- ਮਹਾਨਤਾ ਉਹਨਾਂ ਲੋਕਾਂ ਨੂੰ ਪ੍ਰਾਪਤ ਹੁੰਦੀ ਹੈ, ਜੋ ਰੁਕਾਵਟਾਂ ਤੋਂ ਭੱਜਦੇ ਨਹੀਂ, ਸਗੋਂ ਉਹਨਾਂ ਤੇ ਕਾਬੂ ਪਾਉਂਦੇ ਹਨ।



ਅਰਜੁਨ ਸਿੰਘ  
ਦਸਵੀਂ-ਬੀ

## ਮੂਰਖ ਬ੍ਰਾਹਮਣ

ਕਿਸੇ ਪਿੰਡ ਵਿੱਚ ਇੱਕ ਅਮੀਰ ਆਦਮੀ ਰਹਿੰਦਾ ਸੀ। ਉਸ ਦੇ ਘਰ ਪੁੱਤਰ ਪੈਦਾ ਹੋਇਆ। ਉਸ ਨੇ ਇਸ ਖੁਸ਼ੀ ਦੇ ਮੌਕੇ ਤੇ ਬ੍ਰਾਹਮਣ ਨੂੰ ਭੋਜਨ ਛਕਾਇਆ ਤੇ ਇੱਕ ਸੋਹਣੀ ਜਿਹੀ ਵੱਡੀ ਦਾਨ ਵਜੋਂ ਦਿੱਤੀ। ਬ੍ਰਾਹਮਣ ਪ੍ਰੇਮਿਤ ਆਪਣੇ ਘਰ ਵੱਲ ਚਲ ਪਿਆ। ਰਸਤੇ ਵਿੱਚ ਚਾਰ ਠੱਗਾਂ ਨੇ ਉਸ ਤੋਂ ਵੱਡੀ ਖੋਹਣ ਦੀਆਂ ਵਿਉਂਤਾਂ ਬਣਾਉਣ ਲੱਗ ਪਏ। ਇੱਕ ਠੱਗ ਬ੍ਰਾਹਮਣ ਨੂੰ ਕਹਿਣ ਲੱਗ ਪਿਆ, “ਸ਼੍ਰੀਮਾਨ ਜੀ ਇਹ ਕੁੱਤਾ ਚੰਗੀ ਨਸਲ ਦਾ ਨਹੀਂ ਹੈ।” ਬ੍ਰਾਹਮਣ ਨੇ ਹੱਸ ਕੇ ਕਿਹਾ, “ਇਹ ਤਾਂ ਵੱਡੀ ਹੈ।” ਜਦੋਂ ਬ੍ਰਾਹਮਣ ਕੁਝ ਦੂਰ ਹੋਰ ਨਿਕਲ ਗਿਆ ਤਾਂ ਇੱਕ ਹੋਰ ਠੱਗ ਝਾੜੀਆਂ ਵਿੱਚੋਂ ਬਾਹਰ ਆਇਆ ਤੇ ਉਸ ਨੂੰ ਆਖਣ ਲੱਗਾ, “ਇਹ ਕੁੱਤਾ ਜਿਹਾ ਕਿੱਥੇ ਚੁੱਕੀ ਲਿਜਾ ਰਹੇ ਹੋ? ਇਹ ਤਾਂ ਬੜੀ ਘਟੀਆ ਨਸਲ ਵਾਲਾ ਹੈ।” ਕੁਝ ਦੂਰ ਉਸਨੂੰ ਇੱਕ ਹੋਰ ਠੱਗ ਆ ਕੇ ਆਖਣ ਲੱਗ ਪਿਆ, “ਪਹਿਲਾ ਬ੍ਰਾਹਮਣ ਦੇਖਿਆ ਜੇ ਅਵਾਰਾ ਕੁੱਤੇ ਨਾਲ ਮਿੱਤਰਤਾ ਕਰੀ ਬੈਠਾ ਏ।” ਇਹ ਸੁਣ ਕੇ ਬ੍ਰਾਹਮਣ ਨੂੰ ਯਕੀਨ ਹੋਣ ਲੱਗ ਪਿਆ ਕਿ ਇਹ ਸੱਚਮੁੱਚ ਹੀ ਕੋਈ ਕੁੱਤਾ ਹੋਣਾ ਏ। ਉਹ ਸੋਚਾਂ ਵਿੱਚ ਡੁੱਬਾ ਹੋਇਆ ਸੀ ਕਿ ਚੌਥਾ ਠੱਗ ਵੀ ਨਿਕਲ ਕੇ ਬੋਲਿਆ, “ਇਹ ਕੁੱਤਾ ਇਤਬਾਰ ਦੇ ਯੋਗ ਨਹੀਂ, ਇਸ ਨੂੰ ਛੱਡ ਦਿਓ ਨਹੀਂ ਤਾਂ ਇਹ ਨੁਕਸਾਨ ਪਹੁੰਚਾਏਗਾ।” ਚੌਥੇ ਠੱਗ ਦੀ ਗੱਲ ਸੁਣ ਕੇ ਬ੍ਰਾਹਮਣ ਪੂਰੇ ਯਕੀਨ ਵਿੱਚ ਆ ਗਿਆ ਕਿ ਜ਼ਰੂਰ ਇਹ ਕੋਈ ਕੁੱਤਾ ਹੀ ਹੈ। ਉਸ ਨੇ ਉਸ ਦੀ ਰੱਸੀ ਝੱਟ ਹੱਥੋਂ ਛੱਡ ਦਿੱਤੀ ਤੇ ਸੋਚ ਵਿੱਚ ਡੁੱਬਾ ਅੱਗੇ ਤੁਰ ਪਿਆ। ਠੱਗਾਂ ਨੇ ਉਸ ਵੱਡੀ ਨੂੰ ਫੜ ਲਿਆ ਤੇ ਆਪਣੇ ਘਰ ਲੈ ਗਏ।



ਵੰਸ਼  
ਸੱਤਵੀਂ-ਸੀ

## ਕਿੰਨਾ ਸੱਚ ਹੈ

- ਇੱਕ ਵਾਰ ਕਿਸੇ ਨੇ ਇੱਕ ਬਚੁਰਗ ਨੂੰ ਪੁੱਛਿਆ ਕਿ ਮਿਰਚ ਕਿਸ ਮੌਸਮ ਵਿੱਚ ਲਗਦੀ ਹੈ? ਬਚੁਰਗ ਬੋਲਿਆ ਮਿਰਚ ਦਾ ਕੋਈ ਮੌਸਮ ਨਹੀਂ ਹੁੰਦਾ, ਇਹ ਤਾਂ ਸੱਚ ਬੋਲਣ ਤੇ ਲਗਦੀ ਹੈ।
- ਤਮਾਸ਼ਾ ਇਸ ਦੁਨੀਆ ਵਿੱਚ ਸਵੇਰੇ ਸ਼ਾਮ ਹੁੰਦਾ ਹੈ। “ਝੂਠ” ਨੂੰ ਮਾਣ ਮਿਲਦਾ ਹੈ ਅਤੇ “ਸੱਚ” ਬਦਨਾਮ ਹੁੰਦਾ ਹੈ।
- ਕਿਸੇ ਨੂੰ ਉਜਾੜ ਕੇ ਜੇ ਵੱਸਿਆ ਤਾਂ ਕੀ ਵੱਸਿਆ, ਬੰਦੇ ਨੂੰ ਰੁਆ ਕੇ ਜੇ ਹੱਸਿਆ ਤਾਂ ਕੀ ਹੱਸਿਆ?
- ਗੁੱਸਾ ਨਹੀਂ ਕਰੀਦਾ, ਦੁਨੀਆਂ ਦੇ ਤਾਹਨਿਆਂ ਦਾ, ਅਣਜਾਣ ਲੋਕਾਂ ਲਈ ਤਾਂ ਹੀਰਾ ਵੀ ਕੱਚ ਵਰਗਾ ਹੁੰਦਾ ਹੈ।
- ਹੱਥ ਘੁੱਟ ਕੇ ਖਰੀਦੀਏ ਤਾਂ ਹੱਥ ਅੱਡ ਕੇ ਮੰਗਣ ਦੀ ਨੌਬਤ ਨਹੀਂ ਆਉਂਦੀ।



ਨਵੀਸ਼  
ਸੱਤਵੀਂ-ਸੀ

“ਕਿਸੇ ਦਾ ਮਾਤਾ ਨਾ ਸੋਚੇ ਤੁਹਾਡਾ ਚੰਗਾ ਆਪਣੇ ਆਪ ਹੋਵੇਗਾ।”

# MATHEMATICS

## Editorial

*"The laws of nature are written in the language of mathematics."*

— Galileo Galilei

My belief is that the beauty of mathematics lies in finding and representing patterns to deconstruct complex problems into simple intuitive connections. The mathematics content in this magazine intends to impart a multi-disciplinary understanding of how numbers and simple rules around them can help make sense of various systems and phenomena in everyday developments around the globe. I hope these thought pieces bring home the breath-taking array of ways in which mathematics can be employed to decipher and trigger ideas.



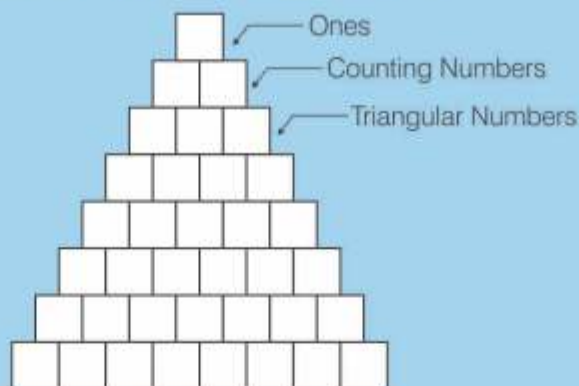
**Mrs. Supninder Kaur**

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# Pascal's $\Delta$ ....

$$\begin{aligned}
 11^0 &= 1 & \longrightarrow \\
 11^1 &= 11 & \longrightarrow \\
 11^2 &= 121 & \longrightarrow \\
 11^3 &= 1331 & \longrightarrow \\
 11^4 &= 14641 & \longrightarrow \\
 11^5 &= 161051 & \longrightarrow \\
 11^6 &= 1771561 & \longrightarrow \\
 11^7 &= 19487171 & \longrightarrow
 \end{aligned}$$



$$\begin{aligned}
 &\longleftarrow 1 \\
 &\longleftarrow 2 \\
 &\longleftarrow 4 \\
 &\longleftarrow 8 \\
 &\longleftarrow 16 \\
 &\longleftarrow 32 \\
 &\longleftarrow 64 \\
 &\longleftarrow 128
 \end{aligned}$$

## Diagonals

- The first diagonal is, of course, just "1"s
- The next diagonal has the counting numbers (1, 2, 3, etc.)
- The third diagonal has the triangular numbers
- The fourth diagonal has the tetrahedral numbers

## Symmetrical

- The triangle is also symmetrical. The numbers on the left side have identical matching numbers on the right side, like a mirror image...

## Horizontal Sums

- What do you notice about the horizontal sums?
- Is there a pattern?
- They double each time (powers of 2)...

## Exponents of 11

Each line is also the powers (exponents) of 11:

- $11^0 = 1$  (the first line is just a "1")
- $11^1 = 11$  (the second line is "1" and "1")
- $11^2 = 121$  (the third line is "1", "2", "1")

But what happens with  $11^5$ ? simple! The digit just overlap, like this:

$$\begin{array}{cccccc}
 (1) & (51) & (01) & (0) & (5) & (1) \\
 (1) & (6) & (1) & (0) & (5) & (1)
 \end{array}$$

The same thing happens with  $11^6$ , etc.



**Divyakshi**  
XI-D

# Math of Sunflowers

Sunflowers are beautiful, and iconic for the way their giant yellow heads stand off against a bold blue sky. And of course most of us love to munch on the seeds they produce. However, have you ever stopped to look at the pattern of seeds held within the centre of these special flowers? Sunflowers are more than just beautiful food – they are also a mathematical marvel.

The pattern of seeds within a sunflowers follow the Fibonacci sequence, or 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144... Each number in the sequence is the sum of the previous two numbers. In sunflowers, the spirals you see in the centre are generated from this sequence – there are two series of curves winding in opposite directions, starting at the centre and stretching out to the petals, with each seed sitting at a certain angle from the neighbouring seeds to create the spiral.



**Simarpreet Singh Sodhi**  
X-A

# The great partnership in the history of Mathematics

Throughout the history of mathematics, there has been no one remotely like Srinivasa Ramanujan. There is no doubt that he was a great mathematician, but he has simply a good university education and been taught by a good professor in his field, we wouldn't have a film about him. It cannot be understated, however, the role played by Ramanujan's tutor Godfrey Harold Hardy in his life story. The Cambridge Mathematician worked tirelessly with the Indian genius, to tame his creativity within the then current understanding of the field. It was only with Hardy's care and mentoring that Ramanujan became the scholar we know him as today.

## Determined and obsessed

In December 1903, at the age of 16, Ramanujan passed the matriculation exam from the University of Madras. But as he concentrated on Mathematics to the exclusion of all other subjects, he did not progress beyond the second year. Ramanujan remained obsessed with mathematics and kept working on continued fractions, divergent series, elliptic integrals, hypergeometric series and the distribution of primes. By 1911, Ramanujan was desperate to gain recognition from leading mathematicians, especially those in England. So, at the beginning of 1913, when he was just past 25, he dispatched a letter to Hardy in Cambridge with a long list of his discoveries – a letter which changed both their lives. Hardy, at the age of 36 was already the leading mathematician in England. The mathematical scene in England in the first half of the 20th century was dominated by Hardy and another titan of Trinity College, J.E. Littlewood. The two formed a legendary partnership, unique to this day, writing an astounding 100 joint papers. Hardy was not only an outstanding mathematician, he was also a wonderful teacher, eager to nurture talent.

## Genius Unknown

Hardy sent an encouraging reply to Ramanujan, which led to a frequent exchange of letters. It was clear to Hardy that Ramanujan was totally exceptional. Hardy knew that if Ramanujan was to fulfil his potential, he had to have a solid foundation in mathematics, at least as much as the best Cambridge graduates. It was for Ramanujan's good that Hardy invited him to Cambridge. He asked E.H. Neville, another fellow of Trinity College, who was on a serendipitous trip to Madras, to secure Ramanujan a scholarship from the University of Madras. Neville's wrote in a letter to the university that "the discovery of the genius of S. Ramanujan of Madras promises to be the most interesting event of our time in the mathematical world. Ramanujan sailed for England in the company of Neville, and arrived in Cambridge in April 1914.

## Fearless Mentoring

In 1916, Ramanujan got his BA from Cambridge and his research went from strength to strength. He published one excellent paper after another, with a great deal of Hardy's help in the proofs and presentation. They also collaborated on several great projects, and published wonderful joint paper. Sadly, in the spring of 1917 Ramanujan fell ill, and was in and out of sanatoria for the rest of his stay in Cambridge. By early 1919, Ramanujan seemed to have recovered sufficiently, and decided to travel back to India. Hardy was alarmed not to have heard from him for a considerable time, but a letter in February 1920 made it clear that Ramanujan was very active in research. Ramanujan's letter contained some examples of his latest discovery, mock theta functions, which have turned out to be very important. A main conjecture about them was solved 80 years later, and these functions are now seen as interesting examples. Sadly, Ramanujan's recovery was short-lived. His illness returned and killed him, aged just 32, on April 26, 1920, leaving him only a short time to benefit from his fellowship of the Royal Society and fellowship of Trinity.

Shobhit Harit  
XI-B



# Ekadhikena Purvena in converting Fractions to Decimals

## Conditions

In Fraction,

1. Denominator value 1's digit must be 9
2. Denominator value must be prime number (19, 29, 39, 59...)

## Calculation Rules

1. Find the number of digit answer from denominator  $n = \text{denominator value} - 1$ .
2. First we find the half of the number of digit answer  $m = n/2$
3. Find  $x$  from denominator value remove 1's digit and remaining value (Ekadhikena Purvena) add by 1
4. Always start with 1
5. Now, multiply last find digit to be  $x$  value, if result is carry occurs to carry the value to next multiplication. Its up to reach  $m$  number of digits.
6. Next to find the compliment of rule 5. result of  $m$  digit values.
7. Now write answer from digit in reverse order from rule 6 and rule 5 with decimal point, its answer of given fraction value.

Example:  $1/19$

Rule 1:  $n = 19 - 1 = 18$

Rule 2:  $m = 18/2 = 9$

Rule 3:  $x$  (Ekadhikena Purvena - digit previous to 9) + 1 = 2

Rule 4: 1 (first digit)

Rule 5: 1 (first digit)

$1 \times 2 (x) = 2$

$2 \times 2 = 4$

$4 \times 2 = 8$

$8 \times 2 = 16$  (carry 1) = 6

$6 \times 2 = 12 + 1$  (carry 1) = 3

$3 \times 2 = 6 + 1 = 7$

$7 \times 2 = 14$  (carry 1) = 4

$4 \times 2 = 8 + 1 = 9$

$m$  number of digits find i.e., 9 digits)

Rule 6: 1 2 4 8 6 3 7 4 9

Compliment (minus from 9) of this result is

8 7 5 1 3 6 2 5 0

Rule 7: digit in reverse order

0.052631578947368421

Result:

$1/9 = 0.052631578947368421$



**Tejinder Pal Singh**  
XII-D

# Mathematical Anxiety

Mathematical Anxiety is anxiety about one's ability to do mathematics. It is a feeling of tension, apprehension or fear that interferes with math performance.

The academic study of math anxiety originates as early as 1950s, where Mary Fides Gough introduced the term Mathemaphobia to describe the phobia like feeling of many towards mathematics.

The first math anxiety measurement scale was developed by Richardson in 1972 and since then various researchers have examined math anxiety. It determined that math anxiety is related to poor math performance on math achievement tests and it is related to negative attitude concerning math.

Highly anxious math students will avoid situations in which they have to perform mathematical calculations. Unfortunately math avoidance results in less competency, exposure and math practice, leaving students more anxious and mathematically unprepared to achieve. Anxious math students take fewer maths courses and tend to feel negative towards math. According to the researchers at the University of Chicago, math anxiety is not simply about being bad at math. After using brain scans, scholars confirmed that the anticipation or the thought of solving math actually causes math anxiety. The math anxiety manifests itself in a variety of ways including physical, psychological and behavioural symptoms that can disrupt a students performance.

There have been many studies that show parent involvement in developing a child's educational process and one of the easiest way to reduce math anxiety is for the parents to be more involved in their children education. Also a parents perception on mathematics influence their child perception and achievement.



**Shriyam**  
XI-B



# Importance of Maths

"When will I use math?" is a question often posed by students wondering how topics like factorization and algebra will play a role in their everyday lives. However, often without realizing it, we use math in day-to-day activities like making purchases, tracking cellphone minutes or even baking.

We look for few ways to motivate ourselves to enjoy math. Here are few ideas to get started.

- **Animator** – An animator uses linear algebra to show the way an object is rotated and shifted, and made larger and smaller.
- **Computer Scientist** – Creating the next generation of gadgets of an app involve some more math than one may think. Theoretical studies of algorithms are just a small part of the process.
- **Fashion Designer** – Fashion designers use area, perimeter and diameter as well as mathematical algorithms to help create designs and calculate the amount and cost of fabric required.
- **Astronauts** – Astronauts use math to make precise mathematical calculations from how the spacecraft leaves earth's atmosphere to how the astronauts pilot the craft.
- **Architect** – Architects use math to calculate the square footage of rooms and buildings, to lay out floor space dimensions and to calculate the required space for other areas such as parking, plumbing etc.

Many aspiring careers requires a solid foundation in mathematics.

In the modern age, the intensely abstract nature of pure mathematics has brought the science nearer to philosophy. Knowledge of mathematics is indispensable both for the public person in the street as well as for scientists and philosophers.



**Jahnavi Singh**  
XI-B

## 10 facts about Maths

1. Zero (0) is the only number which cannot be represented by Roman numerals.
2. What comes after a million, billion and trillion? A quadrillion, quintillion, sextillion, septillion, octillion, nonillion, decillion and undecillion.
3. Plus (+) and Minus (-) sign symbols were used as early as 1489 A.D.
4. 2 and 5 are the only primes that end in 2 or 5.
5. Aicosagon is a shape with 20 sides.
6. Among all shapes with the same perimeter a circle has the largest area.
7. Among all shapes with the same area circle has the shortest perimeter.
8. 40 when written "forty" is the only number with letters in alphabetical order, while "one" is the only one with letters in reverse order.
9. 'Four' is the only number in the English Language that is spelt with the same number of letters as the number itself.
10. From 0 to 1,000, the letter "A" only appears in 1,000 ("one thousand").



**Jatin Aggarwal**  
XI-B

## Tricks of Mathematics

1. The easiest way to multiply.  
Suppose the Number is  $43 \times 11$   
Step 1 : Take the first number = 43  
Step 2 : Add the numbers =  $4 + 3$   
Step 3 : Stick the result in middle =  $473$   
Therefore the answer is 473.
2. Finding someone's age – Number trick
  - Multiply the first number of his/her age by 5.
  - Now, Add 3
  - Now double the resulting number.
  - Finally, add the second number of his/her age to the result and check the answer.
  - Deduct 6 and you will have your age.
3. Multiply  $259 \times (\text{your age}) \times 39$  = your age repeated three times.  
For example :  $259 \times 14 \times 39 = 141414$



**Ishaan Anand**  
VIII-C

## Funny Maths Riddles

1. If you had five mangoes and two bananas in one hand and two mangoes and four bananas in the other hand. What would you have?  
Ans: Very large hands.
2. Why is 6 so afraid of 7?  
Ans. Because seven was hungry and 'seven ate nine' (7,8,9).
3. Why should you never mention the number 288 to a friend of any one?  
Ans. Because 288 is too gross.
4. How many eggs can you put in an empty basket?  
Ans. Only one egg because after that the basket doesn't empty.
5. How many 9's are there between 1 and 100?  
Ans. Twenty 9's.
6. I am an odd number, take away an alphabet and I become even?  
Ans. 7 (seven; s = even).



**Parth Arora**  
VIII-A

# Birthday Trick

- This math trick will determine your birthday. Just follow the steps with a calculator and press equal after each step. Go ahead and try the trick without cheating! For a simple, online Javascript Calculator, click on the calculator button.

- Add 18 to your birth month.
- Multiply by 25
- Subtract 333
- Multiply by 8
- Subtract 554
- Divide by 2
- Add your birth date
- Multiply by 5
- Add 692
- Multiply by 20
- Add only the last two digits of your birth year
- Subtract 32940 to get your birthday!



**Sirjan Kaur**  
VIII-C

- The answer's format is : month/ day/ year. For example, an answer of 123199 means that you were born on December 31, 1999. If the answer is not right, you followed the directions incorrectly or lied about your birthday.

## Bees are Mathematicians

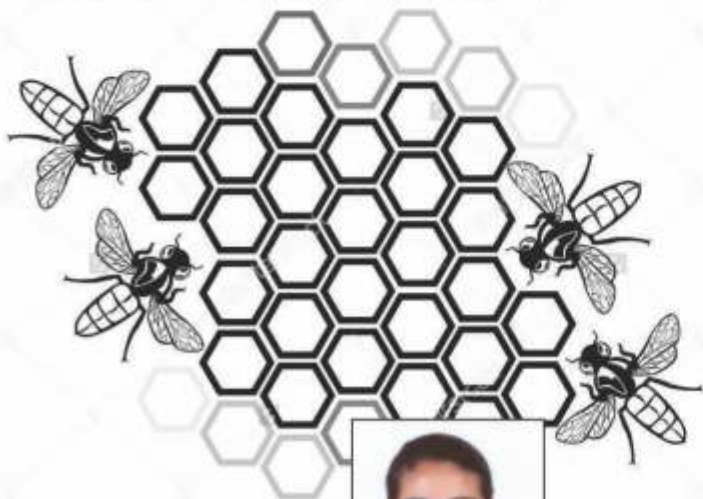
How much maths does a bee know?

Well, we will be surprised to find out that they surely know a little more geometry than most of us humans. Honeybees are some of nature's "FINEST MATHEMATICIANS!" Not only they can calculate angles and comprehend the roundness of the earth, these smart insects build and live in one of the most mathematically efficient architectural designs around that is 'THE BEEHIVE'...

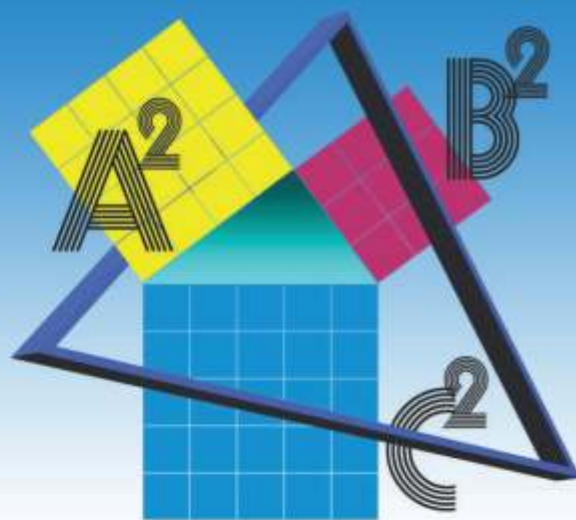
A Beehive is made up of hexagons backed all together.

Why hexagons? Not square or triangles?

Hexagons fit most closely together without any gaps, so they are an ideal shape to maximise the available space.



**Manraj Kaur**  
XI-A



## Vedic Mathematics

Born in the Vedic Age, but buried under centuries of debris, this remarkable system of calculation was deciphered towards the beginning of 20th century. When there was a great interact in ancient Sanskrit texts, especially in Europe. However, certain texts were called *Ganita Sutras*, which contained mathematical deductions, were ignored, because no one could find any mathematics in them. These texts, it's believed, bore the germs of what we now know as Vedic Mathematics.

Vedic Mathematics is the name given to the ancient system of mathematics or to be precise, a unique technique of calculations based on simple rules and principles, with which any mathematical problem – be it arithmetic, algebra, geometry or trigonometry – can be solved, ORALLY!!

Some may wonder why it is called "Vedic". Just as the basic principles of Hinduism lie in the Vedas, so do the roots of mathematics.

This system is based on 16 Vedic *Sutras*, which are actually word-formulas describing natural ways of solving a whole range of mathematical problems. Some examples of *Sutras* are "By one more than the one before", "Vertically and Crosswise". The 16 one line formulas are easily memorised, enables one to solve long mathematical problems quickly.

Researches are being undertaken in many areas including the effects of learning Vedic Maths on children. A great deal of research is also being done on how to develop more powerful and easy applications of the Vedic *Sutras* in geometry, calculus and computing.

**Nikita**  
XI-C



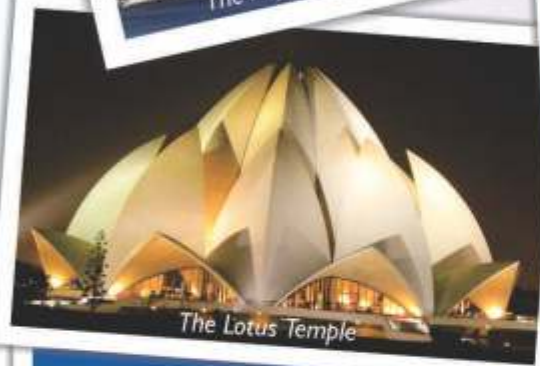
# Mathematics & Concrete



The Royal Ontario Museum in Toronto, Ontario



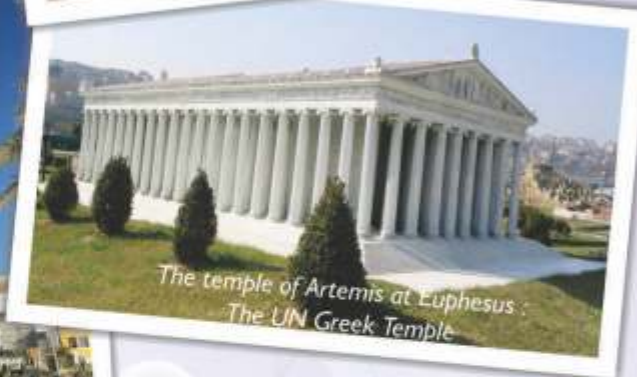
The Taj Mahal



The Lotus Temple



Bahrain World Trade Centre



The temple of Artemis at Ephesus :  
The UN Greek Temple



Church Madrid, Spain



The Vitra Design Museum,  
Weil and Rhein



Crescent Moon Tower  
(Dubai, United Arab Emirates)



Death Star Hotel, Baku, Azerbaijan



Etemenaki, Iraq



Muskaan

X-C



# Science

## Section



### Editorial

Science is a way of thinking much more than it is a body of knowledge. The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom. Science without religion is lame, religion without science is blind. Science is the way of thinking. Research is to see what everybody else has seen and to think what nobody else has thought.



Mrs. Nidhi Sharma

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# How many galaxies are there in the Universe?

We don't know when astronomers look into the universe they discover more galaxies. Some part of the universe has not been looked at yet, and there are other parts that telescopes cannot see. The best estimate by astronomers is that there are about 125 billion galaxies out there.

The word, Galaxy comes from the Greek name for the galaxy we live in – the Milky Way Galaxy – and has its origin in the Greek word for milk.

1. Galaxies are huge star systems, made of stars and large amounts of gas and dust.
2. They come in a range of sizes and shapes consisting of millions, billions, or even trillions of stars.
3. Some, known as active galaxies, have unexpected amount of energy that comes from star material falling into a black hole.
4. Other galaxies are transformed by galactic collisions.

Apart from the Milky Way, three galaxies are easily seen with the naked eyes from earth – Andromeda, the Large Magellanic Cloud, and the Small Magellanic Cloud.

Galaxies are of many shapes such as : Spiral galaxy; Barred spiral galaxy; Elliptical galaxy; lenticular galaxy; irregular galaxy.

Most common thing or fact that strikes our mind as we listen to universe is Black Hole.

1. A black hole is a region of incredibly powerful gravity that drags matter toward it into a tiny space or point known as singularity.
2. They are called 'Black' because the light that is sucked in cannot get out.
3. You get Black Holes when a massive star explodes. These explosions are known as supernovas.
4. You also get Black Holes at Centre of active galaxies, where their mass is equivalent to millions of suns.

**Neerav Sharma**  
XII-B



## Artificial Intelligence

It is a highly complex technology that allows computers to function like human brain. It is still in major developmental stage but so far it has been used in many things including video games, medical diagnosis, and stock trading. The term was coined in 1956 by John Mc Carthy at the Massachusetts Institute of Technology. The development of artificial intelligence started with the intention of creating similar intelligence in machines that we find and regard high in humans. A.I. combines science and engineering in order to build machines capable of intelligent behaviour. It brings together work from the fields of philosophy, psychology and computer science.

A.I. systems are often thought of as science fiction but these techniques are used in many ways, for example by credit card companies to notice whether the card has been stolen, by looking for changes in spending patterns. It is also used in chess computers, for scheduling the observations of the Hubble space telescope, and for helping doctors diagnose diseases. Robots with A.I. were used to clean up after Chernobyl nuclear power disaster. In order to build these machines with A.I. many techniques are used as utilizing the specialist knowledge of expert people like doctors and lawyers and then integrating them into various programs. Natural networks are developed which are computers that work a little bit like brain and are as intelligent.

There are many complicated ethical issues in A.I. For example, if an A.I. programme gives a wrong interpretation then who is to be held responsible, the knowledge of experts or the programmers. So in future A.I. will also need to involve fields such as social policy and ethics. So far A.I. products have been welcomed by our society. Current research should bring us programmes to help use the power of computers more naturally. Machines should be able to communicate with humans by talking or they may even guess what humans are trying to do by observing and offer advice and help. Hopefully A.I. will one day help humans solve the problems that currently cannot be solved at all using traditional approaches to science and engineering.



**Ishaan Sodhi**  
VII-E

# Light

Have you ever seen a beam of sunlight shining through a narrow opening or a hole when you enter a dark room? You may have seen beams of light from a torch, headlights of cars and scooters. In cinema hall you may have noticed how the light from the projector falls on the white screen. In all cases, it is observed clearly that light seems to travel in straight lines. Actually light is an invisible energy, but it makes the dust particles in the path of light visible as the light falls on them. The property of light travelling in straight lines is called rectilinear propagation of light.

## Reflection of Light

When you go near a river bank, you can see your image on the surface of water of the river. So, here the surface of water acts like a mirror. Whether it is the surface of water or looking glass (mirror), they change the path of light and you might have seen the reflection of trees or buildings in water. Any polished or a shiny surface acts like a mirror. You know that mirror changes the direction of light that falls on it. This change of direction of light by a mirror called reflection of light.

## Dispersion of Light

You might have seen rainbow in the sky during monsoon. How many colours are present there in the rainbow. There are seven naming are red, orange, yellow, green, blue, indigo and violet. In short it is expressed as VIBGYOR. When soap bubbles are blown they also show the seven colours. Similarly, when light is reflected from a compact disc (CD), you can again see seven colours. The appearance of seven colours on a screen is known as dispersion of light.



**Vishesh Beri**  
VI-C

## Facts about Seas and Oceans

1. The areas that is now the Mediterranean Sea was once dry, but about 5 million years ago, the Atlantic Ocean poured through the Strait of Gibraltar at a rate 1000 times that of the Amazon, filling the Mediterranean Sea in about 2 years.
2. Heracleion, an ancient Egyptian city that was swallowed by the Mediterranean Sea about 1,200 years ago, was discovered in 2000 and has been the site of an underwater excavation since then.
3. 10,000 shipping containers are lost at sea each year and 10% of those hold toxic chemicals which may leak into the ocean.
4. "Sailing the Seven Seas" originally referred to the seven bodies of water Arabian traders crossed to reach China.
5. In the 16th and 17th centuries, two thirds of Denmark's income used to come from charging people to enter or leave the Baltic sea, those that refused to pay were sunk.
6. Every year Finland gets about 7km<sup>2</sup> bigger because it is rebounding from the weight of ice age glaciers and rising out of the sea.
7. Sea ice is drinkable because it has a tenth as much salt as sea water does. This is because ice will not incorporate sea salt into its crystal structure.
8. Aral Sea, once the fourth largest lake in the world, is now just 10% of its original size after Soviet engineers diverted water from its feeder rivers to cotton crops in the desert and is considered one of the worst environmental disasters in history.
9. Hot hydrothermal vents at the Ocean Sea bed heat the water upto 400°C and the pressure of the water above stops it from boiling.
10. Baltic sea doesn't mix with the North Sea due to the difference of the density.



**Rudraksh Jain**  
VIII-E



## Civilization Unmasked

Humans can be attributed as the most dominating species at present. The word 'dominating' finds its way on the basis of both power as well as intellect. This is the only species that has got everything in a balanced proportion. Human evolution studies clearly show that how humans got civilized or more organised. The increased intellect of humans had made them capable of finding solutions to nearly all impossible problems. The above line is supported by the kind of jobs – doctors, researches, engineers. These contributors have took the progress of the world to an another level and have changed the morphology of the world.

But according to an old proverb, both pain and gain go hand by hand. Above mentioned are the gains but who is the sufferer of all the pain involved? The answer is 'Our Mother Earth'. Let us now ponder over the dark side of civilization. The major loss is that this civilization has costed us in the form of deforestation. Humans are cutting trees, clearing forest to obtain wood used for various purposes. Then comes the automobiles which were invented to cut short large distances. Other rewarding technologies include smart phones, air conditioners. These gadgets are considered as present day human luxuries. But their overuse has turned them into a menace.

Deforestation has resulted into a loss of natural habitats of so many birds and animals. The loss of trees marks in increased carbon dioxide concentration and thus increase in temperature. Radiations emitted from smart phones during calling have resulted into extinction of various species of birds. These points form the dark side of our civilized brains and all the development that we have achieved. Thus, the planet is undoubtedly suffering and all the credit goes to human race. We have turned our ears deaf towards crying earth's weeping shores. If the same behaviour continues, the resultant condition would be even worse as well as irreversible. So, a change in human's present day behaviour is must to save life as :

"A Change is Everything."



**Nikita Gaur**  
XI-B

## Crazy Biometric Solutions

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

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

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

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

An equally significant concept is of heart rhythm scan. Humans have developed such wrist band that scans the

heartbeat rhythm, which every person has a different one, one transmits it to the computers to check if the person is valid or not.

Gait Analysis, one of the concepts scene mainly in Hollywood movies Mission Impossible, which actually means that sensors check the way you walk which no one could from another person and if someone tries to do so, he would be caught because the systems are designed to check so finely to declare a person to be valid or not.

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



**Parth Biyani**  
VII-E

# The mystery of the Mighty Universe

## (From a small explosion to nuclear explosions)

Did you ever notice that how the universe was made and how it started? If not, let's take a glance over the geography and history of the cosmic space.

### Characteristics

The earth on which we live is 4.7 billion years old. When standing on it we may feel that it is a mass which occupies a large space but it's just a small dot from the outer view of space! The universe is expanding. It is made up of dark matter, dark energy and the biological matter (neutrons, protons and electrons). Till now scientists have only studied the observable universe (the part of universe which we can see) and nobody knows what is lying behind it. It is expanding more and more which is causing the separation of galaxies and planets. The universe expands at 70km/h. The universe contains various mysterious things within itself which are still unrevealed. There are more than 200 galaxies and over 150 clusters of galaxies. And all these structures are contained in the one mighty universe.

### Origin of Big Bang Theory

Scientists have been questioning things about universe for a long time and it's worth it because to end the story we first have to understand the beginning. So let's go to a flashback of 1900s. The seeds for the new view of the universe were planted in 1916 when Albert Einstein published his theory of general relativity, from which the Dutch astronomer Willem de Sitter developed an imaginary expanding universe. The idea became a reality when Edwin Hubble showed the universe is expanding, that means it was once smaller and denser. In 1940s Fred Hoyle, together with Americans Hermann Bondi and Thomas Gold, put forward an alternative view of universe. The "steady state" theory proposed that the universe appears the same in every location and at all the times. It has no beginning or end, the matter is continuously created. The case for the big bang strengthened after 1955: when Martin Ryle showed that the distant, older, radio galaxies were more numerous and densely packed than those nearby. This disproved a vital characteristic of the hypothetical steady state universe, in which the universe would always stay the same.

### The start of the Universe

Let's go to the start of every thing and date back to the 13.8 billion years ago! The big bang produced all the matter, space

and originated the start of time. The big bang took place in a trillionth of a second and within second formed into a large playground of football. The earlier universe was a big, dense and hot nuclei of hydrogen helium and contained pure energy. The first things to be made were tiny particles of energy. Through these energy particles, formed the first atoms and living matter (neutrons, protons and electrons). Hydrogen and helium were the first atoms. After this sudden expansion, the Universe adopted a steady and constant rate of expansion. After 3000,000 million years, hydrogen and helium became the primal gases and were spread in the whole universe at a ratio of 3:1. Hydrogen and Helium continuously reacted and formed the new stars by the small mixtures of gases. After this started the beginning of life. Other life supporting gases like oxygen, carbon and nitrogen were created by nuclear reactions which took place in the stars. Planets formed through the process of accretion and so formed the groups like galaxies, clusters and voids. Various structures formed in the universe like asteroids, comets and other small moons or planets were either the part of the enormous planets or were created independently. Stars began to die and so were created various phenomena like black hole, supernova and red giant stars.

So friends, this was all about the creation, debate and the geography of the mighty universe and a contribution of all the scientists and people who made a lot of effort to reveal the mystery of universe and cosmic space. And if you liked it, give one more try of reading it and understanding the concepts.



**Kashid Chopra**  
VII-E

# Fruit Facts : You probably did not know

- Eating an apple is more reliable method of staying awake than consuming a cup of coffee.
- Study of fruits is called POMOLOGY.
- Purple and blue fruits help enhance memory.
- Apples stay afloat in water as they are 25% air.
- A kiwi has 2 times the vitamin C present in orange.
- Half a cup of figs have the same amount of calcium as a half cup of milk.
- A cucumber is not a vegetable but a fruit.
- Apples, peaches and raspberries are all members of rose family.
- There's a tree called Salad Tree that sprouts 3-7 different fruits in the same tree.
- A banana is not a fruit, it is a herb. Being easy to digest and highly nutritious, these are first fruits offered to babies.



**Divayjot Joshi**

VI-C

## Evolution, The history of life

There are about millions of organisms existing on the earth, but this was not always the case, the plants and animals we see every day were not present millions of years ago, when our dear planet earth was young. It was just an empty space with a lot of destruction, due to volcanoes and other environmental instabilities. There was no life, but just land and water. The existence of life started from still the most important thing in the world, water, when prokaryotic, single celled organism emerged. These organisms were not complicated, but simple structured bacterium, which then multiplied in large numbers. During multiplication, few genetic mistakes called mutations occurred which enabled the organisms to see the beautiful world around them. Like this many other changes occurred which changed all the organisms from a unicellular prokaryotic cell to a complex eukaryotic multicellular organisms we know today and are a part of. But this story didn't go so happy. There were many twists in the story and many sorrows too, like the end of Jurassic period when the dinosaurs got extinct, but those which survived, adapted and changed to sweet little birds we know now, and these birds further changed to mammals, making a major of the animal kingdom. Like this there were many mega destructions and many mutations, that made way for the vast variety of life we know today.



**Neha Singh**

X-C

## The Big Bang Theory

In 1927, astronomer named Georges Lemaitre had a big idea. He said that a very long time ago, the universe was started from just a single point. He said that the universe stretched and expanded to get as big as it's now, and that it could keep on stretching. The universe is a big place, and it's been around for a very long time. Thinking about how it all started is hard to imagine. Just two years later an astronomer Edwin Hubble noticed that other galaxies were moving away from us. And that's not all, the farthest galaxies were moving farthest from galaxies close to us. This meant that the universe was still expanding, just like Lemaitre thought if things were moving apart, it meant that long ago, everything has been close together. Everything we can see in our universe today – stars, comets, asteroids – they weren't there at the beginning. Where did they come from? When the universe began, it was just hot, tiny particles mixed with light and energy. As everything expanded and took up more space, it cooled down. The tiny particles made their groups together. They formed atoms. Then those atoms grouped together. Over lots of time, atoms came together to form stars. They first started creating bigger atoms and groups of atoms called molecules. That led to more stars being born. At the same time galaxies were crashing and grouping together. As stars were being born and dying, then things like asteroids, comets, planets, new stars etc. formed!!! How long did all of this would take? We know that the universe is 13,800,000,000 years old i.e. 13.8 billion. That is a very long time. That's pretty how the universe began. Because it got too big and lead to so much of things, so some people called it "The Big Bang" but may be the better name would be "The Everything Stretch" What do you think??



**Harnoor Kaur**

VII-E

## Learn from Nature

Learn from nature,  
Learn from its every creature.  
How to live the life,  
Whether you are somebody's husband or wife,  
Or any parent, grandparent or child,  
And remember, the race also continues in the wild.  
Learn from nature,  
Learn from its every creature

First learn from tree,  
To do anything with it, it lets us free.  
Whatever we do with it, it doesn't react.  
It only learns and applies the giving fact;  
And also reminds your mind the lesson of flower,  
Which is bright, has good fragrance and has attractive power.  
Learn to become selfless and attractive,  
By adapting these good things, becoming positive and creative.  
Learn from nature,  
Learn from its every creature.

People usually think that carnivores are rather bad,  
As for killing their prey, their mind becomes mad;  
People say that when a prey is killed by a predator they feel sad.  
But predators usually feel glad.  
For them this hunted prey is a feast,  
While hunting for this feast, they look for it in north, south, west and east;  
But I think that Carnivores are better than people,  
As they control animal population and save plants like paddy and peepal.  
Many carnivores are loving towards their family,  
To feed their cubs, some mothers even hunt continuously.  
But if you are a hunter, you say the turn is thy,  
And you kill the innocent animals. Why?  
Their stomach is the main reason for their prey's kill,  
They are not like us who kill animals for their body parts or thrill.  
Learn from them to not to hurt or kill any being without any reason,  
Even if the species is so rare that it is seen only once in a season.  
Learn from nature,  
Learn from its every creature.



**Manan Chawla**  
VIII-E

## The dirty little secret of **Perfect Health**

### How to stay on good terms with your germs?

- Skip antibacterial soaps : The active ingredient, triclosan, has been linked to hormone disruption in animals and bacterial resistance to antibiotics. A University of Michigan study found that using plain soap prevented infections, illness just as effectively as using triclosan products did.
- Nix antibiotic ointment for nicks : Overuse of creams containing neomycin, a common antibiotic, may be leading to resistant strains of MRSA, say researchers in Japan. Clean small wounds with soap and use a bandage to prevent contamination by potential pathogens.
- Go with Yoghurt: Yoghurt with live Bifidobacterium promotes regularity and eases irritable bowel syndrome, studies suggest; other possible benefits are not proven.
- Ask not for antibiotics : Most common infections from bronchitis to stomach flu are caused by viruses, not bacteria. "Besides being a waste of money", says Alexander Khoruts, M.D., a micro biome expert at the University of Minnesota, "You are killing off normal bacteria that protects you".



**Divita Kapur**  
VI-C

## Cancer

Cancer is a disease caused by an uncontrolled division of abnormal cells in a part of the body. Substances that cause DNA mutations are known as mutagens; that causes cancers are known as Carcinogens. Particular substances have been linked to specific types of cancer. Tobacco smoking is associated with many forms of cancer and causes 90% of Lung Cancer. There are many types of cancers Lung Cancer, Brain Cancer, Bone Cancer etc.

Cow Urine has been scientifically proven to enhance the anti-microbial effects of antibiotic and anti-fungal agents. The invention relates to a novel use of cow urine as activity enhancer and availability facilitator for bio-active molecules, including infective agents.



**Komal Kaur Grewal**  
VI-C

## Ribbon Worms

The Nemertea, also called ribbon worms or proboscis worms, (and sometimes referred to as Rhynchocoela or Nemertini,) are a distinctive group of 1150 known species of mostly marine invertebrates, found world-wide (Gibson, 1995).

Nemerteans have an unsegmented body, thin and elongated, with no differentiated head. Unlike flatworms, which they resemble in many ways, they have a separate mouth and anus, and a digestive tract that runs through full length of their body. Their reversible proboscis is very distinctive, which is stored in the body-length long fluid-filled rhynchocoel when not in use. When activated, it is forced inside out with hydrostatic pressure from body muscle contractions to wrap around its prey, often administering venom through rhabdites (holes). Some species (members of the order Hoplonemertea) are armed with a pointed stylets at the tip of the proboscis, which the animal uses to puncture and kill its prey. Since stylets are frequently lost or broken in hunting, the growing worms require larger stylets. The stylets are continually formed (in large epithelial cells) and stored so there is always one on hand to replace an old or lost one.

Nemerteans have more developed muscle than flatworms, and can contract their body to up to a tenth of their extended length. They use body muscles to locomote (and have cilia covering their epidermis and lots of gland cells for mucus production so they glide across surfaces). They use body musculature to move food through their gut and blood through their circulatory system.



**Rashmika Sharma**  
VI-D

## Believe it or not but it is True

1. Somebody's hair can make a hole in your car! The rhinoceros' horn is made up of Keratin, a Protein from which our hair are made. And the rhinoceros' horn is so hard that it can make a hole in your car.
2. There was a lioness seen in Africa who adopted a baby antelope and looked after it like it was its own child! This is very-very rare and if you fortunately see this, this would change your thinking about carnivores.
3. The biggest killer animal of humans is a simple mouse! The germs present in mouse's mouth transfers to us if it bites us or feeds on our food partially. The number of deaths caused due to illness because of these germs is more than the number of deaths caused due to any other animal. Yet, they are not the most dangerous animals.
4. Dragons are not a myth. There were really fire-throwing and flying dragons during ancient times! It is confirmed through a research that some dragons even lived in water who again came to land after the gigantic meteoroid crash has finished dinosaurs' and land dragons' life on earth.
5. An elephant's trunk has 1,00,000 muscles in it.
6. Dinosaurs had lived and thrived for 80 crore years on this earth, that means more than 1,00,00,00 times the human existed on earth.



**Manan Chawla**  
VIII-E

## Prototype Vehicles

A Prototype is an early sample, model, or release of a product built to test concept or process or act as a thing to be replicated or learned from. This is a very special division of the automobile industry. These vehicles are tested for a long time to check the technical issues, additions or depletions which are to be made before the final product goes into production. For example: two door sports cars are mostly tested on both on and off the road in most harsh conditions. Each and every automotive brand had its Prototype Vehicle in the past. They have their prototypes which are ready to go for production and also which are yet to be finalised for production. Whenever we see a car or SUV wrapped in a camouflage print (It is a black and white wrap which is applied on the vehicle because of which it is very hard to recognize that which car or SUV it is), it is a prototype vehicle which is undergoing the process of testing.

Now its time to tell you about some Prototypes.

1. **Aston Martin DB10** – The DB10 comes from the British carmaker Aston Martin. Aston Martin is mostly used in every James Bond film like Quantum of Solace, Skyfall, Spectre and 22 more. The vehicles which have been in the films are DBS, DB5, DB9, DB10 etc. We are going to talk about their latest James Bond Car, the DB10. The DB10 was designed by Aston Martin's chief creative officer Marek Reichman. This car has 4.7 litre v8 engine which produces 600 horsepower manufactured by German carmaker Mercedes AMG. DB10 can hit 0-60 mph (miles per hour) in just 3.2 seconds.
2. **Jaguar C-X75** – This is hybrid supercar also known as Hypercar. This prototype is built and manufactured by British carmaker Jaguar. This hybrid supercar was also used in the famous James Bond film Spectre. The "CAT" is powered by 4 electric motors producing 194 horsepower each which makes a total of 776 horsepower. The four electric motors are placed on the 4 wheels of the car and weigh only 50 kilograms. This can hit 0-60 mph in just 2.9 seconds.



**Kanav Raj**  
XI-C

## Shallow-Water Effects

Tides in the open ocean are usually of much smaller amplitude than those along the coast. This is partly due to amplification by reflection and resonance. It is, however, more generally the result of shoaling : as the wave propagates into shallower water, its wave speed decreased and the energy contained between crests is compressed both into a smaller depth and a shorter wavelength. The tide height and the tidal stream strength must increase accordingly. If, in addition, the tide propagates into an inlet whose width diminishes toward the head, the wave energy is further compressed laterally. This effect, called funneling, also causes the tide height to increase.

– Canadian Tidal Manual.



**Aryan Arora**  
VI-D

## Amazing Facts

- The human body contains enough carbon to produce graphite for about 9,000 pencils.
- Mosquitoes like the scent of estrogen thus the women get bitten more often than men.
- The ethylene gas produced by ripening fruit, ripens other fruits and vegetables.
- Hydrofluoric acid is so corrosive that it will dissolve glass. Although it is corrosive and considered to be weak acid.
- Approximately 20% of oxygen in the atmosphere was produced by the Amazonian Rain Forests.
- Humans have been using chemistry since ancient Egypt. By 1000 B.C., human civilizations were using advanced forms of chemistry like extracting metals from ore.
- Lithium can alter how you think and has been known to cure certain mental illnesses. It is also used in psychoactive drugs.
- The average shot of espresso contains less caffeine than a typical cup of coffee.
- Chalk is made up of trillions of microscopic skeleton fossils of plankton.
- DNA is flame retardant.
- Heaviest element so found is Ununoctium (Uuo).
- If you expose a glass of water to space, it would boil rather than freeze.



**Manavi**  
IX-A

# Curious Phenomena

## Ball Lightning

A rare phenomenon. A spheroid glowing mass of energized air, usually about 30 cm in diameter. On striking an earthen object it seems to disappear, hence giving the impression that it has passed through it.



## Blue Moon

The diffraction of light through very high clouds of dust or smoke, as might be caused by volcanic eruptions (Krakatoa, 27 August, 1883) or major forest fires (notably British Columbia, 26 September, 1950), can change the colour of the sun (normally white overhead and yellow or reddish at sunrise and sunset) and moon (normally whitish) on such rare occasions to other colours, notably blue.



## Brocken Spectre

A person standing with his back to the sun and looking down from higher ground into a lower bank of fog or clouds cast a shadow known by this name.



## Flachenblitz

A rare form of lightening which strikes upwards from the top of Cumulonimbus clouds and ends in clear air.



## Glory

A glory is a ring of light like a corona seen around a Brocken Spectre. It probably results from multiple reflection within tiny drops of water and then diffraction on the return of light to the eye. A glory can only be seen around an observer's shadow, but people standing alongside each other can all see each other's shadow.



## Halo

When the sun's light is refracted by ice crystals in Cirrus or Cirrostratus clouds, a bright ring of light, usually reddish on the inside and white on the outside, may be seen around the sun with  $22^\circ$  radius. Much more rarely a  $46^\circ$  halo may appear, and, very rarely indeed, haloes of other sizes with radii of  $7^\circ$  upwards. Halo phenomenon may also be seen around the moon. Sun haloes must not be studied by direct observation owing to the danger to eyesight.



## Iridescence

The name given to the colouring at the edge of coronae.



## Mirages

Mirages are caused by the refraction of light when layers of the atmosphere have sharply differing densities. There are two types of mirages: Within the inferior mirage - the more common of the two - an object near the horizon appears to be refracted as in pool of water; with the superior mirage the object near - or even beyond - the horizon appears to float above its true position.



Kirtpreet Kaur  
IX-C



## Barrier Reef

The Great Barrier Reef is an interlinked system of about 3000 reefs and 9000 coral islands, divided by narrow passages, just beneath the surface of the coral sea. Spanning more than 2000 km and covering an area of some 350000 Sq.km, it is the largest living structure on earth and the only one visible from space.



Manavi  
IX-A

## The Peerless Super Malaria

Fears are mounting about the spread of a new "Super Bug" – Strain of Malaria. First identified in Cambodia but since spreading to another four countries in the region, the strain of *Plasmodium falciparum* is resistant to drug artemisinin, often the first line of defence against it.

The spread of this malaria "Super Bug" strain, resistance to the most effective drug we have, is alarming and has major implications for public health globally.

Around 700,000 people a year die from drug resistant infections, including malaria. If nothing is done, this could increase to millions of people every year by 2050.

The drug that has been found to be resistant to artemisinin, is often administered as first line treatment for the infection.

Super bug infections are resistant to most antibiotics and are therefore difficult to treat. Symptoms of superbug infections vary by infection type, and should be treated by a physician immediately. This article explores the most common superbug, symptoms, and explains the precaution – you should take to protect yourself from potential infections.

MRSA usually begins as small, pimple like bumps that become swollen, red and filled with pus. Some people describe them as looking like spider bites. If you are exhibiting these signs, seek medical care immediately. Your physician will be able to perform a cultural test to verify it.

Prevention is aided by the practice of healthy hygiene habits, including:

1. Washing your hands often
2. Safely handling food preparation
3. Keeping commonly used surfaces clean and disinfected.
4. Not sharing personal item like tooth brushes and Razors.

**"Stay Safe, Stay Healthy"**



**Khyati Sood**

IX-D



## Solar Powered Water Purification System...



Scientists are developing a low cost, solar powered water purification system that may help over 77 million people in remote parts of India get access to safe drinking water.

According to researches at the University of Edinburgh in the UK, there is no systematic treatment of sewage in rural India. The government has focused on purifying contaminated water in rivers and streams, but the situation could be greatly improved by tackling the problem at source, said researches.

To make contaminated water safe to drink, visible traces of waste are first removed using filters. Then any remaining organic matter and bacteria is broken down. The team, including researchers from Indian Institute of Science Education and Research in Pune, is adapting its existing technologies to power this second stage in the decontamination process.

The system uses sunlight to generate high energy particles inside solar-powered materials, which activate oxygen in the water to incinerate harmful pollutant and bacteria. "This initiative will not only provide safe drinking water but could also help reduce the spread of disease", researchers said.

"We are aiming to provide people in rural India with a simple off-grid water decontamination system. This could be achieved by simply fitting our modified solar-activated materials to containers of contaminated water positioned in direct sunlight", said Aruna Ivaturi from the University of Edinburgh.

The team hopes to incorporate technologies developed during the five month pilot project into larger scale initiatives that deal with water contamination – a major problem in the developing world.

Around 77 million people in India do not have access to safe drinking water – more than any other country in the world, researchers said. "Working closely with our Indian partners, we aim to harness the sun's energy to tackle a huge problem that affects many people around the world", said Professor Neil Robertson from the University of Edinburgh.



**Seerat Dhaliwal**

IX-D

# ANTIMATTER

In modern physics, antimatter is defined as a material composed of the anti-particle (or "partners") to the corresponding particles of ordinary matter.

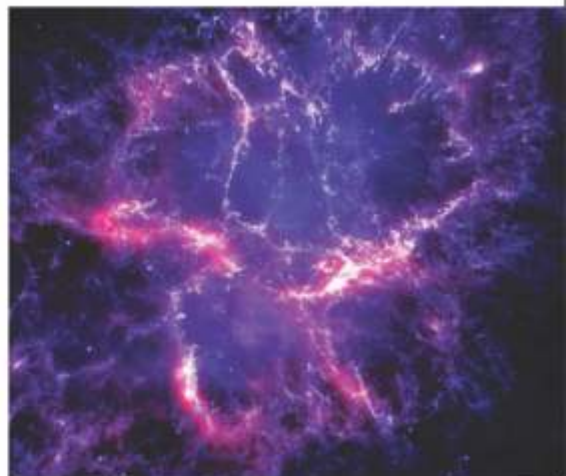
In theory, a particle and its anti-particle have the same mass as one another, but opposite electric charge and other differences in quantum numbers. For example, a proton has positive charge while an antiproton has negative charge. A collision between any particle and its anti-particle partner is known to lead to their mutual annihilation, giving rise to various proportions of intense photons (gamma rays), neutrinos, and sometimes less-massive particle-antiparticle pairs.

Annihilation usually results in a release of energy that becomes available as heat or work. The amount of the released energy is usually proportional to the total mass of the collided matter and antimatter, in accord with the mass-energy equivalence equation,  $E=mc^2$ .

Antimatter particles bind with one another to form antimatter, just as ordinary particles bind to form normal matter. For example, a positron (the antiparticle of the electron) and an antiproton (the antiparticle of the proton) can form an anti-hydrogen atom. Physical principles indicate that complex antimatter atomic nuclei are possible as well as anti-atoms corresponding to the known chemical elements.

There is considerable speculation as to why the observable universe is composed almost entirely of ordinary matter as opposed to an equal mixture of matter and antimatter. This asymmetry of matter and antimatter in the visible universe is one of the great unsolved problems in physics. The process by which this inequality between matter and antimatter particles developed is called baryogenesis.

Antimatter in the form of anti-atoms is one of the most difficult materials to produce. Individual antimatter particles, however, are commonly produced by particle accelerators and in some types of radioactive decay. The nuclei of anti-helium have been artificially produced with difficulty. These are the most complex anti-nuclei so far observed.



**Arman Singh Benipal**  
X-C

## Super Space

**Q1. How far could you throw ball on the moon?**

**Ans.** The moon's gravity is six times weaker than earth's. That means that moving objects can go six times farther. Also, the moon has no air to slow moving objects as air does on earth. So if you can throw a ball 30 meter (100 feet) here, then on the moon, it would go 200 meter (660 feet) or more.

**Q2. What's farthest anything from earth gone?**

**Ans.** The United States launched the unscrewed VOYAGER 1 spacecraft in 1977. It's mission was to send back information about planets in our solar system. Since then, it has sped farther away from earth. Scientists believe it left our solar system in 2013. It is now nearly 11.2 billion miles (18 billion km) from earth.

**Q3. Which would fall faster on moon, a hammer or a feather?**

**Ans.** There would be no difference. That doesn't happen on earth because of the air. It hold some things up, such as feathers and parachutes. Other things fall. Astronaut Buzz Aldrin took a feather and a hammer to the moon. He dropped them and they landed at the same time.

**Q4. Did cavemen see the same constellation as us?**

**Ans.** Yes they saw the stars in almost exactly same places. The patterns of constellations have looked so much the same for millions of years. The stars that make them up are speeding along different paths. But to us hardly seem to move because they are so far away.

**Q5. How does GPS work?**

**Ans.** GPS stands for global positioning system. At least 24 satellites are orbiting earth and sending down information. A car's GPS system constantly receives information from several satellites. It's computer uses that information to figure out exactly where you are. It then compares it with where you want to be. Then it tells you how to reach your destination.



**Agrim Bhanot**  
VI-C

## DO YOU KNOW?

- The average human body carries ten times more bacteria cells than human cells.
- It can take a photon 40,000 years to travel from the core of the sun to its surface, but only light minutes to travel the rest of the way to earth.
- When Helium is cooled to almost absolute zero ( $-460^{\circ}\text{F}$  or  $-273^{\circ}\text{C}$ ), the lowest temperature possible, it becomes a liquid with surprising properties: It flow against gravity and will start running up and over the lip of a glass container.
- There are 62,000 miles of blood vessels in the human body- laid end to end they would circle the earth 2.5 times.
- We can produce laser light a million times brighter than sunshine.
- A single type of rye plant can spread upto 400 miles of roots underground.
- Butterflies taste with their hind feet, and their taste sensation works on touch which allows them to determine whether a leaf is edible.
- Polar bears can run at 25 miles an hour and jump over 6 feet in the air.



**Kashni Jindal**  
VII-E

## Technology

The word 'technology' means industrial science and is usually associated with major activities such as manufacturing transportation and communication. Technology has been infact closely associated with the evolution of man starting with tools, clothing, fire, shelter and various other basic survival items. The co-evolution persists and since basic science is very much a part of developing science. There are great uncertainties in the process that start with basic research and ends with an economically successful technology. The monetary value has to be higher than the purely economic savings that were noted in the 26 examples referred to the FASEB Bulletin.



**Sumati Sood**  
VII-C

## Bizarre Epidemics



### 1. Dancing Plague (Dance Epidemic), 1518

- The dancing plague began in July 1518 when a woman named Mrs. Troflea began to dance zealously in a street in a town of France.
- Within a week, 34 others had joined and within a month there were around 400 dancers, mainly females.
- Some of them died due to heart attacks, strokes or exhaustion. One report indicates that it killed about 15 people per day.
- Noblemen believed that cure for dancing is more dancing day and night. They evicted a wooden stage for the dancers and called musicians too.
- In 1518, the dancers stopped leading to an end of this epidemic.
- It is still not known why these people danced like maniacs for days and days.



2. **Tanganyika Laughter Epidemic** also took place in 1962. Three girls at a boarding school in Tanzania began laughing. They kept laughing non-stop and laughter spread like wildfire. This soon spread to the neighbouring villages. According to reports, the side effects of this strange laughter were general pain, fainting, crying bouts etc. At the end of this epidemic around 1000 people were affected. Till date, scientists do not have an explanation for this – one time epidemic that occurred once in Tanzania but no deaths were reported.



**Tamanna Bhardwaj**  
VII-C

Nothing in the life is to be feared, it is only to be understood.  
Now is the time to understand more, so that we may fear less. – Marie Curie

# Relativity

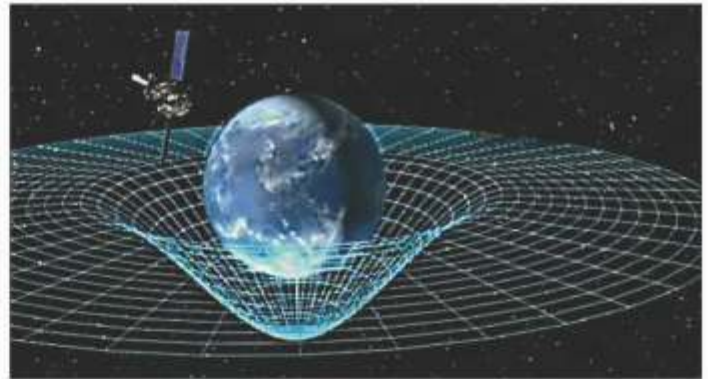
The theory of relativity was given by Einstein which brought change in the world of theoretical physics and astronomy. There are two inter-related theories in it.

1. Special Relativity
2. General Relativity

In Relativity, the physical phenomena are dependent upon relative motion of observer. Take the example of you sitting in a moving vehicle. The objects in the car are in translatory motion however nothing appears to move to you. Similarly, how surface of the earth at the equator moves at a speed of 1000 miles per hour yet we feel no motion. The theory is deceptively simple. First, there is no "absolute" frame or reference. Everytime you measure an object's momentum or velocity it is in relation to something. Second, speed of light is constant no matter who measures it or how fast the person measuring is going. Third, nothing can go faster than speed of light.

Ever wondered why it's impossible to escape gravitational field of a black hole? Because to escape it's field, the speed of an object must be greater than speed of light, which is impossible.

Special Relativity is a theory of structure of space-time. It includes Relativity of simultaneity, time dilation, length contraction, mass-energy equivalence, relativistic mass. Several expressions such as Lorentz Factor is used in



equations which proved special relativity. The effects of special relativity can be observed in Relativistic Doppler effect (we come across this phenomena more than 100 times a day).

General Relativity is a theory related to gravitational forces. It was in this theory that Einstein proposed space-time curve (space-time tells matter how to move). It includes Gravitational Time Dilation, Orbital change in the rotational axis. Frame dragging, enlargement of the universe. Light rays bend due to gravitational fields.

Relativity is "not just" in our minds; we live in it.



**Parneet Kaur**  
XI-B

## Is Science - A boon or a bane

The advent of the twenty-first century saw remarkable advancement in Science and Technology. On the one hand, we take pride in the progress in the field of medicines which has resulted in better health and longevity of life. Like this way science has shrunk the whole world into a global village. On the contrary, the other side of coin presents a horrifying picture. The same technology is being used to provoke people to commit suicide. There are experiments and research going in all fields which can lead to a better quality of life and widening of our horizons but, at the same time, there are destructive forces which use science to develop destructive weapons, which can bring disaster and doom in the world. So it won't be wrong to say that it depends on us whether we make science a boon or bane, depending on its use. It is like a knife in hand of the surgeon it can be life-saving, and the same time knife can be used to kill someone. It all depends on the choice one makes.



**Esha Bajaj**  
VII-C

## A Disease - Microcephaly



Microcephaly is a very rare condition that is noticeable immediately at birth, and sometimes even before. It affects 1 in every 666,666 in the U.S. With microcephaly, the brain is unable to develop properly, or in some cases ceases to grow at all, while the baby is still in the womb. This causes the head to be smaller than a normal infant's head at birth. Many believe that the disease is caused by exposure to harmful substances while in the womb, exposure to radiation, or genetic problems. The disease is usually paired with Down's syndrome. Those who have microcephaly are usually mentally retarded and will have issues with hyperactivity, dwarfism, seizures, balance issues, speech and motor problems, as well as others.



**Ishneet Kaur**  
VII-C

## Inventors



Benjamin Franklin

Studied electrical charges and labelled them as 'Negative' and 'Positive'.

Experimented with electrical charges and magnetism and established a method for measuring magnetic fields.



Carl Friedrich Gauss



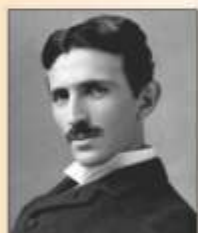
William Gilbert

Investigated Magnetism and Static Electricity.

Developed the forerunner of the electric battery.



Alessandro Volta



Nikola Tesla

Motors and Transmission Lines.



Ishneet Kaur  
VII-C

## Amazing Scientific Facts

- There is enough DNA in an average person's body to stretch from the Sun to Pluto and back 17 times.
- Individual blood cells take about 60 seconds to make a complete circuit of the body.
- The known universe is made up of 50,000,000,000 galaxies.

*So what are you waiting for?*

*Go and explore them all*



Anne Mary Francis  
IX-D

## Facts about Universe

- ❖ Do you think you are sitting right now?
  - You are on a planet, this is orbiting a star at 30 km/sec.
  - That star is orbiting in the centre of a Galaxy at 250 km/sec.
  - That galaxy is moving through the Universe at a rate of 600 km/sec.
  - Therefore, you started reading this, you have travelled about 300km.
- ❖ Our Solar System takes 225 million years to rotate around the Milky Way Galaxy. The last time earth was in its current position, when Dinosaur were just beginning to roam the earth.
- ❖ The closest black hole to earth is only 3000 light years away.
- ❖ Earth's rotation is slowing at a rate of approximately 17 milliseconds a century, at the length of a day for the Dinosaurs were closer to 22 hours.
- ❖ Gravitational force is the weakest force known in nature. Nuclear force is the strongest force known in nature which is about 1038 times stronger than the Gravitational force.



Sanchit Monga  
IX-A

## ROBOTS

Robot is an artificial agent, meaning it acts instead of a person, doing things it is designed for. First robot was designed by Leonardo Da Vinci. It is a man-shaped machine to look like a knight in 1464. Other engineers and dreamers drew mechanical men. In 1920, Karel Capek wrote a story about them and he used a word from Crez that is connected with 'work' robot. The most successful robots designs in 20th century were not made to look like people. They were designed for use. George Devol made the first of these the Unimate in 1954 with one arm, one hand. General motors bought it in 1960. The next year it started work in a factory in New Jersey. So we should use robots to help mankind not to destroy it.



Manan Gupta  
VII-E

# String Theory

## The weirdest theory and multidimensions

In Physics, String Theory is a theoretical framework in which point-like particles of particle physics are replaced by one-dimensional objects called strings. It describes how these strings propagate through space and interact with each other. On distance scales larger than the string scale, as string looks just like an ordinary particle, with its mass, charge, and other properties determined by the vibrational state of the string. In string theory, one of the many vibrational states of the string corresponds to the graviton, a quantum mechanical particle that carries gravitational force. Thus string theory is a theory of quantum gravity.

String Theory is a broad and varied subject that attempts to address a number of deep questions of fundamental physics. String Theory has been applied to a variety of problems in black hole physics, early universe cosmology, nuclear physics, and condensed matter physics, and it has stimulated a number of major developments in pure mathematics. Because string theory potentially provides a unified description of gravity and particle physics, it is a candidate for a theory of everything, a self-contained mathematical model that describes all fundamental forces and forms of matter. Despite much work on these problems, it is not known to what extent string theory describes the real world or how much freedom the theory allows to choose the details.

In spite of the fact that the universe is well described by four-dimensional space-time, there are several reasons why physicists consider theories in other dimensions. In some cases, by modeling space-time in a different number of dimensions, a theory becomes more mathematically tractable, and one can perform calculations and gain general insights more easily. There are also situations where theories in two or three space-time dimensions are useful for describing phenomena in condensed matter physics. Finally, there exist scenarios in which there could actually be more than four dimensions of space-time which have nonetheless managed to escape detection.

One notable feature of string theories is that these theories require extra dimensions of space-time for their mathematical consistency. In Bosonic String Theory, space-time is 26-dimensional, while in superstring theory it is 10-dimensional, and in M-theory it is 11-dimensional. In order to describe real physical phenomena using string theory, one must therefore imagine scenarios in which these extra dimensions would not be observed in experiments.



**Mayank Sharma**  
XII-B

## Relation of Science and Technology with Economy

Science is a systematic way which involves observation and experimentation in order to get knowledge and improve skill; whereas, technology play great role in the daily lives of people and helps in improving the quality of life. We can say that technology, science and development are equally proportional to each other. In order to enhance the economy and betterment of the people of any nation, up to date knowledge, technology, science and engineering are the fundament requisites. For proper growth of the country it is very necessary for science and technology go hand in hand. Our country India, is a fast developing country in the sense of science and technology. Introduction of scientific researchers, ideas and techniques to the field of education has brought huge level of positive changes in the new generation and provided them variety of new and innovative opportunities to work in the field of their own interests. Both science and technology have impacted the economy growth and social development in the country in extraordinary manner.



**Parth Arora**  
VIII-A

## Let's know about Hepatitis

Hepatitis refer to an inflammation of the liver cells and damage to the liver. There are different types and causes, but the symptoms can be similar. At least five viruses can cause hepatitis. The three most common are Hepatitis Viruses A, B and C. Infection with any of these three can be fatal. Each type has different ways. Many people with hepatitis experience either mild or no symptoms. When symptoms appear, they can do so from 15 to 180 days after infection. Another type of hepatitis is acute phase. The symptoms are similar to mild flu. Hepatitis can be dangerous and difficult to treat, so people are advised to take precautions against possible infection. The different types of Hepatitis have different chances of recovery.



**Esha Bajaj**  
VII-C

# COMPUTER TECHNOLOGY

## *Editorial*

Computer Technology has become so much a part of our lives that even a day without it is now unimaginable. Even our enjoyment is being steered by computer technology. It can be regarded as the greatest contribution of science, a realization of the dream, 'global village'. The ability to access the worldwide pool of information can be regarded as the greatest benefit of computer technology. Computers play a vital role in every field. They aid industrial processes, find application in medicine; are the reason why software industries developed and flourished and play an important role in education. That's why computer education has been made a part of school curriculum.

Children growing up in this generation are experiencing a greater impact from computers than in the past. A higher level of dependency on these computers has been established, there is more to come in the future. The technology that comes with these complex machines is becoming more advanced and is making everyday tasks simpler. And it is children who are leading the hesitant adults at home into this digital life and helping them to adapt to the rapid changes in it.

The inquisitive digital minds of students of our school are exploring this technology as well as amalgamating their knowledge with creativity and their contributions in the school magazine are a proof of it. Loads of information, wordplay, self-expression with a little dash of humour is what they have to offer.

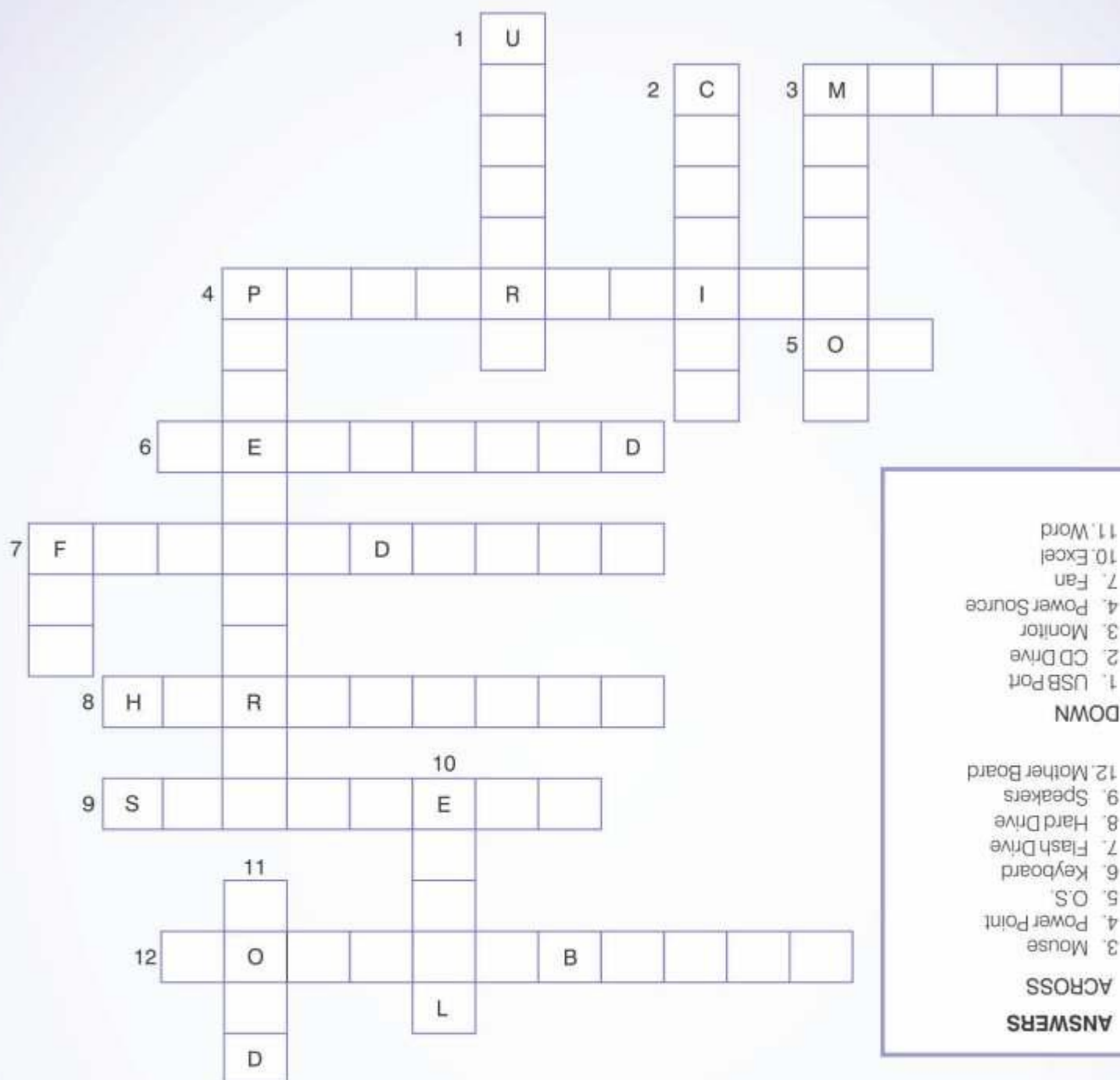


**Ms. Mona Thapar**  
Editor

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# Computer Crossword



**ANSWERS**

**ACROSS**

3. Mouse  
4. Power Point  
5. O.S.  
6. Keyboard  
7. Flash Drive  
8. Hard Drive  
9. Speakers  
12. Mother Board

**DOWN**

1. USB Port  
2. CD Drive  
3. Monitor  
4. Power Source  
5. Fan  
7. Excel  
11. Word

## CLUES

### ACROSS

3. Click
4. Great for Presentation
5. Software to operate the system
6. Typed Input
7. Allows transfer of information
8. Storage Space
9. Make Sound
12. Circuit board which is a foundation of computer system

### DOWN

1. Connecting interface for flash drive
2. Play discs
3. Displays Information
4. Provides electric current to components inside the computer
7. Cools down computer
10. Used for representing data in tabular form
11. Used for typing documents



**Gurneet Kaur**  
XII - B

# Interesting facts about computers

- When you are all grown up and working and you use a computer each day, your hands would have travelled 12.6 miles (about 20 km) per day!
- Stewardesses' is the longest word you can type with one hand. Go on, give it a try.
- HP, Google, Microsoft and Apple all started out of garages. Wow, and look how far they've come.
- The first computer mouse ever was made of wood.
- Did you know that you blink upto 20 times a minute?... You only blink 7 times a minute when you are using computer! Must be all that concentration.
- Facebook has over a billion users. If it was a country it would be the third largest in the world.
- Amazon.com did not start as a complete e-commerce business but just as an online bookstore.
- Have you heard about the computer that can tell whether the smile is fake or real? Its not a rumour! It is true and a computer system developed at MIT can do that.
- The US is at the highest risk of virus attack followed by Russia Federation.
- In 1936, the Russians made a computer that ran on water.



Jahnvi Singh  
XI-B

## ARTIFICIAL INTELLIGENCE....

### From then to Now!

- 2005 : Honda's ASIMO robot, a humanoid robot becomes able to walk as fast as a human. Recommendation technology based on tracking web activity brings A.I. to marketing.
- 2009 : Google builds a self-driving car.
- 2010 : Microsoft launches Kinect, the first gaming device to track body movement using just a 3D-camera and infra-red detection.
- 2011 : IBM's Watson Computer defeats famous TV game-show champs.
- 2013 : Robot HRP-2 built by a Japanese subsidiary of Google, defeats 15 teams to win Robotics Challenge Trials scoring 27/32 points in 8 tasks needed in disaster response.
- 2015 : An open letter to ban development and use of autonomous weapons is signed by Stephen Hawking, Apple co-founder Steve Wozniak and Tesla & Open A.I. CEO Elon Musk alongwith 3000 A.I. researchers.
- 2017 : Musk's Open A.I. defeats a champion gamer for the first time in competitive e-sports.



On October 25th, Sophia, a humanoid robot is granted citizenship to Saudi Arabia; becoming the first robot to be granted a country's citizenship. This, people thought that she might be given various rights or a deliberate shutdown could be considered murder.

Although unsupervised learning is a step forward, much has yet to be learned about general intelligence.



Tawanjot Singh  
XI-A

## The Nano-Car Race

The racers have snazzy names : Green Buggy, Swiss Nano Dragster, Windmill, Nano Wagon, Dipolar Racer and Nims Mana Car. Each car will spend some 36 hours speeding around a challenging French racetrack. There will be drama, twists and lot of turns.

But what makes this race unusual is that the car's don't have wheels, motors or even fuel. The drivers can only watch the action on a computer screen, because they are billion times bigger than the cars!

The cars are single molecules, the track is made of gold and the environment will be chilled to near absolute zero. The only way to move the cars is via a series of electric shocks, with each jolt pushing them about 0.3 nanometers – less than a thousandth the width of human hair. To win, the cars have to "run" for 100 nanometers.

The only way to follow the action is with sophisticated scientific instrument known as Scanning Tunneling Microscope (STM).

The gold track can fit only four cars at one time. The final competition began on 28th April, 2018.

Because the race will be too slow to watch in real time, the organisers will create a short animation every hour and post it online.



Taruvar Mittal  
XI-A

## Apple Park

Apple Park is the new headquarters of Apple where Jim Cook revealed the latest iPhone X, iPhone S and iPhone 8 Plus.

Some interesting facts about Apple Park are :

- The theatre at Apple Park in which the biggest Apple event of the year was conducted is named the Steve Jobs theatre in memory of his 62nd birthday.
- The entrance to the 1,000 seat auditorium is a 20-foot tall glass cylinder, 165 feet in diameter, supporting a metallic carbon fiber roof.
- The Steve Jobs theatre is situated atop a hill which is one of the highest points within Apple Park and overlooks meadows and the main building.
- The park houses a 100,000 square feet fitness center for Apple employees.
- The entire Apple park replaces 5 million square feet of asphalt and concrete with grassy fields and over 9,000 drought resistant trees.
- The entire set up is powered by 100 percent renewable energy – 17 megawatts of roof top solar energy. The solar power generation capacity makes the Apple Park one of the largest on-site solar energy installations in the world.
- The building won't require air conditioning for nine months of the year. This makes it the world's largest ventilated building.
- The entire structure is built in a way that can move up to 4 and ½ feet horizontally in an earthquake situation. In a way, the foundation works as a gyroscope, disconnecting the main frame from the earth.



Aaina Makkar  
XI-D



## Earn through Internet



Many people think that internet is used for emailing, chatting or for sourcing information but many do not know that we can earn money from it. You can utilize your talent and skills as well as earn money through many websites like "upwork.com" a global freelancing platform, which provides about 10-150 tasks that you have to complete on their website. If you are good at writing articles, speeches and stories, login into websites like "strongwhispers.com" which pay you around 8 to 50 dollars according to your task.

Everyone knows that "youtube.com" is the most common medium through which one can make money on Internet. Most famous example is of Youtuber, Pewdiepie who earns almost 2-8 million dollars annually just from youtube. So if you are good at comedy, music or any other performing art, make a video and upload on youtube. Youtube pays on the basis of views on your video.

But do not feel bad if you can't do so, there are websites like "survey picks.com" which provide you gift cards worth ₹500 to ₹5000/- of Flipkart and Amazon. All you have to do is sign up and vote in their daily poll and complete their surveys.

Generally these websites transfer the money either in your bank accounts or in paypal accounts in digital cash. But a word of caution, beware of hackers while surfing these websites to earn, as there are many websites on internet that can steal your private data. So try to look for websites that are safe and verified.

Happy Earning!!



Saksham Gupta  
XII-D

## A.I. Duet



Google's latest experiment in artificial intelligence is a virtual pianist that can respond to the notes you play and accompany you in a duet. Rather than being built around a set of pre-programmed musical rules, AI Duet uses a neural network trained by machine learning, using its own knowledge of musical examples built up over time. Developed by Yotam Mann from the Google Creative Lab's open-source Magenta project, the browser-based program can be played using a mouse, computer keyboard or MIDI controller. Even if you have no skill, it's still possible to mash the keyboard and get a coherent response from the AI. Pianists shouldn't worry about being replaced by AI Duet just yet. Its responses still feel very random, creating melodies that are more improvisational than compositional. However, it's still a fun way to practice piano if you're on your own.



Diksha Lamba  
XII-A

## Agricultural Drones

Farmers have begun to use agricultural drones adorned with cameras to improve the treatment of their crops. The drones allow farmers a unique perspective that previously used satellites imagery could not provide. They help to expose issues with irrigation treatment, soil variations and distressed plants at much lower cost than methods like crop imaging with a manned aircraft. The success of the drones is made possible by technical advances in GPS modules, digital radios and small MEMS sensors. Together, these advances allow farmers to bring greater precision to their craft in order to reap greater rewards.



Prabudh Gupta  
XII-D

# Computerised Humour



limited memory. Just one byte. Then everything crashed.



Aastha Maggu  
XII-A

## Important Terms and their Actual Meanings

1. Algorithm (noun) : Word used by programmers when they do not want to explain what they did.
2. Hardware (noun) : The part of a computer that you can kick.
3. Programmer (noun) : A person who fixed a problem that you don't know you have, in a way for you don't understand.

## Questions

Q : What do air conditioners and computers have in common?

Ans : They both become useless when you open windows.

Q : Why did the programmers quit his job?

Ans : Because he didn't get arrays (a raise).

Q : How do you tell HTML from HTML5?

Ans : Try it out in Internet Explorer.  
Did not work?  
Its HTML5.



Karn Sharma  
XI-D

Q : What do you get if you take your computer to an ice rink?

Ans : A slipped disk

Q : How can you tell if a computer geek is an extrovert?

Ans : They stare at your shoes when you talk instead of their own.

Q : Why did the programmer use the entire bottle of shampoo during one shower?

Ans : Because the bottle said, "Lather, Rinse, Repeat"

Q : Computer -- Press any key to start...

Ans : User -- Where is the 'Any' key??

Q : What do you call a doctor who treats websites?

Ans : URLologist

- Windows supports real multitasking – it can boot and crash simultaneously.
- Computers make very fast, very accurate mistakes.
- Mac users swear by their Mac, PC users swear at their PC.
- A computer once beat me at chess, but it was no match for me at kick boxing.
- The oldest computer can be traced back to Adam and Eve. Surprise! Surprise! It was an Apple. But with extremely

## Intel's Credit Card sized Computer

While some laptop and desktop computers are designed to be customised and upgraded, Intel is thinking about how it will be upgrading the various internet connected home appliances and robots we may own in the future. Intel's computer card, which is about the size of a credit card, is a mini-computer designed to be easily inserted into smart devices. The idea is to make upgrading gadgets like smart refrigerators, interactive retail kiosks and connected security cameras as easy as swapping out one component. This prevents the need to buy an entirely new system once new standards in connectivity or faster processors are released. The computer includes essentially all of the same aspects of a standard-sized computer, including a processor, memory, storage and wireless technology.



Vedika Narula

# Digital Annie – A Digital World

How excited are you really about travelling to work and going grocery shopping? Well, your daily logistics are one of the areas that will look very different in our digital future. And this is where digital starts to get really, really exciting.

Imagine the following scenario: your refrigerator places a food order, a mobile app sets up a notification about the delivery schedule; the food is then delivered by the autonomous driving cars that is smartly scheduled to avoid traffic jams. The order is paid by the Bitcoin and the money is received and booked automatically by the seller.

What makes this possible? IoT, Big Data, Robotics, Artificial Intelligence (AI), 3D printers, as sharing economy and more. The innovations are defining how our future will look, think about the possibilities when they are all combined and in use by your household. Let's imagine how a typical day might unfold for Digital Annie.

It's Saturday morning – Digital Annie gets up at 8 am as she expects her food shopping delivery to arrive soon. Her fridge is programmed to notify her via the mobile app on her phone about the pending order and delivery schedule, just to make sure she won't miss it.

The order was placed through an online shop where it was assembled and packed by robots working in a warehouse based on Automated Shelf Recognition Mechanism.

Digital Annie does not have to worry about the payment because when her fridge ordering system was set up, she allowed the online shop to debit her Bitcoin e-wallet and the banking portal to deliver the invoice automatically upon completion of the transaction.

Digital Annie's life has changed considerably since she implemented these digital technologies. Everything is simpler, more streamlined and user friendly. The paperwork has been eliminated. Robots are present in almost every part of our life, at home, at work, in the shops. Annie has more time to spend with her family as she is no longer stuck in the traffic, and whenever she buys something she only chooses companies who make her life easier and excel in customer-focus.

If Digital Annie can accomplish this at home, imagine what she can do at the office. Will she really be working?



**Palkeen Kaur**  
XII-A

## 3D Printing

3D Printing, also known as Additive Manufacturing (AM), refers to processes used to create a three-dimensional object in which layers of materials are formed under computer control to create an object. Objects can be of almost any shape or geometry and are produced using digital model data from a 3D model or another electronic data source such as an Additive Manufacturing File (AMF) file.

The term "3D Printing" originally referred to a process that deposits a binder material onto a powder bed with inkjet printer heads layer by layer.

3D printable models may be created with a computer-aided design (CAD) package, via a 3D scanner, or by a plain digital camera and photogrammetry software. 3D printing models created with CAD result in reduced errors and can be corrected before printing, allowing verification in the design of the object before it is printed. Use of 3-D printing are –

### Organ Printing

A printable organ is an artificially constructed device designed for organ replacement, produced using 3D printing techniques. The primary purpose of printable organs is in transplantation.

3D printing allows for the layer-by-layer construction of a

particular organ structure to form a cell scaffold it. This is followed by the process of cell seeding, in which cells of interest are pipetted directly onto the scaffold structure.

### Drop based bioprinting

Dop-based bioprinting creates cellular constructs using individual droplets of a designated material, which has often times been combined with a cell line. Upon contact with the substrate surface, each droplet begin to polymerize, forming a larger structure as individual droplets begin to coalesce. Polymerization is instigated by the presence of calcium ions on the substrate, which diffuse into the liquified bio-ink and allow for the formation of a solid gel. Drop-based bioprinting is commonly used due to its efficient speed.

### Extrusion bioprinting

Extrusion bioprinting involves the constant deposition of a particular printing material and cell line from an extruder, a type of mobile print head. This tends to be a more controlled and gentler process for material or cell deposition, and allows for greater cell densities to be used in the construction of 3D tissue or organ structures.



**Darshdeep Singh**  
XII-A

## IOS 10



IOS is the tenth major release of IOS mobile operating system by Apple Inc. It was released on September 13, 2016. This new version incorporates many major changes.

- 'HOME': One new app introduced in this version is 'HOME'. It allows user to manage appliances compatible with 'Homekit' and can directly control appliances through it.
- 'Camera': In the IOS version 10.1, the Iphone 7 plus received a new depth of field portraits camera mode, using wide angle and telephotos lenses on the phones to create shallow depth of field portrait photos with blurred background.
- 'Photos': A new 'Memories' feature can automatically recognize and compile related photos and create short, shareable music videos. Local facial recognition functionality was added to bundle together pictures of certain people.
- 'Clock': A new 'Bedtime' feature reminds the user when to go to sleep to get desired amount of sleep. The clock app now has a dark theme.

With this new version of IOS 10 Apple has made good advancement giving competitors a tough competition.



Amisha Bagri  
XII-B

## Cyber Sense



I have a special secret,  
Whenever I'm online  
I do not share with others  
the things that are just mine.  
My e-mail and my home address,  
My phone and fax and name,  
these facts are just for me to know  
on website or in games

Instead I use my nonsense name  
as my net identity.  
When people ask me who I am  
I say, "I'm Cyber-me."  
And when I want to surf the web  
for places that are cool,  
I get some help from mom or dad  
or teachers from my school.



Amisha Bagri  
XII-B

## Illusion of Connectivity

Is quitting Social Media the key to Millennial Happiness?

Today, in our daily routine both the first and last things people do in bed, are to scroll through their facebook and instagram pages looking both at the news and what all their friends are upto.

Widespread use of social media demotivates us. The amount of time we spend ogling wealthy, beautiful and seemingly perfect strangers on Instagram and Snapchat, comparing our lives and appearances with theirs, only fuels existing insecurities. As does the snapchat story of all our friends at the party which we could not attend which to be honest was probably rubbish apart from the moment they collectively posed for a selfie.

It is a fact that excessive consumption or exposure to one thing can inflict a lot of damage to our physical and mental health. Social media isn't real, it is just a projection of what people want us to see. Of course social media has brought us great things: ability to communicate with people regardless of their location and providing information scattered over the web in one place but a regular break back to the real world every hour and again can only be good thing, Right?



Palkeen Kaur  
XII-A

# Obituary



**Mrs. ANJANA**

1-04-2009 to 12-01-2018

Her laughter, her smile, her quick wit were qualities that we admire, I admit all children loved her with passion and fire. She showed love and kindness, which we all should admire.

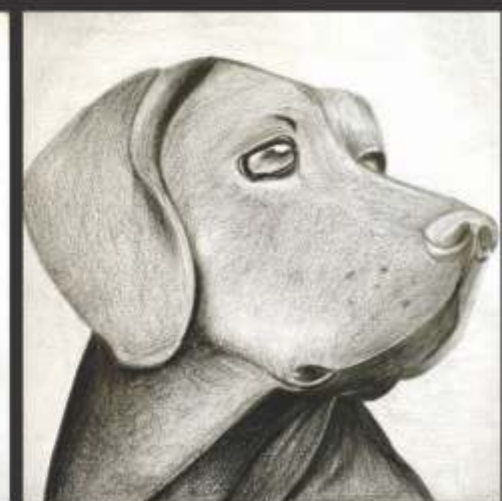
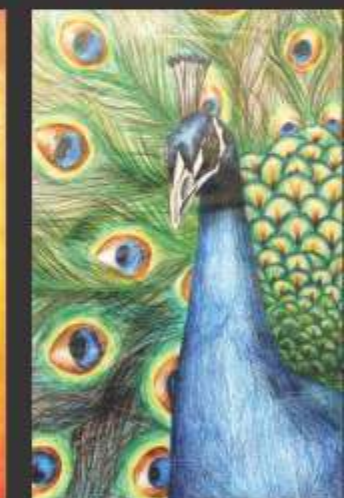


**Mrs. ALPANA**

12-04-1993 to 15-10-2017

Those we love don't go away,  
they walk beside us everyday.  
Unseen, unheard but always near,  
still loved, still missed, and very dear.

# Art Corner





# Sacred Heart Sr. Sec. School

Bhai Randhir Singh Nagar, Ludhiana - 141001

Phone : 0161-2457253

Email : [sacredheartldh@gmail.com](mailto:sacredheartldh@gmail.com)

Fax : 0161-2461836

Website : [www.sacredheartschoolludhiana.com](http://www.sacredheartschoolludhiana.com)