

ATHEENA



Creative Journal (2020-21)
Yadavindra Public School, Patiala



THE ROAD NOT TAKEN

*The distant memories of those
beautiful and gleeful days gone
by,
When we walked through the
trees on those friendly familiar
ways,
A certain less travelled road
yearns for the footsteps where
crisp fallen untrampled leaves
now lie,
The more travelled road of the
past awaits its former glory and
'Welcome Back' it says ! "*

**ERICA,
XII COMMERCE**

Editorial

As I wield my pen to garner words for Athena- the Goddess of wisdom, courage, strategic warfare, inspiration, strength, art and skills, I suppose Athena deserves Kudos for keeping us safe, giving us the courage and strength to formidably withstand the vagaries of the pandemic. Thus, the 'Athena' of YPS, Patiala, can be deemed as a shield for the Yadavindrians as well.

'Athena', over the years, has emerged as a substantial platform for creativity, colors, artistic finesse and innovations. We, as a team, have not allowed its legacy to subdue. We have rather always tried to ameliorate our best. Looking at the smart work by the collegium of 'Athena', one is imbued with a true sense of gratitude for YPS which is perpetually educating us to go beyond books to be the prodigies of tomorrow and paint the global walls with dexterity which we are imbibing through such works. I owe an overwhelming thanks to my team for assisting me unflinchingly.

**REYAAN ATHWAL,
XI SCIENCE**



The Editorial Board



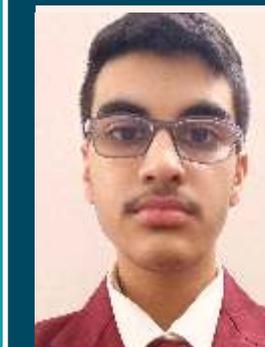
**REYAAN
ATHWAL**



**ERICA
SINGH**



**SAMAIRA
THIND**



**MALLIK ARJUN
AHLUWALIA**

The Editorial Board is extremely thankful to the following staff members for their help, guidance and support in the compiling of this book –

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2. Mrs. Arshdeep Mangat (English Section)
3. Mrs. Garima Goyal (English Section)
4. Mr. Sukhpal Singh (Punjabi Section)
5. Mrs. Sunita Kumari (Hindi Section)
6. Mr. Sanjaya Taneja and Mrs. Vaishally Kapoor (Paintings)

What Went Wrong

(A throwback at the times of the lockdown)

The world we lived in seemed so perfect

*Studying in school had its impact
The working of machines, the honking of horns*

The chaotic noises of the people around.

It seemed all lively, it seemed like life

Till God decided we had blasted enough mines

Enough damage to the creations as a one

Enough damage to nature and life as such.

The final blow came as a curse. Resulting in crisis all around the world

Someone ate wrong

Something went wrong

Where it started, no one took account.

Name it COVID or call it 'Corona'

It has the humanity jailed indoors now

*No escaping out for more fun
What went wrong?*

Nature's revenge to confine human beings

So that animals can roam in the world now free

Set free from the chaos of the daily life

Healing on its own and bringing life to life.

Making majestic mountain ranges visible from hundreds of miles

The ozone once depleted magically set aright.

Thanks to Corona, the manmade things now lay in vain.

The bees are back

The flowers blooming wild

The birds have never chirped a

*musical note so high,
Re-learning the ways that we forgot with years*

Taught to us by our very own elders

*"WASH YOUR HANDS, DON'T TOUCH YOUR FACE
ANG GREET EVERYONE WITH A PERFECT 'NAMASTE'"*

They made fun of the Indian way of life

Now our greetings, our rituals are accepted with pride.

Bless us Oh Lord! Forgive our flaws

We promise to do better

We promise to live better

As this is the time of Epic War

A war against the unknown, a war against time

A war we shall win

With the blessings of the Divine.

**-REYAAN ATHWAL,
XI SCIENCE**



All Types Of Friends

*The honest friend, who never lies,
The ambitious friend, who aims for the skies,
The sincere friend, who never cheats,
The hungry friend, who always eats,
The funny friend, who makes us laugh,
The sporty friend, who's rough and tough!
The punctual friend, who's never late,
The slender friend, who never gains weight,
The forgiving friend, who can never stay mad,
The depressed friend, who's always sad,
The nerdy friend, who studies all day!!
The cheerful friend, who's happy and gay,
The hardworking friend, who passionately works,
The envious friend, who always smirks,
The gloomy friend, who always cries,
The intellectual friend, who's really wise,
But having a friend you can call 'true',
Is a gift God gives to only a few!*

**DIVYAM BANSAL,
VIII**



Long We For Those Days...!

COLOURS OF CAMARADERIE



Cold Water : A Heartless Tale

*When I think of cold water
I see a deceased mortal
So heartless and so repellent
Walking down the memory lane
Water beaded eyes begin to tell a story.*

*Times of joy in which
Love fluttered in the sky.
Happy splashes of warm water
Wet the inner core*

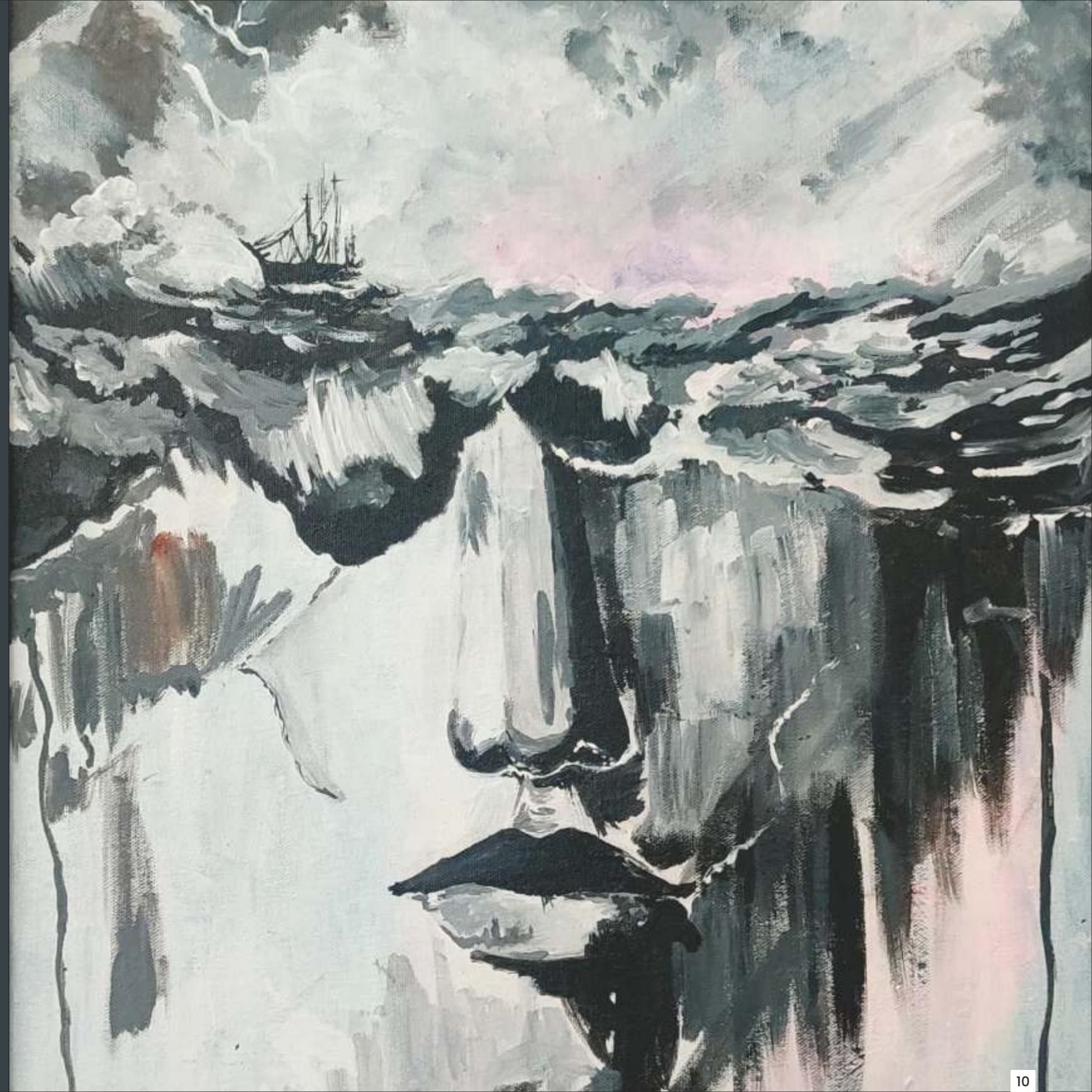
*Then came the time of sorrow
When the soft heart was broken
Backstabbed and deluded
Nothing but agony inside*

*But just like cold water
A deceased mortal
So heartless and so cold
Stood there by*

*Sobbed and sobbed until
The distant birds were awake.
Decided to ameliorate the shattered pieces.
Stood up with a heart just like cold water.*

*Now when I think of cold water
I see a deceased mortal
So bold and so courageous
So strong that it will make you shiver*

**KHUSHI MEHTA,
XI COMMERCE**



Imagine An Invisible Ghost Starts Writing To You

It was a Saturday night in the mid of summer vacation and I was ,as always, experimenting with new recipes in the kitchen since I had planned to be up till late. I wasn't quite interested in movies. If on any day I would have a little more time on my hand, I would utilize it for doing something that I loved more than anything else.

I put my dish in the oven to bake, set the timer and literally threw myself on my couch with my mobile phone in hand and some coffee in the other, even though I knew I had had four cups since morning. The only thing I did on my phone was checking mails and that's what I was doing- scrolling down my inbox along with sipping my hot coffee. Thankfully, there were no new emails which meant a Sunday packed full of tranquility. And at that very moment ,a new email following a chime sound was heard.

The first thing that caught my eye was the name of the sender. It

said 'The Invisible Soul'. I checked the mail and it said- 'Hello, I am Lavender.....I am new to this city and to your school too...'

As a matter of fact, there are only a handful of people nowadays who are kind enough to talk to introverts like me.

'Hey there....how are you? Welcome to India..How did you happen to settle down here?' I typed.

No sooner did I send it than the reply popped up. 'I like your house,' she said. It was quite peculiar since I had never even met her once.

'How do you know where I live?' I asked ,suspiciously. 'I really like your chandeliers ',she replied ,prohibiting from answering my question. This was the point when I got a bit more worried and frightened too. It was probably a prank but the glistening chandeliers penetrated my heart. The moment I was going to block Lavender ,or whoever the user was, another message came up. 'Your couch is great to...' My heart sunk ! I was too 'spookified' to tap the 'Block' button. It might have been a fellow classmate but who would like to play pranks on a day when the whole class gathered at some spot and had fun all night long, careless of the

upcoming tests ! O me , the word 'night'! This was, as far as I can guess , the worst nightmare I had ever had !

That night the messages might have stopped, but the shivers it gave me...not at all. The next day, I woke up to find myself lying on couch, unconscious. I ,suddenly, recollected what had happened the previous night. And that forced me to check my mail. As soon as I opened my inbox, I almost died! I never really got any messages from my friends; maybe some questions from textbooks. But that day, I had got twenty of them, sent by not a friend but an 'invisible soul'.

Each of them contained something about me, just like it did the previous night. But the real problem here was the photograph of me sitting on my couch, with my phone and coffee in my hands. I typed ,irritated 'I know it's a prank ,okay ? Just admit it..'Reply ? None. It was pretty relieving for me just until I got one in the evening. This one said 'Would you like to meet me?' I decided to reply with a ,yes'. It might have been a bad decision ,but I really wanted to know who it was. 'I am just in front of you'. Initially, I did not believe it until my glass tipped over just a few seconds from the message,

since it was summer! Winds were almost impossible! But I wasn't quite scared because I was clever enough to suspect that whoever this 'invisible soul' was, it didn't mean to mutilate me.

From that day, I have got an 'invisible' company .It may sound weird ,but who cares??? The only thing I needed was a friend, who would actually listen to whatever I said. When I was comfortable enough to talk with her, she answered my questions and protected me from the bullies. Who says ghosts are always evil ? Because this one, surely, isn't one of them!

KIRATNOOR BAJWA,
IX N

If Keyboards Could Talk !!!

On a warm evening of August, as I was typing away my assignment on the computer, clattering the keys loudly, the clock ticked, reminding me that I had an hour left to submit my assignment. As I was typing the last letter, the computer screen went blank indicating a power outage, leaving me disappointed and in despair.

'Thud' went my fist on to the keyboard in frustration and surprisingly I heard a shriek! For a moment I thought this heart wrenching response was of my own over exhausted brain. Therefore, I let go. As I tried to figure out what I had to do next, the keyboard suddenly leaped as if infused with life. It yelled in a cold blooded tone, "You do not do that again, young lad!" I stared in shock, intensely stupefied and then went screaming out of the room. About an hour later, when I had gathered enough courage to come out of my hiding place, I slowly moved towards the

computer, I noticed it was on the sleep mode. I brought the device to the active mode and sighed in relief. Just as I tried recovering my assignment, I heard the keyboard move yet again and say, "Boy, I hope you don't type the whole thing again because now it hurts - thanks to your ferocious typing skills!"

This time, instead of running and screaming in fright, I confronted the object and asked if I had done something wrong in life due to which a spirit was after me or something. But the Keyboard laughed and gave a prompt reply, "Well, I do not suppose that you are aware that there can be life in objects like me. It is surely an interesting topic. In fact, this is the first time I am interacting with a human, so I don't know how to explain!"

I was amazed and asked if non-living things can generally speak English and why had it chosen the weird British accent. The keyboard answered that it generally depended on the place

of manufacture or as one could more aptly say the 'birthplace'. Even though I had witnessed something unnatural, I was concerned about my assignment. Seeing no other way, I asked the key board if it could do something about it. It was willing to cooperate. Right in front of my very own eyes, I saw my assignment get typed from the start to the end. The keyboard was considerate enough to correct some grammatical errors and make it better in almost every way. That was evident the next day when I was praised by my teacher. I smiled my radiant smile.

Soon, I interacted some more with the keyboard and got to know a lot about the life of a non-living object and what things they do on a daily basis. The bizarre thing was that at night the objects of the house gathered and had a nice little chat, discussing their daily experiences. So, The Night in the Museum was not just a figment of



the film maker's imagination as I had always thought. One night, I was fortunate enough to be a part of one of their meetings and heard the most fantastic adventures of each of them. At times, I was embarrassed too as I got to hear the complaints of doors and windows which were unceremoniously banged as we moved around the house in haste. The time flew by and strangely the keyboard became a good friend of mine. Whenever I used

to type, it helped me express myself by telling me useful and new quotes and phrases that were surely fantastic. It always had a joke in store when I was upset or stressed. It seemed as if it knew everything! I chose to take advantage of the situation and began working on a book I had been wanting to write from a long time but had not gathered enough courage to do the same. And as I was receiving my Nobel Prize for Literature, I was

awakened by a splash of water on my face that made me sit upright on my chair. As I adjusted my vision, I saw my father standing akimbo, telling me to go to bed as it was getting late.

Was this just a dream? Unsure and disappointed, I advanced towards my bed. Just as my fingers touched the bed side switch to turn off the lights, I heard my lamp whisper, "Good night!"

SARVAGYA DEV THAPLIYAL,
XN

AROUND THE WORLD

Following are some paintings drawn by school students for an inter-school event titled 'Celebration of Folk Art from Around the World'



Adab Kaur
VIII O



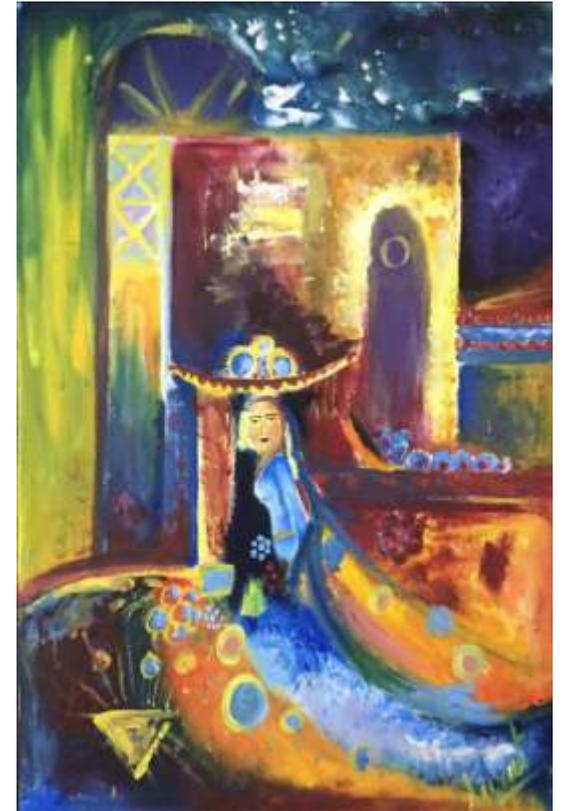
Seerat Sidhu
VIII P



Divroop Sandhu
VIII O



Thea Aggarwal
VIII O



Seerat Kaleka
VIII O



Vaani Goyal
VIII E



Shubrika Chopra
VIII P

Ladders To The Sky

As I read the topic, I was reminded of the great lines by the famous poet Robert Frost - "Miles to go before I sleep And miles to go before I sleep." Everyone wanders in the journey of life till he finds his own ladder to climb. Dr APJ Abdul Kalam, a simple man, and Steve Jobs, the founder of APPLE, in a black turtleneck and blue jeans are the epitomes who made the ladder to the sky and moved up every minute.

Ambition leads us to definite aims in life. Ambition is the ladder itself and it won't be wrong to say that ambitions stretch us to the farthest limits. These people were moved forward by ambitions and intrinsic motivation. Also, to press upon this fact that luxury is not necessary for achieving goals.

Maslow, a psychologist in his hierarchy of needs has aptly illustrated how the man climbs up to reach self-actualisation/

ladder to the sky. A very famous proverb here makes its way saying that "SKY IS THE LIMIT" encourages this topic of "LADDERS TO THE SKY". Also the true spirit of climbing the ladder to sky is to take it one step at a time. The basic of hierarchy is to specify that basic needs if fulfilled are enough to climb to the top.

The dreams are said to be our foundation for success. Also, to specify, tree is like a natural ladder. Thus, ladder to the sky is like a "TREE OF DREAMS" where a person starts with a small dream but as he grows, so does the tree.

So, be the climber on the ladder to the sky.

To end with, I perceive that the climber on the ladder to the sky may seem hard-pressed with his consistent climbing but the shine of the victory will make him a winner all the way.

GUNMAY GARG,
IX O



Impact Of The COVID 19 Pandemic On Society And Environment

(This essay was selected as one of the final 17 entries for the prestigious 'Nanhi Chaan ' Essay Writing contest this year.)

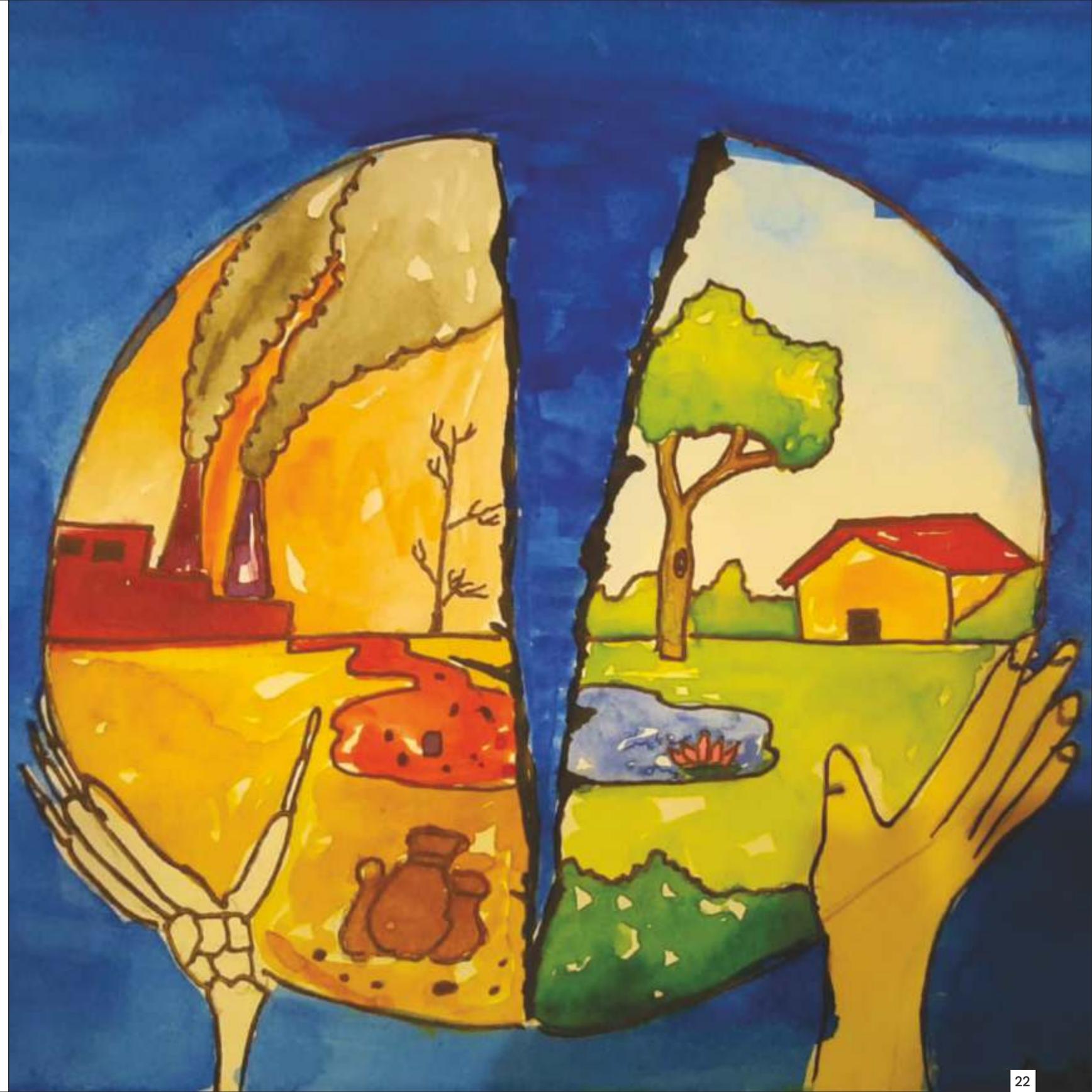
The year 2020 in the most unprecedented manner roped in the fatal COVID 19 and the rest as they say is proverbial history. One unleashed virus began swallowing the peace of mankind and laid bare the unexpected, the unforeseen and the unnatural. The beautiful human faces suddenly got concealed behind physical masks and complained of uneasiness. Not that mask wearing is anything new for us. We all camouflage our real intents behind those hypocritical symbolic masks which are fortunately not visible. Its impact fell on our society like nine pins and suddenly the dare devils and the gutsy too were confined to the four walls of their houses.

Those lush green vegetables, those nourishing shiny apples, pears, musk melons suddenly transformed their nelly visages into monstrous figures challenging us with a threat of "Touch Me Not".

Even during the World Wars I and II, humans never dreaded touching the doors or gates or latches or bolts. We are virtually trapped by this demon and ironically taken prisoners of war in our own territories, resulting in such a slowdown of life that it has almost come to a halt. The dream machines which made us fly like birds, stand still in their hangers like mannequins causing enormous damage to those emotional bonds which crave a timely hug, a meeting,

a wedding or an ailing parent yearning to see the son or daughter, perhaps for the last time.

The gargantuan devil exhaled and emitted such fear psychosis that social distancing emerged as the new mantra to save lives. Hardly had the society planned to wash its hands of those innumerable day to day sins, when the sanitizers invaded all those greased palms with a new vengeance. The environment, definitely, heaved a sigh of relief devoid of that soot, smoke and those blaring horns which had been causing endless damage to its fabric. The birds came out with their melodies and with their distinct dance moves



celebrated their new found freedom. The mountain ranges appeared with dignity and beauty healing the portions bitten off by the self-aggrandizement of covetous humanity. Environment would definitely say vociferously, if personified and interviewed that this COVID 19 should stay at least for 19 years for its health and blooming.

Though the economic environment got botched up altogether since a large majority couldn't go for work, rapid retrenchment from the jobs opened another can of worms resulting in depression, defection and even suicides. In a society where the energetic youth get frustrated, it is nothing short of a 'Waste Land'. We are forever fighting the image of being an impoverished nation where

the beggars and the slums portray a picture of utmost penury and now this pandemic has added fuel to the fire.

And still there doesn't seem to be any ray of hope. The silver lining behind the dark clouds could appear and will appear to our optimism, but the delay might cause such behemoth losses that retrieving it could take another lifetime. Look at the desolate public places; picture the disturbing silence in restaurants, bars and food joints where the gregarious youth would infuse life reverberating these with heavenly bliss. Life seems to have stopped palpitating and when palpitation ceases, the eyes witness a virtual darkness. The corroding human vitality is buying home obesity; the sluggishness is

gradually entering deeper and deeper keeping us away from physical activity. The comfort of work from home and the comfort of sleeping at our sweet will is bound to bruise or wound our much needed hyper active lives. Action is certainly the sole reason of our existence and our 'Karmas'. Discipline is formed with regularity and at present our regularity is in watching Netflix, Hot star serials or mobile games. We have been immobile for so long for the first time in life. Just last year, these days we were enthusiastically sweeping through our choc a bloc calendars.

One school of thought does curse the infinite greed of mankind, holding humanity responsible for this jinx called COVID 19 and takes it as

nemesis or retribution but again the movement can never be brought to such a grinding halt. The enormous progress which mankind made ushering an era of a rich global village where such a luminous comfort zone has been carved cannot be mutilated over a disease. We have to see a better tomorrow, a brighter tomorrow, by defeating this wretched virus. Society has to evolve paving way for a qualitative life or can we afford to surrender as a cowardly community falling prey to its brutal gnawing and horrendous tactics. Look at how we emerged out of manifold bigger scenarios of

war, plagues and dispenses surmounting the insurmountable.

Let's resolve and know:-

"If night has come, there has to be the day.

Out of whirlpools, labyrinths, typhoons and rocky terrains,

We know well how to determinedly figure out our way."

The society, the environment and the human race have been definitely snubbed momentarily, but like the legendary phoenix we shall rise, rise indeed to the occasion, decoding the secrets of this seemingly invincible

pernicious adversary. 11

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**-REYAAN ATHWAL,
XI SCIENCE**

Online Vs Offline— An Imperative Argument

Offline is the favourite of mine!

I strongly feel that normal school and regular classes are far better than online teaching . And I, of course, have reasons to prove my stance.

During regular classes , students can participate in real time with teachers and classmates. This creates additional learning opportunities beyond the course content. Students can ask questions and get clarification on things they are uncertain of. This

increases everyone's understanding; active learning and participation are beneficial for all involved. Students learn how to communicate and interact with teachers and classmates at school. Many small lessons are learnt by communicating with peers and teachers. Schools are well organized and structured in traditional education. The routine that comes with traditional schooling brings punctuality, discipline, and organization to children. This

gives students a sense of responsibility to arrive to the class prepared and on time. These habits will remain with them even during adulthood. Throughout our school years, we gain a great deal by participating in class field trips, school activities, sports, and more. These life experiences cannot be gained anywhere else.

**ANUBHAV VERMA ,
VII O**



No... Online Is Fine

I tend to disagree that offline classes are better than online learning .

In the past ten months, the pandemic made us all slow down, pause and reevaluate ourselves . For many , no doubt, it's been frustrating to be at home but it has also given us the time we have never had before! Technology has completely changed our learning experience and has made it more interactive.

There are many reasons why a virtual classroom can be more effective than a regular classroom. The sharing of presentations has added a new dimension to our studies. Above all, it has sharpened our digital skills. I am proud to be a part of Yadavindra Public School which made a perfect online curriculum and kept us active and busy throughout the year through

various online activities. I could have never imagined myself doing yoga, aerobics, dance, Round Squares and MUNs virtually. But then , all this became possible even these hard times, when we were away from school- courtesy online classes and virtual teaching!

**AAHANA GOEL,
VII N**



The Raven

*It soars in the sky with a
charm's delight,
With a bird's eye view and a
sharp little sight,
When it moves its wings to
reach places far away,
With the look of royalty and
keeping everyone at bay.*

*It enjoys the world with a
dignified air,
And a quality in possession
which isn't all too rare,
It's intellect and cleverness is
what sets it apart,
It can imitate humans, isn't
that an art?*

*It has been a part of the
universe for ages to begin,
Two of them are messengers
to Viking God Odin,
Well Munin and Hugin are
memory and thought,
Talk about the smartness this*

creature has got.

*It was once scorned and called
evil for bitter sake,
But 'Poe 'changed it all with his
unnatural take,
Perhaps one day sitting on his
writing desk,
In flew a bird which made his
mind eulogize something
picturesque.*

*'Nevermore' has journeyed afar
in times to seek a new haven,
Finally, the for long called 'It' is
revealed as the Raven,
The Raven soars in the sky with a
charm's delight,
With a bird's eye view and a
sharp little sight!*

**ERICA,
XI COMMERCE**





WHO
,
WOULDN'T
THOUGHT!

THAT WE'D MISS TEACHERS
SCOLDING US ..

PAVIT PANAG,
XII SCIENCE

Long
We For
Those Days...!

All Eyes!!!



Lockdown Expressions

1. *There is a bright spot in every dark cloud- My School –Harshita*
2. *It is all about finding calm in chaos ! With no one in sight, the thought of less income has gripped this rickshaw -puller, but he is still at peace in this chaotic situation. I got this random click while bicycling- Adeshveer Singh*
3. *Nature I Love- May every sunrise hold more promises and every sunset more peace ! - Adeshveer Singh*
4. *May prosperity spring for everyone from the Almighty –the Sanctum Sanctorum abode where the expectant hearts sit and pray to 'zoom out' of this global pain .Masses never allow their faith to be shaken and go with prayers to seek His blessings . Eventually it is the trust that wins !- Reyaan Athwal*
5. *Back to Future - Chaitanya Singla*
6. *The world before the new normal- Beyond peace - Erica Singh*
7. *Hello Summer –Harshita*
8. *The eerie drive on our city's deserted roads have a grim story to tell ! –Mankaran*
9. *When life foists us to social distance , I get a welcome call from nature. A walk in the woods heals my soul as it brings peace to my spirit –Mankaran*
10. *Happiness blooms in my garden ! -Harshita*
11. *Personal hygiene –if a cat can maintain it, why can' t we! –Varun Kaushal*
12. *Admire the beauty of the nature amidst the Corona pandemic –Sukhnaaz*



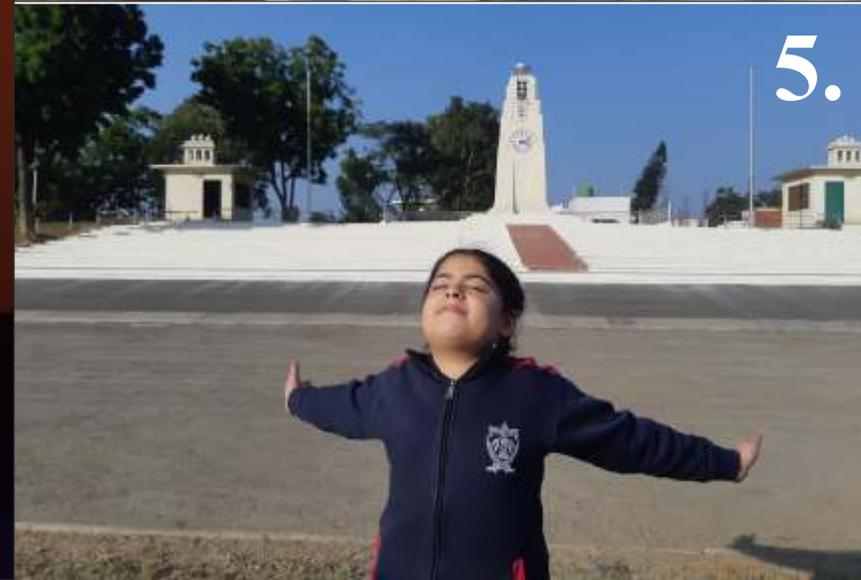
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7.



8.



9.



10.



11.



12.



In Conversation With Ace Athlete , PT Usha

Q. What challenges did you come across in getting to where you are today?

A. It's a long story. First, from in my house only. My father was so much worried about my daily practice. He feared that during the practice if I got hurt, it might be a problem for the future. But my mother and uncles fully supported me. At last, my father was convinced. Then I got selected in a Sports school. I wanted to stay in hostel which was 60 kilometers away from my house. During that time ,no girl child used to go outside without their parents. So, my other relatives and neighbours expressed their concern on my staying alone at school.

During hostel days ,we used to get few facilities , for example, we ,80 athletes, had only 2 latrines and 2 bath rooms...and that too with no doors. Safety and security of hostel was also missing. Broken windows and broken doors ! But somehow I managed , just like the many challenges I faced during my athletic journey throughout my career-up to the year 2000.

Q. What drove you to get up in the morning and go for training every day?

A. First , it was my passion and my love towards sports. There was some thing big I wanted to do in my life and for my country. I believe that when we are born as

human beings in this world, we have the capability to create history... and the people, the country, and the society always remembers that. I wanted to create history and that was my childhood dream !

Q. What motivated you the most about your career as an athlete?

A. I always wanted to improve my timings and I always wanted to stand first. All other things , I knew , will follow.

Q. What is important to you?

A. For me, LOVE is most important thing. Because my parents, my teachers, and my coach have taught me to give your love to others, whether that gets returned or not, it does

not matter. And I still follow this principle.

Q. What are your strengths both as an athlete and a person?:

A. I believe that my perseverance is the biggest strength of my life. More than that , I am a self-disciplined girl. Dedication is another feature. But the foremost thing is HARD WORK. With these abilities I have achieved what I have !

Q. What is your favorite quote?

A. 'PATIENCE FIRST... WORK HARD NEXT.... ENJOY THE REST...'

Q. Ma'am, you are doing a great work by producing athletes like Tintu Luka, Jessy Joseph, Abita , Mary Manuel and Jisna Mathew .How do you motivate the young girls to chase their dreams of becoming excellent athletes ,and that too in a nation where sports is being neglected to some extent because parents generally believe it drives the children away from studies?

A. In my career as an athlete, I have achieved many things except an Olympic medal. During my school and

college days was very good in studies too.. I believe that if you have guts to face adversities and not wait for facilities, everything will be right . My life has taught me this lesson. In this regard ,with our school athletes I simply say that those who excel in sports , must be good in studies too. Take for example , my student, Tintu. She passed high school with full A+ in plus and secured a B.Com degree with 76 % marks. All my athletes have studied well and completed their degree with above 70% marks.

Q. So ma'am , how is your academy and your athletes coping up in their games in these times of the COVID

pandemic? Has it affected their performance because of some psychological pressures (because Kerala was the first state in India to have been hit by COVID 19) ?
A. In my school I do not allow such things to affect among my athletes. In the last 9 months , they have not visited their house and met their parents or their children . We do not give them the chance to feel that they are away from their home. We make food together , dance together and conduct skits , recitation and story –telling competitions . They even cultivate fruits and vegetables in our 30 acres of school campus. Here , they are really

enjoying . More than that , I take the role of their mother, sister, guru as well as friend and my husband is like their father. Together ,we are working with one and only motive in mind and that that is 'An Indian at Olympic podium in 2024 , and there after....

REGARDS

**The interview has been conducted by
REYAAN ATHWAL,
XI SCIENCE**

Renewal

*The grounds were rid of groves
to raise the edifices.
The sea of blue sky eclipsed with
haze.
The works were a blight on the
deep.
The biting wave of December that
bore the malady,
was nature's reprisal for the
humans' vice.
Turmoil high and low, in this face of
adversity.
On tenterhooks lie the people,
Tears descend in a series of
cascades.
The rain plays the lament,
as dawn bleeds into dusk.
The inferno of demise sweeps
through the world,
yet there is hope from the ashes we
will rise.
With the strength like in oak's
boughs,
we will begin our venture.
With endurance like that in condor's
wings,
we will strive.
Hope will be our driving force.
Hope to see that effulgent smile
on the face of a child,
who capers in the ground with his
friends,
without any fear on his mind.
Hope to give a mother contentment*

**HANNAH DEOL,
XI SCIENCE**



*Long
We For
Those Days...!*

Ring Side View !

Quick And Steady Wins The Race

I still reminisce the time when I had a horrendous case of food poisoning. Boy, I was in a mess! I had spent an entire week in my bed, thinking about eating more and more ice cream. And to make things worse, my History exam was drawing close. But I could not prepare in advance because food poisoning had affected me to the core.

But then, the tables turned. I began to recover, and began feeling like a 'human' again, not just like an indolent elephant seal. But the day I got better was the day right before my History exam. I was just left with a few hours to prepare for the test. I had given up the hope of acing the test altogether. The syllabus was very vast-eight long chapters! If anyone was capable of completing this herculean task, it was the book publisher herself.

But soon I realized that my approach was simply wrong. I remembered my grandfather telling me that nothing was impossible. So, I hit the books. Just a few hours were left for the test to begin. I had to be fast and steady. I was determined to study. I needed to be very quick. Time flew by, and I was sitting in the examination hall, ready to brave the world of History. I took the test and submitted it to the invigilator. The next day, my History teacher gave me my test back. Honestly, I was too scared to even look at it. It was the moment of truth! Had I proven that quick and steady win the race? Or had I failed tremendously?

I opened my eyes and took a quick glance. I was astonished to see that I had surpassed my own expectations and had attempted the test really well. And yeah, I had proven my past, dubious self-wrong. The sense of euphoria that came over me was ineffable! Thus, all I would like to say now is

that, 'Quick and Steady Wins the Race!'

Please do not be misled by this example. Do not embrace the style of working only towards the end. If it worked for me, it was because I am a very conscientious student and I work throughout the year. For such people, a few unprecedented breaks are no hindrance at all. So do not break free from the momentum of working hard.

**MALLIK ARJUN AHLUWALIA ,
VIII E**



MY SCHOOL AUDITORIUM

The period of waiting is finally over. Our school auditorium has been built!

When I first heard that there was an auditorium coming up in our school, I was actually super-excited. Days passed with me wondering how it would look when it was finally ready. I used to walk past the site almost every day and see the progress. Then came the long hiatus due to the pandemic. Sitting at home, I wondered at times if work would still be going on.

And then it happened!

The first sliver of relaxation in the lockdown rules and I raced to the school to see how our auditorium looked. I cannot express the rush of emotions I felt. It was majestic! The day came when our teachers decided to take us on a tour into the auditorium. I noticed that I was not the only one who was excited. There was eagerness all around. I wanted to explore every corner of the building.

We made our way to the front door of our stage. The door opened from inside andit was breathtakingly amazing. It was way better than I had imagined it to be! We stood mesmerized. The interior is designed like a state of the art theatre. The light system on the stage includes spot lights as well as various coloured dramatic lights. (I envied the dance students who were practising for the Opening Ceremony



which was soon going to take place). The children began clicking pictures, making videos and chatting with each other. The teachers had to remind us several times to abide by the social distancing norms as we were too excited. I sunk into one of the comfortable chairs and thought how we would look while performing on the stage.

Besides the stage, there were a lot of other doors too but we didn't get the opportunity to look behind all of those. Maybe some other day!!

It is an excellent idea of our school to build an auditorium. It will give our students a more suitable environment to showcase their talent and make them learn to be more confident while performing before an audience. It will help the students keep the stage fright at bay.

Well friends! That stage is certainly beckoning you to put up a good show!!

Que Sera Sera

There is a person in my life who planned things rather meticulously, always sure that things would be as he had planned. Unfortunately, he set substantially high standards which he was unable to surpass. When he came up to me, dismayed by his failure, I shared with him the philosophy of my life, "Que Sera Sera," Somehow that changed his outlook, goals and ultimately, his life.

I am Aliyah, a physiologist and a friend to many. There have been times in my career where I've encountered many shattered patients who would otherwise have done so well in life. Yet they are all prey to mental

insecurities. Leo was one of them. He had always been an introvert and career-oriented soul and only had one dream ever: Yale Law School. Ever since he was in pre-school, this was his vision and no one could say otherwise. He was passionate and determined. He moulded himself in order to be a part of the law school. His last penny of the month went into buying Yale memorabilia and merchandise. To top it off, he had never tasted failure. He had never experienced that hurt that lost hope or that excruciating pain because he had never let it happen. Subsequently, he had never dealt through that healing process and never learnt how to

snap out of failure and move on.

The admissions were finally out and Leo was confident in his skin. He had stellar grades, perfect performance and exhibited excellence. But somehow, this wasn't enough. The day he received the news, he went down a spiralling path of sadness. He believed he had nothing left in life and at one point questioned his own existence. He cut off from his parents completely and became a dipsomaniac.

Then one day, his friend got hold of him and brought him to me. One could see how hopeless he was through his broken face. I



had seen many such cases where people create a hue and cry over such issues and have a psychological breakdown in my office, but Leo said nothing. He was totally silent and instead looked me in the eye rather gingerly. Then he finally said, "Doctor, please liberate me from this. I can't handle it anymore. I had one dream and now I have lost it. I can't live this vagabond existence anymore. I'll pay for this session and leave." Although these cases are extremely strenuous to handle, I could not back down. Leo had just suffered from a big blow but this in no way meant that he wasn't destined for a bright future. He had been used to a very stable and comfortable path. He had not even tripped on a stone, let alone fallen down a rabbit hole

such as this. So, I said to him, "Que Sera Sera." He was profusely confused and did not comprehend what I said. I repeated myself. Still not a look of knowledge on his face. Then I realized that it was time to familiarize him with the nuances of this phenomenal phrase.

I said, "Que Sera Sera means 'What Will Be, Will Be.' It's not just a phrase, it's a way of life. There are things in life that can't be foreseen or assumed, let alone be prepared for. When something does not go our way, say 'Que Sera Sera'. It's a mantra people live by. It's an attitude that the world admires. After all, what will be, always finds a way." Leo felt otherwise. He said, "Isn't Que Sera Sera a careless attitude? If we don't work for

something and live by Que Sera Sera, aren't we closing the doors of our own success in the name of destiny?" I was quite impressed by his ability to cross-question. I replied, "Working towards something will always be rewarding in ways you can't even imagine and what you're saying is absolutely right. But when you suffer from a sudden failure, think about Que Sera Sera. That will heal you and will make you strong-willed. When life throws lemons at you, don't just make a lemonade. Make life take them back. And the only way you can do this is if you embrace failure and don't settle for what you have. Instead strive for more and compartmentalize your life by making a comeback out of a setback." Leo smiled and his heartfelt smile became the reason

for my happiness that day. He came regularly for his sessions and sent out daily affirmations to the universe.

On the last day of his therapeutic journey, he came to my office holding a letter and flowers. The flowers looked stunning but the letter riveted my attention the most. It wasn't a regular letter. It was an admission letter from the University of California. Leo had been shortlisted for a Music program there. During his brief break from studies, Leo always played the piano and captured his innermost feelings through his original songs. During one of his sessions, he sang it for me and I encouraged him to record it and upload it on social media. An admissions officer was perusing the internet and found

his video. Leo was then contacted by that officer and was told to apply for the Music program. Leo thought about the Que Sera Sera ideology and gave it a shot. And today, it's all coming back to him. He was in tears by the time he finished telling me his story. He finally, understood that Que Sera Sera did not make him casual and easy-going but instead pushed him to go down another road which some way or the other led him to discover a new aspect of his personality. I felt elated to have seen this dramatically positive change in Leo's life as today he is a flourishing music creator and is also pursuing a degree in criminal law from a great college. After all the tumble and rumble, he has found himself in

the midst of chaos. All because of "Que Sera Sera."

.....
An interesting fact- The phrase "Que Sera Sera" came from a 1954 movie titled The Barefoot Contessa, where the family motto of the character played by Rossano Brazzi is "Che Sera Sera". The motto in the film is Italian but the writers Ray Evans and Jay Laivingston switched the 'Che' to 'Que' because more people spoke Spanish in the US. This became Doris Day's biggest hit and her signature song.

SAMAIRA THIND,
IX P

The Rooftop Girl

*The girl stood lonely on the rooftop,
Having no one to prattle of her fears,
Her feelings burst out through tears.*

*Speculating under the sky,
Mesmerized in the thought that one day all
have to die,
Girl be bold, you just can't say too early a
goodbye.*

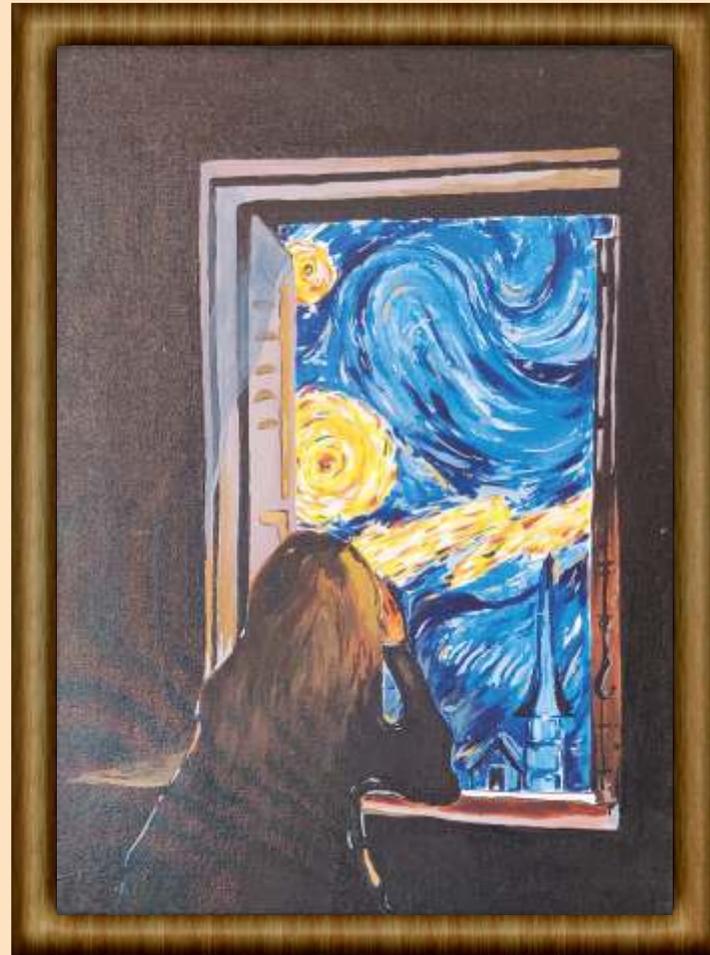
*She assumed the world to be a fearful place,
Now her life had just become a maze,
And her mind had abandoned the thought of
blissful days.*

*Gradually the days went by
When everyone slept, she went to the rooftop
solely,
The silence pierced the twinkling stars and her
soul wholly.*

*Staring at the night sky,
She felt that something was standing by,
Scared, she looked with a sigh*

*With astonishing globes,
A powerful, pure light stroke through the hole,
And she saw a vision full of joule.*

**ISHLEEN KAUR,
XI COMMERCE**



Long We For Those Days...!

Sisters-in-arms !



Taste The Rainbow

What comes to your mind when you think of colours? What is it about them that the experience of sighting one is so fulfilling? Colours add brightness and variety to life. We don't know what they might taste like, but they evoke different emotions in us and determine how we feel. Although different colours are symbolic of how a person might feel after seeing them, yet everyone has one's own perspective towards them. Red is symbolic of the feeling of passion or pink is called the relaxing colour, each of them has a discrete feeling attached to it. I'm personally fascinated by the colour 'black'. Yes, you can term it my favourite colour because it induces a hundred different emotions in me. Black is the colour of nothingness-it's everywhere around us, it's so

interesting. When there's no light... everything's black. I don't know if it is fair to call black a colour since it denotes the absence of colour itself! Black is a colour associated with funerals depicting the feeling of grief, mourning, sadness and depression. It also represents mystery, evil and all the negative forces binding the universe. On the contrary, it is even integrated to qualities like power, sophistication and elegance. This is why it is a colour that covers the entire spectrum. Anyway, I always wonder if in an alternate dimension, colour had a taste! What would 'black' taste like? According to me, it would taste like nothingness, a taste, perhaps, similar to air. As it evokes a myriad feelings, it would have a taste decided by an individual's state of mind every time.

It would give a feeling of satisfaction, yet emptiness. Although, it would be relished, yet one would experience ...may be...oblivion. It is also related to black holes, which means the end of life- non-existence! Well, its flavour will spark these feelings in my soul! Although, we cannot taste colours in the conventional way I feel where colour like green taste saline, pink is prolly sweet and orange sour, black should taste like nothingness. **An Afterthought-Yet Black is powerful. It divides humanity. It brings in sorrow and hate crime. So when I think of black from the perspective of skin colour, I respect black as much as I love the white and the brown. BLACK LIVES MATTER!**

**ARSHJOT KAUR NAGPAL,
XI COMMERCE**



Walking In The Rain

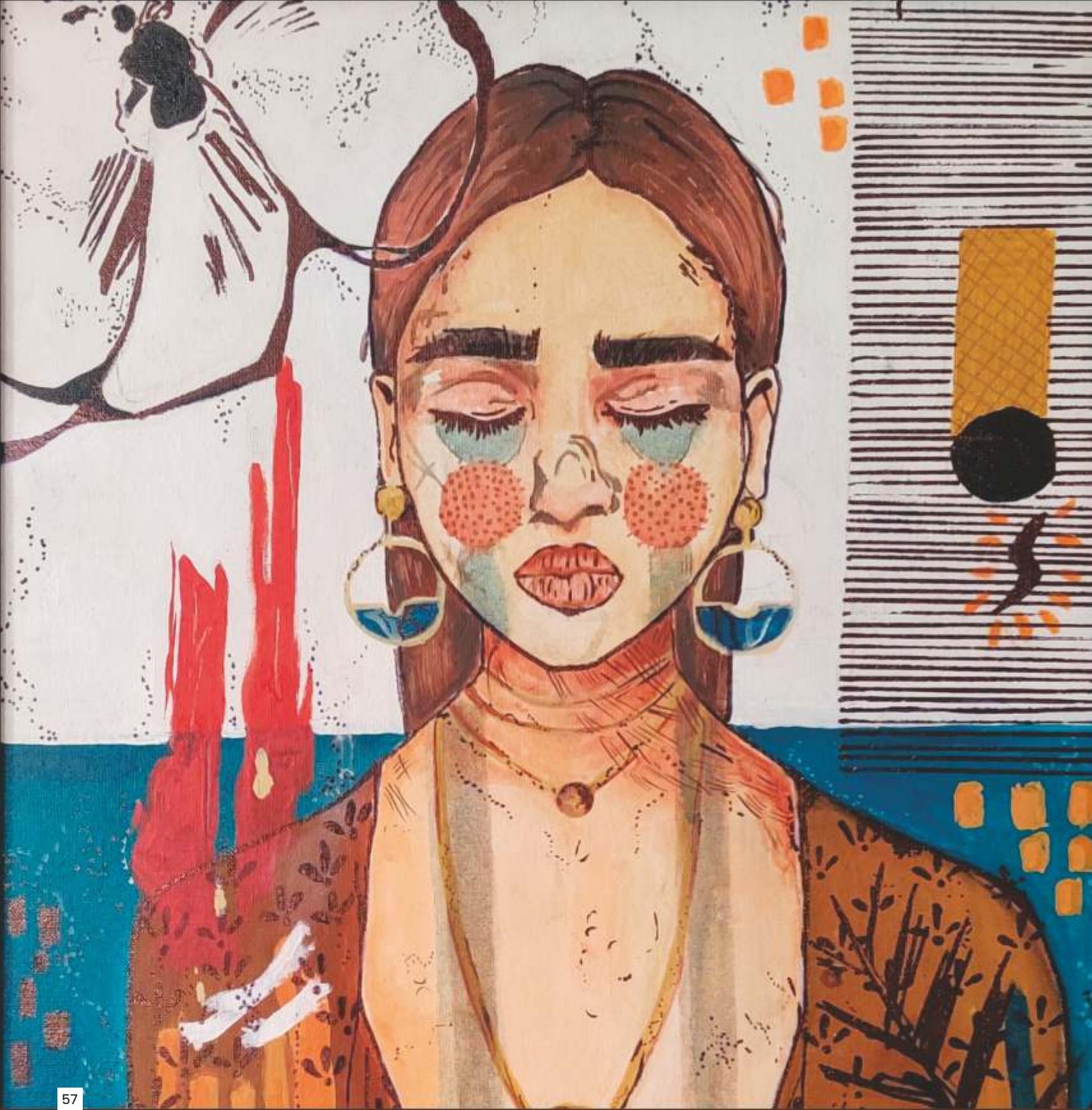
*The earthly scent of rain,
The droplets of water fell flat on the ground,
It was drizzling moments ago, now it pours.
I walked in the rain bare feet,
Liking the touch of wet grass....*

*The little frogs came out of hiding,
The parrots batted their wet wings,
The wilted flowers bloomed once again,
I walked in the rain drenched,
I liked how water droplets hugged my skin....*

*The little children jumped in puddles,
Sheer innocence splashing water around,
The tiny free minds played till they pleased,
I walked in the rain light-hearted,
I liked the way rain healed.....*

**NIMAR SIDHU,
X N**





The Zoom Boom

Had I been asked in the beginning of March what Zoom was, I'd probably have made the guesses in favour of a delivery company or some children's animated space flick. Never could I have even wondered that an app with such a slapstick name as 'Zoom' could re-define our entire lives in this pandemic. A month into the pandemic, and zoom was no longer a video conferencing app- it became the pivot of our lives. In fact, the app has become so widely acceptable that it is now customary to use the word even as a verb; "Shall we zoom?"

As the coronavirus forced millions around the globe into the vicinity of their homes, the Zoom platform emerged as the antidote for not only professional work like conferences or college and school classes but also birthday parties, temple sermons, romantic dates, book clubs,

MUNs, Round Square Conferences and even weddings and funerals!

Whether you are a global corporation that needs to maintain business continuity, a local government agency working to keep your community functioning, a school teacher educating students remotely, a student who needs to clear entrance tests or a friend that wants to host a happy hour to spark some joy while social distancing, it is Zoom which helps us maintain continuity in life during this time of isolation. A sense of belongingness and community still stands just because of this video conferencing app.

Even though your ideal social media app may involve pictures and hashtags and stories, Zoom has surpassed them all. The famous app has saved lives by protecting businesses, provided

millions with a livelihood in times of unemployment, and played a major role in educating students everywhere. In fact, it might have made a lot of jobs and deals easier and improved foreign student interaction as international delegates and business partners find it easier to communicate from the comfort and luxury of their homes rather than travelling halfway across the world just to be welcomed first with a jet lag.

Zoom has also been a source of countless memes and laughs as the

*-AAINA SAINI,
X O*

Better Safe Than Sorry

Regular classes were held, albeit for a short period in February and March.
Some glimpses of the school during the COVID times.



तितली

नीली, पीली और चमकीली, पंखों की प्रिय पंखुड़ियाँ खोल।
प्रिय तितली! फूल सी ही फूली, तुम किस सुख में हो रही हो डोल।

सबके मन को सहलाती हो, जब गुन-गुन गीत गाती हो।
फूलों पर फिर जाती हो, रस पी कर आ जाती हो।

कभी चमकती तो कभी मटकती, कभी इंद्रधनुष बन जाती हो।
इतनी सुंदर तुम दिखती हो, जो मन मोहन कर जाती हो।

फूल फूल से रंग चुराकर, अपने पंख सजाती हो।
जब तुम्हें जाओ पकड़ने, झट से उड़ जाती हो।

कभी आना तुम मेरे बाग में, खेलूंगी तुम्हारे साथ।
फिर आधी रात को चाँद के सामने, करेंगे हम ढेरों बात।

—AKSHARA MITTAL
VII-E



उद्योगपति

आओ पूछो एक सवाल, कि क्या है उद्योगपतियों का राज़
है क्या भारत के लिए एक दान,
क्या सिर्फ कर रहे हैं अपने फायदे के लिए काम।
जानता हूँ कि किया था इन्होंने ही भारत पर राज
लेकिन इनकी वजह से ही हुआ था रेल का निर्माण।

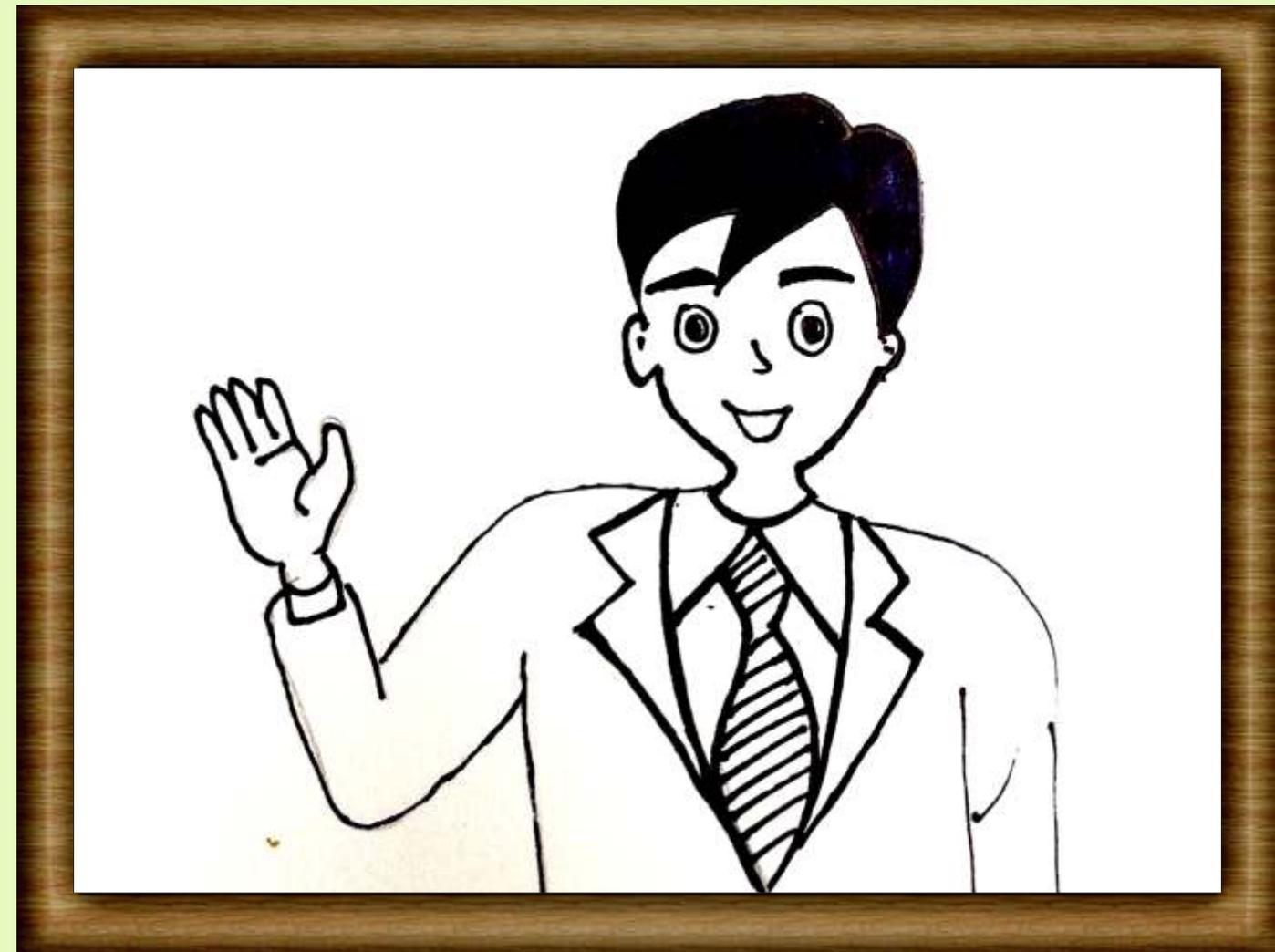
पता है कि अपने फायदे के लिए करते हैं,
भारत की संस्कृति का दान, लेकिन इसी दान से बनती है
भारत की आर्थिक शान-बान।

पता है कि इन्होंने ही खेला, हिंदू-मुसलमान का मजहब का साथ
लेकिन इसी खेल में किया, एक धर्म के लोगों को एक साथ।

पता है कि गरीबी में है, भारत सबसे तेज़
लेकिन इन्होंने ही बनाया IIT और JNU से देश।

चालाक-चतुर, समझदार, भ्रष्ट,
जो भी कहो, है तो यह ही हमारे देश के विकास के साथ।

– KABIR SABHARWAL
X-N



भरोसा खुद पर रख

भरोसा मुझे खुद पर है, इन फकीरों पर नहीं।
मुझे मेहनत पर विश्वास है, इन लकीरों पर नहीं।

अपने गम की नुमाईश मत कर,
अपनी किस्मत की आजमाईश मत कर,
जो तेरा है वो तेरे पास खुद चलकर आएगा।
उसको रोज़-रोज़ पाने की स्वाहिश मत कर।

सुन कर रो पड़ी एक दूजे के हाल पर,
मजहब और इन्सानियत की जब हुई मुलाकात

अगर है कोई हुनर तो आजमा लो,
यह जिन्दगी बार-बार नहीं मिलती।

लड़ना तो सच के लिए पड़ता है,
झूठ के लिए तो पूरी महफिल खड़ी हो जाती है।

वक्त का पासा कभी भी पलट सकता है,
तो सिद्ध वही करिए जो सह सके।



- CHIRANJEEV
XII (HUMANITIES) (SEC.1)

आओ आत्मनिर्भर बन जायें हम

सूरज की किरणें धरती पर
पड़ने से पहले,
ओस की बूँदें उठने से पहले,
पंछी घोंसला छोड़ कर उड़
जाते हैं,
क्योंकि वो आत्मनिर्भर हो
जाते हैं।

बारिश की बूँदें धरती पर
आते-आते,
हृदय में सागर उसकी मंजिल
हो जाती है।
टकरा-टकरा कर चट्टानों से
लक्ष्य सिद्ध कर ही लेती हैं
क्योंकि वो आत्मनिर्भर हो
जाती हैं।

बीज धरती की कोख से
मुस्कराता हुआ बाहर आता है,

रक्षक कोई न होने पर भी वह
एक पेड़ बन जाता है,
क्योंकि पैदा होते ही वह
आत्मनिर्भर हो जाता है।

प्रकृति का रहा है सदा से यही
संदेश,
मानव जीवन है इस धरा पर
अनमोल।
आओ जागें, समझें और
सबको जगायें,
पहले स्वयं फिर सबको
आत्मनिर्भर बनने की ओर ले
जायें।

बोझ न बने हम इस धरा पर
सत्कर्म, धर्म सब करें स्वयं
हर जन का है उत्तरदायित्व
श्रमदान का दें योगदान।

कोई बनेगा अन्नदाता, तो
कोई बनेगा सैन्यबल से देश
का निर्माता।
माना कि रास्ते काँटों से भरे
हैं, आसान नहीं है जीवन की
राह,
कर बुलन्द हौंसलें अपने,
रखो जीवन को सुखद जीने
की चाह।
खड़े हो खुद के पैरों पर,
सहारा बनो अपने से बड़ों
का,
होगा ये तभी जब काम करेंगे
सभी
स्वयं की जिम्मेदारियाँ
उठाना सीखना होगा,
अब तो आत्मनिर्भर होना
होगा।

-SUNITA KUMARI
HINDI DEPARTMENT

स्वदेशी गरीबी

हाँ, हाँ, हाँ हम कह सकते हैं कि हमारा देश स्वदेशी गरीबी से बढ़ रहा है। अमीर और अमीर और गरीब और गरीब हो रहा है। कोरोना के कारण सरकारी नौकरियों की माँग बढ़ी है और अच्छे कारोबार वाले लोगों का दावा कम हो रहा है। किसान लड़ रहा है, एक फौजी जूझ रहा है वो भी उन जैसे लोगों के लिए जो सरकारी नौकरियाँ कर अपने घरों पर बेफिक्रों की तरह आराम करते हैं। हमारे देश में गरीबी बढ़ रही है। हाल ही में जब अंतर्राष्ट्रीय स्वास्थ्य दिवस आया था तब पता चला

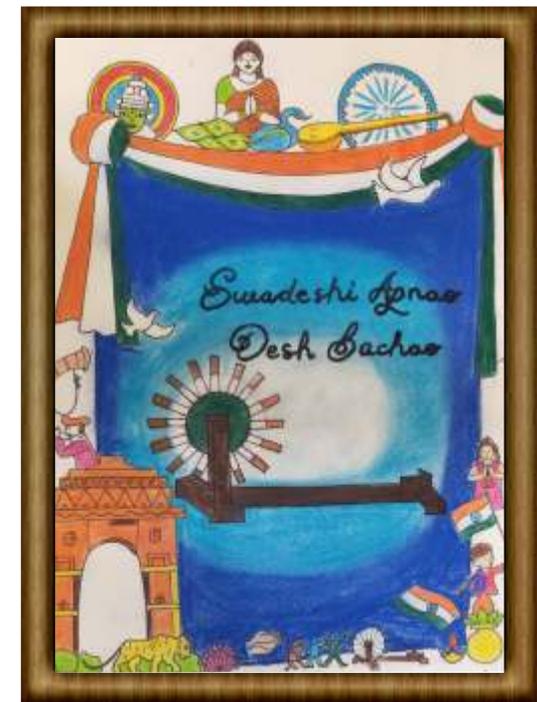
कि भारत का स्थान चौरानवें स्थान अंक का है, क्योंकि भारत में दिन-प्रति-दिन भूख से तड़प-तड़प के लोग मर जाते हैं। क्योंकि न उनके पास खाना खरीदने के पैसे हैं और न कोई रोजगार है। हमारे देश को किसी वक्त सोने की चिड़िया कहा जाता था। क्योंकि तब हमारा देश सोने की तरह कीमती था। जिसे कह सकते हैं आज की युवा पीढ़ी ने अपने नियमों और रहन-सहन के तरीकों से बिगाड़ दिया है। अगर हिसाब लगाया जाए कि जब अंग्रेजों ने भारत छोड़ा था

तो हमारा एक रुपया उनके दो डॉलर के बराबर था और आज उनका एक डॉलर हमारे लगभग बहत्तर रुपये के बराबर है। ऐसा क्यों? यह कारण हमारे देश की कितनी जनता नहीं जानती। जब भी हम विदेशी सामान की माँग करते हैं तो वह दुकानदार भी विदेशी सामान अपनी दुकान पर लाते हैं यह बात स्पष्ट है कि जब वह विदेशी सामान हमारे भारतीय नोटों से खरीदते हैं तो विदेश में हमारे नोटों का इस्तेमाल नहीं होता। इसलिए जब भी किसी देश में नोट बनते हैं तो वह हमारे

नोटों के बराबर नोट बनाते हैं। जिस कारण विदेश का पैसा बढ़ता है और स्वदेश का पैसा कम होता है। इसी तरह धीरे-धीरे देश की अर्थव्यवस्था कमजोर हो जाती है। जब हमारे देश में पैसा नहीं होगा तब कोई कुछ नहीं खरीद पायेगा और गरीबी को और बढ़ावा मिलेगा। कानूनी तौर पर हम अगर किसी देश की कोई वास्तविक या रोजाना की चीज़ को खरीदने पर पाबंदी लगाएंगे तो हमारे देश के साथ बाकी देश भी संबंध तोड़ देंगे। जिस कारण हमें रोजाना के

काम-काजों में दिक्कत आएगी। अगर हम ही विदेशी सामान को हद से ज़्यादा बढ़ावा देंगे तो हम ही अंत में उसका बुरा फल भुगतेंगे। इसलिए जब तक आम जनता स्वदेशी सामान नहीं अपनाएंगी, तब तक स्वदेशी गरीबी बढ़ती ही जाएगी। अंत में मैं यह कहना चाहती हूँ कि स्वदेशी अपनाएँ, स्वदेश बचाएँ।

SRISHTI
XII ARTS



हमारी लुप्त होती संस्कृति

कोई भी संस्कृति, यदि विशिष्ट बनने का प्रयत्न करती है, तो वह जीवित नहीं रह पाती।

-महात्मा गाँधी
(डब्ल्यू.एच.ओ.)

हमारे देश जैसी संस्कृति कहीं नहीं। W.H.O के अनुसार भारत में हर राज्य की अपनी संस्कृति और भाषा है। एक राज्य से दूसरे में जाना एक पूरे नए देश में जाने जैसा है। भारत की संस्कृति के पूरे संसार में चर्चे हैं।

पर आजकल हमारी लापरवाही के कारण भारतीय संस्कृति लुप्त होती जा रही है। हम रोज़ इंटरनेट पर अपने मनपसंद परदेसी अभिनेता को देखके विदेशी संस्कृति का अनजाने में पालन करने लगते हैं। हमें अपनी संस्कृति से ज़्यादा दूसरों की संस्कृति का पालन नहीं करना चाहिए।

कुछ लोग तो अपने देश की परंपराओं को जानते ही नहीं और कुछ को तो भारत के गणतंत्र दिवस पे क्या होता है यह भी पता नहीं। हम लोग कहीं इतने भी आधुनिक न बन जाएँ कि आगे की पीढ़ी को भारत क्या है यही पता न हो।

पर हम लोग अपनी संस्कृति को बचाने के लिए कुछ चीजें कर सकते हैं जैसे छोटे बच्चों को भारत के महान राजा और रानियों की कहानियाँ बताएँ और अपनी संस्कृति की श्रेष्ठता बताएँ। क्योंकि हमारी संस्कृति सबसे अच्छी संस्कृति है।

- KRISHIV GARG
CLASS VIII-P



किताबें पढ़ने की रूचि

आज हम जो कुछ भी जानते हैं, उस ज्ञान का आधार किताबें ही हैं। जिस व्यक्ति की मित्रता किताबों से हो जाती है उसको किसी अन्य मित्र की आवश्यकता नहीं रहती। किताबें ज्ञान प्राप्त करने में सहायक होती हैं और मनुष्य के व्यक्तित्व के विकास में बहुत बड़ी भूमिका निभाती हैं। किताबें पढ़ने की रूचि हमारे मन में कार्यों को विकसित करती हैं। जो व्यक्ति अपने बचपन में ही अपनी किताबों से प्रेम कर लेता है वह जिंदगी भर कभी अकेलापन महसूस नहीं करता न मायूस होता है, जीवन की राह से नहीं भटकता और हमेशा उत्साही रहता है,

इसलिए किताबों का महत्व बच्चों के लिए और भी बढ़ जाता है। किताबें पढ़ने से व्यक्ति अपने जीवन की प्रत्येक कठिनाईयों में अपने आप को सकारात्मकता की ओर ले जाकर जीवन को एक नई दिशा प्रदान कर सकता है। किताबों के बिना शिक्षा संभव नहीं और वह मनोरंजन का भी एक अच्छा साधन होती है। आजकल आधुनिक सूचना क्रांति का दौर है जिसमें इंटरनेट का उपयोग तेजी से बढ़ रहा है जिसने कहीं पर भी बैठे व्यक्ति की पहुँच को आसान बनाया है। एक अच्छी किताब व्यक्ति के जीवन को

नई दिशा प्रदान कर सकती है। और अपनी जिज्ञासा के अनुसार किताबों का सही चुनाव हमारी पहली प्राथमिकता होनी चाहिए। किताबों का जो करे, सम्मान, शिष्य वही है बुद्धिमान।

*DIVINA SINGH PURI
VII-N*



सवेरा

सूरज आया लेकर नया सवेरा,
दूर भगाया उसने अंधेरा।
सूरज की किरणें बिस्वरी चारों ओर,
एहसास करवाया सब को, हो गई है भोरा।
पंछियों की चहचहाहट,
कह रही है सबको, चलो काम की ओर।
सुबह की ठंडी हवा,
सबके मन को भाती है,
जीवन में कुछ कर गुजरो,
यह प्रेरणा दे के जाती है।
गम दिलों के मिटाती है,
सबको खुशियाँ दे के जाती है।
सूरज आया लेकर नया सवेरा,
दूर भगाया उसने अंधेरा।

*ARYAN GUPTA
VII-E*



आओ मनुष्य बनें

मनुष्य परमात्मा की बनाई हुई सर्वोत्तम कृति है। मनुष्य को सर्वोत्तम बनाने का श्रेय उसमें निहित मानवीय भावनाएँ एवं संवेदनाएँ हैं। प्रेम, सहानुभूति, दया, पारस्परिक सहयोग, आदर-सत्कार, श्रद्धा आदि अनगणित भावनाएँ मनुष्य को सृष्टि के दूसरे प्राणियों से अलग बनाती हैं। दूसरों के दुःख में दुःखी होना, उनके दुःख दूर करने का यथासम्भव प्रयत्न करना, यहाँ तक कि अगर आवश्यकता हो तो उनके लिए अपने सुःख का त्याग करने की तत्पर रहना एवं उनके चेहरे पर वापिस प्रसन्नता के भाव देखकर स्वयं के अंदर एक अद्भुत खुशी महसूस करना, ये सब एक संवेदनशील मनुष्य के अंदर

सदा विद्यमान रहने वाले भाव हैं। पर न जाने इन सुंदर मानवीय संवेदनाओं को कौनसा ग्रहण लग गया है कि आज का मनुष्य अपने अंदर के इन सुंदर भावों को नज़र अंदाज करता जा रहा है। आज आलम यह है कि अपने समाज, पास-पड़ोस की बात तो दूर, अपने भाई, सगे-संबंधी के प्रति भी उसमें न तो कोई अपनेपन की भावना है, न कोई लगाव, न कोई प्यार। वह भौतिकवादी चकाचौंध में पूर्णतः खो गया है। अपनी सुविधा, ऐशो-आराम, रुतबा, पैसा, शानो-शौकत के नशे में चूर होकर उसे कुछ दिखाई नहीं देता। निजी स्वार्थ का चश्मा पहनकर उसे अपने

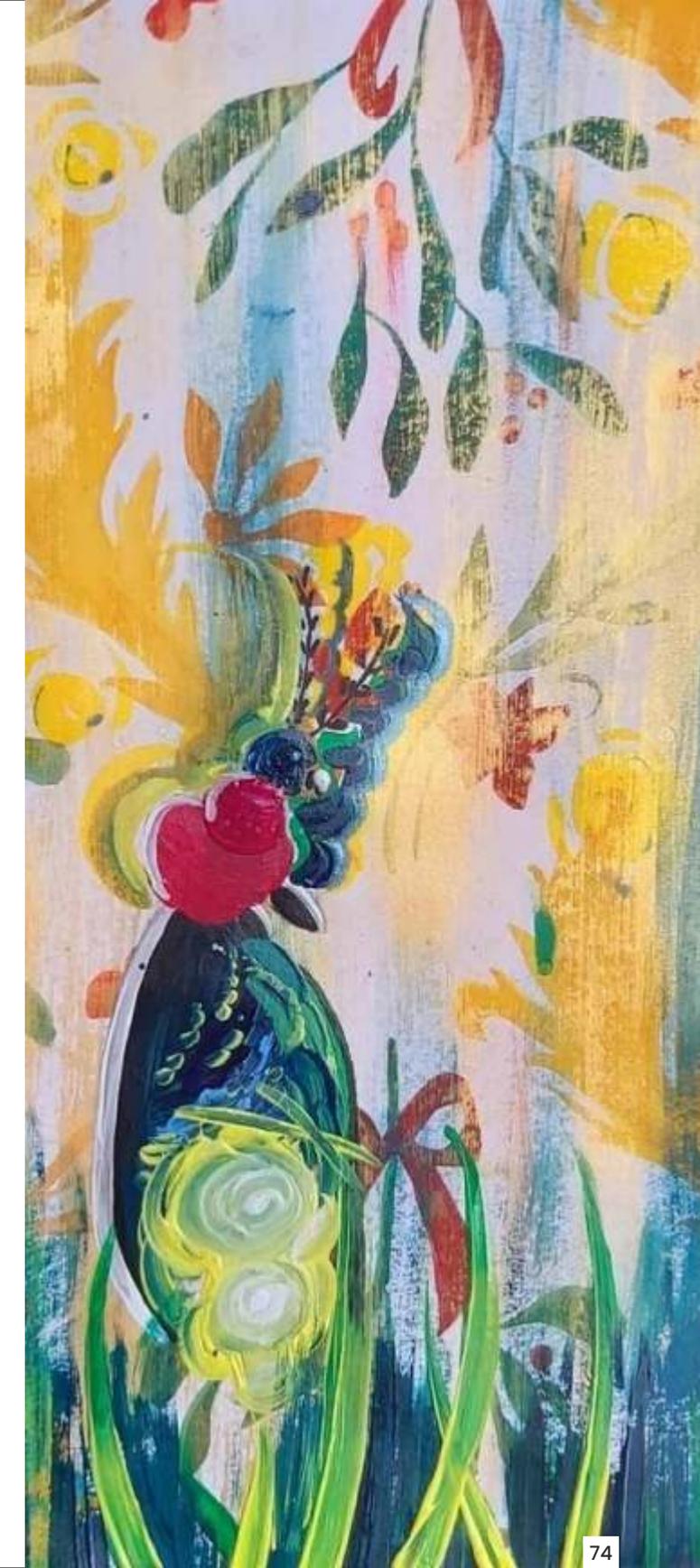
सिवा कुछ भी दिखाई नहीं देता। दूसरों के दुःख-सुःख से उसे कोई सरोकार नहीं। उसने नैतिक-मूल्यों का भी त्याग कर दिया है। उसकी स्वार्थ सिद्धि की राह में जो भी आता है वह उसे समाप्त करने में क्षण भर भी नहीं झिझकता। सच तो यह है कि मानवीय संवेदनाओं से विहीन मनुष्य, मनुष्य कहलाने लायक ही नहीं है। आज आवश्यकता इस बात की है कि मनुष्य इस संसार को देखने का अपना नज़रिया बदले। अपने अंदर निष्क्रिय पड़ी हुई प्रेम-प्यार व आपसी भाई-चारे से ओत-प्रोत मानवीय संवेदनाओं को जगाए। सबकी खुशी में ही अपनी खुशी माने। दूसरों की पीड़ा हरने में प्रसन्नता महसूस करे। तभी वह सच्चे अर्थों में मनुष्य कहलाने के लायक होगा।

CHETANYA SINGLA
XII-SCI.

उस जुगनू की आस्था

निहार ले,
अपने भीतर के जुगनू को ज़रा,
अनुराग जो तेरा सहम कर जी रहा था,
अब अधिकार को पीठ न दिखा पायेगा।
सत्यता और चाह जो,
हल्ला बोल आये।
तुझे दिखाने आस्था की ताकत
इस रोशनी की लपट ने
जो तेज़ उड़ान भर ली,
अब तू उस दीपक को सलाम कर निहार ले,
जुगनू जो आँधी में भी, आनंदमई शिखर को
गौरव भरे स्पर्श से सलाम कर दे।
अब परिश्रम की राह अपना ले,
फिर निहार ले,
अब तेरी जिंदगी,
जो संतुष्टि को संजोती है!

DIVROOP KAUR SANDHU
VIII O



सच कभी छुपता नहीं

बहुत साल पहले की बात है कि एक राजा की दो रानियाँ थीं। दोनों खुश थीं। वो साथ-साथ बहुत रहती थीं। एक बार उनको एक एक दासी की आवश्यकता पड़ी। बहुत सारी लड़कियाँ जाँचने के बाद उन्हें दो बहनें पसंद आईं। दोनों बहनें रति और सती बहुत ही सुशील, मेहनती और बहुत प्यारी थीं। जैसे दिन बीतने लगे वह रानियों की स्वास बन गईं। यह सब रानियों की मुख्य सेविका (माला) से बर्दाश्त न हुआ। उसने दोनों को चोरी की साजिश में फंसा दिया और महल से निकलवा

दिया। वह दोनों गाँव जाकर बहुत ही बुरे हालात में रहने लगीं। उनको खाने के भी लाले पड़ने लगे। एक दिन बड़ी रानी उनके गाँव के पास से गुजर रही थी और उन्हें बहुत प्यास लगी, उन्होंने रथ के सारथी को पानी लाने के लिये बोला, जब वो बहुत देर तक नहीं आया तो रानी खुद पानी ढूँढने के लिए निकली। थोड़ी ही दूरी पर तालाब था। वहाँ से पानी निकालते हुए वह तालाब में फिसल गई और मदद के चिल्लाने लगी। रति और सती तालाब के पास आ रही थीं। रानी को पानी में देखकर रति



जो अच्छी तैराक थीं, रानी को बचाने के लिए तालाब में कूद गईं। सती ने जल्दी से अंदर रस्सी फेंकी और दोनों को बाहर खींचा। दोनों ने बताया कि उन्होंने चोरी नहीं की थी पर उनके पास उनकी सच्चाई का कोई सबूत नहीं था। उन्हें माला ने फंसाया था। महल पहुँच कर बड़ी रानी ने छोटी रानी के साथ मिलकर माला का सच निकलवाया और उसे दंड दिया। रति और सती को वापिस काम पर रख लिया।

GUNWANT GREWAL
VIII-E

कोरोना काल

देख तो कल तक हम थे उन आज़ाद पंछियों में से एक, आज हैं अपने ही घर में कैद। कल तक हम बिंदास घूमते थे, आज ज़रा सा डरने लगे हैं। कल तक सबसे मिलते थे, आज ज़रा सा ठहर कर सोचते हैं। कल तक जो था वो आज न रहेगा, जो आज है वो कल न होगा। इसी आस से हर दिन जीते हैं। बुरा वक्त है ढल जाएगा, एक दूसरे से हम कहते हैं। एक दूसरे से दूर रह कर एहतियात हम रखते हैं। मायाजाल है, यह बताने के लिए, बुरे वक्त में रहते हैं बस वो ही जिन्हें कहते हम परिवार हैं। इतिहास उठा लो, देखलो खून में हमारे गर्मी है। आओ जिसने भी आना है, ढाल बन कर हमने खड़े होना है। हम ने मुसीबतों के रुख बदले हैं, क्या डरना उससे जो खड़ा सीमा पर हो। विजय करना खून में हमारे इस बार भी विजय है। खड़े हैं हम एक साथ, डरना क्यों है? हो जाएगा सब एक समान फिर हँसना ही हँसना है। जिम्मेदारी देश के साथ हम अपनी निभाएंगे। आज तक न हारे हैं और न हारेंगे। कोरोना जैसे दुश्मन पर भी हम विजय पाएँगे। ऐसा हमारा हौसला, ऐसा है हमारा विश्वास, हम कर दिखलाएँगे।



ANANTA SHARMA
X-P

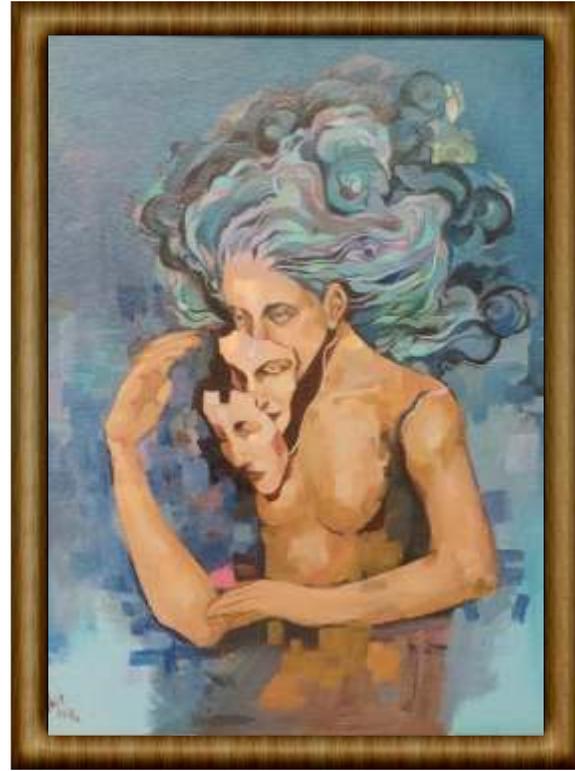
ਕਿੱਥੇ ਗਈਆਂ ਮਾਂ ਮੇਰੇ ਹਿੱਸੇ ਦੀਆਂ ਲੋਰੀਆਂ

ਧੀ ਦੇ ਜਨਮ ਤੇ ਘਰ ਵਿੱਚ ਸੋਗ ਹੀ ਮਨਾਇਆ ਜਾਂਦਾ ਸੀ।
ਬੀਤੇ ਸਮਿਆਂ ਦੀ ਗੱਲ ਹੈ ਜਦੋਂ ਮੰਨੂ ਵਰਗਿਆਂ ਨੇ ਵੀ
ਔਰਤ ਨੂੰ ਇਹ ਕਹਿ ਕੇ ਦੁਰਕਾਰਿਆਂ ‘ਢੋਰ ਗੰਵਾਰ ਸੂਦਰ ਪਸ਼ੂ ਨਾਰੀ
ਇਹ ਸੱਭ ਤਾੜਨ ਕੇ ਅਧਿਕਾਰੀ’। ਇਸ ਤੋਂ
ਸਾਨੂੰ ਮਰਦ ਪ੍ਰਧਾਨ ਸਮਾਜ ਦੀ ਸੋਚ ਦਾ ਅੰਦਾਜ਼ਾ ਹੁੰਦਾ ਹੈ।

ਚਹਿਕਦਾ ਜੋ ਬਾਬਲ ਦਾ ਵਿਹੜਾ
ਜਿਵੇਂ ਫੁਲਾਂ ਦੀ ਖੁਸ਼ਬੂ ਤੇ ਪੌਣਾਂ ਦੀ ਰਿਹਾਨਤ
ਚਹਿਕਦੀ ਜੋ ਧੀ ਬਾਬਲ ਦੀ
ਸਦਾ ਰੱਬ ਦੇ ਰੂਪ ਦਾ ਖੇੜਾ ਨਿਹਾਰਦੀ

ਧੀਆਂ ਤਾਂ ਹਰ ਘਰ ਦੀਆਂ ਰੌਣਕਾਂ ਹੁੰਦੀਆਂ ਹਨ। ਅੱਜ ਜ਼ਮਾਨਾ ਬਦਲ ਰਿਹਾ ਹੈ। ਔਰਤ ਪੜ੍ਹ-ਲਿਖ ਗਈ ਹੈ ਤੇ ਮਰਦ
ਦੇ ਮੋਢੇ ਨਾਲ ਮੋਢਾ ਮਿਲਾ ਕੇ ਹਰ ਖੇਤਰ ਵਿੱਚ ਅੱਗੇ ਵੱਧ ਰਹੀ ਹੈ। ਉਹ ਆਰਥਿਕ ਤੌਰ ਤੇ ਆਤਮ ਨਿਰਭਰ ਹੋ ਰਹੀ
ਹੈ। ਅੱਜ ਧੀਆਂ ਦੇ ਜਨਮ ਤੇ ਸੋਗ ਤਾਂ ਨਹੀਂ ਮਨਾਇਆ ਜਾਂਦਾ ਪਰ ਇਸ ਵਿਕਸਤ ਸਮਾਜ ਵਿੱਚ ਤਾਂ ਉਹਨਾਂ ਨੂੰ ਸਦਾ
ਚੁੱਪੀ ਦਾ ਘੁਟ ਪੀ ਲੈਣ ਲਈ ਆਖਦਿੱਤਾ ਜਾਂਦਾ ਹੈ। ਸੁਨਹਿਰੇ ਸੁਪਨੇ ਲੈ ਕੇ ਸਹੁਰੇ ਘਰ ਆਈਆਂ ਮੁਟਿਆਰਾਂ ਨੂੰ ਦਾਜ
ਵਰਗੇ ਦੈਂਤ ਦਾ ਸਾਮਣਾ ਕਰਨਾ ਪੈਂਦਾ ਹੈ। ਪਰ ਫਿਰ ਵੀ ਅੱਜ ਵੀ ਔਰਤ ਆਜ਼ਾਦ ਹੋਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਵਿੱਚ ਜੁਟੀ ਹੋਈ
ਹੈ। ਉਹ ਹਰ ਖੇਤਰ ਵਿੱਚ ਸਫਲਤਾ ਪ੍ਰਾਪਤ ਕਰ ਇੱਕ ਦਿਨ ਆਪਣੀ ਜਿੱਤ ਦਾ ਤਿਉਹਾਰ ਜ਼ਰੂਰ ਮਨਾਵੇਗੀ।

– DIVROOP KAUR SANDHU
VIII-0



ਸਮਾਂ

ਸਮਾਂ ਹੈ ਬੜਾ ਬਲਵਾਨ,
ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਖੜਦਾ ਵਾਂਗ ਚੱਟਾਨ,
ਇਸ ਨਾਲ ਓਹੀ ਹੈ ਟਕਰਾਉਂਦਾ,
ਜੋ ਆਪਣੇ ਆਪ ਨੂੰ ਸਮੇਂ ਨਾਲ ਚਲਾਉਂਦਾ

ਬਣਦਾ ਹੈ ਜੋ ਸਮੇਂ ਦਾ ਹਾਣੀ,
ਦੁਨੀਆਂ ਤੇ ਉਹ ਰਚਦਾ ਆਪਣੀ ਕਹਾਣੀ,
ਨਾਮ ਦੁਨੀਆ ਤੇ ਰੌਸ਼ਨ ਕਰਦਾ
ਜੋ ਸਮੇਂ ਦੇ ਨਾਲ ਹੈ ਖੜਦਾ।

ਲੰਘਿਆ ਸਮਾਂ ਨਾ ਮੁੜਕੇ ਆਉਣਾ,
ਫਿਰ ਨਾ ਪਵੇ ਆਪਾਂ ਨੂੰ ਪਛਤਾਉਣਾ,
ਕਰੋ ਇਸ ਦੀ ਸੁਚੱਜੀ ਵਰਤੋਂ,
ਹੁੰਦਾ ਨੁਕਸਾਨ ਕਰਕੇ ਦੁਰਵਰਤੋਂ।

– ISHMANREET
VII-0



ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ

ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਸਿੱਖਾਂ ਦੇ ਪਹਿਲੇ ਗੁਰੂ ਸਨ। ਇਹਨਾਂ ਨੇ ਸਿੱਖ ਧਰਮ ਦੀ ਨੀਂਹ ਰੱਖੀ। ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦਾ ਜਨਮ 1469 ਈ. ਨੂੰ ਰਾਇ ਭੋਇ ਦੀ ਤਲਵੰਡੀ (ਪਾਕਿਸਤਾਨੀ) ਵਿੱਚ ਹੋਇਆ। ਅੱਜ-ਕੱਲ੍ਹ ਇਸ ਸਥਾਨ ਨੂੰ ਨਨਕਾਣਾ ਸਾਹਿਬ ਕਹਿੰਦੇ ਹਨ। ਉਹਨਾਂ ਦੇ ਪਿਤਾ ਜੀ ਦਾ ਨਾਂ ਮਹਿਤਾ ਕਾਲੂ ਜੀ ਸੀ ਅਤੇ ਮਾਤਾ ਜੀ ਦਾ ਨਾਂ ਤ੍ਰਿਪਤਾ ਜੀ ਸੀ।

ਜਦੋਂ ਗੁਰੂ ਜੀ ਸੱਤ ਸਾਲ ਦੇ ਹੋਏ ਤਾਂ ਉਹਨਾਂ ਨੂੰ ਪਾਂਧੇ ਕੋਲ ਪੜ੍ਹਨ ਲਈ ਭੇਜਿਆ ਗਿਆ। ਉਹਨਾਂ ਨੇ ਪਾਂਧੇ ਕੋਲੋਂ ਕੁਝ ਅਜਿਹੇ

ਸਵਾਲ ਪੁੱਛੇ ਕਿ ਪਾਂਧਾ ਉਹਨਾਂ ਨੂੰ ਤਸੱਲੀਬਖ਼ਸ਼ ਜਵਾਬ ਨਾ ਦੇ ਸਕਿਆ।

ਹੁਣ ਗੁਰੂ ਜੀ ਮੱਝਾਂ ਚਾਰਨ ਜਾਣ ਲੱਗ ਪਏ। ਉਹ ਤਾਂ ਪ੍ਰਭੂ-ਭਗਤੀ ਵਿਚ ਲੀਨ ਰਹਿੰਦੇ ਸਨ, ਇਸ ਲਈ ਮੱਝਾਂ ਕਿਸੇ ਦੂਸਰੇ ਦੇ ਖੇਤਾਂ ਵਿੱਚ ਜਾ ਵੜਦੀਆਂ ਸਨ। ਇਥੋਂ ਵੀ ਉਹ ਉਲਾਂਭਾ ਹੀ ਲਿਆਏ।

ਇੱਕ ਦਿਨ ਗੁਰੂ ਜੀ ਨੇ ਵੇਈ ਨਦੀ ਵਿੱਚ ਡੁਬਕੀ ਮਾਰੀ ਤੇ ਤਿੰਨ ਦਿਨ ਅਲੋਪ ਰਹੇ। ਜਦੋਂ ਬਾਹਰ ਨਿਕਲੇ ਤਾਂ ਉਹਨਾਂ ਨੂੰ ਗਿਆਨ ਹੋ ਚੁੱਕਾ ਸੀ ਇਸ ਲਈ ਉਹ ਸਭ ਦੀਨ-ਦੁਨੀਆ ਛੱਡ ਕੇ ਸੰਸਾਰ ਦੇ

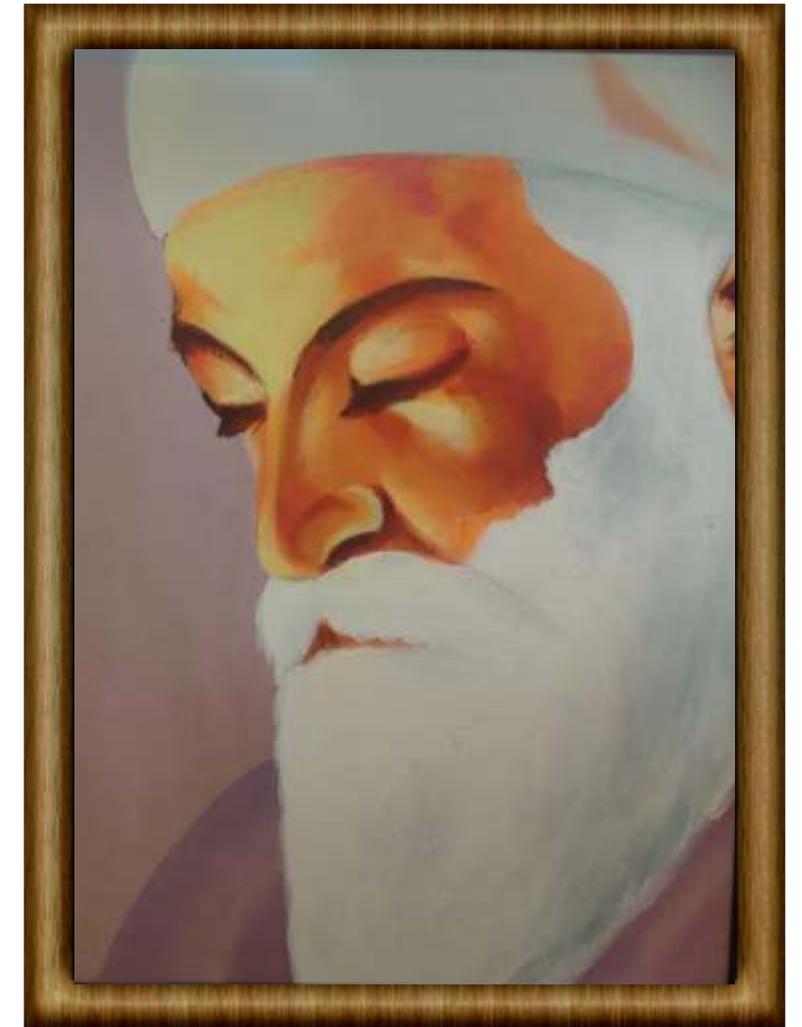
ਉੱਧਾਰ ਲਈ ਨਿਕਲ ਤੁਰੇ।

ਗੁਰੂ ਜੀ ਦੀਆਂ ਲੋਕ-ਕਲਿਆਣ ਲਈ ਚਾਰ ਉਦਾਸੀਆਂ ਨੇ ਭੁੱਲੀ-ਭਟਕੀ ਜਨਤਾ ਨੂੰ ਸਿੱਧੇ ਰਾਹੇ ਪਾਇਆ। ਸੱਜਣ ਠੰਗ, ਕੌਡੇ ਰਾਖਸ਼, ਵਲੀ ਕੰਧਾਰੀ ਅਤੇ ਮਲਿਕ ਭਾਗੋ ਵਰਗਿਆਂ ਨੂੰ ਸੁਧਾਰਿਆ।

ਗੁਰੂ ਜੀ ਨੇ ਲੋਕਾਂ ਨੂੰ ਹੱਕ-ਹਲਾਲ ਦੀ ਕਮਾਈ ਕਰਕੇ ਖਾਣ ਦੀ ਪ੍ਰੇਰਨਾ ਦਿੱਤੀ। ਉਹਨਾਂ ਨੇ ਕਿਰਤ ਕਰਨ, ਨਾਮ ਜਪਣ ਅਤੇ ਵੰਡ ਕੇ ਛੱਕਣ ਦਾ ਸੰਦੇਸ਼ ਦਿੱਤਾ। ਉਹਨਾਂ ਨੇ ਬਹੁਤ ਸਾਰੀ ਬਾਣੀ ਰਚੀ ਜੋ ਗੁਰੂ ਗਰੰਥ ਸਾਹਿਬ ਜੀ ਵਿੱਚ ਦਰਜ ਹੈ।

ਉਹਨਾਂ ਦੇ ਪਿਤਾ ਨੇ ਉਹਨਾਂ ਨੂੰ ਵੀਹ ਰੁਪਏ ਦਿੱਤੇ ਤਾਂ ਕਿ ਗੁਰੂ ਜੀ ਕੋਈ ਵਪਾਰ ਕਰ ਸਕਣ। ਜਿਸ ਵੇਲੇ ਉਹ ਕੋਈ ਵਪਾਰ ਕਰਨ ਜਾ ਰਹੇ ਸਨ ਤਾਂ ਰਸਤੇ ਵਿੱਚ ਉਹਨਾਂ ਨੂੰ ਕੁਝ ਭੁੱਖੇ ਸਾਧੂ ਮਿਲੇ, ਗੁਰੂ ਜੀ ਨੇ ਉਹਨਾਂ ਵੀਹ ਰੁਪਿਆਂ ਦਾ ਰਾਸ਼ਨ ਪਾਣੀ ਲਿਆ ਕੇ ਉਨ੍ਹਾਂ ਭੁੱਖੇ ਸਾਧੂਆਂ ਨੂੰ ਖੁਆ ਦਿੱਤਾ। ਇਸ ਤਰ੍ਹਾਂ ਜਦੋਂ ਗੁਰੂ ਜੀ ਇਹ ਸੱਚਾ-ਸੌਦਾ ਕਰਕੇ ਘਰ ਪਰਤੇ ਤਾਂ ਉਹਨਾਂ ਦੇ ਪਿਤਾ ਜੀ ਉਹਨਾਂ ਨਾਲ ਬਹੁਤ ਨਰਾਜ਼ ਹੋਏ। ਗੁਰੂ ਜੀ ਦੀ ਭੈਣ ਨਾਨਕੀ ਆਪਣੇ ਵੀਰ ਦੀ ਅਸਲੀਅਤ ਜਾਣਦੇ ਸਨ ਕਿ ਇਹ ਕੋਈ ਰੱਬੀ ਅਵਤਾਰ ਹੈ।

ਗੁਰੂ ਜੀ ਦੀ ਭੈਣ ਨਾਨਕੀ ਸੁਲਤਾਨਪੁਰ ਲੋਧੀ ਵਿੱਚ ਰਹਿੰਦੇ ਸਨ। ਉਹ ਆਪਣੀ ਭੈਣ ਦੇ ਕੋਲ ਉੱਥੇ ਆ ਗਏ। ਉੱਥੇ ਹੀ ਗੁਰੂ ਜੀ ਦੇ ਭਣੇਈਏ ਨੇ ਆਪ ਨੂੰ ਨਵਾਬ



ਦੌਲਤ ਖਾਂ ਲੋਧੀ ਦੇ ਮੋਦੀਖਾਨੇ ਵਿੱਚ ਨੌਕਰੀ 'ਤੇ ਲੁਆ ਦਿੱਤਾ। ਪਰ ਇਸ ਨੌਕਰੀ ਤੋਂ ਵੀ ਉਹਨਾਂ ਦੀਆਂ ਸ਼ਿਕਾਇਤਾਂ ਪੁੱਜੀਆਂ ਕਿਉਂਕਿ ਉਹ ਸਦਾ ਰੱਬੀ-ਭਗਤੀ ਵਿੱਚ ਲੀਨ ਰਹਿੰਦੇ ਸਨ। ਇਸ ਲਈ ਉਹਨਾਂ ਨੇ ਨੌਕਰੀ ਛੱਡ ਦਿੱਤੀ।

– INAYAT PABLA
X-P

ਕੀਮਤੀ ਪਾਣੀ

ਪਾਣੀ ਇੱਕ ਬਹੁਤ ਹੀ ਕੀਮਤੀ ਅਤੇ ਮਹੱਤਵਪੂਰਨ ਚੀਜ਼ ਹੈ ਜੋ ਸਾਨੂੰ ਸਾਡੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਵੱਖ-ਵੱਖ ਰੂਪ ਵਿੱਚ ਕੰਮ ਆਉਂਦੀ ਹੈ। ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਤਾਂ ਪਾਣੀ ਅਸੀਂ ਪੀਣ ਵਾਸਤੇ ਵਰਤੋਂ ਕਰਦੇ ਹਾਂ। ਫਿਰ ਇਹ ਸਾਡੇ ਇਸ਼ਨਾਨ ਵਿੱਚ ਕੰਮ ਆਉਂਦਾ ਹੈ। ਫਿਰ ਇਹ ਸਾਡੇ ਖਾਣਾਬਣਾਉਣ ਵਿੱਚ ਵੀ ਕੰਮ ਆਉਂਦਾ ਹੈ। ਕੱਪੜੇ ਤੋਂ ਲੈ ਕੇ ਗੱਡੀਆਂ ਤੱਕ, ਇਹ ਸਭ ਨੂੰ ਧੋਣ ਵਿੱਚ ਕੰਮ ਆਉਂਦਾ ਹੈ। ਇਹ ਜਾਨਵਰਾਂ ਅਤੇ ਪੌਦਿਆਂ ਲਈ ਵੀ ਬਹੁਤ ਮਹੱਤਵਪੂਰਨ ਚੀਜ਼ ਹੈ ਕਿਉਂਕਿ ਜਾਨਵਰ ਇਸ ਨੂੰ ਪੀਣ ਵਾਸਤੇ ਵਰਤੋਂ ਕਰਦੇ ਹਨ ਅਤੇ ਪੌਦੇ, ਇਸਨੂੰ ਪੀਕੇ ਆਪਣਾ ਖਾਣਾ ਬਣਾਉਂਦੇ ਹਨ। ਖੇਤੀ ਵਿੱਚ ਵੀ ਪਾਣੀ ਕੰਮ ਆਉਂਦਾ ਹੈ। ਖਾਸ ਕਰਕੇ ਜਦੋਂ ਜੀਰੀ ਬੀਜਣੀ ਹੋਵੇ। ਪਰ ਇਸ ਦੀਆਂ ਬਹੁਤ ਸਾਰੀਆਂ ਮਹੱਤਤਾਵਾਂ ਕਰਕੇ ਸਾਨੂੰ ਇਸ ਦੀ ਕੀਮਤ ਦਾ ਅਹਿਸਾਸ ਨਹੀਂ ਹੁੰਦਾ। ਭਾਡੇ ਧੋਣ ਵੇਲੇ, ਬ੍ਰਸ਼ ਕਰਨ ਵੇਲੇ, ਇਸ਼ਨਾਨ ਵੇਲੇ ਜਾਂ ਹੱਥ ਧੋਣ ਵੇਲੇ ਅਸੀਂ ਹਰ ਵਾਰੀ ਪਾਣੀ ਦਾ ਨਲ ਖੁੱਲ੍ਹਾ ਛੱਡ ਦਿੰਦੇ ਹਾਂ ਜਿਸਦੇ ਕਾਰਨ ਪਾਣੀ ਫਜ਼ੂਲ ਵਿੱਚ ਹੀ ਵੱਗਦਾ ਰਹਿੰਦਾ ਹੈ ਅਤੇ ਉਸਦੀ ਬਰਬਾਦੀ ਹੁੰਦੀ ਹੈ। ਪਿਛਲੇ ਕੁੱਝ ਸਾਲਾਂ ਤੋਂ ਜੀਰੀ ਦੀ ਬਿਜਾਈ ਕਰਕੇ ਪੰਜਾਬ ਵਿੱਚ ਵਾਟਰ ਲੈਵਲ ਘੱਟਦਾ ਜਾ ਰਿਹਾ ਹੈ। ਫਰੀਦਕੋਟ ਦੇ ਇੱਕ ਇਲਾਕੇ ਵਿੱਚ ਪਾਣੀ ਦੀ ਐਨੀ ਘਾਟ ਪੈ ਗਈ ਕਿ ਲੋਕਾਂ ਨੇ ਪੀਣ ਵਾਸਤੇ ਪਾਣੀ ਖਰੀਦਣਾ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤਾ। ਇਸੇ ਕਰਕੇ ਹੀ ਸਾਨੂੰ ਹੁਣ ਤੋਂ ਹੀ ਪਾਣੀ ਬਚਾਉਣਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂਕਿ ਸਾਨੂੰ ਜਾਂ ਫਿਰ ਸਾਡੇ ਆਉਣ ਵਾਲੀਆਂ ਪੀੜ੍ਹੀਆਂ ਨੂੰ ਕੋਈ ਪਾਣੀ ਦੀ ਤੰਗੀ ਨਾ ਪਏ। ਪਾਣੀ ਨੂੰ ਬਚਾਉਣ ਲਈ ਪਹਿਲਾਂ ਤਾਂ ਸਾਡੀ ਸਰਕਾਰ ਨੂੰ ਜੀਰੀ ਦੀ ਥਾਂ ਤੇ ਕੋਈ ਹੋਰ ਫਸਲ ਦੀ ਬਿਜਾਈ ਨੂੰ ਉਤਸ਼ਾਹ ਦੇਣਾ ਚਾਹੀਦਾ ਹੈ। ਪਾਣੀ ਨੂੰ ਫਜ਼ੂਲ ਵਗਦਾ ਦੇਖਕੇ ਉਸਨੂੰ ਤੁਰੰਤ ਬੰਦ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਲੀਕ ਕਰ ਰਹੇ ਨਲਕੇ ਨੂੰ ਜਲਦੀ ਤੋਂ ਜਲਦੀ ਠੀਕ ਕਰਾਉਣਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂਕਿ ਪਾਣੀ ਬਰਬਾਦ ਨਾ ਹੋਵੇ। ਬ੍ਰਸ਼ ਕਰਨ ਵੇਲੇ ਨਲਕੇ ਨੂੰ ਬੰਦ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਸਾਨੂੰ ਬਾਰਿਸ਼ ਦੇ ਪਾਣੀ ਨੂੰ ਇੱਕ ਵੱਡੇ ਟੱਬ ਵਿੱਚ ਇਕੱਠਾ ਕਰ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂਕਿ ਬਾਅਦ ਵਿੱਚ ਅਸੀਂ ਉਸਦੀ ਗੱਡੀ ਧੋਣ ਵਾਸਤੇ ਜਾਂ ਕੱਪੜੇ ਜਾਂ ਹੋਰ ਕਿਸੇ ਕੰਮ ਲਈ ਵਰਤੋਂ ਕਰ ਸਕੀਏ। ਸਾਨੂੰ ਪਾਣੀ ਦੀ ਵਰਤੋਂ ਘੱਟ ਤੋਂ ਘੱਟ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ ਅਤੇ ਪਾਣੀ ਦੀ ਹਰ ਇੱਕ ਬੂੰਦ ਨੂੰ ਬਚਾਣਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂਕਿ ਸਾਡੀ ਆਉਣ ਵਾਲੀਆਂ ਪੀੜ੍ਹੀਆਂ ਨੂੰ ਸਾਡੇ ਕਰਕੇ ਕੋਈ ਤੰਗੀ ਨਾ ਹੋਵੇ ਅਤੇ ਸਾਡੀ ਧਰਤੀ ਵੀ ਸੁਹਣੀ ਰਹੇ।

– RABBANI SAHARAN
X-N

ਅੰਨਦਾਤਾ

ਅੰਨ ਨਾਲ ਜਾਨ ਹੈ।
ਅੰਨ ਨਾਲ ਪ੍ਰਾਣ ਹੈ।
ਅੰਨ ਭਗਵਾਨ ਹੈ।
ਅੰਨਦਾਤਾ ਕਿਸਾਨ ਹੈ।
ਕਿਸਾਨ ਅੱਜ ਪਰੇਸ਼ਾਨ ਹੈ।
ਸੜ੍ਹਕਾਂ ਤੇ ਰੁਲ ਰਿਹਾ ਹੈ।
ਹਾਲਾਤਾਂ ਦੇ ਨਾਲ ਘੁਲ ਰਿਹਾ ਹੈ।
ਹਾਲ ਹੈ, ਦੁਹਾਈ ਹੈ,
ਕਿਤੇ ਨਾ ਕੋਈ ਸੁਣਵਾਈ ਹੈ।
ਸੰਘਰਸ਼ ਦਾ ਐਲਾਨ ਹੈ।
ਕਿਸਾਨ ਅੱਜ ਪਰੇਸ਼ਾਨ ਹੈ।
ਮਿੱਟੀ ਦੇ ਨਾਲ ਮਿੱਟੀ ਹੋਵੇ,
ਵਾਹੇ, ਬੀਜੇ ਨਾਲੇ ਗਾਹੇ,
ਦਿਨ-ਰਾਤੀ ਕੰਮ ਦੀ ਰਾਹੇ।
ਸੱਦੀਆਂ ਤੋਂ ਜੋ ਤੁਰ ਰਿਹਾ ਹੈ,
ਅੱਜ ਕਿਉਂ ਅੰਦਰੋਂ ਡਰ ਰਿਹਾ ਹੈ,
ਪਰਜਾ ਹੈਰਾਨ ਹੈ,
ਦਿਨ ਰਾਤ ਝੱਲਦੀ ਫੁਰਮਾਨ ਹੈ,

ਕਿਸਾਨ ਅੱਜ ਪਰੇਸ਼ਾਨ ਹੈ।
ਦਿੱਤਾ ਜਿਸਦਾ ਖਾਂਦੇ,
ਰਾਜੇ ਤੇ ਵਜ਼ੀਰ ਵੀ,
ਗਰੀਬ ਤੇ ਅਮੀਰ ਵੀ,
ਦਰਵੇਸ਼ ਤੇ ਫਕੀਰ ਵੀ,
ਅੰਨਦਾਤੇ ਦੇ ਦਿਲ ਉੱਤੇ,
ਲੱਗਿਆ ਜ਼ਹਿਰੀ ਬਾਣ ਹੈ,
ਮਿਹਨਤ ਲਹੂ-ਲੁਹਾਨ ਹੈ,
ਪੈਸਾ ਹੀ ਪ੍ਰਧਾਨ ਹੈ,
ਕਿਸਾਨ ਅੱਜ ਪਰੇਸ਼ਾਨ ਹੈ।
ਏਕਿਆਂ ਦੇ ਨਾਲ ਜਿੱਤੀ,
ਜਾਂਦੀ ਹਰ ਇੱਕ ਜੰਗ ਹੈ।
ਬੱਚਾ-ਬੱਚਾ ਦੇਸ਼ ਦੇ ਅੰਨਦਾਤਾ
ਤੇਰੇ ਸੰਗ ਹੈ।
ਤੇਰਾ ਸਾਥ ਦੇਣਾ ਹੀ
ਅੱਜ ਸਾਡਾ ਈਮਾਨ ਹੈ,
ਤੂੰ ਕਿਉਂ ਫਿਰ ਪਰੇਸ਼ਾਨ ਹੈ,
ਤੂੰ ਸਾਡਾ ਭਗਵਾਨ ਹੈ,
ਤੂੰ ਕਿਉਂ ਫਿਰ ਪਰੇਸ਼ਾਨ ਹੈ।



– SUKHNAAZ KAUR SIDHU
XP

ਮਹਿਲਾ ਸਸ਼ਕਤੀਕਰਣ

ਮਹਿਲਾ ਸਸ਼ਕਤੀਕਰਣ ਦਾ ਔਰਤਾਂ ਨਾਲ ਬੁਰਾ ਸਲੂਕ ਕੀਤਾ ਅਰਥ ਔਰਤਾਂ ਦੇ ਹੱਥ ਵਿੱਚ ਸ਼ਕਤੀ ਜਾਂਦਾ ਸੀ। ਪੁਰਾਣੇ ਸਮੇਂ ਵਿੱਚ ਸਤੀ ਹੈ। ਇਹ ਦਰਸਾਉਂਦਾ ਹੈ ਕਿ ਪ੍ਰਥਾ ਤੋਂ ਮੌਜੂਦਾ ਸਮੇਂ ਵਿੱਚ ਲੜਕੀ ਔਰਤਾਂ ਨੂੰ ਕਿਸੇ ਵੀ ਪੱਖਪਾਤ ਦੇ ਦੇ ਗਰਭਪਾਤ ਤੱਕ, ਔਰਤਾਂ ਬਾਵਜੂਦ ਹਰ ਖੇਤਰ ਵਿੱਚ ਬਰਾਬਰ ਅਜਿਹੀ ਹਿੰਸਾ ਦਾ ਸਾਹਮਣਾ ਕਰ ਦਾ ਮੌਕਾ ਦਿੱਤਾ ਜਾਣਾ ਚਾਹੀਦਾ ਹੈ। ਰਹੀਆਂ ਹਨ। ਇੰਨਾ ਹੀ ਨਹੀਂ

ਪੁਰਾਣੇ ਸਮਿਆਂ 'ਚ ਆਦਮੀ ਔਰਤਾਂ ਖਿਲਾਫ਼ ਘਿਨਾਉਣੇ ਨੂੰ ਪਰਿਵਾਰ ਦਾ ਪ੍ਰਮੁੱਖ ਮੈਂਬਰ ਮੰਨਦੇ ਅਪਰਾਧ ਜਿਵੇਂ ਕਿ ਬਲਾਤਕਾਰ, ਸਨ। ਉਹ ਰੋਜ਼ੀ-ਰੋਟੀ ਕਮਾਉਣ ਤੇਜ਼ਾਬੀ ਹਮਲੇ, ਦਾਜ ਪ੍ਰਥਾ, ਘਰੇਲੂ ਲਈ ਅਤੇ ਪਰਿਵਾਰ ਦੇ ਫੈਸਲੇ ਲੈਣ ਹਿੰਸਾ ਅੱਜ ਵੀ ਭਾਰਤ ਵਿੱਚ ਹੋ ਰਹੇ ਲਈ ਜ਼ਿੰਮੇਵਾਰ ਸਨ। ਦੂਜੇ ਪਾਸੇ ਹਨ।

ਔਰਤਾਂ ਘਰੇਲੂ ਕੰਮ ਕਰਨ ਲਈ ਕੁੱਲ ਆਬਾਦੀ ਵਿੱਚੋਂ 50% ਅਤੇ ਬੱਚਿਆਂ ਦੀ ਪਰਵਰਿਸ਼ ਕਰਨ ਆਬਾਦੀ ਔਰਤਾਂ ਦੀ ਹੋਣੀ ਚਾਹੀਦੀ ਲਈ ਜ਼ਿੰਮੇਵਾਰ ਸਨ। ਅੱਜ-ਕਲ੍ਹ ਹੈ, ਪਰ ਮਾਦਾ ਭਰੂਣ ਹੱਤਿਆਵਾਂ ਦੇ ਵੀ ਕਈ ਪਰਿਵਾਰਾਂ 'ਚ ਔਰਤਾਂ ਨੂੰ ਕਾਰਨ ਭਾਰਤ ਵਿੱਚ ਕੁੜੀਆਂ ਦੀ ਨੌਕਰਾਣੀ ਅਤੇ ਬੱਚੇ ਪੈਦਾ ਕਰਨ ਗਿਣਤੀ ਤੇਜ਼ੀ ਨਾਲ ਘੱਟ ਰਹੀ ਹੈ। ਵਾਲੀ ਮਸ਼ੀਨ ਸਮਝਿਆ ਜਾਂਦਾ ਹੈ। ਬਹੁਤ ਘੱਟ ਪ੍ਰਤੀਸ਼ਤ ਕੁੜੀਆਂ

ਇਤਿਹਾਸ ਗਵਾਹ ਹੈ ਕਿ ਸਿੱਖਿਅਕ ਹਨ ਅਤੇ ਉਨ੍ਹਾਂ ਵਿੱਚੋਂ

ਬਹੁਤੀਆਂ ਨੂੰ ਮੁਢਲੀ ਸਿੱਖਿਆ ਵੀ ਨਹੀਂ ਦਿੱਤੀ ਜਾਂਦੀ। ਇਸ ਤੋਂ ਇਲਾਵਾ, ਉਨ੍ਹਾਂ ਦਾ ਵਿਆਹ ਵੀ ਜਲਦੀ ਹੋ ਜਾਂਦਾ ਹੈ। ਜ਼ਿਆਦਾਤਰ ਮਰਦ ਔਰਤਾਂ ਨੂੰ ਆਪਣੀ ਜਾਇਦਾਦ ਮੰਨਦੇ ਹਨ, ਇਥੋਂ ਤਕ ਕਿ ਕੰਮ ਵਾਲੀਆਂ ਥਾਵਾਂ ਤੇ ਵੀ ਔਰਤਾਂ ਨੂੰ ਵਿਤਕਾਰਿਆ ਜਾਂਦਾ ਹੈ ਅਤੇ ਉਨ੍ਹਾਂ ਦੇ ਨਾਲ ਕੰਮ ਕਰਨ ਵਾਲੇ ਪੁਰਸ਼ ਦੇ ਮੁਕਾਬਲੇ ਉਸੇ ਕੰਮ ਲਈ ਉਨ੍ਹਾਂ ਨੂੰ ਘੱਟ ਤਨਖਾਹ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ।

ਔਰਤਾਂ ਨੂੰ ਸ਼ਕਤੀਸ਼ਾਲੀ ਬਣਾਉਣ ਵਾਸਤੇ ਵੱਖ-ਵੱਖ ਤਰੀਕੇ ਹਨ। ਜਿਵੇਂ ਕਿ ਸਰਕਾਰੀ ਯੋਜਨਾਵਾਂ ਅਤੇ ਵਿਅਕਤੀਗਤ ਯਤਨ, ਵਿਅਕਤੀਗਤ ਪੱਧਰ 'ਤੇ ਸਾਨੂੰ ਉਨ੍ਹਾਂ ਨੂੰ ਨੌਕਰੀਆਂ, ਉੱਚ ਸਿੱਖਿਆ ਆਦਿ ਲਈ ਉਤਸਾਹਿਤ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ, ਸਾਨੂੰ ਸਮਾਜਿਕ

ਬੁਰਾਈਆਂ, ਜਿਵੇਂ ਕਿ ਦਾਜ ਪ੍ਰਥਾ ਬਾਲ ਵਿਆਹ, ਆਦਿ ਨੂੰ ਵੀ ਖ਼ਤਮ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ, ਸਰਕਾਰ ਵੀ ਔਰਤਾਂ ਦੇ ਸਸ਼ਕਤੀਕਰਨ ਲਈ ਵੱਖ-ਵੱਖ ਸਕੀਮਾਂ ਲਿਆ ਚੁਕੀ ਹੈ, ਜਿਵੇਂ ਬੇਟੀ ਬਚਾਓ, ਬੇਟੀ ਪੜ੍ਹਾਓ, ਆਦਿ। ਇਹ ਛੋਟੇ ਕਦਮ ਸਮਾਜ ਵਿੱਚ ਔਰਤਾਂ ਦੀ ਸਥਿਤੀ ਨੂੰ ਬਦਲ ਦੇਣਗੇ ਅਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਸ਼ਕਤੀਮਾਨ ਮਹਿਸੂਸ ਕਰਾਉਣਗੇ।

– SEERAT KALEKA
VIII-P



ਕਰੋਨਾ ਤੇ ਜਿੱਤ

ਮਿਲਕੇ ਕਰੋਨਾ ਨੂੰ ਹਰਾਉਣਾ ਹੈ।
ਘਰ ਤੋਂ ਬਾਹਰ ਅਸੀਂ ਨਹੀਂ ਜਾਣਾ ਹੈ।
ਹੱਥ ਕਿਸੇ ਨਾਲ ਨਹੀਂ ਮਿਲਾਉਣਾ ਹੈ।
ਚਿਹਰੇ ਤੇ ਹੱਥ ਨਹੀਂ ਲਗਾਉਣਾ ਹੈ।
ਬਾਰ-ਬਾਰ ਚੰਗੀ ਤਰ੍ਹਾਂ ਹੱਥ ਧੋਣ ਜਾਣਾ ਹੈ।
ਸੈਨੇਟਾਈਜ਼ ਕਰਕੇ ਦੇਸ਼ ਨੂੰ ਸਵੱਛ ਬਣਾਉਣਾ ਹੈ।
ਕਰੋਨਾ ਤੋਂ ਅਸੀਂ ਨਹੀਂ ਘਬਰਾਉਣਾ ਹੈ।
ਸਾਵਧਾਨੀ ਵਰਤ ਕੇ ਕਰੋਨਾ ਨੂੰ ਮਿਟਾਉਣਾ ਹੈ।
ਦੇਸ਼ ਵਾਸੀਆਂ ਦੇ ਹਿੱਤ ਵਿੱਚ ਇਹ ਕਦਮ ਉਠਾਉਣਾ ਹੈ।
ਦੋ ਗਜ਼ ਦੀ ਦੂਰੀ ਰੱਖਣ ਦਾ ਪਾਠ ਸਭ ਨੂੰ ਪੜ੍ਹਾਉਣਾ ਹੈ।

– KAMAKSHI GUPTA
VII-O



Long
We For
Those Days....!

JOY RIDE

ਸਕਾਰਾਤਮਕਤਾ

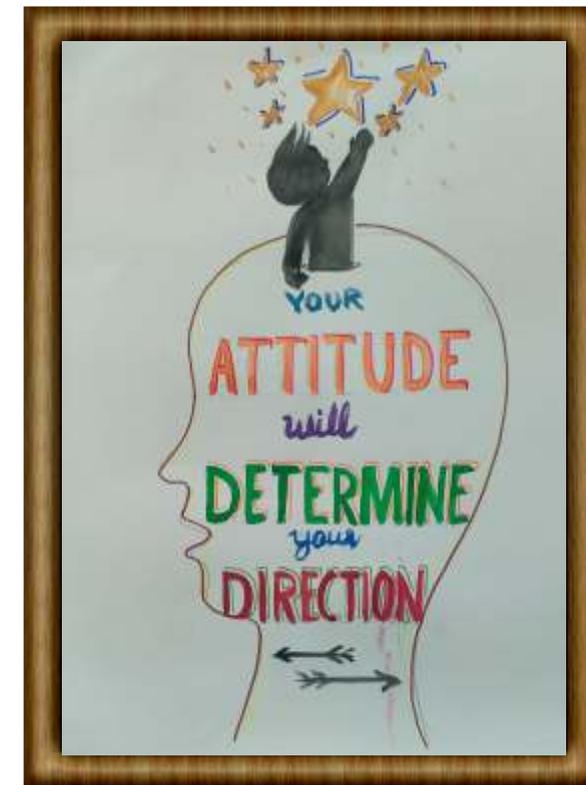
ਸਕਾਰਾਤਮਕਤਾ ਦਾ ਅਰਥ ਹੈ ਕਿ ਆਸ਼ਾਵਾਦੀ ਜ਼ਿੰਦਗੀ ਜੀਉਣਾ, ਹੱਲ ਲੱਭਣਾ, ਚੰਗੇ ਨਤੀਜੇ ਅਤੇ ਸਫਲਤਾ ਦੀ ਉਮੀਦ ਕਰਨਾ ਅਤੇ ਜ਼ਿੰਦਗੀ ਨੂੰ ਖੁਸ਼ਹਾਲ ਬਣਾਉਣਾ। ਇਹ ਮਨ ਦੀ ਖੁਸ਼ਹਾਲ ਅਤੇ ਚਿੰਤਾ ਰਹਿਤ ਅਵਸਥਾ ਹੈ, ਜੋ ਜ਼ਿੰਦਗੀ ਦੇ ਚੰਗੇ ਪੱਖ ਨੂੰ ਵੇਖਦੀ ਹੈ। ਸਾਡਾ ਮਨ ਬਹੁਤ ਸ਼ਕਤੀਸ਼ਾਲੀ ਹੁੰਦਾ ਹੈ। ਸਾਡੇ ਵਿਚਾਰ ਸਾਡੇ ਨਾਲ ਵਾਪਰਨ ਵਾਲੀ ਲਗਭਗ ਹਰ ਚੀਜ਼ ਨੂੰ ਨਿਯੰਤਰਣ ਅਤੇ ਨਿਰਧਾਰਿਤ ਕਰਦੇ ਹਨ।

ਸਕਾਰਾਤਮਕ ਵਿਅਕਤੀ ਖੁਸ਼ਹਾਲੀ, ਸਿਹਤ, ਸਫਲਤਾ ਦੀ ਉਮੀਦ ਕਰਦਾ ਹੈ ਅਤੇ ਵਿਸ਼ਵਾਸ ਕਰਦਾ ਹੈ ਕਿ ਉਹ ਕਿਸੇ ਵੀ ਰੁਕਾਵਟ ਅਤੇ ਮੁਸ਼ਕਿਲ ਨੂੰ ਪਾਰ ਕਰ ਸਕਦਾ ਹੈ। ਇੱਕ ਨਕਾਰਾਤਮਕ ਵਿਅਕਤੀ ਨੂੰ ਇਹ ਸਭ ਚੀਜ਼ਾਂ ਹਾਸਲ ਨਹੀਂ ਹੁੰਦੀਆਂ ਕਿਉਂਕਿ ਉਹ ਚੰਗੀਆਂ ਚੀਜ਼ਾਂ ਤੇ ਵਿਸ਼ਵਾਸ ਨਹੀਂ ਕਰਦਾ। ਨਕਾਰਾਤਮਕਤਾ ਦੁੱਖ ਅਤੇ ਤਣਾਅ ਦਾ ਇੱਕ ਬਹੁਤ ਵੱਡਾ ਕਾਰਣ ਹੈ।

ਸਕਾਰਾਤਮਕ ਸੋਚ ਹਰ ਕਿਸੇ ਦੁਆਰਾ ਸਵੀਕਾਰ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ ਜੇਕਰ ਉਹ ਕੋਸ਼ਿਸ਼ ਕਰਨ। ਸਕਾਰਾਤਮਕਤਾ ਦਾ ਵਿਸ਼ਾ ਬਹੁਤ ਪ੍ਰਸਿੱਧੀ ਪ੍ਰਾਪਤ ਕਰ ਰਿਹਾ ਹੈ। ਇਸ ਨੂੰ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਵਰਤਣ ਲਈ ਸਾਨੂੰ ਇਸ ਦੀ ਹੋਂਦ ਤੋਂ ਜਾਣੂ ਹੋਣ ਦੀ ਬਜਾਏ ਹੋਰ ਬਹੁਤ ਕੁਝ ਦੀ ਜ਼ਰੂਰਤ ਹੈ। ਸਾਨੂੰ ਹਰ ਕੰਮ ਵਿੱਚ ਸਕਾਰਾਤਮਕ ਸੋਚ ਦੇ ਰਵੱਈਏ ਨੂੰ ਅਪਨਾਉਣ ਦੀ ਜ਼ਰੂਰਤ ਹੈ। ਸਕਾਰਾਤਮਕ ਸੋਚ ਨਾਲ ਅਸੀਂ ਖੁਸ਼ਹਾਲੀ ਦਾ ਅਨੁਭਵ ਕਰਦੇ ਹਾਂ। ਸਕਾਰਾਤਮਕ ਲੋਕਾਂ ਦੀ ਅੱਖਾਂ ਵਿੱਚ ਇੱਕ ਵੱਖਰੀ ਚਮਕ ਹੁੰਦੀ ਹੈ। ਸਾਡੇ ਵਿਚਾਰ ਸਾਡੀ ਸਿਹਤ ਉੱਤੇ ਵੱਡਾ ਪ੍ਰਭਾਵ ਪਾਉਂਦੇ ਹਨ। ਨਕਾਰਾਤਮਕ ਸੋਚ ਸਾਡੀ ਸਿਹਤ ਤੇ ਬੁਰਾ ਪ੍ਰਭਾਵ ਪਾਉਂਦੀ ਹੈ। ਇਹ ਸਾਡੀ ਨੀਂਦ, ਖੁਰਾਕ ਅਤੇ ਖੁਸ਼ੀ ਤੇ ਪ੍ਰਭਾਵ ਪਾਉਂਦੀ ਹੈ। ਸਕਾਰਾਤਮਕ ਸੋਚ ਇਸਦਾ ਬਿਲਕੁਲ ਉਲਟਾ ਕੰਮ ਕਰਦੀ ਹੈ।

ਸਕਾਰਾਤਮਕ ਸੋਚ ਹੋਣੀ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੁੰਦੀ ਹੈ। ਸਕਾਰਾਤਮਕ ਸੋਚ ਅਤੇ ਨਕਾਰਾਤਮਕ ਸੋਚ ਦੋਨੋਂ ਹੀ ਸਾਡੇ ਆਲੇ-ਦੁਆਲੇ ਅਤੇ ਸਾਡੀ ਜ਼ਿੰਦਗੀ ਨੂੰ ਪ੍ਰਭਾਵਿਤ ਕਰਦੀਆਂ ਹਨ। ਪਰ ਇਹ ਸਾਡੇ ਉੱਤੇ ਹੈ ਕਿ ਅਸੀਂ ਕਿਸ ਨੂੰ ਚੁਣਾਂਗੇ। ਇਹ ਲੱਗਦਾ ਹੈ ਕਿ ਜ਼ਿਆਦਾਤਰ ਲੋਕਾਂ ਦੇ ਨਾਲ ਸਕਾਰਾਤਮਕ ਸੋਚ ਲਈ ਮਿਹਨਤ ਕਰਨੀ ਪੈਂਦੀ ਹੈ, ਜਦੋਂ ਕਿ ਨਕਾਰਾਤਮਕ ਸੋਚ ਅਸਾਨੀ ਨਾਲ ਆਉਂਦੀ ਹੈ। ਪਰ ਇਹ ਕੋਸ਼ਿਸ਼ ਸਾਡੀ ਜ਼ਿੰਦਗੀ ਬਦਲ ਸਕਦੀ ਹੈ। ਸਕਾਰਾਤਮਕ ਲੋਕ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਬਾਕੀ ਸਾਰੇ ਲੋਕਾਂ ਨਾਲੋਂ ਜ਼ਿਆਦਾ ਸਫਲ ਹੁੰਦੇ ਹਨ, ਕਿਉਂਕਿ ਇਹ ਲੋਕ ਆਪਣੇ ਉੱਤੇ ਅਤੇ ਆਪਣੀ ਮਿਹਨਤ ਉੱਤੇ ਵਿਸ਼ਵਾਸ ਕਰਦੇ ਹਨ।

– IRA MITTAL
IX-P



ਸਰਬੰਸ ਦਾਨੀ-“ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ”

ਪਟਨੇ ਦੀ ਧਰਤੀ ਦੇ ਭਾਗਾਂ ਨੂੰ ਜਿਸ ਨੇ ਚਮਕਾਇਆ,
ਕੌਮ ਨੂੰ ਵਖਰੀ ਦਿੱਖ ਦੇਣ ਲਈ ਇੱਕ ਅਵਤਾਰੀ ਆਇਆ।
ਗੋਬਿੰਦ ਨਾਂ ਸੀ ਰੱਖਿਆ, ਰੱਖਿਆ ਚਾਹਵਾਂ ਨਾਲ,
ਅੱਖਾਂ ਦੇ ਵਿੱਚ ਨੂਰ ਸੀ, ਚਿਹਰੇ ਉੱਤੇ ਜਲਾਲ।
ਨਿੱਕੇ ਹੁੰਦੇ ਪਾਤਸ਼ਾਹ ਕੌਤਕ ਕਈ ਰਚਾਏ,
ਤਾਂਹੀਓਂ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਚੋਜੀ ਗੁਰੂ ਕਹਾਏ।
ਹਿੰਦੂ ਧਰਮ ਦੀ ਰੱਖਿਆ ਖ਼ਾਤਰ, ਦਿੱਤਾ ਇਹ ਬਲਿਦਾਨ।
ਛੋਟੀ ਉਮਰੇ ਪਿਤਾ ਦਾ ਸੀਸ ਕੀਤਾ ਕੁਰਬਾਨ।
ਗੁਰ ਗੱਦੀ ਨੂੰ ਸਾਂਭਿਆ ਫਿਰ ਨਿੱਕੇ ਜਿਹੇ ਲਾਲ,
ਮਜ਼ਲੂਮਾ ਲਈ ਬਣ ਗਏ ਇੱਕ ਮਜ਼ਬੂਤ ਢਾਲ।
ਜ਼ਾਲਮ ਹਕੂਮਤ ਨਾਲ ਸੀ, ਆਪ ਨੇ ਯੁੱਧ ਲੜੇ,
ਕਈ ਸਿੰਘ ਤੇ ਸੂਰਮੇ ਡੱਟ ਕੇ ਨਾਲ ਖੜੇ।
ਚਿੜੀਆਂ ਨੂੰ ਸੀ ਬਾਜ ਬਣਾਇਆ, ਖੰਡੇ ਦਾ ਅੰਮ੍ਰਿਤ ਛਕਾਇਆ,
ਆਪਣੇ ਦੇਸ਼ ਤੇ ਧਰਮ ਦੀ ਖ਼ਾਤਰ, ਜ਼ਾਬਰਾਂ ਨੂੰ ਸੀ ਮਾਰ ਮੁਕਾਇਆ।
ਜਾਤ-ਪਾਤ ਦਾ ਭੇਦ ਮੁਕਾ ਕੇ, ਸੱਭ ਧਰਮਾਂ ਦਾ ਮਾਣ ਵਧਾ ਕੇ,
ਪ੍ਰੇਮ ਮਾਰਗ ਤੇ ਤੁਰਨਾ ਦੱਸਿਆ, ਪਰਮੇਸ਼ਰ ਨਾਲ ਜੁੜਨਾ ਦੱਸਿਆ।
ਚਾਰ ਪੁੱਤਰ ਸੀ ਆਪਣੇ ਵਾਰੇ, ਜੋ ਸਨ ਉਸਦੀ ਅੱਖ ਦੇ ਤਾਰੇ।
ਕੋਈ ਨਹੀਂ ਹੈ ਉਸਦਾ ਸਾਨੀ, ਉਹ ਤਾਂ ਸੀ ਸਰਬੰਸ ਦਾਨੀ,
ਉਹ ਤਾਂ ਸੀ ਸਰਬੰਸ ਦਾਨੀ।

– **SUKHPAL SINGH**
(TEACHER)





*Long
We For
Those Days...!*

Goodbye for now...!

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