



Sacred Heart Sr. Sec. School

Bhai Randhir Singh Nagar, Ludhiana.

Expression
2014-15



Our Heavenly Patron



Psalm 9:1-2: will praise thee, O LORD, with my whole heart;
I will show forth all thy marvellous works.
I will be glad and rejoice in thee:
I will sing praise to thy name; O thou most High.

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Most Rev. Dr. Franco Mulakkal
BISHOP OF JALANDHAR



Message

On the 33rd anniversary of the existence of Sacred Heart Senior Secondary School, BRS Nagar Ludhiana, it will be good to reflect on the motto chosen by the school: *Learn and Enlighten*. The goal set by the pioneers, I am sure, is being implemented year by year more assiduously to spread the idea that through education we can enlighten the members of the society. The need for such society is very urgent since the contemporary situation where we foster a culture of love and civilization in which human beings realize and recognize that they are children of God, the Father. Such a common understanding is the need of the hour, if we wish to develop our society and bring about the progress of the people.

It may be good that Management, Staff and Students of this prestigious institution - Sacred Heart Senior Secondary School BRS Nagar Ludhiana sit together to reflect on this impact. This educational institution had been transforming the society into a home of human beings.

~~I wish you all success~~ in this endeavour and look forward to learning more about the progress you make in your educational mission.



Director's Message



Congratulations !

Dear Sacred Heartians congratulations for your expressions of your inherent talents and potentials through this wonderful magazine. Hard work and commitment only can bring good fruit and success in life. Dream the impossible then you will realise that there is nothing impossible and unachievable in this world. Our late President Dr. APJ Abdul Kalam ignited thousand minds and inspired millions to dream big and he said "Creativity is the key to success in future, and primary education is where teachers can bring creativity in children at the level." The releasing of your news bulletin is a sign of your remarkable achievement of creative capabilities, making possible the apparently impossible through determination.

Today the world needs people who has passion for knowledge, courage and compassion who can assist things to happen in the life of the marginalized and deprived millions whose fundamental rights are denied in the society. My dream for every Sacred Heartian is that you act as an instrument of hope, channel of love and light of truth for all mankind. For that, you have to grow morally mature and intellectually sound leaders with dignity, authenticity and honesty by which you can make a telling difference in the worlds.

As education is a complete process that enables one to Bring out the full potential in a person, we train students with a specific pedagogy to face the challenges of the world through formation, information and transformation. It should make them motivated, independent and confident to become efficient leaders of tomorrow as global citizens. They should posses a secular mindset to appreciate the diverse cultures and religions of the world to experience and appreciate the beauty of unity in diversity.

We pledge to mould a society through a holistic education where children evolve as individuals who are self-confident and creative and uphold the true values of life. They should be unique beacons in the modern society with fortitude of truthfulness and good tradition in our country. They must be able to appreciate and impress everyone so as to inspire and



Principal's Message

“We live in a wonderful world that is full of beauty, charm, and adventure. There is no end to the adventures we can have if only we seek them with our eyes open”. (Jawaharlal Nehru)

The Sacred Heart Sr. Sec. School is a wonderful place where the students have all the opportunities to bring out their heart's desire, may it be in the classroom, in the field, on the stage, or at many more programmes. We now live in an information-driven world and the development in technology is changing the world scenario. This is also being reflected in the field of education. Education is not an act of acquiring knowledge but learning a skill to lead life and forming one's personality. This would help them to become not only good professionals but also conscientious human beings and responsible citizens. 'The child, as Wordsworth aptly puts it, is the father of the man'. It is on the foundations laid early in life, that a human being builds one's future. This is an ennobling process of growth.

Just as the school plays a pivotal role in shaping the character and developing the personality of the child, so does parents. The values the child imbibes from his parents remain in him lifelong and thus, it goes without saying that the role of the community as a whole also cannot be sidelined. The process of knowledge-building requires the active support and engagement of the students, teachers, parents and the community working, communicating, linking and pulling together as a team. I can say that we have excelled in every initiative that we undertook and we have stood together in facing the challenges in realizing quality education. I feel happy when the bright and talented students perform remarkably well. However what makes me happier is when a slow learner progresses steadily from slow performance to better performance, moving towards excellence.

I would like to thank the Management, Teachers, Students and the Parent community for being a great support and source of inspiration in all the matters of the school. Strong will power can move mountains, it can work miracles. I

Achievement is the rebound from hard work

Sacred Heart Shining Stars

Heartiest Congratulations to Parents and Students for excellent performance in AISSCE (XII) 2014-2015

Stream wise Toppers - XII

**City
Topper**



Asmita Aneja
Commerce (97.8%)

*"Winners are
not the people
who never fail,
but people who
never quit"*



Simple Gandotra
Commerce (97.2%)



Samridhi Sondhi
Commerce (96.6%)



Jivesh Arora
Med (95.6%)



Amrit Sidhu
Med (95.4%)



Gurmehar Kaur
Med (94.6%)



Satprit Kaur
Non Med (94.6%)



Swapnil Baluja
Non Med (94.6%)



Tania Kapoor
Non Med (94.4%)



Arjun Kalia
Non Med (92.8%)



Amanjot Kaur
Humanities (94%)



Tanya Singh
Humanities (90.4%)



Shivangi Dua
Humanities (89.4%)

Subject Wise Toppers



Asmita Aneja
English (98)
Accountancy (99)
Mathematics (97)



Akshi sood
English(98)



Arisha Jain
English (98)



Samridhi Sondhi
English (98)
Painting (100)



Simple Gandotra
Business Studies (100)



Prabhjot Kaur
Economics (100)



Diksha Gambhir
Biology (98)



Rishabh Goyal
Physics (96)
Bio-Technology (98)

Subject Wise Toppers



Devanshu Narula
Chemistry (97)



Jivesh Arora
Chemistry (97)
Physical Education (99)



Tanya Singh
Geography (94)



Amanjot Kaur Dhir
Political Science (95)



Shivangi Dua
Political Science (95)



Shivam Bansal
Mathematics (97)



Arjun Kalia
Physical Education (99)



Gurmehar Kaur
Physical Education (99)



Kavishvi Pahwa
Painting (100)



Gursimar Singh
Painting (100)



Arjun Bhatia
Informatics Practices (97)



Mannoor Kaur
Informatics Practices (97)

**The winner says, "it may be difficult,
but it is possible."**

*Heartiest Congratulations to Parents and Students for excellent
performance in AISSE (X) 2014-2015*

Total Students appeared : 237

Excellent Result

CGPA 10 : 25

CGPA 9.8 : 9

CGPA 9.6 : 17

Class-X

CGPA 10 Holders



Ami Sharma



Ankit Saggar



Anmol Kaur



Arihant Chawla



Arnav Gupta



Ashmeet Kaur



Garima Gambhir



Gurparvesh Singh Goraya

Class-X

CGPA 10 Holders



Harshita



Himanshu Gupta



Hunar Mahal



Kirat Chhabra



Mitul Jain



Pahuldeep Singh



Palkhi Sharma



Param Prashar



Pulkita Jindal



Ravdeep Singh



Sanchit Chhabra



Sehaj Verma

Class-X
CGPA 10 Holders



Shivam Maheshwary



Shubhi Arora



Stuti Sharma



Sudhanshu Baluja



Vaibhav Sharma

CGPA 9.8 Holders

1. Abhinav Jain
2. Arshdeep Singh
3. Arshia Jain
4. Diksha Arora
5. Gitansh Jain
6. Jasleen Kaur Badesha
7. Muskaan Jha
8. Navjot Kaur Grewal
9. Ujjwal Goel

CGPA 9.6 Holders

- | | |
|---------------------|--------------------|
| 1. Aastha Gaind | 9. Kriti Goyal |
| 2. Abhay Chowdhary | 10. Lipika Dhall |
| 3. Arsh Gupta | 11. Muskan Nagpal |
| 4. Bhavika Suri | 12. Nikita Singla |
| 5. Charisma Jayant | 13. Rishank Sharma |
| 6. Gunjan Nayyar | 14. Rohan Abrol |
| 7. Ishneet Kaur | 15. Sarthak Jain |
| 8. Jahanavi Chhabra | 16. Swathi Krishna |
| | 17. Utkarsh Arora |

Stewards of School

Senior Cabinet



Head Boy
Head Girl
Deputy Head Boy
Deputy Head Girl
Secretary (Girl)
Editor (Boy)
Editor (Girl)
Sports Captain (Boy)
Sports Captain (Girl)
Sports Vice Captain (Boy)
Sports Vice Captain (Girl)
Social Service Leader (Boy)
Social Service Leader (Girl)

Siddharth Jain - XI C
Ishita Rally - XI B
Akshit Maheshwary - XI C
Simrita Chawla - XI B
Kritika Sharma - XI B
Prateek Sohal - XI D
Ridham Vinayak - XI C
Mohitpreet Singh - XI A
Harshaa Grewal - XI B
Tarushpreet Singh - XI B
Akanksha Sharma - XI C
Yogesh Singh - XI A
Kriti Chopra - XI B

HOUSE CAPTAIN

Nehru

Aarushi Sharma - IX B
Gurpahul Singh - IX C

Tagore

Japneet Arora - IX D
Yuvraj Sidhu - IX B

Gandhi

Vidisha Kairam - IX E
Raghav Chaddha - IX E

Shastri

Astha Bamba - IX D
Anshul Ahuja - IX B

VICE CAPTAIN

Zoya Gurpreet Paul - IX A
Parth Kwatra - IX E

Ishani Trehan - IX A
Vasu Aggarwal - IX E

Ishnoor Gogoani - IX A
Lakshay Sharma - IX A

Lira Chawla - IX E
Prabhsimar Singh - IX B

DISCIPLINE INCHARGE

Manraj Kaur - VIII D
Aawaig Malhotra - VIII C

Kashish Batra - VIII C
Prabhudh Gupta - IX B

Akshi Sharma - IX A
Karn Sharma - VIII A

Aaina Makkar - VIII C
Kartik Sharma - VIII D

LITERARY AND CULTURAL ACTIVITIES - SECRETARY

Muskan Nagpal - X A
Kirat Chabra - X D

SOCIAL SERVICE LEADER

Aastha Gaiind - X C
Paras Kapoor - X E

Junior Cabinet



Head Boy
Head Girl
Deputy Head Boy
Deputy Head Girl
Secretary (Boy)
Secretary (Girl)
Discipline Incharge

Sports Captain (Boy)
Sports Captain (Girl)
Editor Boy
Editor Girl

Bhavjal Singh - V B
Manya Jain - V A
Dhruv Gogna - IV E
Ridhima Thakur - IV D
Yuvraj Singh - V A
Reet Kaur - V D
Shailender Goyal - V D
Falak Jindal - V A
Japjot Singh - V E
Gursimar Kaur - V D
Adit Aima - V A
Bhavya Kalra - V A

HOUSE CAPTAIN

Gandhi

Sumati Sood - V E
Vivek Upadhyay - V D

Nehru

Preet Kamal Kaur Thind - V E
Joydeep Singh - V C

Shastri

Harshdeep Kaur - V B
Himanshu Kapila - V A

Tagore

Banmet Kaur - V B
Sidharth Goyal - V A

VICE CAPTAIN

Kashvi Madaan - IV D
Prabhsimar Singh - V D

Jasneet Kaur - V D
Tarandeep Singh - V E

Khushi Gupta - V D
Anjany Bajaj - IV A

Jaskirat Anand - IV D
Devansh Sharma - V C

DISCIPLINE INCHARGE

Sargun Kaur Ghai - IV C
Omansh Gandhi - V B

Anmol Preet Kaur - IV C
Armaan Arora - IV E

Smaira Bhandari - IV A
Kuber Krishna - V A

Shreya Handa - IV D
Meher Jot Singh - V B

LITERARY AND CULTURAL ACTIVITIES - SECRETARY

Prabhmeet Singh - V A
Harshita Sharma - IV D

SOCIAL SERVICE LEADER

Parth Biyani - IV A
Ayushi Bharti - V C

Opening Ceremony

In prayer the lips ne'er act the winning part
without the sweet concurrence of the heart





Day Celebrations

*If a man wants to be of the greatest possible value,
let him begin the long solitary task of planting trees!*



Kaleidoscope

Activities for classes Nur, LKG, UKG & Ist

World health Day (Health week)

Earth Day

Labour's Day

Mother's Day

Environment Week

Incredible India

Gratitude to Teachers

Victory of Good over Evil

Festival of Lights

Children's Day

Sports Day

Christmas Celebration (Sharing & Caring Week)

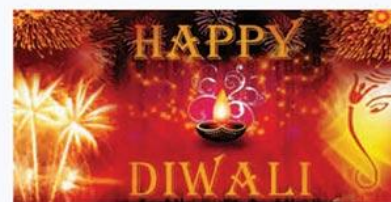
Around th Bonfire

Republic Day

Prize Distribution



LABOR DAY



Kaleidoscope

Competitions for class Nur, LKG, UKG & Ist'd

English & Hindi Recitation Compt.

(with theme out of syllabus)

Clay modelling Compt.

Hasya Vyang Ki Tarang Compt.

Fancy Dress Compt. (with dialogue in Eng.)

Declamation Contest

Debate (Istd)

Quiz Contest

Spell Bee (max. words in 10 min)

English & Hindi calligraphy

Story Telling Compt.

Tapping Toes Compt.

Drawing & Colouring Compt.



Labour's Day Celebration



*It is the characteristic excellence of the strong man
that he can bring momentous issues to the fore
and make a decision about them*

SPORTS ACHIEVEMENTS

Athletics



Aanchal Malhotra
XII-C

1. Participated in CBSE National Games (Gujrat).
2. 2 Gold Medal in CBSE Cluster Athletic Meet in 800m & 1500m Race.
3. Gold in 4x100m Relay Race in Distt. Athletic meet.
4. One Gold & One Silver in 4x100 & 4x400m Relay Race Zonal Level.



Taranjeet Singh
X-A

1. Participated in CBSE national Games Gujrat.
2. Silver Medal in CBSE Cluter Athletic Meet, Jalandhar.
3. Participated in State Level Athletic Meet, Tarantaran.
4. Gold and Silver Medal in Distt. Athletic Meet.
5. Two Gold Medals in Zonal Athletic Meet.
6. 2 Gold Medal in CBSE Sahodaya Athletic Meet.



Susan Vargese
XI-C

1. Gold Medal in Triple Jump.
2. Gold Medal in Long Jump.
3. One Gold and one silver medal in 4x100m & 4x400m relay race in Zonal Athletic Meet.



Akanksha Sharma
XI-C

1. Gold Medal in 200m race.
2. One gold & silver medal in 4x100 & 4x400m relay race in Zonal Athletic Meet.



Shubhika Batra
X-A

1. Bronze Medal in 200m race.
2. Silver medal in 400m race.
3. Bronze medal in 4x100m relay race in Zonal Athletic Meet.



Arushi Sharma
X-A

1. Gold in 4x100m Relay Race in CBSE Sachodaya Athletic Meet.



Simran Hora
XI-D

1. Gold Medal in 4x100m Relay Race in CBSE Sahodaya Athletic Meet



Vanshika Kaila
VIII-D

1. Bronze Medal in 4x100m Relay Race in Zonal Athletic Meet.



Sahar Ghandiok
VIII-A

1. One Bronze Medal in 4x100m Relay Race in Zonal Athletic Meet.



Harshaa Grewal
XI-B

1. Gold Medal in 4x100m Relay Race in Zonal Athletic Tournament.

Athletics



Mohitpreet Singh
XI-A

1. Silver Medal in 4x100m Relay Race in Zonal Level Athletic Meet.



Rupanshu George
XI-C

1. Silver Medal in 4x100m Relay Race



Charisma Jayant
X-C

1. Bronze Medal in Zonal Athletic Tournament in Long Jump & Bronze Medal in 4x100m Relay Race.
2. Bronze Medal in CBSE Sahodaya Athletic Championship in Long Jump.



Tanya Dhir
XII-A

1. Gold Medal in 4x100m Relay Race and silver medal in 4x400m Relay Race in Zonal Athletic Tournament.
2. Gold Medal in 4x400m Relay Race in CBSE Sahodaya Athletic Championship.



Jahanvi Chhabra
X-B

1. Gold Medal in 4x400m Relay Race in CBSE Sahodaya Athletic Championship.



Harsharanveer Singh
VII-C

1. Silver Medal in Zonal Athletic Tournament in 400m Race.



Raghav Mohindru
XII-A

1. Silver Medal in 4x100m Relay Race.



Harkirat Singh
X-D

1. Bronze Medal in Shot-Pot in Zonal Athletic Tournament



Chetan Nayyar
XI-C

1. Silver Medal in 4x400m Relay Race in Zonal Athletic Tournament.



Amit Singh Dhanoa
XII-A

1. Silver Medal in 800m Race
2. Silver Medal in 4x400m Relay Race & 4 x 1 0 0 m Relay Race in Zonal Athletic Tournament.



Devank Sethi
XII-D

1. Silver Medal in 4x100m Relay Race and 4x400m Relay Race in Zonal Athletic Tournament.

Badminton



Khush Fateh Singh
X-E

1. Participated in open national Badminton championship.
2. Participated in State level Badminton championship.
3. Silver medal in CBSE Sahodaya Badminton Tournament
4. Bronze Medal in Zonal Athletic Meet in 1500m Race.



Muskan Sharma
XI-A

- Gold Medal in Zonal Level Badminton Tournament & Bronze Medal in CBSE Sahodaya Badminton Championship



Siya Sharma
VIII-E

1. Gold Medal in CBSE Sahodaya Badminton Championship
2. Silver Medal in Zonal badminton Tournament.



Manroop Kaur
VII-D

1. Participated in Punjab Board State Level Badminton Tournament.
2. Gold medal in Zonal Badminton Tournament
3. Bronze Medal in CBSE Sahodaya Badminton Championship



Japjeet Kaur
VII-E

1. Gold Medal in Zonal Badminton Tournament.
2. Bronze Medal in Sahodaya Badminton Tournament.
3. Also, Bronze Medal in 200m Race in CBSE Sahodaya Athletic Meet.



Jia Bansal
VI-B

1. Gold Medal in Zonal Badminton Tournament.
2. Bronze Medal in CBSE Sahodaya Badminton Championship.



Jasnoor Kaur
V-A

1. Gold Medal in Zonal Badminton Tournament.
2. Bronze Medal in Sahodaya Badminton Tournament.



Vishvas Soori
VIII-E

1. Silver Medal in CBSE Sahodaya Badminton Championship



Nishit Dua
IX-D

1. Silver Medal in CBSE Sahodaya Badminton Championship



Aniket Dua
IX-D

1. Silver Medal in CBSE Sahodaya Badminton Championship

Badminton



Anhadpreet Singh
IX-D

1. Silver Medal in CBSE Sahodaya Badminton Championship



Muskan Kapoor
IX-D

1. Gold Medal in CBSE Sahodaya Badminton Championship
2. Silver Medal in Zonal Level Badminton Tournament



Charisma Jayant
X-C

1. Gold Medal in CBSE Sahodaya Badminton Championship.
2. Silver Medal in Zonal Level Badminton Tournament.



Vedika Narula
IX-C

1. Gold Medal in CBSE Sahodaya Badminton Championship.
2. Silver Medal in zonal Level badminton Tournament.



Manraj Kaur
VIII-D

1. Gold Medal in CBSE Badminton Championship.
2. Silver Medal in Zonal Level badminton Tournament.

Floorball Championship



Rishabjeet Singh



Harshdeep Singh



Gurjot Singh



Sehajpal Singh

First time students of our school in under-19 Boys category participated in **Open National Floorball Championship** held at Bilaspur (Himachal Pradesh). Our team secured First Runners up trophy in this tournament. Name of the students are :

- | | |
|------------------------------|----------------------------|
| (1) Rishabjeet Singh - XII D | (2) Harshdeep Singh - XI B |
| (3) Gurjot Singh - XI B | (4) Sehajpal Singh - X A |

Football Championship



Daanish Grewal
IX-C

1. Zonal Level - III Position
2. District Level - III Position
3. State Level - Participation1



Arshnoor Singh Bedi
VII-D

1. Participated in Zonal level football tournament and secured second position.
2. Also participated in Distt. Level football tournament and secured 3rd position.
3. Participated in state level football tournament.



Uday Partap Singh
VII-E

1. Participated in Zonal level football tournament and secured second position.
2. Also participated in Distt. Level football tournament and secured 3rd position.
3. Participated in state level football tournament.



Kanwarjit Singh
VI-B

1. Participated in Zonal level football tournament and secured second position.
2. Also participated in Distt. Level football tournament and secured 3rd position.
3. Participated in state level football tournament.



Sanchit Magon
IX-B

1. Zone Level - III Position
2. District Level - III Position
3. State Level - Participation1



Chetan Nayyar
XI-B

1. Zone Level - II Position
3. State Level - Participation1



Aashit Sachdeva
VII-C

1. Participated in Zonal level football tournament and secured second position.
2. Also participated in Distt. Level football tournament and secured 3rd position.
3. Participated in state level football tournament.

Hockey

- (1) In (under 17 Boys category) students of our school participated in Punjab School Education Board Zonal Level Hockey Tournament held at PAU Ludhiana. Our team secured first position in this tournament.



- (2) In (under 17 Boys category) students of our school participated in Punjab School Education Board Level Hockey Tournament held at Grewal Hockey Stadium Kila Raipur.
- (3) In the same category our hockey team participated in CBSE Ludhiana Sahodaya School Complex Hockey Championship held at Nankana Sahib Sr Sec. School Kila Raipur Ldh. Our team secured Runners-up Trophy in this tournament.



- (1) In (under 19 Girls category) students of our school participated in Punjab School Education Board Zonal Level Hockey Tournament held at Govt. Girls Sr. Sec. School, Bharat Nagar, Chowk, Ludhiana. Our team secured first position in this tournament.
- (2) In same category girls of our school participated in Dist.

Hockey Championship held at Khalsa Girls Sr. Sec. School, Civil Lines, Ludhiana.

- (3) In the same category girls of our school participated in CBSE Ludhiana Sahodaya School Complex Hockey Championship held at Nankana Sahib Sr Sec. School Kila Raipur Ldh. Our team secured Runner-up Trophy in this tournament.



- (1) In (under 14 Boys category) students of our school participated in Punjab School Education Board Zonal Level Hockey Tournament held at PAU Ludhiana. Our team secured First position in this tournament.
- (2) In (under 14 Boys category) students of our school participated in Dist. Hockey Championship held at Grewal Hockey Stadium Kila Raipur.

Basketball Team (Girls)



**Sahodaya School Championship First Position
Cluster participation 2014-15**

Basketball Players

State Level 2014-15

- | | |
|----------------------------|-----------------------------|
| 1. Harshaa Grewal - XI B | 4. Harnoor Dhillon - VIII A |
| 2. Anchal Malhotra - XII C | 5. Rajdeep Riar - IX B |
| 3. Tanya Dhir - XII A | 6. Japjil Kaur - VII-C |

*The team of U/19 Girls secured
1st position at
Sahodaya School Tournament at DPS, Ludhiana*

- | | | | |
|--------------------|--------|---------------------|--------|
| 1. Anchal Malhotra | XII-C | 7. Kavya Garg | VIII-C |
| 2. Tania Dhir | XII-A | 8. Mehak Naggar | VIII-A |
| 3. Harshaa Grewal | XI-B | 9. Anushka Beri | XI-A |
| 4. Mrinal Kapoor | XI-E | 10. Kashish Batra | VIII-A |
| 5. Harnoor Dhillon | VIII-A | 11. Aastha bhardwaj | IX-B |
| 6. Dilpreet Kaur | VIII-C | 12. Ishmeet Dhillon | VIII-A |

Swimming



Shramidee Sharma
VII-C

Sahodya Swimming Championship

- | | |
|---------------------------------------|---------------------------------------|
| 1. Silver medal in 50m breast stroke | 2. Silver medal in 100m breast stroke |
| 2. Silver medal in 100m breast stroke | 3. Silver medal in 200m breast stroke |
| 3. Bronze medal in 50m freestyle | |

District Swimming Championship

- | |
|--------------------------------------|
| 1. Silver medal in 50m breast stroke |
|--------------------------------------|

State Swimming championship

- | |
|---|
| 1. Silver medal in 4x100m freestyle relay |
| 2. Silver medal in 4x100m medley relay |



Anshika Yadav
V-B

Sahodya CBSE Board Swimming Competition, GRD School, Ludhiana

- | |
|--|
| 1. 100m back stroke - Gold Medal |
| 2. 200m individual medley - Bronze Medal |
| 3. 10m butterfly stroke - Bronze Medal |

District Swimming Competition, PAU, Ludhiana

- | |
|--|
| 1. 50m back stroke - Gold Medal |
| 2. 200m individual medley - Gold Medal |
| 3. 100m free style - Gold Medal |

Achievements in Roller Skating

During the year 2014-15



Japjot Singh Grewal
V-E

- Open Dist.**
- 1) Gold Medal in 500 mt. Rink Race
 - 2) Silver Medal in 300 mt. Rink Race
 - 3) Silver Medal in 2000 mt. Road Race

School Dist.

- 1) Silver Medal in 300 mt. Rink Race

Open State

- 1) Silver Medal in 500 mt. Rink Race



Bhavjot Singh

1. **Open Dist.:** 2 Gold and 1 Silver medal
2. **Open State:** 2 Gold and 1 Bronze medal
3. **School Dist.:** 1 Gold, 1 Silver and 1 Bronze Medal
4. **School State:** 2 Silver and 1 Bronze medal

Qualified for School Nationals to be held at Pune, Maharashtra in January. Also qualified for Open Nationals to be held at Mumbai, Maharashtra in January



Chashmeet Singh

1. **Open Dist.:** 3 Gold medals
2. **Open State:** 3 Bronze medals
3. **School Dist.:** 2 Silver medals
4. **School State:** 1 Gold medal

Qualified for School Nationals to be held at Pune, Maharashtra in January.

Cricket U-17 (Boys)

*Zonal Level, Punjab School Education Board
at Lalton Govt. School
Got 2nd Position.*

1. Sanchit Jain	X-A	9. Tanvir Singh	IX-E
2. Raghav Goel	X-D	10. Sumit Aggarwal	IX-A
3. Bharat Nayyar	IX-A	11. Chirag Goyal	VIII-B
4. Archit Mehra	IX-B	12. Pranav Bajaj	VIII-B
5. Manan Jain	VII-B	13. Vivek Malhan	X-D
6. Vishwash Lamba	VIII-E	14. Kabir Metha	VII-A
7. Manav Chawala	IX-B	15. Abhishek Lamba	IX-B
8. Anshul Ahuja	IX-B		

Cricket U-19 (Boys)

*Sahodaya Tournament
at Green Land School, Jalandhar Bypass
Got 2nd Position.*

1. Anirudh Aggarwal	XII-C	9. Chirag Goyal	VIII-B
2. Anmol Chugh	XII-C	10. Abhishek Lamba	IX-B
3. Madhav Gupta	XII-D	11. Bharat Nayyar	IX-A
4. Droan Mehra	XI-B	12. Akhilesh Uniyal	XI-D
5. Raghav Goel	X-D	13. Abhay Partap	VI-A
6. Raghav Sareen	X-A	14. Manan Jain	VII-B
7. Tanvir Singh	IX-E	15. Harshit Singh	VII-E
8. Udit Dargon Arora	XII-D	16. Anshul Ahuja	IX-B

Cricket U-14 (Boys)

District Level Tournament by P.S.E.B.

1. Harshit Singh	VII-E	2. Abhey Partap	VI-A
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Rajvir Singh Gill
VII-D

Shooting

Participated at North Zone (India) Level Competition and Got 2nd Position. He also qualified for National Championship.

NCC Air Wing

Sacred Heart Sr. Sec. School
NCC Air Wing

Unit- No.4 Pb Air Sqn NCC, Ludhiana

Commanding Officer

Associate NCC Officer (ANO)

Wing Commander S.S. Kaila

Dalip Kumar

Total Cadets In NCC Air Wing - 100

NCC Senior Boy -

NCC Deputy Senior Boy -

NCC Senior Girl-

NCC Deputy Senior Girl -

Cadet Sapan Malik

Cadet Daivik Vashith

Cadet Tanya Singh Thind

Cadet Kinshuk Goel



**Cadet Daivik Vashishth
attended
Republic Day Parade
at Delhi**



50 NCC Cadets Participated In

Annual Training Camp-66 from 19th Oct 2014 To 28th Oct 2014
at Jawahar Navodaya Vidyalaya, Dhanansu.

Name of The Camp Activities And Competitions

1. Drill Marching
2. Firing
3. Aeromodelling
4. Power Point Presentation
5. Flying Simulator
6. Parasailing
7. Solo Song
8. Solo Dance
9. Group Dance
10. Group Song/group Performance
11. Football
12. Volleyball
13. Basket Ball



**Cadet Manav Arora performing
Dance at Camp**

Results of Camp Activities

1. 1st Position In Drill Marching; Name of Cadets (Prade Commander)-Daivik Vashith, Sapan Malik, Prabudh Gupta, Vaibhav Batra, Navdeep Singh, Shubham Tiwari, Kinshuk Goel, Navreet Kaur Kooner, Gurleen Kaur Cheema, Jessica Lucky, Varun Biyani, Aavaig Malhotra, Kanavraj Singh Vilkh, Abhayraj Masih, Manav Arora, Chahat Angrish, Harnoor Kaur Dhillon, Esha Mourya, Dhvani Gupta
2. 1st Position in Firing - Cadet Prabudh Gupta
3. 2nd Position in Firing - Cadet Daivik Vashishth

4. 1st Position in Solo Dance - Cadet Manav Arora
5. 2nd Position in Solo Song - Cadet Pavit Singh Jolly
6. 1st Position in Group Dance - (Name of Cadets) Tanya Singh Thind, Kinshuk Goel, Harshneet Kaur, Shubhangi Saggar, Daivik Vashishth, Prabudh Gupta, Aavaig Malhotra, Manav Arora
7. 1st Position In Basket Ball - (Name of Cadets) Abhayraj Masih, Sapan Malik, Prabudh Gupta, Samar Partap Singh Dhillon, Daivik Vashishth, Kartikay Talwar, Jaideep Singh Dhillon
8. 1st Position In Football - (Name of Cadets) Gurleen Kaur Cheema, Kinshuk Goel, Navreet Kaur Kooner, Fizza Bagga, Navika Jindal, Dhvani Gupta, Esha Maurya, Jasleen Kaur, ravneet Jassal, Jessica Lucky
9. 1st Position In Group Song - (Name of Cadets) Ravneet Kaur Jassal, Pavit Singh Jolly, Swarit, Shubham Tiwari, Neerav Sharma, Abhayraj Masih
10. 2nd Position in Aeromodelling - Cadet Varun Biyani And Cadet Chahat Angrish
11. Our School Got Overall Best School Trophy
12. ANO Dalip Kumar got Best ANO Award at the Camp
13. Cadet Daivik Vashisth and Cadet Gurleen Kaur Cheema Selected for the Republic Day Parade Camp at Ropar and in Final Selection Cadet Daivik Vashisth got Selection for Republic Day Parade at Delhi.
 Daivik Vashisth Participated In Republic Day Parade at PM Rally.
 At Republic Day Parade he Secured 4th Position in the Best Cadet Category amongst NCC Cadets from All Over India.
 Daivik Vashisth Secured 1st Position in Firing at Republic Day Camp that was held at Ropar.
 Cadet Daivik Vashisth also got chance to meet Prime Minister, President And Defence Minister of India.
14. 'A' Certificate Examination was organised by No.4 PB Air Sqn Ncc, Ludhiana under the Command of NCC Group Headquater, Ludhiana. From our school 29 students appeared in this exam and 9 students got 'A' grade.

Name of the students are as follows:

1. Tanya Thind
2. Kinshuk Goel
3. Rahul Bhudhiraja
4. lakshay Sharma
5. Daivik Vashisth
6. Sapan Malik
7. Kirat Chhabra
8. Shubham Tiwari
9. Pulkit Sharma

NCC



Our girls' cadets got 1st position in Football



Our school cadets secured over all 1st position



Cadets with overall winner 1st trophy



ANO Dalip Kumar got Best ANO Award



Cadets secured 1st position in Group Song



Cadets secured 1st position in Basketball

NCC



**Group photo of our school cadets with
CO and NCC Staff**



Firing class at camp



**Our school drill team secured 1st position
in Drill marching**



**Our cadets secured 2nd position in
Aeromodelling**



Our cadets secured 1st position in group dance



**Cadet Pavit Singh Jolly secured 2nd position
in solo song**

Mother's Day

There's a reason some people
think they can do anything...
They listened to their mothers



Independence Day

*No one can give a man independence,
he must find it for himself.*



Orientation Programme

There is no greater reason for children to honour parents than for parents to honour children except, that while the children are young, parents are stronger than children.



Career Counselling



Prize Distribution Function

Certificates and trophies are the accolades,
a student gets for the perseverance through out the year.



Annual Function

Magia del amor

Magica per amore



Teacher's Day

A teacher is strong like the root of a tree,
which holds it straight and upright at all times.



Sarv Dharam Samelan

There is only one religion though there are a hundred versions of it.



Annual Athletics Meet

Champions aren't made in gyms. Champions are made from something they have deep inside them-a desire, a dream, a vision





Diwali Celebrations

A festival full of sweet memories, sky full of fireworks, mouth full of sweets, house full of diyas and heart full of enjoyment.



Children's Day Celebrations

**Children are the world's most valuable resource and
it's best hope for the future**



Magazine Release



*The creative efforts of the
students were accoladed on
14th Nov. 2015 when their
Innovative Bonanza i.e.
Expressions 2013-14
was released.*

Christmas Celebrations

Christmas is most truly Christmas when we celebrate it by giving light of love to those who need it most



Wired Kids: How Screen Time Affects Children's Brains

As a mother screams on the delivery table, her newborn suddenly pops out and cuts the umbilical cord after googling how to do it on his father's tablet. The baby then grabs the nurse's phone and Instagrams a selfie, crawls to a laptop on the floor and signs into multiple social networking sites, and uses a GPS to find his way out of the hospital. This recent "Born for the Internet" advertising campaign by some mobile service provider for its 3G Plus network is a bit extreme, but it's not uncommon these days to see babies and toddlers swiping away on their parents' touch screen gadgets.

Screen time includes watching television and using the internet and other electronic devices such as smartphones, tablets, laptops, and video game consoles. The effects, particularly on mental health, are most pronounced for those children who spent more than four hours a day using some sort of screen-based technology.

Evidence from an increasing number of research studies suggests that too much screen time for children is not just detrimental physically but also psychologically.

Too much time in front of TV and computer screens is causing an increase in psychological problems, such as depression and anxiety, and even addiction in children, particularly for young children. Like other addictions, screen time creates notable changes in brain chemistry - most notably, in the release of dopamine. This pernicious neurotransmitter, also known as the pleasure chemical, plays a role in sugar addiction - not to mention addiction to harder substances like cocaine. When kids develop a dopamine habit during early childhood, be it through sugary treats or computer games, more serious problems may ensue. That might sound extreme, but, "**internet use disorder**" (IUD) has been added to the *Diagnostic and Statistical Manual of Mental Health Disorders*, published by the American Psychiatric Association.

Moodiness. Restlessness. Strange cravings. Incoherent speech. An inability to focus on tasks that require concentration. Emotional outbursts. These qualities may be used to describe a person on drugs or trying to quit smoking. They also perfectly express what a preschool child is like after a two hour Disney movie.

Screen time has a powerful effect on children, not to mention adults. Finding a way to combat screen time in adults is a bit complicated, since many of us work on computers and have to be in front of a screen for a good portion of our days. Finding a way to combat screen time in children, who don't have inboxes to attend to and spreadsheets to create, is a bit simpler: **Lay down the law and set limitations. However, that's not always as easy as it sounds.**

No matter how convenient, educational, or mood-enhancing computers and other devices may be, experts agree that although screen time isn't bad in and of itself, there needs to be a limit. Setting boundaries early will give our children more freedom later in life, and it will also help parents and educators become a little more creative in the mean time.

How to limit screen time

Your child's total screen time might be greater than you realized. Start monitoring it and talk to your child about the importance of sitting less and moving more. Also, explain screen time rules - and the

consequences of breaking them. In the meantime, take simple steps to reduce screen time. For example:

- ❖ **Eliminate background TV.** If the TV is turned on - even if it's just in the background - You may not realise it but passive viewing is ruining your child's concentration. If you're not actively watching a show, turn off the TV.
- ❖ **Keep TVs and computers out of the bedroom.** Children who have TVs in their bedrooms watch more TV than children who don't have TVs in their bedrooms. Monitor your child's screen time and the websites he or she is visiting by keeping TVs and computers in a common area in your house.
- ❖ **Don't eat in front of the TV.** Allowing your child to eat or snack in front of the TV increases his or her screen time. The habit also encourages mindless munching, which can lead to weight gain.
- ❖ **See school day rules.** Most children have limited free time during the school week. Don't let your child spend all of it in front of a screen. Also, avoid using screen time as a reward or punishment. This can make screen time seem even more important to children.
- ❖ **No screens before bedtime.** Take a gap between screen time and sleep. Most screens these days use LCDs that emit a blue light that inhibits sleep and disrupts the circadian rhythm (body clock). Remember that the bedroom is not an entertainment centre. It's the place children go to sleep.
- ❖ **Explain the reasons.** Don't just switch off the telly, tablet or computer - explain to your child why you are limiting screen time. Discuss the health benefits of reduced screen time. Children will listen the health reasons for reduced screen time if the dangers are clearly pointed out.
- ❖ **Suggest other activities.** Rather than relying on screen time for entertainment, help your child find other things to do, such as reading, playing a sport, helping with cooking or trying a board game.
- ❖ **Set a good example.** Be a good role model by limiting your own screen time.
- ❖ **Unplug it.** If screen time is becoming a source of tension in your family, unplug the TV, turn off the computer or put away the smart phones or video games for a while. You might designate one day a week or month a screen-free day for the whole family. To prevent unauthorized TV viewing, put a lock on your TV's smart card.

It can be difficult to start limiting your child's screen time. It's worth the effort, however. By creating new household rules and steadily making small changes in your child's routine, You can curb screen time and its effects.

Shamina Deol

(Child Counsellor, Special Educator)



ENGLISH SECTION



A GIRL CHILD



Mehak Preet Kaur

VI-C

A girl child is like a flower,
which everybody wants to smell
But no body wants to plant.

'The Killing of girl child,
By the Indians who are 'wild'
Is the latest fashion
For which every granny has a passion
But why do we snatch from her
The life's right,
Without even listening to her plight ?
Up the stairs of progress they lead
Still people consider them a mere weed
They want to do a lot for their nation,
But we Indians plan only their cremation
For other's sake, they may die
But we.....
We always want to bid them 'goodbye'
But for Indians
It's just a game
But actually, It's a great shame
Open your eyes Indians.
Open your eyes
Be wise
And save the girl child
For our nation
And for a tiny bird
Who craves to see the world.



BENEFIT OF TRAVELLING



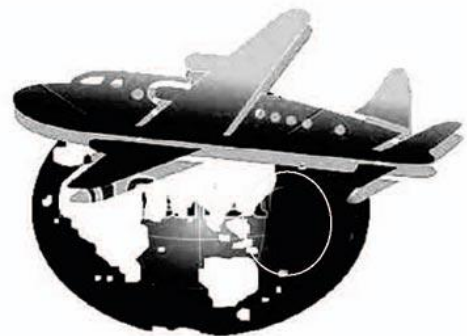
Yashan

VI-C

Man has been travelling since ages to learn new things and for pleasure. Travel provides a welcome change of place and freedom from boredom. It brings people of different cultures and nations together.

Travelling gives us an opportunity to disconnect from our daily routine and problems. It reduces stress and improves our social skill. In the modern methods of teaching great importance is attached to educational tours.

So every body should take out some time for a fruitful journey. It benefits us in many ways



Challenges make life
interesting and overcoming
them is what makes it meaningful.

THE IMPORTANCE OF SISTER

A sister is someone who loves you from the heart,
No matter how much you argue you cannot be apart.
She is a joy that cannot be taken away,
Once she enters your life, she is there to stay.

When she is by your side, the world is full of life,
When she is not around, your days are full of strife
A sister is a blessing, who fills your heart with love
She flies with you in life with the beauty of a dove.



A friend who helps you through difficult times,
Her comforting words are worth much more than dimes.
A partner who fills your life with laughs and smiles,
These memories last for miles and miles.

With a sister you cannot have a grudge,
She is as sweet as chocolate and as smooth as fudge.
Having a sister is not just a trend,
It is knowing you can always turn to her, your best friend.



Tushar
VI-C

Mom, you're a wonderful mother,
so gentle, yet so strong.
The many ways you show you care
Always make me feel I belong.
You're patient when I'm foolish;
You give guidance when I ask.
It seems you can do almost anything;
You're the master of every task.
You're a dependable source of comfort
You're my cushion when I fall.
You help in times of trouble;
You support me whenever I call.
I love you more than you know;
You have my total respect
If I had my choice of mothers,
You'd be the one I'd select!



Mom For You !!!



Somya Vermani
VI-B

THE DEW DROP

As the sun rose, a dew drop became aware of its surroundings. There, it sat on a leaf, catching the sunlight and throwing it back out. Proud of its simple beauty, it was very content. Around it were other dew drops, some on the same leaf and some on other leaves round about. The dew drop was sure that it was the best, the most special dew drop of them all.

Ah, it was good to be a dew drop.

The wind rose and the plant began to shake, tipping the leaf. Terror gripped the dew drop as gravity pulled it towards the edge of the leaf, towards the unknown. Why? Why was this happening? Things were comfortable. Things were safe. Why did they have to change? Why? Why?

The dew drop reached the edge of the leaf. It was terrified, certain that it would be smashed into a thousand pieces below, sure that this was the end. The day had only just begun and the end had come so quickly. It seemed so unfair. It seemed so meaningless. It tried desperately to do whatever it could to cling to the leaf, but it was of no use.

Finally, it let go, surrendering to the pull of gravity. Down, down, it fell. Below there seemed to be a mirror. A reflection of itself seemed to be coming up to meet the dew drop. Closer and closer they came together until finally...

And then the fear transformed into deep joy as the tiny dew drop merged with the vastness that was the pond. Now the dew drop was no more, but it was not destroyed. It had become one with the whole.



Preet Kaur Sidhu
XI-A

A NEW BEGINNING...

It's only the beginning now
a path way yet unknown
At times the sound of other steps
sometimes we walk alone
The best beginning of our lives
may sometimes end in sorrow
But even on our darkest days
the sun will shine tomorrow
So we must do our very best
whatever life may bring
And look beyond the winter chill
to smell the breath of spring.
Into each life will always come

a time to start new.
A new beginning for each heart
as fresh as morning dew.
Although the cares of life are great &
heads are bowed low
The storms of life will leave behind
the wonder of Rainbow.
The years will never take away
our chance to start anew
It's only the beginning now
so dreams can still come true.



Gurasis Kaur
X-D

Child Labour

Though rich in culture and traditions in the society,
Social evils in India come in a variety.
Child labour is one such evil,
Which has made our country a devil.

Children are sent to work in early ages,
for which they are paid low wages.
They do their work with full dedication,
Without getting education.

To earn their livelihood,
They are spoiling their childhood.
They forget about their health,
In a need to earn the wealth.

India is moving towards progress,
but these social evils have made a mess.
Let's promise to be in favour
Of abolishing the child labour !



Prabhsimran
VI-B



Why do Children Dislike Vegetables ?

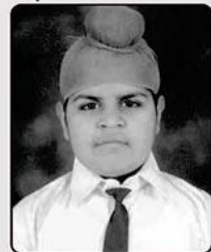
Our evolutionary ancestors lived with lots of toxic plants and we evolved a gene that makes the toxins in these plants taste bitter to discourage us from eating them. Children probably evolved a stronger aversion to bitter tastes because they haven't yet learned which plants are dangerous. We learn which plants are safe and lose half of our taste receptors by the time we are 20, making vegetables taste less bitter.



Kirti Goyal
X-B

I LOVE MY SCHOOL

I came to school when I was three,
Buildings were big and I was small,
I used to run and have lot of fun,
But as I grow I understand the flow,
Amount of hard work everyone does
to keep going the show,
My gatekeeper secures our entry and exit,
My gardener maintains smiling flowers,
My cleaning staff works for long hours,
My sports sir keeps me fit,
My teachers are real magicians
who teach us how to be good human beings,
And above all my Sister the real guiding force,
who works quietly behind the doors
so that we can blossom as rose,
I love my school's every inch
EVERYONE and EVERYTHING.



Hardeep Singh
Class : VI-B

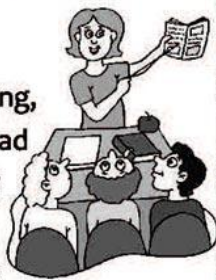
WHY GOD CREATED TEACHERS



Abhaydeep Singh Kalra

VI-B

When God created teachers,
He gave us special friends,
To help us understand His world
and truly comprehend
The beauty and the wonder
of writing we see
And become a better person
with each discovery.
When God created teachers,
He gave us special guides
to show us ways in which to grow
So we can decide
How to live and how to do
What's right instead of wrong,
To lead us so that we can lead
And learn how to be strong
Why God created teachers,
In his wisdom and his grace
Was to help us learn to makeover the world
A better, wiser place.



SHE WAS THE ONE



Harleen Kaur

VII-E

She was the one.
with whom I shared everything,
but she didn't understand anything,
she just sat and listened everything,
because,
She was the one, with whom I shared everything.
She was the one,
with whom I played a lot,
and went for a walk by tying a knot,
I scolded her when she broke a pot,
because,
She was the one, with whom I shared a lot.
She was the one,
whose voice still echoes in my ears,
and when I think about her,
I get in my eyes tears,
I think, she was afraid of the bears,
You would think,
She would be one of my human peers
But she was a Dog,
And her name was Alice

Eye contact is the most obvious way you communicate. When you look at other person, you show interest. When you fail to make eye contact, you give the impression that the other person is of no importance.

MISERY OF J&K FLOOD



Joyleen Kaur
VII-C

My heart got a serious blow,
when I saw this destruction on the TV show.
Half of the state was filled with mud,
It was the misery of J&K flood.
Few were trapped, many were whelmed.
Nature showed anger of Chenab & Jhelum.
Indian cops rushed to save,
They didn't fear as they were brave.
Officers left nobody alone.
Helped them, till they crossed the flooded
zone.
When the situation became worse,
Then came Indian air force.
Houses, schools, bridges were sunk.
The death rate crossed the 1000 rank.
Some lost their mothers, some their wives,
I wonder! how a disaster changed their lives.
Problems were more, facilities were mere,
Tears and sorrows spread everywhere.
I pray to God, please forgive us,
To stop the nature destruction, thus.
Help the humanity, if you please,
Fill the world with silence & peace,
Fill the world with silence & peace.

Expect the Unexpected!!

It is a matter of fact that we all know that at this stage of life i.e. teenage, the life goes on like a still river. But we always expect a blooming splash. I'm not talking about the academic expectations but about the overall expectations from life. Expection involves itself with any intention. it is a world of dreams; like being on the other side of the mirror where everything seems so pretty and perfect, but the fact is that it is all fake. Well, according to me it is a barrier to one's own creative aspect of seeming the life.

Ever observed an infant ? Just hand over something unique to her, unique in her respect, may be your mobile phone and just analyse how the infant observes the phone, trying to discover something new, with no expectations hidden beneath.

But we, the so called grownups constantly show we are doing in life relative to our expectations and the expectation of others. There is no such thing as, "objective progress", instead we regularly engge ourselves in social comparison and try to beat up the bench mark set up by the society. From my personal experiences whenever I am caught in the web of expectations, I taunt myself by saying.

Expect the Unexpected!!



Paras Kapoor
X-E

THE LITTLE PLANT

In the heart of seed,
Buried deep so deep,
A tiny little plant,
Lay fast asleep.

'Wake' said the sunshine
'And creep to the light
'Wake' said the voice
Of the rain drops bright.

The little plant heard
And it rose to see,
What the wonderful
Outside world might be.



Natasha Sharma
VII-C

NATURE'S WAY



Janvi Banda
VII-C

Upon a nice mid spring day
Let's take a look at Nature's way.
Breathe the scent of nice fresh air,
Feel the breeze within your hair.
The grass will poke between your toes,

Smell the flowers with your nose,
Clouds form shapes within the skies,
And sun will shine into your eyes
Hear the buzzing of the bees,
Climb the tallest willow trees,
Look across the meadow way,
And you shall see a young deer play.

Pick the daisies as they grow,
Watch a gentle cold stream flow,
Know the sounds of water splash,
Catch its glimmer in the flash
When altogether all seems sound,
Lay yourself upon the ground,
Take a moment to inhale
And listen to Nature tell her tale.

Life is a gift

Don't forget life is a gift enjoy it to the fullest.....

Today before you say an unkind word - Think of someone who can't speak.

Before you complain about the taste of your food - Think of someone who has nothing to eat.

Before you complain about your husband or wife - Think of someone who's crying out to God for a companion.

Today before you complain about life - Think of someone who died too young.

Before you complain about children - Think of someone who desire children but they're barren.

Before you argue about your dirty house - Think of someone who is living in the street.

Before whining about the distance you drive - Think of someone who walks the same distance on their feet.

When you are tired and complain about your job - Think of someone unemployed, the disabled, and those who wish they had your job.

At last when depressing thought seems to get you down - Put a smile on your face and thank God you are alive and still around.

Thank God for what you are having and start appreciating your life. You will feel that life is the biggest gift given to you by god.



Pulkit Arora
X-D

ENCOURAGING THOUGHTS



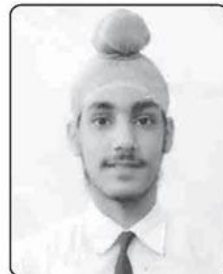
Manveen Kaur

XI-B

- ❖ Be gentle with yourself, learn to love yourself, to forgive yourself, for only if we have right attitude towards ourselves, we can have right attitude towards others!
- ❖ Be thankful when you are tired and weary, it means you have made a difference.
- ❖ Life's battles don't go to the stronger or faster hands; they go to the one who has trust in God and always believes "I can"..
- ❖ Life is as we think, so, think beautifully.
- ❖ The happiest people on this earth are not those who live on their own terms, but those who change their terms for whom they love..
- ❖ If you kneel down to GOD, he stands up for you and when he stands up for you, no one can stand against you.
- ❖ Don't watch the clock, just do what it does - keep going !!
- ❖ Our greatest glory is not in never failing but in rising everytime we fail.
- ❖ If life gives you hundred reasons to cry, show life that you have thousand reasons to be happy !!

Come Home Again

(On Peshawar's Massacre)



Gurpahul Singh

IX-C

Mom! I want to come home again.
Hope you don't scream and scold,
Your lovely lunch has gone cold.
No, it's not me to blame,
Had come someone else to claim.
Mom! I want to come home again.

The crackers smoked our Social
Science,
The teacher told to read the lines.
We forgot! listening through the pane,
The school urging, "Hide in the lane."
Mom! I want to come home again.

The shouts shook our school's core,
The heartless knockings cracked the door;
Called I to you - you never came,
To stop me crying - your name.
Mom! I want to come home again.

And oh! The black board became red,
Tears wept the teacher's drilled head.
Called they, "Come out all whose fathers train"& we
beheaded to touch the lion's mane.
Mom! I want to come home again.

And do ask Dad - "Was it my fault
To share his blood and his salt?"
For something holed my clothes to stain,
That 'blood' just trickled down the drain.
Mom! I want to come home again.

Don't worry! The pain didn't last for long,
Soon was heard your sleep-time song;
but your future IAS just got slain,
"God, why to give us this strain?"
Mom! I want to come home again.

Just take me once to your breast,
There's nowhere any peace to rest
Do ask them - What did they gain?
My life - was it such bargain?
Mom! I want to come home again.
"And really Mom! I want to come home once again."



MATHS SECTION



SOME FACT

- $11^2 = 121$
 $111^2 = 12321$
 $1111^2 = 1234321$
 $11111^2 = 12345321$

- You know that the difference between square of numbers have consecutive odd numbers :

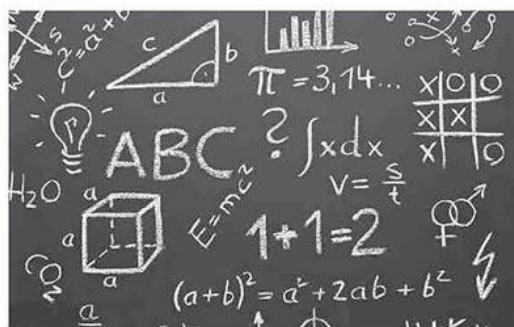
$$\begin{aligned} 1^2 &= 1 > 3 \\ 2^2 &= 4 > 5 \\ 3^2 &= 9 > 7 \end{aligned}$$

But to find the difference of consecutive number is to double the bigger number and subtract 1 from it.

- 27^2 & 28^2 to find difference :
 $= (28 \times 2) - 1$
 $= 56 - 1$
 $= 55$
- 729 is of 27^2 and 784 of 28^2
 $= 784 - 729$
 $= 55$
- Two consecutive even numbers and odd numbers when multiplied and then subtracted, give a prime number :
 $= 6 \times 8, 5 \times 7 = 35 - 45$
 $= 48, 35 = 13$



Gagandeep Singh
IX-A



**A smile sends a positive message and is appropriate in all but life and death situation.
 Smiling adds warmth and an aura of confidence. Other will be more receptive
 if you remember to check your expression.**

MATHS EVERYWHERE

Suppose someone is drinking coffee. What if she drinks in progressively smaller sips? Will the cup slowly empty, or will some fixed quantity of liquid always remain? Take this example. Suppose a girl drinks $\frac{1}{2}$ the coffee on her first sip (an uncharacteristically large gulp).

On the next sip, she drinks $\frac{1}{3}$ of what's remaining. On the next, she drinks $\frac{1}{4}$ of what's remaining. Then $\frac{1}{5}$ of what's left, then $\frac{1}{6}$, and so on, and so on, continuing forever. In one sense, the answer is no, since every sip consumes just a fraction of what's left, no sip can ever finish the cup. There'll always be coffee remaining.

But in another sense, she does "finish" the coffee. To see, think about how much remains after successive sips.

After sip 1, we've got $\frac{1}{2}$ of the coffee left.

After Sip 2, we've got $\frac{1}{3}$ of the coffee left.

After Sip 3, we've got $\frac{1}{4}$ of the coffee left.

After sip 4, we've got $\frac{1}{5}$ of the coffee left.

Notice the pattern. After Sip N, we'll have $\frac{1}{(N+1)}$ of the coffee left.

Now, it's true that $\frac{1}{(N+1)}$ will never reach zero. But it will get unimaginably close to zero—or, in slightly more technical language, it will approach zero.

Eventually, less than 1% of the coffee will remain. Later, less than 0.1% of the coffee will remain. Even later, less than 0.

0.000001% of the coffee will remain. With time, she'll drink the coffee down to the level of electrons and quarks. At that point, it seems fair to call the coffee finished. Okay. So drinking $\frac{1}{2}$, then $\frac{1}{3}$ of what's left, then $\frac{1}{4}$ of what's left,

then $\frac{1}{5}$, and so on, she'll eventually finish the coffee.

But what if she drinks slightly slower? What if she drinks $\frac{1}{4}$, then $\frac{1}{9}$ of what's left, then $\frac{1}{16}$ th of what's left, then $\frac{1}{25}$ th of what's left—the numerator always 1, the denominator equal to the next perfect square? Will she finish the coffee then?

Let's find out. After the first sip, $\frac{3}{4}$ remain (or 75%). After the next sip, $\frac{2}{3}$ remain (roughly 67%). After the next sip, $\frac{5}{8}$ remain (or 62.5%).

After the next sip, $\frac{3}{5}$ remain (or 60%). The level doesn't shrink very fast. But she keeps sipping, so the quantity must approach zero, right?

Wrong. Note that after n sips, we're left with $\frac{1}{n+1}$. As n grows higher and higher, that multiplier $\frac{1}{n+1}$ gets smaller and smaller, approaching 0. So as centuries pass, and the girl continues sipping her coffee in tinier and tinier increments, the amount remaining approaches precisely 0 of the cup. It's not just that she never finishes. There's a whole bottom half to the cup that she never touches. A drop of liquid sitting below the 50% line will sit there for eternity, what if she drinks $\frac{1}{2}$ of the coffee, then $\frac{1}{4}$ of what's left, then $\frac{1}{8}$ of what's left, then $\frac{1}{16}$ of what's left—the numerator always 1, and the denominator equal to the next power of 2? Or what if she drinks $\frac{1}{8}$ of the coffee, then $\frac{1}{27}$, then $\frac{1}{64}$, then $\frac{1}{125}$ —the numerator always 1, and the denominator equal to the next perfect cube? The approximated the powers-of-two problem as leaving 28.8788% of the coffee remaining, and the perfect-cubes problem as leaving 80.94% of the coffee remaining.

So it always is with math. You sip, and sip, and sip—and perhaps you approach the bottom of the coffee cup. But perhaps you don't. And no matter how diligent your drinking, it seems there's always a little something left at the bottom of the mug.



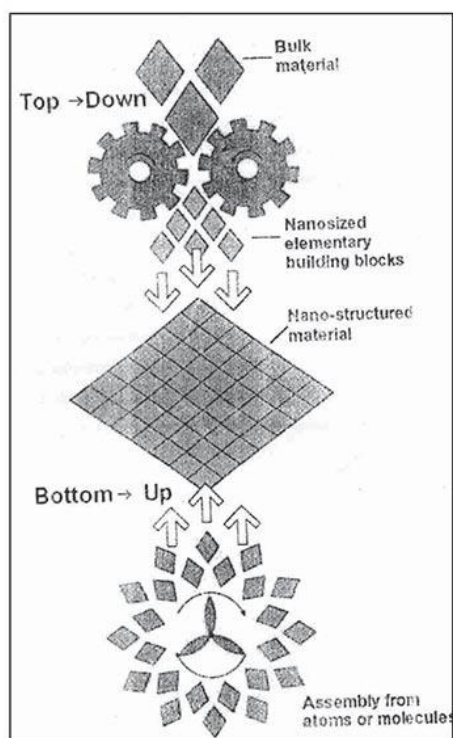
Sidique Chaudhary
IX-B

NANOTECHNOLOGY

In contrast to other technologies, nanotechnology is much less well-defined and well-structured. Nano, which comes from the Greek word for dwarf, indicates a billionth. One Nanometer is a billionth of a metre, that is, about 1/80,000 of the diameter of a human hair. Nanotechnology can best be considered as a 'catch-all' description of activities (any application of science and technology) at the nanometer scale that have applications in the real world. Definitions of 'nanotechnology' vary, but it generally refers to understanding and manipulation of matter on the nanoscale, say, from 0.1 nm to 100 nm. The significance and importance of controlling matter at the nanoscale is that at these scales different laws of quantum physics come into play; traditional materials such as metals and ceramics show radically enhanced properties and new functionalities, the behaviour of surfaces starts to dominate the behavior of bulk materials, and whole new realms open up for us. Gaining control of structures at the nanoscale sometimes leads to truly extraordinary materials such as carbon nanotubes, with a tensile strength often quoted as 100 times



Gunita Nanda
IX-B



that of steel. There are two ways to approach the nanoscale: shrinking from the top down, or growing from the bottom up (Fig.1).

These two models are fundamentally different, both in the approach to creating structures and in the underlying science that will make them possible. The 'top down' approach entails reducing the size of the smallest structures towards the nanoscale by machining and etching techniques, whereas the 'bottom up' approach, often referred to as molecular nanotechnology, implies controlled or directed self-assembly of atoms and molecules to create structures. Nano science and nanotechnology inevitably cross the boundaries and bring together traditional sciences and technologies, such as chemistry, physics, the life sciences, materials and many engineering disciplines. More than anything else, nanotechnology is an enabling technology, allowing us to do new things in almost every conceivable technological discipline.

At the same time, its applications will lead to better, cleaner, cheaper, faster and smarter products and production processes. Just as other enabling technologies, e.g. electricity and microelectronics, have transformed lives, nanotechnology is likely to have a similar impact and the transformation may be much quicker due to the development of powerful computers, global communication and many other technological advances.

ART AND MATHEMATICS

Mathematics and art have a long historical relationship. The ancient Egyptians and ancient Greeks knew about the golden ratio and regarded it as an aesthetically pleasing ratio. They may have incorporated it and other mathematical relationships, such as the 3:4:5 triangle, into the design of monuments including the Great Pyramid, the Parthenon and the Colosseum.

Artists who have been inspired by mathematics and studied mathematics as a means of complementing their works include the Greek sculptor Polykleitos, who prescribed a series of mathematical proportions for carving the ideal male nude. Renaissance painters including Piero della Francesca and Leonardo da Vinci made use of mathematics in their work.

In modern times, artists like M. C. Escher use mathematical forms intensively, while new branches including Penrose tiles and fractal art have been developed.



Japnoor Kaur
IX-B

The hardest part of the longest journey is to take the first step.

Calculate Your Lucky Number

Let us assume that your birthday is on 12.07.2015 (12th July, 2015)



Parth
VI-A

1. Add the month's digit, the days digit and the year's separately.

$$\text{Days} \quad (1+2) \quad = \quad 3$$

$$\text{Months} \quad (0+7) \quad = \quad 7$$

$$\text{Year} \quad (2+0+1+5) \quad = \quad 8$$

2. Add the resulting numbers together:- $3+7+8=18$
3. Add the digits to arrive at a single number:- $1+8=9$
4. Again add the number, if number obtained is of 2 digit
5. Your luck life path number is 9
6. Now calculate your real lucky number



LIFE IS LIKE MATHS

(Add) + Your Friends

(Subtract) - Your Enemies

(Multiply) x Your Happiness

(Equal to) = Successful life

Maths does not teach us How to add happiness or How to minus sadness but Give us a great hope, that Every Problem has a Solution!!

Trisha Kohli

X-C



SOME FACTS

- Q: Why should you never mention the number 288 in front of anyone?**
A: Because it is too gross (2x144- two gross).
- Q: How is the moon like a dollar?**
A: They both have 4 quarters.
- Q: How can you add eight 8's to get the number 1,000 ? (only using addition)**
A: $888+88+8+8+8=1000$.
- Q: What is the smallest three digit palindrome divisible by 18?**
Can you solve this without a brute force examination of possibilities?
A: 252.
- Q: How many eggs can you put in an empty basket?**
A: Only one, after that the basket is not empty.
- Q: Where can you buy a ruler that is 3 feet long?**
A: At a yard sale.
- Q: When things go wrong, What can you always count on ?**
A: Your Fingers.
- Q: What coin doubles in value when half is deducted?**
A: A half dollar.
- Q: How do you make seven even?**
A: Remove the 'S'.
- Q: Why are diapers like 100 dollars bills?**
A: They need to be changed.
- Q: What goes up and never comes down?**
A: Your Age.
- Q: Why is the longest human nose on record only 11 inches?**
A: Other wise it would be a FOOT.
- Q: Why didn't the quarter roll down the hill with the nick?**
A: Because it had more cents.
- Q: Why is 6 afraid of 7 ?**
A: Because 7, 8(ate) 9.
- Q: What did one math book say to the other ?**
A: Don't bother me I've got my own problems



Riya Gaba
VI-C



WHO WANTS TO BE A MILLIONAIRE???

You can become a millionaire by solving mathematics problem. There are six problems in mathematics which are unsolved till now in the world. These problems are referred to as Millennium Prize Problems. These problems were stated by Clay Mathematics Institute in 2000. A correct solution to any of the problems results in a US \$1,000,000 prize being awarded by the institute. This means that those who have a very strong interest in mathematics can bag this great opportunity. The unsolved problems are as follows:

- P versus NP
- Hodge conjecture
- Riemann hypothesis
- Yang-Mills existence and mass gap
- Navier-Stokes existence and smoothness
- Birch and Swinnerton-Dyer conjecture

So, the opportunity of being a millionaire is right at your doorstep. Don't miss it. Start preparing for it right now and who knows you may be the one to solve one of them in coming future. All the best.



Kashika Maheshwary
VIII-C

Mathematics without India

India landed on Mars in 2014, which was a big achievement for us. But, behind it were years of hard work and perseverance. We've pulled our country for progress since last 67 years after we got independence, still for many ours is a nation of snake charmers.

Well, in context of mathematics, Indians feel proud with their contribution towards it. Maths, a thing without which nothing exists was well studied and understood in India centuries before the western world interpreted it.

So we have a great history with respect to the amount of benefaction our ancestors gave to this great subject.

Aryabhatta: The man for decimals

He was the one who developed the modern place value system. Born in 476 CE, he became the first person in the world to calculate exact number of days in a normal year i.e. 365. He made deep study into decimal and place value system and initiated the concept for digit zero.

Brahmagupta: Inventor of Digit zero

Well, most of the tech savvies know that the modern electronics work on the principles of binary system, which is constituted by 0 and 1. It means that zero has a big role to play. After Aryabhatta, Brahmagupta actually postulated the idea of zero in his rules. Something which actually equated to nothing was zero. Yet, it was a significant contribution.

S. Ramanujan: Made for Maths

Srinivas Ramanujan, celebrated Indian mathematician is known for his rules in partition of numbers. He is also famous for algebraic identities and elliptic functions in mathematics. In his respect 1729 is regarded as Hardy-Ramanujan number.

CR Rao: The 'Stat' person

Born in 1920, Sh. CR Rao is a renowned mathematician, famous for his theory of estimation. He also gave theorems on statistics and general mathematics such as Cramer-Rao bound and Rao Blackwell theorem. He was awarded Padma Vibhushan in India and National medal for Science in USA.



Pavit Singh
IX-B

Beauty of **MATHeMATICS**

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



Himanshu Gupta
X-B

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

$$\begin{aligned}1 \times 1 &= 1 \\11 \times 11 &= 121 \\111 \times 111 &= 12321 \\1111 \times 1111 &= 1234321 \\11111 \times 11111 &= 123454321 \\111111 \times 111111 &= 12345654321 \\1111111 \times 1111111 &= 1234567654321 \\11111111 \times 11111111 &= 123456787654321 \\111111111 \times 111111111 &= 12345678987654321\end{aligned}$$

Are you afraid of Mathematics!

Mathematics is one of the subjects which one out of every three students is afraid of. But do we ever thought that why we do not like maths. It is not that maths is difficult, if you study hard you can excel in maths too. Just one thing you need to do is to have full concentration when you do maths



Tanvi Jain
X-B

as maths is not a subject to be learnt except formulas. Believe me this is my own story. I too was afraid of maths but now I am not. It is all because of PRACTICE AND FULL CONCENTRATION. Always think that if you can do all subjects then why not maths?? Always have a positive thought in mind regarding maths. Those who always think that maths is not their cup of tea, they can never achieve success in maths. Even a student who is weak in maths can become a genius in maths.

I was also weak in maths. Scoring less marks in maths test or exam does not mean that you have failed. Keep trying and believe me hard work and practice is the only thing needed. Never be afraid to ask questions regarding it to your maths teacher, because he can help you to understand better. Build up your confidence as well. This will work as a great thing. Learn formulas by heart so that you can solve questions based on it easily. The most important thing is that you need to know is when and how to apply the formulas you are given. Now, I hope that you can cope up with maths and have no negative thoughts regarding it.

BE POSITIVE

THINK POSITIVE

FEEL POSITIVE

Amazing facts on mathematics

1. The word 'mathematics' comes from the Greek mathema, which means learning, study, science.
2. Here is an interesting trick to check divisibility of any number by number 3. A number is divisible by 3 if the sum of its digits is divisible by 3.
3. Zero (0) is the only number which cannot be represented by Roman numerals.
4. The '=' sign ("equals to sign") was invented by 16th century Welsh mathematician Robert Recorde, who was fed up with writing 'is equal to' in his equation.
5. Abacus is considered the origin of the calculator.
6. An icosagon is a shape with 20 sides.
7. The number 5 is pronounced as 'ha' in Thai language. 555 is also used by some as slang for 'hahaha'.
8. Among all shapes with the same perimeter a circle has the largest area, but among all shapes with the same area circle has the shortest perimeter.
9. Have you heard about a Palindrome number? It is a number that reads the same backwards and forwards, example 12421.
10. 'FOUR' is the only number in the English language that is spelt with the same number of letters as the number itself.

Jasleen Kaur
X-C



DON'T RUN AWAY FROM MATHEMATICS

Mathematics is a combined word of 11 letters. These heavy letters are burden for some people but also fun & motivation for others. Many people consider it as a foolishness to solve equations which are not related to the physical world. These are just logical equations. But these logics contain in them the suspense, motivation and brain twisting.

"Mathematics is both the queen and hand maiden of science" E.T. Bell

Really Mathematics is the queen of all sciences. No one could believe science without maths. The building of science stands on the strong unending roots of Maths. For some people it's nothing but for others it's everything. Mathematics is refinement of mind. It helps us in sharpening our mind & increasing the retaining power due to its logical approach.

All the things of nature can be proved by using maths.

"What delighted me most about mathematics is that things could be proved" Bertrand Russell

Maths need a lot of hard work, time management and dedication. Thorough and the basic study is the basic requirement. Some students believe in cramming which is just the wastage of time.

"The mathematical experience of the student is incomplete if he never had the opportunity to solve a problem created by himself- Cr. Polya

It is of no use to run away from mathematics because at every stage of life it will be welcoming us.



Anmol Kaur
X-B



COMPUTER SECTION



OS X YOSEMITE

OS X Yosemite (version 10.10) is the eleventh major release of OS X, Apple Inc.'s desktop and server operating system for Macintosh computers.

Design

Yosemite introduced a major overhaul of OS X's user interface. Its graphics replaced skeuomorphic elements with flat graphic design and blurred translucency effects, similar to the aesthetic introduced with iOS 7.

Other design changes include new icons, light and dark color schemes, and the replacement of Lucida

Grande with Helvetica Neue as the default system typeface. The Dock is now a 2D translucent rectangle instead of a skeuomorphic glass shelf.

Continuity

The Handoff functionality allows the operating system to integrate with iOS 8 devices over Bluetooth LE and Wi-Fi; users can place and answer phone calls using their iPhone as a conduit, send and receive text messages, activate personal hotspots, or load items being worked on in a mobile app (such as Mail drafts or Numbers spreadsheets) directly into their desktop equivalent.

Other

Spotlight is a more prominent part of the operating system; it now displays its search box in the center of the screen and can include results from online sources, including Bing, Maps, and Wikipedia. Stock applications such as Safari and Mail have been updated. In particular, many security features have been added to Safari, such as a custom history clearing option that lets users clear history, cookies, and other data from the previous hour, day, or two days. The green "zoom" button on windows now has a different function in applications that support full screen mode. Instead of simply enlarging the window, the button now enters full screen mode, eliminating the full screen button at the top right corner of windows that has been present since Mac OS X Lion. However, holding the Option key while clicking the zoom button or double-clicking on the window chrome continues to invoke the original behavior.



Mayank Anand

XI-E

How is data saved in a memory card?

Have you ever wondered how data gets saved on the memory of your smartphone? Well, if no then here is the answer:

It uses a technology like EEPROM (Electrically Erasable Programmable Read-Only Memory) Data is stored inside advanced microprocessors. It contains bit cells which have binary values i.e. 0 and 1. These memory cells are made up of floating gate transistors which changes values to 0 and 1 on voltage supply. By default it has the value 1. When 5 volts are applied, it changes value to 0. This way all the bit cells are changed values and binary codes are made. This is how a memory card writes data.

So, Now you have an idea about how the memory is saved on your Smartphone.



Tanish Arora

XII-A

LATEST INVENTIONS OF COMPUTER SCIENCE

- One of the latest inventions by American researchers is laser. It is produced by squeezing a ray of light on space; smaller than protein molecules. This has been applied in the field of optical technology as nanolasers; that is used for **DNA investigation and manipulation**. Super fast telecommunication has been lead by the laser techniques.
- Another breakthrough result is Blackberry curve (8300) with the advanced technology, flexibility and portability. This mobile can edit any Microsoft documents which can be updated automatically on Mac or PC. 3G download speed with HSDPA technical skills are incorporated with it which results mp3 player complementation and application of media sync.
- Vulture Aircraft is an unmanned aircraft that has been developed by **Defense Advanced Research Projects Agency (DARPA) of United States**. It can stay in the air for the period of 5 years at a time. Persistent capability of pseudo satellites are being attached with this creation.
- Forget Windows; an application made by Microsoft is a cloud based operating system with virtual hypervisors, drivers and plug-ins.
- **Draganflyer X6** is an advanced **helicopter; controlled by remote with 11 sensors** and thousand lines code. It is capable of spying on enemy in reliable approach. Co-Axial Configuration, Carbon Fiber Frame, GPS service, Flight Controller, Telemetry Software, Low light and thermal infrared camera are other useful features which enhances the efficiency.



Bhavneesh Singh
X-C



Solar Powered Smartphone

Could you imagine solar power for all smart phones? This ingenious idea could soon become a reality for all smart phone users who would no longer have to rely on constantly plugging in to charge up.

Wysips, a French technology company has recently created a thin, transparent, photovoltaic film that fits on top of a smart phone's screen (much like a screen protector) that harnesses energy from the sun and continuously tops off the phone's battery. The company says this solar film can charge a cell phone battery in about 6 hours in constant direct sunlight, taking longer to charge indoors.

The coating is incredibly thin, less than 100 microns deep, and contains strips of transparent photovoltaic cells laid on the screen that capture enough solar energy to produce electricity. On top of the cells is a layer of cylindrical lenticular lenses, which allow the user to see the light from the screen undistorted. It would not affect touch-screen abilities.

Wysips designed the film to work on any device, not just cell phones, but also on tablets and e-readers. They're currently developing the next model which will allow users to get 30-60 minutes of talk time per hour of solar charging.



Param Prashar

X-D

Did You Know?

1. Only 8% of the world's currency is physical money, the rest only exists on computers.
2. 40-55% of all Wikipedia vandalism is caught by a single computer program with 90% accuracy.
3. A wow player "Bradster" has 36 wow accounts and conducts raids with himself on 11 computers.
4. In 1936, the Russians made a computer that ran on water.
5. In September 1956 IBM launched the 305 RAMAC, the first 'SUPER' computer with a hard disk drive (HDD). The HDD weighed over a ton and stored 5 MB of data.
6. Although we normally think of computers as the ones we use in our everyday lives to surf the web, write documents etc, small computers are also embedded into other things such as mobile phones, toys, microwaves and MP3 players. We use computers all the time, often without even knowing it!
7. A computer as powerful as the human brain would be able to perform about 38 thousand trillion operations per second and hold about 3,584 terabytes of memory.
8. MIT has developed a computer software that can identify and distinguish a real smile from a smile of frustration.
9. The first actual computer "bug" was a dead moth which was stuck in a Harvard Mark II computer in 1947.



Bhavika Suri

X-D

Google contact lenses

Google Contact Lens is a smart contact lens project announced by Google on 16 January 2014. The project aims to assist people with diabetes by constantly measuring the glucose levels in their tears.

The lens consists of a wireless chip and a miniaturized glucose sensor. A tiny pinhole in the lens allows for tear fluid to seep into the sensor to measure blood sugar levels. Both of the sensors are embedded between two soft layers of lens material. The electronics lie outside of both the pupil and the iris so there is no

damage to the eye. There is a wireless antenna inside of the contact that is thinner than a human's hair, which will act as a controller to communicate information to the wireless device. The antenna will gather, read, and analyse data. Power will be drawn from the device which will communicate data via the wireless technology Radio-frequency indication. Small LED lights would be added that could warn the wearer by lighting up when the glucose levels have crossed above or below certain thresholds have been mentioned to be under consideration.



Harish Aggarwal, XI-A

Recover Deleted files in Windows

When files are deleted, Windows does not delete them from your hard disk. It marks the storage space as empty for new data to be written and deletes the index entry that tells the location of those files. Unless, new files are written on that space, the deleted files are still recoverable. That's what allows these software to recover deleted files.

There are many free software that allow users to do this. Some of them are :

- 1) Pandora Recovery 2) TOKIWA Data Recovery 3) Recuva

Some Important tips to increase the chances of getting your deleted files back:

- 1) When a file is deleted accidentally on a storage device, make sure that you don't do anything on it as doing that would increase the chances of new data being written over your deleted files; which would make file recovery impossible.
- 2) If you have deleted files on your main computer (the one you are using right now), do not browse the internet, download new software or shut it down. Keep it running and go to another computer, download one of the software mentioned above that is portable and save it on a flash drive. Then plugin the flash drive in your current system and perform file recovery. Regardless of whether you accidentally delete files a lot or not, make sure to always have that software in your flash drive in case you accidentally delete important files.



Kanwardeep Singh, XII-A



TIZEN OS



Tizen is an open source, standards-based software platform for multiple device categories, including smartphones, tablets, netbooks, in-vehicle infotainment devices, smart TVs, and more. Tizen offers an innovative operating system, applications, and a user experience that consumers can take from device to device. Tizen smartphone technologies include a flexible and powerful user interface, 3D window effects, advanced multimedia, location based service frameworks, sensor frameworks, and multi-tasking and multi-touch capabilities. In addition, support for scalable screen resolution means that the platform can deliver a consistent user experience across a broad range of handset types and form factors. Tizen offers a touch-optimized user interface for tablets with a suite of built-in applications for Web browsing, personal information management, and media consumption, Tizen will provide expanded features, improved performance, and a richer user experience for netbooks. Tizen is a light-weight, scalable, fast-booting, brand-able operating system, with advanced support for touch and connectivity. In



Vehicle infotainment systems are devices that deliver navigation, entertainment, and networked computing services in vehicles, such as cars, trucks, planes, and buses. The Tizen In-Vehicle infotainment software platform is designed to enable rich internet and multimedia consumer experiences for vehicles. Tizen for Smart TV delivers a complete, open standards-based Linux stack, optimized for living room devices, such as Blu-ray players, set top boxes, and digital TVs. It is designed for an Internet-connected TV experience, allowing users to enjoy access to multiple applications, services, and personal media, all while watching TV.



Shaurya Khanna

XI-B

Posture is as important as your grandmother always says it is.
Sit or stand erect if you want to be seen as alert and enthusiastic.
When you slump in your chair or lean against the wall, you look tired.
Stand erect if you want to be seen as alert and enthusiastic.

National Cyber Olympiad:

National Cyber Olympiad organized by Science Olympiad Foundation, New Delhi was conducted in the school on 14th Oct, 2014 in which 382 students from classes III to XII participated. Special guidance classes were conducted for the participants and the cumulative efforts of teachers and students brought an excellent result. 18 students qualified for the 14th NCO II Level Examination held on 7th Feb, 2015.

An amalgamation of softwares and computer languages such as Typing Tutor, Home Tweet Home, Tux Paint, MS-Office, Adobe Photoshop, Pagemaker, Flash, HTML, DHTML, QBasic, Java and MySQL were taught to students. By the end of the II Term, students of all classes design projects that are prepared in the computer labs in the practical periods which are then evaluated. Monthly assignments were also provided to the students for proper revision interspersed with class tests.

Informatics Practices students of Class XII showed remarkable results in CBSE Board Examination in Session 2013 - 2014 and out of total 10 students 4 students scored 100% marks.

School Website :

Apart from academic and extra-curricular activities, the department also actively strived to keep pace with ever changing computer field.

Campus Care :

The School Website was efficiently used and updated from time to time. The website gives comprehensive information about the history, management, infrastructure, admission guidelines, faculty, CBSE class X and XII results of the school as well as all extra-curricular activities and events of the school are represented in both picture gallery as well as in write-ups. The calendar in the site is helpful in listing out all the important dates for events and activities. Circulars are regularly uploaded on the website for the convenience of the parents and any latest news or messages are promptly displayed. The dynamic content of the website also makes it interactive where visitors can leave their messages or queries which are then promptly addressed.

This year Campus Care was upgraded on Cloud Computing to keep pace with changing scenario and for better development of a child. Under this website parents and students have been given separate accounts to view the academic performance.

Refresher training programmes were conducted by the team from Educomp for Smart class for teachers to update them with the changes and to answer their queries.

Computer department also contributed on festive and special occasions during the year by preparing and showing powerpoint presentations. The school organized section wise annual function for which beautiful slide show for around 1000 slides was presented for various items.



SCIENCE SECTION



IT'S TIME TO CLEAN UP: GREEN INDIA CLEAN INDIA

Name a country which has no villages? Answer is Singapore. Shocked but it's a fact. With urbanization at its peak, we all dream to live in countries like New Zealand or Singapore. The reason being their clean environment and responsible citizens. Well citizenship is something I cannot comment because there are many illiterate people in India. What can be done with the help of some elite groups is to clean the country, reason is most of the garbage comes from big metros and the reason is straight forward - use of poly bags.



Kanupriya
XI-B

The use of poly bags no doubt have taken a significant role in our daily life, from shopping at Malls to buying vegetables from road side vendor, we all carry our stuff in poly bags. The darker side of using them is making our environment unhygienic, as these poly bags block sewage system flies and germs to grow, thereby causing sewage water to come on the street and rest of the picture we all can imagine.

Other notorious act that is practiced in society is to throw the garbage outside the house may be on the road. Doing a similar act in one of your dream country will attract fine and that is the reason you won't find people spitting or throwing garbage in the streets of London and New York. It has been inherited in their culture not to do so. The roads are meant for transport and not to be used as dustbins.

Well every problem has a solution and this too have a simple one and in fact in front of us, but the point is we don't want to see it. May be we are happy or we are used to live in such kind of environment. The use of poly bags has caused much of the filth so why not use them as a cure. At places where people are aware, a sweeper visits their place regularly may be in mornings or in evenings. We only need to collect our waste in a poly-bag (THE BLACK ONE WHICH IS USED FOR THIS PURPOSE ONLY) and wrap it, keep it outside our house or apartment and the sweeper will collect it and dump it into the assigned area from where it'll go for recycling, I don't challenge my solution but I am sure this would give some sign of improvement, at least waste would not be scattered on the roads, causing flies and stinking fragrance.

We all complain that there is so much filth in India and compare our country with countries like Australia, New Zealand, Singapore. The difference is simple and straight forward. They follow such routine.

I hope we all will pull up our socks and get ready to clean up what was left messy and untidy and make 50 % Singapore out of India.

Courage is stepping forward when all you can see is darkness.

10 FACTS THAT YOU DIDN'T KNOW !

1. Your shoes are the first thing people subconsciously notice about you.
2. Sleeping without a pillow reduces back pain and keeps your spine stronger.
3. A person's height is determined by his father and their weight is determined by his mother.
4. If a part of your body "falls asleep" you can always "wake it up" by shaking your head.
5. Putting dry tea-bags in gym bags or smelly shoes will absorb the unpleasant odour.
6. According to Einstein, if honey bees were to disappear from earth, humans would be dead within 4 years.
7. There are so many kinds of apples, that if you ate a new one every day, it would take over 20 years to try them all.
8. You can survive without eating for weeks, but you can only live 11 days without sleeping.
9. A human brain has a capacity to store 5 times as much information as wikipedia (A very famous web encyclopedia).
10. Stomach acid (conc. HCl) is strong enough to dissolve razor blades.



Rohan Thapar
VIII-E

INTERESTING FACTS

- 1) It's impossible to sneeze with your eyes open.
- 2) A goldfish has a memory span of three seconds.
- 3) Honey is the only food that does not spoil.
- 4) Rubber bands last longer when refrigerated.
- 5) "Dreamt" is an only English word that ends with 'mt'.
- 6) An ostrich's egg is bigger than its brain.
- 7) "I am" is the shortest complete sentence in the English language.
- 8) A dragon fly has a life span of twenty years.



Dilpreet Kaur
VIII-C

ARE WE CLOSE TO CREATING SUPER-HUMANS ?

Nearly every day we are inundated with new genetic discoveries. Scientists can now pinpoint many specific genes including being lean, living a long life, improved self-healing, thrill seeking behavior, and having an improved memory among many other incredible traits. Many believe that these genes can be manipulated in ordinary humans, in effect creating Super-Mutants.



Uday Singla
VIII-E

"The advance of genetic engineering makes it quite conceivable that we will begin to design our own evolutionary progress."

The options are nearly limitless. Theoretically, if a gene exists in another species, it can be brought over to a human cell. Imagine some of the incredible traits of the animal kingdom that humans miss out on- night vision, amazing agility, or the ability to breathe underwater. The precedence for these types of radical changes is already in place. Experimental mice, for example, were successfully given the human ability to see in color. If animals can be engineered to have human traits, then humans can certainly be mutated to have desirable animal traits.

Recently, a National Human Genome Research Institute team reported a mutation in a gene that codes for a muscle protein known as myostatin which can increase muscle mass and enhance racing performance in whippets.

It is even thought possible to so drastically alter human genomes that a type of superhuman species could emerge. The fear with germline engineering is that since it is inheritable, offspring and all succeeding generations would carry the modified traits. This is one reason why this type of engineering is currently banned- **it could lead to irreversible alteration of the entire human species.**

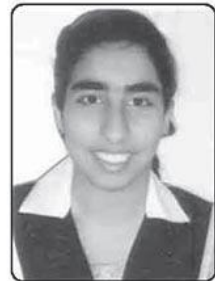
Ethics, not scientific limitations, is the real brick wall. Most scientists believe manipulating genes in order to make an individual healthy is a noble and worthwhile pursuit. Should we rob the human race of character shaping frailty? Very few scientists would dare to publicly endorse the idea of using genetic engineering to make normal healthy individuals somehow superior to the rest of human race.

However would it be so bad if the human race was slightly improved? What if a relatively simple procedure could make an individual and his or her offspring more compassionate, intelligent and thoughtful?

Many say we shouldn't change human genetics, UNLESS it's the RIGHT thing to do. Who gets to decide where the line is between righteous endeavor and the corruption of nature?

EBOLA

Perhaps no virus strikes as much fear in people as Ebola, the cause of deadly outbreak in West Africa. Ebola virus disease (EVD) also Ebola Haemorrhagic Fever (EHF) or simply Ebola is a deadly disease caused by a virus. There are five strains and four of them can make people sick. After entering the body, it kills the cells, making some of them explode. It wrecks the immune system, causes heavy bleeding inside the body, and damages almost every organ. The virus is scary, but its also rare. You can get it only from direct contact with an infected person's body fluids. You can get Ebola from a person who has the virus and only while he or she has symptoms.



Ayesha Tareen
XI-E

People pass it to others through their body fluids. Blood, stool and vomit are the most infectious, but semen, urine, sweat, tears and breast milk also carry it. To get Ebola, these fluids need to get into our mouth, nose, eyes, genitals or a break in our skin. We could also pick it up from items that have fluids on them, like needles or sheets. You can't get Ebola from casual contact, like sitting next to an infected person. Air, food, and water don't carry the virus. But kissing or sharing food or drinking with someone who has ebola could be a risk since we might get their saliva in our mouth. It can take 2 to 21 days after infection for signs of Ebola to appear. Symptoms can seem like the flu at first then sudden fever, tiredness, muscle pains, headache, and sore throat. As the disease gets worse it causes, vomiting, diarrhoea, rash, and bruising or bleeding without an injury, like from the eyes or gums. There have been 33 Ebola outbreaks since 1976, but the 2014 outbreak in West Africa is by far the largest. The virus has infected thousands of people and killed more than half of them. It started in Guinae and spread to Sierra, Leone, Liberia and Nigeria.

There is no approved medicine or vaccine to treat or prevent Ebola. Since there aren't any drugs to fight the virus, health care teams treat the person's symptoms and offer basic support care. A person's survival depends on how well his immune system works. The sooner he gets medical care, the better the chances he'll recover. Ebola survivors have certain proteins, called antibodies, in their blood that may protect them from the same strain of the virus for 10 years or more. But no one knows if they can get sick with the other strains. The best way to avoid Ebola is to stay away from the areas where the virus is common and if you are in an outbreak area then avoid infected people, their body fluids, the bodies of any one who has died from the disease. Avoid contact with wild animals, like bats and monkeys and their meat. Wash your hands often.

**A winning horse doesn't know what is winning; it runs in the pain given by the rider.
So, whenever you are in pain, think that God wants you to win.**

NEW TECHNOLOGIES IN SCIENCE

Since 20th century, science has taken huge steps towards advancement which have led to new discoveries. With advancement in new machines, new technologies have emerged. These technologies have helped in development of the world and are widely used. Also, these have become part of our technological life. Some of these technologies are:-



Akshit Maheshwary
XI-C

1. X-RAYS

X-rays are electromagnetic waves and travel in straight lines. These show reflection, refraction, diffraction and polarization and do not get reflected by electric or magnetic field. Long exposure to X-rays is injurious to health. X-rays show photoelectric effect.

2. LASER

LASER stands for Light Amplification by Stimulated Emission of Radiation. In 1964, the first laser known as Gallium Arsenide semi-conductor laser was designed and fabricated by Bhabha Atomic Research Centre. It is a device that produces an intense, coherent and highly directional beam of the single frequency. It can be transmitted over a great distance without being spread.

3. MASER

MASER stands for Microwave Amplification by Stimulated Emission of Radiation. It was invented by three scientists Gordon, Gieyer and H Townes in 1952. It uses microwave in amplifies form of longer wavelength of light.

4. TEST TUBE BABY

Test tube baby is a fusion of ovum and sperm outside the body followed by implantation in uterus at 32 celled stage and further normal development to birth. The IVF technology is a boon to childless couples. The world's first test tube baby was born on 25th July, 1978.

A smile sends a positive message and is appropriate in all but life and death situation. Smiling adds warmth and an aura of confidence. Others will be more receptive if you remember to check your expression.

INVENTORS

Benjamin Franklin :

Studied electrical charges and labelled them as "negative" and "positive"

Carl Friedrich Gauss:

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

William Gilbert :

Investigated magnetism and static electricity

Alessanedro Volta :

Developed the forerunner of the electric battery

Joseph Henry

Electromagnetic relay-leading to the telegraph. The henry, or H is a unit of inductance

Alexander Graham Bell

One of several inventors of telephone also invented the photophone which transmitted sound over light waves.

Thomas A. Edison

Invented phonograph , motion picture camara, stockticket

Nikola Tesla

Motors and transmission lines

Akshi Sharma
Class-IX-A



HUBBLE SEES 'GHOST LIGHT'

The Hubble space Telescope (HST) is a space telescope that was launched into low Earth Orbit in 1990 and remains in operation with a 2.4 meter mirror. Hubble's four main instruments observe in the near ultra violet, visible and near infrared spectra. Recently, NASA, HST has picked up a faint, ghostly glow of stars ejected from ancient galaies that were gravitationally ripped apart several billion years ago. The mayhem happened 4 billion light years away, inside an immense collection of nearly 500 galaxies. The scattered stars are no longer bound to any one galaxy. Computer modelling of the gravitational dynamics among galaxies in a cluster suggests that galaxies as big as our milky way galaxy are the likely candidates as the source of the stars. The doomed galaxies would have been pulled apart like taffy if they plunged through the center of a galaxy cluster where gravitational tidal forces are the strongest. Astronomers have long hypothesized that the light from scattered stars should be detectable after such galaxies are disassembled. However, the predicted "intracluster" glow of stars is very faint and was therefore a challenge to identify. Hubble measurements determined that the phantom stars are rich in heavier elements like O_2 , CO_2 and N_2 . This means the scattered stars must be 2nd or 3rd generation stars enriched with the elements forged in the heart of the universe's first generation stars.



Sumit Aggarwal
IX-A

A NEW METHOD FOR GENERATING ELECTRICITY

Have you ever thought that just your walking in home or making the house could produce enough electricity to provide your home with a mini transformers.

Research Scientists at VTT Technical Research Centre of Finland have demonstrated a new technique for generating electric by using their knowledge of electrostatics. According to Dr. Gillbert's research, when 2 bodies are rubbed together, they acquire electrical charges that are equal and opposite in nature. The new method can be used in harvesting energy from mechanical vibrations of the environment and converting it into electricity. These energy harvesters can be useful in wireless self-powered sensors and medical implants, where they could ultimately replace batteries.



Kartikeya Arora

VIII-E

Researchers at VTT have successfully generated electric energy by using the charging phenomenon that occurs naturally between 2 bodies with different work functions.

Work Function is the amount of energy required to move an electron from a solid. When 2 conducting bodies with different work functions are connected to each other, they accumulate opposite charges as explained above.

Moving of those bodies with respect to each other generates energy because of the attractive electrostatic force between the opposite charges. The above phenomenon was discovered by Charles coulomb and the energy generated by the charges can be calculated by Coulomb's Law :

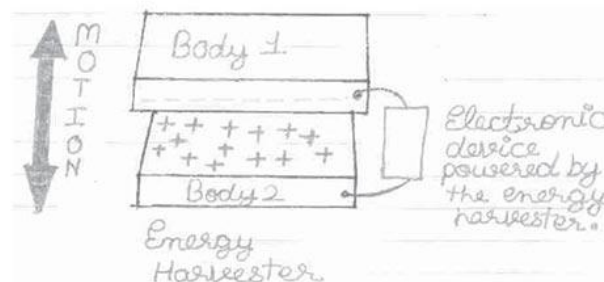
The force of attraction or repulsion between two electric charges is proportional to the product of the two charges and inversely proportional to the square of distance between them. It is expressed symbolically as :

$$F = \frac{KQ_1Q_2}{D^2} \quad \text{where}$$

F	=	The force or energy produced
K	=	9×10^9 newton x m ² x coulomb ²
Q ₁ and Q ₂	=	The two charges (in coulombs)
d	=	The distance between the 2 charges
1 Coulomb	=	6.25×10^{18} electron charges

In VTT's experiment the energy generated by motion was converted into useful electric power by connecting the bodies to an external circuit. This energy making technique will be useful in removing batteries to provide energy in medical transplantations and this technology could be used in industries too. Energy harvesters can replace batteries and other energy sources in applications where maintenance is difficult.

The following diagram shows the new generation technique of electircity :



10 Sciences you've never heard of

01 Biometrology	Effect of weather on people
02 Cryology	Snow, ice and freezing ground
03 Eremology	Deserts
04 Ethology	Animal behavior
05 Ethnobotany	How people use plants
06 Googology	Large numbers
07 Malacology	Shells
08 Nephology	Clouds
09 Osmology	Smells
10 Xylology	Wood



Pooja Jindal
VII-C

TOP INTERESTING FACTS!!

- Leonardo Da Vinci could write with one hand and draw with the other at the same time!!!!
- The last man to walk on the moon, GENE CERNAN, promised his daughter he'd write her initials on the moon. He did, and her initials, "TDC" will probably be on the moon for tens of thousands of years.....
- If you were to remove all the empty space from the atoms that make up every human on earth, the entire world population could fit into an apple!!!!
- Two-thirds of the people on the earth have never seen snow!!!!
- A humming bird weighs less than a penny!!!!
- There are more vacant houses than homeless people in the United States...
- The average person walks the equivalent of the three times around the world in a lifetime.....
- A jellyfish is ninety-five percent water.
- You are one percent shorter in the evening than in the morning!!!!
- The tongue is the strongest muscle in the human body....



Vidhi Goyal
VIII-B

**Doing the best at this moment puts
you in the best place for the next moment.**



**PUNJABI
SECTION**



ਰੁੱਖ ਲਗਾਉ.....

ਦੇਖੋ ਇੱਕ ਰੁੱਖ,
ਸਾਨੂੰ ਦੇਵੇ ਸੌ-ਸੌ ਸੁੱਖ
ਆਉ ! ਇੱਕਠੇ ਹੋ ਕੇ ਲਾਈਏ,
ਬਹੁਤ ਸਾਰੇ ਹੋਰ ਰੁੱਖ ।
ਦੇਖੋ ਇੱਕ ਰੁੱਖ.....
ਰਿਸ਼ੀਆਂ-ਮੁਨੀਆਂ ਨੇ ਵੀ
ਇਨ੍ਹਾਂ ਨੂੰ ਵਡਿਆਇਆ,
ਰਹੇ, ਜੰਗਲਾਂ ਦੇ ਵਿੱਚ,
ਡੇਰਾ ਰੁੱਖ ਹੇਠ ਲਗਾਇਆ
ਦੇਖੋ ਇੱਕ ਰੁੱਖ.....



ਨੇਕਨੂਰ ਚੌਹਾਨ
ਨੌਵੀਂ-ਸੀ

ਸਾਨੂੰ ਸਦਾ ਹੀ ਬਚਾਉਂਦੇ,
ਹੋਵੇ ਗਰਮੀ ਜਾਂ ਸਿਆਲ,
ਹੜ੍ਹਾਂ ਵੇਲੇ ਕੰਮ ਆਉਂਦੇ,
ਸਾਡਾ ਰੱਖਦੇ ਬੜਾ ਖਿਆਲ
ਦੇਖੋ ਇੱਕ ਰੁੱਖ.....
ਫੁੱਲ-ਫਲ ਸਾਨੂੰ ਦਿੰਦੇ
ਨਾਲੇ ਕਰਦੇ ਛਾਵਾਂ
ਸਾਨੂੰ ਪਾਲਦੇ ਨੇ ਇੰਝ,
ਜਿਵੇਂ ਪੁੱਤਰਾਂ ਨੂੰ ਮਾਵਾਂ,
ਦੇਖੋ ਇੱਕ ਰੁੱਖ.....

ਮਾਂ ਬੋਲੀ ਪੰਜਾਬੀ

ਬੋਲੀਆਂ ਹੋਰ ਵੀ ਸਿੱਖੋ ਬੀਬਾ, ਆਪਣੀ ਨਾ ਭੁਲਾਓ, ਵਧੀਆ ਬੜੀ ਪੰਜਾਬੀ ਭਾਸ਼ਾ, ਸਭ ਇਸਨੂੰ ਅਪਣਾਉ।
ਸੂਫੀ ਸੰਤ, ਫਕੀਰਾਂ, ਗੁਰੂਆਂ, ਇਹ ਬੋਲੀ ਅਪਣਾਈ, ਵਾਰਸ ਸ਼ਾਹ ਤੇ ਬੁੱਲ੍ਹੇ, ਹਾਸ਼ਮ ਇਸ ਵਿੱਚ ਧਾਂਕ ਜਮਾਈ।
ਗੁਰੂ ਗ੍ਰੰਥ ਇਹਦੇ ਵਿੱਚ ਰਚਿਆ, ਦੂਰ ਨਾ ਇਸ ਤੋਂ ਜਾਉ, ਬੋਲੀਆਂ ਹੋਰ ਵੀ ਸਿੱਖੋ ਬੀਬਾ, ਆਪਣੀ ਨਾ ਭੁਲਾਓ
ਕਿੰਨਾ ਸਾਹਿਤ ਇਸਦੇ ਵਿੱਚ ਲਿਖਿਆ, ਇਹਦਾ ਕਰੋ ਸਤਿਕਾਰ, ਨਾਵਲ, ਕਵਿਤਾ ਅਤੇ ਕਹਾਣੀ,
ਸਭ ਇਸ ਦਾ ਸਿੰਗਾਰ।

ਮਾਤ-ਭਾਸ਼ਾ, ਜੋ ਐਕਟ ਪੰਜਾਬੀ, ਇਸ ਤੇ ਚੱਲ ਵਿਖਾਈਏ, ਬੋਲੋ ਸਦਾ ਪੰਜਾਬੀ ਹਰ ਥਾਂ, ਇਸਦੀ
ਸ਼ਾਨ ਵਧਾਓ,

ਬੋਲੀਆਂ ਹੋਰ ਵੀ ਸਿੱਖੋ ਬੀਬਾ, ਆਪਣੀ ਨਾ ਭੁਲਾਓ।
ਹੋਰ ਦੀਆਂ ਤੂੰ ਸਿਫਤਾਂ ਕਰਦੈਂ, ਆਪਣੀ ਥੱਲੇ ਲਾਉਂਦੈਂ, ਪੰਜਾਬੀ ਸਭ ਤੋਂ ਉੱਚੀ ਭਾਸ਼ਾ, ਨੀਵੀਂ ਜਿਹਨੂੰ ਬਣਾਉਂਦੈਂ,
ਮਾਂ ਬੋਲੀ ਦਾ ਦਿਵਸ ਆ ਗਿਆ, ਇਸ ਨੂੰ ਖੂਬ ਮਨਾਓ, ਵਧੀਆ ਬੜੀ ਪੰਜਾਬੀ ਭਾਸ਼ਾ, ਸਭ ਇਸਨੂੰ ਅਪਣਾਓ.....



ਕਿਰਨਪ੍ਰੀਤ ਕੌਰ
ਨੌਵੀਂ-ਬੀ

ਚੁਟਕਲੇ



ਰਮਨਪ੍ਰੀਤ
ਨੇਵੀ-ਸੀ

1. ਪੁੱਤਰ (ਪਿਤਾ ਨੂੰ) ਪਿਤਾ ਜੀ ਅੱਜ ਮੈਂ ਸਕੂਲ ਨਹੀਂ ਜਾਵਾਂਗਾ ?
ਪਿਤਾ : ਕਿਉਂ ਬਣੀ ?
ਪੁੱਤਰ : ਮਾਸਟਰ ਜੀ ਨੂੰ ਕੁੱਝ ਨਹੀਂ ਆਉਂਦਾ । ਪਰਸੋਂ ਕਹਿ ਰਹੇ ਸਨ ਕਿ ਪੰਜ+ਪੰਜ ਦਸ ਹੁੰਦੇ ਹਨ, ਅਤੇ ਕੱਲ ਕਹਿੰਦੇ ਸਨ ਛੇ ਅਤੇ ਚਾਰ ਦਸ ਹੁੰਦੇ ਹਨ ।
2. ਚਿੱਟੂ : ਮਾਂ ਮੇਰੀ ਕੀ ਕੀਮਤ ਹੈ ?
ਮਾਂ : ਪੁੱਤਰ ਤੂੰ ਤਾਂ ਲੱਖਾਂ ਦਾ ਹੈ ?
ਚਿੱਟੂ : ਤਾਂ ਲੱਖਾਂ ਵਿੱਚੋਂ ਮੈਨੂੰ 5 ਰੁਪਏ ਦੇਣਾ, ਮੈਂ ਆਈਸਕ੍ਰੀਮ ਖਾਣੀ ਹੈ ।
3. ਮਾਲੀ : ਤੂੰ ਅੰਬ ਦੇ ਦਰੱਖਤ ਤੇ ਚੜ੍ਹ ਕੇ ਕੀ ਕਰ ਰਿਹਾ ਹੈ ?
ਮੋਨੂ : ਜੀ, ਟੁੱਟਿਆ ਹੋਇਆ ਅੰਬ ਦਰਖਤ ਤੇ ਵਾਪਸ ਲਗਾ ਰਿਹਾ ਹਾਂ ।
4. ਅਧਿਆਪਕ : ਸੋਨੂੰ ਅਜੇ ਤੱਕ ਤੂੰ ਦੁਨੀਆਂ ਦਾ ਨਕਸ਼ਾ ਨਹੀਂ ਖਰੀਦਿਆ ।
ਸੋਨੂੰ : ਤੁਸੀਂ ਕਹਿੰਦੇ ਹੋ, ਦੁਨੀਆਂ ਕਾਫੀ ਤੇਜ਼ੀ ਨਾਲ ਬਦਲ ਰਹੀ ਹੈ । ਮੈਂ ਸੋਚਿਆ ਜਦ ਸਥਿਤ ਹੋ ਜਾਵੇਗੀ ਤਾਂ ਖਰੀਦ ਲਵਾਂਗੇ ।
5. ਮਾਂ : ਤੂੰ ਪਾਪਾ ਦੀ ਚਿੱਠੀ ਦਾ ਜਵਾਬ ਦਿੱਤਾ ?
ਪੁੱਤਰ : ਨਹੀਂ ।
ਮਾਂ : ਕਿਉਂ ?
ਪੁੱਤਰ : ਤੁਸੀਂ ਹੀ ਤਾਂ ਕਿਹਾ ਕਿ ਆਪਣੇ ਤੋਂ ਵੱਡਿਆਂ ਨੂੰ ਜਵਾਬ ਨਹੀਂ ਦਿੰਦੇ ।
6. ਅਧਿਆਪਕ : ਤੁਹਾਡਾ ਜਨਮ ਕਿੱਥੇ ਹੋਇਆ ਸੀ ?
ਮਿੰਟੂ : ਤਿਰੂਅਨੰਤਪੁਰਮ ਵਿੱਚ ?
ਅਧਿਆਪਕ : ਤਾਂ ਇਸ ਦੇ ਸਪੈਲਿੰਗ ਦੱਸੋ ?
ਮਿੰਟੂ : ਮੇਰੇ ਖਿਆਲ 'ਚ ਮੇਰਾ ਜਨਮ ਗੋਆ ਵਿੱਚ ਹੋਇਆ ਸੀ ।
7. ਅਮਨ : ਅਪਣਾ ਬਰਥ-ਡੇ ਦੱਸੋ ?
ਰੀਟਾ : 21 ਜੁਲਾਈ
ਅਮਨ : ਅਤੇ ਸਾਲ
ਰੀਟਾ : ਹਰ ਸਾਲ
8. ਤੁਹਾਡਾ ਭਾਰ ਕਿੰਨਾ ਹੈ ?
ਬਿੱਲੂ : ਚਸ਼ਮੇ ਦੇ ਨਾਲ 75 ਕਿਲੋ ।
ਡਾਕਟਰ : ਅਤੇ ਚਸ਼ਮੇ ਤੋਂ ਬਿਨਾਂ
ਬਿੱਲੂ : ਉਹ ਮੈਨੂੰ ਦਿੱਖਦਾ ਨਹੀਂ ।
9. ਅਧਿਆਪਕ : (ਪੱਪੂ ਨੂੰ) ਤੇਰਾ ਪੁੱਤਰ ਬਹੁਤ ਨਾਲਾਇਕ ਹੈ ।
ਇਹ ਇਸ ਦਾ ਰਿਪੋਰਟਕਾਰਡ 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 ।
10. ਆਸ਼ਾ : (ਕੁਲਜੀਤ ਨੂੰ) : ਤੁਹਾਡਾ ਕੁੱਤਾ ਕਾਫੀ ਸਮਝਦਾਰ ਲੱਗਦਾ ਹੈ ।
ਕੁਲਜੀਤ : ਭੈਣ, ਇਸ ਦੀ ਸਮਝਦਾਰੀ ਦਾ ਤਾਂ ਕੋਈ ਜਵਾਬ ਹੀ ਨਹੀਂ । ਉਹ ਸਾਡਾ ਹੀ ਨਹੀਂ, ਸਗੋਂ ਗੁਆਂਢੀਆਂ ਦੇ ਘਰ ਸੁੱਟਿਆ ਅਖਬਾਰ ਵੀ ਚੁੱਕ ਕੇ ਮੈਨੂੰ ਦੇ ਦਿੰਦਾ ਹੈ ।

ਕਵਿਤਾ

ਖੁੱਲ੍ਹ ਗਏ ਸਕੂਲ

ਖੁੱਲ੍ਹ ਗਏ ਸਕੂਲ, ਮੁੱਕ ਗਈਆਂ ਛੁੱਟੀਆਂ
ਘੁੰਮੇ ਫਿਰੇ ਖੂਬ ਅਸੀਂ ਮੌਜਾਂ ਲੁੱਟੀਆਂ।

ਛੁੱਟੀਆਂ ਦੇ ਵਿੱਚ ਅਸੀਂ ਗਏ ਨਾਨਕੇ,
ਸਕੂਲ ਵਾਲਾ ਕੰਮ ਵੀ ਮੁਕਾਇਆ ਆਣ ਕੇ।



ਸਹਿਜ ਵਰਮਾ
ਦਸਵੀਂ-ਡੀ

ਪੜ੍ਹਣ-ਲਿਖਣ ਵਿੱਚ ਵੀ ਲਗਾਈਆਂ ਛੁੱਟੀਆਂ,
ਖੁੱਲ੍ਹ ਗਏ ਸਕੂਲ ਮੁੱਕ ਗਈਆਂ ਛੁੱਟੀਆਂ
ਬੜੇ ਸੁੱਤੇ ਖੇਡੇ ਅਸੀਂ ਰੱਜ-ਰੱਜ ਕੇ,
ਮਾਪਿਆਂ ਦੇ ਆਖੇ ਲੱਗ ਭੱਜ-ਭੱਜ ਕੇ ॥
ਪੂਰੀਆਂ ਕਰਾਈਆਂ ਅਸੀਂ ਰੀਝਾਂ ਘੁੱਟੀਆਂ,
ਘੁੰਮੇ-ਫਿਰੇ ਖੂਬ ਅਸੀਂ ਮੌਜਾਂ ਲੁੱਟੀਆਂ।
ਛੁੱਟੀਆਂ ਦੇ ਵਿੱਚ ਤੜਕੇ ਜਗਾਇਆ ਨਹੀਂ,
ਖੇਡਣ ਤੋਂ ਮੰਮੀ ਡੈਡੀ ਨੇ ਹਟਾਇਆ ਨਹੀਂ।
ਆਸਾਂ ਸਾਡੇ ਮਨ ਵਿੱਚ ਕਈ ਫੁੱਟੀਆਂ,
ਖੁੱਲ੍ਹ ਗਏ ਸਕੂਲ ਮੁੱਕ ਗਈਆਂ ਛੁੱਟੀਆਂ।
ਹੁਣ ਅਸੀਂ ਰੋਜ਼ ਬਈ ਸਕੂਲ ਜਾਵਾਂਗੇ,
ਛੁੱਟੀਆਂ ਦਾ ਕੰਮ ਚੈੱਕ ਵੀ ਕਰਾਵਾਂਗੇ।
ਮੰਮੀ ਜੀ ਨੇ ਅੱਜ ਚੂਰੀਆਂ ਨੇ ਕੁੱਟੀਆਂ,
ਘੁੰਮੇ ਫਿਰੇ ਖੂਬ ਅਸੀਂ ਮੌਜਾਂ ਲੁੱਟੀਆਂ
ਖੁੱਲ੍ਹ ਗਏ ਸਕੂਲ ਮੁੱਕ ਗਈਆਂ ਛੁੱਟੀਆਂ।

ਅਨਮੋਲ ਵਚਨ

1. ਆਪਣੇ ਦੁਸ਼ਮਣਾਂ ਨਾਲ ਪਿਆਰ ਕਰੋ ਜੋ ਤੁਹਾਡੀ ਨਿੰਦਿਆ ਕਰਦਾ ਹੈ ਉਸ ਨੂੰ ਅਸ਼ੀਰਵਾਦ ਦੇਵੋ ਅਤੇ ਜੋ ਤੁਹਾਡੇ ਨਾਲ ਨਫਰਤ ਕਰਦਾ ਹੈ ਉਸਦਾ ਭਲਾ ਕਰੋ।
2. ਮਹਾਨਤਾ ਉਹਨਾਂ ਲੋਕਾਂ ਨੂੰ ਪ੍ਰਾਪਤ ਹੁੰਦੀ ਹੈ, ਜੋ ਰੁਕਾਵਟਾਂ ਤੋਂ ਭੱਜਦੇ ਨਹੀਂ, ਸਗੋਂ ਉਹਨਾਂ ਤੇ ਕਾਬੂ ਪਾਉਂਦੇ ਹਨ।
3. ਗਿਆਨ ਹੈ ਜੋ ਪਵਿੱਤਰ ਕਰਦਾ ਹੈ, ਸੱਚ ਹੈ ਜੋ ਮੁਕਤ ਕਰਦਾ ਹੈ।
4. ਪਹਿਲਾਂ ਆਪਣੇ ਕੰਮ ਨੂੰ ਸਮਝੋ, ਫਿਰ ਉਸਨੂੰ ਸ਼ੁਰੂ ਕਰੋ ਅਤੇ ਉਸਨੂੰ ਕਰਨ ਵਿੱਚ ਆਪਣੀ ਪੂਰੀ ਸ਼ਕਤੀ ਲਗਾ ਦਿਉ।
5. ਜੇ ਮਨੁੱਖ ਨੂੰ ਸਭ ਤੋਂ ਉੱਤਮ ਭੇਂਟ ਦੇਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਗਿਆਨ ਭੇਂਟ ਕਰੋ।
6. ਮੌਕਾ ਕਦੀ ਵੀ ਹੱਥ ਨਹੀਂ ਆਉਂਦਾ, ਉਸ ਨੂੰ ਝਪਟ ਕੇ ਪ੍ਰਾਪਤ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।
7. ਉਹ ਮਨੁੱਖ ਕਦੇ ਇੱਕਲੇ ਨਹੀਂ ਹਨ, ਜਿੰਨ੍ਹਾਂ ਦੇ ਨਾਲ ਸੋਹਣੇ ਵਿਚਾਰ ਹਨ।
8. ਜੇਕਰ ਮਨੁੱਖ ਕੁੱਝ ਸਿੱਖਣਾ ਚਾਹੇ ਤਾਂ ਉਸਦੀ ਹਰ ਭੁੱਲ ਉਸਨੂੰ ਕੁੱਝ ਸਿੱਖਿਆ ਦੇ ਸਕਦੀ ਹੈ।
9. ਫੁੱਲ ਆਪਣੇ ਲਈ ਨਹੀਂ, ਦੂਜਿਆਂ ਲਈ ਖਿੜਦਾ ਹੈ।
10. ਗੁੱਸੇ ਨਾਲ ਸਾਰੇ ਕੰਮ ਨਹੀਂ ਬਣਦੇ, ਜਿਵੇਂ ਸ਼ਾਂਤੀ ਨਾਲ ਬਣਦੇ ਹਨ।
11. ਉਹ ਮਨੁੱਖ ਹੀ ਕੀ, ਜਿਸ ਤੋਂ ਉਸਦੇ ਦੋਸਤ ਵੀ ਡਰੇ ਰਹਿੰਦੇ ਹਨ।
12. ਪ੍ਰਮਾਤਮਾ ਨੇ ਸਾਨੂੰ ਦੋ ਅੱਖਾਂ ਦਿੱਤੀਆਂ ਹਨ ਅਤੇ ਕੰਨ ਵੀ ਦੋ ਦਿੱਤੇ ਹਨ, ਪਰ ਮੂੰਹ ਇੱਕ। ਇਹ ਇਸ ਲਈ ਹੈ ਕਿ ਅਸੀਂ ਜ਼ਿਆਦਾ ਵੇਖੀਏ, ਜ਼ਿਆਦਾ ਸੁਣੀਏ, ਪਰ ਬੋਲੀਏ ਘੱਟ।
13. ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਇਹ ਕੋਈ ਵਿਸ਼ੇਸ਼ਤਾ ਵਾਲੀ ਗੱਲ ਨਹੀਂ ਕਿ ਮੇਰੇ ਪਾਸ ਕੀ ਹੈ, ਅਹਿਮੀਅਤ ਵਾਲੀ ਗੱਲ ਤਾਂ ਇਹ ਹੈ ਕਿ ਮੈਂ ਕੀ ਹਾਂ।
14. ਜਦੋਂ ਅਸੀਂ ਕੋਈ ਕੰਮ ਕਰਨ ਦੀ ਇੱਛਾ ਕਰਦੇ ਹਾਂ ਤਾਂ ਤਾਕਤ ਆਪਣੇ ਆਪ ਆ ਜਾਂਦੀ ਹੈ।
15. ਆਪਣੀ ਤਾਕਤ ਤੇ ਭਰੋਸਾ ਕਰੋ, ਉਧਾਰ ਦੀ ਤਾਕਤ ਤੁਹਾਡੇ ਲਾਈ ਘਾਤਕ ਹੈ।



ਨਵਜੋਤ ਗਰੇਵਾਲ
ਦਸਵੀਂ-ਡੀ

ਮਾਪੇ

ਰੱਬ ਦੀ ਵੱਡਮੁੱਲੀ ਦੇਣ ਹੈ ਮਾਪੇ,
ਇਹਨਾਂ ਤੋਂ ਬਿਨਾਂ ਜਗ ਸੁੰਨਾ ਜਾਪੇ।
ਮਾਂ-ਬਾਪ ਇੱਕ ਸੰਘਣੀ ਛਾਂ ਦਾ ਬੂਟਾ,
ਹਰ ਪਲ ਜਿਸ ਦੀ ਜ਼ੁਬਾਨ ਤੋਂ ਬਸ ਹੀ ਦੁਆ ਹੀ ਨਿਕਲੇ
ਇੱਕ ਸ਼ਾਮ ਹੈ ਸਾਰੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਇਸ ਮਮਤਾ ਨੂੰ
ਇਹ ਤਾਂ ਸਿਰਫ਼ ਔਲਾਦ ਦੀ ਬੇਰੁਖੀ ਤੋਂ ਡਰਦੀ ਹੈ
ਆਪਣੇ ਜਾਇਆਂ ਲਈ ਢੇਰ ਨਿਆਮਤਾਂ ਇਹਨਾਂ ਕੋਲ
ਫੇਰ ਵੀ ਅੱਜ ਦੀ ਔਲਾਦ ਆਪਣੇ ਫਰਜ਼ ਨੂੰ ਸਜ਼ਾ ਦੱਸਦੀ ਹੈ ?

ਹੁਣ ਤੈਅ ਕਰਨਾ ਪੈਂਦਾ ਘਰ ਤੋਂ ਬਿਰਧ ਆਸ਼ਰਮ
ਦਾ ਸਫ਼ਰ
ਮਾਪਿਆਂ ਜਿਹੀ ਬਖ਼ਸ਼ੀਸ਼ ਕਈ ਵੇਰਾਂ ਰੋਟੀ ਖੁਣੇ
ਤਰਸਦੀ ਹੈ
ਕਹਿਰ ਖੁਦਾ ਦਾ ਕਦੇ ਹੋਵੇ ਨਾ ਉਸ ਔਲਾਦ ਤੇ,
ਜੋ ਅੱਜ ਖੁਦ ਨੂੰ ਵਾਰਸ, ਮਾਂ-ਬਾਪ ਨੂੰ ਕਰਜ਼ਦਾਰ
ਦੱਸਦੀ ਹੈ।



ਕੁਨਾਲ ਛਾਬੜਾ
ਨੌਵੀਂ-ਬੀ

ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ

ਅਲੋਪ ਹੋ ਰਿਹਾ ਹੈ ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ



ਯਾਸ਼ਿਕਾ ਖੰਨਾ
ਦੱਸਵੀਂ-ਡੀ

ਜਦੋਂ ਵੀ ਅਸੀਂ ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਨੂੰ ਯਾਦ ਕਰਦੇ ਹਾਂ ਤਾਂ ਸਾਡੇ ਮਨ ਵਿੱਚ ਖੁਸ਼ਹਾਲ ਅਤੇ ਖੁਬਸੂਰਤ ਪੰਜਾਬ ਦੀ ਤਸਵੀਰ ਨਜ਼ਰ ਆਉਂਦੀ ਹੈ। ਇੱਥੇ ਦੇ ਲੋਕਾਂ ਦੀਆਂ ਰਸਮਾਂ ਅਤੇ ਕਈ ਰਿਵਾਜ ਸਾਨੂੰ ਆਪਣੇ ਵੱਲ ਮੋਹ ਲੈਂਦੇ ਹਨ, ਪਰ ਇਹ ਸਭ ਕੁਝ ਸਾਨੂੰ ਸੁਪਨੇ ਵਿੱਚ ਨਜ਼ਰ ਆਉਂਦਾ ਹੈ। ਅੱਜ ਦੇ ਪੰਜਾਬ ਦੀ ਹਾਲਤ ਨੂੰ ਵੇਖ ਕੇ ਤਾਂ ਸਾਨੂੰ ਤਰਸ ਹੀ ਆ ਜਾਂਦਾ ਹੈ। ਇਸਦੇ ਹਾਸੇ ਤੇ ਖੇਡੇ ਕਿੱਥੇ ਗਏ? ਅੱਜ ਅਸੀਂ ਕਿਸੇ ਨੂੰ ਪੁੱਛ ਲਈਏ ਕਿ 'ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ' ਦੀ ਪਰਿਭਾਸ਼ਾ ਕੀ ਹੈ? ਤਾਂ ਸ਼ਾਇਦ ਹੀ ਇਸਦਾ ਜਵਾਬ ਕੋਈ ਦੇ ਸਕੇ, ਕਿਉਂਕਿ ਅੱਜ ਲੋਕ ਆਪਣੇ ਸੱਭਿਆਚਾਰ ਨੂੰ ਛੱਡ ਕੇ ਕਈ ਹੋਰ ਸੱਭਿਆਚਾਰ ਨੂੰ ਅਪਨਾਉਣ ਵਿੱਚ ਰੁੱਝੇ ਹੋਏ ਹਨ। ਕੀ ਅਸੀਂ ਇੰਨੇ ਕਮਜ਼ੋਰ ਹੋ ਗਏ ਹਾਂ ਕਿ ਅਸੀਂ ਆਪਣੇ ਸੱਭਿਆਚਾਰ ਨੂੰ ਸੰਭਾਲ ਨਹੀਂ ਸਕਦੇ? ਪਹਿਲਾਂ ਹਰ ਰੋਜ਼ ਸਵੇਰੇ ਪੰਜਾਬ ਵਿੱਚ ਗੁਰਬਾਣੀ ਸੁਣਨ ਨੂੰ ਮਿਲਦੀ ਸੀ, ਜਿਸ ਦੀ ਪਵਿੱਤਰਤਾ ਅਤੇ ਮਿਠਾਸ ਲੋਕਾਂ ਵਿੱਚ ਪਰਮਾਤਮਾ ਦਾ ਨਾਮ ਸਰਵਣ ਕਰਦੇ ਰਹਿਣ ਦੀ ਸ਼ਕਤੀ ਦਿੰਦੀ ਸੀ। ਪਰ ਅੱਜ ਰੱਬ ਦਾ ਨਾਂ ਸਿਰਫ ਮਨ ਤੇ ਪਏ ਬੋਲ ਨੂੰ ਪੁਰਾਣੀਆਂ ਸਿੱਠਣੀਆਂ ਅਤੇ ਘੋੜੀਆਂ ਨੂੰ ਸੁਣਨਾ ਪਸੰਦ ਨਹੀਂ ਕਰਦੀ, ਬਲਕਿ ਉਹ ਤੜਕ-ਭੜਕ ਵਾਲੇ ਪੌਪ ਗੀਤ ਸੁਣ ਕੇ ਖੁਸ਼ ਹੁੰਦੇ ਹਨ। ਹਰ ਇਨਸਾਨ ਬਨਾਵਟ ਦੇ ਚੱਕਰ ਵਿੱਚ ਪਿਆ ਹੋਇਆ ਹੈ।

ਨੌਜਵਾਨ ਗੱਭਰੂ ਅਤੇ ਮੁਟਿਆਰਾਂ ਵੀ ਆਪਣੇ ਸੱਭਿਆਚਾਰ ਬਾਰੇ ਜਾਣਨ ਲਈ ਰਾਜ਼ੀ ਨਹੀਂ ਹਨ। ਪਹਿਲਾਂ ਮੁਟਿਆਰਾਂ ਦੀ ਸ਼ਾਨ ਦੇਖ ਸਾਰੇ ਹੈਰਾਨ ਰਹਿ ਜਾਂਦੇ ਸਨ। ਜਦੋਂ ਉਹ ਘੱਗਰੇ ਪਾ ਕੇ ਸਿਰ ਤੇ ਚੁੰਨੀਆਂ ਲੈ ਕੇ ਬਾਹਰ ਨਿਕਲਦੀਆਂ ਸਨ ਤੇ ਧਰਤੀ ਨੂੰ ਆਪਣੀ ਧੀਆਂ ਉਤੇ ਮਾਣ ਹੁੰਦਾ ਜਾਪਦਾ ਸੀ, ਪਰ ਅੱਜ-ਕਲ੍ਹ ਫੈਸ਼ਨ ਵਿੱਚ ਰੰਗੀਆਂ ਕੁੜੀਆਂ ਜੀਨ ਤੇ ਟਾਪ ਪਾਉਂਦੀਆਂ ਹਨ। ਇਨ੍ਹਾਂ ਹੀ ਨਹੀਂ ਨੌਜਵਾਨ ਵੀ ਨਸ਼ਿਆਂ ਵਿੱਚ ਕਿੰਨੇ ਪਹੁੰਚੇ ਹਨ ਕਿ ਨਾ ਤਾਂ ਉਹਨਾਂ ਨੂੰ ਮਾਂ-ਪਿਉ ਦੀ ਅਤੇ ਨਾ ਹੀ ਧੀ-ਭੈਣ ਦੀ ਇਜ਼ਤ ਦੀ ਪ੍ਰਵਾਹ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਉਹ ਆਪ ਹੀ ਆਪਣੇ ਰਾਹ ਤੋਂ ਭਟਕੇ ਹੋਏ ਹਨ। ਉਹ ਆਪਣੇ ਸੱਭਿਆਚਾਰ ਨੂੰ ਕਿਵੇਂ ਸੰਭਾਲ ਸਕਦੇ ਹਨ, ਜਿਹੜੇ ਆਪਣੇ ਸੱਭਿਆਚਾਰ ਬਾਰੇ ਜਾਣਦੇ ਹੀ ਨਾ ਹੋਣ, ਅੱਜ ਕੱਲ੍ਹ ਤਾਂ ਖੇਡਾਂ ਵਿੱਚ ਵੀ ਤਬਦੀਲੀ ਹੋ ਰਹੀ ਹੈ। ਪੁਰਾਣੇ ਜਮਾਨੇ ਵਿੱਚ ਲੋਕ ਸੇਰ-ਸੇਰ ਘਿਉ ਪੀ ਕੇ ਅਖਾੜਿਆਂ ਵਿੱਚ ਕੁਸ਼ਤੀ ਖੇਡਣ ਤੇ ਕੱਬਡੀ ਖੇਡਣ ਜਾਂਦੇ ਸਨ, ਪਰ ਹੁਣ ਉਹ ਖੇਡਾਂ ਅਲੋਪ ਹੋ ਰਹੀਆਂ ਹਨ। ਅੱਜ ਕਲ ਹਰ ਖੇਡ ਪੈਸਾ ਕਮਾਉਣ ਲਈ ਖੇਡੀ ਜਾ ਰਹੀ ਹੈ। ਲੋਕਾਂ ਨੇ ਖੇਡਾਂ ਨੂੰ ਆਪਣੀ ਰੋਜ਼ੀ ਰੋਟੀ ਦਾ ਸਾਧਨ ਹੀ ਬਣਾ ਲਿਆ ਹੈ।

ਇਸ ਤਰ੍ਹਾਂ ਇਸ ਵੇਲੇ ਸਾਡਾ ਪੰਜਾਬੀ ਵਿਰਸਾ ਅਰਥਾਤ ਸੱਭਿਆਚਾਰ ਨਾਜ਼ੁਕ ਤੇ ਗੰਭੀਰ ਸਥਿਤੀ ਵਿੱਚ ਗੁਜ਼ਰ ਰਿਹਾ ਹੈ। ਜੇਕਰ ਇਸਨੂੰ ਸੰਭਾਲਿਆ ਨਾ ਗਿਆ ਤਾਂ ਇਹ ਅਲੋਪ ਵੀ ਹੋ ਸਕਦਾ ਹੈ। ਸਾਨੂੰ ਸਿਰਫ ਕਹਿਣਾ ਹੀ ਨਹੀਂ ਚਾਹੀਦਾ, ਬਲਕਿ ਸੱਭਿਆਚਾਰ ਨੂੰ ਸੰਭਾਲਣ ਦੇ ਜਤਨ ਕਰਨੇ ਚਾਹੀਦੇ ਹਨ ਤਾਂ ਹੀ ਆਉਣ ਵਾਲੀ ਪੀੜੀ ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਦੇ ਮਹੱਤਵ ਨੂੰ ਜਾਣ ਸਕੇਗੀ।

ਅੱਖੀ ਵੇਖੀ ਗੱਲ

ਕਹਿੰਦੇ ਨੇ ਅੱਖੀ ਵੇਖੀ ਗੱਲ ਸੱਚ ਹੁੰਦੀ ਹੈ... ਪਰ ਇਹ ਜ਼ਰੂਰੀ ਨਹੀਂ ਕਈ ਵਾਰ ਅੱਖੀ 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 ਰੁਕੀ ਤੇ ਬੱਸ ਵਿੱਚ 2 ਵਿਅਕਤੀ ਚੜ੍ਹੇ। ਉਹਨਾਂ ਦੀਆਂ ਗੱਲਾਂ ਤੋਂ ਪਤਾ ਲੱਗ ਰਿਹਾ ਸੀ ਕਿ ਉਹ ਦੋਵੇਂ ਪਿਉ ਪੁੱਤ ਸਨ। ਮੁੰਡਾ ਬਹੁਤ ਖੁਸ਼ ਹੁੰਦਾ ਹੈ ਤੇ ਉੱਚੀ-2 ਆਪਣੇ ਪਿਉ ਨੂੰ ਵਾਜਾਂ ਮਾਰਦਾ....ਪਾਪਾ ਆ ਵੇਖ ਕਿੰਨੇ ਸੋਹਣੇ ਦਰੱਖਤ, ਆ ਵੇਖ ਨਹਿਰ, ਪਾਪਾ ਆ ਵੇਖੋ ਖੇਤ ਹੀ ਖੇਤ...ਉਹ ਵੇਖ ਕੇ ਖੁਸ਼ ਹੋ ਰਿਹਾ ਸੀ ਤੇ ਲੋਕੀਂ ਭਰੀ ਬਸ ਵਿੱਚ ਬੈਠੇ ਗੱਲਾਂ ਕਰ ਰਹੇ ਸੀ...ਕਿੰਨਾ ਬਚਪਨਾ ਹੈ। ਇੰਨ੍ਹਾਂ ਵੱਡਾ ਹੋ ਗਿਆ ਹੈ ਫਿਰ ਵੀ ਕਿਵੇਂ ਰੋਲਾ ਪਾਈ ਜਾਂਦਾ ਹੈ। ਆਲੇ ਦੁਆਲੇ ਬੈਠੇ ਲੋਕ ਉਸ ਨੂੰ ਚੁੱਪ ਕਰਾਉਣ ਲੱਗੇ। ਉਏ ਚੁੱਪ ਕਰ ਜਾ, ਤੇਰੇ ਪਿਓ ਨੇ ਸਭ ਵੇਖਿਆ ਏ...ਤੇਰੇ ਤੋਂ ਵੱਡਾ ਏ ਉਹ...ਲੋਕਾਂ ਦੀਆਂ ਗੱਲਾਂ ਸੁਣ ਕੇ ਉਹ ਚੁੱਪ ਤੇ ਕਰ ਗਿਆ। ਪਰ ਬਾਅਦ ਵਿੱਚ ਉਸਦੇ ਪਿਓ ਨੇ ਸਾਰਿਆਂ ਨੂੰ ਦੱਸਿਆ ਕਿ ਇਸ ਦੀ ਬਚਪਨ ਤੋਂ ਹੀ ਅੱਖਾਂ ਦੀ ਰੋਸ਼ਨੀ ਨਹੀਂ ਸੀ, ਤੇ ਅੱਜ ਇਹ ਜੱਗ ਦੇਖ ਕੇ ਉਹ ਮੈਨੂੰ ਦਿਖਾਉਣਾ ਚਾਹੁੰਦਾ ਹੈ....ਬੇਸ਼ੱਕ ਉਹ ਇੰਨਾਂ ਵੱਡਾ ਹੋ ਗਿਆ ਹੈ....ਪਰ ਅੱਖਾਂ ਉਸਨੇ ਅੱਜ ਖੋਲ੍ਹੀਆਂ ਨੇ।



ਅਮੀਸ਼ ਗੁਪਤਾ, ਦੱਸਵੀਂ-ਡੀ

ਮਹੱਤਵਪੂਰਨ ਗੱਲ

ਮਾਂ

ਰੱਬ ਨੇ ਸਾਨੂੰ ਤੋਹਫਾ ਦਿੱਤਾ ਪਿਆਰਾ, ਜਿਸਦਾ ਨਾਂ ਹੈ ਮਾਂ,

ਇਸਦੇ ਪੈਰਾਂ ਵਿੱਚ ਸਵਰਗਾਂ ਦਾ ਦਵਾਰ, ਜਿਸ ਤੋਂ ਵਾਰਿਆ ਜਾਵੇ ਇਹ ਸੰਸਾਰ ।

ਰੱਬ ਹਰ ਥਾਂ, ਹਰ ਸਮੇਂ ਨਹੀਂ ਰਹਿ ਸਕਦਾ, ਇਸ ਲਈ ਉਸਨੇ ਮਾਂ ਬਣਾਈ,

ਦੁਨੀਆਂ ਨੂੰ ਸੁਧਾਰਨ ਦੀ ਜ਼ਿੰਮੇਵਾਰੀ ਹੈ, ਇਸ ਦੇ ਸਿਰ ਲਾਈ ।

ਇਸਦੀ ਮਮਤਾ ਉਸ ਸਮੁੰਦਰ ਵਰਗੀ, ਜਿਸਦੀ ਗਹਿਰਾਈ ਦਾ ਅੰਦਾਜ਼ਾ ਨਹੀਂ ਲਗਾਇਆ ਜਾ ਸਕਦਾ,

ਇਸਦੇ ਕੀਤੇ ਕੰਮਾਂ ਦਾ ਕਰਜ਼ਾ ਲਾਹੁਣਾ ਚਾਹੋ, ਤਾਂ ਵੀ ਨਹੀਂ ਲਾਹਿਆ ਜਾ ਸਕਦਾ ।

ਬੱਚੇ ਭਾਵੇਂ ਇਸਨੂੰ ਜਿੰਨ੍ਹਾਂ ਵੀ ਦੁੱਖ ਦੇਣ, ਕਦੇ ਨਾ ਹੁੰਦੀ ਇਹ ਨਰਾਜ਼

ਜਦ ਵਕਤ ਆਉਂਦਾ ਬਲੀਦਾਨ ਦਾ, ਸਦਾ ਰਹਿੰਦੀ ਇਹ ਤਿਆਰ ।

ਸੱਚਮੁੱਚ ਮਾਂ ਹੈ ਬੜੀ ਮਹਾਨ, ਰੱਬ ਤੋਂ ਉੱਚਾ ਇਸਦਾ ਸਥਾਨ,

ਇਸ ਲਈ ਇਸਨੂੰ ਦੁੱਖ ਨਾ ਪਹੁੰਚਾਉ, ਇਸਦੇ ਚਰਨਾਂ ਵਿੱਚ ਸੀਸ ਝੁਕਾਉ ।



ਪਾਹੁਲਦੀਪ ਸਿੰਘ,
ਦੱਸਵੀਂ-ਡੀ

ਬਚਾਉ ਪਾਣੀ

ਬਚਾਉ ਪਾਣੀ, ਬਚਾਉ ਆਪਣਾ ਸੁੱਖ
ਨਹੀਂ ਤਾਂ ਪਾਣੀ ਬਣ ਜਾਣਾ ਹਰ ਇੱਕ ਦਾ ਦੁੱਖ
ਪਾਣੀ ॥ ਪਾਣੀ ॥ ਕੁਦਰਤ ਦੀ ਸੋਹਣੀ ਦਾਤ ਹੈ ਪਾਣੀ
ਪਾਣੀ ਬਿਨ੍ਹਾਂ ਧਰਤੀ ਉਤੇ, ਨਾ ਹੋਣਾ ਕੋਈ ਪ੍ਰਾਣੀ
ਅੱਜ ਦਾ ਮਨੁੱਖ ਹੈ ਕਿੰਨਾ ਮੰਦਾ
ਕਰੀ ਜਾਂਦਾ ਹੈ ਇਹਨੂੰ ਗੰਦਾ ।
ਬਚਾਓ ਪਾਣੀ, ਬਚਾਓ ਆਪਣਾ ਸੁੱਖ
ਨਹੀਂ ਤਾਂ ਪਾਣੀ ਹੀ ਬਣ ਜਾਣਾ
ਹਰ ਇੱਕ ਦਾ ਦੁੱਖ



ਕੀਰਤ ਛਾਬੜਾ
ਦਸਵੀਂ-ਡੀ

ਰੁੱਖ ਨੂੰ ਮੌਤ ਦੀ ਸਜ਼ਾ

ਵੀਰੋ, ਤੂੰ ਰੋ ਰਿਹੈ। ਨਿੱਕੇ ਰੁੱਖ ਨੇ ਵੱਡੇ ਨੂੰ ਕਿਹਾ । ਵੱਡੇ ਰੁੱਖ ਦੀਆਂ ਅੱਖਾਂ
ਵਿੱਚੋਂ ਤ੍ਰਿਪ-ਤ੍ਰਿਪ ਹੰਝੂ ਵਹਿ ਭੁਰੇ ਤੇ ਆਖਿਆ, 'ਨਿੱਕਿਆ, ਅੱਜ ਸਰਪੰਚ
ਆਇਆ ਸੀ, ਆਪਣੇ ਰਾਖੇ ਕੋਲ, ਆਖਦਾ ਸੀ ਮੇਰੀ ਕੋਠੀ ਬਣ ਰਹੀ ਐ,
ਲੱਕੜ ਚਾਹੀਦੀ ਆ ਤੇ ਰਾਖੇ ਦੀ ਜੇਬ ਵਿੱਚ ਕੁਝ ਪਾਇਆ ਸੀ ਸਰਪੰਚ ਨੇ,
ਹੁਣ ਕੱਲ੍ਹ ਮੇਰਾ ਸਿਰ ਧੜ ਤੋਂ ਵੱਖ ਕਰ ਦੇਣਗੇ । ਬਿਨਾਂ ਕਸੂਰ ਤੋਂ । ਏਨਾ ਸੁਣ
ਨਿੱਕੇ ਰੁੱਖ ਦਾ ਗੱਲ ਭਰ ਆਇਆ । ਹੁਬਕੀ-ਹੁਬਕੀ ਰੋਂਦਾ ਆਖਣ
ਲੱਗਿਆ, ਵੀਰੋ, ਤੇਰੇ ਬਿਨ੍ਹਾਂ ਮੈਂ ਇੱਥੇ ਕੀ ਕਰਾਂਗਾ,
ਰਾਖੇ ਨੂੰ ਆਖ ਕੁਝ ਲੈ ਦੇ ਕੇ ਮੇਰਾ ਸੌਦਾ ਵੀ ਵਿੱਚ ਹੀ
ਕਰ ਲੈਂਦੇ, ਜੇ ਤੂੰ ਦਰਵਾਜ਼ੇ ਦੇ ਕੰਮ ਆਵੇਂਗਾ, ਤਾਂ ਮੈਂ
ਤਾਕੀ ਦਾ ਕੰਮ ਦੇ ਦਊਂ, ਘੱਟ ਤੋਂ ਘੱਟ 'ਕੱਠੇ' ਤਾਂ
ਰਹਾਂਗੇ'। ਇੰਨਾਂ ਕਹਿੰਦਿਆਂ ਨਿੱਕੇ ਰੁੱਖ ਦੀ ਭੁੱਥ
ਨਿਕਲ ਗਈ ।

ਇਸ ਕਹਾਣੀ ਤੋਂ ਸਾਨੂੰ ਇਹ ਪਤਾ ਲੱਗਦਾ ਹੈ ਕਿ
ਸਾਨੂੰ ਰੁੱਖਾਂ ਨੂੰ ਨਹੀਂ ਕੱਟਣਾ ਚਾਹੀਦਾ। ਜੇ ਕਰ ਕੱਟਣਾ
ਹੀ ਹੈ ਤਾਂ ਸਾਨੂੰ ਰੁੱਖਾਂ ਨੂੰ ਉਗਾਉਣਾ ਵੀ ਚਾਹੀਦਾ ਹੈ।



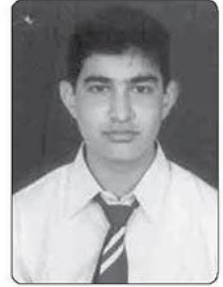
ਜਸਲੀਨ ਗਿੱਲ
ਨੌਵੀਂ-ਸੀ

ਅਨੁਸ਼ਾਸਨ

ਅਨੁਸ਼ਾਸਨ ਜ਼ਿੰਦਗੀ ਹੈ ਅਤੇ ਅਨੁਸ਼ਾਸਨ ਤੋਂ ਬਿਨਾਂ ਜੀਵਨ ਅਧੂਰਾ ਹੈ। ਕੁਦਰਤ ਤਾਂ ਸਾਨੂੰ ਰਾਤ ਦਿਨ ਵੀ ਅਨੁਸ਼ਾਸਨ ਵਿੱਚ ਚੱਲਣਾ ਸਿਖਾਉਂਦੀ ਹੈ। ਜਿਵੇਂ ਰਾਤ ਪਿੱਛੋਂ ਦਿਨ, ਦਿਨ ਪਿੱਛੋਂ ਰਾਤ, ਗਰਮੀ, ਸਰਦੀ, ਸਭ ਕੁਦਰਤ ਦੇ ਨਿਯਮ ਬਣਾਏ ਹਨ, ਉਹਨਾਂ ਤੋਂ ਮਨੁੱਖ ਨੂੰ ਸਿੱਖਣਾ ਚਾਹੀਦਾ ਹੈ। ਅਸੀਂ ਸਕੂਲ ਸਮਾਜ, ਘਰਾਂ ਵਿੱਚ ਰਹਿੰਦੇ ਹਾਂ। ਸਕੂਲ ਵਿੱਚ ਸਾਨੂੰ ਹਮੇਸ਼ਾ ਅਨੁਸ਼ਾਸਨ ਵਿੱਚ ਚਲਣਾ, ਪੜ੍ਹਾਈ ਕਰਨਾ, ਗੱਲ ਬਾਤ ਕਰਨੀ, ਮਿਲ ਜੁਲ ਕੇ ਚੱਲਣ ਦੀ ਸਿੱਖਿਆ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ।

ਜੇਕਰ ਸੋਚਿਆ ਜਾਵੇ ਤਾਂ ਕੁਦਰਤ ਦੇ ਬਣਾਏ ਜੀਵ-ਜੰਤੂ ਵੀ ਸਾਨੂੰ ਅਨੁਸ਼ਾਸਨ ਸਿਖਾਉਂਦੇ ਹਨ। ਕੀੜੀਆਂ ਹਮੇਸ਼ਾ ਇੱਕਠੀਆਂ ਹੋ ਕੇ ਇੱਕ ਕਤਾਰ ਵਿੱਚ ਚਲਦੀਆਂ ਹਨ। ਅਸਮਾਨ ਵਿੱਚ ਪੰਛੀ ਕਤਾਰਾਂ ਤੇ ਡਾਰਾਂ ਵਿੱਚ ਉੱਡ ਕੇ ਜਾਂਦੇ ਹਨ। ਉਹ ਸਾਨੂੰ ਅਨੁਸ਼ਾਸਨ ਵਿੱਚ ਰਹਿਣਾ ਹੀ ਨਹੀਂ ਸਿਖਾਉਂਦੀਆਂ, ਸਗੋਂ ਮਿਲ ਜੁਲ ਕੇ ਰਹਿਣ ਦੀ ਸਿੱਖਿਆ ਵੀ ਦਿੰਦੀਆਂ ਹਨ।

ਜੇਕਰ ਅਨੁਸ਼ਾਸਨ ਨਾ ਹੋਵੇ ਤਾਂ ਸੰਸਾਰ ਦੇ ਸਭ ਕੰਮ ਰੁੱਕ ਜਾਣਗੇ ਅਤੇ ਮਨੁੱਖ ਦਾ ਜਿਉਣਾ ਮੁਸ਼ਕਿਲ ਹੋ ਜਾਵੇਗਾ। ਆਉ ਅਨੁਸ਼ਾਸਨ ਨੂੰ ਜੀਵਨ ਵਿੱਚ ਢਾਲ ਕੇ ਇਸ ਅਨੁਸਾਰ ਹੀ ਕੰਮ ਕਰੀਏ।



ਅਭੀਸ਼ੇਕ ਸਿੰਗਲਾ
ਨੌਵੀਂ-ਸੀ

ਚੁਟਕਲੇ

1. ਪੁੱਤਰ: ਪਿਤਾ ਜੀ ਮੈਂ ਇਨ੍ਹਾਂ ਵੱਡਾ ਕਦੋਂ ਹੋਵਾਂਗਾ ਕਿ ਮੈਂ ਮਾਤਾ ਜੀ ਤੋਂ ਬਿਨਾਂ ਪੁੱਛੇ ਬਾਹਰ ਜਾ ਸਕਾਂ ?
ਪਿਤਾਜੀ : ਪੁੱਤਰ ਇਨ੍ਹਾਂ ਵੱਡਾ ਤਾਂ ਮੈਂ ਵੀ ਨਹੀਂ ਹੋਇਆ ਕਿ ਮੈਂ ਤੇਰੀ ਮਾਤਾ ਜੀ ਤੋਂ ਬਿਨਾਂ ਪੁੱਛੇ ਕਿਤੇ ਜਾ ਸਕਾਂ।
2. ਸੰਤਾ ਰਿਕਸ਼ੇਵਾਲੇ ਨੂੰ: ਗੁਰਦੁਆਰੇ ਜਾਓਗੇ
ਰਿਕਸ਼ੇਵਾਲਾ : ਹਾਂ ਜ਼ਰੂਰ ਜਾਵਾਂਗੇ।
ਸੰਤਾ ਨੇ ਜੇਬ ਤੋਂ ਪੌਲੀਥੀਨ ਕੱਢਿਆ ਤੇ ਰਿਕਸ਼ੇਵਾਲੇ ਨੂੰ ਬੋਲਿਆ ਵਾਪਸ ਆਉਂਦੇ ਸਮੇਂ ਇਸ ਵਿੱਚ ਲੰਗਰ ਲੈ ਆਈਂ।
3. ਪਤੀ: ਜਦੋਂ ਮੈਂ ਵਧੀਆ ਕੱਪੜੇ ਪਹਿਨ ਕੇ ਬਜ਼ਾਰ ਜਾਂਦਾ ਹਾਂ ਤਾਂ ਸਬਜ਼ੀਵਾਲਾ ਮੈਨੂੰ ਸਬਜ਼ੀ ਸਸਤੀ ਦਿੰਦਾ ਹੈ ਤੇ ਜੇ ਮੈਂ ਘਟੀਆ ਕੱਪੜੇ ਪਹਿਨ ਕੇ ਜਾਵਾਂ ਤਾਂ ਉਹ ਸਬਜ਼ੀ ਮਹਿੰਗੀ ਦਿੰਦਾ ਹੈ।
ਪਤਨੀ: ਤੂੰ ਕਟੋਰਾ ਲੈ ਕੇ ਜਾਈ, ਸਬਜ਼ੀ ਤੈਨੂੰ ਫਰੀ 'ਚ ਮਿਲੂਗੀ।
4. ਇਕ ਵਾਰ ਇਕ ਸ਼ਰਾਬੀ ਕਿੱਧਰੇ ਜਾ ਰਿਹਾ ਸੀ। ਅਚਾਨਕ ਉਹ ਚਿੱਕੜ 'ਚ ਡਿੱਗ ਪਿਆ ਤੇ ਅਚਾਨਕ ਹੀ ਬਿਜਲੀ ਚਮਕੀ। ਸ਼ਰਾਬੀ ਬੋਲਿਆ ਰੱਬਾ ਇੱਕ ਤਾਂ ਤੂੰ ਮੈਨੂੰ ਚਿੱਕੜ 'ਚ ਗਿਰਾ ਦਿੱਤਾ, ਉਪਰੋਂ ਫੋਟੋ ਖਿਚਦਾ ਪਿਆ ਹੈ।



ਸੁਭਮ ਗੋਇਲ
ਨੌਵੀਂ-ਬੀ

5. ਡਾਕਟਰ, 'ਤੁਹਾਡੇ ਤਿੰਨ ਦੰਦ ਕਿਵੇਂ ਟੁੱਟ ਗਏ? ਮਰੀਜ਼ "ਘਰ ਵਾਲੀ ਨੇ ਸਖਤ ਕੋਟੀ ਬਣਾਈ ਸੀ।" ਡਾਕਟਰ, ਫਿਰ ਖਾਣ ਤੋਂ ਮਨ੍ਹਾ ਕਰ ਦਿੰਦੇ। ਮਰੀਜ਼, "ਉਹੀ ਤਾਂ ਕੀਤਾ ਸੀ।"
6. ਰਛਪਾਲ ਨੇ ਰਾਤ ਨੂੰ ਵਿਨੈ ਨੂੰ ਝੰਜੋੜ ਕੇ ਉਠਾਇਆ ਅਤੇ ਬੋਲਿਆ, ਉਏ ਉਠ ਭੂਚਾਲ ਆ ਗਿਆ ਹੈ। ਸਾਰੀ ਇਮਾਰਤ ਥਰ-ਥਰ ਕੰਬ ਰਹੀ ਹੈ। ਤਾਂ ਵਿਨੈ ਨੇ ਉਸ ਨੂੰ ਕਿਹਾ, ਕਿ ਭੂਚਾਲ ਨਹੀਂ ਆਇਆ, ਬਾਹਰ ਉਸਦੀ ਪਤਨੀ ਕਸਰਤ ਕਰ ਰਹੀ ਹੈ।
7. ਜੱਜ : "ਤੇਰੀ ਸ਼ਿਕਾਇਤ ਹੈ ਕਿ ਤੇਰੀ ਘਰ ਵਾਲੀ ਤੇਰੇ ਉਪਰ ਭਾਂਡੇ ਸੁੱਟਦੀ ਹੈ, ਕਿੰਨੇ ਦਿਨਾਂ ਤੋਂ ਉਹ ਅਜਿਹਾ ਕਰ ਰਹੀ ਹੈ। ਪਤੀ, ਸਾਹਿਬ ਜਦੋਂ ਤੋਂ ਵਿਆਹ ਹੋਇਆ ਹੈ, ਉਸ ਵੇਲੇ ਤੋਂ। ਜੱਜ, ".....ਅਤੇ ਤੇਰੇ ਵਿਆਹ ਨੂੰ ਕਿੰਨੇ ਸਾਲ ਹੋ ਗਏ ਹਨ?" ਪਤੀ, ਜੀ ਪੰਜ ਸਾਲ।" ਜੱਜ, 'ਤਾਂ ਤੂੰ ਪਿਛਲੇ ਪੰਜ ਸਾਲ ਤੋਂ ਖਾ ਰਿਹਾ ਹੈ। ਪਤੀ, "ਜੀ ਹਾਂ"। ਜੱਜ "ਫਿਰ ਤੂੰ ਪਹਿਲਾਂ ਸ਼ਿਕਾਇਤ ਕਿਉਂ ਨਹੀਂ ਕੀਤੀ।" ਜੱਜ, "ਕਿਉਂਕਿ ਕੱਲ ਪਹਿਲੀ ਵਾਰ ਉਸ ਦਾ ਨਿਸ਼ਾਨਾ ਸਹੀ ਲੱਗਾ ਹੈ।"
8. ਸੁਮਿਤ, "ਮੈਂ ਵਿਆਹ ਨਹੀਂ ਕਰਵਾਉਣਾ, ਮੈਨੂੰ ਸਾਰੀਆਂ ਔਰਤਾਂ ਤੋਂ ਡਰ ਲੱਗਦਾ ਹੈ।" ਪਿਤਾ : "ਕਰਵਾ ਲੈ ਬੇਟਾ, ਫਿਰ ਇਕ ਔਰਤ ਤੋਂ ਡਰ ਲੱਗੇਗਾ, ਬਾਕੀਆਂ ਸਾਰੀਆਂ ਚੰਗੀਆਂ ਲੱਗਣਗੀਆਂ....।"



ਗੁਰਕਿਰਨ ਕੌਰ, ਨੌਵੀਂ-ਸੀ

ਪੇਪਰ ਆਏ

ਪੱਕੇ ਪੇਪਰ ਸਿਰ ਤੇ ਆਏ, ਖੇਡਾਂ ਖਾਣ-ਪੀਣ ਭੁਲਾਏ ।
ਮੈਰਿਟ ਜਾਂ ਫਿਰ ਫਸਟ ਡਵੀਜ਼ਨ, ਇਹੀ ਚਿੰਤਾ ਪਈ ਸਤਾਏ ।

ਜਿਹੜੇ ਦਿਲ ਲਾ ਕੇ ਨਾ ਪੜ੍ਹਦੇ, ਪਿੱਛੋਂ ਕਰਦੇ
ਹਾਏ ॥ ਹਾਏ ॥

ਛੋਲੇ ਦੇ ਕੇ ਪਾਸ ਜੋ ਹੁੰਦੇ, ਉਹ ਫਿਰ ਜ਼ਿੰਦਗੀ
ਭਰ ਪਛਤਾਏ ॥

ਮਾਂ-ਬਾਪ ਦੇ ਪੈਸੇ ਨੂੰ ਜੋ, ਖਾਣ ਪੀਣ ਵਿੱਚ ਉਡਾਏ ।

ਉਸ ਦੇ ਜੀਵਨ 'ਚ ਰਹਿੰਦੇ, ਸਦਾ ਦੁੱਖਾਂ ਦੇ ਬੱਦਲ
ਛਾਏ

ਧੰਨਵਾਦ.... ॥



ਅਮਨ ਢਿੰਗਰਾ
ਅੱਠਵੀਂ-ਸੀ

ਸਾਇੰਸ

ਸਾਇੰਸ ਨੇ ਦਿੱਤੇ ਅੱਜ ਦੇ ਯੁੱਗ ਨੂੰ ਕਈ ਵਰਦਾਨ,

ਹਰ ਇਨਸਾਨ ਨੂੰ ਕਰ ਦਿੱਤਾ ਸੁਖਦ ਜੀਵਨ ਪਰਦਾਨ,

ਦਿੱਤਾ ਕੰਪਿਊਟਰ, ਟੈਲੀਵਿਜ਼ਨ, ਮੋਬਾਈਲ ਫੋਨ

ਜਿਸ ਨਾਲ ਲੱਗੇ ਜਿਵੇਂ ਦੂਰ ਰਹਿਣ ਵਾਲੇ ਵੀ ਇਕ ਦੂਜੇ ਦੇ ਕੋਲ ਹੋਣ ।

ਹਰ ਪਾਸੇ ਰਹਿੰਦੀਆਂ ਕਾਰਾਂ, ਟਰੱਕਾਂ, ਦੀਆਂ ਅਵਾਜ਼ਾਂ,

ਕੁਦਰਤ ਵੀ ਗਾਉਂਦੀ ਹੈ ਸਾਇੰਸ ਦਾ ਗਾਣਾ

ਹੌਲੀ-ਹੌਲੀ ਬੰਦਾ ਪਹੁੰਚ ਗਿਆ ਚੰਨ ਉੱਤੇ

ਪਰ ਇਸ ਵੱਧਦੀ ਸਾਇੰਸ ਨਾਲ ਕੁਦਰਤ ਦਾ ਹੈ ਹੋ ਰਿਹਾ ਬੁਰਾ ਹਾਲ

ਇਸ ਦੇ ਬਿਨਾਂ ਵੀ ਜੀਵਨ ਔਖਾ, ਬਣਾਤਾ ਸਾਇੰਸ ਨੇ ਸਭ ਕੁਝ ਸੌਖਾ

ਮਿੰਟ ਵੀ ਇਸ ਦੇ ਬਿਨਾਂ ਗੁਜ਼ਾਰਾ ਨਹੀਂ, ਕੀਤੀ ਸਾਇੰਸ ਨੇ ਬਹੁਤ ਤਰੱਕੀ ਵੇਖਦੀ
ਦੁਨੀਆ ਤੱਕੋ-ਤੱਕੀ ।

ਹਰ ਮਨੁੱਖ ਸਾਇੰਸ ਦਾ ਬਣ ਗਿਆ, ਆਪੋ-ਆਪ ਮਨੁੱਖ ਸੋਚਾਂ ਵਿੱਚ ਪੈ ਜਾਂਦਾ
ਹੈ ਕਿ

ਸਾਇੰਸ ਵਰ ਹੈ ਜਾਂ ਸਰਾਪ ?



ਪ੍ਰਤੀਕ ਸਿੰਘ
ਅੱਠਵੀਂ-ਸੀ

ਕੁਝ ਗੜਬੜ ਹੈ

ਇਕ ਵਾਰ ਰੇਡੀਓ ਸਟੇਸ਼ਨ
ਵੱਲੋਂ ਦੋ ਸਟੇਸ਼ਨ ਇੱਕਠੇ
ਲੱਗ ਜਾਂਦੇ ਹਨ । ਇਕ
ਸਟੇਸ਼ਨ ਤੇ ਸਰੀਰ ਨੂੰ
ਤੰਦਰੁਸਤ ਰੱਖਣ ਲਈ
ਕਸਰਤ ਬਾਰੇ ਦੱਸਿਆ ਜਾ
ਰਿਹਾ ਸੀ । ਦੂਜੇ ਸਟੇਸ਼ਨ ਤੇ
ਅਚਾਰ ਬਣਾਉਣ ਬਾਰੇ।
ਹੁਣ ਦੇਖੀਏ ਉਹਨਾਂ ਵਿੱਚ ਕੀ
ਗੜਬੜ ਹੁੰਦੀ ਹੈ।



ਦਿਲਪ੍ਰੀਤ ਕੌਰ
ਅੱਠਵੀਂ-ਸੀ

ਪਹਿਲਾ: ਸਰੀਰ ਨੂੰ ਤੰਦਰੁਸਤ ਰੱਖਣ ਲਈ

ਦੂਜਾ : ਕੱਟ ਕੇ ਸੁਕਾ ਲਵੋ ।

ਪਹਿਲਾ: ਬਾਂਹ ਸਿੱਧੀ ਕਰ ਲਵੋ,

ਦੂਜਾ : ਉਸ ਤੇ ਨਮਕ, ਮਿਰਚ ਤੇ ਹਲਦੀ ਲਗਾ ਲਵੋ

ਪਹਿਲਾ: ਫਿਰ ਆਪਣੇ ਸਰੀਰ ਨੂੰ ਇੱਕ ਲੱਤ ਦੇ ਸਹਾਰੇ,

ਦੂਜਾ : ਧੁੱਪ ਵਿੱਚ ਰੱਖ ਲਵੋ

ਪਹਿਲਾ: ਸਵੇਰੇ ਉੱਠਣ ਤੋਂ ਬਾਅਦ ਆਪਣੇ ਸਰੀਰ

ਦੂਜਾ : ਵਿੱਚ ਸਾਰੇ ਮਸਾਲੇ ਮਿਲਾ ਦਿਓ।

ਪਹਿਲਾ: ਇਸ ਤਰ੍ਹਾਂ ਤੁਹਾਡਾ ਸਰੀਰ

ਦੂਜਾ : ਅਚਾਰ ਬਣ ਜਾਵੇਗਾ ।

ਅਧਿਆਪਕ ਸਾਡੇ ਰੋਸ਼ਨੀ

ਬੱਚਿਆਂ ਨੂੰ ਸਹੀ ਰਾਹ ਵਿਖਾਉਂਦੇ
ਮੰਜਲ ਤੱਕ ਉਹਨਾਂ ਨੂੰ ਪਹੁੰਚਾਉਂਦੇ
ਹਨੇਰੇ ਨੂੰ ਦੂਰ ਭਜਾ ਕੇ
ਵਿੱਦਿਆ ਦਾ ਪ੍ਰਕਾਸ਼ ਫੈਲਾਉਂਦੇ ।

ਜਦ ਵੀ ਸਾਡੇ ਤੇ ਮੁਸੀਬਤ ਆਵੇ

ਉਹ ਸਾਨੂੰ ਹੱਲ ਸਮਝਾਏ ।

ਮੁਸੀਬਤਾਂ ਤੋਂ ਕਰਦੇ ਸਾਡੀ ਰੱਖਿਆ

ਦਿੰਦੇ ਸਾਨੂੰ ਚੰਗੀ

ਸਿੱਖਿਆ ।

ਰੋਸ਼ਨੀ ਦੇ ਦੀਵੇ ਨੂੰ ਜਲਾ ਕੇ,

ਰਸਤਾ ਸਾਨੂੰ ਚੰਗਾ ਦਿਖਾਉਂਦੇ

ਹਰ ਜਨਮ 'ਚ ਪਾਈਏ ਇਹੋ

ਜਿਹਾ ਅਧਿਆਪਕ

ਜੋ ਹੋਵੇ 'ਸਰਵ-ਵਿਆਪਕ'



ਗੁਰਪ੍ਰੀਤ ਸਿੰਘ
ਸੱਤਵੀਂ-ਸੀ

ਬੁਝਾਰਤਾਂ

1. ਕੌਣ ਚਾਹੇ ਵਰਸਣਾ, ਕੌਣ ਚਾਹੇ ਧੁੱਪ, ਕੌਣ ਚਾਹੇ ਬੋਲਣਾ, ਕੌਣ ਚਾਹੇ ਚੁੱਪ
2. ਇਕ ਨਗਰੀ ਦੇ ਚਾਰ ਬਜ਼ਾਰ, ਸੋਲਾਂ ਘੋੜੇ ਤ੍ਰੈ ਅਸਵਾਰ।
3. ਸਦਾ ਤੀਵੀਆਂ ਦਾ ਸੰਗ ਕਰਦਾ, ਜਤੀ ਫੇਰ ਵੀ ਪੂਰਾ, ਪਵਨ ਸਮਾਨ ਚਾਲ ਹੈ ਉਸਦੀ, ਪੈਰ ਨਾ ਪੁੱਟਦਾ ਸੂਰਾ।
ਸਾਰੇ ਜੱਗ ਨੂੰ ਉਹ ਲੀੜੇ ਦੇਵੇ, ਆਪ ਰਹਿੰਦਾ ਨੰਗਾ, ਪੰਜ ਸਿਰ ਉਸਦੇ ਦੇਖੋ ਭਾਈ, ਹੱਥਾ ਇੱਕੋ ਚੰਗਾ।
4. ਬੱਸ, 'ਚੋਂ ਨਿਕਲੇ ਦੋ ਅੰਗਰੇਜ਼, ਇੱਕ ਹੌਲੀ, ਇੱਕ ਤੇਜ਼।
5. ਇਤਨੀ ਕੁ ਡੱਬੀ, ਖੋ ਗਈ ਸਬੱਬੀ, ਮੁੱੜ ਕੇ ਨਾ ਲੱਭੀ।

ਉਤਰ : 1. ਮਾਲੀ ਚਾਹੇ ਵਰਸਣਾ, ਧੋਬੀ ਚਾਹੇ ਧੁੱਪ, ਸੱਸ ਚਾਹੇ ਬੋਲਣਾ, ਚੋਰ ਚਾਹੇ ਚੁੱਪ 2. ਸ਼ਤਰੰਜ
3. ਚਰਖਾ 4. ਕੱਛੂਕੁੰਮਾ ਤੇ ਖਰਗੋਸ਼ 5. ਜਾਨ



ਜਸਨਪ੍ਰੀਤ ਸਿੰਘ,
ਅੱਠਵੀਂ-ਸੀ

ਸੁੱਚੇ ਮੋਤੀ

ਜੀਉਣਾ ਹੈ ਤਾਂ	ਚੰਗੇ ਅਸੂਲਾਂ ਤੇ ਜੀਓ।
ਜਪਣਾ ਹੈ ਤਾਂ	ਪਰਮਾਤਮਾ ਦਾ ਨਾਂ ਜਪੋ ॥
ਜਿੱਤਣਾ ਹੈ ਤਾਂ	ਆਪਣੇ ਮਨ ਨੂੰ ਜਿੱਤੋ ॥
ਕਰਨਾ ਹੈ ਤਾਂ	ਹਰ ਇਕ ਦਾ ਭਲਾ ਕਰੋ।
ਪੀਣਾ ਹੈ ਤਾਂ	ਗੁੱਸੇ ਨੂੰ ਪੀ ਲਵੋ ॥
ਛੱਡਣਾ ਹੈ ਤਾਂ	ਬੇਇਮਾਨੀ ਹੇਰਾ ਫੇਰੀ ਛੱਡੋ ॥
ਦੇਖਣਾ ਹੈ ਤਾਂ	ਹਮੇਸ਼ਾਂ ਆਪਣੇ ਔਗੁਣਾਂ ਅਤੇ
	ਦੂਜੇ ਦੇ ਗੁਣਾਂ ਨੂੰ ਦੇਖੋ।
ਬੋਲਣਾ ਹੈ ਤਾਂ	ਸਦਾ ਸੱਚ ਬੋਲੋ
ਸਫਲ ਹੋਣਾ ਹੈ ਤਾਂ	ਸਖਤ ਮਿਹਨਤ ਕਰੋ
ਵੰਡਾਉਣਾ ਹੈ ਤਾਂ	ਦੁਖੀਆਂ ਦੇ ਦਰਦ ਵੰਡਾਓ
ਮੁਕਾਬਲਾ ਕਰਨਾ ਹੈ ਤਾਂ	ਬੇਈਮਾਨੀ ਦਾ ਮੁਕਾਬਲਾ ਕਰੋ
ਪੜ੍ਹਨਾ ਹੈ ਤਾਂ	ਆਪਣੇ ਆਪ ਨੂੰ ਪੜ੍ਹੋ
ਅਰਾਮ ਕਰਨਾ ਹੈ ਤਾਂ	ਮਿਹਨਤ ਕਰਕੇ ਕਰੋ ॥
ਡਰਨਾ ਹੈ ਤਾਂ	ਰੱਬ ਤੋਂ ਡਰੋ
ਮਰਨਾ ਹੈ ਤਾਂ	ਦੇਸ਼ ਜਾਂ ਕੌਮ ਦੀ ਖਾਤਰ ਮਰੋ

ਜਾਹਨਵੀ ਗੁਪਤਾ
ਅੱਠਵੀਂ-ਸੀ



ਨੌਜਵਾਨਾਂ ਨੂੰ ਸੰਦੇਸ਼

ਦੇਸ ਵਿੱਚ ਫੁੱਟ ਨੂੰ ਭਜਾਓ ਸਾਥੀਓ।
ਰਿਸ਼ਵਤ ਅਤੇ ਠੱਗੀ ਨੂੰ ਘਟਾਓ ਸਾਥੀਓ।
ਬੰਦੇ ਨੂੰ ਨਾ ਡਰ ਲੱਗੇ ਕਦੇ ਬੰਦੇ ਤੋਂ
ਇਹੋ ਜਿਹਾ ਰਾਜ ਹੁਣ ਲਿਆਓ ਸਾਥੀਓ।
ਪੰਜਾ ਪਾਣੀਆਂ ਦੀ ਆਤਮਾ ਪੁਕਾਰਦੀ
ਸੁੱਤੀ ਹੋਈ ਪ੍ਰੀਤ ਨੂੰ ਜਗਾਓ ਸਾਥੀਓ।
ਲੰਗੇ ਕੈਦੋਂ ਦੀਆਂ ਛੇੜੋ ਨਾ ਕਹਾਣੀਆਂ
ਐਵੇ ਨਾ ਹੁਸਨ ਤੇ ਖਾਰ ਖਾਉ ਸਾਥੀਓ।
ਜ਼ਹਿਰ ਵਾਲੇ ਕੰਡਿਆਂ ਦਾ ਸਾਥ ਛੱਡ ਕੇ
ਪਿਆਰ ਵਾਲੇ ਫੁੱਲਾਂ ਨੂੰ ਵਧਾਓ ਸਾਥੀਓ।
ਏਕਤਾ ਦੀ ਨਦੀ 'ਚ ਡੁਫਾਨ ਆ ਰਿਹਾ
ਭੁੱਖੀ ਜਾਂਦੀ ਬੇੜੀ ਨੂੰ ਬਚਾਓ ਸਾਥੀਓ।
ਵੇਖਦਾ ਜੋ ਸਾਡੇ ਵੱਲ ਅੱਖ ਕੱਢਕੇ
ਅੱਖ ਉਹਦੀ ਕੱਢ ਕੇ ਵਿਖਾਓ ਸਾਥੀਓ।
ਨਦੀਆਂ ਅਤੇ ਪਰਬਤਾਂ ਨੂੰ ਨੱਥ ਪਾ ਲਓ
ਮੁਸੀਬਤਾਂ ਨੂੰ ਦੇਖ ਨਾ ਘਬਰਾਓ ਸਾਥੀਓ।
ਆਖਾਂਗਾ ਕੀ ਦੇਖ ਕੇ ਰੱਬੀ ਦਰਬਾਰ ਨੂੰ
ਆਪੋ ਆਪਣਾ ਦਰਬਾਰ ਵੀ ਸਜਾਓ ਸਾਥੀਓ।
ਛੱਡੋ ਗਮ ਸਭੇ ਗੱਲਾਂ ਖੋਰ ਵਾਲੀਆਂ
ਏਕੇ ਵਾਲੇ ਪਾਠ ਨੂੰ ਦੁਹਰਾਓ ਸਾਥੀਓ।

ਭਵਨੀਤ ਕੌਰ
ਅੱਠਵੀਂ-ਏ



ਪੁਰਾਣੇ ਸ਼ਬਦ, ਨਵੇਂ ਅਰਥ

ਤਾਲਾ	ਬਿਨਾਂ ਤਨਖਾਹ ਦਾ ਚੌਂਕੀਦਾਰ
ਚਾਕ	ਅਧਿਆਪਕ ਦੀ ਤਲਵਾਰ
ਚਿੰਤਾ	ਉਮਰ ਘੱਟ ਕਰਨ ਲਈ ਮੁਫਤ ਦਵਾ
ਕਬਰਿਸਤਾਨ	ਦੁਨੀਆਂ ਦਾ ਆਖਰੀ ਸਟੇਸ਼ਨ
ਜੇਲ੍ਹ	ਬਿਨਾਂ ਪੈਸੇ ਦਾ ਹੋਸਟਲ
ਮੁਰਗਾ	ਪਿੰਡਾਂ ਦੀ ਅਲਾਰਮ ਘੜੀ
ਵਿਦਵਾਨ	ਅਕਲ ਦਾ ਠੇਕੇਦਾਰ
ਸੱਸ	ਨੂੰਹ ਪਿੱਛੇ ਛੱਡਿਆ ਬਿਨਾਂ ਤਨਖਾਹ ਦਾ ਜਸੂਸ
ਮੱਛਰ	ਮੁਫਤ ਦਾ ਖੂਨ ਪੀਣ ਵਾਲਾ ਪ੍ਰਾਣੀ



ਡਾਕਟਰ ਕਪੂਰ
ਛੇਵੀਂ-ਈ

ਡਾਕਟਰ ਵਰਮਾ ਦੁਆਰਾ ਮਰੀਜ਼ਾਂ ਦੀ ਨਿਰਸੁਆਰਥ ਸੇਵਾ



ਅੱਸੀ ਸਾਲ ਦੇ ਡਾ. ਵਰਮਾ ਗਯਾ ਦੇ ਸਭ ਤੋਂ ਪੁਰਾਣੇ ਪ੍ਰਾਈਵੇਟ ਹਸਪਤਾਲ ਦੇ ਮਾਲਕ ਹਨ। ਉਹਨਾਂ ਦਾ ਜਨਮ ਆਗਰੇ ਵਿੱਚ ਹੋਇਆ। ਗਯਾ ਦੇ ਗਰੀਬ ਲੋਕਾਂ ਨੂੰ ਬੀਮਾਰੀਆਂ ਤੋਂ ਰਾਹਤ ਦੇਣ ਲਈ ਉਹਨਾਂ ਨੇ ਆਪਣਾ ਕਲੀਨਿਕ ਖੋਲ ਲਿਆ। ਉਹਨਾਂ ਨੇ ਕਾਰਾਂ ਦੀ ਤੇਜ਼ ਰੋਸ਼ਨੀ ਨਾਲ ਜੁਗਾੜ ਕਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ। ਤਿੰਨ ਸਾਲਾਂ



ਵਿੱਚ ਤਿੰਨ ਮੰਜ਼ਲੇ ਹਸਪਤਾਲ ਦੀ ਸਿਖਰ ਤੇ ਇੱਕ ਸੌ ਸੋਲਰ ਪੈਨਲ ਸਾਰੇ ਹਸਪਤਾਲ ਨੂੰ ਬਿਜਲੀ ਪੱਖੇ ਸਵੈ ਨਿਰਭਰ ਕਰਨ ਲੱਗੇ। ਅੱਜ ਵਰਮਾ ਜੀ ਦੇ ਹਸਪਤਾਲ ਵਿੱਚ ਪੱਖੇ, ਫਰਿਜ਼, ਅਲਟਰਾ ਸਾਊਂਡ ਮਸ਼ੀਨ, ਐਕਸਰੇ ਮਸ਼ੀਨ ਸਭ ਕੁਛ ਸੋਲਰ ਪੈਨਲਾਂ ਦੇ ਹਵਾਲੇ ਹੈ। ਡਾ. ਵਰਮਾ ਲੋਕਾਂ ਦੀ ਮੁਸ਼ਕਲ ਦੂਰ ਕਰਨ ਲਈ ਚੌਵੀ ਘੰਟੇ ਹਾਜ਼ਰ ਹੈ। ਡਾ. ਵਰਮਾ ਦੀ ਥਾਂ ਕੋਈ ਹੋਰ ਹੁੰਦਾ ਤਾਂ ਬੋਰੀਆ ਬਿਸਤਰਾ ਚੁੱਕ ਕੇ ਕਦੇ ਦਾ ਕਿਸੇ ਮਹਾਂਨਗਰ ਵਿੱਚ ਜਾ ਬਹਿੰਦਾ। ਡਾ. ਵਰਮਾ ਨੇ ਇੰਝ ਨਹੀਂ ਕੀਤਾ। ਇੰਝ ਕਰਨ ਨਾਲ ਉਸ ਦਾ ਉਹ ਸੁਪਨਾ ਟੁੱਟ ਜਾਣਾ ਸੀ, ਜਿਸ ਨੂੰ ਪੂਰਾ ਕਰਨ ਲਈ ਉਹਨਾਂ ਨੇ ਸੁੱਖ ਸੁਵਿਧਾਵਾਂ ਭਰੀ ਜ਼ਿੰਦਗੀ ਨੂੰ ਲੱਤ ਮਾਰੀ ਸੀ।

ਸ਼ਿਵੇਨ ਜਗੋਤਾ
ਛੇਵੀਂ-ਈ

ਨਾਰੀ ਇੱਕ ਖਿਡੌਣਾ ਨਹੀਂ ਹੈ

ਵਕਤ ਬਦਲਿਆ ਹੈ, ਸਾਲ ਬਦਲੇ ਹਨ
ਪਰ ਇਨਸਾਨ ਉਹੀ ਹੈ ਅੱਜ ਵੀ
ਅੱਜ ਵੀ ਨਾਰੀ ਨੂੰ ਖਿਡੌਣਾ ਸਮਝਿਆ ਜਾਂਦਾ ਹੈ
ਪਰ ਹੁਣ ਨਾਰੀ ਦੇ ਨਾਲ ਸ਼ਕਤੀ ਹੈ
ਸਮਾਂ ਆਣ ਤੇ ਆਪਣਾ ਰੂਪ ਲਏਗੀ,
ਆਖਿਰ ਕਦੋਂ ਤੱਕ ਜ਼ੁਲਮ ਸਹੇਗੀ ।
ਜਿਸਦੀ ਨਾ ਕੋਈ ਇੱਛਾ ਹੈ,
ਨਾ ਹੀ ਕੋਈ ਅਰਮਾਨ ਹੈ ।
ਜਦ ਜੋ ਚਾਹੇ ਦਿਲ ਬਹਿਲਾਉਂਦਾ ਹੈ
ਜਦ ਚਾਹੇ ਦਿਲ ਤੋੜ ਜਾਂਦਾ ਹੈ
ਇਹ ਵੀ ਭੁੱਲ ਜਾਂਦਾ ਹੈ
ਉਸਨੂੰ ਜਨਮ ਦੇਣ ਵਾਲੀ
ਇੱਕ ਮਾਂ ਵੀ ਔਰਤ ਹੈ
ਜੋ ਹੱਥ ਤੇ ਰੱਖੜੀ ਬੰਨਦੀ ਹੈ
ਉਹ ਵੀ ਇੱਕ ਔਰਤ ਹੈ
ਜੋ ਧੀ ਹੈ ਉਹ ਵੀ ਔਰਤ ਹੈ
ਇਸ ਤਰ੍ਹਾਂ ਕਿਉਂ ਲਗਦਾ ਹੈ
ਔਰਤ ਬਸ ਇੱਕ ਖਿਡੌਣਾ ਹੈ
ਸਿਰਫ਼ ਇੱਕ ਜਨਮ ਹੈ
ਸਿਰਫ਼ ਇੱਕ ਜਾਨ ਹੈ
ਨਾਰੀ ਖਿਡੌਣਾ ਨਹੀਂ
ਉਹ ਪਿਆਰ ਦਾ ਸਾਗਰ ਹੈ
ਉਹ ਘਰ ਦੀ ਇੱਜ਼ਤ ਹੈ
ਤੁਹਾਡੇ ਘਰ ਦਾ ਸਨਮਾਨ
ਹੈ ।



ਗਾਨਿਆ ਗਰਗ
ਛੇਵੀਂ-ਸੀ

ਬੁਲਾ ਰਿਹਾ ਹੈ ਕੋਈ

ਅੱਜ ਦੀ ਪੀੜੀ ਨੂੰ ਬੁਲਾ ਰਿਹਾ ਹੈ ਕੋਈ,
ਜਿਨ੍ਹਾਂ ਨੇ ਸੁਪਨਾ ਲਿਆ ਸੀ ਇਸ ਦੇਸ਼ ਲਈ ਕੋਈ
ਉਹ ਵੀ ਸੋਚ ਰਹੇ ਹੋਣਗੇ ਅੱਜ
ਕਿਵੇਂ ਨੌਜਵਾਨ ਨਸ਼ਿਆਂ ਵਿੱਚ ਗਏ ਨੇ ਸੱਜ
ਅੱਜ ਦੀ ਪੀੜੀ ਨੂੰ ਬੁਲਾ ਰਿਹਾ ਹੈ ਕੋਈ
ਜਿਨ੍ਹਾਂ ਨੇ ਸੁਪਨਾ ਲਿਆ ਸੀ ਇਸ ਦੇਸ਼ ਲਈ ਕੋਈ ।
ਕਿੰਨੇ ਹੀ ਨੌਜਵਾਨ ਫੱਸ ਗਏ ਨੇ ਨਸ਼ਿਆਂ
ਦੇ ਜਾਲ ਵਿੱਚ
ਇਹਨਾਂ ਨੂੰ ਬਾਹਰ ਕੱਢਣਾ ਹੋ ਜਾਣਾ ਹੈ
ਮੁਸ਼ਕਲ ਆਉਣ ਵਾਲੇ ਹਾਲਾਤ ਵਿੱਚ
ਅੱਜ ਦੀ ਪੀੜੀ ਨੂੰ ਬੁਲਾ ਰਿਹਾ ਹੈ ਕੋਈ,
ਜਿਨ੍ਹਾਂ ਨੇ ਸੁਪਨਾ ਲਿਆ ਸੀ ਇਸ ਦੇਸ਼ ਲਈ ਕੋਈ ।
ਜਿਸ ਦੇਸ਼ ਵਿੱਚ ਅੱਜ ਬੱਚੇ ਗਾ ਰਹੇ ਹੋਣ ਭੈੜੇ ਗਾਣੇ
ਉਹਨਾਂ ਨੂੰ ਅਜੇ ਨਹੀਂ ਭਗਤ-ਸਰਾਭੇ ਯਾਦ ਆਉਣੇ
ਜਿੱਥੇ ਇਕ ਨੇਤਾ ਦਿੰਦਾ ਹੋਵੇ ਝੂਠਾ ਲਾਰਾ
ਉਸ ਦੇਸ਼ ਨੂੰ ਕਹਿੰਦੇ ਨੇ ਸਾਰੇ ਜਹਾਨ ਸੇ ਅੱਛਾ ਹਿੰਦੁਸਤਾਨ ਹਮਾਰਾ
ਜਿਸ ਦੇਸ਼ ਵਿੱਚ ਅੱਜ ਕੁੜੀ ਮਾਰੀ ਜਾਂਦੀ ਹੈ ਮਾਂ ਦੀ ਕੁੱਖ ਵਿੱਚ ਹੀ
ਜ਼ਰਾ ਫਰੋਲ ਕੇ ਵੇਖਿਓ ਉਸ ਮਾਂ ਦੇ ਦੁੱਖ ਨੂੰ ਹੀ
ਅੱਜ ਦੀ ਪੀੜੀ ਨੂੰ ਬੁਲਾ ਰਿਹਾ ਹੈ ਕੋਈ,
ਜਿਨ੍ਹਾਂ ਨੇ ਸੁਪਨਾ ਲਿਆ ਸੀ ਇਸ ਦੇਸ਼ ਲਈ ਕੋਈ ।
ਉਹ ਲੋਕ ਕੋਈ ਹੋਰ ਨਹੀਂ,
ਹੈ ਆਪਣੇ ਹੀ ਦੇਸ਼ ਭਗਤ
ਜਿਨ੍ਹਾਂ ਨੂੰ ਨਹੀਂ ਲੱਗ ਰਿਹਾ ਇਹ ਜਿਉਣ ਵਾਲਾ ਜਗਤ
ਅੱਜ ਦੀ ਪੀੜੀ ਨੂੰ ਬੁਲਾ ਰਿਹਾ ਹੈ ਕੋਈ,
ਜਿਨ੍ਹਾਂ ਨੇ ਸੁਪਨਾ ਲਿਆ ਸੀ ਇਸ ਦੇਸ਼ ਲਈ ਕੋਈ
ਹੁਣ ਲੋੜ ਹੈ ਭਗਤ ਸਰਾਭੇ ਬਣਨ ਦੀ
ਇਕ ਚੰਗਾ ਤੇ ਨਰੋਆ ਸਮਾਜ ਸਿਰਜਣ ਦੀ
ਤੇ ਸਾਹਿਤਕ ਤੇ ਇਨਕਲਾਬੀ ਵਿਰਸਾ ਅਪਨਾਉਣ ਦੀ
ਅੱਜ ਦੀ ਪੀੜੀ ਨੂੰ ਬੁਲਾ ਰਿਹਾ ਹੈ ਕੋਈ,
ਜਿਨ੍ਹਾਂ ਨੇ ਸੁਪਨਾ ਲਿਆ ਸੀ, ਇਸ ਦੇਸ਼ ਲਈ ਕੋਈ ।



ਰੀਸ਼ਮ ਸ਼ਰਮਾ
ਛੇਵੀਂ-ਸੀ

The logo features a central yellow archway with a blue outline. Above the arch is a small golden crown. Inside the arch, the words "HINDI" and "SECTION" are written in a bold, red, stylized font. A wide, golden ribbon with blue outlines curves across the bottom of the arch. Below the ribbon, a series of blue and white diagonal rays emanate from the center. The entire design is set against a light blue background with a subtle gradient, all enclosed within a white rectangular border.

HINDI SECTION

पढ़ोगे लिखोगे बनोगे नबाव

पढ़े लिखे हैं इसलिए कहीं भी गंद नहीं फैलाते

पढ़े लिखे हैं इसलिए मधुर, साहित्यिक, सांस्कृतिक भाषा का उपयोग करते हैं।

पढ़े लिखे हैं इसलिए अपने मत का सही उपयोग करते हैं

पढ़े लिखे हैं इसलिए बड़ों का सम्मान करते हैं।

पढ़े लिखे हैं इसलिए देश के कानून का सम्मान करते हैं।

पढ़े लिखे हैं इसलिए अपने अधिकारों और कर्तव्यों को भली भाँति जानते हैं।

पढ़े लिखे हैं इसलिए परोपकार और समाज सेवा के कार्य करते हैं।

पढ़े लिखे हैं इसलिए अपने देश के शक्ति बोध और सौन्दर्य बोध को हानि नहीं पहुँचाते ।

समय है सोचने का कि भारत में कितने लोग पढ़े लिखे हैं

अगर ऐसा नहीं है तो खेलोगे, कूदोगे, होंगे खराब क्या है?



पाखी शर्मा

दसवीं-ई

नफरतों का असर

नफरतों का असर देखो, जानवरों का बंटवारा हो गया,

गाय हिन्दू हो गयी, और बकरा मुसलमान हो गया ।

मंदिरों में हिंदू दिखे, मस्जिदों में मुसलमान

शाम को जब मयखाने गया, तब जाकर दिखे इंसान ।

ये पेड़, ये पत्ते, ये शाखाएं भी, परेशान हो जाएं,

अगर परिन्दे भी हिन्दू और मुसलमान हो जाएं ।

सूखे मेवे भी ये देखकर हैरान हो गए,

न जाने कब नारियल हिन्दू और खजूर मुसलमान हो गए ।

न मस्जिद को जानते हैं, न शिवालों को जानते हैं,

जो भूखे पेट होते हैं, वे सिर्फ निवालों को जानते हैं।

मैं अमन पसंद हूँ, मेरे शहर में दंगा रहने दो

लाल और हरे में मत बांटों, मेरी छत पर तिरंगा रहने दो ।



चहक गर्ग

नौवीं-डी

सोचो हम क्या नहीं कर सकते

सोचो हम क्या नहीं कर सकते
क्या एक कदम स्वच्छता की ओर नहीं बढ़ा सकते ।
विचार करो, भीतर हमारे महान क्षमता है,
सोचो, हम भारत मां से ले सकते हैं,
क्या उसे कुछ दे नहीं सकते ?
देश को इबादत की नहीं
हाथों की जरूरत है।
हम इसके कर्जदार हैं,
हम इसके कर्जदार हैं।
ये देश तुमसे पूछ रहा है,
तुम अपना धर्म कब निभाओगे ।
अब नहीं तो फिर कब देश का कर्ज चुकाओगे ।
सोचो हम क्या नहीं कर सकते ?
क्या एक कदम स्वच्छता की ओर नहीं बढ़ा सकते ।
चलो, भारत को स्वच्छ बनाएं
साफ कर अच्छे से सजाएं।
हर गली, हर सड़क, हर नगर,
हर गाँव को सफाई की मिसाल बनाए ।
आप भी आगे नव रत्न बनायें,
नौ-नौ लोगों की चेन चलायें।
जगह-जगह स्वच्छता अभियान चलाएं,
सोचो हम क्या नहीं कर सकते ।
क्या एक कदम स्वच्छता की ओर नहीं बढ़ा सकते ।
100 कदम आगे चलना होगा
2019 में गांधी जी के 150 साल पर
स्वच्छ भारत का तोहफा देना होगा ।
हटा, सारा कूड़ा कर्कट स्वच्छ भारत बनाना होगा ।
पर अकेला मोदी कुछ नहीं कर सकता,
सबको हाथ बढ़ाना होगा।
स्वच्छ भारत का सपना साकार करना होगा,

सहयोग आन्दोलन चलाना होगा ।

एक बार तो सोचो हम
क्या नहीं कर सकते ।

क्या एक कदम स्वच्छता की
ओर बढ़ा नहीं सकते ।

ये काम सरकार का नहीं

ये काम मंत्रियों का नहीं

ये काम सामाजिक संगठनों का नहीं,

ये काम सवा सौ करोड़ लोगों का है,

जन सामान्य का काम है

हम कम खर्च से मार्स तक पहुँच सकते हैं,

तो क्या स्वच्छ भारत नहीं बना सकते ।

सोचो, एक कदम स्वच्छता की ओर नहीं बढ़ा सकते।

सिर्फ कविता सुनाना हमारा मकसद नहीं

कोशिश यही है कि देश की सूरत बदलनी चाहिए

हमारे ही नहीं आपके दिलों में

भी ये आग जलनी चाहिए ।

एक बार तो सोचो.....

हाथ जोड़ विनती मैं करता हूँ

गंदगी में डूबते देश को बचा लो,

दिलों में बुझी लौ को जगा लो,

भारत माँ का कर्ज चुका दो ।

भारत माँ का कर्ज चुका दो।

स्वच्छ भारत का सपना साकार कर दो,

स्वच्छ भारत का सपना साकार कर दो,

आओ हम सब शपथ लें,

न गंदगी करूंगा, न करने दूंगा

न गंदगी करूंगा, न करने दूंगा

न गंदगी करूंगा, न करने दूंगा



अंकित सगर
दसवीं-बी

कविता

एक से कटाने सवा लाख शत्रुओं के सिर,
गुरु गोबिन्द ने बनाया पंथ खालसा,
पिता और पुत्र सब देश पर शहीद हुए,
नहीं की सुख साधनों की कभी लालसा,
जोरावर फतेह सिंह दीवारों में चुने गए,
जग देखता रहा था, क्रूरता का हादसा ।
चिड़ियों को बाज से लड़ा दिया था
गुरुजी ने,
मुगलों के सिर पर जो छा गया
था काल-सा !!!!

गुनिन मक्कर
नौवी-ई



दोस्त

कुछ सालों बाद यह दिन पल
बहुत याद आएंगे
जब हम सब दोस्त
अपनी अपनी मंजिल
पर पहुँच जाएंगे ।
अकेले जब भी होंगे, साथ
गुजरे हुए लम्हें याद आएंगे ।
शायद खर्च करने के लिए
एक कप चाय दोस्तों
की याद दिलाएगी यह ।
सोचते सोचते आँखें फिर से नम हो
जाएंगी ।
दिल खोलकर इन लम्हों
को जी लो यारो
जिन्दगी अपना इतिहास
फिर नहीं दोहराएगी ।



ईशिका गुप्ता
आठवीं-सी

हाये यह पढ़ाई!

स्कूल जाते ही आजाती हिंदी की बारी,
पर शब्द-अर्थ ने खींचली जान हमारी।
फिर आजाए यह अंग्रेजी,
जिसकी ग्रैमर ने हमारी मात है मारी।
मैथस तो है सबसे निराला,
पलस' माईनस की बजाए डिवाइड ही मैंने कर डाला।
हिस्टरी की तो क्या बात,
राजाओं की एक विक्टरी हमारे लिए बन गई बड़ी मिस्टरी।
जौग्रफी ने तो खोल दी यह पोल है,
जिस दुनिया में रहते हो वो दुनिया ही गोल है।
साईस ने तो हमें बहुत सिखाया,
पर नियूटन का लौ हमें समझ न आया।
फिर जब पंजाबी की बात आए,
तो प्रश्न/उत्तर करते हमारी जान निकल जाए।
अंत में मैंने यही पाया कि कोई भी सबजैक्ट
मुझे न भाया।
भगवान कोई ऐसा सबजैक्ट बनाए,
जो हम बच्चों के सर से पढ़ाई का बोझ हटाए।



गुरुमस्तक चावला
छठी-बी

अतीत भुलाओ



बुद्ध भगवान एक गाँव में क्रोध पर उपदेश दे रहे थे। सभा में सब शांत थे, लेकिन वहाँ स्वभाव से ही अतिक्रोधी एक ऐसा व्यक्ति बैठा था, जिसे ये सारी बातें बेतुकी लग रही थी। कुछ देर बाद वह बोलने लगा, 'तुम पाखण्डी हो, सिर्फ बड़ी-बड़ी बातें ही करते हो। तुम लोगों को भ्रमित कर रहे हो।' ऐसे कई कटु

वचन सुनकर भी बुद्ध शांत रहे। यह देखकर उस व्यक्ति ने बुद्ध के मुँह पर थूका और वहाँ से चला गया। अगले दिन जब उस व्यक्ति का क्रोध शांत हुआ तो वह अपने बुरे व्यवहार पर बहुत लज्जित हुआ और बुद्ध से क्षमा मांगने के लिए उन्हें ढूँढने लगा। बहुत ढूँढने के बाद जब उसे बुद्ध मिले तो वह उनके चरणों में गिर गया और बोला, 'मुझे क्षमा कीजिए प्रभु!'

बुद्ध ने पूछा, 'कौन हो भाई? तुम्हें क्या हुआ है? क्यों क्षमा मांग रहे हो?' उस व्यक्ति ने कहा, 'क्या आप भूल गए। मैं वहीं हूँ, जिसने आपके साथ कल बहुत बुरा व्यवहार किया था। मैं आपसे क्षमा माँगने आया हूँ।'

बुद्ध ने कहा, बीता हुआ कल तो मैं वहीं छोड़कर आया हूँ और तुम अभी भी वहीं अटके हुए हो। अब तुम आज में प्रवेश करो। बुरी घटनाएं याद करते रहने से वर्तमान और भविष्य दोनों बिगड़ जाते हैं।

दोस्तो, भूतकाल में की गयी किसी गलती के बारे में न सोचकर आगे बढ़ना चाहिए और उसे कभी भी न दोहराने का संकल्प लेकर एक नयी ऊर्जा के साथ वर्तमान में जीना चाहिए।



पायस गोयल

छठी-बी



सर्द दिन के नजारे

जाड़े की धूप मोटे तगड़े
टमाटर का सूप किटकिटाते दाँत
मूंगफली के दाने ठिठुरते से हाथ
छुट्टी के बहाने जलता अलाव
तबीयत नरम हाथों का सिकाव
पकौड़े गरम गुदगुदा बिछौना
ठंडी हवा रजाई में सोना
मुँह से धुँआ । सुबह का होना
फटे हुए गाल सपनों में खोना
सर्दों से बेहाल Welcome
तन पर पड़े Winter....
ऊनी कपड़े
दुबले भी लगते



मिताली गुप्ता
नौवीं-ए

इन्बतूता

इन्बतूता पहन के जूता
निकल पड़े तूफान में
थोड़ी हवा नाक में घुस गई
थोड़ी घुस गई कान में ।
कभी नाक को कभी कान को
मलते इन्बतूता
इसी बीच में निकल पड़ा
उनके पैरों का जूता ।
उड़ते उड़ते जूता उनका
जा पहुँचा जापान में
इन्बतूता खड़े रह गए
मोची की दुकान में ।



नताशा शर्मा
सातवीं-सी

आंतक का अंधकार

जिस आंतक को बनाया था अपनी ढाल, उसी ने मचाया आज यहाँ हा-हा-कार ।
जिस बन्दूक को बनाया था पड़ोसी के लिए, उसी बन्दूक ने ले ली अपनों की जान ।
क्या कसूर था उन मासूमों का, जिन्हें बे-नींद तुमने सुलाया ।
माओं की गोद से जुदा कर कब्रिस्तान पहुँचाया ।
सुना है दहशतगर्दों ने बच्चों को ही मार डाला,
उनकी आँखों में गोली मारकर उनके सपनों को रौंद डाला ।
निकले थे सुबह घर से जो उम्मीदों को लेकर,
आज वहीं लौटे हैं स्कूल से कफ़नों को लेकर ।
आओ, इस आंतक की जंजीरों को मिलकर हम हटाएं
दिलों से नफरत को हटाकर प्यार का दीया जलाएं ।
विश्व शान्ति का नारा पूरे विश्व में फैलाए,
बंदूक की जगह आशाओं के फूल खिलाएं ।



लक्ष्य शर्मा
नौवीं-ए

मंजिल

अरे, चल पगले यहाँ क्यों खड़ा है?
नियति का दास बनकर यहाँ क्यों पड़ा है?
चल कर ले अब तू कर्म,
इस जीवन का समझ ले अब तू मर्म,
देख ये दुनिया भागती जाती है,

मस्ती और खुशियाँ मदहोश किए जाती हैं।

तुझे अब किसका इंतजार है,

यह भी कोई सच्चा प्यार है।

रह तू अपने आप में मग्न,

प्यार मिल जाएगा।

करता जा अपना कर्म,

फल मिल ही जाएगा।

जिन्दगी का क्या है, कुछ पाते हैं, कुछ खो देते,
जो तेरी तरह इंतजार करते, वे ही जीवन में रो देते।

तू जीवन सफल बना अपना,

सफलता खुद आएगी,

तू इन कांटों को सहता जा,

बहार भी इक दिन छाएगी।



अनुराग मित्तल

सातवीं-ई

माँ

माँ शब्द क्या है? क्यों सभी माँ से इतना प्यार करते हैं। माँ.....। जो माँ अपने बच्चों पर कोई आँच, कोई खरोच नहीं आने देती, आज उसी माँ ने मुझे इतना बड़ा जख्म दे दिया, जिसकी मरहम भी नहीं है। माँअब किस को बुलाऊँ। इस शब्द से..... मेरी माँ तो मुझे छोड़कर भगवान के पास रहने चली गई है। न जाने कब वापिस आएंगी, आएगी भी या नहीं.....। दुनिया में कम से कम 9-10 प्रतिशत लोग हैं, जिनकी माँ नहीं है, और उनमें से एक मैं हूँ। क्यों भगवान ने मुझसे मेरी माँ छीन ली, क्यों भगवान ने मेरी नानी माँ से उनकी बेटी छीन ली, क्यों भगवान ने एक भाई से उसकी बहन छीन ली, क्यों, क्यों..... क्या भगवान के पास इसका कोई जबाब है। अगर जबाब है तो मुझे चाहिए कि क्यों उसने इतनी छोटी उम्र में एक माँ को अपनी बेटी से अलग कर दिया। जब भी किसी मित्र के मुख से माँ शब्द सुनती हूँ तो मुझे अपनी माँ की याद आ जाती है, अगर किसी से सुनती हूँ कि उनकी माता श्री ने ये भोजन भेजा है, तो मुझे अपनी माँ के भोजन की याद आती है। क्या स्वादिष्ट भोजन होता था, हर प्रकार के पकवान बनाने आते थे, मेरी माँ को, पर अब, 2 जुलाई से मेरी माँ हस्पताल के धक्के खा रही थी फिर अचानक 15 नवम्बर को उनकी मौत। माँ एक रूप है भगवान का, माँ एक रूप है शक्ति का, माँ सब कुछ है, माँ बच्चों की जिन्दगी है और अब मेरी जिन्दगी.....।

धन्यवाद



मानवी गिरोत्रा

नौवीं-डी

अनमोल वचन

1. अपनी खुशियों को गिनो, मुसीबतों को नहीं ।
2. जैसी मति वैसी गति ।
3. जीभ सुधरे तो जीवन सुधरे, जीभ बिगड़े तो जीवन बिगड़े ।
4. बुरी भावना आंखों पर पर्दा डाल देती है। पर्दे के कारण ईश्वर के दर्शन नहीं होते ।
5. वक्त और समुद्र की लहरें किसी का इंतजार नहीं करती ।
6. दौलत, ताकत और सुन्दरता मुश्किलपूर की तरह है।
7. समय का पहिया चलता है। इस पहिये के आगे हर किसी का भाग्य बदलता है।
8. जब लोग आपको न समझने के कारण आपकी बात नहीं सुनते, तब परमात्मा आपका साथ देते हैं।
9. उदासी हमारे जीवन को दीन-हीन और बर्बाद कर देगी ।
10. काम करने से इतनी थकावट नहीं होती, जितनी टाल मटोल से होती है।



वंशिका धीर
नौवीं-डी

इन्सानियत

इन्सान बन तो ऐसा
इन्सानियत की हद कर दे ।
अपनी नेकी के दम पर,
यमराज का खाता रद्द कर दे ।



किरणप्रीत कौर
छठी-डी

दुख खा, दर्द सह और
गमों को पी,
खुद के लिए नहीं, दूसरों के लिए जी ।
नेकी कर इतनी, जितनी राम ने की थी,
भक्ति कर इतनी, जितनी मीरा ने की थी ।
दूसरों की सेवा में लगाकर तन, मन और धन
ऐसा करके तू मदर टेरेसा जैसा बन ।
माता-पिता की सेवा करके, श्रवण जैसा बन ।
क्योंकि मरने के बाद मिलना है दो गज कफन ।
जाएंगे तो साथ कर्म, अच्छे ही जाएंगे ।
बाकी जिन्दगी के खजाने, यही छूट जाएंगे ।
खाली हाथ आए थे, खाली हाथ जाना है
मेरी कविता का उद्देश्य बस यही बताना है।

जान कर भी अनजान

बच्चे हैं वह सच्चे, न जाने दुनियादारी!
तुम तो न हो कच्चे, फिर क्यों करो नादानी!
यह बात तो अब सब ने है जानी,
बाल-मजदूरी है एक पाप,
ओर कुछ नहीं तो
डरो उस से आप!
वह न आपको करेगा माफ,
जो आप करते हो वह दिखाई देता है साफ!
क्यों न समझो तुम उनकी कहानी,
उन नन्ही-सी जानों से क्यों करो इतनी बेइमानी।
उनका क्या कसूर था,
वह तो मजबूर हैं,
पर तुम तो समझो, वह बात जो है,
जान के भी अनजानी।

ज्योति जिन्दल
नौवीं-डी



अमीर गरीब

एक धनाढ्य व्यक्ति प्रतिदिन मंदिर जाकर देव-प्रतिमा के समक्ष घी का दीपक जलाता और प्रभु से अपनी सुख समृद्धि के लिए विनती करता। वह वर्षों से मंदिर में घी का दीया जलाता आ रहा था। उसी गाँव का एक गरीब भी संध्या ढले इस मंदिर में तेल का दीपक जलाया करता और प्राणीमात्र के कल्याण की प्रार्थना करता। बाद में वह उस दीपक को उठाकर अपने घर के सामने वाली अंधेरी गली के मोड़ पर रख आता। दीपक के सहारे उजाले में लोग बिना ठोकर खाए गली को सहजता से पार कर लेते थे।



मुस्कान कपूर

द्वैतयोग से मंदिर में दीपक जलाने वाले सेठ और गरीब की एक ही दिन मृत्यु हो गई। धर्मराज ने सेठ से ज्यादा निर्धन के पुण्य गिनाते हुए उसे स्वर्ग में अच्छा स्थान देने का पार्षदों को आदेश नौवीं-डी दिया। धनाढ्य यह सुनकर भौंचक्का रह गया और बोला यह तो सरासर अन्याय और भेदभाव है। मैं प्रतिदिन घी का दीपक प्रभु को अर्पण करता था और यह कंगला तेल का दीया जलाता था। यह भला मुझसे अधिक पुण्यात्मा कैसे हो सकता है। धर्मराज मुस्कुराए, बोले, 'तुम अपनी सुख-सुविधा और धन-धान्य की वृद्धि के लिए दीपक जलाते थे, जबकि यह गरीब सबका हित साधने और आते जाते लोगों को राह दिखाने के लिए अंधेरी गली में दीपक जलाकर रखता था।

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 घुमाईये, हर तरफ कूड़ा कर्कट, 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 सांस 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। लाखों लोग हर साल इन्हीं के कारण उत्पन्न बीमारियों के कारण जान गवा देते हैं। स्वच्छता का अपना ही महत्त्व है। इसे अपनाने से गंदगी दूर हो जाती है।



वासु अग्रवाल

नौवीं-ई

इसके लिए हमें पहले लोगों को इसके महत्व से अवगत कराना होगा। जरूरी नहीं इसके लिए पैसे खर्च कर अखबारों में या टी.वी. पर दिखाया जाए, हम इंटरनेट की मदद भी ले सकते हैं। यदि भारत के सभी नागरिक स्वच्छता पर ध्यान देंगे तो भारत अवश्य ही स्वस्थ 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।

सुर-स्वर जो नासुर (अस्वर) बन गए

संस्कृति हमारी सभ्यता का आधार है, जिस अमीर संस्कृति का उदाहरण हमारे देश के संदर्भ में दिया जाता था, वह आज कहीं-न-कहीं दूषित हो रही है। गीत हमारे सभ्याचार का अभिन्न अंग है। संगीत हमारे सुख-दुख का साथी होता है। वह हमारी दिन भर की थकान को कम करता है। वह हमारे मन को हल्का करता है। वह हमारे मनोभावों को प्रदर्शित करता है और जीवन की तरंगों की पेंग को बढ़ाता है। वह रोने वालों को हंसाता है और कभी-कभी हंसते हंसते रोने को भी मजबूर करता है। संगीत से तो प्रकृति भी अछूती नहीं। तानसेन का नाम कौन नहीं जानता। तानसेन जब कोई भी तान छेड़ते थे तो बादलों से पानी बरसने लगता था। परंतु समय बदला तो जैसे-जैसे सब कुछ ही बदलने लगा। शायद समय इतनी तेजी से नहीं बदला, जितनी तीव्रता से मनुष्य के भाव बदल गए। संगीत के मायने ही



आरुषी शर्मा
नौवी-बी

बदलने लगे। संगीत के शब्द मन के भावों का नहीं, तन के शब्दों की बात करने लगे। वह चाहे क्षेत्रीय संगीत हो या राष्ट्रीय संगीत हो। हमारे देश में जो गीत कभी जोश भरा करते थे, उन्होंने अब हमारे मनो में नामोशी पैदा कर दी है, जिससे कहीं-न-कहीं हमारे पवित्र रिश्तों में भी दरार आनी शुरू हो गई है। हम अपने रिश्तों की बारीक सी झिल्ली भी तार-तार कर रहे हैं। एक समय था जब पूरा परिवार बैठकर रेडियो पर आने वाली धुनों को सुनता था, उसका आनंद लेता था। परंतु आज जो खतरनाक रूझान संगीत और गीतों में आया है, उसकी वजह से यह डर लगता है कि कहीं कोई गीत ऐसा न हो कि हमें अपने परिवार के समक्ष सुनने में शर्म महसूस करनी पड़े। आज हमारी नौजवान पीढ़ी यदि अपने शहीदों को भूल गई है, आज यदि हम यह नहीं बता पा रहे हैं कि करतार सिंह सराभा कौन थे? भगत सिंह ने जिन्दगी के कौन-से वर्ष में रस्सा चूमा था? परंतु यह बात सब से पहले पता चलती है कि कौन से गायक का कौन सा गाना कब बाजार में आ रहा है। संगीत हमारे सभ्याचार के अस्तित्व के ऊपर बड़ा प्रश्न खड़ा कर रहा है। संगीत जो कभी हमारे दिलो दिमाग ताजा करता था, हमारे बीच उत्तेजना और अच्छे संस्कारों का प्रवाह करता है, वह आज धन की अंधी दौड़ (अश्लीलता) का शिकार हो रहा है। इससे मन की दिशा और दशा दोनों बदल रहे हैं। गीतों में अश्लीलता, नशीले पदार्थों का और हथियारों का प्रयोग पूर्ण रूप से नौजवान पीढ़ी को भटका रहा है और उनको मानसिक रूप से कमजोर कर रहा है। आज यह भयानक स्वर 'नासुर' बनते जा रहे हैं। भारतीय संस्कृति सिर्फ कहने से ही अमीर नहीं रहेगी, अपितु इसकी पवित्रता को बहाल करना पड़ेगा। इसके लिए जो संगीत है (हमारे गीत हैं) उन में से अश्लीलता को खत्म करना होगा। स्वरों की सरलता और पवित्रता का बहाव करना होगा।



माँ का आशीर्वाद

मेरी बाल्य अवस्था में ही मेरी माँ और बहन गुजर गई और मेरे पिता ने दूसरी शादी कर ली, सौतेली माँ का मेरे साथ व्यवहार अच्छा नहीं था। बात-बात पर डाँटती रहती थी। घर का सारा काम निपटाने के बाद एक रात मैं गहरी निद्रा में सो गया। मैंने स्वप्न में अपनी बहन को देखा जो एक आसमानी घोड़े पर सवार थी। घोड़े पर उड़ने वाले पंख लगे हुए थे। मैं अपनी बहन से मिलकर खुशी और उल्लास से भर गया। मेरी बहन ने कहा, चल मैं तुम्हें माँ के पास ले जाने के लिए आई हूँ। हम दोनों उड़ने वाले घोड़े पर बैठकर आसमान की ओर उड़ चले। घोड़ा हम दोनों को लेकर अपने पंखों को लहराता हुआ उड़ने लगा। जल्द ही वह घोड़ा बादलों के पार, तारों के झुंड में से उड़ता हुआ ऊपर ही ऊपर उड़ने लगा। जैसे चाँद, तारे और सूरज सब पीछे रह गए हों। हम एक ऐसे साम्राज्य में पहुँचे जिस को 'होम ऑफ एंजलज' कहते थे। चारों तरफ सुंदर बाग, बगीचे और झरने बह रहे थे। वहाँ के सब लोग फ़रिश्ते थे। उन सब के चेहरे सुख, शांति और प्यार से भरपूर थे। बीच में एक महल था। मैं अपनी बहन के साथ महल के अंदर गया। मेरा मुँह आश्चर्य से खुला का खुला ही रह गया, जब मैंने देखा उस महल की महारानी मेरी माँ थी। मैं दौड़ कर अपनी माँ के गले लगा। माँ ने मुझे बहुत प्यार किया और मुझे आशीर्वाद दिया, "बेटे, एक दिन तेरा भविष्य भी खूब चमकेगा। तू हमेशा सुख, चैन और शांति से रहे, ऐसा मेरा आशीर्वाद है।" इतने में मेरी सौतेली माँ की डाँट भरी आवाज़ आई, ओए सोता ही रहेगा। घर का काम कौन करेगा? तंग आकर एक दिन मुझे वह घर छोड़ना पड़ा और मैं मेहनत मजदूरी करने लगा। एक दिन एक सेठ का रुपयों से भरा हुआ बैग सड़क पर गिर गया। मैंने बैग उठाया और उनके पीछे दौड़ने लगा। मैंने ईमानदारी से उनका बैग लौटाया। सेठ मेरी ईमानदारी से अत्यधिक प्रसन्न हुआ। उस सेठ के घर में कोई बच्चा नहीं था। उन्होंने मुझसे झिझकते हुए पूछा, "क्या तुम मेरे बेटे बनोगे?" तब मेरे मन में खुशी की लहर उठी और पता नहीं क्या सोच कर मैंने कहा हाँ। उन्होंने मुझे पढ़ाया लिखाया और मेरा अनमोल बचपन वापिस लौटाया। आज मेरे पास सब सुविधा है परंतु ऐसे में मुझे अपनी माँ का स्वप्न में दिया हुआ आशीर्वाद नहीं भूलता।



गौतम गुप्ता
आठवीं-बी

एक नहीं हजार विवेकानन्द बनाएंगे

अब हम सब विवेकानन्द बन जायेंगे
एक नहीं हजार विवेकानन्द बनाएंगे।
स्वयं को जगा, देश को जगायेंगे।
कण-कण में उनकी शिक्षा पहुँचायेंगे
अनन्त शक्ति, अपार ज्ञान, अदम्य उत्साह
से भरपूर एक सेना बनाएंगे।
एक नहीं हजार विवेकानन्द बनाएंगे।
विज्ञान, श्रद्धा, आत्म विश्वास की
ज्योति जगाएंगे।
प्रेम, कर्मठता, वीरता से अपने
देश को मजबूत बनाएंगे।
सत्य के लिए प्राणों का त्याग कर जाएंगे।
एक नहीं हजार विवेकानन्द बनाएंगे।
शारीरिक शक्ति, आत्म शक्ति
से विश्व शान्ति का ध्वज फहरायेंगे।
हो उत्साहित निःस्वार्थ कर्म करते जाएंगे।
एक नहीं हजार विवेकानन्द बनाएंगे।
नई आशा नए विश्वास से
स्वयं को फौलाद बनाएंगे।

जन-जन तक शिक्षा की ज्योति फैलाएंगे।
कण-कण को उनकी लौ से जगाएंगे।
एक नहीं हजार विवेकानन्द बनाएंगे।
राष्ट्रीय जीवन को ईंधन देते जायेंगे
युग-पुरुष के गुणगान हम सब गाएंगे।
एक नवभारत का निर्माण कर जायेंगे।
भारत में फिर स्वर्णयुग लाएंगे।
भारत में फिर हम सतयुग लाएंगे।
एक नहीं हजार विवेकानन्द बनाएंगे।
क्या आप अपना तन-मन-धन अर्पित कर पाएँगे ?
क्या आप हमारे इस लक्ष्य में हाथ बटाएंगे ?
क्या आप हमारे कदम से कदम मिलाएंगे ?
आपके ही सहयोग से नवभारत की रचना हम कर पायेंगे,
इसे सिर्फ कविता न समझना, ये हमारे दिल के भाव हैं
जो आपको भी उद्वेलित कर जायेंगे
एक नहीं हजार विवेकानन्द बनाएंगे।



अमी शर्मा
दसवीं-ई

क्या राखी, क्या रक्षा-बंधन

राखी का त्योहरार है आया
खुशियों की सौगात है लाया
सजी-धजी हैं सारी बहनें
थाली के तो क्या ही कहने
राखी, रोली और मिठाई
बहना बड़े ही चाव से लाई
भैया झुक टीका लगवाता
बहना से राखी बँधवाता
फिर देता सुंदर उपहार
जिसमें छिपा है लाड़ प्यार
दूर खड़ा एक बेबस भाई
जिसकी सूनी थी कलाई
आँखों में आँसू लिए हुए
उस मंज़र को सोच रहा था
जब माँ ने उसकी नन्ही बहन की
कोख में ही कब्र बनवाई।
काश अगर वह जिंदा होती
भाई की आँख ऐसे न रोती
उसकी भी सजती कलाई
खाता वह भी रस मलाई
आज के दिन यह प्रण है करना
नन्ही कलियाँ न तोड़ो वरना
इक दिन ऐसा आएगा
यह धागा कहीं खोजाएगा
न होगी बहन, न रोली चंदन, तब
क्या राखी, क्या रक्षा-बंधन

अथर्व मिगलानी,
छठी-बी



इंद्र का रथ

सजल नयनों से टपका पानी
वाद्य बजे जोर से,
किशती चली गलियों में
खुशबू आई धरती से।
रवि की सुवर्ण रेखाएं
बह गई हवा के साथ,
आया इंद्र का रथ
लेकर खुशियाँ अपने साथ।
मलिन मन की मैल बह गई
हर्ष की तरंग हर ओर फैल गई,
पुष्पों की कोमल कलियों की
सुगंध रोम-रोम फैल गई।
खेतिहर के चेहरे पर
सजी एक नई मुसकान,
आया इंद्र का रथ
लेकर खुशियाँ अपने साथ।
लेकर छतरी चल दिए कई,
कुछ की किशती बह गई।
कुछ के चेहरों पर
मधुर सी एक मुसकान बैठ गई।
हे इंद्र! कैसे किया ये कमाल?
हर प्राणी है खुशहाल।
कवि ने नया गीत लिखा,
मोर ने चली अपनी चाल।
कैसी मनोहर लीला लेकर
आया तू अपने साथ,
देखो, आया इंद्र का रथ
लेकर खुशियाँ अपने साथ।

जगीशा
सातवीं, ई



स्कूल के दिनों की यादें

स्कूल के ये दिन बड़े याद आएंगे
जब स्कूल छोड़ हम बाहरी दुनिया में जाएंगे ।
कभी दोस्तों संग हँसना और रोना
वह कभी अपने ख्यालों में खोना ।
वह काम न करने पर बहाने बनाना
वह पुस्तक भूलने पर डाँट खाना ।
स्कूल के ये दिन.....

वह स्कूल यूनिफार्म में तैयार होना
वह कभी-कभी कक्षा के बीच में सोना
वह आधी छुट्टी में ठहाके लगाना।
वह छीन कर एक दूसरे का खाना खाना ।
स्कूल के ये दिन
वह कभी डाँट खाकर ही-ही हँसना ।
वह किसी ओर की शरारत में हमारा फँसना ।
वह बात-बात पर रुठना और मनाना
ये सब हो जाएगा बीता जमाना

स्कूल के ये दिन
वह बैठ-बैठ हवा के महल बनाना
वह अध्यापकों के न आने पर खुशियां मनाना ।
वह आनंद और ज्ञान जो विद्यालयों में पाया ।
न जाने कब इसे छोड़ने का वक्त नज़दीक आया ।
स्कूल के ये दिन



रितिका खन्ना
सातवी-सी

Au Revoir

Goodbyes are not forever
goodbyes are not the end
They simply mean I'll miss you
Until we meet again



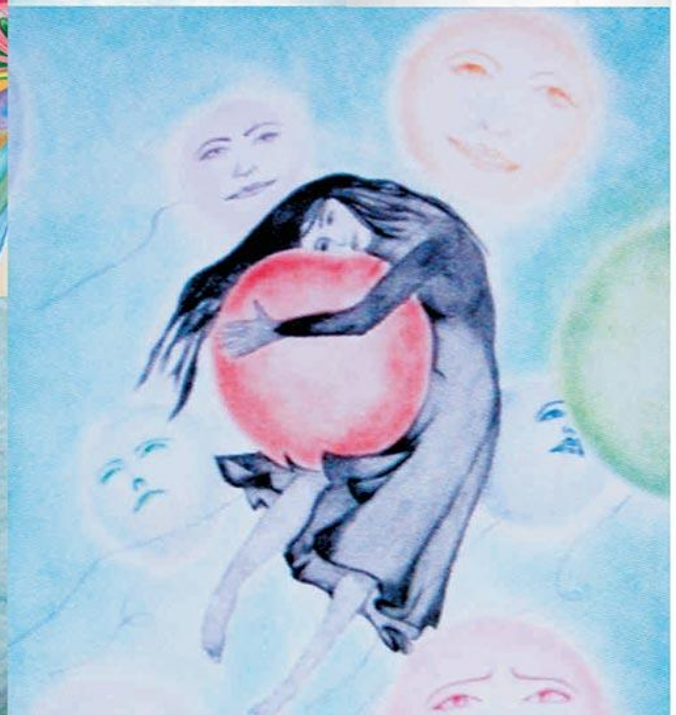
Sayonara to XII Students

Don't be dismayed at the good byes, a farewell is necessary before you can meet again and meeting again after moments or lifetimes, is certain for those who are achievers



Art Corner

**Great art is the outward expression
of an inner life in the artist**



Art Corner

**As the sun colours flowers,
so does art colours life**



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Teamwork is the ability to work together

toward a common vision.

The ability to direct individual into a group.



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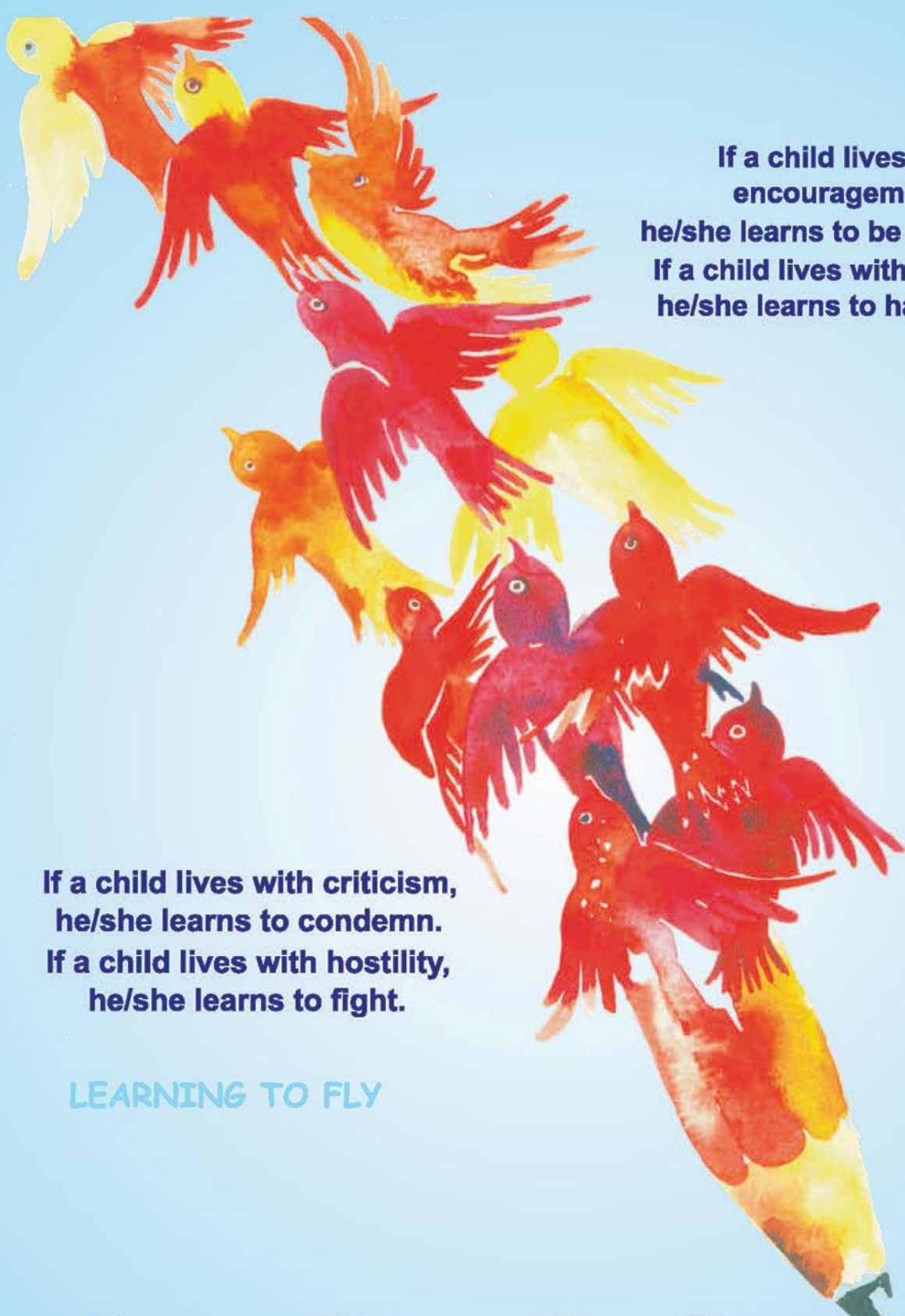
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**If a child lives with
encouragement,
he/she learns to be confident.
If a child lives with security,
he/she learns to have faith.**

**If a child lives with criticism,
he/she learns to condemn.
If a child lives with hostility,
he/she learns to fight.**

LEARNING TO FLY

Sacred Heart Sr. Sec. School

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