



**2020-2021**



## A Brief History

Late Rai Sahib Sh. Kundan Lal Ji was a self-made industrialist, a man with a scientific temper who in association with great leaders such as Late Pt. Jawaharlal Nehru involved himself in the freedom struggle.

In 1941, when our nationalist leaders were involved in the freedom struggle, the visionary in Sh. Kundan Lal Ji was working on initiating "Quit Illiteracy Movement" in Ludhiana with an avowed aim of infusing a spirit of patriotism and nationalism among the students. He founded a school in 1941 in Mali Ganj - in the heart of city.

Starting with a handful of children, he displayed remarkable dynamism and the school flourished and had to be shifted to the premises presently occupied by the City Branch of the school.

His diligent work and untiring efforts bore fruits and soon KVM became a leading name in the educational circle. The pressure from the Ludhiana community mounted to such an extent that in the year 1957, Rai Sahib had to set up another branch now at Civil Lines in Ludhiana.

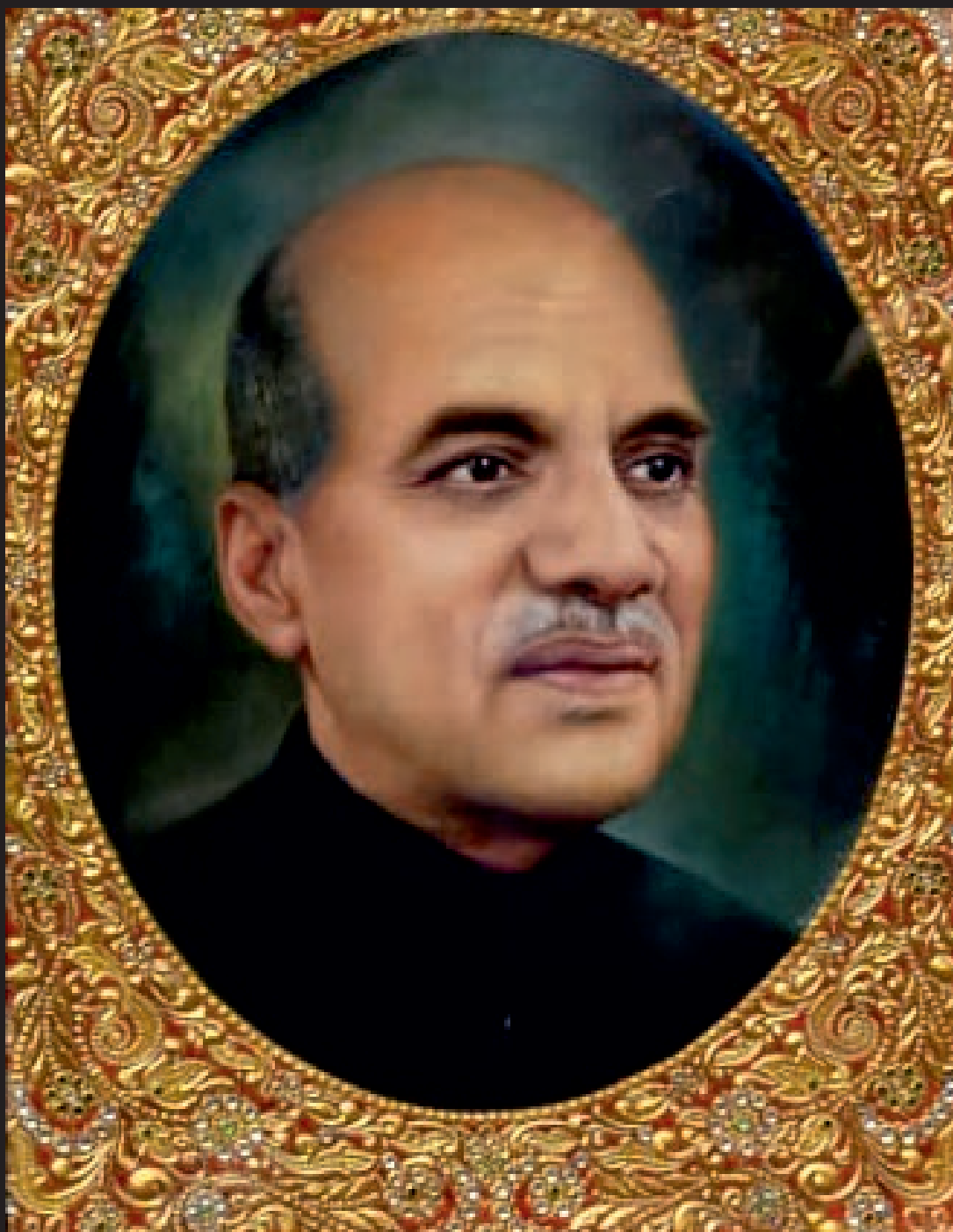
Kundan Vidya Mandir took pride in becoming the first school in Punjab to get affiliation to CBSE in 1963.

After the death of Shri Kundan Lal Ji, a Trust and Managing Committee were established comprising of eminent educationists, industrialists and bureaucrats. Mrs. Vijya Gupta is the President of Sh. Kundan Lal Trust and Mr. V.K. Goyal is the Chairman of KVM Managing Committee.

Spreading its wings further, KVM has set up its branch named Kundan International School, till XII class at Chandigarh, Affiliated to CBSE which has become fully functional from April, 2007.

*Late Shri Kundan Lal Ji*

**Founder of Kundan Vidya Mandir**



# From the President's Desk...



Dear Students

When there is a calamity in the country only then one's true worth comes out. Adversity cannot overpower resilience. Have you realised when the pandemic struck how quickly we learnt new ways to live life, to study and to have online classes sitting at home? In certain ways you did better than before because you had no diversions, you studied with concentration. Concentration is the mantra to achieve success in any line of work. If you study with concentration you learn your lessons faster and better.

You should highlight the priorities in your life and then work towards them. Good education teaches you to make your life meaningful. Set a goal and with full concentration try to achieve it. If you work hard, there is no reason you will not succeed. You should always look for the ways to improve yourself. The need of the hour is to embrace technology with education and the purpose of education is to uplift yourself. Read books outside your course. These books give you knowledge and gaining knowledge is the primary aim of education. The more knowledge you have, the more competent you will be and do better in life. Knowledge metamorphoses into wisdom. Hence try to gain as much knowledge as possible.

In the end, I must commend our teachers who learnt fast how to prepare lessons and teach proficiently online. I must also thank the parents who have been our pillar of strength during these difficult times and gave their cooperation and support.

With Best Wishes

*Vijya Gupta*

**Mrs. Vijya Gupta**  
President  
The Shri Kundan Lal Trust

# From the Chairman's Desk...



My dear budding Kundanites,

I am happy to be communicating with you all from this forum once again .

As we complete 80 years of inception of this grand temple of learning and education, I would like to share with my dear students and teachers that we all will always be remembered more for our kindness than any level of success we could possibly attain. I am glad that education is imparted at Kundan Vidya Mandir, keeping this thought in mind. I acknowledge the fact that 'Love' as envisioned in our school motto is imbued in all Kundanites.

We all have been going through the trauma of the pandemic since last one and a half years and many of us lost our near and dear ones too. The world has become a global village and all of us have been trying hard to save each other by our little acts of kindness. Covid-19 has taught us that the basic necessities of life that we always took for granted are in fact luxuries in the true sense. We all have learnt to cope up with the new ways of life. I am sure that the future generations will remember this time in the history as pre Covid-19 era and post Covid-19 era.

Through this platform I wish to extend my deep sense of gratitude to dear students and teachers who have relentlessly worked so hard in these difficult times to make online mode of education a great success.

I truly believe that change alone is the only constant thing on this planet and the sooner, we realise this and shed complacency, the better . We can only put in our best efforts in whatever we do and leave the rest to be taken care of by the almighty. It is inevitable to understand that we will continue to suffer if we have an emotional reaction to everything that happens to us. Wisdom lies in sitting back and observing things with logic and then acting upon them. Silence nurtures creativity. True power is restraint and perseverance. Breathing and allowing things to pass is what is taught at Kundan Vidya Mandir every single day.

Life is a gift to mankind and we must make the most of it. What has gone is history and what is yet to come is the future so worry less and live today to its fullest. When everything around us seems to be changing, when everything around us seems cluttered, remember the Lord's unchanging nature. The clouds still move, the flowers still blossom . It's my sincere urge to one and all to never let the adversities of life bring your confidence down. Confidence, good education, generosity and a positive mindset are the key ingredients for a happy, content and successful life.

Kundan Vidya Mandir has always focussed on the holistic development of its students who can prove to be an asset to the society. At the end of the day let there be no excuses, no explanations and no regrets and we all must continuously strive to be our own best self. I am a firm believer of the fact that the only competition that we have is the one within, therefore each day we should focus on being a better version of ourselves.

Kundanites you have to steer through the journey of life yourself. The teachers and the management of Kundan Vidya Mandir are with you on this journey to guide you to the right path. I would like to end my note by speaking my heart out to all of you-"If the path you are on does not lead you to expanding your heart, soul and mind, it is not the right path. So, carefully choose your path and keep walking on it. Always remember that life is a continuous process of learning and letting go....."

DREAM HIGH AND FLY HIGHER. STAY SAFE AND FEEL GOOD.

**V.K. Goyal**  
Chairman  
KVM Managing Committee  
Ludhiana.

# From the Desk of Secretary Sh. Kundan Lal Trust



Dear Kundanities,

I was always attracted to the thought - Home is the first school and School is the second home. In fact, today it has come true. Coronavirus has altered our life including our school system, teachers, children and parents. Let's avoid the negativities and look into positivity. Our homes have become schools and parents have become teachers too. Unimaginable! But it's a fact we have to live with now and invariably it is happening - whether we are rich or poor, far or near, E-learning has emerged as the best alternate way of imparting education.

Be assured that the management, teaching and non-teaching faculty of the school is working towards making this lockdown a meaningful and fruitful one. We will not leave any stone unturned in educating our family. I remain grateful to all the parents and well-wishers for their priceless support and cooperation at this moment. My sincere advice to the students - Do not lose hope. Concentrate on the silver lining amidst the thickest and darkest cloud at present times. We, at KVM, hope to see you all soon - refreshed and rejuvenated.

Michael Jordan said, 'Talent wins games, but teamwork and intelligence win championships.' This magazine, indeed, is an honest effort to showcase not just the talents of our budding authors, poets and artists, but also to give them a platform to launch themselves and touch the sky. The outstanding articles, poems and artwork of our gifted and innovative minds are sure to captivate the imagination of the readers. With complete faith in their hard work, we are sure that their original ideas will certainly excite and elate your thoughts - more so when we are all at home and need to cultivate by diverting our minds from the ongoing hardships.

In response to COVID-19 and government guidelines, we took an early decision to be online for the 2020-21 academic year. Our shift started early and is really a story of many, many pivots - facing a new reality, developing a new mindset, and coming together as a community in new ways with a new purpose. We were motivated to not only continue, but to accelerate, our core mission of improving education, both for our own students and in support of educators and learners around the globe.

As we wrap up what has been an immensely difficult year for people around the world, on behalf of the entire KVM community, I wish you a happy, healthy and prosperous year ahead. We thank you for your continued support, and look forward to working with you all on this global project to write the future. We can't do it without you!

Sincerely,

A handwritten signature in blue ink that reads 'Ashwani'. The signature is fluid and cursive, with a long horizontal stroke extending to the right.

**Ashwani Kumar**  
Secretary  
The Shri Kundan Lal Trust

# From the Manager's Desk...



Dear Students

Every child has a rich endowment of vast potential and innate capabilities. The main aim of education is to draw out the best of the child's latent talents and make him a useful member of the society.

The prevailing covid-19 pandemic has disrupted long-established patterns of day to day lives of people across the world. While some fought adversities, many saw opportunities to connect and added value to society. For several Kundanites, campus closure meant more than just a switch to online classes; for them it was a time of growing awareness of community needs and enthusiasm for service to the society. Many of our Kundanites came to the forefront in helping the needy by donating food, masks, sanitizers and arranging different kind of resources. Serving the community in whatever little way they could was a good opportunity for the students to develop life skills besides deriving a sense of pride and a healthy boost of self-confidence, self-esteem and a sense of accomplishment. Dedicating time to reach out has helped them to make new friends and build on interpersonal skills. Helping others also kindled happiness which was evident in their demeanour.

The pandemic has been a blessing in disguise. I am proud of the students who have fruitfully used their time to learn skills which they would have probably not learnt in normal circumstances. Opportunity knocks but once and those who make the most of it make a success of themselves. So dear students be proactive - prepare for the possibilities before they arrive. Be compassionate, for there is no small act of kindness. In keeping with the essence of a true Kundanite, I exhort all of you to use your voice for kindness, your ears for compassion, your hands for charity, your mind for truth and your heart for love.

**Kapil Gupta**

Manager

School Managing Committee

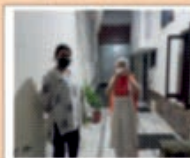
NO ACT OF KINDNESS, NO MATTER HOW SMALL, IS EVER WASTED

My Covid-19 Endeavour

It was a usual day, a usual Covid-day. June being a very hot month, everyone seemed to be parched and dehydrated. The market in front of my house was open in the morning from 5 o'clock to 11 o'clock. As I went out to pick some groceries, I saw some



migrant labourers sitting on a side. I immediately recalled what I had heard on t.v. about these people. They had lost their jobs and were not having anything left to go on. The poor family seemed to be struggling to manage food. I straightaway went back home and packed some food and groceries like bread, biscuits and rusks for them in a bag.



Also I carried some masks for them. They were so thankful to me for this gesture of mine. They thanked me profusely.



The lady blessed me saying I should clear my exams with flying colours and do well in life. Then I realized that maybe some other people in my locality may also be needing masks. So, taking it as my responsibility, I set out on a mission to distribute masks to those who didn't have access to them, especially the old and destitute who could not get out of their abodes due to Covid terror. It was indeed disturbing to see that so many people were unaware about the need to wear masks. I strongly believe that there is a necessity to create awareness about the need to wear masks and stay sanitized to pass through these testing times. Let's all join hands and come together to fight this time of crisis.

- Kashvi Gambhir  
XII-D (Com.)  
N 25 D

# From the Principal's Desk...



Dear Parents/Students,

Year after year Kundan Vidya Mandir Senior Secondary School endeavors to bring the best educational experience to our students. Academic curriculum coupled with a plethora of opportunities to help students maximize their potential has been our foremost priority.

The last couple of months have brought forth our resilience as circumstances made us resort to virtual schooling. I was glad to witness how we have displayed collective patience and adapted to new learning methodologies without halting our academic learning.

Despite all the challenges, I am extremely pleased to share with you that Kundan Vidya Mandir Senior Secondary School has earned laurels in all academic platforms. Our CBSE Class XII Topper broke 10 year old state and district record in Non-Medical Stream by scoring 99.2% while 211 students scored more than 90% in aggregate. All the top 3 positions in CBSE Class X in the district were bagged by our students along with second position in the state. We also had the District NTSE topper who was overall 4th in state too. Our students bagged 2 out of the top 3 positions in the district JEE Mains 2021.

The recognition thus earned by the school has been possible with your constant support and cooperation. It gives us immense strength and motivation to go about this peaceful journey of growing, evolving and excelling together.

Now that we are entering the classrooms after a long period, it is an overwhelmingly happy moment for all of us to rejoice together. However, the ongoing battle with the invisible virus is not over yet. Therefore, precautionary measures for safety should be effectively followed by all. The Management of Kundan Vidya Mandir Senior Secondary School has taken necessary steps to ensure a healthy school environment for all, so that academic functioning and learning continues to take place smoothly.

Happy Reading!

Best Regards.

A handwritten signature in blue ink that reads "Navita Puri". The signature is written in a cursive style with a horizontal line under the name.

**Navita Puri**  
Principal



# From the Chief Editor's Desk...



Dear Reader

Although it sounds trite to say that we are in this pandemic together, it just might generate one of the silver linings that emerges from the current crisis – a reconnection with those around us and a stronger sense of shared empathy and kindness for one another, as well as a greater appreciation for our beautiful planet. The fragility of life has become powerfully evident to us all.

At the same time as we look towards a happier and more positive future, it would be unconscionable not to acknowledge in this issue the situation in which humankind now finds itself, and to consider the terrible toll that the COVID-19 pandemic has had on people's lives throughout the world. To those who have lost loved-ones, who have been struck down by the virus, who are without work or at risk of being so, who find themselves stranded in countries far from home, with borders closed, separated from families and friends, and who are suffering loss and anxiety in one or a number of a myriad of other ways – too many to mention – we extend our deepest sympathy and strongest compassion.

We really are all in this together, trying to keep doing this, trying to figure it out. AND WE WILL. Vaccines will help. A clean slate and a new present will provide a psychological boost. Eventually, the virus will become less prevalent and we'll breathe freely again. When that time comes, my sense is that for a while, at least, we'll hurry less, reach out more, honk less and yield more — and greet each day with greater gratitude than we did before. If that's not a silver lining, then what is?

I would like to conclude with a short poem by Babara Vance -

I once heard an old man say,  
Shaping vases out of clay  
Into subtle forms sublime,  
"Listen, son, good things take time".

All my life I thought of this  
When a task was lacking bliss,  
When the work seemed awfully tough  
And I thought I had enough.

So I'd give a little more  
To what some time seemed a chore;  
And, you know, without a doubt,  
Good things always came about.

**Parveen Dang**



# KUNDAN VIDYA MANDIR SEN. SEC. SCHOOL

Civil Lines, Ludhiana. Phone : 2301023, 2301024 website : www.kundanvidyamandir.com

"AN 81 YEARS OLD TEMPLE OF LEARNING THAT GIVES YOU ROOTS AND WINGS"



## KUNDAN VIDYA MANDIR CREATES HISTORY

### Heartiest Congratulations Kundanites for Breaking 10 year old State Record in Non Medical Stream!!



ONIX KAUR  
NON MEDICAL



SIMARPREET SINGH  
MEDICAL

The Management,  
Staff and Students  
Congratulate  
our CBSE class XII and  
X toppers (2020-21)



VANSHIKA GUPTA  
COMMERCE



DRISHITI JAIN  
HUMANITIES

## XII 2020-2021 (95% AND ABOVE)




SHIVAM GUPTA  
99.6%

District Topper & 2nd in Punjab



HARMAN KHATTRIA  
99.2%

2nd in District

## SHINING STARS OF C.B.S.E. CLASS X

### (95% AND ABOVE)

The students express their undying gratitude to their Alma Mater, Teachers and the School Management.



JHANVI  
99.2%

2nd in District



ARUSHI SHARMA  
99%

3rd in District



HARSH GUPTA  
98.8%



SOHAANI GUPTA  
98.4%



NIPUN GUPTA  
98.2%



GAZAL SHARMA  
98.2%



NIMARDEEP TAKKAR  
98%



AASHISH MAHAJAN  
97.8%



PRANIKA JAIN  
97.8%



ADITYA MEHANDRU  
97%



RASCHEL KAUSHAL  
96.8%



NAMAM GUPTA  
96.6%



TANYA AGGARWAL  
96.2%



SHASHANK CHOPRA  
96%



ARNAV MEHTA  
95%



ASHMITA CHOPRA  
95%



SAMYIK JAIN  
95%

KAPIL GUPTA (MANAGER)

MRS. NAVITA PURI (PRINCIPAL)





# इहोवा प्रवचक





15th August  
INDEPENDENCE DAY



# इपार इवाङ्गल



# Teachers' Day





# Founder's







Day





# S P O R T S





# Girls rule CBSE Class XII results



KVM students celebrate after the declaration of CBSE Class XII results.

## दस महीने बाद फिर गुलजा एलएसएससी के निजी स

अब पांचवीं से आठवीं तक के बच्चों को भी बुलाया

जागरण संवाददाता, लुधियाना : पंजाब सरकार की तरफ से कक्षा पांचवीं से आठवीं तक स्कूल खोलने के लिए एलएसएससी के निजी स



Students of KVM, Sarabha Nagar, celebrate after the declaration of the CBSE Class X results in Ludhiana.

## Shivam tops CBSE Class X exams with 99.6% marks

Harmjan Kaur and Sukhmanpreet score 99.2 per cent

# KVM in News

**SHIVANI BHAOKO**  
TRENDS NEWS SERVICE

**NOT ALL HAPPY!**  
LUDHIANA, JULY 30  
Results of the CBSE Class XII examinations, prepared on the basis of last three years' marks, have been declared. A majority of the students are unhappy over the lack of hard work in Class XII.



Students and staff members of KVM school.

रविवार SUNDAY 4 अक्टूबर 2020

## के.वी.एम. में आयोजित हुआ पहला 'सैट' एग्जाम, 47 स्टूडेंट्स हुए अपीयर



Students participating in the 'Set' exam at KVM.

## के.वी.एम. का 80वां संस्थापना दिवस समारोह नृत्य और नुक्कड़ नाटक के माध्यम से छात्रों ने कोरोना से बचने का दिया संदेश



Students performing a play during the 80th anniversary celebration.

## Ludhiana students come out with flying colours

CBSE CLASS XII RESULTS Many schools achieve 100% result, students raise the bar by scoring over 90%



Students celebrating their high scores in CBSE Class XII results.

Shivam Gupta of Kundan Vidya Mandir, here, topped the list with 99.6 per cent. He has scored a 100 per cent in four subjects - English, mathematics, science and social studies. His marks in main five subjects are 499 out of 500, which translates to 99.8 per cent. He has scored a 100 per cent in the best of five subjects, which included 100 marks in Information Technology, an additional subject. He also has a YouTube channel, Learn with Shivam.

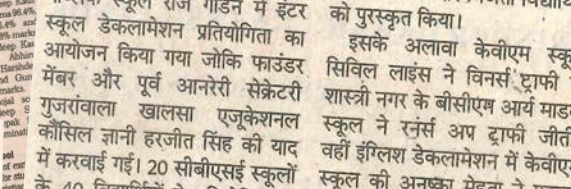
Shivam Gupta of Kundan Vidya Mandir is now pursuing Class XI (medical). A resident of Krishna Nagar, she wants to be a surgeon. She says, "We should be consistent and work hard." Arushi Sharma of the KVM has got 99 per cent marks. With her, Arzika Kaur from Guru Nanak Public School, South City, has got 99 per cent marks. Arzika is now pursuing Class X (medical). She wants to be a cardiologist. Her parents are government schoolteachers. She loves listening to music and reading books. Since no board exams were held this year due to Covid-19, the results are compiled by the schools on the basis of performance of students in all internal exams.

Arushi Sharma of the KVM has got 99 per cent marks. With her, Arzika Kaur from Guru Nanak Public School, South City, has got 99 per cent marks. Arzika is now pursuing Class X (medical). She wants to be a cardiologist. Her parents are government schoolteachers. She loves listening to music and reading books. Since no board exams were held this year due to Covid-19, the results are compiled by the schools on the basis of performance of students in all internal exams.



Students and staff members holding certificates.

## के.वी.एम. ने जीती ज्ञानी हरजीत सिंह मेमोरियल इंटर स्कूल डेक्लामेशन प्रतियोगिता के विजेता विद्यार्थी स्कूल प्रबंधन के साथ विजिति



Students and staff members celebrating their win in a declamation competition.

## जगमग संवाददाता, लुधियाना : जीजीएन पब्लिक स्कूल रोज गार्डन में इंटर स्कूल डेक्लामेशन प्रतियोगिता का आयोजन किया गया जोकि फाउंडर मेमबर और पूर्व आनरेरी सेक्रेटरी गुजरवाला खालसा एजुकेशनल काउंसिल ज्ञानी हरजीत सिंह की याद में करवाई गई। 20 सीबीएसई स्कूलों के 40 विद्यार्थियों ने प्रतियोगिता में हिस्सा लिया। इंग्लिश और पंजाबी भाषा में डेक्लामेशन प्रतियोगिता



Students and staff members participating in a declamation competition.

# Shivam tops city with 99.6%, most get better marks than expected

CBSE Class X | Three Students Share Second Rank And Two Take Third Position

Mehak Jain | 7/30

Ludhiana: Shivam Gupta, a student of Kundan Vidya Mandir School, has topped the city with a score of 99.6 per cent in CBSE Class X. The Central Board of Secondary Education (CBSE) has declared the results of the Class X examinations. Shivam Gupta secured 99.6 per cent marks in the exam. He has scored 100 per cent in four subjects - English, mathematics, science and social studies. His marks in main five subjects are 499 out of 500, which translates to 99.8 per cent. He has scored a 100 per cent in the best of five subjects, which included 100 marks in Information Technology, an additional subject. He also has a YouTube channel, Learn with Shivam.

Arushi Sharma of the KVM has got 99 per cent marks. With her, Arzika Kaur from Guru Nanak Public School, South City, has got 99 per cent marks. Arzika is now pursuing Class X (medical). She wants to be a cardiologist. Her parents are government schoolteachers. She loves listening to music and reading books. Since no board exams were held this year due to Covid-19, the results are compiled by the schools on the basis of performance of students in all internal exams.



Students and staff members celebrating their high scores in CBSE Class X results.

## TOP OF THE CHARTS



Students and staff members holding certificates.

## 'कुंदन विद्या मंदिर ने कर्मनिष्ठ अध्यापकों को किया सम्मानित'

समारोह में अध्यापकों को सम्मानित किए जाने का दृश्य।



Students and staff members participating in an award ceremony.

## कुंदन विद्या मंदिर ने कर्मनिष्ठ अध्यापकों को किया सम्मानित

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Students and staff members participating in an award ceremony.

# English Section



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## Editor's Emotive Echo

Writing for and from Kundan Jyoti demands accuracy, authenticity and aptness. This is the second issue of Kundan Jyoti that shone above the black clouds of the Pandemic. In my previous message I had written that life, light and learning can never be stopped. This year I want to address a great change that took over the field of Education and raised that old question, "Will technology replace teacher?". This question will take students to Class 9 English Reader Beehive's first chapter "The Fun they had", which imagines the year 2157 where a mechanical teacher teaches Margie and Tommy. The story "The Fun they had" is a flick of fictitious imagination about the future of Education in the centuries to come. Having spent almost 2 sessions of technology based online teaching from class LKG to 12th, the serpentine question had raised its hood- Will technology replace teachers?



I am not talking about the question, I am rather more concerned about the answer. I shall tell you my experience that echoes the experience of all the teachers. I shall cover teaching, students' preparation, attempt and results. We have been taking Live classes, Conducting Exams Online, Evaluating The Papers, Preparing Results and declaring results Online. As teachers and as students also we know the know-how of Online teaching and evaluation. Even if a live class is alive with students and teacher, still the element of interaction was not at its full charm as it is in a real classroom. I shall not deny the fact that technology has augmented, supplemented and facilitated teaching. It has opened a world of wonders for teachers and students.

Students' preparation lacks active participation and rigorous practice that proved a great set back to their attempt. When as teachers we evaluated the papers of our students, we had a doubt, of the student's being unfair, simmering beneath each question. The expression and presentation of our stakeholders are at stake. The reason behind the discrepancies is just one that answers the question.

The lack of humane human touch has caused all the mess. As a language teacher, I have found that students' handwriting, thought and expression, and presentation have been stifled due to technological bombardment. The emotional and sensitive aspect has been pushed to the corner in this programmed system based teaching and learning. Technology may deal with IQ, but a student is not just IQ. A student is an individual with a perfect balance of Intelligence Quotient, Emotional Quotient, and Spiritual Quotient. As teacher affects eternity, so technology cannot replace the agent affecting eternity.

I am not going to conclude by sharing technology in a grey shade.

Technology has provided tools that have made teaching more interesting, interactive, creative, engaging and participative. The tools like Jam Board, Padlet, Poplet, Kahoot, Google Docs, forms and sheets and many more have offered an opportunity to affect eternity with technicality. Technology is a magic wand and teachers are magicians. What I appeal to the teachers is to master the sorcery of technology because-

**TECHNOLOGY WON'T REPLACE TEACHERS, BUT TEACHERS WHO USE TECHNOLOGY WILL REPLACE THOSE WHO DO NOT.**

JAIHIND

**(KAMAL KUMAR)**

**EDITOR ENGLISH SECTION**

## Education 4.0 - Reschooling the Schools

The world is now in the era of artificial intelligence smartphones, cloud, a digital twin ,hologram technology ,a robot house help, smart class, Wi-Fi ,3D labs, online exams and computers at the workplace as our companions.



Who has not heard of Robot Eva the teacher & Robot Watson the physician who diagnoses perfectly ? They are here amongst us to stay.

Technology has taken the world by a storm.

All these advancements are greatly affecting the education system. The journey from wheel to cart, to motor vehicle, to train, to plane is a revolution that took the world by a storm. This Industrial Revolution brought in " Education 4.0 " with IT at the helm of affairs as the New Normal. We now need manpower equipped to handle this technology.

Educators face new challenges never anticipated by previous teachers or researchers. Students have access to information on the digital platform. So at present if a teacher has to provide experience digitally there has to be a paradigm shift in the system of education.

In the rapidly increasing technology and the evolution of industry 4.0 ,which courtesy highly innovative minds, we edupreneurs need to rethink and redesign our approach to education.

Reschooling the schools is the need of the hour. Our responsibility and ownership of the educational strategy becomes manifold. The question now arises; How do we go about it ?

The shift is from transferring knowledge to letting students discover and experience it.

Cognitive skills need to be assessed based on the upper level of bloom's taxonomy. i.e. creative and evaluation.

Honestly, the pandemic has accelerated the journey to phygital (physical+digital) learning manifold.

The schools of tomorrow will also need more research analysts , less theory work ,more practical lectures, more content creators, less planners, more think tanks, less memory banks in their teacher and learner community . More IT jobs will be created. Teachers will have to be multi skilled not just subject experts. The schools and colleges will have to create experts who can create more jobs because the present day jobs will get redundant, because now we have machines performing those tasks.

Pen, paper and other such stationery may become extinct. Digital citizens and natives will use other tools.

Curriculum 4.0 and Teacher 4.0 are needed to make a child future ready

Education 4.0 is a big leap that mankind has to take if they have to survive. The leadership in schools ,colleges and other education hubs will have to undergo a transformation. Teachers holding a book of technology or a book with new online tools is a common sight today. Instructors need to relearn and equip themselves with the digital tools to meet the learning preference of the Gen Z students. There are many digital tools available online that instructors can choose from. Educational Technology and Mobile Learning (2016) Assessment tools are being researched.

The new age school may need skill training labs . The NEP is a path to travel to that destination.

Friends, as I was writing this article my device prompted correction in many grammatical errors so technology is here to stay.

The kind of teaching job created because of this scenario is of a teacher who can create the code for grammar in my device and know grammar too. So the curriculum framework, the teachers' training programme and the administration in schools needs a complete make-over.

Education 4.0 needs reschooling of schools. Let us innovate and redesign.

**Sonia Verma**  
Vice Principal  
Kundan Vidya Mandir



# Shining Alumni

As I moved ahead in life, I felt how important was the platform provided to me by Kundan Vidya Mandir. Not only the classroom learning but all those extra co-curricular activities instilled a sense of confidence in me which helped me face challenges in my higher studies and professional life. A special mention to all my teachers, who helped me inculcate the right habits at the right age which now are shaping up my career. I owe it all to Kundan Vidya Mandir.

**Sidharth Sachdeva**



School is the time when we either build ourselves or break ourselves.

The rational thinking and values that are culminated into us, reflects a lot about our teachers. Don't be afraid to stumble or fall because maybe in future we might achieve something, what we never even imagined for. This fraternity (teachers, parents and God) will be always there to support you.

The road is long and, in the end, every step of the journey is a destination, itself. May your journey be that of valor. Tomorrow when we stand, we stand with pride of ourselves and the fraternity.

**Jayan Kant Duggal**



Kundan Vidya Mandir, from where I started my basic education to class 12th, has played a pivotal role in my being a successful Dentist. Along with my handholding, the school has been instrumental in widening my horizon by letting me know that overall grooming of a child is most important aspect to build confidence and face the challenges in this competitive world. All my Teachers throughout have been supportive and guided me in choosing a career as well as making me a good human being. I thank all respected Teachers and staff of the school who all made it happen. This school has given me so many beautiful memories that will always be cherished by me whenever I will look behind. Today I am really proud to call myself a Kundanite.

**Ria Kapoor**



It is a moment of immense pleasure for me to be writing again for the much-awaited, much-coveted Kundan Jyoti. I still cherish the joyful feeling all of us used to get the day Kundan Jyoti copies were distributed, and we used to immediately ruffle through it to see if our name and article was published. We used to go through a host of feelings, all at one time.

It indeed is a moment of recognition for me to be featured in our dear school magazine.

**Mayank Jain**

Roll No. 13, Class - XD  
(1993 Batch)

Author of Novel, "Back to School"



I spent about 15 years in KVM, so obviously, it had become my second home. But it wasn't only the building that made me feel like home, but the entire vibe, the staff, my classmates, the plants and even the air in and around the school. Whenever I think about my school days, I always smile as a token of respect for the role the school played in shaping my personality. Today, I am a successful Dance Teacher, and, according to me, it was the school whose values encouraged me to become a 'Guru' and carry the torch of teaching the young ones. I am always thankful to the school for giving me a plethora of significant experiences which have been the learning stages for me. The memories that I have of the school are and will be cherished forever.

-Archie Abbott



## What is Vaccine?

Term 'Vaccine' is a popular word these days.

A substance used to stimulate the production of antibodies and provide immunity against one or several diseases caused by a particular germ (bacteria or virus) is called Vaccine.

As we are waiting for the CORONA vaccine let me tell you how it's going to help us.

The 1st dose of the COVID-19 vaccine should give you good protection from Coronavirus.

But you need to have the 2 doses of the vaccine to give you longer-lasting protection.

There is a chance you might still get or spread Coronavirus even if you have the vaccine. This means it is important to continue to follow Social Distancing guidance, wearing a Mask, and regular washing of hands.

Stay Safe, Stay Healthy!



**Kavish Kakkar**  
IV-E

## Why?

Why women are still so unsafe?  
Moving out of their homes they are asked to cover their face...  
Why they are told that fault might be theirs?  
Only because of their carelessness followers scares...  
Why a single offence makes the judgement to pass?  
They are then bound with thousands of laws...  
Why with a character certificate are they awarded?  
While in the gangs, devils are applauded...  
Why are they sentenced to live in the cage?  
Even if, in none of the notorious activities they were engaged...  
Why they are not allowed to move out late at night?  
With all such restrictions, they have to fight...  
Why are such devils still set free?  
To ignore this all, women have to agree...  
Why dowry, harassment, acid attack still exist?  
Day in day out thousands of such cases officers enlist...  
Why don't even in the 20th century, women feel empowered?  
With all the disrespect they are showered...  
It's high time for tables to turn!  
To show respect towards womanhood they should learn...  
They say that safety in our hands  
But why pamper a snake to show his fangs  
Let's join hands to stand together  
To teach them a lesson we should gather...



**Anaysha Nayyar**  
V-F

## Time is Precious

Time is more precious than money as money spent can be earned again, however, once time spent can never be earned. This is the reason why we must spend it wisely and ensure it is not wasted.

Moreover, there is a saying that "If you waste time, time will waste you". This line is enough to justify how important and valuable time is. Successful people make the best use of time in their lives. The work done is time earned. So, we should utilize the time in the most possible way.



**Hena Jain**  
V-F

## The message of Mother Earth

Hi, I am your Mother Earth. I have one little request for my dear children. I take care of you as every mother does. My dear, I give you many natural resources which are very beneficial to you. I give you fresh air to breathe. I give you mountains, rivers, hills so that you can feel happy and fresh to see these beauties but now you all are harming me for your personal benefit by creating lots of pollution and damaging natural resources. It hurts me a lot with my children. As a mother, I also have some expectations from you. Please don't give me so much pain which is unberable to me. Love me, Care for me, Save me, my dear.



**Saidha Narang**  
II-B



## This Year a Big Fear

Oh! Dear,  
I am having a fear,  
It can't be seen,  
But it's there.  
It's here,  
It's there,  
It's everywhere.  
Whole world is locked with its fear.  
There are only three ways,  
To stay safe,  
Wearing mask,  
Is your first task.  
Wash your hands,  
As much as you can.  
Keep the distance,  
With someone else.  
It will help you,  
to prevent.  
These days it's in fame,  
COVID-19 is its name.  
Oh! Dear,  
I am having a fear,  
It can't be seen,  
But it's there.



Mananya Bassi  
V-F

## Type of Story

A year ago, a virus named Corona came into the world. The world was in lockdown because it protected us from the virus. Many scientists of the world tried to find a vaccine for that virus. This virus can infect one person and spread from that person to the next person by touching or sneezing, by not wearing a mask or without covering face with handkerchief. When Corona's spreading speed became slow, most of the people of the world were relaxed, fearless and careless. Many people started ordering food from outside without following any safety instructions given by the government. This gives chance to Corona in spreading again from one person to another. Thus we should be more cautious and should follow every norm to keep Covid 19 at bay.

Value - Be fearless, not careless.



Rishit Jain  
V-F

## The Golden Bucket

One day, John has been picking berries from the jungle. His bucket is full and he is going back home. He sees an old man with a bucket.

**Old Man :** Have you found any berries, my boy?

**John :** My bucket is full. See.

**Old Man :** You have been lucky. Look into my bucket.

**John :** Why is it empty?

**Old man :** I have not seen a single berry today.

**John :** I will show you where to find some. Come with me.

**Old man :** I can walk no further. I am very tired.

**John :** You can have my berries, Sir.

**Old man :** Do you not sell your berries?

**John :** Yes, but I can find more. Here, Sir, take them.

**Old man :** Thank you, my boy. You are very kind. I will take your bucket. You may have mine. They exchange buckets.

**John :** But your bucket is new, Sir.

**Old man :** That does not matter. Now I must rest for a while. The old man sits under the tree and seems to sleep. John looks for berries. Soon his mother comes looking for him.

**Mother :** John why are you so late? Where are the berries?

**John :** I gave them away - to the old man there.

**Mother :** I am sorry you did that. I wanted to sell the berries today. I wanted the money to buy you school books.

**John :** The poor old man could not find any berries, Mother.

**Mother :** Then I am glad you gave him yours.

**John :** He gave me his bucket. Look, it is new!

**Mother :** John! This bucket is made of gold! I will wake him up and give him back. The old man stands and his cloak falls. John and his mother see a beautiful fairy.

**FAIRY :** The golden bucket is yours, my boy. It will bring you books, clothes and food. It will always give you what you need. It is a magic bucket. And now, Goodbye! The fairy flies away.

**Mother :** Oh, my boy! See what your kind heart has done for you. A golden bucket!

**Message - We should always be kind hearted.**

Prisha Malik  
IV-A

## HOPE

There is a ray of hope,  
All we have to do is cope  
Do not go out, wash your hands  
Keep the distance and understand  
You will win when you do so  
So let your hope not get low.



Aahana Handa  
I-B

## The Beggar's Reward

Once upon a time a man named Krish used to live in a village. He was a very kind-hearted and helpful person. He sold fish in the market to earn his livelihood. One evening, when Krish was going back home, he met a beggar.



The beggar said, "Please give me some money! I have not eaten anything from past few days."

Krish gave some money to the beggar and said, "Take this money and eat whatever you want." The beggar was very happy on receiving the money. This continued for several weeks. One day Krish thought that he should stop giving money for the beggar's independence. Later in the evening the beggar again asked Krish for money. This time, Krish said, "I will not give you anything today. I will give you a very big reward tomorrow. So, come near the river at 10:00 am sharp." The beggar said, "Fine."

The next morning, the beggar reached near the river before time and waited for Krish. The beggar was eagerly waiting for his reward. As soon as Krish came, the beggar asked for his reward. Krish replied, "I will give you but first you need to help me with my work. Throw this net in the river and pull it when you feel that the fish is trapped in the net." The beggar had no interest in working but he had to work for his reward. After a few hours, the beggar captured 15 fish. Krish said, "Let's take these fish to the market and sell them. "On hearing him, the beggar replied, "This is not fair. You promised to give me a reward but you haven't. You are a big liar."

Krish immediately said, "This is the biggest reward I can give you, I taught you how to do fishing. Now, you can earn your livelihood by doing this work. After hearing to what Krish said, the beggar realized that we should do our work ourselves and should not be dependent on anyone.

Moral : Be Independent

**Reyaansh Bansal**  
VI-D

## Work is Worship

A poor and a rich man lived in a village. The richman always went to a temple to light a diya every night with pure ghee. The poor man also lit a diya with oil and placed it on the road because there was no street light on the road. Both performed their duties very honestly. But there was a big difference in their act. The rich man lighted in a temple where there were so many lamps. With his act, there was no social gain to anyone. On the other side, the act of the poor man had a noble aim. The lighted diya on the road gives security to traffic and people of the village. As a result, we can say that the act of the poor man is better than the rich man. For him, work is worship.



**Nilesh Garg**  
II-C

## TENSION

What is this life?  
Full of tension!  
We have no time,  
For any new creation  
When we have summer vacation,  
We have no time,  
For any new lesson.  
Oh! This dreadful Tension!  
When we have to take  
Our examination  
Then we have to learn  
Some bookish lesson and  
We get an addition of some more Tension  
In the New Year we make  
Resolutions,  
That we will forget all our Tension  
But in the New Year as a gift  
We get some Tension  
Then we have to say  
"What is this life full of Tension?"



**Khyati Singhania**  
III-F

## My Experience of The Year 2020

The year 2020 came as a sudden shock for the whole world. Nobody remained unaffected, from the year 2020, let it be any person or any nation. Many people lost their dear ones due to Covid-19 and the whole world was packed inside their homes including students, teachers and everyone. This year also affected our studies but our teachers did everything to make our teaching effective. The teachers of my school used various methods to teach us including PDFs, audios and many more new ideas. Our teachers were also the one who were with us throughout the thick and thin of this year. They also kept us engaged in different activities during the times of lockdown so that our mind remains creative and sharp while sitting at homes. This year has taught everyone that life is the most precious thing in the world, everything else is secondary. Also 2020 has taught us that the time we spend with friends and family is very precious!



**Khushi Kohli**  
IX-F

## No one will ever love you as much as your mother

Being a mom is challenging enough. Add the pressure of a pandemic - and how do you cope?

As a parent you want to do everything you can to protect your child. The coronavirus (COVID-19) pandemic has brought with it, new challenges for families across the globe. Parents and caregivers are being especially challenged, not only to find some normalcy for themselves but also to provide some stability for their children. To add to the strain, those caring for the children at home are navigating increasingly chaotic environments. Every member of the family, so used to having their own lives, is now forced to interwine and work, learn and play all in the same place. The pandemic added a new burden on mothers, who before the pandemic already were doing more household chores, had less leisure time and were busy in planning, anticipating and organizing things for everyone. The work, child-care, school balance seemed hard to maintain. Everyday came as a trial of one's grit and will. And yet, as a mother, one of the first things you learn is to keep trying, not giving up. This, I am sure all mothers would agree with me on, also kept us going! We had to think of new ways to keep the kids busy, new recipes to make them eat, new ideas to keep them focused for studies, innovative means to seek their help in household chores, novel concepts to get them used to precaution and hygiene, the list is simply endless. But as is said, sometimes you succeed, sometimes you learn, so did all the mums across the world.

Closed schools and isolation make parents and caregivers' lives significantly harder. Yet despite the multitude of adversity and challenges, mothers did not waver. They held families and communities together in their renewed and remarkable ways. The coronavirus pandemic suddenly

threw many of us into the role of de facto home-school teacher. It was difficult to keep the children on track and helping them with assignments, especially when they are in different grades. As a parent, suddenly we were fulfilling so many roles. It is obvious to become unsure about doing justice to all, but we kept reminding ourselves that it was a unique situation, a global health emergency that none of us had to face before. So many a times, we went easy on ourselves, our work, upkeep of the home and even our ability to keep the kids focussed on their school work.

This period had a huge impact on our careers, as well as economic and social lives. We were pressurized by limited time, family duties and unprecedented responsibilities of maintaining appropriate behaviour, hygiene and precautions both inside and for anyone going out. Especially so for the elderly in the house. But women braced themselves for this disproportional impact on their lives. Parenting has always been tough, but home-schooling, working from home, and all the financial uncertainty surrounding COVID-19 has made it even tougher. An earnest salute to all the mothers who rose up to these challenges, faced them with their indomitable spirit and simply took the day with - A sip of coffee, and a word of pray, Thank you God for this beautiful day!!



**Alka Gambhir**

(mother of Krisha Gambhir VIII-B & Kashvi Gambhir XI-D)

## Our Teachers are great Architecture

Our Teachers are the real architects who not only give academic education but also give a good impression to them. Here is an example of impure cotton. One cannot separate impure elements from cotton. There is a special process for purifying cotton. The impure cotton is beaten with a cord, an instrument used for this purpose. The mass of clogged cotton is thinned out with the beating. Fine fiber of cotton separates fly about. The impurities sticking to it drop down by gravity. Pure cotton is collected. Similarly, a teacher separates bad habits with his technical methods and good impressions are delivered.

I am proud of my teachers as they are good men making the architecture of our nation.



**Ojus Garg**  
V-A

## Year 2020

Every year life is full of new hopes,  
But 2020 didn't give us any new scopes.  
Every time we find a way with a will,  
But 2020 can't excel with our skill.  
Life gives us every year many new ways to choose,  
But 2020 has given us chances only to lose.  
Life is wonderful where,  
New hope of 2021 live in right way,  
Where we feel again...  
Life is beautiful



**Siddhant Bhattacharjee**  
III-A



## The Art of asking Questions

“Knowledge is knowing the right answer, intelligence is asking the right questions” - Unknown. The principle of “garbage in, garbage out” applies to communication as well. If you don’t ask the right questions, you might not get the right answer or the one you were quite hoping to get. At the heart of effective communication lies the art of asking questions smartly. So how does one go about asking questions that don’t just yield more information but also ensure better outcomes such as honing skills of communication and improving relationships as well?

There are many types of questions that exist and each of these is meant for a particular kind of situation.

1. **Open ended and close ended questions :** A closed question usually receives a single word or very short answer. These questions prove to be useful when seeking factual information. Open ended questions promise more information and open the channel for communication at length. Use words like “tell me more” or “describe” when you want to use open ended questions. Such questions are useful when one wants to judge the understanding of oneself or the other person.

It’s a skill to ask questions at the appropriate time and in an apt manner. While a closed ended questions can prove to be very effective in one way, however, it can kill a conversation and lead to awkward silences, if misplaced. While the conversation is in full flow, it’s best to avoid asking close ended questions.

2. **Funnel questions :** Were you fond of detective shows while growing up? The name may be new to you but I’m certain that you’d be familiar with this technique. Asking funnel questions involves asking general questions first and then digging details. It would eventually lead to asking for more and more details at each step.

It is one of the best recommended practices to start funnel questioning by asking closed questions. Eventually, open ended questions may be used to dig in details.

To find out more in-depth about something or to gain the interest and confidence of the other, use funnel questions.

3. **Probing Questions :** I’m sure we have all used this technique at least once in our lifetime. Probing questions, when used in the best way, involve the use of the word “exactly” in the formation of the questions. “How EXACTLY would you describe the scene of that exquisite restaurant that you visited?”

Probing questions help in gathering details about one particular incident by going into its details. These questions are useful to gain insights on matters that are relatively unexplored. Thinking of doing that path-breaking research? Interview your subjects using probing questions.

4. **Rhetorical Questions :** Trying to get someone’s view on something without being too much in their face? Rhetorical questions have got you covered. These

questions are not really questions for they don’t really require a “real” answer. Isn’t that amazing? Well, that’s how you use a rhetorical question. “Isn’t that wonderful?” “Isn’t that brilliant?” are a few examples of rhetorical questions that basically indicate what it actually is and often encourage the respondent to agree.



Now that you know about questions and how they prove to be useful tools in a conversation, what are you waiting for? See what I did there?

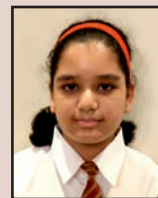
**Shagun Narula**

Counsellor (Higher Section)



## 8 Easy ways to get better grades

- **Eat Breakfast :** It’s the most important meal of the day. It helps in improving attention and memory.
- **Believe you can learn the Material :** Students who believe they can improve their ability with effort and learning outperform those who don’t.
- **Have a Sense of Purpose :** Remind yourself of how doing well at school can help achieve your future goals.
- **Put your Phone Away in Class :** Being on your phone divides your focus, making concentration and learning more difficult.
- **Spend An Extra Hour each day doing Homework/Reading:** The extra work you do each day adds up over a year.
- **Watch Less TV :** Watching two hours of TV a night can significantly reduce your marks.
- **Play Less Video/Mobile Games :** Students who game twice a day have been shown to get worse grades.
- **Get a Good Night’s Sleep :** Lack of sleep affects memory, mood, creativity, insight, health and concentration.

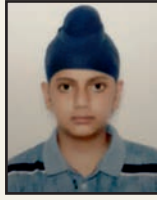


**Smriti Jain**

V-C

## Strange are the ways of God!!

Being the son of a policeman has its own advantages! I realised that during the lockdown period! When the lockdown was announced, we all were very tensed for my father as he was on regular duty. But the real fun started for me, as I was aware that the final exams were just over and we did not have the books or notebooks for the next session!



I prayed to God that my father should not get hold of any book or stationery for the next class... but my prayers were left unanswered as he got both very easily. So my fun time was soon over. Well what fun we had before that let me explain this....

My siblings would make fun of me and this resulted in frequent fights. Well, let me tell you, when we fight... we don't do 'Normal' things but... something very GRAND!! One day my brother hit me with a ball and I ducked but it stuck my computer with such great force! BOOM!! the computer screen shredded into pieces which took the life out of me!

Now we knew what would happen. My brother and I got the beating of our lives from the Punjab Police official, our dad! There was lull in the house for a few days but everything changed. Again, once again, let me tell you... this time again... it was not my fault but I had to pay a heavy price...!

I was playing cricket and papa parked the car nearby. I warned my brother not to bowl me a full toss. But he did it! Inspired by my idol, Virat Kohli, I hit a huge six and the ball straight away went towards the window pane of a car, hitting it hard with full force... the screen of the window was smashed into pieces and all gone!

I trembled with fear of what I had done. Every eyewitness in the colony was quick to point out to my father, who rushed out from the house hearing the commotion, saying, 'Yes, yes it was your son who had smashed the window pane of your car!'

My mother got enough of me. She gave an ultimatum to my father to arrange for the books and notebooks by that evening only. So that we can study and don't torture her anymore!

So my father got even with me as when he came back home he had two bags full of brand new books and notebooks. Not only that, he also bought me a new computer as my birthday gift after a few days... well, I never really wanted!! Actually why do I need it? I have still not understood well yet, even after so many months! Well, Strange are the ways of God!

**Armaandeeep Singh**  
VIII-F

God's  
Strange  
Ways



## You My Mother

When I had not even entered the world  
I developed a relation with you  
When I had not even started speaking  
You came to know what I want from you  
When I was not able to even stand up



You came to help me  
When I was not able to walk  
You held my finger and made me walk  
You cried with me, you laughed with me,  
You were at all the times with me;  
You my mother.

When I did something wrong  
You slapped me and even punished me  
When I was lost somewhere  
You showed me the right path  
When I got something  
You shared happy moments with me  
When I lost something  
You consoled me  
You cried with me,  
You laughed with me,  
You were at all times with me.  
You my mother.

When pain and sickness made me cry  
You gazed upon with heavy eyes  
When sleep forsook my open eyes  
Using sweet lullabies and rocking me that I shall not cry.  
You cried with me,  
You laughed with me,  
You were at all the times with me,  
You my mother.

When I wanted something to eat,  
You put your whole energy to feed  
So I owe a lot to you, my mother  
If God please my life to spare  
I hope I shall reward the care  
O, my mother  
O, my mother!

**Ananya Vasudeva**  
IX-B



## The year 2020

It's the last week of the year and I thought of writing an essay on it. The year was very different from the past but it was challenging too. I like travelling and playing cricket with friends but this year was totally the opposite. No-one even thought of that. At the start of 2020 we all saw how Covid-19 started in China and in the 1st or 2nd week of March it came in India too. On 19th March our Prime Minister thought of a one day Public Curfew in India and requested people to stay at homes for one day and clap or make sounds with drums, with utensils at 5 pm. Everyone enjoyed it but due to the situation. Our Honourable Prime Minister Mr. Modi ji decided for a 21 day complete lockdown (Only shops with essentials and Hospitals remained open) (Only 1 person was allowed on 2 wheeler and 2 people were allowed on 4 wheeler) (Huge gatherings were restricted). Many people faced crises in Lockdown 1. After 21 days of lockdown Modi Ji announced another lockdown as Lockdown 2 for some days in our country. In the second lockdown, people found the air very clean and rivers were also clean. Many people spent this time by cooking different dishes, by watching Ramayna and Mahabharata, by long workout and watching movies too. But on the other hand some people died too. After lockdown 2, Our Prime Minister again announced another Lockdown as Lockdown 3. But now everyone was missing the old days. Many people were under financial problems. In lockdown 3, a famous actor, Sonu Sood helped many people. Finally the lockdown ended and many people went back to their work. Some restrictions were there but still now people could do something. But many people were forced to close their works too. I hope the year 2021 will not go like this and will be much better than 2020.

I wish you a very Happy New Year.



**Daksh Gupta**

IX-G

## My Mother

A mother is the image of God  
My mother is bright.  
But she does not like much light  
She calls me dove  
And also gives her sweet love  
She is like a rose.  
And her love makes me feel too close  
She says I am very bright.  
But her temper is very tight  
When my mother is sad I try to make her glad  
She likes good food  
And she is always in a Happy Mood.



**Devansh Dua**

II-F

## Self Centered - Partly Good and Partly Bad

Self-centered is a person who only thinks about himself, his own needs and his own interests. They ignore the need of others and do whatever they want to do. Self-centered can also be termed as egocentric, selfish, narcissistic and so on. What makes a person self centered? When a person is disheartened because of another person's success or if he fails or loses against the other person then the only one can help you is you; such situation makes a person self-centered. This self-centeredness is transferred from generation to generation.



Majority of the youth thinks that they are superior but they are inferiors. They forget human values, they only value things which are beneficial for them. They forget how to respect their parents, elders etc. It seems that students bear extra ordinary pressure in their minds regarding their education, parental and teachers pressure, political pressure, job pressure, etc. All such types of pressure make an individual alone and he thinks that the pressure is experienced by himself, that's why all the fruits of his hard work should be enjoyed by him alone. This makes the person egoistic and self-centered.

Self-centered people believe that whatever they think/do/say is always right no one can prove them wrong. If someone argues with them then they would reply with vague or harsh words. These people do what they think and what makes them happy. They think that they are the only right persons and the others are wrong. They think that they know everything and others don't match with him. These type of persons also want that their surroundings and society in which they live should behave like them. Self-centered persons are more aggressive than others. If someone underestimates them or argues with them then these self-centered persons come up with a revenge. A typical egoistic person only remembers bad things and bad behavior of other person.

God creates all the human beings with clay, In the eyes of God all human beings are equal. God gave all the human beings such qualities through which an individual can do some betterment for their society. But in today's world everything happens for money. The problem is that, we feel that we are separated from society. No one cares for the poor and the needy. Everyone has become selfish in this world. Thousands of years back, there were many of great people who served their lives for the mankind and live a happy life. Now it's time for younger generations to spend their whole life for the betterment of mankind and their society through which he enjoys success in his life and life after death.

**Rudraksh**

XII-H

## Corona Yug

We all have heard about Satyug, Treta Yug, Dwapar Yug and Kalyug. Now a days we are living in Corona Yug. You do listen to it the right way. All of sudden nobody knows where it came from, everyone got struck in their houses. It seems like a lion is roaming on the roads in Corona all the time. But in spite of all, Corona brought so many good things like cricket time with papa, cooking time with mama, quality time with grandparents and the most of all arrival of my little sister, Aiza. I won prizes in school online competitions and learnt to operate laptops and desktops for online classes, which are like new adventures in my life. In the end, Corona taught us many good things and prepared us all for the difficult time too.



Agastya Berry  
II-D

## Come Let's Again

Come let's again go back to school  
And again recite those magnificent rhymes  
Once more live those days,  
Now we are on different ways



Come let's again get lost in the moments,  
That has left their scent  
Come let's again engage in hilarious mischief,  
And steal teacher's heart like a thief

Come let's again fly like birds,  
And make a love those spoken words,  
Come let's again show other's our cute smile,  
And bring cheers on faces in great miles,  
Come lets again shout and scream,  
And don't let (going school) a dream....

Akshnoor Singh Gumber  
V-E

## Optimism is the Key

I can embrace and adopt the change in me,  
Hard work and furnishing myself like a bee,  
Well optimism is the key



I am obnoxious to all those distractions who  
come in my way,  
They will force me to objections everyday.  
Well being optimistic is for what I shall pray!

Complexities from the society will cage me,  
I will have to fight alone and not as we,  
Well optimism is the key

The fear of losing has to be there,  
Otherwise success wouldn't care  
Being optimistic is the dare!

So, goodbye to all those broken knees  
Goodbye to all those who always tease,

I am not here to loose,  
I am here to choose

I choose not to be the broken knee  
But yes I will go with optimism as the key  
OPTIMISM IS THE KEY!

Sanya Bhandari  
XI-I

## Laughter - The Best Medicine

"Prepare for mirth, for mirth becomes a feast",  
William Shakespeare.



Shining eyes exhibiting happiness and a smiling face is welcomed by all the people .The face of such a person is like the beaming sun rising in the east. The person is himself happy and makes others happy too. A query comes in the mind- How do such people manage to smile in the humdrum life full of worries at every step ?The answer is simple .The secret behind all this lies in the fact that such people take some time from their routine life to laugh with others .The few moments spent in the reign of laughter fills in a new vigour and zeal. It makes us capable to face any problem cheerfully. The company of a jovial person is a boon . Laughter means smiling at the worries of life. We should laugh with others and not at others. Laughing at a person for humiliating him is no laughter rather it is a sinful deed. According to researches conducted so far,it has been proved that laughter has medicinal power which can treat many diseases. Doses of laughter are far better then the doses of bitter medicines. All of us must understand that failures and achievements are a part and parcel of life . We must remember the lines of Shelly "If winter comes, can Spring be far behind. "

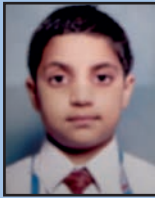
Let's shed the mask of sadness, gloom and grief and fill our lives with tons of laughter.

It is well said- "Smile is a curve that straightens the path of life. "

Yogita Verma  
TGT Social Science

## Some Lessons learnt from COVID-19 Pandemic

The year 2020 witnessed an unexpected and a never experienced before pandemic of COVID-19 spread through deadly coronavirus. The whole world was affected by this health hazard. Human beings had to literally fight against this pandemic. Many of them became the victims while many more were able to defend and survive. The fallouts of COVID-19 are still visible around us. Although very alarming and dreadful, COVID-19 made the human being learn some important lessons of life such as :-



- Awareness about health and hygiene
- Spending less and developing the habits of savings
- Significance of regular physical exercise
- Building up mental strength
- Cutting down the expenses on family function and limiting the social gathering

By always keeping in mind these lessons, we can not only prepare ourselves but also overcome these kinds of adversities.

It is rightly said, "Tough times never last, Tough men do."

**Abhijay Bindra**

V-F

## The Time is Tough...

The time is tough,  
but I am tougher.  
The storms are strong,  
but I am stronger.  
The path is long,  
but I have learnt to walk daylong.  
There are critics and haters,  
but I am a self motivator.  
There is dearth of time,  
but I know how to walk, run and climb.  
The obstacles are massive,  
but even I am not passive.  
The lights are blinding,  
but I've learnt to move and do my findings.  
The nights are dark,  
but I have found my spark.  
For people Sky is the limit,  
but for myself I've kept no limits.  
There are heavy rains,  
but I have learnt to take the pains.  
Some are trying to make my life colourless,  
but I've learnt to fill the colours myself.  
The world is out at war,  
but I have learnt to fight before.  
Life is always testing,  
And even I am not resting!!...



**Srishti Sharma**

XII-A

## School Days

These are the days we'll remember  
We miss our school in June and December  
Holidays' homework seems to be painful  
But spending time with friends is wonderful



May be we hate the pressure right now  
But there's a lot to be faced tomorrow  
School days always remain the best one  
Though the school bag weighs in tons

We run away from tests  
Because parents expect for the best  
With the instruction of CCE  
all of us going crazy

But the cycle continues  
As one comes as one goes  
After few years life would be dull  
As there will only be responsibilities in the skull.

**Maulik Jain**

V-D

## Riddles

1. A part of our body and also a tree are called by this name. What is that?
2. What is something you can keep in your pencil box and can also be a leader of people?
3. Where can you find countries, cities and streets but no people?
4. I am a fruit. I am a bird. I am also someone from New Zealand! Name me please...
5. What can you eat only at night?
6. How many letters are there in 'alphabets'?
7. What is a writing tool and also a sheep's house?



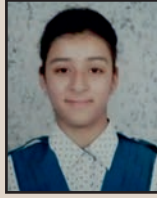
Ans. 1) Palm 2) Ruler 3) Map 4) Kiwi 5) Supper/Dinner  
6) Nine 7) Pen

**Sehar Kaur**

III-D

## Recounting Memories

A golden glow spread across the sky,  
The huge vines wrapped around the trees so high.  
Fresh air filled my lungs  
Along my cozy chair, a photo album was hung.



Palm trees swayed gently in the breeze  
As I unfolded the album, I did freeze.  
The memories flooded back  
As I gazed at my album's track.

School memories are innocent and pure,  
The memories that I can never forget, that's for sure.  
The first picture I saw was very cool,  
I was crying on my first day of school.

Oh! how funny I looked on the fancy dress shows  
Once dressed as a fairy with a wand and bows  
Then in a Rajasthani attire  
I danced on Lohri celebration around the fire.

How can I forget those one day trips  
Where we all would dance, swirl and flip.  
With all my teachers and friends  
I had a whale of time and trends.

These memories only met for reminisce  
Those days, I will surely miss  
With this I closed my album's part,  
There was an etch in the heart.

Now we leave  
With hearts so sad,  
Cherishing always  
The good times we had.

Never came back those weeks,  
And the teardrops rolled down my cheeks.

The sunsets have been glorious lately  
All rosy and salmon pink.  
I hung my album back,  
Those pearls on the album wink.

On the first day tears rolled down  
Looking at the unfamiliar faces.  
On the last day there will be tears  
Seeing familiar faces.

Two days separated by a decade  
Yet in total contrast.  
Those irreplaceable school days,  
Went past.  
And the nostalgia came over...

**Riya Malhotra**  
XII-A

## Save Water

Once I asked my friends,  
What will happen if water ends?  
Everyone seems to waste it;  
No one is helping to save it.



Yesterday water moved in rivers,  
Today it suffers toxic fevers,  
tomorrow it will be no more,  
so save or you'll stand at the empty shores.

Every drop of water is a boon;  
you will know its importance very soon.  
We can save water and be kind,  
Remember that in your mind.

More valuable than gold,  
the key to all life,  
Water should be saved,  
and not be the cause of strife.

Today there is water,  
when the tap is turned on.  
What will happen  
When the water is gone?

Water is food; water is life,  
without water it is like standing on a knife.  
We can't make any mistake;  
we must save water for everyone's sake.

**Ananya Singla**  
VII-F

## New Year Resolution

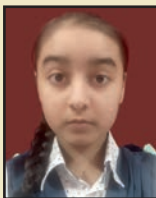
In this New Year, I am planning  
Not to sing and no dancing  
But helping the poor who are starving  
In this cold season who are shivering  
Passing their time being unemployed  
Whose children don't have money to buy a toy  
So friends not only I, but  
Everyone should join hands  
To help out the poor  
And treat them as friends.



**Vanya Singhania**  
III-D

## The Future I See

When, I close my eyes  
I see, lots of hope sitting beside  
No terror, no stress, no isolation  
but a huge joy among population



A war against a virus called 'Corona'  
has transformed everyone's Persona  
No one is running after desires  
Almost sitting idle all suppliers

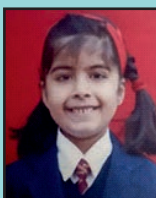
People start valuing every relation  
Before any war they see a sign 'caution'  
Love is spreading on the Earth's station  
To make the whole world a single nation

Where customs, cultures and religions don't clash  
hatred, enmity, rage, lead to abash  
from the clutches of riots people get free  
This is the future I always see...

**Chhavi**  
X-D

## Online Classes Vs Offline Classes

Every year, the final exams begin in the month of March and the students are promoted to the next class. But the year 2020 was different-In the month of March - April, there was a complete lockdown throughout India. Our result was declared online. We were promoted to Class IV yet we were unable to see our new classroom, new class teacher, new uniform and new books. We all were worried about how our classes would start. K.V.M. started a new platform that is Online Classes. This was a new journey for us. Online classes were conducted on various platforms like Google Meet and WhatsApp. Now I am going to write what I liked in online classes and what I missed in online classes.



During online classes, I enjoy attending classes from my home. Another good thing about attending online classes is that I do not have to take a bath in the early morning. But I miss my friends and teachers. I miss talking to my friends, going to drink water during the classes, coming back and saying "Mam, May I come in?", playing in the school playground during recess period. I miss my lunch break in school. I miss doing exercise in the games period. I also miss going to the library and dance room. I miss going to a picnic with my classmates. And I miss attending the 3D EVS class, 3D Maths class and Smart class.

**Bhavya Sawhney**  
IV-A

## 'PIZZA' or 'CHAPATI'

Pizza and Chapati, both are round  
But for later,  
My mom's world revolves around.



Pizzas also have vegetables  
But I wonder why,  
Only Chapati is always served on the table.

Eating Pizza is fun, you can ask anyone  
But certainly,  
Its health benefits are none.

Once a while, I am allowed to have it  
Oh my dear friends,  
I love to grab it.

When my cravings starts making noise  
All of a sudden,  
Home-made Pizza is also a choice.

'PIZZA' or 'CHAPATI', whatsoever  
I eat everything,  
Prepared by my sweet Mom with pleasure.

**Paridhi Garg**  
III-A

## Strong or Weak

There was a proud teak tree in the forest. He was tall and strong. There was a small herb next to the tree.

The teak tree said, "I am very handsome and strong. No one can defeat me." Hearing this the herb replied, "Dear friend, too much pride is harmful. Even the strong will fall one day."

The teak ignored the herb's words. He continued to praise himself.

A strong wind blew. The teak stood firmly. Even when it rained, the teak stood strong by spreading its leaves.

At the same time, the herb bowed. The teak made fun of the herb.

One day, there was a storm in the forest. The herb bowed low. As usual, the teak did not want to bow. Thus, the tree got uprooted but the herb stayed there.



**Tanvi**  
VII-A

## My Experience of the Ardh Kumbh

During the winter vacation of 2019, I visited my hometown, i.e. Prayagraj, Uttar Pradesh. I was fortunate enough that it was 'Ardh Kumbh' in Prayagraj at the confluence of rivers. Ganga, Yamuna and mythical Saraswati, in the year 2019. There were millions of devotees from all across the world who visited the 'Ardh Kumbh'. I also visited the 'Ardh Kumbh' in 2019, with family and was very amazed to see millions of tents pitched at the banks of the river Ganga and Yamuna. The state government along with local administration had made suitable infrastructural arrangements for such a huge gathering of pilgrims. Be it law and order, the supply of food items, the arrangement of tents, installation of toilets and washrooms, water supplies, the supply of essential commodities etc. The local administration had left no stone unturned to be perfect in their endeavours. The pilgrims who live in tents are called "Kalpvasis". These Kalpvasis usually live for at least one month at the banks of rivers and have only one meal during the entire day. They also attend the congregations and listen to the sermon preached by renowned Gurus/ Acharyas/ Shankaracharyas etc. During the night, it looked like all the stars of the sky had come down to pay a visit to this holy site and to be a part of this holy event. Renowned gurus belonging to various sects and Akharas were also present in the Ardh Kumbh and enlightened the lives of pilgrims by the way of their preachings and sermons. Tourists from all over the world also visited this holy place and were very happy to take a holy dip in the rivers. Hindus believe that those who bathe in the sacred waters during the Kumbh are eternally blessed by the divine. All their sins are washed away and they come one step closer to salvation.

My father's childhood friend was there on duty as a Deputy Superintendent. He, along with his family accompanied us for a motor boat ride from the banks to the 'Sangam'. He took us for the holy dip where the VIP arrangements - floating platforms, floating changing rooms and washrooms were made for our Prime Minister. We also visited the famous "Hanuman Mandir" also known as "Bade Hanumanji" which is situated at the banks of river Ganga and distributed woollen clothes and blankets to the poor people outside the temple. We even got to see Akbar's Fort and the 5100 yr. old "Akshay Vat" tree. I then enjoyed the rides in the fair with my cousins. There were many shops selling various items like groceries, jewellery, toys, clothes, etc. We also had some food from the food stalls in the mela. It was amazing to experience the Ardh Kumbh 2019.

**Aaradhya Mishra**  
III-A



## Soldier

He has seen the face of Terror  
He has felt the stinging cold of fear.  
And enjoyed the sweetness and taste of love.  
He serves my country and needs nothing.  
He did that what others failed to do.  
He asked nothing from those who gave nothing.  
And he always says.  
EAST or WEST my country is the 'Best'.  
and at last I would say,  
I am proud of my soldiers.  
And I will also become a soldier.



**Bhavya Jain**  
IV-A  
City Campus

## There Am I

Where the day and night meet  
I live there.  
Where the moon and sun meet  
I play there.  
Where the sky and ocean meet  
I sleep there.  
Where water and fire meet  
I feel there.  
Where road and destinies meet  
I walk there.  
Where stars and stone meet  
I think there.  
Where tears and smiles meet  
I cry there  
Where love and hatred meet  
I believe there  
Where air and vacuum meet  
I sense there  
Where human and nature meet  
I smile there.



**Shaurya Jain**  
VI-B  
City Campus



## Getting Injected COVID-19 Vaccination

As corona virus COVID-19 has spread rapidly around the world, millions of people have contracted the virus and it has claimed to nearly 2 million deaths. This pandemic has shaken the whole world. The year of 2020 was full of lockdowns and curfew. We all were at homes with our families. It was a difficult time and somehow we faced that. But now the Vaccination of COVID-19 has come. I would like to share my experience of being injected COVID-19 Vaccination.



When vaccination was launched, I had many questions in my mind how will the vaccination be injected?, Will I feel pain? etc. There are two doses of the vaccination. When my neighbour was injected the first dose, I talked to her that what was her experience. She told me that there was no need of being afraid. The staff was very cooperative. She said she felt no pain. After listening to her experience. I was a little confident but still very afraid. When my turn came, I was frightened but one of the staff members diverted my mind in his funny jokes. I didn't come to know about being injected. The whole staff talked to me very politely. It was indeed a new experience for me!!

**Sanvi Lakhwara**  
VII-A  
City Campus

## “My Lockdown”

- 1) It started on the day of Lockdown.  
I wondered when we could go downtown  
Or when we could go outside,  
Or even to the seaside.
- 2) I miss my friends dearly,  
I miss them all sincerely,  
I can't wait to see them,  
I feel like I'm in a dark den.
- 3) I am enjoying staying at home,  
And in the garden I roam,  
I love my trampoline,  
And helping my mum in keeping the house clean.
- 4) Home schooling isn't bad,  
Even though I am sad,  
It was my last year in primary,  
My last time in the small library.
- 5) I can't wait till it's over,  
I wished upon a clover,  
And see my friends once again  
And play with them like when we were ten.



**Drishti Kalra**  
VI-A  
City Campus

## Dutch Dishes

Today I am going to tell about dishes that Dutch people eat. But before starting, you might be thinking why I picked up this topic. So in lockdown we all were basically free and using our mobiles and while doing it I made a friend on social media. She was a stranger for me but soon we became friends. She is a dutch and she is from Netherland. She told me about the food they eat, not the daily life food - special dishes. So let me share that with you. Oops!! I didn't tell her name, she is 'Naomi'. So, First dish is Erwtensoepp, it is a soup but it is very thick. She told me that its disgusting. Hahaha! The other one is Tompoes. It is really tasty but difficult to eat because all the things are falling apart. Time for the third one. This is called Drop. Wow! such a simple name not like the other names. It is a way too sweet. New one is Stroop waffel. If you wanna try one Dutch sweet try Stroopwaffel. Other one is Haring 'Hollandse neuwe'. It's a Ran Fish. Hey!! It seems to be so disgusting just by its name and people eat it just like that or on the top of their sandwich but we should respect every country's culture. 'Kroket' is a dutch snack. It is so fabulous, but, I didn't know more than that about this snack 'Hagelslag' is a (sandwich) filling of sprinkles. In simple language, it is chocolate sprinkle on bread. If we can write it in a simple way then why to make it so complicated. The funfact is that it is the most famous dish. Now the last one is a bit interesting. 'Beschit Met Nuisjes'. It is of two colours blue and pink and it is eaten on the birth of a baby. If it is a boy, then blue and if it's a girl then the pink one. Everybody eats it. So that's all I want to tell you. Thank you!! for taking time to read it. Have a great day!!



**Sharvi**  
VII-A  
City Campus

## My Dreams

I used to dream of pretty things  
of things beyond this world  
I dreamt of pretty sunsets  
Where the colours all swirled.  
But one day my dreams stopped coming  
As they were soon replaced  
With nightmares that showed  
All the monsters I must face  
In my dreams, there was a prince  
To save me from my fate  
Now my dreams are filled with dark things  
Like demons, and things I hate  
I thought I would be forever stuck  
With no way to be free  
But I realized all along  
I had to simply dream.



**Saanjh Grover**  
VII-A  
City Campus

## Productive Utilization of Lockdown Period

I, Namya of class VI-A of Kundan Vidya Mandir (City Campus) Ludhiana want to share my experience during the Lockdown period. No body had even imagined that not only India but the entire world would be locked into their homes for such a long period to save their lives from Corona Virus. Our school authorities motivated the students to utilize the lockdown period for some productive work. My parents helped me a lot in choosing the activity of my taste which I could do when I could not move out. I learned to help my mom in the kitchen and it also enabled me to prepare dishes independently. This period also gave me an opportunity to spend my quality time to play indoor games with my parents and sister which I could not do during the school going period. It also inspired me to nurture my hobbies like art and craft. In spite of all this, the joy and pleasure derived by me in the school could not be replaced by anything. So, I prayed to God to create the conditions enabling us to move out of our home safely.



**Namya**  
VI-A  
City Campus

## Be Positive, Be Happy

In lockdown period I observed many things around me that I had never seen in my busy days of school life. I mostly observed my mother, how she worked whole day to make her family happy. I got a chance to spend more time with my parents especially with my father. I played a lot with my father. I enjoyed delicious dishes everyday made by my mom.



**Aaditi Kathpal**  
VII-A  
City Campus

Most unforgettable day was my birthday. I was very sad the day before my birthday. How my birthday would be celebrated without my friends. But my family made my birthday very special. My brother and sister made a beautiful card for me. My friends made a conference video call and gave me wonderful wishes and blessings. I cut a beautiful cake. It became an unforgettable day during this period.

Beside all these good times, I, sometimes got bored without my school, teachers and friends. I missed my busy life schedule and I am thankful to God to keep me and my family safe during the pandemic.

**Gurliv Kaur**  
VII-A  
City Campus

## Best Day of my Lockdown Period

In the year 2020 we all had a very different experience of staying at home to protect ourselves from the pandemic COVID-19. The whole world was shutdown and we had to face the lockdown situation. Everyone had a different attitude towards the lockdown. Some people were very scared of this virus and due to this fear, they were very sad and depressed too.



With the grace of God, I was fortunate enough as I and my family had a very positive attitude towards the lockdown and the disease too. I stay in a joint family of ten members. We all together had a healthy and good routine of morning walks, exercise, eating healthy food, etc.

My mother's birthday came during the lockdown period. We planned a surprise party for her. We secretly decorated the room with the material available at home. As we could not go outside to buy a gift for her, my cousin and I made a very beautiful card and a bangle box from the waste and left over things. We baked a delicious cake for her and prepared tasty snacks at home. In the evening, we all had a very gala time. My mother was so happy and delighted with our lovely efforts. We played tambola, passing the pass games and danced together.

Lockdown has taught me that if we are united with our family, we can face any situation of life with a smile on our face and positivity in our hearts. In every situation of our life we should always remember that "This too shall pass", nothing is permanent and stable in the world. So, be positive, be happy, be united, be satisfied and thankful to God for everything you got in your life.

## Be Happy

Once a girl was very disappointed with her life. One day, her grandma took her to the kitchen. Her grandma took three pans and poured water in each of them. Also, she put carrot in the first, egg in the second and coffee in the third pan. When the water started boiling in them, she showed her the carrot and asked her, "How's the carrot now?" she replied, now "It's soft and crunchy". Her grandma showed her egg and asked her about it. She said, "Harder than before". Then she showed her coffee and again asked about it. She said, "It dissolves in water and the colour of water is changed."



So we get a lesson that we always have options if we face any challenge of life, that is, become soft, hard or be like the coffee that challenged the problem and changed the situation.

**Shreya Gumber**  
VIII-B



## Never Give Up

If I've made a mistake then I would have to retake and do it once again even if it causes the pain.

But, there also lies a prize and that makes me realize that even if I was to fail it would be a learning trail.

When things go wrong as they sometimes will, rest if you must but don't you quit.

And you can never tell how close you are; it may be near when it seems so far.

If I hope for medals and cups I can't just rely on luck. I must to hard work to show the world my worth and that's the essence of

"Never Giving Up!"



**Jolly Kapila**  
III-A

## Impacts of Corona Virus on People

The year 2020 was the year of Corona Virus. This deadly disease ruled our whole world with its effect. It created fear among each and every class of people. It was the year when the whole world was put under complete lockdown. People were locked in their houses. Life came to halt. Only our life saviours (police, garbage collectors, doctors) were on their move doing their duty and protecting people while putting their life in danger. It was a time when people came closer to their family, friends and neighbours as each one faced the same problem. Everything from school, colleges to offices were closed. Only mobile and laptop were in use. Technology made our interaction with people possible without meeting them. But still there was a panic in each and everyone's mind related to the disease.



Businesses and industries were closed. Transportation was also closed and that is why labourers started walking to their villages when they were unable to earn money and run their livelihood. During this time, net banking and online purchasing made money transaction easier. A lot of deaths occurred due to this disease. Also many people recovered successfully. Ayurveda and natural herbs showed their role and significance in curing this disease and were practised by people to save them.

During this difficult time, it was the faith in God which kept us going. It gave us hope that in future, we would be able to find a solution. Scientists' work is in progress to bring an end to this disease.

**Lochan Bhatiwada**  
VIII-B  
City Campus

## Integrity – A way of life

Integrity is a quality of being honest and having strong moral principles. Integrity itself brings out a lot of good qualities in a person and he can tackle any situation in his life. It is good to develop integrity at a very early stage in our life because it keeps us on the right track throughout life.



Integrity is must for all to become successful in life. Students should also inculcate this quality. Integrity in a student's life means doing his/ her work ethically and honestly in all situations by not keeping copy in tests and assignments, not stealing the notes of others, etc.

Not only students, each person from every profession should also follow integrity. Every entrepreneur wants his employees to have this quality of integrity. Such employees behave ethically with their colleagues, seniors and juniors also. A person with integrity enjoys a different kind of reputation among all. People trust him like anything. He is in demand all the time. People love the company of such a person. They do not hesitate to share even their top secrets with him.

Integrity also plays a vital role in the progress of a nation. A country wherein all the citizens will be following integrity, is bound to progress by leaps and bounds. It creates an atmosphere of positivity which increases the productivity manifold.

A person with integrity enjoys sound health as he is free from all the tensions and worries of life. On the other hand, a dishonest person always suffers from worries, anxiety and mental restlessness.

An integrated person enjoys the life to its fullest as he is loved, liked and appreciated by all. He leads a crystal clear life which has no scope of dishonesty, greed, hostility, jealousy, etc. Even God loves the people who are true and honest by heart.

**Preetinder Singh Bhalla**  
VIII-A

## Fireworks On The New Year

Today is the new year, and I hear sounds in my ear,

Not of buzzing bees or of birds chirping

But of crackers bursting.

Let's make this year green for making our planet a queen.

Celebrate New Year eco-friendly.

I am saying this gently.

I like crackers but greenery more.

Jump in the garden if you bore.

Play with friends on the shore.

Today is the next New Year and I don't hear sounds in my ear...

Happy New Year!



**Mishika Bassi**  
IV-F

## How to solve a problem

A human brain is an ultimate supercomputer. There is a new thought every ten seconds! In that case, sometimes it is difficult to collect your thoughts and reach a conclusion. Peculiarly, teenagers have substantial thoughts to process. Also, human beings waste most of their brain cells without reaching the end of the problem. Here, the most promising and efficient method is to start writing in a diary. Initially, it may seem a laborious and a monotonous job to do. However, if one gives it a shot, the method usually appears to be worth it. Start your diary by giving it a nice name. Personifying the diary will make you perceive as if you're occasionally sharing your life experiences with a good and trustable friend. It's not obligatory to simply share your day or explain each and everything that happened. You can share what's been bugging you the most or what happened that made your day either splendid or awful. Never let any thought unwritten when you hold the pen.



Sometimes, you're the only friend you need to solve a complication. Anne Frank, the famous German Diarist wrote in her diary Kitty, 'Paper has more patience than people'.

The best part about explaining you hitch to your little friend is that while you write, you spontaneously get the way out. Some things are so depressing and despondent that it is difficult to share it even with your closed ones. In such an odd situation, your carry on companion turns out to be the safest to talk to and let it off your chest.

It is difficult to write regularly and process your every little thought. Thus, it is preferable to write only when one has time and/or a collection of thoughts to jot down.

Adding to the pros of writing. It is something that makes you intimately observe the changes in the way you deal with challenges as you grow up. It is a healthy activity that makes you grow up. It is a healthy activity that makes you grow up to an amazing personality. Imagine reading your diary as a parent of when you were a teenager. You'll get to know how your mind worked then and it will guide you with your parenting style. You can share the most memorable and worth mentioning day and can still enjoy those precious moments 10 years later.

Sometimes, it's just more than lame and vague issues. There is an era in a person's life when one is just not happy with the way she is living the life. In that case, one must take time and explain what are the things that seem wrong in her life and what are the alternate solutions to it in about 3-5 diary entries. Finally, examine the entries carefully and make a list of things that will help them live their life in a comparatively desired way. Once the person knows what is wrong and how it can be resolved, it does not take much more than a little determination to bring changes that are salubrious.

To conclude, there is no situation that you cannot tackle once you pour feelings on the pages that stay silent, but still give you just the idea you wanted to express.

Navya  
XI-D

## My trip to Dalhousie

Bored of being stuck in the four walls of the house, we decided to usher in the New Year with a bang! With the opening of school, malls and markets came the belief that everything is going to be normal with the grace of god!



Our family decided to go to Dalhousie. We were joined by my father's friends and their families. It was truly a case of the more, the merrier! Taking every precaution, and a prayer on our lips we ventured out of our homes. We stayed in a cottage there. The cottage was nestled among the most beautiful trees. With the beautiful gang of friends, we all had a great fun. Everyday, we would enjoy the sunrays coming into our rooms, and then we would go out for a nature walk! The best part was we were not bothered about the dress code as we all were tourists there, unknown to all!

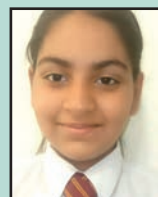
The days were spent in enjoying the scenic beauty, going to markets, window shopping and playing late night games around the bonfire. I developed a special liking to the 'tandoori chai' which was great in taste. Everyday we all used to have it. There was so many food corners and without any shame I can admit we tried all of them.

The visit was very important as it taught me to enjoy life whenever it offers, make new friends and enrich oneself with new experiences. It was indeed a memorable trip of my life.

Riddhi Maloo  
VII-E

## It's up to you!

One song can spark a moment,  
One flower can wake the dream,  
One tree can start a forest.  
One smile can begin a friendship,  
One star can guide a ship,  
One word can frame a goal.  
One vote can change a nation,  
One candle wipes out darkness,  
One laugh can conquer gloom.  
One step must start each journey,  
One word must start each prayer,  
One touch can show your care.  
One sentence can reflect your wisdom,  
One heart knows what's true,  
One life can make the difference.  
You see, it's up to you!!!



Reva Soin  
VI-B  
City Campus

## *Make In India*

India! India is a land of great personalities. Over a long period of time, many important and useful discoveries and inventions were done by Indians here in India. People of India have very innovative and creative minds. But yet, India is lagging behind in this modern world. Why? This is because we believe in others instead of our ourselves. If we start believing that we can, then nothing is impossible for us. For example, most of the scientists and engineers working in the foreign companies or organizations like NASA are Indians from their origin. This means that if Indians can work for other countries then why not for their own glorious country India. So, let's join our hands to make our country No.1 in this world and show the whole world that we can innovate in India, create in India and Make in India.

Jai Hind, Jai Bharat!



**Aaditya Khurmi**

X-B

## *The Virtual Learning*

This is a tribute to all those 'superheroes' who taught us so well even when we couldn't physically interact. Yes! I am talking about 'The Lockdown Stories' It impresses me so much when I hear a person who hasn't ever faced camera makes super interesting study videos and audios. Those online 'Hinglish' games on Whatsapp that too during a Hindi lecture will always be missed. No matter how problematic 2020 was, but it made us realise the importance of 'TEACHERS'. During the virtual teaching also, they were ever ready, literally anytime to help and support us. Studying at home was only imaginary until encouragement by the teachers wasn't done. The thing that motivated me the most was their hardwork. The making and re-making of the videos, collecting notes, testing and all that technical stuff was handled flawlessly by every teacher, who managed school and their homes hand-in-hand, you're an inspiration for all the students. Dear teachers, your efforts are always appreciated! Thank You!



**Garima Puri**

VIII-B

## *Lessons learned from COVID 19*

While we remember 2020 as the worst year of our lives, we should look back and try to learn some important lessons it taught.

1. The earth is a better place when humans are locked inside their homes. During the lockdown, we all heard of clear air, clean water in the Ganges, snow peaks being visible from Jalandhar, and many species of birds returning to India. All this happened as we human beings were not polluting the entire world.
2. Health is the most important treasure in our life. COVID 19 had severe manifestations in people with morbidities like diabetes, hypertension, and obesity, etc. If we maintain healthy habits even the deadliest of the virus will not be able to harm us.
3. It is possible to spend an entire year without shopping and accumulating unnecessary things. Many people do not have access to even the basic amenities in life. So, instead of splurging money on expensive clothes, toys, and parties, we should try to help the needy.
4. Our parents are ready to make supreme sacrifices for us. My parents stayed away from me for six months to keep me safe while they were looking after patients. We must respect them and love them unconditionally.



**Angad Kakkar**

V-C

## *Books-Our Best Companions*

Man is a social animal. He can't live in isolation. Our human friends, relatives and companions can prove unreliable and treacherous. They can harm our interests. However, books are our real companions, friends and guides. They enrich humanity. They are a storehouse of knowledge. They have educative as well as informative value and importance. Let us live in the company of books. They will never betray or deceive us. We can look towards them for guidance, learning and entertainment. Shakespeare's dramas have a universal appeal. Homer, Balmiki and Ved Vyas have given us immortal works. 'The Ramayana' and 'The Mahabharat' are read by millions of people. Keats' poems are things of beauty that give us joy forever. Tagore's 'Gitanjali' transports us to a highly spiritual and philosophical world. Prem Chand's 'Godan' unfolds rustic life and its problems.

Books are our best companions. If you are alone, you can take up a book of your choice and taste it and very soon you become a part of it. Books on travels and adventures are not informative but also quite exciting. The biographies of great men like Lincoln and Gandhi can be a source of inspiration. It is never too late to enter the world of books. The sooner you enter, the better it is.

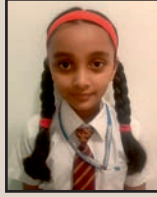


**Stuti Sharma**

VIII-A

## Teachers our Guiding Angels

When we held your hands on the First Day,  
You made us feel like everything is Okay.  
We did not know our ABC's and 123's Before,  
The time we were dropped at the School's  
Door.  
Although we were complete strangers,  
You still managed to become Life Changers.  
You inspire us every single day,  
With all the knowledgeable words you say.  
You put our needs before your own,  
And told us that we are never alone  
You are our guiding angel,  
Always make us a person sensible.  
You motivate us to give our best,  
Help us in every possible way, even forget your rest.  
It's not always easy and fun,  
But thank you so much for being number one.  
In each moment of black and white,  
You always splashed colours in our life.  
My heartfelt gratitude to all the teachers,  
With kind, loving and extraordinary features.  
I salute all the teachers for helping their students  
Grow even during the Lockdown.



**Gamyra Garg**  
II-F

## Never Lose Hope

When you feel you are alone in this world  
And there is none to cheer up;  
You can't bear it anymore;  
Your heart aches and is ready to burst  
You see your future stretched dark and wide  
Leaning your best aside  
You feel that life is no longer the same  
And you feel like you're losing the game  
Just don't lose hope because this is the  
time when you have to hope! Hope that  
God is listening to you  
And He will never let you down.  
Frowning and wetting your eyes are  
Because God has certainly planned  
Something to ease all your pain  
So never lose hope.



**Krishnam Goyal**  
IV-E

## How I spent My Lockdown Period

Lockdown was a very crucial period of our life, but it was important for the betterment of our country and for us. But this lockdown period helped us to spend quality time with our family, but the interesting thing is that I didn't spend time with my parents at all because I was at my aunt's home. My salute to my parents as they are 'frontline warriors', working in a hospital. But this lockdown was the best time in my life because, at my aunt's house, I enjoyed a lot with my elder sister and her family. We used to study in morning and in the evening we used to play many games like cricket, hide and seek, cards and many more interesting games. It was fun and at night ,my elder sister, cousins and I used to play cards, sometimes we used to play it whole night as there was no fear of getting up early for school. We even enjoyed late night snacks and forgot to worry about gaining weight as there was no one outside home who was going to see us! Because of the lockdown, my uncle and his brother also used to play with us. I think no one would have enjoyed as much as I did. But yes I missed my school, my friends, my teachers and my classmates. And the second reason, why my lockdown was amazing is that I enjoyed every moment of the day. It has taught me how every difficult time passes when we have our family around. Thank you God for saving our lives and salute to all the covid warriors who were out on streets, protecting everyone!



**Janvi Anand**  
VIII-B

## The Day I Held My Nephew

I still remember, when I got to know that I am going to be an aunt. I know it sounds weird but still I was so excited. Then months passed and it was August 6. I woke up with a noise of my family talking to each other. It was a baby boy. I couldn't sleep the whole time and then due to some projects, I came to school but my mind and focus were on my little cutie. I saw his photo which was running in my mind for the whole day and finally the school bell rang and we directly went to the hospital, unfortunately he was sleeping and after spending half an hour, we went to our house. The whole day I was waiting restlessly for meeting my princess(I genuinely call him my princess). The next day ,we again went to see him ,but to my luck he was awake staring at me .I picked him up in my arms with a lot of nervousness and he started crying. I was feeling so bad but then I got habitual.



Two years have passed, but still I remember everything and now I know each and everything about him perfectly .It was a mesmerizing day for me that I can never forget.

**Reeva Jhanji**  
VIII-F

## *How I spent my lockdown period.*

I, Kaysha Jain, student of class II A, want to share my feelings and experiences from the pandemic period. When Corona broke out in India and our Prime Minister announced to shut down India for 21 days and then 19 days and so on. My family was very scared but my grandparents, parents and my elder brother Kanav taught me that it is the time to be brave, strong and have faith in God and inner-self. As you all know, Holidays are the best time as it gives a chance to relax and explore new things. But this time holidays are different because it came in lockdown period. I have not visited any place, not even my Nani's house. I spent my whole time at my house. I played many indoor games with my grandparents, father and brother. Art and Craft is my hobby, so I made many items. I made many drawings. I also learnt to make chapattis, salad and chaat. I arranged my room properly and also have been managing it till now. I have followed all Covid-19 rules at home like regular hand wash, drinking hot water, and using Sanitizer. During this time, I have experienced a different experience of staying home for so long with my family and I really loved it. I and my father has not spent much time together, But this virus, full fill my this wish that my father spent the whole day with me and due to that I enjoyed this lockdown very much.



**Kaysha Jain**  
II-A

## *Fingers Crossed.. for Cure*

COVID-19 has infected our planet  
Let's join hands together to fight it  
There are no medicines and vaccines for it  
So STAY HOME for your benefit  
A disease killing lives  
And spreading NEGATIVE VIBES  
Symptoms like fever, making us weak  
Doctors' help we need to seek  
Started in China, now WORLD is SICK  
Let us unite and find a cure quick  
Fever cold can come too  
Let's build immunity, ME and YOU  
Don't go to the crowded places  
Don't be ONE on those 1000 cases  
FINGERS ARE STILL CLOSED  
HOPING BEST FOR THE CURE.



**AYAAN JAIN**  
I-D

## **Appreciate everything, even the ordinary, especially the ordinary**

Gratitude is the most authentic value and if we actually want to live a peaceful and happy life we definitely have to include the practice of gratitude in it. Gratitude can basically be defined as the act of recognizing something which is valuable to us, which has nothing to do with its monetary worth. It brings forth all other qualities like compassion, resilience, confidence, passion, happiness which help us find meaning and connect with others.



So what come to our minds when we talk about leading a happy life? Generally, teens will think about partying, sleeping and doing whatever they like without any interferences as a happy life. For adults it will look like having relief from their everyday routines. But these are just the branches of such a deep emotion; happiness. Peace is it's root and the outcome of living a peaceful life is what we call HAPPINESS. It is not about having all the things we already have been blessed with. When we start our day with gratitude, we give a room to opportunities and not obstacles. It really helps us growing in our lives rather than succumbing to all the negative things and auras with which we are surrounded. Being happy in our everyday lives and in our routines is a treasure and it is directly linked to thankfulness.

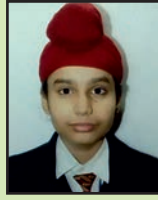
Thankfulness can actually have measurable benefits. When we feel grateful, our brains release Dopamine (the reward chemical), which makes us want to feel that way again, and we begin to make gratitude a habit. So if this value can do wonders, now we must know how to include it in our lives. Never judge a moment. As soon as we label something happening to us as bad, our mind starts to believe it. Instead, be grateful for setbacks. Allow the journey of life to progress on its own pace. The universe may have other plans for you. 'When one door of happiness closes, another opens; but often we look at the closed door for so long that we do not see the one which has been opened for us', said Helen Keller.

Kindness and gratitude are symbiotic and serve each other. Wake up in the morning and pray with a positive energy for being grateful for getting a chance to explore a new day. Before going to bed, be thankful for the tiniest good things happened to you in the day and grateful for the new lessons you learnt from the challenges and the difficulties you faced. When we are in the state of gratitude we can nowhere be else. It will bring out eternal peace and we will realize that life is not as unfair as we all think in today's generation.

**Jashandeep**  
XII-A

## *A Prayer*

Caught up in the lockdown,  
Nowhere to go, all day in abode,  
Street and lanes going in silence,  
End this curse, Oh lord!  
Wondering what the world had become,  
Thinking that where we have come.  
But saying the truth,  
It was not so bad,  
There were problems and,  
Situations were hard,  
But it was a smooth ride,  
We stood bold, and had support by our side.  
But what about the workers, and labour,  
Can we even realize their pain,  
They were going through?  
No work, no one to favour,  
Had to even travel in the fiery lane,  
Sometimes even in the pouring rain,  
At least we had the privilege of what we had,  
At least having shed over our head, and were happy and glad,  
The new year has come, the situations have turned around,  
Facing many problems, to still we are bound.  
So, let's all pray for this new year,  
To go all nice and well,  
In this hard but fresh new normal.



**Sarabjot Singh**  
VIII-F

## *Experiences During Lockdown*

The whole world came to standstill due to the pandemic COVID-19. Initially, the lockdown was considered as holidays but when extended, it made me realize the value of lots of things in my life. I appreciate the hard work of our teachers who tried their best to teach us through online classes in spite of facing numerous challenges. This has given a clear message of never to run away from the situation and face it like a challenger and move ahead. Spending more time with my family, playing with them, helping my mother with household chores etc. made me understand the value of family and spending quality time together. Scarcity of food items and transport means taught us how to manage ourselves with limited resources. We also realised that delicious food can be cooked at home too. We have learnt to handle difficulties with a positive mind, and I hope these lessons remain with us throughout our life.



**Kunsh Gupta**  
III-B

## *Manners Are Your Best Introduction*

“There is no garden so complete but roses could make the place most sweet. There is no life so rich and rare but manners and courtesy could make it fine and fair.”



Men might have good looks or fair skin, but they become attractive, pleasant and beautiful only if they have pleasing manners and good deeds.

Manners are the ornamental hats that make a woman a lady and a man a gentleman. But manners are not born with birth, they have to be cultivated.

As a child, we may not fully understand the importance of good manners, but it is a thing that will benefit us for the rest of our lives. Manners are something we should use every day to impress others. So, always remember, good manners cost nothing and buy everything.

**Arush Vasudeva**  
IV-A

## *Life in pandemic*

It's a bad phase for the entire world, which has brought the world to a freeze,

But together we can come out of it, and beat our enemy named Corona disease.



To save yourself and your family, best way is to stay at your home,

Spend a quality time with family, follow the lock down and don't you roam.

Few positive things have happened, which I would like to highlight,

With this lock down, pollution has come down, and now clear is the skylight.

Old friends, family members are again connected, which in normal time was hardly expected.

Now animals are freely walking down the roads,

And nature is refreshing as it has no external loads.

Let us just say that it is a lesson for the whole humankind,

Which teaches us to not to be so selfish and so blind,

I wish that everything is back to normal and is stored, but the positive lessons learned should not be ignored.

**Devansh Utreja**  
III-B

## How I Faced Lockdown

..... More than 3 billion people around the world i.e, almost half of the world population confined to their homes. So how could I be different? Yes, I also stayed at home!



Happy initially as it meant no school, but soon the online classes became a killjoy!

But I'm a fighter and soon I started enjoying them too, as it was a novelty for all of us! I wonder who taught our teachers in such a short span of time to switch over to this medium. I'm sure they didn't have any such knowledge before the lockdown..... but as the session ends , I'm sure their expertise could beat even an IT professional !!

Greatly my elder sister who is pursuing her studies in Fashion Designing always co-operated with me in my studies as we share same room for studies. She always helps me in resolving my problems. My mother was also very happy for the same as it had reduced her burden of my studies. Doing all the things together from studying to playing and cooking was the best part. The experience of online classes was good enough.

But soon as the day passed, I found it difficult to concentrate on my online studies as it seems very tough to sit regularly in front of the camera for hours for back to back classes. I started missing my friends and teachers as I found myself isolated. Spending quality time with family playing indoor and outdoor games on terrace, cooking different dishes helping mom was fun.

My mother pitched in here to help me out. She wrote my timetable in the kitchen to ensure that I wouldn't miss anything as per the requirement of the school. She is so caring and helpful. We did exercises, yoga together. My family and I found the best time to get back in touch with those evergreen board games.

Watching good movies and television shows or Discovery Channel , History TV 18 , BBC , TLC getting so much knowledge was very productive. I love doing gaming I make time for myself. Side by side with online classes, I also learnt coding through White Hat Jr. I also got a certificate from them.

All said and done, I really want to thank my parents and my elder sister who always helped me supported me every single time when ever I needed them well. All is well that ends well. I have given all my online exams only by studying hard and now I am very much excited for my results.

SALUTE TO ALL who had to undergo such tiring times in this Pandemic !!

**Harshit Sharma**  
VIII- F

## 'Dreams of a wailing bird'

I feel like a bird with a broken wing,  
Damaged by all the injustice I have seen.  
I want to fly away and feel new things,  
But I can't yet so I walk in rings.



Nestling along the bright white car,  
My body heavy with a dark tainted scar,  
Lost in oblivion, I question afar,  
What am I a silver spoon or a rusted jar?

With godfather's holding fingers and teaching others,  
'skates' to drive,

I am constantly counting my survival instincts, questioning myself will I make it out alive.

My footsteps will be helpless and tangentially slow to fight;  
I won't be able to attack them with my full might.

Their flooding opportunities against my counted ones.

For, they have been blessed to be born as 'privileged' sons.

I continue to perfect myself and perform my best,

I believe the Almighty God will take care of the rest.

Payback time will come soon enough;

Acceptance and submission to authorities, nothing but a bluff.

Opportunity and oppression will be ordered,

Corruption and Cynicism all bordered.

No more Sad suffocating storms,

Toxic tension talking will change the norms.

Silence for the unjust thing will be a thing of the past,

For, the protests this time are born to last.

'Raja ka beta Raja' culture will stop altogether

We all will fly as the flock of the same feather.

Against all the odds and the ominous weather

We all will fly as the flock of the same feather.

**Khushaal Sareen**  
XII-C

## Discipline

We all know that discipline is a good habit. This makes people different from animals. Especially in student life, discipline is very important.

When we think about discipline, the first word that comes into our minds is "School". Our school and teachers teach us an important lesson of discipline for our entire life.

Discipline is not just punctuality but it includes etiquette, good personality and efficient use of time. Discipline is not another word for 'punishment'. Our teachers tell or show us the behaviour they want rather than punishing us for unacceptable behavior. They teach us that we are responsible for our own behavior and actions and this helps children to form good habits.

Discipline makes us self-controlled and focused on our goals. Discipline not only benefits the individual but benefits the entire society. A disciplined person never harms others and gets respect from society.

We are thankful to our teachers and school for inculcating such an important feeling in us.

Have a Good day.

Thanks & Best regards



**Karul Jain**  
III-F

## Shady Secrets

I know that thing for which you lied,  
Keeping all those secrets from me.  
I know you're the reason she died,  
You just don't want me to see!



I know about the murder you did,  
Even if it was just a mistake.  
I know about the evidence you hid,  
And I know that the roses you bought me were fake!

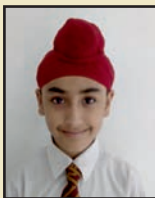
'Cause the real ones are on her grave,  
The last time I checked they were fresh.  
You told me to stay calm and brave,  
But now I know you turned her into ash!

Now what are you planning to do?  
When I know that you shot her in the head.  
Probably kill me too?  
Can't keep the secret no more, I'd rather be dead!

**Kshitij Gumber**  
XI-D

## LOCKDOWN

I live in a Small Town  
Which is in a Lockdown.  
Shops, Schools are Shutdown.  
The virus came from Chinatown.  
Everything is Slowdown.  
All my dreams Breakdown.  
Empty streets and Playgrounds.  
What is happening all around?  
We all are made Clown.  
Wrapping faces in mask Brown.  
Pollution is Cut down,  
Due to this is COVID-19 Lockdown.  
But now it is Countdown.  
Many of us will wear Crown ...



**Jashanpreet Singh**  
V-F

## Internet : A New Perspective

In this modern world we are blessed to have so many resources. One of these resources is Internet. It is a boon for everyone as we search a particular topic as we get a lot of information for the same. It was a blessing in lockdown because everything from school to international conferences was held online. Somehow it was a relief as our day to day activities did not stop and we were able to do our work. World Wide Web is also a source of entertainment as we can watch all movies and web series on OTT platforms like Amazon Prime and YouTube. We can also listen to a variety of songs on online apps like spotify.



As we know roses come with thorns, the Information Superhighway also has a lot of limitations. Undoubtedly masses are using apps like Facebook, Whatsapp, etc. at an alarming rate the spin of effects of these apps is known to everyone, as Google, Facebook and Amazon are storing and selling our data. Consumers have become a puppet in hands of these apps. Strike like Kisaan Andolan and Shaheen Bhaagh, NRC are examples of misuse of mechanization. So it is time for us to come out of this cyber world and spend our life wisely.

Internet is a doubled edge sword if used wisely it is a boom otherwise it is a bane

**Rishita Ghai**  
VIII-B



## A Paradigm Shift

"If you can learn from the worst times of your life , you'll be ready for the best times of your life."

This is what has happened to human beings during the lockdown period . We all have undergone this shift called



A PARADIGM SHIFT ....

A shift

From Egoism ..... To Humanism

From valuing the valuable .... To valuing the values

From Caste and class .... To being grounded

From Mad rat race .... To Complacency

From Criticising .... To Creativity

From being Online... To being Offline

From Facebook..... To faces and books

From I-phone ..... To eyes not phone

From Touch phone .... To feel the touch

From Blaming..... To self intrude

God gave awakening signs to man but man ignored them all and kept running madly to collect materialistic things , forgetting his values, his relations, forgetting who gave Him all and forgot to thank Him. Although God kept standing besides him thinking now after this man will remember to spend sometime with Me but Alas! man was too busy to realize this , he had got blind in his Ego thinking he's the Power, he's the Creator .

Finally God decided to clear all the accounts of man , not because He had stopped loving His son (human being ) but because, He couldn't anymore see the destruction being

done by him and wanted to teach him a lesson to awaken him so that whole human civilization could be saved and once again man stops going through life but starts growing through life .

COVID-19 . Staying at home with family members , people started spending quality time with each other, looking into their eyes , feeling their touch, getting offline to see what pleasure is to shift Technology time to Family Time . Baking , cooking , learning , teaching, painting together, which we had never ever given time to nor had the time to think about so called Hobbies. All thanks to Corona which has forced us to forget the differences and be a helping hand to each other during this critical condition, forgetting what we have but remembering to do something with what we have. Quantity doesn't matter but Intention matters. It has taught us to be grounded, deep rooted with spirituality, connecting ourselves to our Eternal Father and Mother Nature reminding Man that you don't own this Earth , you are a guest so mind your ways . A very important lesson has been taught is to stop valuing the valuables (cars, gold, diamond, clothes etc.) but start valuing the extinct values ( in man ) of gratitude, humility, care, respect, love, faith, trust, hope and apology. The lockdown period is a Blessing in Disguise for us to be in a state of Non doing and reflect upon the real Purpose in our lives .

God's plan is always the best . Sometimes the process is painful. But don't forget that when God is silent . He's doing something for you.

**Mrs. Mona Wadhawan**

TGT Social Science

## Lockdown Ends!

Corona virus took us by storm! It turned our lives topsy turvy! We were holed up in our homes, with no scopes of stepping outside the four walls of our homes.

Life is very crazy, when I was told that school is a BIG 'NO', I was shocked. How I dreamt of excuses for not going to school but, now, SCHOOL IS OFF LIMITS!!

I was very thrilled as it meant late getting up, no studies, movies, television etc. etc. But this joy was short – lived. Hats off to all the teachers who in their new avatar, started teaching us, sending lessons on WhatsApp and sharing their videos. Soon everyone in the family also started watching . But soon I realized that this was the toughest period of my life as confined in my house, I was made to complete my notes ( mom was very particular in that , who happens to be a teacher herself) on whatever pages I could lay my hands on ! It was a mystery how she ensured that there was no shortage of any paper so that I could say 'No' to the written part !

As I started doing my work, I realized that mothers are stricter than my teachers. Guiltily I remembered how my teachers would sometimes accept my funny excuses, seeing my tears. But it was all useless at home as everyone would realise that I was responsible for that !

Soon this time was also over, no google classroom tests, no mails, no deltastep ! Now I am really looking forward to meet my teachers ( as I want to salute them all !), my friends and even my school building!! There is some fear regarding our safety but, one must understand that we have to face challenges to come out of anything. I have promised my grandmother that I'll follow all the safety protocols and maintain social distance.

So, my dear KVM, here I come !!



**Avni Bansal**

VIII – F

## Curiosity is the essence of our existence.' - Gene Cernan

'During my summer vacations, I visited my uncle who lives in Shimla. He is an aspiring astronomer and has the most modern telescopes and equipment for star-gazing at his house. He knew about my passion of learning about space and stars. Hence, he invited me for a fascinating experience of star-gazing at a place where there is no bright light and the atmosphere is also clear. As we both sat looking at the night sky, I observed that the moon is the brightest object in the night sky. By looking through my telescope, I saw the moon's surface clearly. As my curiosity for space grew, I kept on throwing questions to my uncle, who very generously answered all my queries, without getting impatient. I realized that star gazing can be helpful for clarifying science concepts also. It tells us how far in light years are the stars from us. Also, it discloses information about the different phenomenon of cosmos and the constellations in the sky above. My favourite part of all, is spotting the constellations. Some of my favourite constellations are the Ursa Major, Orion and the Cassiopeia. Well! Last December, when the great conjunction of Venus, Saturn and Mercury took place, I spent the whole night on the terrace of my home, looking at all the planets through my telescope. I even enjoyed watching the different phases of Venus, in the early morning. Apart from the big Mr. Sun, the stars and the planets, there are many more intriguing objects in our solar system. The presence of asteroids, meteorites and the asteroid-belt between Mercury and Jupiter are worth mentioning here. Talking about belts, human created history when they crossed the Van Allen belt to reach Mars in 2014. The MOM satellite sent numerous pictures of the planet Mars, thereby signifying the conquest of the interstellar. My uncle also shared with me that recently some mysterious signals have been received from the Alpha Centauri, which is a small celestial body close to the Sun. Scientists are researching about what those signals could be, as they seemed to be technological signals. This also led to a claim anticipating the presence of aliens in the universe who may have reached our galaxy, the Milky Way, and are presently sending signals form Alpha Centauri. The most adorable part was the meteor shower which was too clear. After this memorable experience of observing the universe, all I could say was that the sky is endless. Let us open our wings, flap them and fly, up in the sky among the galaxies and constellations! Happy Star'ing'!!



**Krishna Gambhir**  
VIII-B

## My Ambition in Life

People have dreams in their lives. Many aspire to be rich or become business tycoons. Some persons dream of becoming leaders, politicians, and social reformers. There are others who have a strong urge to become poets, writers, and novelists while most of us generally have a desire of become engineers, doctors and scientists of great repute. There are yet others who are happy-go-lucky by nature and float through life without any definite aim or goal.



I am not a very ambitious person in the generally accepted form. I do not wish to become a mill-owner or a multi-millionaire. The sole objective of my life is to lead a life of simplicity and goodness devoted to the service of humanity. The life of a professional or a politician would not suit me as most of them tend to become parasites on society.

I was born to middle-class parents. I have struggled through life and watched the cut-throat competition all around with a feeling of dismay, the never-ending cycle of corruption and greed hampers all efforts of progress. Unethical practices and limitless greed has to lead to a low level of moral responsibility.

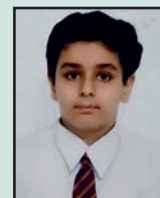
Then what do I want to be? Indeed, from the core of my heart, I wish to become a teacher. The motto of this life, 'simple living and high thinking,' inspires me to take up this profession. The noble teachers of ancient India remain as ideals before me. Like them, I would like to inspire my students to become good citizens of the world. There is no greater pride than witnessing the success of one's student.

The main reason being my great affection for children. I feel that each child is like a beautiful and delicate flower that needs to be carefully nurtured. As a teacher, I can help the students in widening their outlook by giving them knowledge. I shall help the country by producing better citizens. Moreover, the company of young children would also help me remain young and fresh in thought and outlook. In the end I will write "Teachers are the custodians of highest values"

**Uday Kakkar**  
IV-B

## Nature

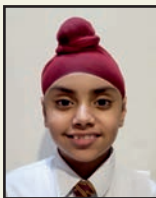
Nature is a gift of God  
But man destroys it a lot  
Nature gives us everything,  
But we do nothing,  
Other than spoiling,  
Nature is disturbed,  
By exploitation by men,  
We should not destroy our land,  
We should thank 'God'  
For giving this beautiful land.



**Ruhaan Dhand**  
I-E

## My Experience in the Lockdown

When the lockdown started, I felt strange as this was the first time I was going to experience something like this in my life till now. From the news channels telling the news of how lonely and sad people have been to how happy and cheerful children and parents are spending time with each other, these 2-3 months of my life were full of ups and downs. All the plans that we had to visit hill stations after my exams had to be cancelled. The worst part was that I could not go to school and meet my friends. But thanks to the technology that during this crisis also, we could stay in touch with each other. In the evening, my friends used to make a video call and talk. It felt as if we were with each other only. I used to wake up at 7:30 in the morning and go cycling with my sister. Then I used to sit and read the news with my grandfather. My mother used to cook different things for lunch every day which were so delicious. I used to play with my sister and father every evening. Someday cards, someday carrom and ludo, this time of the day used to be the most exciting one. How can I forget the RAMAYAN that was telecast on TV! For the first few times, I used to tell my father that I want to watch Doraemon instead of Ramayan, but after a few days, I found the serial so interesting that I used to keep the remote with me so that no one could change the channel while Ramayan was going on!!!! Every day, I used to help my mother in the kitchen in serving the food. Also, my birthday was celebrated at home only!! My mom and bua made delicious dishes which were all my favourite!!! My sister decorated the house with balloons which were available at home. I really enjoyed it very much. I also used to play with my grandma and grandpa at night and my grandma told many interesting bedtime stories to make me sleep. The time of the lockdown was tough, but I made the best out of it by enjoying it with my family.



Tejnoor Singh  
V A

## My Promise

Each day I'll do my best,  
And I won't do any less.  
    My work will always please me,  
    And I won't accept a mess.  
I'll colour very carefully,  
My writing will be neat.  
    And I simply won't be happy,  
    Until my papers are complete  
I'll always do my homework  
And I'll try on every test.  
    And I won't forget my promise,  
    To do my very best.



Aarika Jain  
III-B

## The Importance of Educating a Girl Child

It is rightly said, "Educate a man, you educate one person, educate a woman, you educate a complete family". The deep-rooted gender inequality—the patriarchal society has always made women as its victims and even in the present times, it continues to see women and girls as a liability rather than an asset. But the truth is that investing in a girl's education is investing in a nation.



With the Right to Education, the Indian democracy is well on its way to give to its children their basic right to schooling and therefore no gender discrimination. Various schemes and policies have helped in bringing girls to schools. Educating a girl doesn't only help in the improvement of human resource of our country but also helps in the growth of the economy as women are included in the workforce and contribute efficiently like men. Educating a girl child helps in dealing with many social evils. When girls are educated, they become more aware of the world around them which leads to decrease in maternal mortality, child marriages, decrease in population explosion and, in the true sense, helps a nation in maintaining its resources.

Educated girls become part of the political process and contribute as pro-active citizens. Their involvement in the corporate sector reflects an ideal balance of intellect and emotions in achieving the goals of the organization. An educated woman is capable of raising her voice against domestic or sexual violence and thus helps to eradicate social evils.

Educated girls are confident. They can make decisions on their own and become self-reliant. ... They will take care of their children and help to educate and transmit good values. Someone rightly said, "If you educate a man, you educate a person, but if you educate a woman, you educate the whole family and a nation."

Gauri  
VIII- E

## How Internet has Changed it

Have you ever wondered what will be your life without Internet? Oh! Those times when you have to stand in long queues for clothes, you have to pay more money than you have eaten, you have to take long hours to have a ticket and the worst was for groceries!!



But now you search a site like Amazon & Flipkart, Jio Mart & Myntra, Tata Clique and many more and just a few clicks for your item. You know "Amazon has no store for display!! Zomato has no restaurant of its own... Ola doesn't have a car or a bike!!! But still they earn billions and billions. What's the mystery behind it? It's INTERNET which enables them to do their business, but as a coin has two sides, internet also has a bad face. There can be frauds in your account or wrong links and fake calls can make you fool. So, I hope you all will be attentive while using internet as it has both good and bad effects.

Samridhi  
VI-F

## **Role and Significance of Swami Vivekananda ji in overall Development of India.**

“The world is the great gymnasium where we come to make ourselves strong.” And Vivekananda did exactly that, through both his thoughts and actions. On January 12, India celebrates National Youth Day and that is how India pays tribute to the great patriot prophet of India ‘Swami Vivekananda’ on his birth anniversary and it is a noble way to pay him respect. Swami Vivekananda was a visionary and maker of modern India. The teachings of Swami Vivekananda inspire us to strive for success and aspire for a more meaningful life.



Once, while in the USA, Vivekananda was watching a few boys trying to shoot egg shells floating on the river. But they missed each time. So, Vivekananda took the gun and shot all the shells, one by one. Astonished by the feat, the boys asked Vivekananda how he could do this. Vivekananda said, “Concentrate and focus on whatever you are doing. If you are shooting, you should only focus on the target. If you are learning your lessons, concentrate only on the lesson.”

Vivekananda did not believe that morality in both social and individual life should be based on the fear of societal censure but he gave a new theory of ethics and new principle of morality based on the intrinsic purity and oneness of the soul. Ethics according to Vivekananda was nothing but a code of conduct that helps a man to be a good citizen. We should be pure because purity is our real nature, our true divine self. Vivekananda played a significant role in the growing Indian nationalism of the 19th and 20th century, reinterpreting and harmonising certain aspects of Hinduism. His teachings and philosophy applied this reinterpretation to various aspects of education, faith, character building as well as social issues pertaining to India. According to Vivekananda a country's future depends on its people, stating that "man-making is my mission." Religion plays a central role in this man-making, stating "to preach unto mankind their divinity, and how to make it manifest in every movement of life." His example helped to build pride in India's cultural and religious heritage, and to stand up against the British colonial system. He participated a lot during major movements against the British. Vivekananda was deeply influenced by the Brahmo Samaj, and by his guru Ramakrishna, who regarded the Absolute and the relative reality to be nondual aspects of the same integral reality and he made the Ramakrishna mission. It was a Hindu religious and spiritual organisation which formed the core of a worldwide spiritual movement. The organisation mainly propagated the Hindu philosophy of Vedanta—Advaita Vedanta and four yogic ideals—jnana, bhakti, karma, and Raja Yoga.

Swami Vivekananda's teachings and lessons on love, life and spirituality continue to set life goals for people across generations, all over the world. According to Swami Vivekananda education should cover all aspects of life – material, physical, moral, intellectual, spiritual and emotional, as education is a constant process. For him, education is defined as ‘the manifestation of perfection that is already in man.’ We should aspire to be more like the great man Swami Vivekananda was to be a little closer to reaching our true self.

**Anushka Mehta**

VIII-A

## **Tattered Battered**

Tattered Battered Thoroughly Shattered  
Was the supremacy of mankind  
That was once completely blind  
Boxed up, deserted, abandoned  
Were the infected bodies that could be seen  
scattered  
Safety, cleanliness, health and isolated lifestyle were the  
things that mostly mattered.



With the onset of corona  
Mankind stepped in a new arena  
Flora and Fauna flourished  
that for centuries were malnourished  
The traumas of hectic lifestyle perished  
No Monday blues during the quarantine shall  
Forever be cherished

Tattered Battered Thoroughly Shattered  
were the norms that since generations we followed  
a miniscule virus proved human hierarchy as hollowed  
Depressed Deprived Doomed and Dying  
Were the only concerns and people kept crying  
But their banal clatter and chatter  
could neither scatter nor could shatter  
the unflinching faith in the Supreme Power  
that shall wash away this disease  
with a merciful shower.  
and enable us to bloom again like a flower

**Pooja Nagpal**  
(TGT – English)

## **Humans Realise Your Mistakes**

The things that the world is wasting  
The things that the world is making  
They are doing both the things  
It is a bird's wing, a bell ring and everything  
There are many rules  
But now nature is being cruel  
COVID 19 is giving humans a hard time  
Lockdown has shown us nature's prime  
To avoid the lockdown breaks  
Wake up Humans Realise Your Mistakes



**Disha Kaler**  
V-E

# हिन्दी विभाग

संपादिका : श्रीमती चंदर शर्मा (वरिष्ठ विभाग)

सहसंपादिका : श्रीमती आरती बंसल (माध्यमिक विभाग)  
श्रीमती पूनम मेंहदीरत्ता (शाखा विद्यालय)  
सुश्री सुनीति बत्तरा (प्राथमिक विभाग)



# विषय सूची

क्र.सं.	रचना	रचनाकार	श्रेणी	पृ.सं.
1.	संपादकीय	श्रीमती चंदर शर्मा	अध्यापिका (वरिष्ठ विभाग)	1
2.	मानसिक शक्ति	सृष्टि अग्रवाल	सातवीं-सी	2
3.	सेवा में अहंकार का स्थान नहीं	कीर्ति जैन	सातवीं-एफ	2
4.	मधुर व्यवहार	कनव जैन	सातवीं-डी	2
5.	मेरा अनुभव	गर्व त्रेहन	आठवीं-बी	3
6.	माँ के तीन गहने	कीर्ति जैन	सातवीं-एफ	3
7.	माँ हम हैं तेरे शुक्रगुज़ार	खुशी अग्रवाल	छठी-ख (शाखा विद्यालय)	4
8.	जीत जाएँगे हम	अवनि बंसल	आठवीं-एफ	4
9.	कोविड के बीच शिक्षक और तकनीक की बदलती भूमिका	श्रीमती कोमल अरोड़ा	विभागाध्यक्षा (समाजिक विज्ञान)	5
10.	हम हमेशा दोस्त रहेंगे	प्राक्षी शर्मा	आठवीं-सी	5
11.	धरा पर फरिश्ते	नाम्या	छठी-क	6
12.	माँ	मनत	आठवीं-ए	6
13.	मन की बात	सुरम्या	चौथी-क (शाखा विद्यालय)	6
14.	हिंदी भाषा	मान्या	छठी-ख (शाखा विद्यालय)	6
15.	मेरी माँ	काव्या कश्यप	तीसरी-ई	7
16.	कुंदन विद्या मंदिर के बच्चे...	प्रीशा मलिक	चौथी-ए	7
17.	गुरु की महिमा	तनवी	सातवीं-अ	7
18.	हे कोरोना	सिद्धांत भट्टाचार्जी	तीसरी-	7
19.	तब और अब	हेज़ल मरवाहा	सातवीं-क (शाखा विद्यालय)	8
20.	पर्यावरण	तनवी	आठवीं-ख (शाखा विद्यालय)	8
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# संपादकीय

प्यारे विद्यार्थियों, कुंदन ज्योति 2021-22 की प्रति आपके हाथों में है। मैं अत्यंत हर्षित व गौरवान्वित महसूस कर रही हूँ कि आप सब ने सकारात्मकता के साथ उम्मीद की खिड़की खुली रखते हुए कुंदन ज्योति के हिन्दी विभाग के पन्नों को जीवंत किया है, आपका कोटि-कोटि धन्यवाद।



बच्चों, आज हम सब जीवन के उस अद्भुत पहलू से गुजर रहे हैं जिसकी किसी ने कभी कल्पना भी नहीं की थी। ऐसी परिस्थितियों में भय और नकारात्मक विचारों का बढ़ना स्वाभाविक है परंतु यदि हम संकल्पित हों तो विपरीत परिस्थितियों में भी स्वयं को सबल और सकारात्मक बनाए रखना असंभव नहीं होता। जब संकट बड़ा हो तो संघर्ष भी बड़ा ही अपेक्षित होता है। जीवन को नई दिशा देने के लिए काँटों की नहीं, फूलों की गणना जरूरी होती है। उम्मीद की मद्धम लौ से काँटे भी फूल बन जाते हैं अर्थात् नकारात्मकता भी सकारात्मकता में परिवर्तित हो जाती है।

अतः आज हमारा दायित्व केवल इतना है कि हम एक जिम्मेदार नागरिक बनें। जागरूक बन कर संकट से मुक्ति की राह खोजें। बच्चो, संकल्प और संयम ऐसी निर्मल गंगा है जिससे हम लापरवाही और गैर जिम्मेदारी की चट्टान को ध्वस्त कर सकते हैं। आज तक तो आपके पास बहाना था कि समय नहीं मिलता तो आइए, अब जो समय आपको मिला है उसका कुछ लाभ उठाते हैं। सकारात्मक सोच के साथ आगे आइए और जीवन के अमूल्य पलों को सार्थकता प्रदान कीजिए।

- पर्यावरण को बचाने हेतु अपनी आदतों में परिवर्तन कीजिए।
- रात को ऊंचे सपने देखिए और सुबह उठ कर उन सपनों को साकार करने के लिए प्रयास शुरू कर दीजिए।
- अपने अंदर जुनून की चिंगारी भड़का कर जरूरतमंदों का सहारा बनो।
- खुद से प्यार कीजिए और अपनी खूबियां ढूंढिए।
- दूसरों के लिए मुश्किल नहीं, मुश्किल का हल बनिए।

यही वे प्रयास होंगे जो आपको वो छोटी छोटी खुशियाँ देंगे, जिनकी बदौलत इस जीवन का अस्तित्व है, यही मानव इतिहास की विलक्षणता भी है। आपके इन्हीं प्रयासों का जिक्र होगा आपके नए लेख में जो प्रकाशित होगा 2022 की कुंदन ज्योति में।

उम्मीद करती हूँ कि इस वैश्विक महामारी से निपटने में निष्ठा और समर्पण भाव से योगदान देने हेतु आप सर्वदा तत्पर रहेंगे।

धन्यवाद !

चंद्र शर्मा  
संपादिका  
वरिष्ठ विभाग

## मानसिक शक्ति

एक बार की बात है कि एक अमीर व्यक्ति के घर के बाहर एक बूढ़ा और गरीब व्यक्ति खड़ा था। सर्दी का मौसम था और रात का समय था। अमीर व्यक्ति जब अपने घर के बाहर निकला तो उसने उस बूढ़े व्यक्ति को इतनी ठंड में खड़े देखकर उससे पूछा, “भाई तुम्हें सरदी नहीं लगती क्या?” उस गरीब आदमी ने कहा कि नहीं मुझे ठंड की आदत है और जैसे भी मेरे पास गर्म कपड़े भी नहीं हैं। यह बात सुनकर अमीर व्यक्ति को आश्चर्य भी हुआ और दया भी आई। उसने गरीब व्यक्ति को कहा कि तुम रूको मैं अभी अंदर से तुम्हारे लिए गर्म कपड़े लेकर आता हूँ। गर्म कपड़ों की बात सुनकर गरीब व्यक्ति बहुत खुश हुआ और अमीर व्यक्ति के आने का इंतज़ार करने लगा। लेकिन जैसे ही अमीर व्यक्ति घर के अंदर गया उसे कुछ काम याद आ गया और वह इतना व्यस्त हो गया कि गरीब व्यक्ति से किया हुआ वायदा भूल गया। उधर गरीब व्यक्ति कपड़ों का इंतज़ार करते-करते ठंड के कारण मर गया।



सुबह होने पर अमीर व्यक्ति को अपना किया हुआ वायदा याद आया और वह भागकर बाहर गया और उस गरीब व्यक्ति को मृत पाया। उसके पास एक कागज़ पर कुछ लिखा मिला। उस अमीर व्यक्ति ने वह कागज़ उठाया जिस पर लिखा था कि “जब तक तुमने मुझसे गर्म कपड़े देने का वायदा नहीं किया था तब तक मैं ठंड सहने की मानसिक शक्ति रखता था परंतु तुम्हारे वायदे के बाद मैं उम्मीद और सहारे पर निर्भर हो गया और मेरी सहनशक्ति कम होने लगी और मानसिक शक्ति खत्म होते ही मेरी जिंदा रहने की आशा भी समाप्त हो गई।” यह शब्द पढ़कर उस अमीर व्यक्ति की आँखों में आँसू आ गए और वह पश्चाताप की आग में जलने लगा।

शिक्षा : इस कहानी से हमें यह शिक्षा मिलती है कि जब तक हम आत्मनिर्भर होते हैं तब तक हमारी मानसिक शक्ति भी प्रबल होती है। हम हर परिस्थिति से लड़ सकते हैं, लेकिन किसी पर निर्भर होते ही हमारी मानसिक शक्ति कमज़ोर होने लगती है जो हमारी असफलता का कारण बनती है। इसलिए आत्मनिर्भरता ही हमारी मानसिक शक्ति को बढ़ाती है।

सृष्टि अग्रवाल  
सातवीं-सी

## सेवा में अहंकार का स्थान नहीं

राजा विक्रम सिंह के दो बेटे थे रणविजय और तरुणविजय। रणविजय अहंकारी था जबकि छोटा भाई तरुणविजय परोपकारी। राजा की मौत के बाद रणविजय गद्दी पर बैठा। उसके अत्याचार से प्रजा बहुत परेशान थी। छोटा भाई लोगों की मदद करता रहता था। जब रणविजय को इसका पता लगा तो उसने अपने भाई को राज्य का एक हिस्सा देकर अलग कर दिया। छोटे भाई ने खुशी-खुशी वह हिस्सा ले लिया और आम का बगीचा लगा दिया। बगीचे की देखभाल तरुणविजय स्वयं करता था। जल्दी ही उसमें बहुत ही रसीले और मीठे आम आने लगे। जो भी यात्री उस रास्ते से जाता उस बगीचे के आम खाकर प्रसन्न होता और तरुणविजय को ढेरों दुआएँ देता। रणविजय ने जब यह सुना तो उसने सोचा कि यदि वह भी ऐसा कोई बगीचा लगा दे तो फल खाकर लोग उसकी भी प्रशंसा करेंगे और तरुणविजय को भूल जाएँगे। रणविजय ने भी आम के कई बगीचे लगवा दिए। पेड़ बड़े हो गए पर उनमें फल नहीं आए।



माली बोला, “महाराज समझ में नहीं आ रहा कि इनमें फल क्यों नहीं लगे।” तभी उधर से एक संत गुजर रहे थे। उन्होंने तब राजा और माली की बात सुनी तो वे बोले, “राजन, इनमें फल नहीं आएँगे क्योंकि इन पर तुम्हारे अहंकार की छाया पड़ी हुई है। सेवा और सहायता में अहंकार का कोई स्थान नहीं है।” यह सुनकर रणविजय बहुत शर्मिंदा हो गया। उसने अहंकार को सदा के लिए छोड़ दिया।

कीर्ति जैन  
सातवीं-एफ

## मधुर व्यवहार

एक दिन चैतन्य महाप्रभु अपने शिष्यों के बीच बैठे थे तथा ईश्वर भक्ति और ज्ञान-ध्यान की बातें सुना रहे थे। एक शिष्य ने पूछा, दूसरों को दुःख देने वाले राक्षसों, पापियों और दुष्टों से भरे इस संसार में हम कैसे सुख और शांति का जीवन व्यतीत कर सकते हैं? दुष्टों के प्रति हमारा व्यवहार कैसा होना चाहिए? महाप्रभु शांत स्वर में बोले, ‘आपको एक वृक्ष की भाँति रहना चाहिए। वृक्ष उन लोगों को भी छाया देता है, जो उसकी शाखाओं को काटते हैं वह किसी से पानी नहीं माँगता। वह वर्षा, आंधी, सूर्य की झुलसने वाली किरणों को भी सहन करता है, इसलिए तुम धीरज और शांति से दूसरे की सेवा ठीक वैसे ही करो, जिस प्रकार एक वृक्ष करता है। यही तुम्हारे व्यवहार तथा जीवन का आदर्श होना चाहिए।

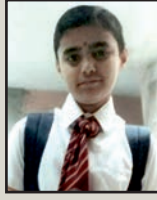


कनव जैन  
सातवीं-डी



## मेरा अनुभव

कुदरत ने कैसी चाल चली  
सबकी हालत कर दी पतली  
ना पैसा चला ना पोज़िशन चली  
उसने सबको लगा दी लॉकडाउन की हथकड़ी  
हम सब उसके आगे बेजुबान हो गए  
हमारे तेज़ तर्रार दिमाग थे जैसे सो गए  
अपने कर्मों से हम थे घबराने लगे  
नास्तिक भी रब्ब को मानने लगे  
मंदिर, स्कूल व बाज़ार सब बंद हो गए  
घर की चार दीवारी में साँसें थी चल रही  
यूँ ज़िन्दगी की भागदौड़ से सब थे थम गए  
कुछ को परिवार का साथ मिला  
कुछ परिवारों को परिवार होने का अहसास मिला  
कामकाजी महिलाओं के बच्चों को  
माँ का भरपूर साथ व प्यार मिला  
ये ज़िन्दगी के कुछ खास पल थे  
जो अपनों के अपने के संग थे  
इस बीच कई संभले तो कई ज़िन्दगी से हार गए  
कई मानवता की मिसाल बनकर उभरे  
तो कई तनाव का हो शिकार गए  
खुशियाँ कम मातम थे ज्यादा नज़र आ रहे  
इस दौरान मोबाइल फोन थे अपना अहम रोल निभा रहे  
कुछ बच्चे माँ बाप को तो कुछ माँ-बाप  
बच्चों को थे बेहतर समझा पा रहे  
एक-एक दिन था खुद को बचाने की होड़ में  
आयुर्वेदिक नुस्खे थे इस्तेमाल हो रहे  
कहीं कट जाए ना ज़िन्दगी की दौड़ से  
अब समझ साँसों की कीमत थी आने लगी  
हर जरूरत से पहले ज़िन्दगी थी अपनी  
अहमियत समझाने लगी  
घरों के बाहर सूनापन था  
घरों में एक बेचैनी एक अजीब सा डर था  
एक तरफ नदी तालाब, हवाएँ शुद्ध हो रही थी  
दूसरी तरफ चोरी, छीना झपटी, अपहरण पर था विराम लगा  
कहीं राशन और सब्जी के महंगे दामों की  
चल रही काला बाज़ारी थी  
कहीं गरीबों पर पड़ रही भारी ये महामारी थी  
कहीं इस वायरस से निपटने की चल रही तैयारी थी  
पुलिस और डॉक्टर्स की भी दिन-रात की  
कड़ी मेहनत छुपी किसी से न थी।  
हर त्योहार खामोशी से आया और चुपचाप मनाया गया



हर नागरिक द्वारा अपनी सुरक्षा का हर फर्ज़ निभाया गया  
साल जाता-जाता हमारे अन्नदाताओं के साथ चाल चल गया  
सर्दी की सर्द हवाओं में उन्हें खुले में सोने को बेबस कर गया  
सियासी चालबाज़ियाँ अन्नदाताओं के होंसलों को गिरा न पाई  
ये देख सर्द हवाओं में कभी-कभी बारिश ने भी उनके साथ साँझ पाई  
ये बारिश, ये ठंडी हवाएँ या गंदी राजनीति कुछ बिगाड़ न पाएगी  
अंत घुटने टेक देगी किसानों के होंसले के आगे सरकार  
आगे चलकर इतिहास में किसानों की हिम्मत,  
जिंदादिली और आप बीती बताई जाएगी,  
हम सबने 2020 में कुछ खट्टे तो कुछ मीठे अनुभव पाए  
फिर भी हम सब यही कहेंगे  
हे प्रभु 2020 जैसा साल न फिर कभी आए।

गर्व त्रेहन  
आठवीं-बी

## माँ के तीन गहने

ठाकुरदास नामक वयोवृद्ध पत्नी तथा बच्चों के साथ  
कलकत्ता छोड़कर मोदीनगर जिले के एक गाँव में  
जाकर रहने लगे। दो रूपए की नौकरी से परिवार का  
निर्वाह तीनों प्राणी बड़ी कठिनाई से कर पाते थे। कुछ  
वर्षों बाद ठाकुरदास पत्नी और इकलौते बच्चे को छोड़  
संसार से चल बसे। पत्नी के कंधे पर परिवार का बोझ आ गया। एक  
दिन बेटा रात के समय बैठा माँ के पैर दबाते उनसे बातें कर रहा था,  
“माँ! बड़ा होकर मैं पढ़-लिख कर विद्वान बनूँगा और आपकी बहुत  
सेवा करूँगा।” माँ बोली, “कैसे सेवा करेगा रे तू मेरी?” “बहुत कष्ट  
सहन कर तुम मुझे पढ़ा रही हो माँ। मैं कमाने लगूँगा तब तुम्हें  
अच्छे-अच्छे पकवान खिलाऊँगा और हाँ, तुम्हारे लिए अच्छे कपड़े  
और गहने भी लाऊँगा।”



माँ बोली, “पर गहने मेरी पसंद के ही बनवाना। मुझे तीन गहनों की  
चाह है। मैं चाहती हूँ कि गाँव में अच्छा स्कूल हो, दवाखाना हो और  
तीसरा निर्धन, असहाय बालकों को खाने-पीने तथा पहनने की सुविधा  
हो।”

बालक ने जब यह सुना तो वह भाव-विभोर हो उठा। उस दिन से  
अपनी माँ के लिए तीनों गहनों (आभूषणों) को बनवाने की धुन में उसने  
दिन-रात परिश्रम किया। पढ़ाई समाप्त कर वह उच्च पद पर आसीन  
हुआ। माँ के दिए वचन को उसने निभाया। अपने पुत्र द्वारा दिए तीन  
आभूषणों से माँ खुश ही नहीं, बल्कि गौरवान्वित भी हुई। यह महापुरुष  
और कोई नहीं ईश्वरचंद्र विद्यासागर थे।

कीर्ति जैन  
सातवीं-एफ

## माँ हम हैं तेरे शुक्रगुज़ार

माँ हम हैं तेरे शुक्रगुज़ार  
तूने थामी हमारी नैया की पतवार



सागर में आया तूफ़ान भारी  
तूने हर ली विपदा सारी  
हमारे रक्षण हेतु  
तू हर कष्ट करती स्वीकार  
माँ हम हैं तेरे शुक्रगुज़ार

जब-जब मन में कोई इच्छा उपजी  
बिना थके तूने की उसकी पूर्ति  
हमारे हर स्वप्न को  
अपनी अदम्य शक्ति से कर रही साकार  
माँ हम हैं तेरे शुक्रगुज़ार

हम सब चाहे घरों में बंद हैं।  
पर उन्मुक्त हमारी जिहवा के छंद हैं  
हमारे हर सुख-चैन के लिए  
तू कमर कस कर है तैयार  
माँ हम हैं तेरे शुक्रगुज़ार

आज जो व्याधि पसार रही पैर है  
माँ तेरे आशीष के आगे उसकी नहीं खैर है  
हमारे रक्षण हेतु  
माँ दुर्गा का रूप लेती धार  
माँ हम हैं तेरे शुक्रगुज़ार

खुशी अग्रवाल

छठी-ख

शाखा विद्यालय



## जीत जाएँगे हम

चारों ओर कोरोना ने हाहाकार मचाया  
ये कैसा अजब सा मौत का जाल बिछाया  
सड़कों, मंदिरों में सभी जगह सन्नाटा है छाया  
मानव जीवन में हर तरफ भय समाया  
मानव की पुकार का क्या भगवान पर कोई असर न हो पाया ?



ऐ मानव तूने अपनी करनी का ही है फल पाया  
तू अपनी मर्जी पर इस कदर तुला था  
तूने इस धरा पर था कोहराम मचाया  
वाह रे, कोरोना

लोकडॉउन में ये कैसा खेल रचाया  
अपनों ने अपनों का भरपूर संग है पाया  
मम्मी का मास्टर शेफ बाहर निकलकर है आया  
प्रकृति का भी रूप निखर कर है आया  
पशु-पक्षी खुशी से फूला न समाया  
बच्चों ने काम काज में हाथ बँटाया  
खोये हुये संस्कारों को फिर से है पाया  
रामायण-महाभारत का ज्ञान है पाया  
ऑनलाइन टीचिंग का है आनंद उठाया  
पर ऐ करोना ये जानता है वास्ता  
किनसे पड़ा है तेरा ?

ऐ नादान ये तेरी समझ में क्याँ न आया  
हमारी हिम्मत के आगे दुश्मन  
ज्यादा देर न है टिक पाया  
खंड-खंड कर दिया जिसने भी  
हमारी शक्ति को है आजमाया  
हमारे देश के पुलिस और  
डॉक्टर ने सच्चे भारतीय होने का है फर्ज़ निभाया  
सर्फरोशी की तमन्ना अब हमारे दिल में है  
देखते हैं जोर कितना ऐ कोरोना तुझ में है  
हिम्मत होंसले से जीत जाएँगे जंग  
हमारे साथ मोदी जी तथा अपनों का है संग  
हमने तो आशा का दीपक है जलाया  
एक नई सुबह में फिर से नाचे झूमे, गाएगा इंडिया  
फिर से मुस्कुराएगा इंडिया

Fight against COVID-19

अवनि बंसल

आठवीं-एफ



## कोविड के बीच शिक्षक और तकनीक की बदलती भूमिका

‘परिवर्तन संसार का नियम है’ सही तो है कुछ समय पहले जहां शिक्षक मोबाइल अपनी अलमारी में रख कर विद्यार्थियों से रूबरू होने कक्षाओं में जाते थे आज वही अध्यापक स्कूल के बरामदे में कानों पर हेडफोन टिकाये मोबाइल में अपने शिष्यों को ढूँढते नजर आते हैं। विद्यालय में कोयल की कूक, छोटे-छोटे पक्षियों का चहचहाना अब साफ सुनाई पड़ता है क्योंकि अब विद्यालय में शोर नहीं हैं। एक साल पहले तो इन पक्षियों का शोर बच्चों की शरारत भरी आवाज़ में कहीं खो सा गया था। 2020 पूरे विश्व में कोविड वर्ष के रूप में याद किया जाएगा। मुझे याद है मार्च 2020 जब अचानक से स्कूल बंद करने के आदेश दे दिए गए और देशभर में लॉकडाउन हो गया। लॉकडाउन की घोषणा होते ही जैसे सृष्टि के सभी नियम बदल गए। कोई भी अब सुबह दफ़्तर जाने या स्कूल जाने के लिए अफरा-तफरी में नहीं था। ऐसे लगा जैसे समय की सुईयां थम सी गई थी, सभी काम रुक से गए थे। लेकिन धीरे-धीरे कार्य करने के अलग-अलग तरीके ढूँढे जाने लगे। जो शिक्षण पहले अध्यापक और शिष्य के आमने-सामने होने पर ही पूर्ण होता था आज उसका रूप धीरे-धीरे परिवर्तित हो रहा था। लेकिन मानव जनित तकनीक ने अध्यापक और शिक्षक को जोड़ने में एक महत्वपूर्ण भूमिका निभाई है। आमने-सामने बात करिए या फिर वीडियो और पीपीटी बनाकर पूरा पाठ समझाइए, बस काम चलता रहना चाहिए। कभी-कभी तो ऐसा एहसास भी होने लगता कि शिष्यों के विद्यालय में न आने पर भी वे हमारे कितने करीब हैं। विश्वास होने लगा कि सचमुच आवश्यकता ही अविष्कार की जननी है, अन्यथा हमने आज तक तकनीक के इतने रूपों को कहाँ देखा और पहचाना था। मोबाइल फोन का प्रयोग तो बहुत देर से कर रहे थे पर उस पर किसी से बात करना या संदेश भेजने के अलावा कुछ और भी हो सकता था यह शायद सपने में भी नहीं सोचा था। हर शिक्षक अपने फोन पर बच्चों से जुड़ने का रोज एक नया तरीका ढूँढता नजर आया। संघर्ष, नया सीखने की इच्छा और अपने कर्तव्य को पूरा करने के जुनून में कोई शिक्षक वीडियो बनाता नजर आता, कोई ऑडियो रिकॉर्डिंग करता हुआ, कोई पेड़ पर चढ़ सिग्नल ढूँढने लगता तो कोई वाइटबोर्ड खरीद कर घर में ही पढ़ाते हुए नजर आता। स्टाफ मीटिंग, वर्कशॉप तथा स्कूल के सभी कार्यक्रम साल भर ऑनलाइन ही होते नजर आए। हमने जीवन के इस पहलू की कभी कल्पना भी नहीं की थी।

एक शिक्षक के रूप में यह बदलाव मुझे बहुत अच्छा लगा शारीरिक रूप से तो मैं विद्यार्थियों से दूर थी परंतु कोविड के इस दौर में शिक्षण और तकनीक की बदलती भूमिका कभी न भूलने वाले रहेगी। इस दौर ने शिक्षण के तरीकों को एकदम परिवर्तित करके रख दिया। जहाँ पहले एक अध्यापक के पढ़ाने का दायरा सिर्फ कक्षा या विद्यालय का प्रांगण था परंतु अब ऐसा लगा जैसे खुला आसमान है।

हर विषय पर पढ़ने-पढ़ाने और समझने के लिए अनेक नए तरीके इजाद

हो रहे थे। बड़ा गर्व होता है नई तकनीक से पढ़ाते हुए। कभी गूगल अर्थ पर वर्चुअल बर्लिन का ट्रिप कभी पेडलेट पर बच्चों द्वारा दिए गए विषय पर लिंक, चित्र, प्रश्न लिखना मानो एक जगह पूरा का पूरा टॉपिक अंकित किया गया हो। उनमें सिर्फ मेरे या मेरे विद्यार्थियों के ही नहीं बल्कि कई शिक्षकों और विद्यार्थियों के विचारों को साझा किया गया। घर बैठे बैठे परीक्षा देना और शिक्षक का उसे जांचना यह भी बहुत अजीब था परंतु संभव हो गया। शिक्षक अपने सहभागी शिक्षक पर निर्भर हर पल कुछ नया सीख रहा था और सिखा रहा था। इसी दौरान शिक्षकों को भी एक दूसरे के करीब आने और समझने का अवसर प्राप्त हुआ। तकनीक ने तो वैश्विक समस्या कागज़ के दुरुपयोग का किसी हद तक हल ही निकाल दिया। अपना लैपटॉप और मोबाइल तो अब अलादीन का चिराग प्रतीत होने लगे थे। सरकार के सभी आदेशों का पालन करते हुए भी हम अपने विद्यार्थियों के कितने करीब थे, जो केवल संभव हो पाया है तकनीक के कारण। मैं धन्यवाद प्रकट करना चाहती हूँ विद्यालय की प्रधानाचार्या तथा स्कूल मैनेजमेंट का जिन्होंने हमें तकनीक के सभी नए रूप दिखाए तथा समझाए।



कमल अरोड़ा  
विभागाध्यक्षा (समाजिक विज्ञान)  
वरिष्ठ विभाग

## हम हमेशा दोस्त रहेंगे

हर खुशी तकलीफ, साथ साथ जीया करते थे,  
हार हो या जीत एक दूसरे का साथ दिया करते थे।  
कभी तुम, कभी हम तुमसे रूठ जाया करते थे,  
फिर हम तुम्हें और कभी तुम हमें मना लिया करते थे।  
एक दूसरे की हम खुद से ज्यादा परवाह किया करते थे,  
बस कल की ही यह बात लगती है।  
हम तुम अपनी दोस्ती पर कितना इतराया करते थे।  
यकीन नहीं होता वक्त के साथ हालात इतने बदल जायेंगे,  
हम अपनी-अपनी दुनिया में इस कदर खो जायेंगे।  
एक दूसरे की ज़िंदगी में बस याद बनकर रह जायेंगे,  
खैर हम न तुमसे, न ज़िंदगी से कोई शिकायत करेंगे।  
बस इस यकीन को हमेशा कायम रखेंगे,  
जब भी दिल से पुकारेंगे, तुम्हें अपने पास पाएँगे।



प्राक्षी शर्मा  
आठवीं-सी

## धरा पर फरिश्ते

कष्ट पड़े जब मानवजाति पर  
तो प्रभु खुद चले आते हैं  
अन्यथा अपने फरिश्तों को  
धरा पर भिजवाते हैं।



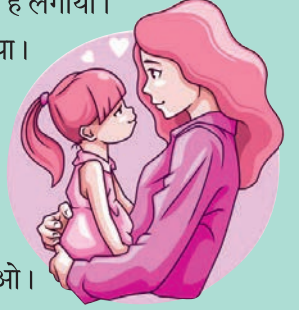
कोरोना की समस्या हल करने को  
प्रभु ने अपने दूत भिजवाए  
लोगों की सहायता के लिए  
उन्होंने अलग-अलग रूप बनाए।

कुछ ने डाक्टर, नर्सों का रूप धर  
रोगियों के दुख दूर किए  
कुछ पुलिस कर्मी बन  
लॉकडाउन सफल बनाने को चल दिए  
सफाईकर्मियों के रूप में जैसे  
देवता खुद प्रकट हुए  
अपनी जान की परवाह किए बिना  
सब परोपकार के लिए तत्पर हुए  
विश्व भर में हैं जिनका यशोगान  
सभी फरिश्तों को है बारम्बार प्रणाम।

नाम्या  
छठी - क

## मन की बात

आज, मैं अपने मन की बात करती हूँ आप सबसे,  
कोरोना महामारी में जनता की सहायता करने में जो  
जनसमुदाय जुटा है,  
उसका आभार प्रकट करती हूँ, पूरे दिल से।  
डॉक्टरों और नर्सों ने अपना चैन है गँवाया।  
अध्यापकों ने बच्चों के भविष्य के लिए अपना दिन-रात है लगाया।  
पुलिस कर्मचारियों ने भी अपना कर्तव्य बखूबी है निभाया।  
मैं विश्व के कल्याण की कामना करती हूँ भगवान से।  
हे कृपालु, हे दयालु अपनी कृपा दिखलाओ।  
कोरोना वायरस को विश्व से दूर भगाओ।  
हमारी उलझन को सुलझाओ।  
भगवन् बोले, पहले प्रकृति से अपना सच्चा रिश्ता निभाओ।  
नैतिक मूल्यों और संस्कारों को दिल से अपनाओ।  
निराशा से अपना दामन छुड़ाओ।  
मन में आस्था व आशा का दीप जगाओ।



सुरम्या  
चौथी - क  
शाखा विद्यालय

## हिंदी भाषा

हिंदी भाषा है हर भारतीय का आधार,  
अपने आधार से जुड़े रहकर ही हमने जाना है,  
सफलता के उस पार।  
हर अक्षर में इसके प्यार है झलकता,  
इसी भाषा के द्वारा, शूरवीरों में जोश है उगलता।  
हिंदी हमारी सभ्यता, संस्कृति और विरासत की जननी है,  
इसके शब्दों में जो सम्मान है भरा, वह सबसे अग्रणीय है।  
मन के भावों का सही वर्णन, इसी भाषा में किया जा सकता है,  
अंग्रेजी भाषा के द्वारा तो केवल, औपचारिकता को ही निभाया जा सकता है।  
ऐ मेरे भारतीय नागरिकों, क्यों अपनी परम्परा को भुला रहे हो,  
चीन, जापान में जब भी हम जाते हैं, अपनी भाषा को वे अपना मान मानते हैं,  
लेकिन, हिंदुस्तानी अपनी भाषा को प्रयोग करना, क्यों अपना अपमान मानते हैं ?  
अपने ही देश में हिंदी भाषा को क्यों पराया बना दिया,  
इसके मधुर शब्दों का प्रयोग करना, क्यों लोगों ने भुला दिया ?  
इसी भाषा ने दिए हैं, हरिवंशराय बच्चन और भगवती चरण वर्मा,  
इसी ने सफल बनाए हैं मुंशी प्रेमचंद और महादेवी वर्मा।  
श्रृंगार रस, वीर रस इसी भाषा ने हैं दिए,  
संगीत के सात सुर भी इसी भाषा ने हैं सजा दिए।  
शत्रुओं को भी प्यार से अपना बनाने की आदत है इस भाषा में,  
हर धर्म को एक धागे में पिरो देने की ताकत है इस भाषा में।



मान्या  
छठी - ख  
शाखा विद्यालय

## माँ

घुटनों से रेंगते रेंगते,  
कब पैरों पर खड़ी हुई,  
तेरी ममता की छाँव में,  
जाने कब बड़ी हुई,  
काला टीका, दूध मलाई,  
आज भी सब कुछ वैसा है  
मैं ही मैं हूँ हर जगह  
प्यार ये तेरा कैसा है ?  
सीधी-साधी, भोली-भाली,  
माँ मेरी सबसे अच्छी है।  
कितनी भी बड़ी हो जाऊँ  
माँ! आज भी मैं तेरी बच्ची हूँ।



मन्नत  
आठवीं-ए

## मेरी माँ

धरती की वह परी है,  
भगवान की मूरत धरी है।  
लगती कितनी प्यारी है,  
पूरे जग से न्यारी है।  
मैं उसको करती हूँ प्यार,  
देती वह मुझे बहुत दुलार।  
हम पर देती जान है वार,  
रखती सदा हमारा ख्याल।  
हम में ही खो जाती है,  
खुद को भूल ही जाती है।  
एक अक्षर का प्यारा नाम,  
'माँ' की ममता को प्रणाम।



काव्या कश्यप  
तीसरी ई

## गुरु की महिमा

गुरु है तो प्यार है,  
गुरु है तो संसार है,  
घने अन्धकार में भी,  
दीपक का प्रकाश है,  
मन का विश्वास है,  
दिल का एहसास है,  
सुन्दर सा गीत है,  
हर शब्द में ही प्रीत है,  
गुरु के ही हाथों में,  
संसार की कमान है,  
गुरु के चरणों में शत शत प्रणाम है॥  
गुरु है तो विश्वास है,  
गुरु है तो सब पास है,  
गुरु से ही आस है,  
गुरु जो अपने पास है,  
तो मंज़िल की क्या बात है,  
एक सुन्दर सा एहसास है,  
न हो कोई काम अधूरा,  
सब कुछ अपने हाथ है,  
गुरु सुन्दर साज है,  
गुरु शिष्य का सरताज है,  
गुरु के चरणों में शत शत प्रणाम है.....



तनवी  
सातवीं - अ

## कुंदन विद्या मंदिर के बच्चे...

हम कुंदन विद्या मंदिर के बच्चे हैं  
बस आगे बढ़ते जाएँगे  
आयें सौ तूफान सामने  
रोक न हमको पाएँगे।  
हमें न समझो नन्हें-मुन्ने  
हम साहस के प्रतीक हैं  
दिल के हैं मज़बूत बड़े हम  
तन के लगते दुबले हैं।  
जो हमसे टक्कर लेगा,  
हम उसको सबक सिखाएँगे  
हमें न समझो छोटे,  
हम हैं काम बड़े करने वाले।  
बड़ी-बड़ी बाधाओं से भी।  
तनिक न हैं डरनेवाले  
चट्टानों को तोड़-फोड़कर  
राहें नई बनाएँगे।  
हमें न समझो यूँ ही,  
हम हैं कुंदन विद्या मंदिर की आशा।  
सब कुछ न्योछावर कर  
पूर्ण करेंगे अभिलाषा।  
गिरे आज हैं जो समाज में,  
ऊपर उन्हें उठाएँगे  
हम कुंदन विद्या मंदिर के बच्चे हैं  
बस आगे बढ़ते जाएँगे।



प्रीशा मलिक  
चौथी - ए

## हे कोरोना

हे कोरोना तू कब जाएगा ?  
है इंतज़ार कब तेरा वैक्सीन आएगा ?

माना मौत का एक रूप तू लाया है  
पर हर बार ईश्वर ने हमें बचाया है

माना हम रुके सहमे घबराए हैं  
पर ज़िंदा रहने का ज़ब्बा साथ लाए हैं

मुश्किल वक्त है गुज़र जाएगा  
खुशियों का नया सूरज निकल जाएगा

हे कोरोना तू कब जाएगा ?  
है इंतज़ार कब तेरा वैक्सीन आएगा ?



सिद्धांत भट्टाचारजी  
तीसरी -

## ‘तब और अब’

तब

एक तौलिया से पूरा घर नहाता था।  
दूध का नम्बर बारी-बारी आता था।  
छोटा माँ के पास सो कर इठलाता था।  
पिताजी से मार का डर सबको सताता था।  
बुआ के आने से माहौल शांत हो जाता था।  
पूड़ी खीर से पूरा घर रविवार मनाता था।  
बड़े भाई के कपड़े छोटे होने का इंतज़ार रहता था।  
स्कूल में बड़े की ताकत छोटा रवि जमाता था।  
बहन-भाई के प्यार का सबसे बड़ा नाता था।  
बड़े का बस्ता, किताबें, साइकिल, कपड़े, खिलौने, पेन्सिल स्लेट, चप्पल सबसे छोटे का नाता था।  
मामा-मामी, नाना-नानी एक छोटे से सन्दूक को अपनी जान से ज्यादा प्यारी तिजोरी बताता था।

अब

तौलिया अलग हुआ, दूध अधिक हुआ,  
माँ तरसने लगी, पिता जी डरने लगे।  
बुआ से कट गये, खीर की जगह पिज्जा, बर्गर, मोमो आ गये,  
कपड़े भी व्यक्तिगत हो गये, भाइयों से दूर हो गये।  
धन प्रमुख हो गया, अब सब नया चाहिए।  
बटुए में नोट हो गये।  
कई भाषाएँ तो सीखीं मगर संस्कार भूल गये।  
बहुत पाया पर कुछ खो गये।  
रिश्तों के अर्थ बदल गये।  
हम जीते तो लगते हैं  
पर एहसास संवेदन हीन हो गये।

हेज़ल मरवाहा

सातवीं - क  
शाखा विद्यालय



## पर्यावरण

आओ पर्यावरण बचाएँ  
अपने कर्तव्य को निभाएँ  
भगवान ने रची कुदरत,  
इसको संभालने की नहीं है, किसी के पास फुर्सत।  
आज हर कोई चाहता है, कमाना नफ़ा  
किसी को दुःख नहीं, कि कुदरत हो रही है खफ़ा।  
मनुष्य ने देकर पर्यावरण को हानि,  
प्रदूषित कर दिया सारा पानी।  
गंगा जो थी पहले शुद्ध,  
आज मनुष्य ने मैली की है खुद।  
पहले चारों तरफ होती थी हरियाली,  
लेकिन, मनुष्य ने आज, पर्यावरण की तस्वीर बदल डाली  
पहले अनपढ़ लोग भी रखते थे पर्यावरण का ध्यान,  
लेकिन आधुनिक मानव ने, बदल दिया इसका परिधान  
पहले होते थे ऊँचे-ऊँचे पेड़, लेकिन आज हो गए हैं, सभी ढेर।  
पर्यावरण को हम सब को मिल कर बचाना होगा  
इस धरा को सुंदर बनाना होगा।



तनवी

आठवीं - ख  
शाखा विद्यालय

## जीवन - एक संघर्ष

जीवन एक संघर्ष है  
अपनी मंज़िल के रास्ते को चुनना एक संघर्ष है  
इस मंज़िल को मुक्कमल करना एक संघर्ष है,  
हर हार के बाद फिर खड़े हो उठना एक संघर्ष है,  
अनेक चेहरों में से, सच्चा दोस्त ढूँढ निकालना एक संघर्ष है,  
अंधेरे रास्ते पर, उम्मीद की बाती जलाना एक संघर्ष है,  
अपने हक की आवाज़ उठाना, एक संघर्ष है।  
समाज की उम्मीदों पर खरे उतरना एक संघर्ष है,  
चारों तरफ शोर हो, शांति बनाए रखना एक संघर्ष है,  
हर किसी के मन में नफरत हो तो, प्रेम बनाए रखना एक संघर्ष है।  
झूठ और फरेब से घिर जाएँ, सच्चाई को ढूँढना एक संघर्ष है।  
झूठी सी दलीलों के बीच, सच की आवाज़ ऊँची करना एक संघर्ष है।  
फूलों से सजे नहीं मिलेंगे रास्ते,  
काँटों से गुज़रना एक संघर्ष है।  
बस इतना कहना चाहूँगी कि हर पल, हर मुश्किल में  
अपने चेहरे पर मुस्कान बनाए रखना  
क्योंकि जिंदगी बहुत लंबी है और जीवन का दूसरा नाम संघर्ष है।



वंस कौर

बारहवीं - सी

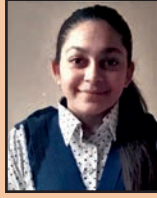
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## वर्तमान

जो बीत गया उसकी चिंता मत करो  
जो अनिश्चित और भविष्य है  
उस पर विश्वास मत करो  
सिर्फ वर्तमान पर नजर रखो  
उसे व्यर्थ मत करो  
जियो, जितना जी सको  
“वर्तमान” में करो।  
आज को पकड़ लो  
कल में विश्वास मत रखो।  
जो कोई तुम्हें कोसे  
तुम उसे मत कोसो  
याद रखो क्रोधी के शाप  
में आशीष का फल मिलता है।



- उठो जागो अपने लक्ष्य तक पहुँचने से पहले मत रुको।  
– स्वामी विवेकानंद
  - जो पुस्तकें सबसे अधिक सोचने के लिए मजबूर करती हैं, वही तुम्हारी सबसे बड़ी सहायक हैं।  
– जवाहर लाल नेहरू
  - थोड़ा-सा झूठ भी मनुष्य के जीवन का नाश कर देता है।  
– महात्मा गांधी
- आयरा मुँजाल  
नौवीं – ए

## ऑनलाइन क्लासिक्स

था टीचर का ब्लैकबोर्ड, कभी ज्ञान का खजाना  
हुआ ये किस्सा पुराना, अब है मोबाइल का ज़माना  
मिल जाते हैं मोबाइल पर ही गुरु जी  
कहते वहीं से तुम, पढ़ाई करो शुरू जी  
अब मोबाइल में टीचर, टीचर के पास मोबाइल  
देखते देखते सारे स्टूडेंट करने लगे स्माइल  
बच्चे अब कर लेते हैं, वहीं से आज्ञा का पालन  
पढ़ाई के नाम पर होता, गेम का संचालन  
ऑनलाइन पढ़ाई से मम्मी-पापा भी खुश  
नहीं पता वहीं से लूडो खेल रहा है दुष्ट  
अब टीचर की डाँट से भी बच्चे होते बड़े प्रसन्न  
क्योंकि टीचर को चुप कराने का उनके पास है बटन  
टीचर मोबाइल से थोड़ा-थोड़ा ही पढ़ाएँगे  
नहीं तो बच्चे मोबाइल बंद करके भाग जाएँगे  
अब सारे टीचर मोबाइल पर ही पढ़ाएँगे  
मम्मी पापा भी खुश कि बच्चे कुछ कर दिखाएँगे।  
तनिश भारती  
नवम् – बी



## अजन्मी की पुकार

माँ मैं जीना चाहती हूँ,  
दुनिया में मुझको आने दो।  
मत संहार करो तुम मेरा,  
मुझको जीवन पाने दो।



अभी न तेरी सूत देखी,  
न तो पाया तेरा प्यार।  
बाँहों में पापा की न झूली,  
मिला नहीं उनका भी दुलार।  
अपने सूने घर में मेरी  
किलकारी भर जाने दो।  
माँ मैं जीना....।

मत सोचो मैं बोझ हूँ घर पर  
घर को मैं महकाऊँगी।  
छोड़ेंगे जब बहुएँ बेटे,  
पास तुम्हारे आऊँगी।  
बन के सहारा माता-पिता का,  
सेवा में रम जाने दो।  
माँ मैं जीना....।



नया दौर है नई दिशाएँ,  
जर्जर हैं थोथी परम्पराएँ।  
जो लड़की को बोझ मानते,  
नादान हैं कुछ नहीं जानते।  
बेटी-बेटा एक जैसे हैं  
उनको यह समझाने दो  
माँ मैं जीना....।

आयरा मुँजाल  
नौवीं – ए

## शिक्षक

आदर्शों की मिसाल बनकर  
बाल जीवन संवारता शिक्षक,  
सदाबहार फूल-सा खिलकर  
महकता और महकाता शिक्षक,  
नित नए प्रेरक आयाम लेकर  
हर पल भव्य बनाता शिक्षक।



## मां मुझे इस दुनिया में आने तो दे

प्रकृति की देन हूँ मैं  
रब की हूँ एक कला  
अभी बनी भी नहीं हूँ पूरी मैं  
भगवान को मुझे पूरा बनाने तो दे  
मां मुझे इस दुनिया में आने तो दे ।



नहीं बनूँगी बोज़ तेरे सर का  
बेटा बन कर दिखाऊँगी इस घर का  
कुछ करने की हिम्मत जताने तो दे  
मां मुझे इस दुनिया में आने तो दे ।

तेरे आँगन की बगिया में  
चाहती हूँ मैं पलना  
पायल की छम छम करती माँ  
चाहती हूँ मैं भी चलना ।

किसे हक है मुझे मारने का  
मेरे अरमानों को यूँ गाड़ने का  
तू भी किसी की बेटी है  
अपने आपको बेटी की माँ कहलाने तो दे  
माँ मुझे इस दुनिया में आने तो दे ।

मुझे कल्पना चावला बनकर  
छूना है नीला गगन  
मुझे पी.टी. ऊषा बन कर  
देश का बनना है गौरव  
एक सफलता भरी उड़ान भरने तो दे  
माँ मुझे इस दुनिया में आने तो दे ।

भगवान की बनी एक कली हूँ मैं  
स्वर्ग की बाहों में पली हूँ मैं  
तेरी बेटी बनकर मिलने आई हूँ तुझसे  
तू ही साँसे छीनना चाहती है मुझसे  
अभी पूरी तरह मुझमें साँस आने तो दे  
माँ मुझे इस दुनिया में आने तो दे ।

गर्भ में पलती बेटी पल-पल करे गुहार  
माँ मुझे इस दुनिया में आने तो दे  
माँ मुझे इस दुनिया में आने तो दे ।

अनन्या वासुदेवा  
नौर्वी - बी

## न जाने क्यों हम इतनी जल्दी बड़े हो गए

ज़िंदगी को थोड़ा पीछे ले जाने को दिल करता है,  
फिर से बचपन में लौट जाने का मन करता है,  
जब हमारा खेलना भी सबको भाता था,  
देर तक सोए रहना भी सबको सुहाता था,  
हमारा नटखट पन सबका दिल जीत जाता था ।  
हमारी गलत बात पर भी सब खिलखिलाते थे,  
बड़े प्यार से सब हमें समझाते थे,  
बड़े क्या हो गए, हमारी शरारतें,  
ज्यादा खेलना, देर तक सोना  
सबको खलने लगा ।



पढ़ लो, घर का कोई काम कर लो  
बड़ों का यह अलार्म, दिन-रात बजने लगा ।  
न जाने वे दिन कहाँ खो गए,  
न जाने क्यों हम इतनी जल्दी बड़े हो गए,  
न जाने क्यों हम इतनी जल्दी बड़े हो गए ।

संयम जैन  
छठी - क  
शाखा विद्यालय

## अध्यापक

हमें आगे बढ़ना सिखाए,  
मुश्किलों से लड़ना सिखाए,  
हमारी शैतानियों को भी सह जाए,  
वही तो अध्यापक कहलाए ।  
हमें गणित, हिंदी, अंग्रेज़ी और विज्ञान पढ़ाए,  
नैतिक मूल्यों का भी नित पाठ पढ़ाए,  
हमारी सफलता पर जो खुश हो जाए,  
वही तो अध्यापक कहलाए ।  
हर वक्त जो हमारी हिम्मत बढ़ाए,  
अच्छाई-बुराई का फर्क समझाए,  
जिनमें माँ-बाप की झलक नज़र आए,  
वही तो अध्यापक कहलाए ।  
वही तो अध्यापक कहलाए ।



अययान मुंजाल  
चौथी - क  
शाखा विद्यालय





## दुनिया मेरे नज़रिये से

जब देखा माँ की गोद से दुनिया को,  
तो ये एक हलचल और खुशियों की फुलवारी सी लगी।  
जब देखा बचपन के आगोश से,  
तो यह मासूम, चंचल और मचलती आँखों की पिचकारी सी लगी।  
जवानी में आते-आते,  
तो हजारों रंगों को बिखेरती, सपनों सी छिछोरी सी लगी।  
जब इसे किसी बूढ़े की आँखों से देखा,  
तो यह सच में कुदरत की देन और सुख दुख देती हमारी अपनी ही परछाई सी लगी।  
जब इसे किसी अमीर की आँखों से देखा,  
तो यह मखमली रजाइयों से ढकी एक नरमाई सी लगी।  
जब इसे गरीब की आँखों से देखा,  
तो यह मेहनत के आँसुओं से लबलबाती एक सैलाब सी लगी।  
दुनिया के लिए अपने नजरिए की बात, क्या कहूँ, बस यही कह सकती हूँ  
दुनिया तो एक है, फिर भी सबकी दुनिया अलग-अलग है।



दृष्टि मक्कड़  
नौवीं - डी

## कोशिश एक सफल प्रयास

“कोशिश” मेरे लिए केवल एक शब्द था। लेकिन एक घटना ने मुझे इसका असली मतलब समझा दिया। कहने को तो यह एक मामूली सी घटना है लेकिन इसी मामूली घटना ने कोशिश के प्रति मेरे दृष्टिकोण को ही बदल दिया। मैं अपने इसी अनुभव को शब्दों में बताने की कोशिश करने जा रहा हूँ। मुझे पतंग उड़ाने का बहुत शौक है। पतंग उड़ाने के लिए मैं दूसरों की मदद लेता था क्योंकि मुझे खुद अपने आप पतंग उड़ानी नहीं आती थी। लेकिन इसका अर्थ यह नहीं कि मैं कोशिश नहीं करता था। मैं पिछले एक साल से स्वयं पतंग उड़ाने की निरंतर कोशिश करता रहा पर कभी सफल नहीं हुआ लेकिन मैंने कभी हार नहीं मानी। आखिरकार वह दिन आ ही गया यानी इसी साल लोहड़ी से एक दिन पहले 12 जनवरी 2021 जब मैंने पहली बार बिना किसी की सहायता लिए खुद अपने आप पतंग उड़ाई। मैं अत्यंत खुश हुआ और चिल्ला-चिल्लाकर अपनी मम्मी जी को इसके बारे में बता रहा था। तभी मेरी मम्मी जी ने मुझे मेरी खुशी की असली वजह मेरी निरंतर कोशिश बताई जिस ओर मेरा ध्यान ही नहीं गया था। तब मुझे एहसास हुआ कि कोशिश करते रहने से हमें सफलता अवश्य ही मिलती है और असंभव भी संभव हो सकता है। किसी ने सच ही कहा है, “कोशिश करने वालों की कभी हार नहीं होती”।

लकिश जैन  
तीसरी-एफ

## दो दोस्तों की प्यारी दोस्ती

दो दोस्त थे जो एक रेगिस्तान में टहल रहे थे। जब वे चल रहे थे तो वे एक अनावश्यक बहस में पड़ गए और गुस्से में उनमें से एक ने दूसरे को चेहरे पर थप्पड़ मार दिया। जिस व्यक्ति को थप्पड़ मारा गया था, हालांकि उसे चोट लगी थी, उसने कुछ नहीं कहा और चुपचाप रेत पर लिखा “मुझे चोट लगी है क्योंकि आज मेरे दोस्त ने मेरे चेहरे पर हाथ मारा”। उन्होंने चलना फिर से शुरू किया और तक तक चलते रहे जब तक वे एक नखलिस्तान में नहीं आ गए। उन्होंने तब नखलिस्तान में स्नान करने का फैसला किया। जब वे नहा रहे थे तो जिसे थप्पड़ मारा गया था वह डूबने लगा। दूसरे दोस्त उसके बचाव में आए और उसे बचाया। बचाए जाने के बाद, उसने पत्थर पर लिखा “आज मैं अपने सबसे अच्छे दोस्त द्वारा बचा लिया गया था”। दोस्त ने उससे पूछा, “जब आज मैंने तुम्हें बचाया तो तुमने पत्थर पर लिखा, जब मैंने तुम्हें थप्पड़ मारा था तब तुमने रेत पर क्यों लिखा?” इस पर, दोस्त ने जवाब दिया कि हम रेत पर तब लिखते हैं जब आपका दोस्त आपको चोट पहुँचाता है क्योंकि यह हवा के साथ मिट जाएगा। लेकिन इसे पत्थर पर लिखें जब आपका दोस्त आपके साथ कुछ अच्छा करे ताकि यह हमेशा के लिए अच्छाई के रूप में याद आता रहे।

शिक्षा :- आपका दोस्त हमेशा आपके उज्वल पक्ष को देखता है। कोई फर्क नहीं पड़ता कि आपका दोस्त हमेशा आपको बचाने के लिए आएगा।

दक्ष गुप्ता  
नौवीं - जी



## उम्मीद

जैसी नजर वैसा नज़ारा  
मैं वो बच्चा हूँ जो कोरोना से न हारा  
मैंने अपनी स्मृति से वृत्ति को बदला  
कोरोना को मैंने करो ना में बदला  
जैसे घर से बाहर निकलना बंद करो ना  
बाहर का खाना खाना बंद करो ना



बिना मास्क पहने घर से निकलना बंद करो ना  
और बार-बार कोरोना को याद करके उसमें शक्ति भरना बंद करो ना  
स्वयं परिवर्तन करने से मेरी सृष्टि परिवर्तित हो गई।  
कोरोना की जगह मन में करुणा स्थापित हो गई।  
जिन भाई बहनों की कोरोना की वजह से रोजी रोटी बंद हो गई  
उनकी मदद करने की इच्छा, मेरे मन में व्यापित हो गई।  
धन, खाना, दवाइयाँ सब मेरे पास ज़्यादा हो गई।  
दान देकर अपने भाइयों को, मन में आलौकिक खुशी स्थापित हो गई।

चलो आज हम सब कोरोना को करो हाँ में बदलते हैं,  
रोज सुबह उठकर भगवान को धन्यवाद करते हैं,  
डाक्टर, नर्स, सफाई कर्मचारी सबकी लंबी उम्र और  
अच्छी सेहत की कामना करते हैं,  
मन को रोज़ परमात्मा की शक्ति से भरते हैं,  
कमज़ोर है कोरोना, हम कमज़ोर नहीं हैं  
यह उम्मीद सभी में भरते हैं।

अदिति कठपाल  
सातवीं - क  
शाखा विद्यालय

## तकदीर

क्या है जिंदगी जो किसी के रहमो कर्म की उम्मीद पर हो,  
गलतियाँ तू करता रहे और दोषी तकदीर हो।  
तकदीर को दोष देना तो इस जहाँ की रिवायत है,  
पर ऐ खुदा के बंदे ये कहाँ की काबिलियत है।  
भाग्य पर भरोसा कर, पर अंध विश्वास नहीं,  
तेरे कर्म ही सबसे महान हैं, तेरे ये श्वास नहीं।  
कर्म ऐसा कर कि सार्थकता भर दे हर इक पल में,  
तकदीर खुद ज़िक्र करे तुम्हारा हर महफिल में।



अंजली शर्मा  
माध्यमिक विभाग  
(गणित अध्यापिका)

## सर्वोत्तम है आशा, आशा ही सर्वोत्तम

हटाकर तो देखा अंधकार का चश्मा  
चहुं ओर दिखेगा प्रकाश का करिश्मा  
अभी से ही यदि हार जाओगे,  
फिर दुनिया को क्या मुँह दिखलाओगे ?  
भूलो मत यह तथ्य अनमोल,  
गुच्छे की आखिरी चाबी भी कभी देती है ताला खोल।  
सर्वोत्तम है आशा, आशा ही सर्वोत्तम



यदि श्री राम की विरह की खातर  
ओढ़ लेती सीता निराशा की चादर,  
होता क्या फिर धर्म का बखान  
यदि न चलता विश्वास का अचूक बाण  
सर्वोत्तम है आशा, आशा ही सर्वोत्तम

पांडवों का 12 वर्ष वनवास, संग 1 वर्ष अज्ञात वास  
था क्या संभव बिना आस - विश्वास ?

खून के घूंट पीते, चाकरी करते,  
वन-वन में भटकते फिरते,  
रिक्त हो जाता यदि उम्मीद का खाता,  
फिर कैसे लहराती विजय पताका ?  
सर्वोत्तम है आशा, आशा ही सर्वोत्तम

मांग कर अतीत से यह ज्ञान की भिक्षा,  
अपनाओ तुम वर्तमान में यह शिक्षा।  
उम्मीद की नाव पर हो जाओ सवार,  
कोविड-19 के सागर को कर जाओ तुम पार।  
भूल से भी न करना डूबने की बात,  
चूँकि संकटमोचन ईश है तुम्हारे साथ।  
सर्वोत्तम है आशा, आशा ही सर्वोत्तम

चींटी भी संजोती रहती है इक-इक दाना  
इसी आस में रहकर कि  
कभी तो बनेगा अपना भी 36 पकवानों का खाना !  
सर्वोत्तम है आशा, आशा ही सर्वोत्तम

सुलक्षणा गांधी  
ग्यारहवीं - ई

## राजदूत हम आशा के

राजदूत हम आशा के,  
महामारी के इस संकट में,  
हम आशावादी बन दिखलाएँगे।  
लोगों में सकारात्मकता फैलाएँगे,  
अपने देश को आगे बढ़ाएँगे,  
हम कोरोना को हराएँगे।  
राजदूत हम आशा के,  
लोगों के मन में हिम्मत का दीप जलाएँगे,  
फिर से मिलकर हम सब, खुशी का गीत गाएँगे,  
हम कोरोना को हराएँगे।  
राजदूत हम आशा के,  
सच्चे देशवासी का धर्म निभाएँगे,  
सतर्क रहेंगे, अफवाह न फैलाएँगे,  
निर्बल को अपनाएँगे,  
इंसानियत के प्रति अपना फर्ज निभाएँगे,  
हम कोरोना को हराएँगे।  
राजदूत हम आशा के,  
बच्चे हैं तो क्या ?  
देश का भविष्य उज्ज्वल बनाएँगे,  
देश को प्रगति की राह पर ले जाएँगे,  
हर मुसीबत से टकराएँगे,  
हम कोरोना को हराएँगे।



लोचन भाटीवाड़ा  
आठवीं - ख  
शाखा विद्यालय

## अध्यापक

गुरु, शिक्षक या कहो अध्यापक  
होते हैं आदर के पात्र  
ज्ञान की गंगा ये कहलाते  
अपने मुख से ज्ञान बहाते  
अक्षर-अक्षर हमें रटाते  
नैतिकता का पाठ पढ़ाते  
पढ़ना-लिखना हमें सिखाते  
मानवता की राह दिखाते  
विद्या का हैं ये आधार  
सभी करें इनका सत्कार  
करेंगे मेरा बेड़ा पार  
मुझको है इन पर विश्वास।



हरनव सिंह खरबंदा  
यू.के.जी.-बी

## जिंदगी

जिंदगी बड़ी अनमोल है,  
नहीं इसका कोई मोल है।  
किसे पता कब पलट जाए,  
किसे पता कब राह दिखाए।  
जिंदगी कभी गम को लाती,  
जिंदगी कभी खुशी को लाती।  
ऐसे ही यह चलती जाए,  
राह हमें भगवान दिखलाये।  
अगर यह दुःख लाती है,  
तो फिर सुख भी लाती है।  
पलट यह पल में जाती है,  
रंग यह दिखलाती है।  
चलो ठान लो,  
चाहे कोई चुनौती आए खुद को हम कमजोर नहीं जानेंगे।  
जिंदगी बड़ी अनमोल है,  
नहीं इसका मोल है।

तमन्ना  
पाँचवीं - क  
शाखा विद्यालय

## सन् 2020

सन् 2020 में भयंकर महामारी आई,  
जिसने बहुत सी नई चीजें सिखाई,  
हमें हमारे हिंदुस्तान की 'नमस्ते' की याद आई।  
पाश्चात्य जगत की चकाचौंध में हम सब कुछ भूल  
चुके थे।  
आगे जाने की दौड़ में हम कितने पीछे पहुँच चुके थे।  
खान-पान, रहन-सहन अपने संस्कार भूल चुके थे।  
जब आने जाने पर लगी रोक, तक समझ आया कोरोना का प्रकोप।  
जब कोरोना ने दरवाजा खटखटाया, तब असली भाईचारा सामने आया।  
इस साल ने सबको परिवार में मिल जुल कर रहने का पाठ पढ़ाया।  
इस साल ही जनता को समझ आई डॉक्टर और पुलिस की भूमिका।  
जब घर बैठे शुरू हुई पढ़ाई, तब स्कूल में होने वाली मस्ती की याद  
आई।  
एक विद्यार्थी के जीवन में अध्यापक की अहमियत सबको नज़र आई।  
इस कोरोना ने लोगों की नौकरी भी तो खाई।  
मुसीबत में हार न मानने की सीख भी सिखाई।



भूमिका कठपाल  
आठवीं - ख  
शाखा विद्यालय

## इच्छाओं का इंद्रधनुष

एक बार एक शहर में एक व्यापारी रहता था जिसका नाम रोहन था। उसके पास बादल नाम का एक घोड़ा था जो बहुत मेहनती था। पर वह कुछ समय तक एक ही तरह का काम करके ऊब जाता था। रोहन को अपने घोड़े की यह कमजोरी के बारे में ज्ञात था और इसीलिए जब वह काम पर जाता था तो रोहन कुछ समय के लिए उसे घूमने के लिए छोड़ देता था जिससे बादल ऊब न जाए और उसका मन काम में लगा रहे।



बादल का एक सपना था, वह एक जादूगर बनना चाहता था और अपने जादू का इस्तेमाल कर एक इंद्रधनुष पर चढ़ना चाहता था। परंतु अपना रोजमर्रा का काम करने के बाद उसे घर के तबेले में बंद कर दिया जाता था। जिस बाग में उसे घूमने के लिए छोड़ते थे वहां एक सुंदर सा गुलाब था जो बादल का बहुत अच्छा दोस्त था। वे दोनों एक दूसरे से सारी बातें किया करते थे। एक दिन बातों-बातों में गुलाब ने बादल से पूछा, “तुम्हारा सपना क्या है दोस्त?”

बादल ने उसे अपना सपना बताया। उसके बारे में सुनकर गुलाब हैरान रह गया। बादल ने उससे पूछा, “क्या तुम्हारे पास इस स्वप्न को पूरा करने की कोई योजना है?” गुलाब ने एक पल के लिए सोचा और कहा, “हाँ, एक तरीका है...”

बादल ने उत्साह से पूछा, “क्या है? जल्दी बताओ! मुझे यह स्वप्न पूरा करना है।”

गुलाब, “तुम्हारे लिए यह बहुत कठिन कार्य है क्योंकि तुम शीघ्र ऊब जाते हो। परंतु दोस्त होने के नाते मैं यह रहस्य की बात तुम्हें बता रहा हूँ। बादल बोला, “मैं पूरी कोशिश करूँगा और अपनी कमजोरी से भी लड़ लूँगा। पर मुझे अपना सपना पूरा करना है।”

गुलाब ने योजना बताते हुए कहा, “तुम्हें यहाँ पास के जंगल में जाना होगा और वहाँ जंगल के बीचों बीच आम का एक बहुत बड़ा पेड़ होगा। उस पेड़ पर केवल एक सुनहरा आम लगा होगा। तुम्हें पेड़ से प्रार्थना कर वह आम लेकर आना होगा। वह जादुई आम है और उससे तुम जो मांगोगे वह पूरा हो जाएगा। परंतु तुम्हारी तीन इच्छाएँ पूर्ण कर वह वापस उस वृक्ष के पास चला जाएगा।”

बादल प्रसन्नता से बोला, “धन्यवाद मित्र! तुम ही मेरे सच्चे दोस्त हो परंतु मैं तबेले से बाहर कैसे जाऊँगा?”

गुलाब बोला, “यह तो तुम्हें सोचना है। तुम्हें मौका देखकर रोहन से भागना होगा। लौटकर तुम उससे माफी माँग लेना। तुम तभी भाग सकते हो जब रोहन तुम्हें आराम कराने के लिए रूके। इसके लिए तुम्हें अपनी कमजोरी से लड़ना होगा।” बादल ने दृढ़ निश्चय कर लिया और गुलाब ने उसे उसकी यात्रा के लिए शुभकामनाएँ दी।

अगले दिन जब बादल काम पर गया तो आराम करने के समय उसे अपना स्वप्न और दृढ़ निश्चय का स्मरण हुआ। वह पूरे जोश और उत्साह के साथ जंगल की ओर चल दिया। वहाँ पहुँचकर वह आम के

वृक्ष को खोजने लगा और कुछ समय ढूँढने के पश्चात उसे वह वृक्ष और उस पर लगा सुनहरा आम दिखाई देने लगा। उसे गुलाब की बात याद आई कि उसे वृक्ष से प्रार्थना करनी होगी। बादल ने प्रार्थना आरंभ कर दी। पूरे दो दिन तक बादल प्रार्थना करता रहा। उसने अपनी कमजोरी को अपने दृढ़ निश्चय की सहायता से हरा दिया था। पूरे दो दिन बाद वृक्ष बादल की प्रार्थना से प्रसन्न हुआ और बोला, “बादल, मैं तुम्हारी प्रार्थना से प्रसन्न हुआ। ये लो जादुई आम अपनी तीन इच्छाएँ पूरी करो और जीवन में सफलता प्राप्त करो।”

बादल का मन उल्लास से भर गया। वह वापिस गया और उसने अपनी पहली इच्छा मांगी, “मेरे मालिक रोहन मुझे बहुत प्रिय हैं परन्तु मैंने उन्हें धोखा दिया इसलिए मुझे उनकी माफी चाहिए।”

बादल की इच्छा पूरी हो जाती है। दूसरी इच्छा में वह माँगता है कि उसकी और गुलाब की मित्रता कभी न टूटे। गुलाब सदा ही उसका सच्चा मित्र बना रहे। अपनी तीसरी व आखिरी इच्छा में बादल अपना सपना साकार करने की प्रार्थना करता है। उसी समय उसके समक्ष एक इंद्रधनुष प्रकट होता है और वह अपने आप को जादूगर की पोशाक में देखता है। गुलाब यह दृश्य देखते हुए बोलता है, “प्रिय बादल इस इंद्रधनुष पर चढ़ने के बाद से मैं तुम्हें इंद्रधनुष ही कह कर पुकारूँगा।”

बादल खुशी-खुशी मान जाता है और इंद्रधनुष पर चढ़ने लगता है। अपने मित्र का स्वप्न साकार होते देख गुलाब ज़ोर-ज़ोर से उसे पुकारता है, “इंद्रधनुष! इंद्रधनुष!”

अपना कार्य पूर्ण कर आम वृक्ष के पास चला जाता है। गुलाब और इंद्रधनुष हमेशा एक दूसरे के साथ खुशी-खुशी रहते हैं।

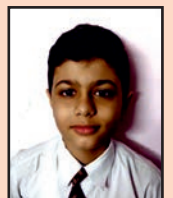
शिक्षा : दृढ़ निश्चय और सच्चे मनोबल से ही सफलता मिलती है।

अनन्या वासुदेवा

नौवीं - बी

## ये वक्त भी गुज़र जाएगा

छाए हुए हैं काले बादल,  
तो सुख का सूरज भी आएगा।  
परिवर्तन कुदरत का नियम है,  
यह वक्त भी गुज़र जाएगा।  
सैनिक बने हैं डॉक्टर और पुलिसकर्मी,  
इस जंग के मैदान में।  
ढेर सारी खुशियाँ आएँगी,  
मेरे प्यारे हिन्दुस्तान में।  
दो गज की दूरी रखकर हर हिन्दुस्तानी,  
इस जंग को जीत जाएगा।  
है विश्वास यह अटल मेरा,  
भारत मिसाल बन कर दिखाएगा।



कनिश अरोड़ा

पाँचवीं - ई

## भारत के सर्वांगीण विकास में स्वामी विवेकानंद के विचारों की भूमिका एवं उनकी महत्ता

अध्यात्म और भौतिकता  
जीवन के दो पंख  
कर्म हैं निःस्वार्थ  
वदि हैं ज्ञान का प्रमुख अंग  
युवा वर्ग के प्रेरणास्रोत  
प्रकाश पुंज हैं स्वामी विवेकानंद ।



स्वामी विवेकानंद केवल एक व्यक्तित्व नहीं, एक बुनियाद हैं। एक ऐसी बुनियाद जिस पर भारत का विराट सांस्कृतिक महल खड़ा है। भारत के लिए ही नहीं बल्कि विश्व के युवाओं के लिए उनके विचार प्रासंगिक एवं अनुकरणीय हैं। उनके विचार भारत के सर्वांगीण विकास के लिए रामबाण औषधि है।

स्वामी विवेकानंद जी ने कर्म का महत्त्व प्रतिपादित करते हुए कहा कि यदि तुम श्रेष्ठ और भला कार्य करना चाहते हो तो यह मत सोचो कि उसका फल क्या होगा? कर्मयोगी के लिए सतत् कर्मशीलता आवश्यक है। धैर्य धारण करके निरंतर कर्म करने से सफलता अवश्य प्राप्त होती है।

आज के संदर्भ में विवेकानंद जी के धर्म सम्बन्धी विचार अद्वितीय स्थान रखते हैं। आज भी भारत में सभी धर्मों के लोगों को समान अधिकार प्राप्त हैं। हम सभी धर्मों के त्योहार मिलजुल कर मना सकते हैं। भारतीय धर्म सहिष्णुता में विश्वास रखते हैं।

वेदांत दर्शन में संसार से मुक्ति के लिए त्याग के स्थान पर ज्ञान के पथ को आवश्यक माना गया है और ज्ञान का अन्तिम उद्देश्य संसार से मुक्ति के माध्यम से मोक्ष की प्राप्ति है। अतः उन्होंने वेदों को अधिक महत्त्व दिया और कहा कि विभिन्न मतवाद परस्पर विरोधी नहीं, एक दूसरे के पूरक और समर्थक हैं। इसलिए उन्होंने रामकृष्ण मिशन की स्थापना की। जिस प्रकार रामकृष्ण मिशन लोकोपकार के कार्य करती थी ठीक उसी तरह भारत में आज भी कई समाज सेवी संस्थाएँ हैं जो आपदाओं में सहायता, चिकित्सा सुविधा, उच्च शिक्षा के लिए दान कर रही हैं। किसान आंदोलन को ही देख लें कितने ही लोग उनके कल्याण हेतु लगे हुए हैं तथा उनकी निःस्वार्थ सहायता कर रहे हैं।

युवा वर्ग राष्ट्र का प्राण तत्व है। स्वामी विवेकानंद का मानना था कि किसी भी राष्ट्र का युवा जागरूक और अपने उद्देश्य के प्रति समर्पित हो तो वह देश किसी भी लक्ष्य को प्राप्त कर सकता है। उनका कहना था कि युवाओं को सफलता के लिए समर्पण भाव को बढ़ाना होगा, अनुशासित बनना होगा, कड़ा परिश्रम करना होगा तथा भविष्य की चुनौतियों से निपटने के लिए तैयार रहना होगा। इन्हीं विचारों को हमारे माननीय प्रधानमंत्री श्री नरेन्द्र मोदी ने “मन की बात” द्वारा युवाओं को प्रेरित किया है।

युवाओं के लिए प्रेरणास्रोत के रूप में विवेकानंद जी के जन्मदिवस को भारत में राष्ट्रीय युवा दिवस के रूप में मनाया जाता है जो इस बात का प्रतीक है कि उनके विचार और जीवन दर्शन आज के दौर में अधिक प्रासंगिक हैं। उनके विचार आज भी लोगों को प्रेरित करते रहते हैं। उनका मानवतावादी दृष्टिकोण, धर्म की अवधारणा लोगों को जोड़ने के लिए अत्यंत उपयोगी है क्योंकि धर्म हमेशा मनुष्य को आत्मा से जोड़ता है। इसलिए उनका आदर्श था – युद्ध नहीं सहयोग, ध्वज नहीं एकात्मकता, भेद नहीं सामजस्य।

पवित्रता, दृढ़ता तथा उद्यम  
और करो खुद पर विश्वास  
इन मानवीय गुणों से होगा  
भारत का सर्वांगीण विकास।

भविका  
दशम – डी

(भारत विकास परिषद द्वारा द्वितीय पुरस्कार  
हासिल करने वाली कृति)

## जीवन का लक्ष्य

कुछ करना है, तो डटकर चल।  
थोड़ा दुनिया से हटकर चल।  
लीक पर तो सभी चल लेते हैं।  
कभी इतिहास को पलटकर चल।  
बिना काम के मुकाम कैसा ?  
बिना मेहनत के दाम कैसा ?  
जब तक न हासिल हो मंज़िल  
तो राह में आराम कैसा ?  
अर्जुन सा, निशाना रख।  
मन में न कोई बहाना रख।  
लक्ष्य सामने हैं, बस उसी पर अपना ठिकाना रख।  
सोच मत, साकार कर।  
अपने कर्मों से प्यार कर।  
मिलेगा तेरी मेहनत का फल।  
किसी ओर का न इंतज़ार कर,  
जो चले थे अकेले उनके पीछे आज मेले हैं...  
जो करते रहे इंतज़ार  
उनकी ज़िंदगी में आज भी झमेले हैं।



तनवी  
सातवीं – अ  
शाखा विद्यालय

## जिंदगी और आत्मविश्वास

“अगर खुद पर यकीन हो तो  
अँधेरे में भी रास्ते मिल जाते हैं।”



जी हाँ दोस्तो, मनुष्य के जीवन में बहुत से उतार-चढ़ाव आते हैं। उसे अनेक कठिनाइयों का सामना करना पड़ता है। कई बार तो बार-बार असफलता का मुँह देखना पड़ता है परन्तु साथ-साथ यह भी बिल्कुल सच है कि सफल होने के लिए सफलता की इच्छा असफलता के भय से अधिक होनी चाहिए तथा खुद पर विश्वास होना चाहिए क्योंकि आत्मविश्वास असंभव को भी संभव बनाता है। इसलिए कोई भी काम करने के लिए सबसे ज़रूरी है – आत्मविश्वास का होना। साधारण शब्दों में आत्मविश्वास का अर्थ है – अपने आप पर विश्वास परन्तु अगर गौर करें तो इसमें गहरा अर्थ छिपा हुआ है। आत्मविश्वास का अर्थ है – अपनी आत्मा अर्थात् अपने अंदर बसी शक्ति पर विश्वास होना। अपनी आत्मा पर विश्वास तभी हो सकता है जब दिल में सच्चाई और ईमानदारी हो। आत्मविश्वास के साथ मनुष्य अपने जीवन में कठिन कार्य करके सफलता प्राप्त कर सकता है। विश्वास में बहुत शक्ति होती है। आत्मविश्वास से मुश्किल कार्य भी आसान हो जाता है। संसार में जितने भी महापुरुष हुए हैं वे सारे जन्म से ही महान नहीं थे। उन्होंने अपने जीवन में आत्मविश्वास की शक्ति को अपनाया तथा विजय प्राप्त की। उन्होंने अपना सर्वोत्तम दिया और खुद पर विश्वास रखा। इसलिए वे अपने लक्ष्य तक पहुँचने में सक्षम हुए।

अभी न पूछो हमसे कि मंजिल कहाँ है  
अभी तो हमने चलने का इरादा किया है  
न हारे हैं, न हारेंगे कभी  
ये किसी और से नहीं, खुद से वादा किया है।

रचना

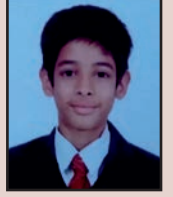
(हिन्दी अध्यापिका)

जीवन में कठिनाइयाँ हमें बर्बाद करने नहीं आती हैं, बल्कि यह हमारी छुपी हुए सामर्थ्य और शक्तियों को बाहर निकलने में हमारी मदद करती हैं, कठिनाइयों को यह जान लेने दो कि आप उससे भी ज्यादा कठिन हैं।

–ए.पी.जे.अब्दुल कलाम

## आशा - 'उत्साह की जननी'

“सहयोग से होगा सर्वोदय, सब सुनो हे इंसानों।  
विश्व के कल्याण की भावना, मन में रखो, हे प्रभु  
की संतानों।



ईश्वर पर रखो अटूट विश्वास, हे शांति के परवानों।  
संपूर्ण विश्व की स्वस्थता की आशा का दीप  
जगाओ, हे खुशी के दीवानों।”

वर्तमान स्थिति को मद्दे नज़र रखते हुए मैं आज आपके साथ अपने कुछ विचार सांझा करना चाहता हूँ। 'कोरोना वायरस' के कारण पूरे विश्व की जो आज स्थिति है, उससे आप सब भली भांति परिचित है। पर सवाल यह उठता है कि इस मुश्किल घड़ी में क्या हम पूरा समय इसी के बारे में सोच कर हताश व निराश होते रहें। नहीं, बिल्कुल नहीं। हमें कभी भी, किसी भी हाल में सफलता की आशा व सुंदरतम भविष्य की आशा नहीं छोड़नी है। क्योंकि आशा उत्साह की जननी है। रात कितनी भी लम्बी क्यों न हो, दिन के उजाले को आने से नहीं रोक सकती। अगर अच्छा समय नहीं रहा तो बुरा समय भी नहीं रहेगा। हमें सदैव निराशा में भी आशा के बारे में सोचना चाहिए। हमें साँस लेने के लिए वायु अभी भी मिल रही है। सूरज अभी भी निरंतर उदय हो रहा है। पेड़-पौधे, हरियाली अभी भी इस धरा पर विद्यमान है। यहाँ तक कि हम सब यह महसूस कर रहे हैं कि आजकल वातावरण पहले से भी अधिक स्वच्छ हो गया है। जलाशयों का निर्मल जल, पक्षियों की चहचहाहट अभी भी हमें सुकून प्रदान कर रही है। माना कि देश की आर्थिक स्थिति में कुछ गिरावट आ गई है और उसमें सुधार होने में भी बहुत समय लगेगा। परन्तु हमें आशावादी बने रहना है। अपनी व अपने परिवार की सुरक्षा के साथ-साथ विश्व की आर्थिक स्थिति में सुधार लाने के उपायों के बारे में सोचना है। विश्व के कल्याण की मंगल कामना करनी है। हर परिस्थिति में हिम्मत व धैर्य बनाए रखना है। अपनी अच्छी सोच के द्वारा आसपास के वातावरण को भी सकारात्मक बनाना है। अंत में मैं इन्हीं शब्दों के साथ अपनी कलम को विराम देता हूँ।

“जो संकट से डर जाता है, संकट उसे डराता है। जो आशा, धैर्य व हिम्मत को गले लगाता है, संकट उससे घबराता है।”

हविश मेहंदीरत्ता

आठवीं - क

शाखा विद्यालय

संघर्ष के मार्ग पर जो वीर चलता है, वो ही इस संसार को बदलता है। जिसने अंधकार, मुसीबत और खुद से जंग जीती, सूर्य बनकर वही निकलता है।

## धरती की पुकार

आज रो-रो कर धरती कर रही है पुकार,  
मेरे प्यारे बच्चों कहाँ गया तुम्हारा दुलार।  
कहाँ गया तुम्हारा वो प्यार भरा स्पर्श ?  
कहती है प्रकृति एक बात,  
कहाँ गई वो चिड़ियाँ, कहाँ गई वह डाल,  
बीज, बेरियाँ खाने वाले कहाँ गए वह जीव आज ?



एक समय था जब मुझ पर जंगल लहराते थे,  
कल-कल कल नदियाँ बहती थी, झरने इतराते थे,  
सूखी नदियाँ, सूखे झरने, क्या किया तुमने इस बार ?  
आज रो-रो कर धरती माता कर रही है पुकार।

बाघ, तेंदुआ, गेंडा, भालू सब थे शान तुम्हारी,  
इन्हें मार क्यों कर ली तुमने मरने की तैयारी ?  
जीव सभी आबाद रहें यही है मेरी गुहार,  
आज रो-रो कर धरती कर रही है पुकार।

नाइट्रोजन और फास्फोरस को मुझ में मिलाकर तुमने ज़हर बनाया,  
पेट्रोल और डीजल के वाहनों से तुमने मुझे हिलाया,  
कान फोड़ती आवाज़ों के खतरे को पहचान।  
आज रो-रो कर धरती माता कर रही है पुकार।  
न देखो मेरे जख्मों को,  
न देखो मेरे दर्दों को,  
पर खुद का तो करो ध्यान,  
आज रो-रोकर धरती कर रही है पुकार।

अभी समय है अभी संभल सकते हो मेरे बच्चों आज,  
पर्यावरण बचाकर संभालो अपने सारे काज,  
धैर्यवान हूँ मैं पर,  
प्रलय को निमंत्रण देकर,  
दोष न देना हे इंसान।  
दोष न देना हे इंसान।

आरु। वासुदेवा  
चौथी - ए



## आशा

माँ कहती है आया कोरोना  
घर-घर में फैला है रोना।  
मैं बोला, माँ आई है आशा  
अब भागेगी सभी निराशा।  
देखो नदियाँ साफ हुई है  
गलती हमारी माफ़ हुई है।



कोरोना तो चला जाएगा  
संदेश नए दे जाएगा।

घर पर ही तो रहना है  
मन की बात को कहना है।

खाना व्यर्थ न करना है  
फालतू खर्च से डरना है।

हाथों को ही तो धोना है  
फिर काहे का रोना है।

फेस मास्क को करना धारण  
शादी भी हो गई साधारण।

बच्चे घर पर पढ़ना सीखे  
नए परिंदे उड़ना सीखे।

डॉक्टर, पुलिस और कर्मचारी  
दूर करेंगे यह बीमारी।

मीडिया वाले छाये हैं  
संदेश नए वो लाए हैं।

रिश्तों में फैली थी दूरी  
दूर हुई अब वह मजबूरी।

नया सवेरा आएगा  
कोरोना को खा जाएगा।

माँ भी अब सोच रही थी  
मैं भी तो यही लोच रही थी।

सब को साथ में लाएगी  
यह जंग भी जीती जाएगी  
यह जंग भी जीती जाएगी  
यह जंग भी जीती जाएगी।

जशनप्रीत सिंह  
पाँचवीं - एफ



## जिंदगी

यह जिंदगी है भाई, इसे जीना किसी-किसी को आता है।

गुलिस्तां में फूल तो कई खिलते हैं,

महक कर खुशी देना किसी-किसी को आता है।

यू तो हमारे दोस्त कई होते हैं,

पर दोस्ती निभाना किसी-किसी को आता है।

यह जिंदगी है, इसे जीना किसी-किसी को आता है।

फूलों से महकता जिंदगी का रास्ता बड़ा कठिन होता है,

पर हर हाल में मुस्कुराना किसी-किसी को आता है।

अपने लिए तो सब ही जीते हैं,

पर दूसरों के लिए जीना किसी-किसी को आता है।

यह जिंदगी है भाई, इसे जीना किसी-किसी को आता है।

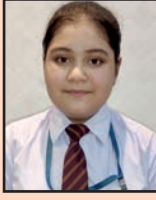
सुख में साथ तो सभी देते हैं,

पर दुख में साथ देना किसी-किसी को आता है।

सलाह तो आते-जाते सभी दे देते हैं,

पर आदर्श बनना किसी-किसी को आता है।

यह जिंदगी है भाई, इसे जीना किसी-किसी को आता है।



तनवी सचदेवा  
सातवीं - अ  
शाखा विद्यालय

## कोरोना से प्रभावित जीवन शैली

कोरोना का कहर पूरी दुनिया झेल रही है। धरती के जीवन चक्र पर अचानक ब्रेक लग गया है। सब कुछ उथल-पुथल हो गया है। अर्थव्यवस्था गर्त में पहुँच चुकी है। लोग घर से बाहर कम निकल रहे हैं। ट्रेनों व बसों में भीड़ कम नज़र आ रही है। कंपनी अपने कर्मचारियों को वर्क फ्रॉम होम (घर से काम) करने को बोल रही है। स्कूल ऑनलाइन क्लास पर जोर दे रहे हैं, ऐसे में भविष्य में आवाजाही, खाने-पीने, घूमने-फिरने, सामाजिक मेलजोल और कामकाज संबंधी व्यवहार और आदतों में भी बदलाव आने की संभावना है। साथ ही कंपनियों के लिए और अर्थव्यवस्था के दूसरे सैक्टरों के लिए भी बहुत सारी चीज़ें बदलने वाली हैं और हो सकता है कि ये बदलाव बाद में स्थायी रूप ले लें। कोरोना वायरस के फैलने के बाद से लोग भीड़भाड़ वाली जगहों पर जाने और सार्वजनिक परिवहन के इस्तेमाल से बच रहे हैं। रेलवे, मेट्रो और बस चलाने वाले अब साफ़-सफ़ाई पर ज्यादा ध्यान देंगे। कोरोना वायरस खत्म होने के बाद मानव जीवन में काफी बदलाव आएगा। इससे हमारे आसपास सामाजिक, आर्थिक बदलाव देखने को मिलेगा। लोगों की मानसिकता पर भी इसका प्रभाव पड़ेगा। आप एक छोटा उदाहरण ले सकते हैं। पहले हाथ नहीं धोने वाले लोग दिन में तीन-चार बार हाथ धो रहे हैं। लेकिन हम इस खतरे के बाद बेहतर ढंग से संभलेंगे। कोविड-19 का असर 2003 में फैले 'SARS' वायरस की तुलना से ज्यादा रहने वाला है। इससे दुनियाभर में टूरिज्म एक्टिविटी प्रभावित हो रही है। कोरोना वायरस ने हमारे जीने का अंदाज़ ही बदल कर रख दिया है। अनचाहे ही सही, कोरोना वायरस ने हमें एक नई दुनिया की ओर धकेल दिया है। आने वाले समय में हमें जीवन की प्राचीन भारतीय पद्धति और उन्नत देशों के रहन सहन का मिला-जुला रूप देखने को मिल सकता है। नई परिस्थितियों में संक्रमण की आशंका के चलते भारत में भी घरेलू नौकरों की जगह ये मशीनें अथवा उपकरण अवश्य ही लेंगे। यह निश्चित है क्योंकि हर व्यक्ति के लिए अपनी एवं अपने परिवार की सुरक्षा सर्वोपरि होगी। इसमें किसी भी तरह के शक की कोई गुंजाइश नहीं है। इसी तरह वर्क फ्रॉम होम के साथ-साथ स्टडी फ्रॉम होम की संस्कृति भी पनपेगी। जिसके चलते ब्रॉडबैंड इंटरनेट कनेक्शन की भी आवश्यकता होगी और लैपटॉप, कंप्यूटर और स्मार्टफोन का बाज़ार भी तेज़ी से बढ़ेगा। नई जीवनशैली के लिए कई तरह के नए उत्पाद भी बाज़ार में आएँगे जो नई जीवनशैली की आवश्यकताओं को पूरा कर सकें। लोगों के खानपान में भी बेहद महत्वपूर्ण बदलाव आएँगे और लोगों का रूझान पौष्टिक भोजन की ओर अधिक होगा और जंक फूड का बाज़ार तेज़ी से घटेगा क्योंकि ये जंक फूड शरीर की प्रतिरोधक क्षमता को कम करता है। जिससे बीमारियों का खतरा बना रहता है। कुल मिलाकर यह बदली हुई जीवनशैली ही अब न्यू नॉर्मल होगा और हम सबको अब अपने आपको इस नई दुनिया के लिए मानसिक रूप से तैयार होना होगा।



अक्षत  
छठी - क  
शाखा विद्यालय

## पुस्तक बोली

बच्चों ने अब पुस्तक खोली,  
उसमें एक कविता भी डोली।  
पाठों ने मुस्कान बिखेरी  
गणित की भी बिछी रंगोली।  
महापुरुष का पाठ है उसमें,  
धरती का भी राज है उसमें।  
विज्ञान की है खोज सुहानी,  
खेती की है कुमकुम रोली।  
संस्कृति की पहचान है पुस्तक,  
ज्ञान की आवाज़ है पुस्तक।  
पुस्तक हमसे कुछ नहीं लेती,  
पढ़ो लिखो तो सब कुछ देती।  
मुझको पढ़कर महान बने सब,  
हँसते-हँसते पुस्तक बोली।



रूहान डंड  
पहली - ई



## आनंदमय जीवन जीने की कला

“निराशा को आशा में खोजना जिन्हें आ गया,  
नकारात्मक को सकारात्मक बनाना जिन्हें आ गया,  
प्रतिकूलता को अनुकूलता में बदलना जिन्हें आ गया,  
मानों संघर्षमय जीवन को आनंदमय गुज़ारना उन्हें आ गया।”  
दोस्तो, जीवन का दूसरा नाम है - संघर्ष। ये एक दूसरे के पूरक भी हैं  
और पर्यायवाची भी। असली जीना तो उसी का है, जिसने जीवन के सूत्र  
को समझ लिया। अपने लक्ष्य को पूरा करने का और विकराल एवं  
विपरीत परिस्थिति पर जीत हासिल करने का एक ही रास्ता है - पूरे  
आत्मविश्वास, दृढ़ संकल्प व लगन के साथ बाधा-विरोधों से जूझ  
जाना। संसार सागर की ऊँची उफनती लहरों को जिसने चुनौती देना  
सीखा है, सफलता की अनुपम मणियाँ उसी ने ही बटोरी हैं। जो डर कर  
किनारे बैठ जाता है, वह जीवन का दाव हार जाता है। कबीर जी ने भी  
कहा है - ‘जिन खोजा तिन पाइया, गहरे पानी पैठ’ इसमें ‘गहरे पानी  
पैठ’ चुनौतियों को स्वीकारना है। कर्म की आँच में तपना है। भगवान  
कृष्ण ने गीता में भी यही उपदेश दिया है कि कर्म करना मनुष्य के हाथ में  
है। जीवन पथ पर सफलता मिले या असफलता कर्म करते रहना  
चाहिए। किसी कवि ने कहा है - “जब नाव जल में छोड़ दी, तूफान में  
ही मोड़ दी। दे दी चुनौती सिंधु को, तो पार क्या, मझधार क्या।” मेरे  
प्यारे साथियों, अब प्रश्न यह उठता है कि जीवन में संघर्ष करते समय  
हमारी मनोस्थिति कैसी है? हम खुश हैं, या उदास। अधिकतर समय  
हम जीवन में आई विपरीत परिस्थितियों से जूझते समय उदास, हताश व  
दुखी रहते हैं। हम अपने लक्ष्य को पूरा, खुशी प्राप्त करने के लिए करते  
हैं, लेकिन हम इस बात पर विचार नहीं करते कि थोड़ी सी खुशी प्राप्त  
करने के लिए हम अपनी आधी से ज्यादा जिंदगी दुख में बिता रहे हैं।  
अगर हम जीवन में खुश रहना चाहते हैं तो हमारा अपने मन पर नियंत्रण  
होना बहुत ज़रूरी है। हमें हर समय धैर्य एवं सहनशीलता का दामन  
पकड़े रहना चाहिए। ईर्ष्या, द्वेष और क्रोध को अपने से कोसों दूर रखने  
का प्रयत्न करना चाहिए। ईश्वर पर अटूट विश्वास होना चाहिए। अच्छी  
पुस्तकों का अध्ययन करते रहना चाहिए। ऐसे लोगों का संग करना  
चाहिए। जो आपको आशावादिता, सकारात्मकता की ओर लेकर जाएँ।  
प्रायः ये याद रखें कि स्वयं को खुश रखने की जिम्मेदारी आप की खुद  
की है। किसी और की नहीं। हम स्वयं को बदल सकते हैं लेकिन किसी  
दूसरे को नहीं। अपनी सोच को बदलिए। हर विचार के, हर वस्तु के दो  
पहलू होते हैं, एक आशा का, एक निराशा का। प्रायः हर वस्तु, हर  
व्यक्ति और हर विचार के सकारात्मक पहलुओं पर ध्यान दीजिए। अगर  
हम यह सोचें कि हर व्यक्ति तथा परिस्थितियाँ हमारे अनुकूल होंगी तभी  
हम आनंदित महसूस करेंगे तो यह भूल जाइए। जिंदगी में अधिकतर  
परिस्थितियाँ, लोग आपको आपके अनुकूल नहीं मिलेंगे। आपको खुद  
को ही अपने विचारों को बदलना होगा। अपने आपको शांत, स्थिर व  
खुश रखने के लिए इस बात का ध्यान भी अवश्य रखें कि किसी भी  
वस्तु, व्यक्ति व रिश्ते पर अपना अधिकार सिद्ध न करें। जहाँ अधिकार

की भावना आ गई आपकी सारी खुशी एक न एक  
दिन गमी में बदल जाएगी। ये सब करना मुश्किल  
अवश्य है, लेकिन नामुमकिन नहीं। विपरीत  
परिस्थितियों में अपनी खुशी को बरकरार रखना, शांत  
व स्थिर रहना ही असली ताकत है। ये कैसी विडम्बना  
है कि अगर हम अच्छा काम करते हैं तो हम चाहते हैं कि दूसरे हमारी  
प्रशंसा करें। यदि वे हमारी प्रशंसा नहीं करते हैं तो हम उदास हो जाते हैं।  
क्या, हमें अपने आप पर विश्वास नहीं है कि हमने अच्छा काम किया है,  
ईश्वर हमारे काम से खुश है। हमें अपने व्यक्तित्व को इतना मज़बूत बना  
लेना चाहिए कि कोई नकारात्मक टिप्पणी या व्यवहार हमें प्रभावित न  
करे। हमने आज तक अपने आनंदमय जीवन की चाबी दूसरों के हाथों  
में दे रखी है। इसे अपने नियंत्रण में कीजिए और संघर्षमय जीवन को  
आनंदमय बना लीजिए। अंत में मैं इन्हीं शब्दों के साथ अपनी कलम को  
विराम देती हूँ -

“सुख शांतिमय जीवन हो जाएगा उसका  
जो संकटों को धैर्य से झेलेगा  
पद प्रभुत्व, धन-वैभव भी हो जाएगा उसका,  
जो जीवन का हर खेल, खुशी से खेलेगा।”



पूनम मेंहदीरत्ता  
हिंदी अध्यापिका  
शाखा विद्यालय

### मेरा स्कूल

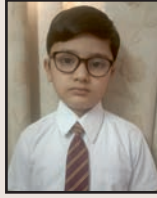
के.वी.एम. स्कूल मेरा, है ज्ञान की खान  
चमक रहा चारों ओर यह, बनकर विद्या की आन।  
हर क्षेत्र में बनाया है, इसने स्थान,  
इसलिए है इसकी अनोखी शान।  
हमारे स्कूल ने पाए है कई पुरस्कार,  
जो है इसकी मेहनत के उपहार।  
हमारा स्कूल बन गया है, एक सुन्दर बगीचा,  
जिसे प्रिंसीपल महोदया,  
अध्यापकगण और विद्यार्थियों ने है सींचा।  
हमारा स्कूल देता है जरूरतमंदों को सहारा,  
चमका देता है उनकी किस्मत का सितारा।  
हर मुश्किल काम के लिए तैयार  
तभी तो होती है इसकी जय-जय कार।  
यहाँ के टीचर करते हैं, बच्चों से प्यार,  
तभी यहाँ विद्यार्थी पढ़ते कई हज़ार।  
है मेरी यह प्रार्थना, स्कूल की होती रहे सराहना।  
हमें स्कूल में रहकर कुछ बनके है दिखलाना।



रिहान जैन  
तीसरी-ए

## माँ मुझे स्कूल जाना है

माँ मुझे क्यों स्कूल नहीं भेजती ?  
माँ मैं स्कूल जाना चाहता हूँ। अपने विद्यालय की गरिमा बढ़ाना चाहता हूँ। घर बैठे मैं थक गया हूँ निराश हूँ, मैं परेशान हूँ, इस दुनिया के माहौल से हैरान हूँ।



माँ, मुझे स्कूल क्यों नहीं भेजती ?  
माँ, मुझे स्कूल जाना होगा।  
कभी मुझे मामू की शादी पर ले जाती।  
कभी तुम पहाड़ों की सैर कराती।  
कभी तुम दुबई की टिकट बुक कराती।  
अलग जगहों के भ्रमण से कोरोना नहीं है आता ?  
माँ एक बात बता मुझको स्कूल भेजने से ही तेरा मन क्यों घबराता ?

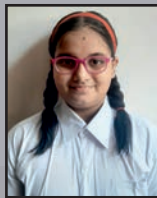
जब मैं स्कूल जाऊँगा उच्च शिक्षा पाऊँगा।  
न हो हैरान परेशान माँ।  
विद्यालय द्वारा सारे नियम बनाए जाएँगे।  
हर तरह से हम भी उन्हें अपनाएँगे।  
कोरोना को हराकर, सरकारी निर्देशों का पालन कर उच्च शिक्षा ग्रहण कर देश का गौरव बढ़ाएँगे।  
माँ मुझे स्कूल जाना होगा।  
माँ मुझे स्कूल जाना होगा।



सनश्रेय सिंह  
पहली-एफ

## मेरी आशा

फिर से स्कूल जाएँ हम बच्चे, हम सब रहे स्वस्थ और अच्छे।  
फिर मिलजुल त्योहार मनाएँ, जीवन में सबके खुशियाँ आएँ।  
करेंगे हम सब फिर से मस्ती, दुनिया रहे हमेशा हँसती।  
कोरोना पर पड़ जाए भारी, यह हमारे देश की तैयारी।  
कब हम हाथ मिलाएँगे, एक दूजे को गले लगाएँगे ?  
फिर से झूला लेंगे झूल, कब हम जाएँगे स्कूल।  
कब कोरोना जाएगा, दुःख भरा जीवन कट जाएगा ?  
कब हम करेंगे भगवान के दर्शन, यही कहता है मेरा मन ?  
पापा कहते खुले व्यापार, दुकान पर बैठे दुकानदार।  
भगवन् अब तो आ जाओ, जीवन में रंग तुम भर जाओ।  
बस यही है मेरी आशा, दूर करो प्रभु सबकी निराशा।



साची गुप्ता  
चौथी - सी

## साथ मिलकर कुछ भी पा सकते हैं

सूनी सड़कें, सूनी गलियाँ, सूना पूरा शहर है,  
न जाने इस बार आया कौनसा कहर है ?  
पहले अमेज़न और फिर ऑस्ट्रेलिया के जंगल !  
पूरी दुनिया में छिड़ा है दंगल !  
हमारे लालच और बेपरवाही इसकी वजह है,  
सिर्फ अपने बारे में सोचते हैं,  
यही हमारी सज़ा है।  
कुदरत के आगे मजबूर हैं,  
फिर भी हमें न जाने इतना क्यों गरूर है।  
वक्त मिला है आत्मचिंतन करो,  
ज़रूरतें कम, इच्छाएँ खत्म,  
आत्म मंथन करो।  
ये वक्त नहीं है देश और दुनिया की सैर का,  
ये वक्त है आपके और हमारे अपनों की खैर का,  
कोरोना ने पूरी दुनिया को जकड़ लिया है,  
न जाने कितने ही देशों को कस कर पकड़ लिया है।  
चलो, साथ मिलकर इस वायरस को हराएँगे,  
दायरे में रहेंगे, इसे और फैलने से बचाएँगे।  
साथ मिलकर हम कुछ भी पा सकते हैं  
यह बीमारी क्या, इससे बड़ी मुश्किलों पर जीत पा सकते हैं।



लावन्या ठकुराल  
आठवीं-बी  
शाखा विद्यालय

## बड़ों का आदर

करना चाहिए हमें बड़ों का आदर,  
है वो एक प्यारा सागर।  
वो हमें पाल रहे हैं और,  
बाद में हम उन्हें ही टाल रहे हैं।  
वो करते हैं हमें बहुत प्यार,  
हमें भी करना चाहिए उनका सत्कार।  
उन्होंने सिखाया है हमें चलना,  
नहीं चाहिए हमें उनसे लड़ना।  
उन्होंने हैं हमें पाला पोसा,  
और हमने ही उनको कोसा।  
भेजा है भगवान ने हमारे लिए एक चमत्कार,  
करना चाहिए हमें उन्हें प्यार।  
साथी है वो सुख दुख के,  
हमारा फर्ज है हम उनका करें आदर।  
करना चाहिए हमें बड़ों का आदर  
है वो एक प्यारा-सा सागर।



मान्या गंभीर  
चौथी - बी

## पहेलियाँ

1. ऊँट की बैठक, हिरन सी तेज़ चाल। वो कौन-सा जानवर जिसके पूँछ न बाल ?
2. चौकी पर बैठी एक रानी, सिर पर आग बदन में पानी ?
3. सफेद तन हरी पूँछ, न बुझे तो नानी से पूछ ?
4. चार अक्षर का मेरा नाम, टिमटिम तारे बनाना मेरा काम, शादी, उत्सव या त्योहार, सब जलाएँ बार-बार ?
5. पत्थर पर पत्थर, पत्थर पर पैसा। बिना पानी के घर बनाए, वह कारीगर कैसा ?
6. कान हैं पर बहरी हूँ, मुँह है पर मौन हूँ। आँखें हैं पर अंधी हूँ, बताओ मैं कौन हूँ ?
7. हरी थी, मन भरी थी, लाख मोती जड़े थी। राजाजी के बाग में, दोशाला ओढ़े खड़ी थी ?
8. टोपी है हरी मेरी, लाल है दुशाला। पेट में अजीब लगी, दानों की माला ?
9. सींग हैं पर बकरी नहीं, काठी है पर घोड़ी नहीं। ब्रेक हैं पर कार नहीं, घंटी है पर क्वाड़ नहीं ?
10. एक फूल है काले रंग का, सिर पर सदा सुहाए। तेज़ धूप में वो खिल जाता, छाया में मुरझाए ?



1) मूक (1) 2) मन्मथ (2) 3) मूँ (3) 4) लल्लुके (4) 5) फूल (5) 6) ऊँट (6) 7) हिरन (7) 8) टिमटिम (8) 9) पत्थर (9) 10) काला (10)

आराध्या मिश्रा  
तीसरी - ए

## आशा की किरण

फिर से नया सवेरा होगा,  
धरती गगन को चूमेगी।  
चहल-पहल का मौसम होगा,  
घर-घर खुशियाँ झूमेंगी ॥  
हार नहीं मानेंगे हम सब,  
बेशक आज हम बिखरे हैं।  
हराना होगा महामारी को,  
इतनी तो हिम्मत रखते हैं।  
लायेंगे इक रोज़ वही दिन,  
भारत माँ के हम दीवाने।  
आओ दोस्तों मिलकर कह दें,  
कोरोना हमको, तू क्या जाने।  
धरती मैया जूझ रही है,  
हर डाल यहाँ लहराती है।  
हार हमें मंजूर नहीं है  
हर दिल से आवाज़ यह आती है।



देवांश गर्ग  
चौथी - क  
शाखा विद्यालय

## हल्ला-गुल्ला

चलो करें कुछ हल्ला-गुल्ला  
झूलें पेड़ की डाली झूला।  
ठहरे बारिश के पानी में  
छप-छप भागें दौड़ लगायें।  
नजर बचा माली काका से  
तोड़-तोड़ कच्चे फल खायें।  
कोई ना रोके कोई ना टोके  
करें वहीं जो करना चाहें।



गौरी शर्मा  
आठवीं-ई



## माँ तेरा प्यार

मुझ रूठी को कोई मना नहीं सकता,  
क्योंकि तेरे जैसा प्यार किसी का हो नहीं सकता।  
माँ तेरी ममता को माना मैंने, तुझसा कोई नहीं है यह जाना मैंने।  
माँ तेरी ममता अनमोल है, तेरे जैसा न कोई और है।  
खाना तो सब अच्छा बनाते हैं, पर तेरे हाथों में ही सिर्फ जादू है।  
माँ तेरी डाँट में भी प्यार है, तेरे जैसा न यह संसार है।  
सहेलियाँ तो मेरी बहुत बर्नी पर, तेरे जैसी सहेली न हो सकी मेरी।  
माँ, जब तू मेरे साथ होती है, मुझे डर नहीं लगता,  
माँ से हर बात शुरू माँ से ही हर बात खत्म होती है।  
माँ, मैं तेरा हर सपना पूरा करूँगी, तुझे मैं अपने सर-आँखों पर रखूँगी।  
रहूँ मैं तेरे आँचल के नीचे हमेशा, माँगू भगवान से तेरी खुशी हमेशा।  
माँ तेरे चरणों में स्वर्ग है, मेरे बड़े होने पर तुम कहोगी,  
“मुझे मेरी बेटी पर गर्व है।”  
माँ तेरे जैसा कोई नहीं, माँ तेरे जैसा कोई नहीं।



श्रेया गुंबर  
आठवीं-बी

## निर्णय

तकदीर ने छोड़ा है,  
एक ऐसे मोड़ पर, जहाँ से  
मुझे एक रास्ता चुनना होगा।  
जहाँ एक तरफ है फूल,  
जो प्रतीक है भविष्य की खुशियों के,  
तो दूसरी तरफ है काँटे बिखरे।  
सोचती हूँ चुन लूँ वह राह,  
जिसमें फूलों की भीनी-भीनी सुगंध  
सदाएँ दे रही है मुझे,  
जिंदगी की हजारों अंजान खुशियाँ,  
इंतज़ार कर रही हैं मेरा।  
पर नहीं।  
मैं फूल नहीं काँटों को चुनूँगा  
क्योंकि मैं डरता हूँ अकेलेपन से,  
या शायद कमज़ोर हूँ मैं।  
जो सह नहीं सकता जुदाई भी।  
मुझे मालूम है फूल मुझे देंगे  
सुख केवल दो दिन का,  
फिर मुरझा जाएँगे, बिखर जाएँगे।  
अस्तित्व उनका कुछ भी न रह जाएगा  
बस एक राख के सिवा  
पर साथ देंगे मेरा सदा काँटे  
वे रहेंगे जीयेंगे, चिर मेरे साथ ही।  
यही, हाँ यही  
मेरा अंतिम 'निर्णय' है।



**जपनीत सिंह**  
सातवीं - क  
शाखा विद्यालय

## अविद्या

एक बार "अकबर" ने "बीरबल" से पूछा कि "बीरबल यह अविद्या क्या है???"

बीरबल बोला कि आप मुझे 4 दिन की छुट्टी दे दो, फिर मैं आपको बताऊँगा।

अकबर राजी हो गया, और उसने चार दिनों की "छुट्टी" दे दी।

बीरबल "मोची" के पास गया, और बोला कि भाई "जूती" बना दो... मोची ने "नाप" पूछी, तो बीरबल ने बोला :- भैया ये "नाप वाप" कुछ नहीं। डेढ़ फुट लंबी और एक बित्ता चौड़ी बना दो.. और इसमें हीरे जवाहरात जड़ देना। सोने और चाँदी के तारों से सिलाई कर देना और हाँ पैसे वैसे की चिंता मत करना, जितना मांगोगे उतना मिलेगा।"

तो मोची ने भी कहा ठीक है... भैया तीसरे दिन ले लेना।

तीसरे दिन जूती मिली, तब पारितोषिक देने के पहले "बीरबल" ने उस मोची से एक ठोस आश्वासन ले लिया कि वह किसी भी हालात में इस जूती का कभी भी जिक्र नहीं करेगा। यानि हर हालात में "अनजान" बना रहेगा।

अब बीरबल ने एक "जूती" अपने पास रख ली और दूसरी मस्जिद में रख दी। जब सुबह "मौलवी जी" नमाज पढ़ने के लिए मस्जिद गए... तो मौलवी को वो जूती वहाँ पर मिली।

मौलवी जी ने सोचा - यह जूती किसी इंसान की तो हो ही नहीं सकती... जरूर "अल्लाह मियां" नमाज़ पढ़ने आए होंगे, और उनकी छूट गई होगी?"

तो उसने वह जूती अपने सिर पर रखी... मत्थे में लगाई और जूती को खूब चूमा।

क्यों? क्योंकि वह जूती अल्लाह की थी न।

वहाँ मौजूद सभी लोगों को दिखाया, सब लोग बोलने लगे कि हाँ भाई, यह जूती तो अल्लाह की रह गई... उन्होंने भी, उसको सिर पर रखा और खूब चूमा।

यह बात अकबर तक गई। अकबर बोला, मुझे भी दिखाओ। अकबर ने देखा और बोला, यह तो अल्लाह की ही जूती है। उसने भी उसे खूब चूमा... सर पर रखा और बोला, इसे मस्जिद में ही, अच्छी तरह... अच्छे स्थान पर रख दो।

बीरबल की छुट्टी समाप्त हुई... वह आया, बादशाह को सलाम ठोका और उतरा हुआ मुँह लेकर खड़ा हो गया।

अब अकबर ने बीरबल से पूछा कि, क्या हो गया? मुँह क्यों 10 कोने का बना रखा है? तो बीरबल ने कहा, राजा साहब हमारे यहाँ चोरी हो गई।

अकबर बोला - क्या चोरी हो गया? बीरबल ने उत्तर दिया - हमारे परदादा की जूती थी... चोर एक जूती उठा ले गया। एक बची है।

अकबर ने पूछा कि क्या एक जूती तुम्हारे पास ही है?

बीरबल ने कहा - जी मेरे पास ही है। उसने वह जूती अकबर को दिखाई। अकबर का माथा ठनका... और उसने मस्जिद से दूसरी जूती माँगाई और बोला या "अल्लाह" मैंने तो सोचा कि यह जूती अल्लाह की है? मैंने तो इसे चूम-चूम कर चिकनी बना दिया।

बीरबल ने कहा, राजा साहब यही है। अविद्या पता कुछ भी नहीं और भेड़ चाल में चले जा रहे हैं।



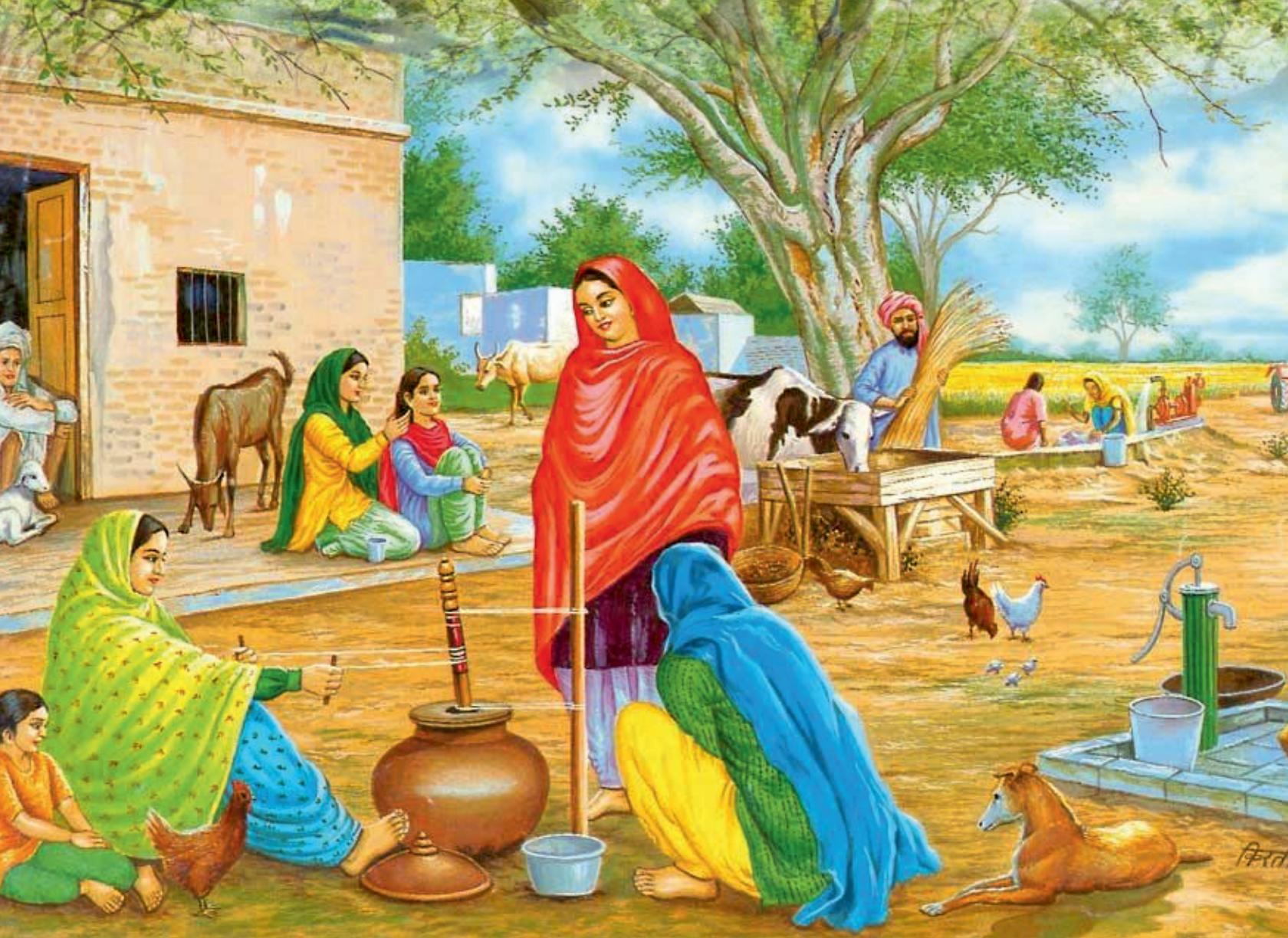
**सरोशा चिकरसल**  
चौथी - एफ

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ਸਹਿ-ਸੰਪਾਦਕਾ

ਸ਼੍ਰੀਮਤੀ ਹਰਪ੍ਰੀਤ ਕੌਰ  
ਸਹਿ-ਸੰਪਾਦਕਾ  
(ਸਿਟੀ ਬ੍ਰਾਂਚ)



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# ਸੰਪਾਦਕੀ

ਪਿਆਰੇ ਬੱਚਿਓ! ਆਪਣੀ ਕਲਪਨਾ ਵਿੱਚ ਆਏ ਉਹ ਵਿਚਾਰ ਜੋ ਸਾਡੇ ਸਾਰਿਆਂ ਲਈ ਪ੍ਰੇਰਨਾਦਾਇਕ ਸਿੱਧ ਹੋ ਸਕਦੇ ਹਨ, ਉਹਨਾਂ ਨੂੰ ਲੇਖ, ਕਹਾਣੀ, ਕਵਿਤਾ ਆਦਿ ਦਾ ਰੂਪ ਦੇ ਕੇ ਤੁਸੀਂ ਜੋ ਉੱਤਮ ਉਪਰਾਲਾ ਕੀਤਾ ਹੈ ਉਸਦੇ ਲਈ ਮੈਂ ਆਪ ਸਭ ਦਾ ਤਹਿ ਦਿਲੋਂ ਧੰਨਵਾਦ ਕਰਦੀ ਹਾਂ। ਲਿਖਣਾ ਵੀ ਇੱਕ ਕਲਾ ਹੈ ਅਤੇ ਇਸ ਕਲਾ ਦਾ ਵਿਕਾਸ ਪਾਠਕਾਂ ਵਿੱਚ ਪੀੜ੍ਹੀ ਦਰ ਪੀੜ੍ਹੀ ਹੁੰਦਾ ਰਹਿੰਦਾ ਹੈ। ਸਮੇਂ ਦੀ ਚਾਲ ਬਹੁਤ ਤੇਜ਼ ਹੈ 'ਤੇ ਇਸ ਦੇ ਨਾਲ-ਨਾਲ ਵਿਕਾਸ ਦਾ ਰੂਪ ਵੀ ਬਦਲਦਾ ਰਹਿੰਦਾ ਹੈ। ਸੰਸਾਰ ਦਾ ਵਿਕਾਸ ਟੱਕਰ ਜਾਂ ਸੰਘਰਸ਼ ਰਾਹੀਂ ਹੀ ਹੁੰਦਾ ਹੈ। ਸਦੀਆਂ ਤੋਂ ਹੀ ਮਨੁੱਖ ਮੁਸ਼ਕਲਾਂ, ਮੁਸ਼ੀਬਤਾਂ ਦਾ ਸਾਹਮਣਾ ਦਲੇਰੀ ਨਾਲ ਕਰਦਾ ਆਇਆ ਹੈ ਅਤੇ ਆਪਣੀ ਜਿੱਤ ਨੂੰ ਨਿਸ਼ਚਿਤ ਕਰਕੇ ਅਜਿਹੇ ਪੜਾਅ ਤੇ ਪੁੱਜ ਸਕਿਆ ਜਿੱਥੇ ਕਾਮਯਾਬੀ ਦੇ ਦੁਆਰ ਖੁੱਲ੍ਹ ਜਾਂਦੇ ਹਨ। ਦ੍ਰਿੜ੍ਹ-ਨਿਸ਼ਚਾ, ਦਲੇਰੀ, ਹਿੰਮਤ ਅਜਿਹੇ ਗੁਣ ਆਰ ਹਨ ਜਿੰਨਾਂ ਨੂੰ ਧਾਰਨ ਕਰਕੇ ਕਿਸੇ ਵੀ ਮੁਸ਼ੀਬਤ ਨੂੰ ਫਤਹਿ ਕਰਨਾ ਔਖਾ ਨਹੀਂ। ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਆਪਣੀਆਂ ਰਚਨਾਵਾਂ, ਹਲਾਤਾਂ ਦਾ ਡਟ ਕੇ ਸਾਹਮਣਾ ਕਰਦੇ ਹੋਏ ਭੇਜੀਆਂ ਹਨ। ਉਹਨਾਂ ਦੀਆਂ ਇਹ ਕੋਸ਼ਿਸ਼ਾਂ ਸ਼ਲਾਘਾਯੋਗ ਹਨ। ਆਪਣੇ ਕੁਝ ਵੱਧ ਮਿਲੇ ਹੋਏ ਸਮੇਂ ਦਾ ਸਦਉਪਯੋਗ ਕਰਕੇ ਆਪਣੇ ਅਧੂਰੇ ਸੁਪਨਿਆਂ ਨੂੰ ਸਾਕਾਰ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ। ਕਿਸੇ ਸਿਆਣੇ ਨੇ ਠੀਕ ਆਖਿਆ ਹੈ ਕਿ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਰੁਕਾਵਟ ਕੋਈ ਨਹੀਂ, ਹਾਂ ਵੰਗਾਰੇ ਜ਼ਰੂਰ ਹੁੰਦੇ ਹਨ। ਅਜਿਹੇ ਵੰਗਾਰਿਆਂ ਦਾ ਜੁਆਬ ਹੌਸਲੇ ਅਤੇ ਹਿੰਮਤ ਨਾਲ ਹੀ ਦਿੱਤਾ ਜਾ ਸਕਦਾ ਹੈ। ਸਮਾਂ ਬੜਾ ਬਲਵਾਨ ਹੈ। ਸਮੁੰਦਰ ਵਿੱਚ ਠਿਲੇ ਜਹਾਜ਼ ਨੂੰ ਤਰ੍ਹਾਂ-ਤਰ੍ਹਾਂ ਦੀਆਂ ਹਵਾਵਾਂ, ਝੱਖੜ, ਤੂਫਾਨ ਅਤੇ ਬੇਰੁਖੇ ਸਮੇਂ ਵਾਪਰਦੇ ਹਨ। ਸਿਆਣਾ ਕਪਤਾਨ ਅੰਦਰ ਬੈਠਾ ਹਰ ਤਕੜਾਈ ਕਰਦਾ ਹੋਇਆ, ਸੇਧ ਦੀ ਸੂਈ ਦਾ ਪਿੱਛਾ ਕਰਦਾ ਇਹਨਾਂ ਹਵਾਵਾਂ ਨੂੰ ਕੁਦਰਤ ਦੇ ਰੰਗ ਤੇ ਸਫ਼ਰ ਦੇ ਜ਼ਰੂਰੀ ਵਰਤਾਰੇ ਸਮਝਦਾ ਹੋਇਆ ਆਪਣੇ ਮਨ ਨੂੰ ਡੋਲਣ ਨਹੀਂ ਦਿੰਦਾ। ਔਕੜਾਂ ਨਾਲ ਹੀ ਸਗੋਂ ਸਿਆਣੇ ਇਨਸਾਨ ਉੱਚੇ ਹੋਣ ਦੇ ਉਪਰਾਲੇ ਕਰਦੇ ਹਨ ਅਤੇ ਇਹ ਤਾਂ ਹੀ ਸੰਭਵ ਹੈ ਜੇਕਰ ਹਰ ਟੋਏ-ਟਿੱਬੇ ਲਈ ਸਾਡੇ ਖਿਆਲ ਅੱਗੋਂ ਹੀ ਤਿਆਰ ਹੋਣ। ਖਿਆਲ ਹੀ ਉਹ ਜਾਦੂ ਹੈ ਜੋ ਹਰ ਔਕੜ, ਹਰ ਮੁਸ਼ੀਬਤ, ਹਰ ਵਿਰੋਧ ਨੂੰ ਆਪਣਾ ਰੰਗ ਦੇ ਕੇ ਸਭ ਡਰ ਦੂਰ ਕਰ ਦਿੰਦਾ ਹੈ। ਸਕਾਰਾਤਮਕ ਸੋਚ ਰੱਖ ਕੇ ਆਪਣੀ ਕਲਾਤਮਕਤਾ ਨੂੰ ਪ੍ਰਫੁੱਲਤ ਕਰਨ ਦੇ ਮੌਕੇ ਦਾ ਲਾਭ ਉਠਾਉਣਾ, ਆਪਣੇ ਸੁਪਨਿਆਂ ਨੂੰ ਸਾਕਾਰ ਕਰਨ ਦੀ ਸੇਧ ਦੇਣਾ ਹੈ। ਚੰਗੀਆਂ ਕਿਤਾਬਾਂ ਪੜ੍ਹਨਾ, ਕੁਝ ਨਵਾਂ ਸਿਰਜਣਾ, ਕੁਝ ਨਵਾਂ ਕਰ ਵਿਖਾਉਣਾ ਆਪਣੇ ਆਪ ਨੂੰ ਨਕਾਰਾਤਮਕਤਾ ਤੋਂ ਸਕਾਰਾਤਮਕਤਾ ਵੱਲ ਮੋੜਨਾ ਸਾਡੇ ਆਪਣੇ ਹੱਥ ਵਿੱਚ ਹੈ। ਮੁਸ਼ੀਬਤਾਂ ਆਉਂਦੀਆਂ ਜਾਂਦੀਆਂ ਰਹਿਣਗੀਆਂ ਪਰ ਆਪਣੇ ਆਪ ਨੂੰ ਇੰਨਾ ਤਾਕਤਵਰ ਅਤੇ ਸ਼ਕਤੀਸ਼ਾਲੀ ਬਣਾ ਲਵੋ ਕਿ ਇਨ੍ਹਾਂ ਮੁਸ਼ੀਬਤਾਂ ਦਾ ਮਨੁੱਖ ਤੇ ਕੋਈ ਅਸਰ ਨਾ ਹੋ ਸਕੇ ਅਤੇ ਇਨਸਾਨ ਤਰੱਕੀ ਕਰਦਾ ਹੋਇਆ ਅੱਗੇ ਲੰਘਦਾ ਜਾਵੇ। ਪਿਆਰੇ ਬੱਚਿਓ! ਆਪਣੇ ਨਵੇਂ ਅਤੇ ਨਿੱਜੀ ਤਜਰਬਿਆਂ ਨੂੰ ਕਲਮਬੱਧ ਕਰਦੇ ਰਹਿਣਾ ਚੰਗੀ ਆਦਤ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਅਸੀਂ ਆਪਣੀਆਂ ਰਚਨਾਵਾਂ ਰਾਹੀਂ ਸਮਾਜਿਕ ਸਕਾਰਾਤਮਕ ਚੇਤਨਾ ਵੱਲ ਵੱਧ ਯੋਗਦਾਨ ਪਾ ਸਕਦੇ ਹਾਂ।



ਬਲਜੀਤ ਕੌਰ

ਪੰਜਾਬੀ ਵਿਭਾਗ

## ‘ਉਠ ਜਾਗ ਬੰਦਿਆ, ਰੱਬ ਦੀ ਦੇਣ ਨੂੰ ਸੰਭਾਲ ਬੰਦਿਆ’

ਧਰਤੀ ਅਤੇ ਵਾਤਾਵਰਨ ਸਾਨੂੰ ਰੱਬ ਦੀ ਦੇਣ ਹੈ ਅਤੇ ਇਹ ਸਾਡਾ ਫਰਜ਼ ਬਣਦਾ ਹੈ ਕਿ ਅਸੀਂ ਇਹਨਾਂ ਦੀ ਦੇਖਭਾਲ ਕਰੀਏ। ਪਰ ਅੱਜਕੱਲ ਲੋਕ ਆਪਣੇ ਲਾਭ ਲਈ ਧਰਤੀ ਅਤੇ ਵਾਤਾਵਰਨ ਦੀ ਸੁਰੱਖਿਆ ਨੂੰ ਨਜ਼ਰਅੰਦਾਜ਼ ਕਰਦੇ ਜਾ ਰਹੇ ਹਨ। ਜਿਸ ਕਾਰਨ ਇਹਨਾਂ ਦੇ ਬੁਰੇ ਪ੍ਰਭਾਵਾਂ ਦਾ ਸਾਨੂੰ ਸਾਹਮਣਾ ਕਰਨਾ ਪੈ ਰਿਹਾ ਹੈ।

ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਸਾਨੂੰ ਧਰਤੀ ਨੂੰ ਸਾਫ਼ ਅਤੇ ਵਾਤਾਵਰਨ ਨੂੰ ਸੁੱਧ ਰੱਖਣਾ ਚਾਹੀਦਾ ਹੈ। ਇਸ ਲਈ ਸਾਨੂੰ ਕੂੜਾ ਕੂੜੇਦਾਨ ਵਿੱਚ ਪਾਉਣਾ ਚਾਹੀਦਾ ਹੈ। ਸਾਨੂੰ ਘਟਾਓ (Reduce) ਮੁੜ ਵਰਤੋਂ (Reuse) ਅਤੇ ਰੀਸਾਈਕਲ (Recycle) ਨੂੰ ਆਪਣੇ ਜੀਵਨ ਵਿੱਚ ਅਪਨਾਉਣਾ ਚਾਹੀਦਾ ਹੈ। ਸਾਨੂੰ ਪਲਾਸਟਿਕ ਦੀ ਵਰਤੋਂ ਘੱਟ ਤੋਂ ਘੱਟ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਸਾਨੂੰ ਸੜਕਾਂ ਤੇ ਬੁੱਕਣਾ ਨਹੀਂ ਚਾਹੀਦਾ ਹੈ। ਵਾਤਾਵਰਨ ਨੂੰ ਅਸੁੱਧ ਰੱਖਣ ਵਿੱਚ ਹਵਾ ਪ੍ਰਦੂਸ਼ਣ ਦਾ ਵੀ ਹੱਥ ਹੈ। ਹਵਾ ਪ੍ਰਦੂਸ਼ਣ ਦੇ ਬਹੁਤ ਸਾਰੇ ਸਰੋਤ ਹਨ। ਜਿਵੇਂ ਵਾਹਨ ਜੋ ਧੂੰਆਂ ਛੱਡਦੇ ਹਨ, ਧੂੰਆਂ ਛੱਡਣ ਵਾਲੀਆਂ ਫੈਕਟਰੀਆਂ, ਜੈਵਿਕ ਇੰਝਣ ਜਲਣ, ਖੇਤੀ ਰਸਾਇਣ ਦਾ ਪ੍ਰਯੋਗ ਆਦਿ। ਸਿਰਫ ਹਵਾ ਪ੍ਰਦੂਸ਼ਣ ਹੀ ਨਹੀਂ, ਧਰਤੀ ਪ੍ਰਦੂਸ਼ਣ, ਜਲ ਪ੍ਰਦੂਸ਼ਣ ਵੀ ਸਾਡੇ ਵਾਤਾਵਰਨ ਅਤੇ ਧਰਤੀ ਲਈ ਨੁਕਸਾਨ ਦੇਹ ਹਨ। ਸਾਨੂੰ ਹਮੇਸ਼ਾ ਇਹਨਾਂ ਪ੍ਰਦੂਸ਼ਣਾਂ ਨੂੰ ਰੋਕਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਪ੍ਰਦੂਸ਼ਣ ਦੀ ਰੋਕਥਾਮ ਲਈ ਸਾਨੂੰ ਕਾਰ ਪੁਲ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ, ਕੂੜਾ-ਕਚਰਾ ਨਦੀਆਂ ਵਿੱਚ ਨਹੀਂ ਸੁੱਟਣਾ ਚਾਹੀਦਾ ਹੈ, ਖੇਤੀ ਰਸਾਇਣਾਂ ਦੀ ਵਰਤੋਂ ਨਹੀਂ ਕਰਨੀ ਚਾਹੀਦੀ, ਪੱਤੇ, ਕੂੜਾ ਅਤੇ ਰੱਦੀ ਨੂੰ ਜਲਾਉਣਾ ਨਹੀਂ ਚਾਹੀਦਾ।

ਸਾਨੂੰ ਵੱਧ ਤੋਂ ਵੱਧ ਪੌਦੇ ਅਤੇ ਰੁੱਖ ਲਗਾਉਣੇ ਚਾਹੀਦੇ ਹਨ। ਰੁੱਖ ਸਾਡੇ ਜੀਵਨ ਦਾ ਮਹੱਤਵਪੂਰਨ ਭਾਗ ਹਨ। ਧਰਤੀ ਤੇ ਰੁੱਖ ਲਗਾਉਣ ਦਾ ਸਭ ਤੋਂ ਜ਼ਿਆਦਾ ਸਾਨੂੰ ਲਾਭ ਹੁੰਦਾ ਹੈ। ਇਹ ਕਾਰਬਨ ਡਾਈਆਕਸਾਈਡ ਲੈ ਕੇ ਆਕਸੀਜਨ ਦਿੰਦੇ ਹਨ। ਜੇ ਕਿ ਮਨੁੱਖਾਂ ਲਈ ਜ਼ਰੂਰੀ ਹੈ। ਵੱਧ ਤੋਂ ਵੱਧ ਪੌਦੇ ਅਤੇ ਰੁੱਖ ਲਗਾਉਣ ਤੇ ਸਾਡੀ ਧਰਤੀ ਖੁਬਸੂਰਤ ਹੁੰਦੀ ਹੈ। ਇਸ ਦੇ ਨਾਲ ਸਾਨੂੰ ਰੁੱਖ ਕੱਟਣ ਤੇ ਰੋਕਥਾਮ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਜਿਸ ਕਰਕੇ ਲੋਕਾਂ ਦੇ ਨਾਲ ਜਾਨਵਰਾਂ ਨੂੰ ਵੀ ਇਸ ਦੇ ਬੁਰੇ ਪ੍ਰਭਾਵਾਂ ਦਾ ਸਾਹਮਣਾ ਕਰਨਾ ਪੈ ਰਿਹਾ ਹੈ। ਸਾਨੂੰ ਕਦੇ ਵੀ ਸਰੋਤਾਂ ਦੀ ਫਜ਼ੂਲ ਵਰਤੋਂ ਨਹੀਂ ਕਰਨੀ ਚਾਹੀਦੀ। ਇਹ ਲੋਕਾਂ ਦੇ ਜੀਵਨ ਲਈ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹਨ। ਉਨ੍ਹਾਂ ਦੀ ਵਰਤੋਂ ਜ਼ਿੰਦਗੀ ਦਾ ਸਮਰਥਨ ਕਰਨ ਅਤੇ ਲੋਕਾਂ ਦੀਆਂ ਜ਼ਰੂਰਤਾਂ ਨੂੰ ਪੂਰਾ ਕਰਨ ਲਈ ਕੀਤੀ ਜਾਂਦੀ ਹੈ। ਤੇਲ, ਕੋਲਾ, ਕੁਦਰਤੀ ਗੈਸ ਅਤੇ ਰੇਤ ਕੁਦਰਤੀ ਸਰੋਤਾਂ ਦੀਆਂ ਕੁਝ ਉਦਾਹਰਨਾਂ ਹਨ। ਸਾਨੂੰ ਵੱਧ ਤੋਂ ਵੱਧ ਨਵਿਆਉਣਯੋਗ ਸਰੋਤਾਂ ਦੀ ਵਰਤੋਂ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਇਨ੍ਹਾਂ ਦੀ ਵਰਤੋਂ ਪ੍ਰਦੂਸ਼ਣ ਨੂੰ ਘਟਾਉਂਦੀ ਹੈ।



ਲੋਚਨ ਭਾਟੀਵਾੜਾ  
ਅੱਠਵੀਂ - ਬੀ  
ਸਿਟੀ ਕੈਂਪਸ

## ਵਸ਼ਦਾ ਰਹੇ ਪੰਜਾਬ

ਓ ਸ਼ੇਰਾ ਜਾਗ, ਓ ਜੱਟਾ ਜਾਗ।

ਤੇਰਾ ਵਸ਼ਦਾ ਰਹੇ ਪੰਜਾਬ, ਤੇਰਾ ਵਸ਼ਦਾ ਰਹੇ ਪੰਜਾਬ।

ਅੱਗ ਲਾਉਣ ਕੋਈ ਤੇਰੇ ਗਿੱਧਿਆਂ ਨੂੰ ਆ ਗਿਆ,

ਸੱਪਾਂ ਦੀਆਂ ਪੀਂਘਾਂ ਤੇਰੇ ਪਿੱਪਲਾਂ ਤੇ ਪਾ ਗਿਆ,

ਤਿੰਝਣਾਂ 'ਚ ਕੱਤਦੀ ਦਾ ਰੂਪ ਕੋਈ ਖਾ ਗਿਆ

ਤੇਰੇ ਵਿਹੜੇ ਵਿੱਚ ਫਿਰਦੇ ਨੇ ਨਾਗ,

ਓ ਸ਼ੇਰਾ ਜਾਗ, ਓ ਜੱਟਾ ਜਾਗ।

ਖੇਹ ਕੇ ਨਾ ਲੈ ਜਾਣ ਫੇਰ ਕਿਤੇ ਹੋਣੀਆਂ,

ਮਾਵਾਂ ਦੀਆਂ ਲੋਰੀਆਂ ਤੇ ਨੂੰਹਾਂ ਦੀਆਂ ਦੋਣੀਆਂ,

ਭੈਣਾਂ ਦੀਆਂ ਚੁੰਨੀਆਂ ਤੇ ਵੀਰਾਂ ਦੀਆਂ ਘੋੜੀਆਂ,

ਕਿਤੇ ਲੁੱਟੇ ਨਾ ਓ ਜਾਣ ਸੁਹਾਗ,

ਓ ਸ਼ੇਰਾ ਜਾਗ, ਓ ਜੱਟਾ ਜਾਗ।

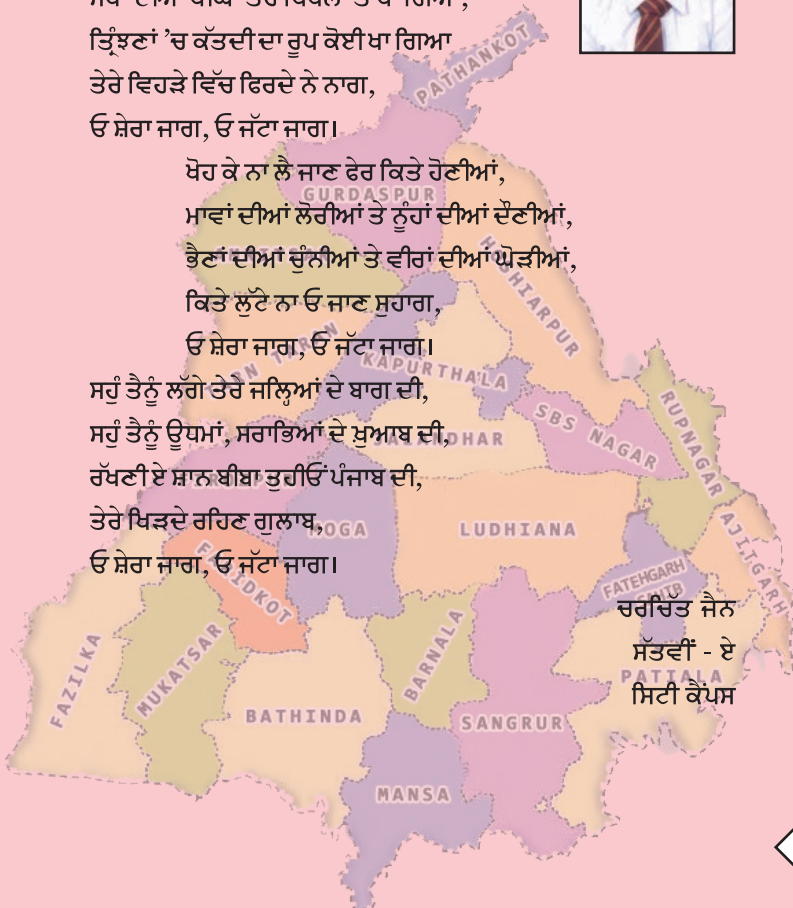
ਸਹੁੰ ਤੈਨੂੰ ਲੱਗੇ ਤੇਰੇ ਜਲ੍ਹਿਆਂ ਦੇ ਬਾਗ ਦੀ,

ਸਹੁੰ ਤੈਨੂੰ ਉਧਮਾਂ, ਸਰਾਭਿਆਂ ਦੇ ਖੁਆਬ ਦੀ,

ਰੱਖਣੀ ਏ ਸ਼ਾਨ ਬੀਬਾ ਤੁਹੀਓਂ ਪੰਜਾਬ ਦੀ,

ਤੇਰੇ ਖਿੜਦੇ ਰਹਿਣ ਗੁਲਾਬ,

ਓ ਸ਼ੇਰਾ ਜਾਗ, ਓ ਜੱਟਾ ਜਾਗ।



## ਆਓ! ਦੇਸੀ ਮਹੀਨੇ ਯਾਦ ਕਰੀਏ

ਚੇਤ ਮਹੀਨਾ ਚੜ੍ਹਦਾ ਹੈ, ਕਣਕਾਂ ਸੋਨਾ ਮੜ੍ਹਦਾ ਹੈ।

ਵਿਸਾਖ ਵਿਸਾਖੀ ਨਹਾਉਂਦੇ ਹਾਂ, ਦਾਣੇ ਘਰ ਵਿੱਚ ਲਿਆਉਂਦੇ ਹਾਂ।

ਜੇਠ ਮਹੀਨਾ ਲੂਆਂ ਦਾ, ਪਾਣੀ ਸੁੱਕਦਾ ਖੂਹਾਂ ਦਾ।

ਹਾੜ੍ਹ ਮਹੀਨਾ ਤਪਦਾ ਹੈ, ਸਾਨੂੰ ਘਰਾਂ ਅੰਦਰ ਰੱਖਦਾ ਹੈ।

ਸਾਉਣ ਬੱਦਲ ਵੱਸਦੇ ਨੇ, ਰੁੱਖੀਂ ਅੰਬ ਰਸਦੇ ਨੇ।

ਭਾਦੋਂ ਧੁੱਪਾਂ ਕਹਿਰ ਦੀਆਂ, ਝੜੀਆਂ ਕਈ-ਕਈ ਪਹਿਰ ਦੀਆਂ।

ਅੱਸੂ ਮਾਹ ਨਿਰਾਲਾ ਹੈ, ਨਾ ਗਰਮੀ, ਨਾ ਪਾਲਾ ਹੈ।

ਕੱਤਕ ਵੱਡੇ ਚਾਨਣੀਆਂ, ਰਾਤਾਂ ਨੂੰ ਬਹਿ ਮਾਨਣੀਆਂ।

ਮੱਘਰ ਨੂੰ ਘਰ ਬਹਿੰਦੇ ਹਾਂ, ਕੋਟ ਸਵੈਟਰ ਪਾਉਂਦੇ ਹਾਂ।

ਪੋਹ ਵਿੱਚ ਪਾਲਾ ਖੇਸੀ ਦਾ, ਧੂਣੀਆਂ ਲਾ-ਲਾ ਸੇਕੀ ਦਾ।

ਮਾਘ ਨਜ਼ਾਰੇ ਧੁੱਪਾਂ ਦੇ, ਪੱਤੇ ਝੜਦੇ ਰੁੱਖਾਂ ਦੇ।

ਫੱਗਣ ਫੁੱਲ ਖਿੜਾਉਂਦਾ ਹੈ, ਸਭ ਦੇ ਮਨ ਨੂੰ ਭਾਉਂਦਾ ਹੈ।

ਬਾਰਾਂਮਾਹ ਨੂੰ ਪੜ੍ਹਦੇ ਜੋ, ਗੱਲ ਸਿਆਣੀ ਕਰਦੇ ਉਹ।



ਨਾਵਿਕਾ ਬਾਂਸਲ  
ਸੱਤਵੀਂ - ਐਫ





## ਦੋਸਤੀ ਦੀ ਰੋਂਦ - ਵਿਸ਼ਵਾਸ

ਸਵਾਲ ਪਾਣੀ ਦਾ ਨਹੀਂ, ਪਿਆਸ ਦਾ ਹੈ  
ਸਵਾਲ ਦਿਲ ਦਾ ਨਹੀਂ, ਜਜ਼ਬਾਤ ਦਾ ਹੈ  
ਦੋਸਤ ਤਾਂ ਬਹੁਤ ਹਨ ਦੁਨੀਆਂ ਵਿੱਚ  
ਪਰ ਸਵਾਲ ਦੋਸਤੀ ਦਾ ਨਹੀਂ, ਵਿਸ਼ਵਾਸ ਦਾ ਹੈ।



ਇਸ ਜੀਵਨ ਵਿੱਚ ਰਿਸ਼ਤਿਆਂ ਤੋਂ ਬਿਨਾਂ ਜੀਣਾ ਮੁਸ਼ਕਲ ਹੋ ਜਾਂਦਾ ਹੈ। ਜਿਵੇਂ ਹੀ ਇੱਕ ਬੱਚਾ ਜਨਮ ਲੈਂਦਾ ਹੈ, ਉਸਦੇ ਨਾਲ ਕਈ ਰਿਸ਼ਤੇ ਬਣ ਜਾਂਦੇ ਹਨ। ਕੁਝ ਰਿਸ਼ਤੇ ਖੂਨ ਦੇ ਹੁੰਦੇ ਹਨ ਤੇ ਕੁਝ ਰਿਸ਼ਤੇ ਅਸੀਂ ਆਪ ਬਣਾਉਂਦੇ ਹਾਂ। ਇਹ ਰਿਸ਼ਤੇ ਸਾਡੇ ਦਿਲਾਂ ਨਾਲ ਜੁੜ ਜਾਂਦੇ ਹਨ। ਰਿਸ਼ਤਾ ਭਾਵੇਂ ਪਤੀ-ਪਤਨੀ ਦਾ ਹੋਵੇ, ਮਾਂ-ਪੁੱਤ ਦਾ, ਵੀਰ-ਭੈਣ ਦਾ, ਇਹਨਾਂ ਸਾਰੇ ਰਿਸ਼ਤਿਆਂ ਵਿੱਚ ਵਿਸ਼ਵਾਸ ਦਾ ਹੋਣਾ ਜ਼ਰੂਰੀ ਹੁੰਦਾ ਹੈ। ਇਹਨਾਂ ਸਾਰੇ ਰਿਸ਼ਤਿਆਂ ਦੇ ਨਾਲ-ਨਾਲ ਇੱਕ ਹੋਰ ਰਿਸ਼ਤਾ ਵੀ ਹੈ ਜੋ ਦਿਲ ਦੇ ਨਾਲ ਜੁੜ ਜਾਵੇ ਤਾਂ ਉਸ ਤੋਂ ਪਿਆਰਾ ਰਿਸ਼ਤਾ ਹੋਰ ਕੋਈ ਨਹੀਂ ਹੁੰਦਾ, ਉਹ ਹੈ - ਦੋਸਤੀ ਦਾ ਰਿਸ਼ਤਾ। ਦੋਸਤੀ ਦੇ ਰਿਸ਼ਤੇ ਵਿੱਚ ਦੋ ਦੋਸਤਾਂ ਵਿੱਚ ਰਹਿਣ-ਸਹਿਣ, ਪਹਿਰਾਵਾ, ਅਮੀਰੀ-ਗਰੀਬੀ ਇੰਨੀ ਮਹੱਤਤਾ ਨਹੀਂ ਰੱਖਦੇ ਜਿੰਨਾਂ ਉਹਨਾਂ ਦੇ ਮਨਾਂ ਦਾ ਮਿਲਣਾ ਮਹੱਤਵਪੂਰਨ ਹੁੰਦਾ ਹੈ।

ਦੋਸਤੀ ਦਾ ਰਿਸ਼ਤਾ ਵਿਸ਼ਵਾਸ ਅਤੇ ਪਿਆਰ ਦਾ ਰਿਸ਼ਤਾ ਹੈ। ਇਸ ਰਿਸ਼ਤੇ ਵਿੱਚ ਇੰਨਾਂ ਨਿੱਘ ਹੈ ਜੋ ਸਿਰਫ ਮਹਿਸੂਸ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ, ਸ਼ਬਦਾਂ ਵਿੱਚ ਬਿਆਨ ਨਹੀਂ। ਇਹ ਰਿਸ਼ਤਾ ਕਈ ਖਜ਼ਾਨਿਆਂ ਨਾਲ ਭਰਿਆ ਹੁੰਦਾ ਹੈ ਜਿਵੇਂ ਸੱਚਾਈ, ਇਮਾਨਦਾਰੀ, ਵਿਸ਼ਵਾਸ, ਸਤਿਕਾਰ, ਪਿਆਰ, ਇੱਕ ਦੂਜੇ ਦੀ ਚਿੰਤਾ, ਮਦਦ ਕਰਨ ਦਾ ਜਜ਼ਬਾ ਆਦਿ। ਸਮਾਜ ਵਿੱਚ ਰਹਿੰਦਾ ਉਹ ਵਿਅਕਤੀ ਭਾਗਾਂ ਵਾਲਾ ਹੈ ਜਿਹੜਾ ਆਪਣੇ ਦੋਸਤ ਨਾਲ ਵਿਸ਼ਵਾਸ ਦੀ ਦੋਸਤੀ ਨਿਭਾਉਂਦਾ ਹੈ ਤੇ ਜਿਸਦਾ ਦੋਸਤ ਇਸ ਵਿਸ਼ਵਾਸ ਨੂੰ ਬਣਾ ਕੇ ਰੱਖਦਾ ਹੈ। ਇਹ ਉਹ ਰਿਸ਼ਤਾ ਹੈ ਜਿਹੜਾ ਤੁਹਾਨੂੰ ਕਦੇ ਵੀ ਇੱਕਲਾਪਨ ਮਹਿਸੂਸ ਨਹੀਂ ਹੋਣ ਦਿੰਦਾ। ਕਦੇ ਤੁਹਾਨੂੰ ਦੁੱਖ ਦੀ ਘੜੀ ਵਿੱਚ ਇੱਕਲੇ ਨਹੀਂ ਛੱਡਦਾ ਤੇ ਮੁਸੀਬਤ ਵੇਲੇ ਤੁਹਾਡੀ ਬਾਂਹ ਫੜ ਕੇ ਤੁਹਾਨੂੰ ਹਿੰਮਤ ਦਿੰਦਾ ਹੈ।

ਦੋਸਤੋ, ਮੈਂ ਆਪਣੇ ਆਪ ਨੂੰ ਭਾਗਾਂ ਵਾਲੀ ਸਮਝਦੀ ਹਾਂ ਤੇ ਰੱਬ ਦਾ ਸ਼ੁਕਰ ਕਰਦੀ ਹਾਂ ਕਿ ਉਸਨੇ ਮੇਰੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਮੈਨੂੰ ਅਜਿਹੇ ਦੋਸਤਾਂ ਨਾਲ ਮਿਲਾਇਆ ਜਿਹਨਾਂ ਤੋਂ ਬਿਨਾਂ ਸ਼ਾਇਦ ਮੈਂ ਕੁਝ ਵੀ ਨਹੀਂ। ਮੇਰੇ ਦੋਸਤ ਮੇਰੇ ਲਈ ਇੱਕ ਧਾਗੇ ਵਿੱਚ ਪਰੋਏ ਮੋਤੀ ਵਾਂਗ ਹਨ ਜੋ ਮੇਰੇ ਨਾਲ ਹਮੇਸ਼ਾਂ ਜੁੜੇ ਹੋਏ ਹਨ। ਜੋ ਮੇਰੀ ਖੁਸ਼ੀ ਵਿੱਚ ਖੁਸ਼ ਹੁੰਦੇ ਹਨ ਤੇ ਦੁੱਖ ਵਿੱਚ ਉਦਾਸ। ਜਿਸ ਕਾਰਨ ਮੈਂ ਦੁੱਖ ਦੀ ਘੜੀ ਵਿੱਚ ਵੀ ਟੁੱਟਦੀ ਨਹੀਂ ਕਿਉਂਕਿ ਉਹ ਮੇਰੀ ਹਿੰਮਤ ਹਨ। ਆਪਣੇ ਦੋਸਤਾਂ ਦੀ ਦੋਸਤੀ ਨੂੰ ਦੱਸਣ ਲਈ, ਦਿਲ ਦੇ ਅਹਿਸਾਸਾਂ ਨੂੰ ਬਿਆਨ ਕਰਨ ਲਈ ਸ਼ਾਇਦ ਸ਼ਬਦ ਵੀ ਘੱਟ ਪੈ ਜਾਣ ਕਿਉਂਕਿ ਦੋਸਤੀ ਭਾਵ ਹੈ, ਜਜ਼ਬਾਤ ਹੈ, ਦਿਲ ਦੀ ਧੜਕਣ ਹੈ, ਅੱਖਾਂ ਦੀ ਰੋਸ਼ਨੀ ਹੈ, ਸਰੀਰ ਦੀ ਆਤਮਾ ਹੈ ਤੇ ਜੀਉਣ ਦਾ ਅਧਾਰ ਹੈ। ਅੰਤ ਵਿੱਚ ਮੈਂ ਹਰੇਕ ਦੋਸਤ ਨੂੰ ਇਹ ਹੀ ਆਖਾਂਗੀ ਕਿ ਦੋਸਤੀ ਦੀ ਕੀਮਤ ਸਿਰਫ ਦੋਸਤੀ ਹੀ ਹੈ। ਇਸ ਲਈ ਹਰੇਕ ਦੋਸਤ ਨੂੰ ਆਪਣੇ ਦੋਸਤ ਨਾਲ ਵਿਸ਼ਵਾਸ ਦੀ ਦੋਸਤੀ ਹੀ ਨਿਭਾਉਣੀ ਚਾਹੀਦੀ ਹੈ। ਜਿਨ੍ਹਾਂ ਦੋਸਤਾਂ ਦੀ ਦੋਸਤੀ ਵਿੱਚ ਵਿਸ਼ਵਾਸ ਤੇ ਪਿਆਰ ਹੁੰਦਾ ਹੈ, ਉਹਨਾਂ ਦੀ ਦੋਸਤੀ ਹਮੇਸ਼ਾਂ ਯਾਦ ਰੱਖੀ ਜਾਂਦੀ ਹੈ।

ਦੋਸਤਾਂ ਨੂੰ ਹਰ ਮਹਿਫਲ ਵਿੱਚ ਯਾਦ ਕਰਾਂਗੇ  
ਹਮੇਸ਼ਾਂ ਦਿਲ ਤੋਂ ਉਹਨਾਂ ਲਈ ਅਰਦਾਸ ਕਰਾਂਗੇ  
ਦੋਸਤਾਂ ਦੀ ਦੋਸਤੀ ਨੂੰ ਸਲਾਮ ਕਰਾਂਗੇ  
ਹਮੇਸ਼ਾਂ ਰੱਬ ਦਾ ਧੰਨਵਾਦ ਕਰਾਂਗੇ  
ਹਮੇਸ਼ਾਂ ਰੱਬ ਦਾ ਧੰਨਵਾਦ ਕਰਾਂਗੇ।

ਸ਼੍ਰੀਮਤੀ ਰਚਨਾ  
(ਹਿੰਦੀ ਅਧਿਆਪਕਾ)  
ਸਿਟੀ ਕੈਂਪਸ

## ਮਾਂ

‘ਮਾਂ’ ਇੱਕ ਅਜਿਹਾ ਮਿਠਾਸ ਭਰਿਆ ਸ਼ਬਦ ਹੈ ਜਿਸਨੂੰ ਕਹਿੰਦਿਆਂ ਹੀ ਸਾਰੇ ਸੰਸਾਰ ਦੀਆਂ ਖੁਸ਼ੀਆਂ ਸਾਡੀ ਝੋਲੀ ਵਿੱਚ ਆ ਜਾਂਦੀਆਂ ਹਨ। ਮਾਂ ਪਿਆਰ ਦਾ ਅਥਾਹ ਸਮੁੰਦਰ ਹੈ ਜਿਸ ਵਿੱਚ ਸਾਡੇ ਸਾਰੇ ਦੁੱਖ ਸਮਾਂ ਜਾਂਦੇ ਹਨ ਤੇ ਖੁਸ਼ੀਆਂ ਬਾਹਰ ਆ ਜਾਂਦੀਆਂ ਹਨ। ਮਨੁੱਖ ਭਾਵੇਂ ਸਾਰਾ ਸੰਸਾਰ ਘੁੰਮ ਕੇ ਆ ਜਾਵੇ ਪਰ ਅਰਾਮ ਮਾਂ ਦੀ ਗੋਦ ਵਿੱਚ ਆ ਕੇ ਹੀ ਮਿਲਦਾ ਹੈ। ਸਿਕੰਦਰ ਵਰਗੇ ਰਾਜੇ ਨੇ ਵੀ ਆਪਣੀ ਮਾਂ ਦੀ ਗੋਦ ਦਾ ਹੀ ਨਿੱਘ ਮਾਣਿਆ। ਵੱਡੇ-ਵੱਡੇ ਗੁਰੂਆਂ, ਪੀਰਾਂ, ਪੈਗੰਬਰਾਂ ਤੇ ਮਹਾਂਪੁਰਖਾਂ ਨੂੰ ਵੀ ਜਨਮ ਦੇਣ ਵਾਲੀ ਮਾਂ ਹੀ ਹੈ। ਕਹਿੰਦੇ ਹਨ, ਕਿ ਮਾਂ ਦੇ ਪੈਰਾਂ ਥੱਲੇ ਤਾਂ ਜੰਨਤ ਹੈ। ਵੱਡੇ-ਵੱਡੇ ਲਿਖਾਰੀ ਵੀ ਮਾਂ ਦੀ ਮਮਤਾ ਦਾ ਨਾਪ-ਤੋਲ ਨਾ ਕਰ ਸਕੇ। ਇੱਕ ‘ਮਾਂ’ ਹੀ ਤਾਂ ਹੈ ਜੋ ਆਪਣੇ ਬੱਚਿਆਂ ਦੇ ਹਿੱਸੇ ਦਾ ਦੁੱਖ ਵੀ ਹੱਸਦੀ-ਹੱਸਦੀ ਆਪ ਲੈ ਲੈਂਦੀ ਹੈ। ਪਰ ਮੁੱਖੋਂ ਸੀ ਤਕ ਨਹੀਂ ਕਰਦੀ। ਤਾਂ ਹੀ ਤਾਂ ਕਹਿੰਦੇ ਹਨ :-



“ਮਾਂ ਵਰਗਾ ਘਣਛਾਵਾਂ ਬੂਟਾ, ਮੈਨੂੰ ਕਿਧਰੇ ਨਜ਼ਰ ਨਾ ਆਏ।  
ਲੈ ਕੇ ਜਿਸ ਤੋਂ ਛਾਂ ਉਧਾਰੀ ਰੱਬ ਨੇ ਸਵਰਗ ਬਣਾਇਆ।”

ਗੌਰੀ ਕਾਕੜੀਆ  
ਛੇਵੀਂ - ਡੀ

## ਵਿੱਦਿਆ ਦਾ ਮੰਦਰ

ਮੇਰੇ ਲਈ ਸਕੂਲ ਦਾ ਅਰਥ ਹੈ ‘ਵਿੱਦਿਆ ਦਾ ਮੰਦਰ’ ਜਿੱਥੇ ਹਰ ਧਰਮ, ਜਾਤੀ, ਵਰਗ ਦੇ ਬੱਚੇ ਪੜ੍ਹਦੇ ਹਨ।



ਮੈਂ ਕੁੰਦਨ ਵਿੱਦਿਆ ਮੰਦਰ ਵਿੱਚ ਪੜ੍ਹਦੀ ਹਾਂ, ਜੋ ਮੇਰੇ ਲਈ ਸਹੀ ਮਾਇਨੇ ਵਿੱਚ ਹੀ ਸੋਨੇ ਦਾ ਵਿੱਦਿਆ ਦਾ ਮੰਦਰ ਹੈ - ਇਸ ਦਾ ਕਾਰਨ ਹੈ :

ਜੀਵਨ ਵਿੱਚ ਕੁਝ ਪਾਉਣਾ ਹੈ, ਤਾਂ ਸਕੂਲ ਜਾਣਾ ਹੈ।

ਬਿਨਾਂ ਗੁਰੂ ਗਿਆਨ ਕਿੱਥੇ ਅਤੇ ਬਿਨਾਂ ਸਕੂਲ ਗੁਰੂ ਕਿੱਥੇ?

ਅਨੁਸ਼ਾਸਨ ਵਿੱਚ ਰਹਿ ਕੇ ਪੜ੍ਹਨਾ,

ਹਰ ਨਿਯਮ ਦਾ ਪਾਲਣ ਕਰਨਾ।

ਕਿਸ ਤਰ੍ਹਾਂ ਬੈਠਣਾ ਅਤੇ ਕਿਸ ਤਰ੍ਹਾਂ ਬੋਲਣਾ,

ਭਾਈਚਾਰੇ ਦੇ ਨਾਲ ਰਹਿਣਾ,

ਜੀਣ ਦੀ ਕਲਾ, ਸਭ ਕੁਝ ਸਿਖਾਉਂਦੇ ਨੇ ਇੱਥੇ।

ਅੰਗਰੇਜ਼ੀ, ਹਿੰਦੀ, ਹਿਸਾਬ, ਵਿਗਿਆਨ,

ਅਸੀਂ ਹਾਂ ਪੜ੍ਹਦੇ ਅਤੇ ਬਣਦੇ ਵਿਦਵਾਨ।

ਕਲਾ ਸੰਗੀਤ ਦਾ ਵੀ ਰੱਖਦੇ ਗਿਆਨ।

ਦੇਸ਼ ਭਗਤੀ ਦਾ ਪਾਠ ਪੜ੍ਹਾਉਂਦੇ,

ਖੇਡਣ ਕੁੱਦਣ ਦਾ ਨਿਯਮ ਸਿਖਾਉਂਦੇ।

ਨਾ ਜਾਣੇ ਕਦੋਂ ਵੱਡੇ ਹੋ ਜਾਂਦੇ?

ਸਕੂਲ ਦੇ ਮਸਤੀ ਭਰੇ ਲਮਹੇ,

ਭੁਲਾਏ ਨਹੀਂ ਭੁੱਲਦੇ।

ਸਾਨੂੰ ਇੱਕ ਚੰਗਾ ਇਨਸਾਨ ਬਣਾਉਂਦੇ।

ਭਾਵੀਕਾ ਸਦਾਨਾ  
ਅੱਠਵੀਂ - ਬੀ  
ਸਿਟੀ ਕੈਂਪਸ

## ਮਨੁੱਖ ਦਾ ਬਹੁਤ ਵੱਡਾ ਦੁਸ਼ਮਣ....

ਸਿਰਲੇਖ ਪੜ੍ਹ ਕੇ ਤੁਹਾਡੇ ਅੰਦਰ ਇਹ ਜਾਨਣ ਦੀ ਇੱਛਾ ਪੈਦਾ ਹੋਈ ਹੋਵੇਗੀ ਕਿ ਮਨੁੱਖ ਦਾ ਬਹੁਤ ਵੱਡਾ ਦੁਸ਼ਮਣ ਕੌਣ ਹੈ? ਸਿਰਲੇਖ ਲਿਖ ਕੇ ਮੈਂ ਅੱਗੇ ਖਾਲੀ ਥਾਂ ਕਿਉਂ ਦਿੱਤੀ? ਸਿਰਲੇਖ ਵਿੱਚ ਹੀ ਕਿਉਂ ਨਹੀਂ ਦੱਸਿਆ ਕਿ ਇਹ ਦੁਸ਼ਮਣ ਕੌਣ ਹੈ? ਇਸ ਲਈ ਨਹੀਂ ਦੱਸਿਆ ਕਿਉਂਕਿ ਮੈਂ ਚਾਹੁੰਦੀ ਹਾਂ ਕਿ ਤੁਸੀਂ ਦੱਸੋ ਕਿ ਮਨੁੱਖ ਦਾ ਬਹੁਤ ਵੱਡਾ ਦੁਸ਼ਮਣ ਕੌਣ ਹੈ?



ਮੈਨੂੰ ਪਤਾ ਹੈ ਤੁਸੀਂ ਬਹੁਤ ਸਿਆਣੇ ਹੋ ਅਤੇ ਹੁਣ ਤਕ ਤੁਸੀਂ ਕਾਫੀ ਸੋਚਿਆ ਹੋਵੇਗਾ। ਪਰ ਜੇ ਨਹੀਂ ਪਤਾ ਲੱਗਿਆ ਤਾਂ ਮੈਂ ਥੋੜ੍ਹੀ ਜਿਹੀ ਨਿਸ਼ਾਨੀ ਦੱਸ ਦਿੰਦੀ ਹਾਂ, ਉਹ ਦੁਸ਼ਮਣ ਮਨੁੱਖ ਦੇ ਅੰਦਰ ਹੀ ਹੈ। ਹੁਣ ਅਨੁਮਾਨ ਲਗਾ ਕੇ ਵੇਖੋ...

ਲਓ ਤੁਹਾਨੂੰ ਤਾਂ ਏਨੀ ਛੇਤੀ ਗੁੱਸਾ ਆ ਗਿਆ। ਚਲੋ ਗੁੱਸਾ ਨਾ ਕਰੋ ਮੈਂ ਦੱਸ ਦਿੰਦੀ ਹਾਂ ਕਿ ਮਨੁੱਖ ਦਾ ਬਹੁਤ ਵੱਡਾ ਦੁਸ਼ਮਣ ਕੌਣ ਹੈ? ਇਹ ਉਹੀ ਹੈ ਜਿਹੜਾ ਤੁਹਾਡੇ ਅੰਦਰ ਹੁਣੇ-ਹੁਣੇ ਆਇਆ ਸੀ। ਜੀ ਹਾਂ, ਗੁੱਸਾ ਹੀ ਮਨੁੱਖ ਦਾ ਬਹੁਤ ਵੱਡਾ ਦੁਸ਼ਮਣ ਹੈ। ਹੁਣ ਤੁਸੀਂ ਗੁੱਸਾ ਨਾ ਕਰਨਾ ਕਿਉਂਕਿ ਮੈਂ ਤੁਹਾਨੂੰ ਦੱਸ ਚੁੱਕੀ ਹਾਂ ਕਿ ਇਹ ਮਨੁੱਖ ਦਾ ਬਹੁਤ ਵੱਡਾ ਦੁਸ਼ਮਣ ਹੈ। ਫਰੀਦ ਜੀ ਨੇ ਵੀ ਸਾਨੂੰ ਸਭ ਨੂੰ ਇਹ ਕਹਿ ਕੇ ਸਮਝਾਇਆ ਹੈ:-

ਫਰੀਦਾ ਬੁਰੇ ਦਾ ਭਲਾ ਕਰ,  
ਗੁੱਸਾ ਮਨ ਨਾ ਹੰਢਾਇ।।  
ਦੇਹੀ ਰੋਗ ਨਾ ਲੱਗਈ,  
ਪੱਲੇ ਸਭ ਕਿਛੁ ਪਾਇ।।

ਅਨੰਨਿਆ ਵਾਸੂਦੇਵਾ  
ਨੌਵੀਂ-ਬੀ

## ਆਸ

ਆਸ ਨਾ ਛੱਡੋ, ਆਸ ਹੈ ਖਾਸ,  
ਆਸ ਨਾਲ ਹੀ ਹੈ ਵਿਸ਼ਵਾਸ।  
ਆਸ ਹੀ ਦਿੰਦੀ ਹੈ ਜੀਣ ਦਾ ਉਤਸ਼ਾਹ,  
ਆਸ ਹੀ ਬਣਾਉਂਦੀ ਹੈ ਰੰਕ ਨੂੰ ਵੀ ਸ਼ਾਹ।  
ਆਸ ਹੀ ਹੈ ਜ਼ਿੰਦਗੀ ਦਾ ਸੱਚਾ ਸਾਰ,  
ਆਸ ਨਾ ਹੋਵੇ ਤਾਂ ਜਿੱਤ ਵੀ ਬਣ ਜਾਂਦੀ ਹੈ ਹਾਰ।  
ਆਸ ਨਾ ਛੱਡੋ, ਆਸ ਹੈ ਖਾਸ,  
ਆਸ ਨਾਲ ਹੀ ਹੈ ਵਿਸ਼ਵਾਸ।



ਆਸ ਹੈ ਜਿਵੇਂ ਹਨ੍ਹੇਰੇ ਵਿੱਚ ਦੀਪ,  
ਆਸ ਹੀ ਹੈ ਸੱਚ ਦਾ ਪ੍ਰਤੀਕ।  
ਦਰਦ ਵਿੱਚ ਆਸ ਰੱਖਣਾ, ਕੰਮ ਨਹੀਂ ਹੈ ਅਸਾਨ।  
ਪਰ ਜੇ ਰੱਖ ਲਵੋ ਜੀਣ ਜਾਂ ਜਿੱਤਣ ਦੀ ਆਸ,  
ਉਸ ਦੇ ਕਦਮਾਂ ਥੱਲੇ ਹੀ ਹੈ ਜਹਾਨ।  
ਆਸ ਨਾ ਛੱਡੋ ਆਸ ਹੈ ਖਾਸ,  
ਆਸ ਨਾਲ ਹੀ ਹੈ ਵਿਸ਼ਵਾਸ।  
ਸੱਚ! ਆਸ ਨਾਲ ਹੀ ਹੈ ਵਿਸ਼ਵਾਸ।

ਤਨਵੀ ਸੱਚਦੇਵਾ  
ਸੱਤਵੀਂ - ਏ  
ਸਿਟੀ ਕੈਂਪਸ

## ਲਾਇਬਰੇਰੀ ਦਾ ਮਹੱਤਵ

ਸਕੂਲ ਇੱਕ ਮੰਦਰ ਦੇ ਸਮਾਨ ਹੈ ਅਤੇ ਸਕੂਲ ਦੀ ਲਾਇਬਰੇਰੀ ਮੰਦਰ ਵਿੱਚ ਰੱਖੀ ਮੂਰਤ ਦੀ ਤਰ੍ਹਾਂ ਹੈ ਅਤੇ ਹਰ ਇੱਕ ਪਾਠਕ ਇਸ ਮੰਦਰ ਵਿੱਚ ਪੁਜਾਰੀ ਦਾ ਕੰਮ ਕਰਦਾ ਹੈ। ਇੱਕ ਚੰਗੀ ਲਾਇਬਰੇਰੀ ਗਿਆਨ ਦਾ ਭੰਡਾਰ ਹੁੰਦੀ ਹੈ, ਜਿਸ ਵਿੱਚ ਜਾ ਕੇ ਅਸੀਂ ਵੱਖ-ਵੱਖ ਵਿਸ਼ਿਆਂ ਸੰਬੰਧੀ ਪੁਸਤਕਾਂ ਪੜ੍ਹਦੇ ਹਾਂ ਅਤੇ ਗਿਆਨ ਦੇ ਘੇਰੇ ਨੂੰ ਹੋਰ ਵਧਾਉਂਦੇ ਹਾਂ। ਅਜੋਕੇ ਯੁੱਗ ਵਿੱਚ ਲਾਇਬਰੇਰੀ ਦਾ ਬਹੁਤ ਜ਼ਿਆਦਾ ਮਹੱਤਵ ਹੈ। ਲਾਇਬਰੇਰੀ ਵਿੱਚ ਬੁੱਧੀਮਾਨ ਲੋਕ ਕਿਤਾਬਾਂ ਦੇ ਰੂਪ ਵਿੱਚ ਇੱਕੱਠੇ ਹੁੰਦੇ ਹਨ। ਉਹਨਾਂ ਦੇ ਵਿਚਾਰਾਂ, ਖਿਆਲਾਂ ਅਤੇ ਭਾਵਨਾਵਾਂ ਬਾਰੇ ਪੜ੍ਹ ਕੇ ਅਸੀਂ ਕੁਝ ਨਾ ਕੁਝ ਨਵਾਂ ਪ੍ਰਾਪਤ ਕਰਦੇ ਹਾਂ। ਚੰਗੀਆਂ ਪੁਸਤਕਾਂ ਦੀ ਲਾਇਬਰੇਰੀ ਸਾਡੇ ਜੀਵਨ ਦਾ ਬਹੁਮੁੱਲਾ ਅੰਗ ਹੈ। ਇਸ ਦੀ ਸਹਾਇਤਾ ਨਾਲ ਅਸੀਂ ਆਪਣੇ ਜੀਵਨ ਨੂੰ ਸਫਲ, ਸੁਹਣਾ ਅਤੇ ਜਿਊਣ ਯੋਗ ਬਣਾ ਸਕਦੇ ਹਾਂ। ਲਾਇਬਰੇਰੀ ਸਕੂਲ ਵਿੱਚ ਮਸ਼ਾਲ ਦਾ ਕੰਮ ਕਰਦੀ ਹੈ। ਮੈਂ ਜਦੋਂ ਵੀ ਸਕੂਲ ਦੇ ਅੰਦਰ ਦਾਖਲ ਹੁੰਦਾ ਹਾਂ ਤਾਂ ਖਾਲੀ ਪੀਰੀਅਡ ਵਿੱਚ ਲਾਇਬਰੇਰੀ ਜ਼ਰੂਰ ਜਾਂਦਾ ਹਾਂ। ਏਥੇ ਆਉਣ ਨਾਲ ਮੈਨੂੰ ਇੱਝ ਲਗਦਾ ਹੈ ਜਿਵੇਂ ਕਿ ਮੈਨੂੰ ਜੀਵਨ ਸੇਧ ਮਿਲ ਰਹੀ ਹੋਵੇ।



ਨਿੱਤ ਨਵੀਆਂ ਅਖਬਾਰਾਂ, ਪੁਸਤਕਾਂ ਆਦਿ ਨੂੰ ਪੜ੍ਹ ਕੇ ਮੈਨੂੰ ਖੁਸ਼ੀ ਪ੍ਰਾਪਤ ਹੁੰਦੀ ਹੈ। ਜਦੋਂ ਅਸੀਂ ਵਿੱਦਿਆ ਸੰਬੰਧੀ ਪੜ੍ਹ ਕੇ ਥੱਕ ਜਾਂਦੇ ਹਾਂ ਤਾਂ ਕੁਝ ਨਵਾਂ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਲੋਚਦੇ ਹਾਂ ਲਾਇਬਰੇਰੀ ਵਿੱਚੋਂ ਸਾਨੂੰ ਗਿਆਨ ਦੇ ਨਾਲ-ਨਾਲ ਮਨੋਰੰਜਨ ਦੇ ਸਾਧਨ ਵੀ ਪ੍ਰਾਪਤ ਹੁੰਦੇ ਹਨ। ਅਸੀਂ ਬਹੁਤ ਖੁਸ਼ਕਿਸਮਤ ਹਾਂ ਜਿਨ੍ਹਾਂ ਨੂੰ ਸਕੂਲ ਵਿੱਚ ਆ ਕੇ ਲਾਇਬਰੇਰੀ ਵਿੱਚ ਪੜ੍ਹਨ ਦਾ ਅਵਸਰ ਮਿਲਿਆ ਹੈ 'ਤੇ ਅਸੀਂ ਆਪਣਾ ਸਰਬ-ਪੱਖੀ ਵਿਕਾਸ ਕਰਨ ਦਾ ਯਤਨ ਕਰਦੇ ਹਾਂ ਪਰ ਉਹ ਲੋਕ ਜਿਹੜੇ ਸਕੂਲਾਂ ਜਾਂ ਕਾਲਜਾਂ ਵਿੱਚ ਵਿੱਦਿਆ ਹਾਸਲ ਨਹੀਂ ਕਰ ਸਕਦੇ ਉਹ ਗਿਆਨ ਪੱਖੋਂ ਕਾਫੀ ਪਛੜ ਜਾਂਦੇ ਹਨ। ਇਸ ਲਈ ਉਹਨਾਂ ਲੋਕਾਂ ਦੇ ਗਿਆਨ ਨੂੰ ਵਧਾਉਣ ਲਈ ਸ਼ਹਿਰਾਂ ਵਿੱਚ ਲਾਇਬਰੇਰੀਆਂ ਖੋਲ੍ਹਣ ਦੀ ਲੋੜ ਹੈ।

ਜਿਸ ਦੇਸ਼ ਦੇ ਲੋਕਾਂ ਨੂੰ ਜਿੰਨਾ ਜ਼ਿਆਦਾ ਗਿਆਨ ਹੋਵੇਗਾ ਉਨ੍ਹਾਂ ਹੀ ਉਹ ਦੇਸ਼ ਤਰੱਕੀ ਦੇ ਰਾਹਾਂ ਵੱਲ ਵਧੇਗਾ। ਇਸ ਲਈ ਲਾਇਬਰੇਰੀ ਹੀ ਉਹ ਗਿਆਨ ਪ੍ਰਾਪਤ ਕਰਨ ਦਾ ਭੰਡਾਰ ਹੈ, ਜਿਸ ਨਾਲ ਦੇਸ਼ ਦਾ ਸਰਬ-ਪੱਖੀ ਵਿਕਾਸ ਸੰਭਵ ਹੋ ਸਕਦਾ ਹੈ।

ਗੁਵਿਲ ਨਚਾਲ  
ਅੱਠਵੀਂ - ਬੀ

## ਪੰਜਾਬੀ

ਮਾਤ-ਭਾਸ਼ਾ ਨੂੰ ਪਿਆਰ ਹਾਂ ਕਰਦਾ,  
ਮੈਂ ਹਾਂ ਇਕ ਪੰਜਾਬੀ ਬੱਚਾ।  
ਮੇਰੀ ਵੱਖਰੀ ਸ਼ਾਨ ਨਿਰਾਲੀ,  
ਰੱਖਾਂ ਰੋਅਬ ਮੈਂ ਸਦਾ ਨਵਾਬੀ।  
ਪੜ੍ਹਾਂਗਾ ਭਾਵੇਂ ਹੋਰ ਭਾਸ਼ਾਵਾਂ,  
ਮਾਂ ਬੋਲੀ ਨੂੰ ਦਿਲੋਂ ਮੈਂ ਚਾਹਵਾਂ।  
ਗੁਰਬਾਣੀ ਤੋਂ ਸਿੱਖਿਆ ਲੈ ਕੇ,  
ਜੀਵਨ ਭਰ ਨਾ ਕਰਾਂ ਖ਼ਰਾਬੀ।  
ਇਮਾਨਦਾਰੀ ਨਾਲ ਮਿਹਨਤ ਕਰਨੀ,  
ਕਾਮਯਾਬੀ ਦੀ ਇਹੋ ਚਾਬੀ।  
ਸੌਖੀ-ਮਿੱਠੀ ਭਾਸ਼ਾ ਲੱਗੇ,  
ਵਾਰ-ਵਾਰ ਤਾਂ ਹੀ ਚਿੰ ਪੜ੍ਹਾਂ ਪੰਜਾਬੀ।  
ਵਿੱਚ ਦੁਨੀਆਂ ਦੇ ਰਾਣੀ ਭਾਸ਼ਾ,  
ਰੋਸ਼ਨੀ ਦੇਵੇ ਇਹ ਵਾਂਗ ਮਹਿਤਾਬੀ  
ਪੰਜਾਬੀ ਹੋਣ ਦਾ ਮਾਣ 'ਜਸ਼ਨ' ਨੂੰ,  
ਕਿਉਂ ਨਾ ਕਰੇ, ਫਿਰ ਪਿਆਰ ਪੰਜਾਬੀ।



ਜਸ਼ਨਪ੍ਰੀਤ ਸਿੰਘ  
ਪੰਜਵੀਂ - ਐਫ



## ਵਿਦੇਸ਼ ਜਾਣਾ ਸ਼ੌਕ ਜਾਂ ਮਜ਼ਬੂਰੀ

ਕੁਝ ਦਹਾਕੇ ਪਹਿਲਾਂ ਵਿਦੇਸ਼ਾਂ ਵਿੱਚ ਜਾਣ ਦਾ ਮੰਤਵ ਕੇਵਲ ਪੜ੍ਹਾਈ ਹੀ ਹੁੰਦਾ ਸੀ। ਉਥੇ ਵਿਦਿਆਰਥੀ ਜੋ ਕਿ ਸਰਦੇ ਪੁੱਜਦੇ ਘਰਾਂ ਦੇ ਹੁੰਦੇ ਸਨ, ਉੱਚ ਵਿੱਦਿਆ ਹਾਸਲ ਕਰਨ ਲਈ ਹੀ ਜਾਂਦੇ ਸਨ। ਪੜ੍ਹਾਈ ਪੂਰੀ ਕਰਨ ਤੋਂ ਬਾਅਦ ਉਹ ਆਪਣੇ ਦੇਸ਼ ਪਰਤ ਕੇ ਦੇਸ਼-ਸੇਵਾ ਦੇ ਕੰਮਾਂ ਵਿੱਚ ਰੁੱਝ ਜਾਂਦੇ ਸਨ। ਪਰ ਜਿਵੇਂ-ਜਿਵੇਂ ਨੀਤੀਆਂ ਬਦਲਦੀਆਂ ਰਹੀਆਂ ਦੇਸ਼ ਵਿੱਚ ਨੌਕਰੀਆਂ ਦੀ ਘਾਟ ਹੋਣ ਲੱਗੀ। ਆਪਣੀਆਂ ਪਰਿਵਾਰਿਕ ਲੋੜਾਂ ਦੀ ਪੂਰਤੀ ਲਈ ਨੌਜਵਾਨਾਂ ਨੂੰ ਵਿਦੇਸ਼ਾਂ ਵੱਲ ਰੁਖ ਕਰਨਾ ਪਿਆ। ਜਿਹੜੇ ਨੌਜਵਾਨ ਬੱਚੇ ਆਪਣੇ ਦੇਸ਼ ਵਿੱਚ ਆਪਣੀਆਂ ਮਾਵਾਂ ਦੇ ਰਾਜਕੁਮਾਰ ਕਹਾਉਂਦੇ ਸਨ, ਵਿਦੇਸ਼ਾਂ ਵਿੱਚ ਜਾ ਕੇ ਉਹਨਾਂ ਨੂੰ ਗੁਲਾਮਾਂ ਵਰਗੇ ਕੰਮ ਕਰਨੇ ਪੈ ਗਏ। ਅੱਜਕਲ੍ਹ ਦੀ ਹਾਲਤ ਇੰਨੀ ਮਾੜੀ ਹੋ ਚੁੱਕੀ ਹੈ ਕਿ ਜਿਹੜੇ ਲੋਕ ਕੱਚੇ ਤੌਰ ਤੇ ਵਿਦੇਸ਼ਾਂ ਵਿੱਚ ਜਾਂਦੇ ਹਨ, ਉਹਨਾਂ ਨੂੰ ਓਧਰ ਵਧੇਰੇ ਵਗਾਰ ਕਰਨੀ ਪੈਂਦੀ ਹੈ। ਜਿਹੜਾ ਕੰਮ ਕਰਨ ਲਈ ਉਥੋਂ ਦਾ ਵਸਨੀਕ 20-25 ਡਾਲਰ ਕਮਾਉਂਦਾ ਹੈ, ਕੱਚੇ ਵਿਅਕਤੀ ਨੂੰ ਉਸੇ ਕੰਮ ਲਈ 9-10 ਡਾਲਰ ਦਿੱਤੇ ਜਾਂਦੇ ਹਨ। ਕਈ ਵਾਰ ਤਾਂ ਇਸ ਤੋਂ ਵੀ ਘੱਟ ਡਾਲਰ ਮਿਲਦੇ ਹਨ। ਪਹਿਲਾਂ ਤਾਂ ਅੰਗਰੇਜ਼ਾਂ ਨੇ ਭਾਰਤੀਆਂ ਨੂੰ ਆਪਣਾ ਗੁਲਾਮ ਬਣਾਇਆ ਸੀ ਪਰ ਹੁਣ ਭਾਰਤੀ ਆਪ ਬਾਹਰਲੇ ਮੁਲਕਾਂ ਵਿੱਚ ਜਾ ਕੇ ਉਹਨਾਂ ਦੇ ਗੁਲਾਮ ਬਣ ਰਹੇ ਹਨ। ਉਹਨਾਂ ਨੂੰ ਰਹਿਣ ਲਈ ਚੰਗੀ ਜਗ੍ਹਾ ਵੀ ਨਹੀਂ ਮਿਲਦੀ ਅਤੇ ਕੰਮ ਕਰਨ ਦੀ ਥਾਂ ਵੀ ਢੰਗ ਦੀ ਨਹੀਂ ਹੁੰਦੀ ਪਰ ਆਪਣੇ ਪਰਿਵਾਰ ਦੀਆਂ ਲੋੜਾਂ ਪੂਰੀਆਂ ਕਰਨ ਲਈ ਬਾਹਰਲੇ ਦੇਸ਼ ਗਿਆ ਇਨਸਾਨ ਸਾਰੀਆਂ ਔਕੜਾਂ ਨੂੰ ਸਿਰ ਮੱਥੇ ਝੱਲਦਾ ਹੋਇਆ ਮੂੰਹੋਂ ਸੀ ਵੀ ਨਹੀਂ ਕਹਿੰਦਾ। ਜਿਹੜਾ ਕੰਮ ਕਰਨ ਲਈ ਉਸ ਨੂੰ ਆਪਣੇ ਦੇਸ਼ ਵਿੱਚ ਸ਼ਰਮ ਆਉਂਦੀ ਹੈ। ਉਹੀ ਕੰਮ ਉਹ ਬਾਹਰਲੇ ਮੁਲਕ ਵਿੱਚ ਹੱਸ-ਹੱਸ ਕੇ ਕਰਦਾ ਹੈ ਅਤੇ ਇਹੀ ਗਾਉਂਦਾ ਹੈ।



ਕਹਿਣਾ ਖੁਸ਼ ਰਹਿੰਦਾ ਹੈ, ਕਹਿਣਾ ਸੁਖ ਲੈਂਦਾ ਹੈ  
ਉਹ ਖਪਦਾ, ਉਹਦਾ ਲਾਲ  
ਮੇਰੀ ਮਾਂ ਨੂੰ ਨਾ ਦੱਸਿਓ  
ਮੇਰੇ ਪਰਦੇਸੀ ਵੀਰੋ, ਵਤਨਾਂ ਨੂੰ ਜਾਣ ਵਾਲਿਓ  
ਮੇਰਾ ਕੀਏ ਹਾਲ  
ਮੇਰੀ ਮਾਂ ਨੂੰ ਨਾ ਦੱਸਿਓ।

ਸਭ ਤੋਂ ਵੱਧ ਮਾੜਾ ਹਾਲ ਅਜੋਕੇ ਸਮੇਂ ਵਿੱਚ ਇਹ ਹੈ ਕਿ ਵਿਦਿਆਰਥੀ ਚੰਗੇ ਨੰਬਰ ਲੈ ਕੇ ਵੀ ਚੰਗੇ ਕੋਰਸਾਂ ਵਿੱਚ ਦਾਖਲਾ ਨਹੀਂ ਲੈ ਪਾਉਂਦੇ, ਆਪਣੇ ਦੇਸ਼ ਵਿੱਚ ਹੀ ਚੰਗੀ ਨੌਕਰੀ ਦਾ ਨਾ ਮਿਲਣਾ, ਸਾਡੀ ਨੌਜਵਾਨ ਪੀੜ੍ਹੀ ਨੂੰ ਵਿਦੇਸ਼ਾਂ ਵਿੱਚ ਜਾਣ ਲਈ ਉਕਸਾ ਰਿਹਾ ਹੈ। ਵਧੀਆ ਕੁਸ਼ਲ ਵਿਅਕਤੀ ਬਾਹਰਲੇ ਦੇਸ਼ਾਂ ਵੱਲ ਨੂੰ ਜਾ ਰਹੇ ਹਨ ਅਤੇ ਆਪਣੇ ਦੇਸ਼ ਵਿੱਚ ਅਜਿਹੇ ਵਿਅਕਤੀਆਂ ਦੀ ਕਮੀ ਹੁੰਦੀ ਜਾ ਰਹੀ ਹੈ। ਇਹ ਸਾਡੇ ਦੇਸ਼ ਦੀ ਤਰੱਕੀ ਲਈ ਬੜੇ ਫਿਕਰ ਵਾਲੀ ਗੱਲ ਹੈ। ਲੋੜ ਹੈ ਇਸ ਮੁੱਦੇ ਉੱਪਰ ਸੋਚ ਵਿਚਾਰ ਕਰਨ ਦੀ। ਜੇ ਆਪਣੇ ਦੇਸ਼ ਵਿੱਚ ਵੀ ਇੰਨੀ ਮਿਹਨਤ ਅਤੇ ਲਗਨ ਨਾਲ ਕੰਮ ਕਰੀਏ ਜਿੰਨਾ ਵਿਦੇਸ਼ਾਂ ਵਿੱਚ ਜਾ ਕੇ ਕਰਦੇ ਹਾਂ ਤਾਂ ਹੀ ਦੇਸ਼ ਦੀ ਤਰੱਕੀ ਸੰਭਵ ਹੋ ਸਕਦੀ ਹੈ। ਇਹ ਸਮਾਜ ਅਸੀਂ ਲੋਕਾਂ ਨੇ ਹੀ ਬਣਾਇਆ ਹੈ, ਇਹ ਸਰਕਾਰ ਵੀ ਅਸੀਂ ਹੀ ਬਣਾਈ ਹੈ। ਇਸ ਲਈ ਬਦਲਾਅ ਲਿਆਉਣ ਲਈ ਸਾਨੂੰ ਹੀ ਪ੍ਰਣ ਕਰਨਾ ਪਵੇਗਾ ਅਤੇ ਉਸ ਪ੍ਰਣ ਨੂੰ ਪੂਰਾ ਕਰਨ ਲਈ ਭਾਵੇਂ ਕਿੰਨੀਆਂ ਵੀ ਮੁਸ਼ਕਲਾਂ ਦਾ ਸਾਹਮਣਾ ਕਿਉਂ ਨਾ ਕਰਨਾ ਪੈ ਜਾਵੇ। ਡਟੇ ਰਹਿਣਾ ਪਵੇਗਾ। ਹਜ਼ਾਰਾਂ ਕੁਰਬਾਨੀਆਂ ਦੇ ਕੇ ਇਸ ਅਜ਼ਾਦੀ ਤੋਂ ਬਾਅਦ ਦੇਸ਼ ਦੇ ਨਾਂ ਨੂੰ ਉੱਚਾ ਰੱਖਣ ਦੀ ਜ਼ਿੰਮੇਵਾਰੀ ਸਾਡੀ ਹੈ। ਕਿਉਂਕਿ ਅਸੀਂ ਭਾਰਤਵਾਸੀ ਹਾਂ। ਭਾਰਤ ਦੀ ਮਿੱਟੀ ਚੋਂ ਜਨਮੇ, ਭਾਰਤੀ ਰਹਿੰਦੇ ਹਾਂ।

ਪੰਨਵਾਦ

ਅਦਿੱਤਿਆ ਜਿੰਦਲ  
ਬਾਰਵੀਂ-ਈ

## ਆਧੁਨਿਕ ਸਮਾਜ ਵਿੱਚ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ ਦੇ ਬਲੀਦਾਨ ਦਾ ਮੱਹਤਵ

ਕੋਈ ਭੁੱਲ ਕੇ ਵੀ ਨਹੀਂ ਭੁੱਲ ਸਕਦਾ,  
ਨੌਵੇਂ ਗੁਰੂ ਦੇ ਉਪਕਾਰਾਂ ਨੂੰ।  
ਜਿਸ ਸਾਵਾ ਕੀਤਾ ਸਿਰ ਦੇ ਕੇ,  
ਸੁੱਕੀਆਂ ਵੀਰਾਨ ਬਹਾਰਾਂ ਨੂੰ।



ਸ੍ਰੀ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ ਦੀ ਮਹਾਨ ਸ਼ਹਾਦਤ ਨੂੰ ਕੋਟਿ ਕੋਟਿ ਪ੍ਰਣਾਮ। ਹਿੰਦ ਦੀ ਚਾਦਰ ਪੰਨ ਸ੍ਰੀ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ ਦੀ ਕੁਰਬਾਨੀ ਦੁਨੀਆ ਦੇ ਇਤਿਹਾਸ ਵਿੱਚ ਵਿਲੱਖਣ ਹੈ, ਵਿਲੱਖਣ ਇਸ ਕਰਕੇ ਕਿਉਂਕਿ ਗੁਰੂ ਜੀ ਨੇ ਸ਼ਹੀਦੀ ਮਾਨਵਤਾ ਨੂੰ ਬਚਾਉਣ ਲਈ ਦਿੱਤੀ। ਗੁਰੂ ਜੀ ਨੇ ਪੂਰੇ ਵਿਸ਼ਵ ਨੂੰ ਹੱਕ, ਸੱਚ, ਇਨਸਾਫ ਅਤੇ ਧਰਮ ਲਈ ਮਰ ਮਿਟਣ ਦਾ ਜਜ਼ਬਾ ਪੈਦਾ ਕਰਨ ਵਿੱਚ ਅਹਿਮ ਭੂਮਿਕਾ ਨਿਭਾਈ। ਗੁਰੂ ਜੀ ਦੀ ਸ਼ਹਾਦਤ ਅਤੇ ਸਿੱਖਿਆ ਹੀ ਸਾਡੇ ਦੇਸ਼ ਵਿੱਚ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਦਾ ਮੁੱਢ ਬੰਨ੍ਹਦੀ ਹੈ। ਗੁਰੂ ਜੀ ਦੀ ਸਿੱਖਿਆ ਸਦਕਾ ਹੀ ਅੱਜ ਦੇ ਸਮੇਂ ਵਿੱਚ ਕੋਈ ਔਖੀ ਘੜੀ, ਕੁਦਰਤੀ ਬਿਪਤਾ ਆਉਣ ਤੇ ਅਸੀਂ ਸਿੱਖ ਸਮਾਜ ਨੂੰ ਮਾਨਵਤਾ ਦੀ ਸੇਵਾ ਕਰਦੇ ਹੋਏ ਦੇਖ ਸਕਦੇ ਹਾਂ। ਕੈਰੇਲ ਵਿੱਚ ਹੜ੍ਹ ਆਏ ਤਾਂ ਸਿੱਖ ਭਾਈਚਾਰੇ ਨੇ ਅੱਗੇ ਵੱਧ ਕੇ ਨਿਸ਼ਵਾਰਥ ਭਾਵ ਨਾਲ ਜ਼ਰੂਰਤਮੰਦਾਂ ਦੀ ਬਹੁਤ ਵੱਡੇ ਪੱਧਰ ਤੇ ਮਦਦ ਕੀਤੀ।

ਅੱਜ ਕਰੋਨਾ ਦੇ ਸਮੇਂ ਵਿੱਚ ਵੀ ਸਿੱਖਾਂ ਨੂੰ ਮਾਨਵਤਾ ਦੀ ਸੇਵਾ ਕਰਦੇ ਹੋਏ ਦੇਖ ਸਕਦੇ ਹਾਂ। ਗੁਰੂ ਜੀ ਦੀ ਸ਼ਹਾਦਤ ਸਾਡਾ ਮਾਰਗ ਦਰਸ਼ਨ ਹੀ ਨਹੀਂ ਕਰਦੀ ਬਲਕਿ ਸਾਨੂੰ ਧਰਮ ਤੋਂ ਉੱਪਰ ਉੱਠ ਕੇ ਮਨੁੱਖਤਾ ਲਈ ਵਿਚਰਨਾ ਸਿਖਾਉਂਦੀ ਹੈ। ਆਓ! ਅੱਜ ਰੱਲ ਕੇ ਪ੍ਰਣ ਕਰੀਏ ਸਾਥੀਓ! ਗੁਰੂ ਜੀ ਦੇ ਦੱਸੇ ਰਾਹ ਤੇ ਚੱਲ ਕੇ ਉਸ ਗੁਰੂ ਨੂੰ ਸ਼ਰਧਾਂਜਲੀ ਦਵਾਰੋ-

ਬਣਿਆ ਜੋ ਹਿੰਦ ਦੀ ਚਾਦਰ,  
ਕਹਿੰਦੀ ਦੁਨੀਆ ਪੰਨ ਪੰਨ ਗੁਰ ਤੇਗ ਬਹਾਦਰ।

ਹਰਪ੍ਰੀਤ ਕੌਰ,  
ਪੰਜਾਬੀ ਅਧਿਆਪਕਾ,  
ਸਿਟੀ ਕੈਂਪਸ

## ਸਾਲ 2020, ਕਿੰਨਾ ਚੰਗਾ, ਕਿੰਨਾ ਮਾੜਾ...

ਮਾਰਚ 2020, ਜੀ ਹਾਂ ਮਾਰਚ 2020 - ਤਾਲਾਬੰਦੀ ਦੀ ਘੋਸ਼ਣਾ। ਘਰ ਬੈਠੇ, ਬੈਠੇ ਹੀ ਰਹਿ ਗਏ। ਅੱਧੀ ਰਾਤ ਹੀ ਸਭ ਠੱਪ ਹੋ ਗਿਆ। ਸਾਰੀ ਦੁਨੀਆਂ ਵਿੱਚ ਕਰੋਨਾ ਮਹਾਂਮਾਰੀ ਦੇ ਨਾਂ ਤੇ ਡਰ ਸੀ। ਲੋਕ ਸਹਿਮੇ ਹੋਏ ਸਨ। ਪਰ ਸੱਚ ਦੱਸਾਂ ਤਾਂ ਮੈਂ ਅੰਦਰੋਂ ਬਹੁਤ ਹੀ ਖੁਸ਼ ਸੀ। ਪਤਾ ਕਿਉਂ? ਕਿਉਂਕਿ ਮੈਨੂੰ ਲੱਗਿਆ ਸਕੂਲ ਨਹੀਂ ਜਾਣਾ ਪੈਣਾ। ਛੁੱਟੀਆਂ ਹੀ ਛੁੱਟੀਆਂ! ਪਰ ਕੁਝ ਦਿਨ ਬਾਅਦ ਹੀ ਮੈਂ ਬੋਰ ਹੋਣ ਲੱਗਾ। ਆਪਣੇ ਦੋਸਤਾਂ ਦੀ ਯਾਦ ਸਤਾਉਣ ਲੱਗੀ। ਮੈਂ ਬਹੁਤ ਉਦਾਸ ਰਹਿਣ ਲੱਗਾ। ਫਿਰ ਅੰਨਲਾਈਨ ਪੜ੍ਹਾਈ ਸ਼ੁਰੂ ਹੋਈ ਤਾਂ ਕੁਝ ਮਨ ਲੱਗਣ ਲੱਗਾ। ਨਵੀਂ-ਨਵੀਂ ਤਰ੍ਹਾਂ ਦੀਆਂ ਐਪ ਲੱਭੀਆਂ। ਮੇਰੇ ਅਧਿਆਪਕਾਂ ਦੇ ਰੋਚਕ ਤਰੀਕੇ ਨਾਲ, ਵੱਖਰੇ-ਵੱਖਰੇ ਤਰੀਕੇ ਨਾਲ ਪੜ੍ਹਾਈਆਂ ਕਰਵਾਉਣਾ 'ਤੇ ਫਿਰ ਮੈਂ ਟੈਕਨਾਲੋਜੀ ਸਿੱਖੀ। ਮੈਂ ਰੋਟੀ ਬਣਾਉਣੀ ਸਿੱਖੀ। ਘਰ ਦਿਆਂ ਦਾ ਪਿਆਰ ਹੋਰ ਜ਼ਿਆਦਾ ਮਿਲਿਆ।



ਮੈਂ ਤਾਂ ਕਹਾਂਗਾ ਸਾਲ 2020 ਸਿੱਖਣ ਦਾ ਸਾਲ ਸੀ। ਇਸ ਵਰ੍ਹੇ ਨੇ ਸਾਨੂੰ ਇੰਨਾਂ ਕੁਝ ਸਿਖਾਇਆ ਜੋ ਅਸੀਂ ਸ਼ਾਇਦ ਕਈ ਵਰ੍ਹਿਆਂ ਵਿੱਚ ਵੀ ਨਾ ਸਿੱਖਦੇ। ਸੋ ਹਰ ਦੁੱਖ ਦੇ ਪਿੱਛੇ ਸੁੱਖ ਹੁੰਦਾ ਹੈ।

ਜਪਨੀਤ ਸਿੰਘ  
ਸੱਤਵੀਂ (ਏ)  
ਸਿਟੀ ਕੈਂਪਸ

## ਪਾਣੀ

ਕਦੇ ਧਰਤੀ ਤੇ ਕਦੇ ਅਕਾਸ਼ ਉੱਤੇ,  
ਕਦੇ ਠੋਸ, ਤਰਲ, ਭਾਫ਼ ਰੂਪ।  
ਪਾਣੀ, ਜਲ ਕਈ ਨਾਂ ਮੇਰੇ,  
ਧਰਤੀ ਅਕਾਸ਼ ਹਰ ਥਾਂ ਮੇਰੇ।  
ਗਰਮ ਕਰੋ ਤਾਂ ਭਾਫ਼ ਬਣਦਾ,  
ਠੰਡਾ ਕਰੋ ਤਾਂ ਬਰਫ਼ ਬਣਦਾ।  
ਸਿੱਖੇ ਨਿਮਰਤਾ ਮੇਰੇ ਕੋਲੋਂ,  
ਹਲਾਤ ਦੇਖ ਢਲ ਜਾਂਦਾ।



ਪਾਣੀ ਦੇ ਵਿੱਚ ਸ਼੍ਰਿਸ਼ਟੀ ਰਚੀ,  
ਕੁਦਰਤ ਦੇ ਵਿੱਚ ਪਾਣੀ।  
ਇਸ ਪਾਣੀ ਨੇ ਸਭ ਕੁਝ ਦਿੱਤਾ,  
ਕਰਜ਼ਦਾਰ ਹੈ ਪਾਣੀ।  
ਪਵਨ ਗੁਰੂ ਪਾਣੀ ਪਿਤਾ,  
ਲਿਖਿਆ ਵਿੱਚ ਗੁਰਬਾਣੀ।  
ਖਿਆਲ ਕਰੋ ਇਸ ਸੋਹਣੇ ਜਲ ਦਾ,  
ਜਿਸ ਬਿਨ ਨਹੀਂ ਜੀ ਸਕਦੇ ਪ੍ਰਾਣੀ।

ਮਾਨਵੀ ਸਾਹੀ  
ਚੌਥੀ - ਐਫ

## ਚੀਜ਼ਾਂ ਵਿੱਚ ਮਿਲਾਵਟ

ਖਾਣ-ਪੀਣ ਵਾਲੀਆਂ ਚੀਜ਼ਾਂ ਵਿੱਚ ਮਿਲਾਵਟ ਕਰਨਾ ਅੱਜ ਇੱਕ ਆਮ ਜਿਹੀ ਗੱਲ ਹੋ ਗਈ ਹੈ। ਵਰਤਮਾਨ ਸਮੇਂ ਵਿੱਚ ਵੱਧ ਤੋਂ ਵੱਧ ਪੈਸਾ ਕਮਾਉਣ ਦੇ ਚੱਕਰ ਵਿੱਚ ਇਨਸਾਨ ਆਪਣੀ ਨੈਤਿਕਤਾ ਨੂੰ ਭੁੱਲ ਕੇ ਖਾਣ-ਪੀਣ ਦੀਆਂ ਚੀਜ਼ਾਂ ਵਿੱਚ ਮਿਲਾਵਟਾਂ ਕਰਕੇ ਦੂਜਿਆਂ ਦੀਆਂ ਜ਼ਿੰਦਗੀਆਂ ਨਾਲ ਖਿਲਵਾੜ ਕਰਨ ਤੋਂ ਬਾਜ਼ ਨਹੀਂ ਆ ਰਿਹਾ। ਅੱਜਕੱਲ੍ਹ ਦੁੱਧ ਵਿੱਚ ਪਾਣੀ ਜਾਂ ਪਾਣੀ ਵਿੱਚ ਦੁੱਧ ਇੱਕੋ ਹੀ ਗੱਲ ਬਣ ਗਈ ਹੈ। ਪਲਾਸਟਿਕ ਦੇ ਚੌਲ, ਦਾਲਾਂ ਘੱਟ ਪਰ ਉਹਨਾਂ ਵਿੱਚ ਕੰਕਰ-ਰੋੜੇ ਵੱਧ, ਨਕਲੀ ਖੋਆ, ਸਿੰਥੈਟਿਕ ਪਨੀਰ, ਸਬਜ਼ੀਆਂ ਅਤੇ ਫਲਾਂ ਵਿੱਚ ਟੀਕੇ ਆਦਿ ਮਿਲਾਵਟ ਆਮ ਜਿਹੀ ਗੱਲ ਹੋ ਗਈ ਹੈ। ਉਹ ਸਮਾਂ ਦੂਰ ਨਹੀਂ ਜਦੋਂ ਉਹੀ ਬੰਦੇ ਨੂੰ ਦੂਜਿਆਂ ਲਈ ਪੁੱਟੇ ਹੋਏ ਖੂਹ ਵਿੱਚ ਡਿੱਗਣ ਤੋਂ ਕੋਈ ਨਹੀਂ ਰੋਕ ਸਕੇਗਾ। ਮਿਲਾਵਟ ਦੇ ਖਿਲਾਫ਼ ਸਰਕਾਰ ਨੂੰ ਸਖ਼ਤ ਕਾਰਵਾਈ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਜੋ ਲੋਕਾਂ ਦੀਆਂ ਜ਼ਿੰਦਗੀਆਂ ਨਾਲ ਖਿਲਵਾੜ ਨਾ ਹੋ ਸਕੇ।

ਆਰਯਨ ਭਾਟੀਆ  
ਸੱਤਵੀਂ - ਏ  
ਸਿਟੀ ਕੈਂਪਸ

## ਸੁਕਰਾਤਮੁਕ ਸੋਚ ਕਾਮਯਾਬੀ ਦਾ ਰਾਹ

ਅਸਫਲਤਾਵਾਂ ਤੋਂ ਘਬਰਾ ਕੇ ਮਨੁੱਖ ਨੂੰ ਕਦੀ ਵੀ ਨਿਰਾਸ਼ ਨਹੀਂ ਹੋਣਾ ਚਾਹੀਦਾ ਸਗੋਂ ਹੋਰ ਵੀ ਯਤਨਸ਼ੀਲ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ।



ਜਿੱਤ ਤੇ ਹਾਰ ਜੀਵਨ ਦੇ ਦੋ ਪਹਿਲੂ ਹਨ। ਜਿੱਤ ਨੂੰ ਮਨੁੱਖ ਖਿੜੇ ਮੱਥੇ ਕਬੂਲਦਾ ਹੈ ਪਰ ਹਾਰ ਨੂੰ ਸਵੀਕਾਰ ਕਰਨਾ ਕਿਸੇ ਦਿਲ-ਜਿਗਰ ਵਾਲੇ ਦਾ ਕੰਮ ਹੁੰਦਾ ਹੈ। ਪਰ ਇਹ ਜ਼ਰੂਰੀ ਨਹੀਂ ਕਿ ਮਨੁੱਖ ਸਦਾ ਜਿੱਤ ਹੀ ਹਾਸਲ ਕਰੇ ਜਾਂ ਸਿਰਫ ਹਾਰਦਾ ਹੀ ਰਹੇ। ਇਹ ਤਾਂ ਮਨੁੱਖ ਦੀ ਸੋਚਣੀ ਤੇ ਨਿਰਭਰ ਕਰਦਾ ਹੈ। ਹਰ ਵੇਲੇ ਆਪਣੀ ਹਾਰ ਤੇ ਰੋਂਦੇ ਰਹਿਣ ਤੇ ਇਹ ਸੋਚਣਾ ਕਿ ਤਕਦੀਰ ਹੀ ਮਾੜੀ ਹੈ ਠੀਕ ਨਹੀਂ। ਉਸਾਰੂ ਸੋਚ ਵਾਲਾ ਹਾਰ ਕੇ ਵੀ ਜਿੱਤ ਦੀ ਕਾਮਨਾ ਕਰਦਾ ਹੈ। ਅਖੀਰ ਜਿੱਤ ਦਾ ਝੰਡਾ ਗੱਡ ਹੀ ਦਿੰਦਾ ਹੈ। ਜਿਹੜੇ ਵਿਅਕਤੀ ਅਸਫਲਤਾ ਦਾ ਸਾਹਮਣਾ ਨਹੀਂ ਕਰਦੇ, ਡਰ ਕੇ ਬੈਠ ਜਾਂਦੇ ਹਨ, ਹੌਂਸਲਾ, ਹਿੰਮਤ ਹਾਰ ਜਾਂਦੇ ਹਨ ਉਹ ਅਸਲ ਵਿੱਚ ਡਰਪੋਕ ਤੇ ਨਿਰਾਸ਼ਾਵਾਦੀ ਵਿਅਕਤੀ ਹੁੰਦੇ ਹਨ। ਅਸਫਲਤਾ ਤਾਂ ਸਾਨੂੰ ਅਹਿਸਾਸ ਦਿਵਾਉਂਦੀ ਹੈ ਕਿ ਜੇ ਕੰਮ ਅਸੀਂ ਕੀਤਾ ਹੈ, ਇਹ ਪੂਰੀ ਤਰ੍ਹਾਂ ਠੀਕ ਨਹੀਂ, ਇਸ ਵਿੱਚ ਹੋਰ ਸੁਧਾਰ ਦੀ ਲੋੜ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਅਸਫਲਤਾ ਤਾਂ ਸਾਨੂੰ ਹੋਰ ਚੁਸਤ ਤੇ ਕਿਰਿਆਸ਼ੀਲ ਬਣਾਉਂਦੀ ਹੈ ਅਤੇ ਕਈ ਵਾਰ ਤਾਂ ਵਰਦਾਨ ਵੀ ਬਣ ਜਾਂਦੀ ਹੈ। ਉਦਾਹਰਨ ਵਜੋਂ ਇਬਰਾਹਿਮ ਲਿੰਕਨ ਜੋ ਕਿ ਅਮਰੀਕਾ ਦੇ ਪ੍ਰਸਿੱਧ ਰਾਸ਼ਟਰਪਤੀ ਰਹੇ ਹਨ, ਉਹ ਆਪਣੇ ਜੀਵਨ ਵਿੱਚ ਕਈ ਵਾਰ ਅਸਫਲ ਰਹੇ ਤੇ ਚੋਣਾਂ ਵਿੱਚ ਹਾਰੇ। ਪਰ ਹਿੰਮਤ ਹਾਰਨ ਦੀ ਥਾਂ ਉਹਨਾਂ ਨੇ ਇਸ ਹਾਰ ਨੂੰ ਚੁਣੌਤੀ ਵਜੋਂ ਸਵੀਕਾਰਿਆ ਤੇ ਅੰਤ ਵਿੱਚ ਇੱਕ ਵੱਡੀ ਸਫਲਤਾ ਨੂੰ ਹੱਥ ਪਾਇਆ। ਜ਼ਿੰਦਗੀ ਹਾਦਸਿਆਂ ਦਾ ਨਾਂ ਹੈ। ਚੰਗਾ ਜਾਂ ਮਾੜਾ ਵਾਪਰਦਾ ਹੀ ਰਹਿੰਦਾ ਹੈ। ਇਸ ਗੱਲ ਦਾ ਕੋਈ ਅਰਥ ਨਹੀਂ ਕਿ ਤੁਸੀਂ ਕਿਵੇਂ ਤੇ ਕਿੰਨੀ ਵਾਰੀ ਹਾਰੇ ਹੋ। ਸਵਾਲ ਸਿਰਫ਼ ਇਹ ਹੈ ਕਿ ਤੁਹਾਡੇ ਮਨ ਵਿੱਚ ਉਹਨਾਂ ਹਾਰੇ ਹੋਏ ਪਲਾਂ ਵਿੱਚੋਂ ਜਿੱਤ ਪਾਉਣ ਦੀ ਇੱਛਾ ਕਿੰਨੀ ਕੁ ਪ੍ਰਬਲ ਰਹੀ ਹੈ। ਅਸਲ ਵਿੱਚ ਸਭ ਤੋਂ ਵੱਡੀ ਹਾਰ ਹਿੰਮਤ ਹਾਰਨਾ ਹੀ ਹੈ। ਜੀਵਨ ਵਿੱਚ ਇਹ ਅਸੂਲ ਅਪਨਾ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ ਕਿ ਹਾਰ ਕੇ ਹੀ ਜਿੱਤਿਆ ਜਾ ਸਕਦਾ ਹੈ। ਇਸ ਨਾਲ ਸਾਡਾ ਮਨੋਬਲ ਹੋਰ ਉੱਚਾ ਹੋ ਜਾਂਦਾ ਹੈ। ਮਿਹਨਤ ਨੂੰ ਅਧਾਰ ਬਣਾ ਕੇ ਜੀਵਨ ਦੇ ਮੈਦਾਨ ਵਿੱਚ ਕੁੱਦ ਪਵੇ ਫਿਰ ਵੇਖੋ ਸਫਲਤਾਵਾਂ ਕਿਵੇਂ ਸਾਥ ਦਿੰਦੀਆਂ ਹਨ ਤੇ ਤੁਹਾਡੇ ਪਰਛਾਵੇਂ ਵਾਂਗ ਤੁਹਾਡੇ ਅੱਗੇ ਪਿੱਛੇ ਫਿਰਦੀਆਂ ਹਨ।

ਇੱਕ ਅਗਾਂਹਵਧੂ ਸੋਚ ਨਾਲ...

ਸ਼ਿਵਾਂਸ਼ ਅਰੋੜਾ  
ਸੱਤਵੀਂ - ਏ  
ਸਿਟੀ ਕੈਂਪਸ

## ਇੰਟਰਨੈੱਟ

ਅੱਜ-ਕਲ੍ਹ ਇੱਕ ਮਿੰਟ ਵਿੱਚ ਹੀ ਖ਼ਬਰਾਂ ਇੱਧਰ ਤੋਂ ਉੱਧਰ ਹੋ ਜਾਂਦੀਆਂ ਹਨ। ਇਹ ਸਭ ਇੰਟਰਨੈੱਟ ਰਾਹੀਂ ਹੁੰਦਾ ਹੈ। ਇੰਟਰਨੈੱਟ ਰਾਹੀਂ ਦੁਨੀਆਂ ਭਰ ਦੇ ਕੰਪਿਊਟਰ ਇੱਕ ਦੂਜੇ ਨਾਲ ਜੁੜੇ ਹੋਏ ਹਨ। ਅਸੀਂ ਆਪਣੇ ਘਰ ਤੋਂ ਪਰਦੇਸ ਰਹਿਣ ਵਾਲੇ ਮਿੱਤਰਾਂ, ਰਿਸ਼ਤੇਦਾਰਾਂ ਨਾਲ ਵੀ ਗੱਲ ਕਰ ਸਕਦੇ ਹਾਂ। ਇੰਟਰਨੈੱਟ ਇੱਕ ਡਾਟਾ ਸੰਚਾਰ ਸਿਸਟਮ ਹੈ। ਇੰਟਰਨੈੱਟ ਰਾਹੀਂ ਲੋਕਾਂ ਲਈ ਕੰਮ ਕਰਨਾ ਬਹੁਤ ਸੌਖਾ ਹੋ ਗਿਆ ਹੈ। ਸਰਕਾਰੀ ਸੰਸਥਾਵਾਂ ਤੇ ਖੋਜ ਸੰਸਥਾਵਾਂ ਵਿੱਚ ਇੰਟਰਨੈੱਟ ਦੀ ਮੁੱਖ ਤੌਰ ਤੇ ਵਰਤੋਂ ਕੀਤੀ ਜਾਂਦੀ ਹੈ। ਇੰਟਰਨੈੱਟ ਰਾਹੀਂ ਈ-ਮੇਲ ਵੀ ਭੇਜੇ ਜਾ ਸਕਦੇ ਹਨ। ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਇੰਟਰਨੈੱਟ ਬਹੁਤ ਕੰਮ ਦੀ ਚੀਜ਼ ਹੈ। ਅੱਜ ਕੱਲ੍ਹ ਸਕੂਲਾਂ ਵਿੱਚ ਵੀ ਇਸ ਦੀ ਵਰਤੋਂ ਹੁੰਦੀ ਹੈ। ਬੱਚੇ ਇੰਟਰਨੈੱਟ ਰਾਹੀਂ ਆਨ ਲਾਈਨ ਵੀਡੀਓ ਵੇਖ ਕੇ ਸਮਝ ਸਕਦੇ ਹਨ। ਬਹੁਤ ਸਾਰੀ ਜਾਣਕਾਰੀ ਵੀ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹਨ। ਬਹੁਤ ਕੁੱਝ ਨਵਾਂ ਸਿੱਖ ਸਕਦੇ ਹਨ। ਇੰਟਰਨੈੱਟ ਦਾ ਇੱਕ ਬਹੁਤ ਵੱਡਾ ਨੁਕਸਾਨ ਹੈ ਉਸ ਉੱਤੇ ਭਿੰਨ-ਭਿੰਨ ਵੇਬਸਾਈਟਾਂ ਉੱਤੇ ਬਹੁਤ ਸਾਰੀ ਗ਼ਮਿਰਾਹ ਕਰਨ ਵਾਲੀ ਸਮਗਰੀ ਹੈ। ਇਸ ਤੋਂ ਬੱਚਿਆਂ ਨੂੰ ਬਚਾ ਕੇ ਰੱਖਣ ਦੀ ਲੋੜ ਹੈ। ਸਾਡੇ ਜੀਵਨ ਵਿੱਚ ਇੰਟਰਨੈੱਟ ਹਰ ਖੇਤਰ ਵਿੱਚ ਜ਼ਰੂਰੀ ਹੈ। ਅੱਗੋਂ ਜਾ ਕੇ ਇੰਟਰਨੈੱਟ ਹਰ ਕੰਮ ਦੀ ਵਰਤੋਂ ਵਿੱਚ ਆਏਗਾ। ਸਾਨੂੰ ਸੋਚ ਸਮਝ ਕੇ ਇੰਟਰਨੈੱਟ ਦੀ ਵਰਤੋਂ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ ਕਿਉਂਕਿ ਇਸ ਦੇ ਲਾਭ ਵੀ ਹਨ ਤੇ ਨੁਕਸਾਨ ਵੀ।



ਭਵਯਾ ਜੈਨ  
ਸੱਤਵੀਂ - ਏ (ਸਿਟੀ ਕੈਂਪਸ)

## ਰੁੱਖ ਅਤੇ ਮਨੁੱਖ, ਹਾਣੇ-ਹਾਣੀ

ਰੁੱਖ 'ਤੇ ਮਨੁੱਖ ਰਹੇ ਸਦਾ ਹਾਣੇ-ਹਾਣੀ,  
ਸਦੀਆਂ ਪੁਰਾਣੀ ਇਨ੍ਹਾਂ ਦੇਹਾਂ ਦੀ ਕਹਾਣੀ।

ਕੰਮ ਆਵੇ 'ਰੁੱਖ' ਬੰਦਾ ਜੰਮਦਾ ਜਾਂ ਮਰਦਾ,  
ਰੁੱਖ ਤੋਂ ਬਗੈਰ ਸਾਡਾ ਕਦੇ ਵੀ ਨਾ ਸਰਦਾ।  
ਭਰਦੇ ਨੇ ਦੋਵੇਂ ਇੱਕ-ਦੂਜੇ ਦਾ ਪਾਣੀ,  
ਰੁੱਖ 'ਤੇ ਮਨੁੱਖ ਰਹੇ ਸਦਾ ਹਾਣੇ-ਹਾਣੀ।

ਸਾਰਿਆਂ ਨੂੰ ਵੰਡਦਾ ਹੈ ਫਲ, ਫੁੱਲ, ਛਾਵਾਂ,  
ਆਲ੍ਹਣੇ ਬਣਾਏ ਇਸ 'ਤੇ ਚਿੜੀਆਂ ਤੇ ਕਾਵਾਂ।  
ਰੁੱਖਾਂ ਨੇ ਨਾ ਇੱਥੇ ਕਦੇ ਕੀਤੀ ਵੰਡ ਕਾਣੀ,  
ਰੁੱਖ 'ਤੇ ਮਨੁੱਖ ਰਹੇ ਸਦਾ ਹਾਣੇ-ਹਾਣੀ।

ਅੱਜ ਦਾ ਮਨੁੱਖ ਕਰੀ ਬੈਠਾ ਏ ਤਿਆਰੀ,  
ਨਿੱਤ ਫੇਰਦਾ ਹੈ ਇਹ ਰੁੱਖਾਂ ਉੱਤੇ ਆਰੀ।  
ਰੁੱਖਾਂ ਦੀ ਮਨੁੱਖ ਨੇ ਕਦਰ ਨਾ ਜਾਣੀ,  
ਰੁੱਖ 'ਤੇ ਮਨੁੱਖ ਰਹੇ ਸਦਾ ਹਾਣੇ-ਹਾਣੀ।

ਰੁੱਖਾਂ ਤੋਂ ਬਗੈਰ ਆਪਾਂ ਸਾਹ ਕਿਵੇਂ ਭਰਾਂਗੇ?  
ਸਤਿਕਾਰ ਸਦਾ ਹੀ ਰੁੱਖਾਂ ਦਾ ਕਰਾਂਗੇ।  
ਸਾਰਿਆਂ ਦੀ ਲੋੜ ਹੈ ਰੁੱਖ, ਰੰਕ ਹੋਵੇ ਜਾਂ ਰਾਣੀ।  
ਰੁੱਖ 'ਤੇ ਮਨੁੱਖ ਰਹੇ ਸਦਾ ਹਾਣੇ-ਹਾਣੀ,  
ਸਦੀਆਂ ਪੁਰਾਣੀ ਇਨ੍ਹਾਂ ਦੇਹਾਂ ਦੀ ਕਹਾਣੀ।



ਅਗਮ ਕੋਚਰ  
ਅੱਠਵੀਂ - ਬੀ  
ਸਿਟੀ ਕੈਂਪਸ

## ਰੁੱਖਾਂ ਦੀ ਕਰੋ ਸੰਭਾਲ

ਪ੍ਰਦੂਸ਼ਣ ਨੂੰ ਹੈ ਕਿਵੇਂ ਘਟਾਉਣਾ, ਬਣਿਆ ਇੱਕ ਸਵਾਲ।  
ਇੱਕੋ-ਇੱਕ ਹੈ ਹੱਲ ਏਸ ਦਾ, ਰੁੱਖਾਂ ਦੀ ਕਰੋ ਸੰਭਾਲ।  
ਇੱਕ ਰੁੱਖ ਤੇ ਅਨੇਕਾਂ ਸੁੱਖ, ਇਸ ਨੂੰ ਚੇਤੇ ਰੱਖੀਏ।  
ਰੁੱਖ ਨੇ ਸਾਡੇ ਅਸਲੀ ਮਿੱਤਰ, ਇਨ੍ਹਾਂ ਤੋਂ ਨਾ ਅੱਕੀਏ।  
ਪ੍ਰਦੂਸ਼ਣ ਅੱਜ ਬਣੀ ਸਮੱਸਿਆ, ਸਾਰੇ ਨੇ ਗੰਭੀਰ।  
ਰੁੱਖਾਂ ਦੀ ਘੱਟ ਕਰੋ ਕਟਾਈ, ਇੱਕੋ ਹੱਲ ਅਖੀਰ।  
ਹਨੇਰੀ, ਝੱਖੜ, ਗਰਮੀ-ਸਰਦੀ, ਆਪਣੇ ਉੱਪਰ ਨੇ ਸਹਿੰਦੇ।  
ਫਿਰ ਵੀ ਸਭ ਕੁਝ ਹੁੰਦਿਆਂ ਹੋਇਆ, ਖਿੜੇ-ਖਿੜੇ ਨੇ ਰਹਿੰਦੇ।  
ਨਿਮਰਤਾ ਅਤੇ ਸਹਿਣਸ਼ੀਲਤਾ ਦੀ, ਉਹ ਨੇ ਇੱਕ ਮਿਸਾਲ।  
ਪ੍ਰਦੂਸ਼ਣ ਨੂੰ ਹੈ ਕਿਵੇਂ ਘਟਾਉਣਾ, ਬਣਿਆ ਇੱਕ ਸਵਾਲ।



ਇਸ਼ਟਪਾਲ ਸਿੰਘ  
ਸੱਤਵੀਂ - ਏ  
ਸਿਟੀ ਕੈਂਪਸ

## ਕਰੋਨਾ ਨੂੰ ਹੈ ਦੂਰ ਭਜਾਉਣਾ ਤਾਂ ਇਹਨਾਂ ਨਿਯਮਾਂ ਨੂੰ ਜ਼ਰੂਰ ਅਪਨਾਉਣਾ

1. ਸਾਨੂੰ ਇੱਕ ਦੂਜੇ ਤੋਂ ਛੇ ਫੁੱਟ ਦੀ ਦੂਰੀ ਰੱਖਣੀ ਚਾਹੀਦੀ ਹੈ।
  2. ਸਾਨੂੰ ਹੱਥਾਂ ਨੂੰ ਚੰਗੀ ਤਰ੍ਹਾਂ ਸਾਬਣ ਨਾਲ ਧੋਣਾ ਚਾਹੀਦਾ ਹੈ।
  3. ਅਲਕੋਹਲ ਯੁਕਤ ਹੈਂਡ ਸੈਨੇਟਾਈਜ਼ਰ ਦਾ ਇਸਤੇਮਾਲ ਵੀ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
  4. ਖੰਘਦੇ ਅਤੇ ਛਿੱਕਦੇ ਸਮੇਂ ਨੱਕ ਅਤੇ ਮੂੰਹ ਨੂੰ ਰੁਮਾਲ ਨਾਲ ਢੱਕਣਾ ਨਾ ਭੁੱਲੋ।
  5. ਜਿਨ੍ਹਾਂ ਵਿਅਕਤੀਆਂ ਨੂੰ ਜ਼ੁਕਾਮ ਜਾਂ ਫਲੂ ਦੇ ਲੱਛਣ ਹੋਣ, ਉਨ੍ਹਾਂ ਤੋਂ ਦੂਰੀ ਬਣਾ ਕੇ ਰੱਖੋ ਤਾਂ ਜੋ ਤੁਸੀਂ ਆਪ ਵੀ ਇਹੋ ਜਿਹੀਆਂ ਬਿਮਾਰੀਆਂ ਤੋਂ ਬਚ ਸਕੋ।
  6. ਅੰਡੇ ਅਤੇ ਮਾਸ ਦੇ ਸੇਵਨ ਤੋਂ ਬਚੋ।
  7. ਜੰਗਲੀ ਜਾਨਵਰਾਂ ਦੇ ਸੰਪਰਕ ਵਿੱਚ ਆਉਣ ਤੋਂ ਬਚੋ।
  8. ਖਾਣਾ ਖਾਣ ਤੋਂ ਪਹਿਲਾਂ ਅਤੇ ਬਾਅਦ 'ਚ ਚੰਗੀ ਤਰ੍ਹਾਂ ਨਾਲ ਹੱਥ ਧੋਵੋ।
  9. ਬਾਹਰੋਂ ਆ ਕੇ ਚੰਗੀ ਤਰ੍ਹਾਂ ਨਾਲ ਆਪਣੇ ਸ਼ਰੀਰ ਨੂੰ ਸੈਨੇਟਾਈਜ਼ ਕਰੋ।
  10. ਰੋਜ਼ ਰਾਤ ਨੂੰ ਸੌਣ ਤੋਂ ਪਹਿਲਾਂ ਗਰਮ ਪਾਣੀ ਨਾਲ ਗਰਾਰੇ ਜ਼ਰੂਰ ਕਰੋ।
- ਇਹਨਾਂ ਸਭ ਨਿਯਮਾਂ ਨੂੰ ਅਪਨਾ ਕੇ ਅਸੀਂ ਕਰੋਨਾ ਜਿਹੀ ਬਿਮਾਰੀ ਤੋਂ ਬਚ ਸਕਦੇ ਹਾਂ।



ਅਰਸ਼ੀਆ ਸੋਇਨ  
ਅੱਠਵੀਂ-ਬੀ  
ਸਿਟੀ ਕੈਂਪਸ



## ਕੀ ਇੱਕ ਰਿਸ਼ਤਾ ਹੀ ਪਿਆਰ ਹੈ?

ਕਿਸੇ ਨੇ ਸੱਚ ਹੀ ਕਿਹਾ ਹੈ - ਪਿਆਰ ਜ਼ਿੰਦਗੀ ਦਾ ਫਲਸਫਾ ਹੈ, ਜ਼ਿੰਦਗੀ ਦਾ ਗੀਤ ਹੈ। ਅਸੀਂ ਰੋਜ਼ ਲੋਕਾਂ ਕੋਲੋਂ ਸੁਣਦੇ ਹਾਂ ਕਿ ਪਿਆਰ ਦਾ ਮਤਲਬ ਖੁਸ਼ੀ ਹੈ, ਪਿਆਰ ਉਹਨਾਂ ਦੇ ਜਿਉਣ ਦੀ ਵਜ੍ਹਾ ਹੈ। ਪਰ ਅਸਲ ਵਿੱਚ ਪਿਆਰ ਜ਼ਿੰਦਗੀ ਦਾ ਉਹ ਹਿੱਸਾ ਹੈ ਜੋ ਸਾਨੂੰ ਕਿਸੇ ਪ੍ਰਤੀ ਸਾਡੀਆਂ ਭਾਵਨਾਵਾਂ ਦਾ ਅਹਿਸਾਸ ਕਰਾਉਂਦਾ ਹੈ ਅਤੇ ਅਸੀਂ ਉਹਦੇ ਵੱਲ ਖਿੱਚੇ ਚਲੇ ਜਾਂਦੇ ਹਾਂ। ਪਿਆਰ ਕੋਈ ਇੱਕ ਰਿਸ਼ਤਾ ਨਹੀਂ ਹੁੰਦਾ, ਇਹ ਦੋ ਰੂਹਾਂ ਨੂੰ ਇੱਕ ਕਰਦਾ ਹੈ। ਪਿਆਰ ਦੇ ਅਣਗਿਣਤ ਰੂਪ ਹਨ ਜਿਵੇਂ ਕਿ - ਮਾਂ-ਪਿਓ ਨਾਲ ਪਿਆਰ, ਭੈਣ-ਭਰਾ ਦਾ ਪਿਆਰ, ਪਤੀ-ਪਤਨੀ ਦਾ ਪਿਆਰ, ਦੋਸਤੀ ਦਾ ਪਿਆਰ, ਸੁਪਨਿਆਂ ਨਾਲ ਪਿਆਰ ਆਦਿ। ਸਮੁੱਚੇ ਤੌਰ 'ਤੇ ਪਿਆਰ ਕਿਸੇ ਵੀ ਇਨਸਾਨ, ਜਾਨਵਰ ਜਾਂ ਚੀਜ਼ ਨਾਲ ਹੋ ਸਕਦਾ ਹੈ।



ਪਰ ਅੱਜ ਦੇ ਜ਼ਮਾਨੇ 'ਚ ਪਿਆਰ ਦਾ ਇੱਕ ਨਵਾਂ ਹੀ ਰੂਪ ਸਾਹਮਣੇ ਆਉਂਦਾ ਹੈ। ਉਹ ਹੈ ਕੱਚੀ ਉਮਰ ਦਾ ਪਿਆਰ। ਉਹ ਪਿਆਰ ਜਿਸ ਲਈ ਇਨਸਾਨ ਕੁਝ ਵੀ ਕਰਨ ਨੂੰ ਤਿਆਰ ਹੋ ਜਾਂਦਾ ਹੈ। ਆਪਣੇ ਸਾਰੇ ਰਿਸ਼ਤੇ ਭੁਲਾ ਦਿੰਦਾ ਹੈ। ਉਸਨੂੰ ਆਪਣੇ ਮਾਂ-ਪਿਓ ਦੀ ਵੀ ਯਾਦ ਨਹੀਂ ਆਉਂਦੀ। ਆਪਣੀ ਜਾਨ ਤੱਕ ਕੁਰਬਾਨ ਕਰ ਜਾਂਦਾ ਹੈ।

ਇਹਨਾਂ ਨੂੰ ਪੁੱਛਿਆ ਜਾਵੇ ਕਿ ਕੀ ਇੱਕ ਪਲ ਦਾ ਪਿਆਰ ਐਨਾ ਅਹਿਮ ਹੋ ਗਿਆ ਕਿ ਉਹਨਾਂ ਨੂੰ ਆਪਣੀ ਮਾਂ ਦਾ ਦੁੱਧ, ਪਿਤਾ ਦੀ ਕੁਰਬਾਨੀ, ਭੈਣ-ਭਰਾ ਦਾ ਪਿਆਰ ਕੁਝ ਵੀ ਯਾਦ ਨਹੀਂ ਆਇਆ, ਐਨਾ ਅਹਿਮ ਕਿ ਆਪਣੇ ਸੁਪਨੇ ਤੱਕ ਧੁੰਦਲੇ ਪੈ ਗਏ। ਅਸੀਂ ਬਚਪਨ ਤੋਂ ਸੁਣਦੇ ਆ ਰਹੇ ਹਾਂ ਕਿ ਹਰ ਚੀਜ਼ ਸਮੇਂ ਨਾਲ ਹੀ ਚੰਗੀ ਲੱਗਦੀ ਹੈ। ਪਰ ਇਹ ਗੱਲ ਅੱਜ ਦੀ ਪੀੜ੍ਹੀ ਨੂੰ ਕਿਉਂ ਨਹੀਂ ਸਮਝ ਲਗਦੀ?

ਜ਼ਿੰਦਗੀ 'ਚ ਨਵੇਂ ਸਾਥੀ ਤਾਂ ਮਿਲ ਜਾਂਦੇ ਹਨ ਪਰ ਨਵੇਂ ਮਾਂ-ਪਿਓ ਨਹੀਂ।

ਪਿਆਰ ਖੁਸ਼ੀ ਹੈ। ਖੁਸ਼ੀ ਜ਼ਿੰਦਗੀ ਹੈ। ਪਰ ਯਾਦ ਰੱਖੋ ਕਿ ਸਿਰਫ ਇੱਕ ਰਿਸ਼ਤਾ ਹੀ ਪਿਆਰ ਨਹੀਂ ਹੁੰਦਾ।

ਮਨਸ਼ੀਕਾ  
ਸੱਤਵੀਂ - ਏ  
ਸਿਟੀ ਕੈਂਪਸ

## ਸਾਡੇ ਅਧਿਆਪਕ

ਅਧਿਆਪਕ ਵੰਡਦੇ ਹਨ ਸਾਨੂੰ ਗਿਆਨ,  
ਸਦਾ ਹੀ ਰੱਖਦੇ ਹਨ ਸਾਡਾ ਪਿਆਨ।  
ਇਹ ਸਾਡੀ ਹਰ ਨਬਜ਼ ਪਛਾਨਣ,  
ਸਾਡੇ ਬਾਰੇ ਇਹ ਸਭ ਕੁਝ ਜਾਨਣ।  
ਸਾਨੂੰ ਸਿੱਖਿਆ ਦੇਣ ਤੋਂ ਇਹ ਕਦੇ ਨਹੀਂ ਸੰਗਦੇ,  
ਬਦਲੇ ਵਿੱਚ ਕਦੇ ਕੁਝ ਨਹੀਂ ਮੰਗਦੇ।



ਇਹਨਾਂ ਦੀ ਬਦੌਲਤ ਅਸੀਂ ਸਿੱਖੇ ਉੱਠਣਾ-ਬੈਠਣਾ,  
ਇਹਨਾਂ ਦੀ ਆਦਤ ਹੈ ਫੁੱਲਾਂ ਵਾਂਗ ਮਹਿਕਣਾ।  
ਇਹਨਾਂ ਕਾਰਨ ਆਈਆਂ ਸਾਨੂੰ ਪੜ੍ਹਾਈਆਂ ਨੇ,  
ਮੌਜ-ਮਸਤੀਆਂ ਵੀ ਇਹਨਾਂ ਨੇ ਬਹੁਤ ਕਰਵਾਈਆਂ ਨੇ।  
ਕਦੇ-ਕਦੇ ਹਨ ਸਾਨੂੰ ਇਹ ਝਿੜਕਾਂ ਮਾਰਦੇ,  
ਤੇ ਕਦੇ ਹਨ ਇਹ ਸਾਨੂੰ ਪੁਚਕਾਰਦੇ।  
ਸੋਚਦੇ ਹਨ ਇਹ ਸਾਨੂੰ ਸੁਧਾਰਨ ਬਾਰੇ,  
ਇਸ ਲਈ ਪੂਜਦੇ ਹਨ ਇਹਨਾਂ ਨੂੰ ਸਾਰੇ।

ਅਧਿਆਪਕ ਤਾਂ ਹਨ ਮਾਂ-ਬਾਪ ਦਾ ਦੂਜਾ ਰੂਪ,  
ਹੁੰਦੇ ਹਨ ਇਹ ਰੱਬ ਦਾ ਸਰੂਪ।  
ਇਹ ਕਦੇ ਵੀ ਸਾਡੇ ਲਈ ਬੁਰਾ ਨਹੀਂ ਸੋਚਦੇ,  
ਸਦਾ ਇਹ ਸਾਡਾ ਭਲਾ ਹੀ ਲੋਚਦੇ।  
ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ ਸਾਨੂੰ ਇਹਨਾਂ ਦਾ ਸਤਿਕਾਰ,  
ਕਿਉਂਕਿ ਇਸ ਉੱਤੇ ਹੈ ਇੱਕ ਅਧਿਆਪਕ ਦਾ ਅਧਿਕਾਰ।



ਤਨਵੀਰ ਸਿੰਘ  
ਸੱਤਵੀਂ - ਏ  
ਸਿਟੀ ਕੈਂਪਸ

## ਦੇਸ਼ ਦੀ ਰੌਂਦ

ਘਰ ਜੀਆਂ ਨਾਲ ਹੁੰਦੇ ਹਨ। ਜੀਅ-ਜੀਅ ਜੁੜ ਕੇ ਪਰਿਵਾਰ ਬਣਦਾ ਹੈ। ਪਰਿਵਾਰ ਹੀ ਘਰ ਹੁੰਦਾ ਹੈ। ਪਰਿਵਾਰ ਤੋਂ ਬਿਨਾਂ ਘਰ-ਘਰ ਨਹੀਂ ਰਹਿੰਦਾ, ਮਕਾਨ ਬਣ ਜਾਂਦਾ ਹੈ। ਇੱਟਾਂ, ਵੱਟੇ ਜੁੜ ਕੇ ਮਕਾਨ ਤਾਂ ਬਣਾ ਸਕਦੇ ਹਨ ਪਰ ਘਰ ਨਹੀਂ। ਘਰ ਦੀ ਮਜ਼ਬੂਤੀ ਪੱਕੀਆਂ ਨੀਹਾਂ ਤੇ ਸਰੀਆ, ਸੀਮੈਂਟ ਤੇ ਕੰਕਰੀਟ ਨਾਲ ਨਹੀਂ ਮਾਪੀ ਜਾਂਦੀ, ਸਗੋਂ ਪਰਿਵਾਰ ਦੇ ਜੀਆਂ ਦੀ ਆਪਸੀ ਸਾਂਝ ਤੇ ਪਿਆਰ ਤੋਂ ਜਾਣੀ ਜਾਂਦੀ ਹੈ।

ਦੇਸ਼ ਵੀ ਉਸੇ ਤਰ੍ਹਾਂ ਹੀ ਹੁੰਦਾ ਹੈ। ਇਹ ਸਿਰਫ ਜ਼ਮੀਨ ਦਾ ਟੁੱਕੜਾ ਨਹੀਂ ਹੁੰਦਾ ਸਗੋਂ ਉਸ ਟੁੱਕੜੇ ਦੇ ਵਸਨੀਕਾਂ ਤੋਂ ਹੀ ਜਾਣਿਆ ਜਾਂਦਾ ਹੈ। ਦੇਸ਼ ਲੋਕਾਂ ਨਾਲ ਬਣਦਾ ਹੈ। ਦੇਸ਼ ਲੋਕਾਂ ਦੇ ਸਭਿਆਚਾਰ ਤੇ ਸਾਂਝ ਦਾ ਨਾਂ ਹੈ। ਦੇਸ਼ ਬੋਲੀ ਵਿੱਚ ਹੈ, ਦੇਸ਼ ਆਪਸੀ ਮੇਲ-ਮਿਲਾਪ ਅਤੇ ਪਿਆਰ ਵਿੱਚ ਹੈ। ਦੇਸ਼ ਇੱਕ ਦੂਜੇ ਨੂੰ ਸਮਝਣ ਦਾ ਨਾਂ ਹੈ। ਦੇਸ਼ ਸਾਂਝੇ ਇਤਿਹਾਸ ਦਾ ਨਾਂ ਹੈ। ਦੇਸ਼, ਦੇਸ਼ ਵਾਸੀਆਂ ਦੇ ਦੁੱਖ-ਸੁੱਖ ਵਿੱਚ ਇੱਕ ਦੂਜੇ ਨਾਲ ਵਰਤੀ ਜਾਂਦੀ ਸਾਂਝ ਦਾ ਨਾਂ ਹੈ।

ਜਦੋਂ ਕੁਝ ਲੋਕ ਮਿਲ ਕੇ ਚਿੱਕੜ ਵਿੱਚ ਫਸੀ ਕਿਸੇ ਗੱਡੀ ਨੂੰ ਰਲ ਕੇ ਧੱਕ ਲਾ ਰਹੇ ਹੁੰਦੇ ਹਨ ਤਾਂ ਉਹ ਦੇਸ਼ਵਾਸੀ ਹੁੰਦੇ ਹਨ। ਜਦੋਂ ਉਹ ਰਲ ਕੇ ਸੁਰ ਵਿੱਚ ਸੁਰ ਮਿਲਾ ਕੇ ਗਾਉਂਦੇ ਹਨ ਤਾਂ ਉਹ ਦੇਸ਼ ਗੀਤ ਹੁੰਦੇ ਹਨ। ਜਦੋਂ ਉਹ ਕਦਮ ਨਾਲ ਕਦਮ ਮਿਲਾ ਕੇ ਨੱਚਦੇ ਹਨ ਤਾਂ ਦੇਸ਼ ਨ੍ਰਿਤ ਹੁੰਦੇ ਹਨ। ਇਹ ਉਨ੍ਹਾਂ ਦਾ ਭਾਈਚਾਰਾ ਹੈ ਜੋ ਉਨ੍ਹਾਂ ਦੇ ਸਭਿਆਚਾਰ ਦਾ ਅਧਾਰ ਬਣਦਾ ਹੈ। ਉਹ ਮਿਲ-ਜੁਲ ਕੇ ਇਸੇ ਸਭਿਆਚਾਰ ਉੱਪਰ ਆਪਣੇ ਕਰਮ ਦੇ ਬੀਜ ਬੀਜਦੇ ਹਨ ਤੇ ਇਸੇ ਤੋਂ ਉਨ੍ਹਾਂ ਦੇ ਵਿਸ਼ਵਾਸ ਉੱਗਦੇ ਹਨ, ਖੁਸ਼ੀ ਦੇ ਫਲ ਲਗਦੇ ਹਨ।

ਮਰਿਦੁਲ ਸਿੰਘਾਨੀਆ  
ਨੌਵੀਂ - ਜੀ



## ਵੋਟ

ਹੌਸਲਾ ਕੀਤਾ ਏ ਸੱਚੀ ਗੱਲ ਕਹਿਣ ਦਾ,  
ਆ ਗਿਆ ਏ ਵੇਲਾ ਲੋਕ ਹੱਕ ਲੈਣ ਦਾ,  
ਪਿੰਡ ਵਿੱਚ ਰਹਿ ਕੇ ਇੱਜ਼ਤ ਕਮਾਈ ਦੀ,  
ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਤੇ ਨੀ ਵੋਟ ਪਾਈ ਦੀ...

ਧਰਮਾਂ 'ਚ ਵੜ ਕੇ ਨੀ ਪੰਚ ਚੁਣੀ ਦਾ,  
ਖਹਿਬਾਜ਼ੀ 'ਚ ਨੀ ਸਰਪੰਚ ਚੁਣੀ ਦਾ,  
ਮਾਰ ਕੇ ਜ਼ਮੀਰ ਅਣਖ ਨੀ ਵਖਾਈ ਦੀ...  
ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਤੇ ਨੀ ਵੋਟ ਪਾਈ ਦੀ...

ਪੱਕਾ ਹੋਵੇ ਜੇ ਇਰਾਦਾ ਤਾਹੀਉਂ ਚੋਣ ਲੜੀਏ,  
ਵੋਟ ਭੰਨਣ ਲਈ ਨਾ ਜਾ ਕੇ ਵਿੱਚ ਖੜੀਏ,  
ਸਕਿਆਂ 'ਚ ਫੁੱਟ ਨਹੀਂ ਕਦੇ ਪਵਾਈ ਦੀ,  
ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਤੇ ਨੀ ਵੋਟ ਪਾਈ ਦੀ...

ਤਕੜੇ ਦੇ ਪਿੱਛੇ ਨਹੀਂ ਮਾੜਾ ਛੱਡੀ ਦਾ,  
ਇੰਤਜ਼ਾਰ ਕਰੀਏ ਨਾ ਕਾਰ-ਗੱਡੀ ਦਾ,  
ਹੱਕਾਂ ਨੂੰ ਪਛਾਣ ਗੱਲ ਸਿਰੇ ਲਾਈ ਦੀ,  
ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਤੇ ਨੀ ਵੋਟ ਪਾਈ ਦੀ...

ਦਿਖਾਵੇ ਲਈ ਕਦੇ ਨੀ ਟਾਈਮ ਪਾਸ ਕਰੀ ਦਾ,  
ਨੇਕੀ ਨਾਲ ਪਿੰਡ ਦਾ ਵਿਕਾਸ ਕਰੀ ਦਾ,  
'ਮਨ' ਕਰੀਏ ਸਿਫਤ ਪਿੰਡ ਦੀ ਚੜ੍ਹਾਈ ਦੀ,  
ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਤੇ ਨੀ ਵੋਟ ਪਾਈ ਦੀ।



ਮਨਸਿਮਰਨ ਕੌਰ  
ਅੱਠਵੀਂ - ਬੀ  
ਸਿਟੀ ਕੈਂਪਸ

## ਧੀਆਂ

“ਧੀਆਂ ਰਾਣੀਆਂ, ਹਾਏ ਵੇ ਮੇਰੇ ਸੋਹਣਿਆਂ ਰੱਬਾ,  
ਕਿੰਨਾਂ ਜੰਮੀਆਂ ਕਿੰਨਾਂ ਨੇ ਲੈ ਜਾਣੀਆਂ।”  
ਇਹ ਜਗ ਦੇ ਦਸਤੂਰ ਨਿਰਾਲੇ, ਪਾਲਣ ਮਾਪੇ ਲੈ ਜਾਣ ਬੇਗਾਨੇ।  
ਲਾਡਾਂ ਨਾਲ ਪਾਲੀ, ਹੋ ਜਾਣੀ ਪਰਾਈ ਏ,  
ਇਹੀ ਰੱਬ ਨੇ ਰੀਤ ਬਣਾਈ ਏ।।

ਪੁਆ ਕੇ ਮਾਮੇ ਕੋਲੋਂ ਚੁੜਾ,  
ਬਾਬਲ ਤੇ ਅੰਮੜੀ ਨੂੰ ਇੱਕਲੇ ਛੱਡ ਜਾਂਦੀਆਂ ਨੇ।  
ਆਖੇ ਮਾਏਂ ਇਹ ਲੈ ਸਾਂਭ ਕੁੰਜੀਆਂ,  
ਅਸਾਂ ਕਰ ਚੱਲੀਆਂ ਸਰਦਾਰੀ ਏ।।

ਭੈਣਾਂ ਨੂੰ ਵੀਰ ਆਪੇ ਡੋਲੀ ਵਿੱਚ ਪਾਉਂਦੇ ਨੇ,  
ਦੁਨੀਆਂ ਦਾ ਦਸਤੂਰ ਇਹੀ ਸਾਰੇ ਵੀਰ ਨਿਭਾਉਂਦੇ ਨੇ।  
ਹੱਕੇ ਭਰਦੀਆਂ ਭੈਣਾਂ ਮੂੰਹੋਂ ਨਾ ਕੁਝ ਕਹਿੰਦੀਆਂ,  
ਅਖੀਰ ਮਾਪਿਆਂ ਦੇ ਘਰ ਧੀਆਂ ਸਦਾ ਨਹੀਂ ਰਹਿੰਦੀਆਂ...  
ਸਦਾ ਨਹੀਂ ਰਹਿੰਦੀਆਂ।



ਗੁਰਲਿਵ ਕੌਰ  
ਸੱਤਵੀਂ - ਏ  
ਸਿਟੀ ਕੈਂਪਸ

## ਬਦਲਾਅ

ਆਓ ਤੁਰੀਏ ਇੱਕ ਵਿਸ਼ਵਾਸ ਲੈ ਕੇ,  
ਉਮੀਦ ਜਿਹੀ ਇੱਕ ਆਸ ਲੈ ਕੇ।

ਆਓ ਚੱਲੀਏ ਉਨ੍ਹਾਂ ਸੁਨਹਿਰੀ ਰਾਹਾਂ ਤੇ,  
ਜਿੱਥੇ ਕਰ ਰਿਹਾ ਹੈ ਕੋਈ ਸੁਆਗਤ,  
ਬਲਦਾ ਹੋਇਆ ਇੱਕ ਚਿਰਾਗ ਲੈ ਕੇ।

ਸਾਡੇ ਮਨਾਂ 'ਚ ਬਦਲਾਅ ਲਿਆਉਣ ਦੇ ਲਈ,  
ਹਮਦਰਦੀ, ਪਿਆਰ ਅਤੇ ਸਦਭਾਵਨਾ,  
ਆਓ ਤੁਰੀਏ ਸੁਨਹਿਰੀ ਰਾਹਾਂ ਦੇ ਪਾਂਧੀ ਬਣੀਏ,  
ਇੰਨਾਂ ਮਸ਼ੀਨਾਂ ਨੂੰ ਮਾਨਸ ਬਣਾਉਣ ਦੇ ਲਈ।

ਮਨੁੱਖਾ ਜੀਵਨ ਤਾਂ ਮਿਲਦਾ ਹੈ ਬਹੁਤਿਆਂ ਨੂੰ,  
ਪਰ ਆਉਂਦਾ ਕੋਈ ਹੀ ਇੱਥੇ,

ਸਾਰਾ ਜੀਵਨ ਦੂਜਿਆਂ ਦੇ ਲੇਖੇ ਲਾਉਣ ਦੇ ਲਈ।

ਵਿਚਾਰਾਂ ਦੀ ਰੌਸ਼ਨੀ ਫੈਲਾਵੇ ਜਿਹੜਾ,  
ਸਭ ਦੇ ਮਨਾਂ 'ਚ ਬਦਲਾਅ ਲਿਆਉਣ ਦੇ ਲਈ।



ਤਨਵੀ ਜੈਨ  
ਅੱਠਵੀਂ-ਬੀ  
ਸਿਟੀ ਕੈਂਪਸ

## ਵੱਧ ਰਿਹਾ ਭ੍ਰਿਸ਼ਟਾਚਾਰ

ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਦੇਸ਼ ਅਤੇ ਸਮਾਜ ਦੀ ਇੱਕ ਗੰਭੀਰ ਸਮੱਸਿਆ ਹੈ। ਰਾਜਨੀਤਿਕ ਪਾਰਟੀਆਂ ਚੋਣਾਂ ਤੋਂ ਪਹਿਲਾਂ ਪ੍ਰਚਾਰ ਕਰਦੀਆਂ ਹਨ ਕਿ ਅਸੀਂ ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਮੁਕਤ ਪ੍ਰਬੰਧ ਕਰਾਂਗੇ। ਅਜਿਹੇ ਪ੍ਰਚਾਰ ਕਾਰਨ ਹੀ ਉਹ ਜਿੱਤ ਜਾਂਦੀਆਂ ਹਨ ਪਰ ਬਾਅਦ ਵਿੱਚ ਆਪਣੇ ਵਾਅਦੇ ਭੁੱਲ ਜਾਂਦੇ ਹਨ। ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਨੇ ਭਾਰਤ ਵਿੱਚ ਹੁਣ ਡੂੰਘੀਆਂ ਜੜ੍ਹਾਂ ਬਣਾ ਲਈਆਂ ਹਨ। ਕੇਂਸਰ ਦੀ ਬੀਮਾਰੀ ਵਾਂਗ ਇਹ ਸਾਡੇ ਸਮਾਜ ਨੂੰ ਘੁਣ ਦੀ ਤਰ੍ਹਾਂ ਖਾ ਰਿਹਾ ਹੈ। ਗਲਤ ਢੰਗ ਨਾਲ ਕੰਮ ਕਰਨਾ ਤੇ ਕਰਵਾਉਣਾ ਹੀ ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਹੈ। ਰਾਜਨੀਤਿਕ ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਦਾ ਸਮਾਜ ਉੱਤੇ ਬਹੁਤ ਬੁਰਾ ਪ੍ਰਭਾਵ ਪੈਂਦਾ ਹੈ। ਭ੍ਰਿਸ਼ਟਾਚਾਰੀ ਨੇਤਾ ਲੋਕਾਂ ਦੇ ਹਿੱਤ ਨੂੰ ਛੱਡ ਕੇ ਆਪਣੇ ਹਿੱਤ ਬਾਰੇ ਹੀ ਸੋਚਦੇ ਹਨ। ਇਨ੍ਹਾਂ ਕਾਰਨਾਂ ਕਰਕੇ ਹੀ ਸਾਡੇ ਭਾਰਤ ਦਾ ਵਿਕਾਸ ਰੁੱਕਿਆ ਹੋਇਆ ਹੈ।

ਹੁਣ ਪ੍ਰਸ਼ਨ ਉੱਠਦਾ ਹੈ ਕਿ ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਦੀ ਡਰਾਉਣੀ ਬੀਮਾਰੀ ਤੋਂ ਕਿਵੇਂ ਛੁਟਕਾਰਾ ਪਾਇਆ ਜਾਵੇ? ਭਾਵੇਂ ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਨੂੰ ਬਿਲਕੁਲ ਖਤਮ ਕਰਨਾ ਬਹੁਤ ਔਖਾ ਹੈ, ਪਰ ਸਖ਼ਤ ਕਾਨੂੰਨ ਹੀ ਇਸਨੂੰ ਘੱਟ ਕਰ ਸਕਦਾ ਹੈ। ਜਦੋਂ ਕੋਈ ਭ੍ਰਿਸ਼ਟਾਚਾਰੀ ਨੇਤਾ ਫੜਿਆ ਜਾਵੇ ਉਸ ਉੱਤੇ ਲੰਮਾ ਮੁਕੱਦਮਾ ਨਾ ਚਲਾ ਕੇ ਉਸਨੂੰ ਦੂਸਰੇ ਦੇਸ਼ਾਂ ਵਾਂਗ ਸਖ਼ਤ ਸਜ਼ਾ ਦਿੱਤੀ ਜਾਵੇ ਤਾਂ ਜੋ ਬਾਕੀ ਭ੍ਰਿਸ਼ਟਾਚਾਰੀ ਵੀ ਡਰ ਜਾਣ। ਸਜ਼ਾਵਾਂ ਦੇ ਡਰ ਤੋਂ ਹੀ ਲੋਕ ਘੱਟ ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਕਰਨਗੇ। ਅੱਜ-ਕਲ੍ਹ ਦੇ ਨਾਗਰਿਕਾਂ ਨੂੰ ਜੀਵਨ ਮੁੱਲਾਂ ਦੀ ਪਹਿਚਾਣ ਕਰਵਾ ਕੇ ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਵਿਰੁੱਧ ਅਵਾਜ਼ ਉਠਾਉਣ ਲਈ ਸਖ਼ਤ ਹੋਣਾ ਪੈਣਾ ਹੈ।

“ਆਪਣੇ ਦੇਸ਼ ਨਾਲ ਕਰੋ ਪਿਆਰ,  
ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਤੇ ਕਰੋ ਵਾਰ।”

ਪਰਵ ਬਾਂਸਲ  
ਅੱਠਵੀਂ - ਏ  
ਸਿਟੀ ਕੈਂਪਸ

## ਹਿੰਮਤ ਦੀ ਜਿੱਤ

ਹਿੰਮਤ ਦਾ ਮਤਲਬ ਹੈ ਕਿਸੇ ਕੰਮ ਨੂੰ ਕਰਨ ਵਾਸਤੇ ਬਹੁਤ ਜ਼ੋਰਦਾਰ ਯਤਨ ਕਰਨਾ। ਦੁਨੀਆ ਵਿੱਚ ਹਰ ਕੰਮ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ, ਜੇਕਰ ਅਸੀਂ ਹਿੰਮਤ ਨਾਲ ਉਸ ਕੰਮ ਨੂੰ ਨੇਪਰੇ ਚਾੜ੍ਹਨ ਦਾ ਯਤਨ ਕਰੀਏ। ਵੱਡੇ-ਵੱਡੇ ਪਹਾੜਾਂ ਤੇ ਪਹੁੰਚਿਆ ਜਾ ਸਕਦਾ ਹੈ। ਡੂੰਘੇ-ਡੂੰਘੇ ਸਾਗਰਾਂ ਨੂੰ ਤੈਰ ਕੇ ਪਾਰ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।



ਵਿਦਿਆਰਥੀ ਜੀਵਨ ਵਿੱਚ ਵੀ ਹਿੰਮਤ ਕਰਨ ਨਾਲ ਅਸੀਂ ਆਪਣੀ ਪੜ੍ਹਾਈ ਵਿੱਚ ਵੱਧ ਨੰਬਰ ਲੈ ਸਕਦੇ ਹਾਂ। ਵਧੀਆ ਨੌਕਰੀਆਂ ਪਾਉਣ ਜਾਂ ਵਧੀਆ ਕੋਰਸਾਂ ਵਿੱਚ ਦਾਖਲਾ ਲੈਣ ਲਈ ਬਹੁਤ ਜ਼ਿਆਦਾ ਹਿੰਮਤ ਨਾਲ ਪੜ੍ਹਨਾ ਪੈਂਦਾ ਹੈ। ਜੇ ਲੋਕ ਇਸ ਤਰ੍ਹਾਂ ਕਰਦੇ ਹਨ ਸਫਲਤਾ ਜ਼ਰੂਰ ਉਹਨਾਂ ਦੇ ਪੈਰ ਚੁੰਮਦੀ ਹੈ।

ਸਾਨੂੰ ਚਾਹੀਦਾ ਹੈ ਕਿ ਹਿੰਮਤ ਨੂੰ ਆਪਣੀ ਰੋਜ਼ ਦੀ ਜ਼ਿੰਦਗੀ ਦਾ ਹਿੱਸਾ ਬਣਾਈਏ ਤੇ ਕਦੇ ਵੀ ਕਿਸੇ ਮੁਸ਼ਕਲ ਦੀ ਘੜੀ ਵਿੱਚ ਇਸ ਦਾ ਪੱਲਾ ਨਾ ਛੱਡੀਏ। ਜ਼ਿੰਦਗੀ ਦੀ ਸਾਰੀ ਕਾਮਯਾਬੀ ਹਿੰਮਤ ਵਿੱਚ ਹੀ ਲੁੱਕੀ ਹੋਈ ਹੈ। ਸਮਝ ਲਓ ਕਿ ਹਿੰਮਤ ਸਾਡੇ ਸਫਲ ਜੀਵਨ ਦੀ ਕੁੰਜੀ ਹੈ। ਹਿੰਮਤੀ ਬਣੋ, ਅੱਗੇ ਵਧੋ, ਮਨ ਇੱਛਤ ਫਲ ਪਾਓ।

ਅਦੀਬ  
ਨੌਵੀਂ - ਈ

## ਧਰਤੀ ਅਤੇ ਵਾਤਾਵਰਨ ਪ੍ਰਤੀ ਮਨੁੱਖਾਂ ਦੇ ਫਰਜ਼

ਵਿਸ਼ਵ ਵਾਤਾਵਰਨ ਦਿਵਸ 5 ਜੂਨ ਨੂੰ ਇਸ ਮਕਸਦ ਨਾਲ ਦੁਨੀਆਂ ਭਰ ਵਿੱਚ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ ਤਾਂ ਜੋ ਲੋਕਾਂ ਨੂੰ ਵਾਤਾਵਰਨ ਪ੍ਰਤੀ ਜਾਗਰੂਕ ਕੀਤਾ ਜਾ ਸਕੇ ਅਤੇ ਇਸ ਧਰਤੀ ਨੂੰ ਪ੍ਰਦੂਸ਼ਣ ਮੁਕਤ ਰੱਖਿਆ ਜਾ ਸਕੇ। ਲਗਾਤਾਰ ਵੱਧ ਰਹੀ ਅਬਾਦੀ ਕਾਰਨ ਪ੍ਰਦੂਸ਼ਣ ਤੇਜ਼ੀ ਨਾਲ ਵੱਧ ਰਿਹਾ ਹੈ, ਜਿਸਨੇ ਧਰਤੀ 'ਤੇ ਬਹੁਤ ਹੀ ਡੂੰਘੇ ਤੇ ਮਾੜੇ ਪ੍ਰਭਾਵ ਪਾਏ ਹਨ। ਅੱਜਕਲ੍ਹ ਵਾਤਾਵਰਨ ਦਾ ਮਾਮਲਾ ਇੱਕ ਗੰਭੀਰ ਮੁੱਦਾ ਹੈ, ਜਿਸਦੇ ਪ੍ਰਤੀ ਸਾਰੇ ਜਾਣੂ ਹੋਣੇ ਚਾਹੀਦੇ ਹਨ ਤਾਂ ਜੋ ਸਭ ਆਪਣੀ ਜ਼ਿੰਮੇਵਾਰੀ ਸਮਝਣ।



ਇਸ ਸਮੇਂ ਪੀਣ ਵਾਲੇ ਪਾਣੀ ਦੀ ਕਿੱਲਤ, ਗਲੇਸ਼ੀਅਰਾਂ ਦਾ ਪਿਘਲਣਾ, ਰੁੱਖਾਂ ਦੀ ਕਟਾਈ ਆਦਿ ਕਾਰਨਾਂ ਕਾਰਨ ਸਾਰੇ ਜੀਵ-ਜੰਤੂਆਂ ਤੇ ਮਨੁੱਖੀ ਜੀਵਨ ਖਤਰੇ ਵਿੱਚ ਪੈ ਰਿਹਾ ਹੈ।

“ਪਵਣੂ ਗੁਰੂ ਪਾਣੀ ਪਿਤਾ-ਮਾਤਾ ਧਰਤਿ ਮਹਤੁ” ਸਲੋਕ ਰਾਹੀਂ ਗੁਰੂ ਸਾਹਿਬਾਨ ਨੇ ਹਵਾ ਨੂੰ ਗੁਰੂ, ਪਾਣੀ ਨੂੰ ਪਿਤਾ ਅਤੇ ਧਰਤੀ ਨੂੰ ਮਾਂ ਦਾ ਦਰਜਾ ਦਿੱਤਾ ਹੈ, ਪਰ ਅੱਜ ਵਾਤਾਵਰਨ ਵਿੱਚ ਫੈਲੀ ਹਵਾ ਦੂਸ਼ਿਤ ਤੇ ਪਾਣੀ ਜ਼ਹਿਰੀਲਾ ਹੋ ਚੁੱਕਾ ਹੈ। ਦੇਸ਼ ਦੀਆਂ ਲਗਭਗ ਸਾਰੀਆਂ ਨਦੀਆਂ ਤੇ ਦਰਿਆਵਾਂ ਵਿੱਚ ਕਿਸੇ ਨਾ ਕਿਸੇ ਤਰ੍ਹਾਂ ਫੈਕਟਰੀਆਂ ਦਾ ਜ਼ਹਿਰੀਲਾ ਤੇ ਗੰਦਾ ਪਾਣੀ ਸੁੱਟਿਆ ਜਾ ਰਿਹਾ ਹੈ। ਕੈਮੀਕਲਾਂ ਤੇ ਕੀਟਨਾਸ਼ਕ ਦਵਾਈਆਂ ਕਾਰਨ ਧਰਤੀ ਹੇਠਲਾ ਪਾਣੀ ਵੀ ਗੰਧਲਾ ਹੋ ਚੁੱਕਾ ਹੈ। ਸ਼ੁੱਧ ਪਾਣੀ ਤੇ ਖੁਰਾਕ ਨਾ ਹੋਣ ਕਾਰਨ ਸਾਡੀਆਂ ਆਉਣ ਵਾਲੀਆਂ ਪੀੜ੍ਹੀਆਂ ਦੇ ਭਵਿੱਖ ਤੇ ਪ੍ਰਸ਼ਨ ਚਿੰਨ੍ਹ ਲੱਗ ਗਿਆ ਹੈ। ਸਾਡੀ ਸੁਰੱਖਿਆ ਧਰਤ ਵਿੱਚ ਵੀ ਸੁਰਾਖ ਹੋ ਗਿਆ ਹੈ। ਗਲੇਬਲ ਵਾਰਮਿੰਗ ਵਿੱਚ ਵਾਧਾ ਹੋਣ ਕਾਰਨ ਧਰਤੀ ਦੀ ਬਰਫ ਪਿਘਲ ਰਹੀ ਹੈ। ਜੇਕਰ ਇਸ ਪਾਸੇ ਧਿਆਨ ਨਾ ਦਿੱਤਾ ਗਿਆ ਤਾਂ ਸਮੁੰਦਰੀ ਪਾਣੀ ਦਾ ਪੱਧਰ ਉੱਚਾ ਹੋ ਜਾਵੇਗਾ ਤੇ ਤਟਵਰਤੀ ਇਲਾਕੇ ਇਸ ਵਿੱਚ ਡੁੱਬ ਜਾਣਗੇ। ਇਸ ਲਈ ਇਹ ਜ਼ਰੂਰੀ ਹੈ ਕਿ ਹਰ ਮਨੁੱਖ ਧਰਤੀ ਤੇ ਵਾਤਾਵਰਨ ਪ੍ਰਤੀ ਆਪਣੀ ਜ਼ਿੰਮੇਵਾਰੀ ਪ੍ਰਤੀ ਜ਼ਹਿਰਦ ਹੋਵੇ। ਪਾਣੀ ਬਚਾਇਆ ਤਾਂ ਜਾ ਸਕਦਾ ਹੈ ਪਰ ਬਣਾਇਆ ਨਹੀਂ ਜਾ ਸਕਦਾ। ਇਸੇ ਤਰ੍ਹਾਂ ਸਾਨੂੰ ਵੱਧ ਤੋਂ ਵੱਧ ਰੁੱਖ ਲਗਾਉਣ ਅਤੇ ਆਪਣਾ ਆਲਾ-ਦੁਆਲਾ ਹਰਿਆ-ਭਰਿਆ ਰੱਖਣ ਵੱਲ ਵੀ ਧਿਆਨ ਦੇਣ ਦੀ ਲੋੜ ਹੈ।

ਅਖੀਰ ਵਿੱਚ ਮੈਂ ਇਹੀ ਕਹਾਂਗੀ ਕਿ ਸਾਨੂੰ ਵਾਤਾਵਰਨ ਦੀ ਸਾਂਭ-ਸੰਭਾਲ ਲਈ ਆਪ ਹੱਥ ਵਟਾਉਣਾ ਚਾਹੀਦਾ ਹੈ। ਇੱਕ ਚੰਗੇ ਨਾਗਰਿਕ ਹੋਣ ਦੇ ਨਾਤੇ ਲੋਕਾਂ ਨੂੰ ਵੀ ਪਲਾਸਟਿਕ ਦੇ ਸਮਾਨ ਦੀ ਘੱਟ ਵਰਤੋਂ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਇਸ ਧਰਤੀ ਦੇ ਸਰੋਤਾਂ ਦੀ ਜਿੰਨੀ ਅੰਨ੍ਹੇਵਾਹ ਵਰਤੋਂ ਅਸੀਂ ਕਰ ਰਹੇ ਹਾਂ, ਓਨੀ ਹੀ ਸਾਨੂੰ ਆਪਣੀ ਧਰਤੀ ਨੂੰ ਵਾਪਸ ਮੋੜ ਕੇ ਇੱਕ ਸੰਤੁਲਨ ਬਣਾਉਣ ਦੀ ਲੋੜ ਹੈ। ਆਓ! ਅਸੀਂ ਸਭ ਮਿਲ ਕੇ ਧਰਤੀ ਤੇ ਵਾਤਾਵਰਨ ਨੂੰ ਬਚਾਉਣ ਵਿੱਚ ਆਪਣਾ ਯੋਗਦਾਨ ਪਾਈਏ।

ਜੇ ਆਈ ਪੱਤਝੜ ਤਾਂ ਫੇਰ ਕੀ ਹੈ,

ਤੂੰ ਅਗਲੀ ਰੁੱਤ 'ਚ ਯਕੀਨ ਰੱਖੀ।

ਮੈਂ ਲੱਭ ਕੇ ਕਿਤਿਉਂ ਲਿਆਉਣਾ ਕਲਮਾਂ,

ਤੂੰ ਫੁੱਲਾਂ ਜੋਗੀ ਜ਼ਮੀਨ ਰੱਖੀਂ।

ਰਾਘਵੀ ਸਹਿਗਲ

ਛੇਵੀਂ - ਬੀ

ਸਿਟੀ ਕੈਂਪਸ

## ਕੋਈ ਫ਼ਰਕ ਨਹੀਂ

1. ਬੈਗ ਤੇ ਬਸਤੇ ਵਿੱਚ, ਰਜਿਸਟਰ ਤੇ ਦਸਤੇ ਵਿੱਚ, ਰਾਹ ਤੇ ਰਸਤੇ ਵਿੱਚ, ਕੋਈ ਫ਼ਰਕ ਨਹੀਂ।
2. ਅੱਧੇ ਤੇ ਅਧੂਰੇ ਵਿੱਚ, ਅੱਗੇ ਤੇ ਮੁਹਰੇ ਵਿੱਚ, ਡਬਲ ਤੇ ਦੂਹਰੇ ਵਿੱਚ, ਕੋਈ ਫ਼ਰਕ ਨਹੀਂ।
3. ਚੁੰਨੀ ਤੇ ਦੁੱਪਟੇ ਵਿੱਚ, ਪੀਲੇ ਤੇ ਖੱਟੇ ਵਿੱਚ, ਰੋੜੇ ਤੇ ਵੱਟੇ ਵਿੱਚ, ਕੋਈ ਫ਼ਰਕ ਨਹੀਂ।
4. ਰੋਸ਼ਨੀ ਤੇ ਲਾਈਟ ਵਿੱਚ, ਪਤੰਗ ਤੇ ਕਾਈਟ ਵਿੱਚ, ਸੱਜੇ ਤੇ ਰਾਈਟ ਵਿੱਚ, ਕੋਈ ਫ਼ਰਕ ਨਹੀਂ।
5. ਰੋਟੀ ਤੇ ਚਪਾਤੀ ਵਿੱਚ, ਗ੍ਰੰਥੀ ਤੇ ਪਾਠੀ ਵਿੱਚ, ਦੇਸ਼ ਤੇ ਸਾਥੀ ਵਿੱਚ, ਕੋਈ ਫ਼ਰਕ ਨਹੀਂ।
6. ਜੁਲਫ ਤੇ ਵਾਲ ਵਿੱਚ, ਛਲਾਂਗ ਤੇ ਛਾਲ ਵਿੱਚ, ਤੋਰ ਤੇ ਚਾਲ ਵਿੱਚ, ਕੋਈ ਫ਼ਰਕ ਨਹੀਂ।
7. ਦਰਵਾਜ਼ੇ ਤੇ ਗੇਟ ਵਿੱਚ, ਕੀਮਤ ਤੇ ਰੇਟ ਵਿੱਚ, ਦੇਰੀ ਤੇ ਲੇਟ ਵਿੱਚ, ਕੋਈ ਫ਼ਰਕ ਨਹੀਂ।
8. ਸੁਰਾਖ ਤੇ ਮੋਰੀ ਵਿੱਚ, ਚਿੱਟੀ ਤੇ ਗੋਰੀ ਵਿੱਚ, ਪਰਾਂਦੀ ਤੇ ਡੋਰੀ ਵਿੱਚ, ਕੋਈ ਫ਼ਰਕ ਨਹੀਂ।
9. ਰੱਬ ਤੇ ਭਗਵਾਨ ਵਿੱਚ, ਹੈਵਾਨ ਤੇ ਸ਼ੈਤਾਨ ਵਿੱਚ, ਤਾਕਤਵਰ ਤੇ ਬਲਵਾਨ ਵਿੱਚ, ਕੋਈ ਫ਼ਰਕ ਨਹੀਂ।
10. ਬੱਚੇ ਤੇ ਕਿਡ ਵਿੱਚ, ਨੀਲਾਮੀ ਤੇ ਬਿਡ ਵਿੱਚ, ਢੱਕਣ ਤੇ ਲਿਡ ਵਿੱਚ, ਕੋਈ ਫ਼ਰਕ ਨਹੀਂ।



ਪ੍ਰਨਵ ਚੋਪੜਾ  
ਸੱਤਵੀਂ - ਈ





## ਇੱਕ ਸੋਚ

ਫੜ ਕਲਮ ਮੈਂ ਸੋਚਣ ਲੱਗੀ  
ਕੁਝ ਅਜਿਹਾ ਲਿਖ ਜਾਵਾਂ  
ਪੜ੍ਹ ਜਿਸਨੂੰ ਦਿਲ ਖੁਸ਼ ਹੋਵੇ  
ਫੇਰ ਸੋਚ ਇਹੀ ਕਿਉਂ ਨਾ, ਮੈਂ ਅੱਜ ਆਪਣੇ ਲਈ ਕਲਮ ਚਲਾਵਾਂ  
ਪਾ ਕੇ ਅੱਖਰਾਂ ਨਾਲ ਯਾਰੀ  
ਮੈਂ ਉਡਾਰੀ ਵਿੱਚ ਅਸਮਾਨੇ ਲਾਉਣਾ ਚਾਹੁੰਦੀ ਹਾਂ  
ਨਿੱਤ ਬਦਲਣ ਦੇਸਤ ਚਿਹਰੇ  
ਮੈਂ ਆਪਣੀ ਕਲਮ ਨੂੰ  
ਆਪਣਾ ਦੇਸਤ ਬਣਾਉਣਾ ਚਾਹੁੰਦੀ ਹਾਂ  
ਮਾਪੇ ਮੇਰੇ ਤੇ ਮਾਣ ਕਰਨ  
ਮੈਂ ਐਸਾ ਕੁਝ ਕਰ ਜਾਵਾਂ  
ਹਰ ਆਪਣੇ ਨਾਲ ਜੁੜੇ ਦਾ  
ਬਣ ਗੁਮਾਨ ਸਾਹਮਣੇ ਆਵਾਂ  
ਨਿੱਕੀ ਉਮਰ ਤੇ ਸੁਪਨੇ ਵੱਡੇ  
ਰੱਬ ਕਰੇ ਹਰ ਸੁਪਨਾ ਮੈਂ ਖੁਦ ਦਾ ਪੁਗਾਵਾਂ  
ਹਰ ਪਲ ਆਵੇ ਮੇਰੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਲੈ ਲੱਖਾਂ ਖੁਸ਼ੀਆਂ  
ਮੈਂ ਪਿਆਰ ਸਭ ਦਾ ਪਾਵਾਂ  
ਰੱਬ ਕਰੇ ਮਿਲੇ ਜ਼ਿੰਦਗੀ ਐਸੀ ਮੈਨੂੰ  
ਜਿਸਨੂੰ ਹਰ ਜਨਮ ਮੈਂ ਚਾਹਵਾਂ  
ਇਹ ਜ਼ਿੰਦਗੀ ਕੀ ਜਾਣੇ  
ਮੈਂ ਇਸ ਤੋਂ ਕਈ ਸੁਪਨੇ ਸਜਾਏ ਨੇ  
ਛੋਟੇ ਜਿਹੇ ਦਿਲ ਆਪਣੇ ਵਿੱਚ  
ਲੱਖਾਂ ਅਰਮਾਨ ਛੁਪਾਏ ਨੇ  
ਕਲਮ ਆਪਣੀ ਦਾ ਸਾਥ ਮੈਂ ਪਲ-ਪਲ ਚਾਹਵਾਂ  
ਅੱਖਰਾਂ ਨਾਲ ਪਾਇਆ ਰਿਸ਼ਤਾ ਸਾਰੀ ਉਮਰ ਨਿਭਾਵਾਂ  
ਆਪਣਿਆਂ ਲਈ ਬਣ ਜਾਵਾਂ ਨਾਜ਼ ਮੈਂ ਚਾਹਵਾਂ ਐਸੀ ਤਕਦੀਰ  
ਰੱਬ ਮੇਰਾ ਮਿਹਰ ਕਰੇ  
ਹੋ ਜਾਵੇ ਸੱਚ ਮੇਰੀ ਲਿਖੀ ਹਰ ਲਕੀਰ  
ਆਪਣੇ ਨਾਂ ਲਈ ਮੈਂ ਹਰ ਦਿਲ ਵਿੱਚ ਥਾਂ ਬਣਾਵਾਂ  
ਰੱਬ ਦੇਵੇ ਸਾਥ ਮੇਰਾ ਤੇ ਮੈਂ  
ਕੁਝ ਹੋਰ ਨਵਾਂ ਲਿਖ ਹਰ ਸਾਲ ਤੁਹਾਡੇ ਲਈ ਲਿਆਵਾਂ।



ਅਰਾਇਨਾ  
ਛੇਵੀਂ - ਡੀ

## ‘ਤਾਲਾਬੰਦੀ’ ਨਾਲ ਆਏ ਸਕਰਾਤਮਕ ਬਦਲਾਅ

ਅੱਜ-ਕਲ੍ਹ ਇੱਕ ਬੀਮਾਰੀ ਜਿਸਦਾ ਨਾਂ ਕੋਵਿਡ-19 ਹੈ, ਉਹ ਸਾਰੀ ਦੁਨੀਆਂ ਵਿੱਚ ਆਪਣੇ ਪੈਰ ਪਸਾਰ ਚੁੱਕੀ ਹੈ। ਇਹ ਬਿਮਾਰੀ ਇੱਕ ਵਾਇਰਸ ਨਾਲ ਹੁੰਦੀ ਹੈ। ਇਸ ਤੋਂ ਬਚਣ ਲਈ ਬਹੁਤ ਸਾਰੀਆਂ ਹਿਦਾਇਤਾਂ ਦਿੱਤੀਆਂ ਗਈਆਂ ਹਨ। ਇਸ ਤੋਂ ਬਚਣ ਲਈ ਦੇਸ ਵਿੱਚ ਸਰਕਾਰ ਵਲੋਂ ਤਾਲਾਬੰਦੀ ਕਰ ਦਿੱਤੀ ਗਈ ਸੀ। ਇਸ ਤਾਲਾਬੰਦੀ ਦੇ ਕਈ ਚੰਗੇ ਅਤੇ ਕਈ ਮੰਦੇ ਪ੍ਰਭਾਵ ਪਏ। ਇਸ ਬਦਲਾਅ ਦੇ ਚੰਗੇ ਪ੍ਰਭਾਵ ਇਸ ਤਰ੍ਹਾਂ ਹਨ :



1. ਪ੍ਰਦੂਸ਼ਣ ਵਿੱਚ ਘਾਟ - ਹਵਾ ਅਤੇ ਪਾਣੀ ਸੁੱਧ ਹੋ ਗਏ, ਰੁੱਖਾਂ ਨੂੰ ਨਵਾਂ ਜੀਵਨ ਮਿਲਿਆ। ਨਦੀਆਂ ਦਾ ਪਾਣੀ ਵੀ ਸਾਫ਼ ਹੋ ਗਿਆ, ਹਰਿਆਲੀ ਵਿੱਚ ਵਾਧਾ ਹੋ ਗਿਆ।
2. ਆਪਸੀ ਪਿਆਰ ਵਿੱਚ ਵਾਧਾ - ਤਾਲਾਬੰਦੀ ਕਾਰਨ ਲੋਕੀ ਆਪਣੇ ਘਰਾਂ ਵਿੱਚ ਹੀ ਸਨ, ਜਿਸ ਕਰਕੇ ਉਹ ਇੱਕ ਦੂਜੇ ਨਾਲ ਜ਼ਿਆਦਾ ਸਮਾਂ ਗੁਜ਼ਾਰ ਰਹੇ ਸਨ। ਉਹਨਾਂ ਵਿੱਚ ਆਪਸੀ ਪਿਆਰ ਵੀ ਵੱਧ ਗਿਆ ਸੀ।
3. ਮਾਨਵਤਾ ਦਾ ਵਿਕਾਸ - ਕਰੋਨਾ ਬਿਮਾਰੀ ਕਾਰਨ ਲੋਕਾਂ ਦੀ ਮਾਨਵਤਾ ਦਾ ਵੀ ਪਤਾ ਲੱਗਿਆ। ਬਹੁਤ ਲੋਕਾਂ ਨੇ ਨਿੱਜੀ ਤੌਰ ਤੇ ਗਰੀਬਾਂ ਦੀ ਮਦਦ ਕੀਤੀ।
4. ਤਕਨੀਕੀ ਗਿਆਨ ਵਿੱਚ ਵਾਧਾ - ਤਾਲਾਬੰਦੀ ਵਿੱਚ ਬੱਚਿਆਂ ਨੂੰ, ਵੱਡਿਆਂ ਨੂੰ ਬਹੁਤ ਸਾਰਾ ਤਕਨੀਕੀ ਗਿਆਨ ਮਿਲਿਆ। ਸਕੂਲ ਦੀ ਸਿੱਖਿਆ ਫੋਨ ਤੇ ਹੋਣ ਕਰਕੇ ਬਹੁਤ ਸਾਰੀਆਂ ਨਵੀਆਂ ਤਕਨੀਕਾਂ ਬੱਚਿਆਂ ਨੇ ਸਿੱਖੀਆਂ।
5. ਨਵੇਂ ਤੇ ਵਧੀਆ ਪਕਵਾਨ ਬਣਾਉਣੇ ਸਿੱਖਣਾ - ਤਾਲਾਬੰਦੀ ਵਿੱਚ ਸਭ ਨੇ ਨਵੇਂ-ਨਵੇਂ ਪਕਵਾਨ ਬਣਾਉਣ ਦੇ ਵੱਖਰੇ-ਵੱਖਰੇ ਤਰੀਕੇ ਅਜਮਾਏ।
6. ਸਾਫ਼-ਸਫ਼ਾਈ ਰੱਖਣਾ - ਆਪਣੇ ਸਰੀਰ, ਹੱਥਾਂ ਅਤੇ ਆਲੇ-ਦੁਆਲੇ ਦੀ ਸਫ਼ਾਈ ਰੱਖਣ ਲਈ ਸੂਚੇਤ ਹੋਏ।

ਸੋ ਇਹ ਸਨ ਚੰਗੇ ਪ੍ਰਭਾਵ !

ਭਾਰਗਵੀ ਗਰਗ  
ਛੇਵੀਂ - ਬੀ  
ਸਿਟੀ ਕੈਂਪਸ

## ਨਾਨਕ ਦਾ ਪੁੱਤ ਹਾਂ

ਜੀ ਕਰਦਾ ਏ ਅੱਜ ਮੇਰਾ  
ਕਿ ਮੈਂ ਦਿਲ ਦਾ ਕੱਢ ਗੁਬਾਰ ਦੇਵਾਂ,  
ਧਰਮਾਂ ਦੇ ਹੁੰਦਲੇ ਸ਼ੀਸ਼ੇ ਤੇ  
ਮੈਂ ਸੱਚ ਦਾ ਪੱਥਰ ਮਾਰ ਦੇਵਾਂ,  
ਮੈਂ ਮੰਦਰ ਦੇ ਵਿੱਚ ਅੱਲਾ-ਅੱਲਾ ਆਖਾਂਗਾ,  
ਮੈਂ ਗੁਰਦੁਆਰੇ ਵਿੱਚ ਨਾਮ ਰਾਮ ਦਾ ਬੋਲਾਂਗਾ।



ਮੈਂ ਘਰ ਖੁਦਾ ਦੇ ਜਾ ਕੇ ਬਾਲੂ ਮੋਮਬੱਤੀਆਂ,  
ਤੇ ਮੈਂ ਈਸੂ ਦੇ ਘਰ ਜਾ ਕੇ ਰੇਜ਼ਾ ਖੋਲ੍ਹਾਂਗਾ,  
ਇੱਕ ਦਾ ਪਾਕ ਹਾਂ ਬਣਿਆ, ਇੱਕ ਨੂੰ ਜਪਦਾ ਹਾਂ,  
ਨਾਨਕ ਦਾ ਪੁੱਤ ਹਾਂ ਤੇਰਾਂ-ਤੇਰਾਂ ਤੋਲਾਂਗਾ।

ਉਏ ਰੱਬ ਦੇ ਬੰਦਿਓ, ਰੱਬ ਕਰਕੇ ਉਸ ਰੱਬ ਨੂੰ ਜਾਣੋ,  
ਮਜ਼ਹਬੀਓ, ਵਖਰੇਵੇਂ ਛੱਡ ਕੇ ਇੱਕ ਪਛਾਣੋ,  
ਇੱਕੋ ਰੁੱਖ ਦੀਆਂ ਆਪਸ ਵਿੱਚ ਸ਼ਾਖਾਵਾਂ ਲੜਦੀਆਂ ਨੇ,  
ਵੇ ਮੈਂ ਹਰ ਨਫਰਤ ਵਿੱਚ ਪਿਆਰ ਪਤਾਸਾ ਘੋਲਾਂਗਾ,  
ਨਾਨਕ ਦਾ ਪੁੱਤ ਹਾਂ ਤੇਰਾਂ-ਤੇਰਾਂ ਤੋਲਾਂਗਾ।



ਹਰਜੋਤ ਸਿੰਘ  
ਨੌਵੀਂ - ਬੀ

## ਵਾਤਾਵਰਨ ਦੀ ਸਾਂਭ

ਦੋਸਤੋ! ਅੱਜ ਮੈਂ ਤੁਹਾਡੇ ਨਾਲ ਬਹੁਤ ਹੀ ਕੀਮਤੀ ਵਿਚਾਰ ਸਾਂਝਾ ਕਰਨ ਜਾ ਰਿਹਾ ਹਾਂ ਜਿਸ ਬਾਰੇ ਅਸੀਂ ਸਾਰੇ ਬੇਫਿਕਰ ਹਾਂ। ਕੁਦਰਤ ਦੀ ਸਾਨੂੰ ਬਹੁਤ ਹੀ ਸੁੰਦਰ ਦੇਣ ਧਰਤੀ, ਰੁੱਖ, ਪੌਦੇ, ਨਦੀਆਂ, ਪੰਛੀ ਹਨ ਪਰ ਅਸੀਂ ਇਹਨਾਂ ਨੂੰ ਸੰਭਾਲਣ ਵਿੱਚ ਅਸਫਲ ਹਾਂ। ਅਸੀਂ ਪੈਟਰੋਲ, ਡੀਜ਼ਲ ਨਾਲ ਚੱਲਣ ਵਾਲੇ ਵਾਹਨਾਂ ਦਾ ਇਸਤੇਮਾਲ ਕਰਕੇ ਆਪਣੀ ਸ਼ੁੱਧ ਹਵਾ ਨੂੰ ਪ੍ਰਦੂਸ਼ਿਤ ਕਰ ਦਿੱਤਾ ਹੈ। ਜੇਕਰ ਅਸੀਂ ਇਸ ਤਰ੍ਹਾਂ ਹੀ ਕਰਦੇ ਰਹੇ ਤਾਂ ਇੱਕ ਦਿਨ ਸਾਡਾ ਸਾਹ ਲੈਣਾ ਮੁਸ਼ਕਲ ਹੋ ਜਾਵੇਗਾ। ਅਸੀਂ ਨਦੀਆਂ ਦੇ ਸ਼ੁੱਧ ਪਾਣੀ ਨੂੰ ਗੰਦਗੀ ਸੁੱਟ-ਸੁੱਟ, ਪ੍ਰਦੂਸ਼ਿਤ ਕਰ ਦਿੱਤਾ ਹੈ। ਪਲਾਸਟਿਕ ਦੀ ਵਰਤੋਂ ਕਰ-ਕਰ ਕੇ ਉਪਜਾਊ ਧਰਤੀ ਨੂੰ ਬੰਜਰ ਕਰ ਰਹੇ ਹਾਂ। ਜਿੱਥੇ ਦਰੱਖਤ ਲਾਉਣ ਦੀ ਲੋੜ ਹੈ, ਉੱਥੇ ਅਣਗਿਣਤ ਦਰੱਖਤ ਕੱਟੇ ਜਾ ਰਹੇ ਹਨ। ਪੰਛੀਆਂ ਨੂੰ ਮਾਰਿਆ ਜਾ ਰਿਹਾ ਹੈ। ਸਾਨੂੰ ਇਸ ਧਰਤੀ ਦੀ ਸੰਤਾਨ ਹੋਣ ਦੇ ਨਾਤੇ ਇਸ ਕੁਦਰਤ ਨੂੰ ਬਚਾਉਣ ਲਈ ਕੁਝ ਉਪਰਾਲਾ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਪੈਟਰੋਲ, ਡੀਜ਼ਲ ਨਾਲ ਚੱਲਣ ਵਾਲੇ ਵਾਹਨਾਂ ਦੀ ਥਾਂ ਬੈਟਰੀ ਨਾਲ ਚੱਲਣ ਵਾਲੇ ਵਾਹਨਾਂ ਦਾ ਇਸਤੇਮਾਲ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਪਲਾਸਟਿਕ ਬੈਗ ਦੀ ਥਾਂ ਨਸ਼ਟ ਹੋ ਜਾਣ ਵਾਲੇ ਕਾਗਜ਼ ਜਾਂ ਕੱਪੜੇ ਦੇ ਬੈਗ ਦਾ ਇਸਤੇਮਾਲ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਪੰਛੀਆਂ ਨੂੰ ਨਹੀਂ ਮਾਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਵੱਧ ਤੋਂ ਵੱਧ ਪੌਦੇ ਲਗਾਉਣੇ ਚਾਹੀਦੇ ਹਨ। ਆਓ! ਅੱਜ ਹੀ ਵਾਅਦਾ ਕਰੀਏ ਕਿ ਇਨਸਾਨ ਦੇ-ਦੇ ਪੌਦੇ ਜ਼ਰੂਰ ਲਗਾਏਗਾ ਤਾਂ ਜੋ ਅਸੀਂ ਆਪਣੇ ਵਾਤਾਵਰਨ ਨੂੰ ਸਾਂਭ ਸਕੀਏ।



ਨੈਤਿਕ ਮਹਿਤਾ  
ਛੇਵੀਂ - ਬੀ  
ਸਿਟੀ ਕੈਂਪਸ

## ਵਕਤ ਨਹੀਂ ਹੈ

ਹਰ ਖੁਸ਼ੀ ਹੈ ਜ਼ਿੰਦਗੀ ਦੀ ਲੋਕਾਂ ਕੋਲ,  
ਪਰ ਇੱਕ ਹੱਸਣ ਲਈ ਹੀ ਵਕਤ ਨਹੀਂ,  
ਦਿਨ ਰਾਤ ਦੌੜਦੀ ਦੁਨੀਆਂ ਕੋਲ,  
ਜ਼ਿੰਦਗੀ ਦੇ ਲਈ ਹੀ ਵਕਤ ਨਹੀਂ।

ਮਾਂ ਦੀ ਲੋਰੀ ਦਾ ਅਹਿਸਾਸ ਨਹੀਂ,  
ਤੇ ਮਾਂ ਨੂੰ ਮਾਂ ਕਹਿਣ ਦਾ ਹੀ ਵਕਤ ਨਹੀਂ,  
ਸਾਰੇ ਰਿਸ਼ਤਿਆਂ ਨੂੰ ਤਾਂ ਅਸੀਂ ਮਾਰ ਚੁੱਕੇ,  
ਪਰ ਉਨ੍ਹਾਂ ਨੂੰ ਦਫ਼ਨਾਉਣ ਦਾ ਵਕਤ ਨਹੀਂ।

ਸਾਰੇ ਨਾਂ ਮੋਬਾਇਲ 'ਚ ਹੋ ਨੇ,  
ਪਰ ਦੋਸਤੀ ਦਾ ਹੀ ਵਕਤ ਨਹੀਂ।

ਪਰਾਇਆਂ ਦੀ ਕੀ ਗੱਲ ਕਰੀਏ,  
ਜਦ ਆਪਣਿਆਂ ਲਈ ਹੀ ਵਕਤ ਨਹੀਂ।

ਅੱਖਾਂ ਵਿੱਚ ਹੈ ਨੀਂਦ ਬੜੀ,  
ਪਰ ਸੌਣ ਦਾ ਹੀ ਵਕਤ ਨਹੀਂ।  
ਦਿਲ ਹੈ ਗਮਾਂ ਦੇ ਨਾਲ ਭਰਿਆ,  
ਪਰ ਰੋਣ ਦਾ ਹੀ ਵਕਤ ਨਹੀਂ।

ਡਾਲਰਾਂ ਦੀ ਲੱਗੀ ਹੈ ਦੌੜ ਐਸੀ,  
ਕਿ ਥੱਕਣ ਦਾ ਵੀ ਵਕਤ ਨਹੀਂ।  
ਪਰਾਏ ਅਹਿਸਾਨਾਂ ਦੀ ਕੀ ਕਦਰ ਕਰੀਏ,  
ਜਦੋਂ ਆਪਣੇ ਹੀ ਸੁਪਨਿਆਂ ਲਈ ਵਕਤ ਨਹੀਂ।

ਐ, ਤੂੰ ਹੀ ਦੱਸ ਜ਼ਿੰਦਗੀ,  
ਇਸ ਜ਼ਿੰਦਗੀ ਦਾ ਕੀ ਬਣੂ?  
ਕੀ ਹਰ ਪਲ ਮਰਨ ਵਾਲਿਆਂ ਨੂੰ,  
ਜਿਉਣ ਲਈ ਹੀ ਵਕਤ ਨਹੀਂ?



ਰਚਿਤ ਗੁਪਤਾ  
ਸੱਤਵੀਂ - ਏ  
ਸਿਟੀ ਕੈਂਪਸ

## ਕਲਗੀਧਰ ਜੀ ਦਾ ਅਲੌਕਿਕ ਬਚਪਨ

ਸਾਹਿਬਜ਼ਾਦੇ ਗੋਬਿੰਦ ਰਾਏ ਦਾ ਜਨਮ 22 ਦਸੰਬਰ 1666 ਈ. ਨੂੰ ਹੋਇਆ। ਉਨ੍ਹਾਂ ਦੇ ਜਨਮ ਲੈਣ ਦੀ ਖ਼ਬਰ ਸਾਰੇ ਦੇਸ ਵਿੱਚ ਫੈਲ ਗਈ।

ਪੀਰ ਭੀਖਣ ਸ਼ਾਹ ਕੋਲ ਸਾਹਿਬਜ਼ਾਦੇ ਦੇ ਜਨਮ ਲੈਣ ਦੀ ਖ਼ਬਰ ਪੁੱਜ ਗਈ। ਪੀਰ ਜੀ ਪਿੰਡ ਘੜਾਮ ਜ਼ਿਲ੍ਹਾ ਅੰਬਾਲਾ ਦੇ ਰਹਿਣ ਵਾਲੇ ਸਨ। ਪੀਰ ਦੇ ਮਨ ਵਿੱਚ ਸਾਹਿਬਜ਼ਾਦੇ ਦੇ ਦਰਸ਼ਨ ਆਪਣੇ ਅੱਖੀਂ ਕਰਨ ਦੀ ਉਮੰਗ ਪੈਦਾ ਹੋ ਗਈ। ਉਹ ਪਟਨੇ ਵੱਲ ਚੱਲ ਪਏ। ਪੀਰ ਜੀ ਦੇ ਮਹੀਨੇ ਵਿੱਚ ਪਟਨੇ ਪੁੱਜੇ।

ਸਾਹਿਬਜ਼ਾਦੇ ਦੇ ਮਾਮਾ ਕ੍ਰਿਪਾਲ ਚੰਦ ਪਾਸ ਉਨ੍ਹਾਂ ਨੇ ਸਾਹਿਬਜ਼ਾਦੇ ਦੇ ਦਰਸ਼ਨਾਂ ਦੀ ਬੇਨਤੀ ਕੀਤੀ।

ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ ਅਜੇ ਅਸਾਮ ਦੇਸ਼ ਦੇ ਦੌਰੇ ਉੱਪਰ ਹੀ ਸਨ, ਇਸ ਲਈ ਮਾਮਾ ਕ੍ਰਿਪਾਲ ਚੰਦ ਨੇ ਇਹ ਕਹਿੰਦੇ ਹੋਏ ਨਾਂਹ ਕਰ ਦਿੱਤੀ ਕਿ ਜਦੋਂ ਤਕ ਇਨ੍ਹਾਂ ਦੇ ਪਿਤਾ ਜੀ ਇਨ੍ਹਾਂ ਨੂੰ ਨਹੀਂ ਦੇਖ ਲੈਂਦੇ ਉਦੋਂ ਤੱਕ ਕਿਸੇ ਹੋਰ ਨੂੰ ਇਨ੍ਹਾਂ ਦੇ ਦਰਸ਼ਨ ਨਹੀਂ ਕਰਵਾਏ ਜਾ ਸਕਦੇ। ਪੀਰ ਜੀ ਨੇ ਖਾਣਾ ਪੀਣਾ ਤਿਆਗ ਦਿੱਤਾ ਤੇ ਦਰਵਾਜ਼ੇ ਦੇ ਅੱਗੇ ਧਰਨਾ ਮਾਰ ਕੇ ਬੈਠ ਗਏ। ਕੁਝ ਦਿਨਾਂ ਪਿਛੋਂ, ਮਾਮਾ ਕ੍ਰਿਪਾਲ ਚੰਦ ਨੇ ਸਾਹਿਬਜ਼ਾਦੇ ਦੇ ਦਰਸ਼ਨਾਂ ਦੀ ਆਗਿਆ ਦੇ ਦਿੱਤੀ।

ਪੀਰ ਜੀ ਮਨ ਦਾ ਭਰਮ ਦੂਰ ਕਰਨ ਲਈ ਕਿ ਸਾਹਿਬਜ਼ਾਦਾ ਵੱਡਾ ਹੋ ਕੇ ਹਿੰਦੂਆਂ ਨੂੰ ਪਿਆਰ ਕਰੇਗਾ ਜਾਂ ਮੁਸਲਮਾਨਾਂ ਨੂੰ। ਪੀਰ ਜੀ ਨੇ ਦੋ ਕੁੱਜੀਆਂ, ਇੱਕ ਵਿੱਚ ਪਾਣੀ ਤੇ ਦੂਜੀ ਵਿੱਚ ਦੁੱਧ ਪਵਾ ਕੇ ਉਨ੍ਹਾਂ ਦੇ ਅੱਗੇ ਰੱਖੀਆਂ। ਦੁੱਧ ਵਾਲੀ ਕੁੱਜੀ ਹਿੰਦੂਆਂ ਦੀ ਤੇ ਪਾਣੀ ਵਾਲੀ ਕੁੱਜੀ ਮੁਸਲਮਾਨਾਂ ਦੀ ਸੀ। ਹਰਮਨ ਪਿਆਰੇ ਗੋਬਿੰਦ ਰਾਏ ਨੇ ਦੋਹਾਂ ਕੁੱਜੀਆਂ ਤੇ ਆਪਣੇ ਹੱਥ ਰੱਖ ਦਿੱਤੇ। ਪੀਰ ਜੀ ਸਮਝ ਗਏ ਕਿ ਗੋਬਿੰਦ ਰਾਏ ਵੱਡਾ ਹੋ ਕੇ ਦੋਹਾਂ ਨੂੰ ਪਿਆਰ ਕਰੇਗਾ। ਇਹ ਸਨ ਸਭ ਨੂੰ ਚਾਹੁਣ ਵਾਲੇ ਸਾਡੇ ਕਲਗੀਧਰ ਪਾਤਸ਼ਾਹ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ।

ਆਦਿਤੀ ਕਠਪਾਲ  
ਸੱਤਵੀਂ - ਏ  
ਸਿਟੀ ਕੈਂਪਸ



## ਸ਼ਹੀਦੀ ਸਾਕਾ ਛੋਟੇ ਸਾਹਿਬਜ਼ਾਦੇ

ਸ਼ਹੀਦਾਂ ਦੇ ਸਰਤਾਜ ਸ਼੍ਰੀ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਸਾਹਿਬ ਜੀ ਦੇ ਪੋਤਰੇ ਅਤੇ ਸ਼੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਾਹਿਬ ਜੀ ਦੇ ਲਾਡਲੇ ਛੋਟੇ ਸਾਹਿਬਜ਼ਾਦਿਆਂ ਜ਼ੋਰਾਵਰ ਸਿੰਘ ਅਤੇ ਫਤਹਿ ਸਿੰਘ ਦੇ ਸ਼ਹੀਦੀ ਸਾਕੇ ਦੀ ਕਵਿਤਾ :



ਬੇਦਰਦੀ ਜ਼ਾਲਮ ਕੀ ਕਰਦੇ ਨੇ,  
ਨਹੀਂ ਰੱਬ ਤੋਂ ਵੀ ਉਹ ਡਰਦੇ ਨੇ।

ਨਿੱਕੀਆਂ ਕੋਮਲ ਜਿੰਦਾਂ ਨੂੰ,  
ਨੀਹਾਂ ਵਿੱਚ ਚਿਣਦੇ ਜਾਂਦੇ ਨੇ।

ਜ਼ਾਲਮ ਹੱਸਦੇ ਤੇ ਮੁਸਕਰਾਉਂਦੇ ਨੇ,  
ਨਹੀਂ ਜ਼ਰਾ ਤਰਸ ਵੀ ਖਾਂਦੇ ਨੇ।

ਦਲਮੇਸ਼ ਪਿਤਾ ਦੇ ਜਾਏ,

ਮੁੱਖ ਤੋਂ ਵਾਹਿਗੁਰੂ-ਵਾਹਿਗੁਰੂ ਜਪਦੇ ਜਾਂਦੇ ਨੇ।

ਚਿਹਰੇ ਤੇ ਨੂਰ ਝਲਕਦਾ ਹੈ,

ਨਹੀਂ ਜ਼ਰਾ ਵੀ ਉਹ ਘਬਰਾਉਂਦੇ ਨੇ।

ਜ਼ਮੀਨ ਦਾ ਸੀਨਾ ਫਟਿਆ ਏ,  
ਅਕਾਸ਼ ਤੋਂ ਬਿਜਲੀ ਚਮਕੀ ਏ।

ਪੱਤਾ-ਪੱਤਾ ਵੀ ਰੋਇਆ ਹੈ,

ਕੁਦਰਤ ਨੇ ਆਪਾ ਖੋਇਆ ਏ।

ਇੱਕ-ਇੱਕ ਇੱਟ ਪਈ ਰੋਂਦੀ ਏ,

ਇਹ ਕੀ ਅਨਹੋਣੀ ਹੋਈ ਏ।

ਕਾਲ ਵੀ ਅੱਜ ਸ਼ਰਮਿੰਦਾ ਏ

ਹੋਣੀ ਵੀ ਫੁੱਟ-ਫੁੱਟ ਰੋਈ ਏ।

ਜ਼ਾਲਮ ਨੇ ਪਾਪ ਕਮਾਇਆ ਏ।

ਕੁਲ ਆਪਣੀ ਦਾ ਨਾਸ ਕਰਾਇਆ ਏ।

ਫਤਿਹ ਸਿੰਘ ਤੇ ਜ਼ੋਰਾਵਰ ਨੇ ਗਲਵਕੜੀ ਪਾਈ ਏ,

ਸੁਰਤ ਆਪਣੇ ਤੇਗ ਬਹਾਦਰ ਦੇ ਚਰਨਾਂ ਵਿੱਚ ਲਾਈ ਏ।

ਫਿਰ ਤੇਗ ਬਹਾਦਰ ਆਏ ਨੇ,

ਗੋਦੀ ਵਿੱਚ ਪੋਤਰੇ ਦੋ ਬਿਠਾਏ ਨੇ।

ਸਭ ਲੋਕੀ ਵੇਖ ਕੇ ਰੋਂਦੇ ਨੇ।

ਪਰ ਦੇਵਤੇ ਫੁੱਲ ਬਰਸਾਉਂਦੇ ਨੇ।

ਤਨਵੀ  
ਸੱਤਵੀਂ - ਏ  
ਸਿਟੀ ਕੈਂਪਸ

## ਆਸ਼ਾਵਾਦੀ ਸੋਚ ਵਿੱਚ ਮਨੁੱਖਤਾ ਦੀ ਭਲਾਈ

ਸਾਨੂੰ ਸਾਰਿਆਂ ਨੂੰ ਇਹ ਪਤਾ ਹੀ ਹੈ ਕਿ ਸਾਰੀ ਦੁਨੀਆ ਉਮੀਦ ਅਤੇ ਆਸ਼ਾ ਤੇ ਟਿਕੀ ਹੋਈ ਹੈ ਅਤੇ ਇਤਿਹਾਸ ਇਸ ਗੱਲ ਦਾ ਗਵਾਹ ਹੈ। ਸਾਲ 2020 ਨੇ ਮਨੁੱਖ ਅੱਗੇ ਇਕ ਨਵੀਂ ਚੁਣੌਤੀ ਪੇਸ਼ ਕੀਤੀ ਅਤੇ ਉਮੀਦ ਅਤੇ ਆਸ਼ਾਵਾਦੀ ਸੋਚ ਨੇ 2020 ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਰੋਲ ਨਿਭਾਇਆ ਹੈ।



ਕਰੋਨਾ, ਅਜਿਹੀ ਬੀਮਾਰੀ ਜੋ ਚੀਨ ਤੋਂ ਸ਼ੁਰੂ ਹੋਈ, ਜਲਦ ਹੀ ਮਹਾਂਮਾਰੀ ਵਿੱਚ ਤਬਦੀਲ ਹੋ ਗਈ। ਵੇਖਦੇ ਹੀ ਵੇਖਦੇ ਲੱਖਾਂ ਹੀ ਲੋਕ ਆਪਣੀ ਜਾਨ ਗਵਾ ਬੈਠੇ ਅਤੇ ਪੂਰੀ ਦੁਨੀਆ ਦੇ ਲੋਕ ਆਪਣੇ ਘਰਾਂ ਵਿੱਚ ਬੰਦ ਹੋ ਗਏ। ਕਾਰਖ਼ਾਨੇ, ਸਕੂਲ ਅਤੇ ਕਾਲਜ ਬੰਦ ਹੋ ਗਏ। ਸ਼ਹਿਰਾਂ ਵਿੱਚ ਕੰਮ ਦੀ ਆਸ ਨਾਲ ਆਏ ਮਜ਼ਦੂਰਾਂ ਨੂੰ ਦਿਹਾੜੀ ਦੀ ਰੋਟੀ ਮਿਲਣੀ ਔਖੀ ਹੋ ਗਈ ਅਤੇ ਉਹ ਪੈਦਲ ਹੀ ਆਪਣੇ ਪਿੰਡ ਵੱਲ ਨੂੰ ਤੁਰ ਪਏ। ਬੱਸ ਅਤੇ ਟ੍ਰੇਨ ਸੇਵਾਵਾਂ ਬੰਦ ਹੋ ਗਈਆਂ। ਦੇਸ਼ ਦੀ ਅਰਥ ਵਿਵਸਥਾ ਨੂੰ ਭਾਰੀ ਨੁਕਸਾਨ ਹੋਇਆ।

ਇਹਨਾਂ ਮੁਸ਼ਕਲ ਹਲਾਤਾਂ ਵਿੱਚ ਵੀ ਲੋਕਾਂ ਨੇ ਆਸ ਨਹੀਂ ਛੱਡੀ ਅਤੇ ਇੱਕ ਸਾਲ ਅੰਦਰ ਹੀ ਵੈਕਸੀਨ ਬਣਾਉਣ ਦਾ ਰਿਕਾਰਡ ਤੋੜ ਦਿੱਤਾ। ਆਨਲਾਈਨ ਕਲਾਸਾਂ ਨੂੰ ਸ਼ੁਰੂ ਕੀਤਾ ਗਿਆ ਤਾਂ ਜੋ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਇੱਕ ਸਾਲ ਦਾ ਨੁਕਸਾਨ ਨਾ ਹੋਵੇ। ਆਰਥਕ ਪੈਕੇਜ ਲੈਂਚ ਕੀਤੇ ਗਏ ਤਾਂ ਜੋ ਜ਼ਰੂਰਤਮੰਦਾਂ ਦੀ ਮਦਦ ਕੀਤੀ ਜਾ ਸਕੇ। ਲੋਕਾਂ ਨੇ ਘਰਾਂ ਤੋਂ ਕੰਮ ਕਰਨਾ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤਾ ਅਤੇ ਇਸ ਹੀ ਉਮੀਦ ਅਤੇ ਆਸ਼ਾ ਨਾਲ ਮਨੁੱਖਤਾ ਨੇ 2020 ਵਿੱਚ ਆਉਣ ਵਾਲੀ ਹਰ ਮੁਸ਼ਕਲ ਦਾ ਸਾਹਮਣਾ ਕੀਤਾ।

ਹੁਣ 2021 ਸ਼ੁਰੂ ਹੋ ਗਿਆ ਹੈ ਅਤੇ ਇਹ ਸਾਲ ਨਾਲ ਹੀ ਲਿਆਇਆ ਕੁਝ ਹੋਰ ਨਵੀਆਂ ਚੁਣੌਤੀਆਂ। ਸੰਘਰਸ਼ ਕਦੇ ਵੀ ਖ਼ਤਮ ਨਹੀਂ ਹੋਵੇਗਾ। ਇਸ ਲਈ ਮਨੁੱਖਤਾ ਦੀ ਭਲਾਈ ਇਸ ਵਿੱਚ ਹੀ ਹੈ ਕਿ ਸਾਰੇ ਲੋਕ ਆਸ਼ਾਵਾਦੀ ਸੋਚ ਰੱਖਣ ਅਤੇ ਨਿਰਾਸ਼ਾ ਰੂਪੀ ਜੰਜੀਰਾਂ ਨੂੰ ਤੋੜ ਦਿੱਤਾ ਜਾਵੇ।

ਜੇਕਰ ਗਾਂਧੀ ਨੇ ਪਹਿਲਾਂ ਹੀ ਹਾਰ ਮੰਨ ਲਈ ਹੁੰਦੀ ਤਾਂ ਸਾਡਾ ਦੇਸ਼ ਅੱਜ ਤੱਕ ਅੰਗਰੇਜ਼ਾਂ ਸਾਹਮਣੇ ਝੁਕਿਆ ਰਹਿੰਦਾ। ਜੇਕਰ ਆਦਿ ਮਾਨਵ ਨੇ ਪੈਰਾਂ ਤੇ ਖੜ੍ਹੇ ਹੋਣ ਤੋਂ ਪਹਿਲਾਂ ਹੀ ਹਾਰ ਮੰਨ ਲਈ ਹੁੰਦੀ ਤਾਂ ਮਨੁੱਖ ਅੱਜ ਦੇ ਮੁਕਾਮ ਤਕ ਕਦੇ ਨਾ ਪਹੁੰਚਦਾ। ਸੰਘਰਸ਼, ਤਰੱਕੀ, ਵਿਕਾਸ ਜੀਵਨ ਦਾ ਨਿਯਮ ਹੈ।

ਵੈਂਸ਼ ਕੌਰ

ਬਾਰੂਵੀਂ - ਸੀ

## ਸਫਲਤਾ ਦੀ ਕੁੰਜੀ

- ਆਉਣ ਵਾਲਾ ਹਰ ਪਲ ਬੀਤੇ ਹਰ ਪਲ ਤੋਂ ਵਧੀਆ ਹੋਵੇਗਾ, ਇਹ ਸੋਚ ਕੇ ਹੀ ਹਰ ਪਲ ਦਾ ਸਦਉਪਯੋਗ ਕਰੋ।
- ਆਪਣਾ ਰਸਤਾ ਆਪ ਬਣਾਓ ਤਾਂ ਜੋ ਸਫਲਤਾ ਨਾਲ ਮੰਜ਼ਲ ਤੇ ਪਹੁੰਚ ਸਕੋ।
- ਕਦੇ ਨਾ ਡਿੱਗਣ ਨਾਲੋਂ ਡਿੱਗ ਕੇ ਉਠ ਜਾਣ ਵਿੱਚ ਹੀ ਬਹਾਦਰੀ ਹੈ।
- ਪੱਕਾ ਇਰਾਦਾ ਅਤੇ ਆਤਮਵਿਸ਼ਵਾਸ ਹੋਵੇ ਤਾਂ ਕੋਈ ਕੰਮ ਮੁਸ਼ਕਲ ਨਹੀਂ ਹੈ।
- ਕਲਪਨਾ ਕਰਨਾ ਚੰਗਾ ਹੈ ਪਰ ਕਲਪਨਾ ਵਿੱਚ ਡੁੱਬਣਾ ਨਹੀਂ ਚਾਹੀਦਾ।
- ਧੀਰਜ ਰੱਖਣਾ ਬਹੁਤ ਔਖਾ ਹੈ ਪਰ ਇਸ ਦਾ ਫਲ ਬਹੁਤ ਮਿੱਠਾ ਹੁੰਦਾ ਹੈ।
- ਕੰਮ ਸ਼ੁਰੂ ਕਰਨ ਤੋਂ ਪਹਿਲਾਂ, ਸੋਚਣਾ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ, ਪਰ ਕੇਵਲ ਵਿਚਾਰ ਹੀ ਨਹੀਂ ਕਰਨਾ ਚਾਹੀਦਾ।
- ਸਹੀ ਸੋਚ ਹੀ ਮਨੁੱਖ ਨੂੰ ਭਟਕਣ ਤੋਂ ਬਚਾਉਂਦੀ ਹੈ।



ਆਯਰਾ ਮੁੰਜਾਲ  
ਨੌਵੀਂ - ਏ

## ਕਾਮਯਾਬ ਜ਼ਿੰਦਗੀ

ਕਾਮਯਾਬ ਅਤੇ ਸਫਲ ਜੀਵਨ ਦੀ ਚਾਹ ਹਰ ਇੱਕ ਨੂੰ ਹੁੰਦੀ ਹੈ। ਮਿਹਨਤੀ ਇਨਸਾਨ ਦਾ ਸੁਪਨਾ ਹੁੰਦਾ ਹੈ ਕਿ ਉਸਦੀ ਮਿਹਨਤ ਦਾ ਮੁੱਲ ਪਵੇ, ਦੁਨੀਆ ਵਿੱਚ ਉਸਦੀ ਵੀ ਇੱਕ ਪਛਾਣ ਹੋਵੇ, ਉਸਦਾ ਵੀ ਇੱਕ ਰਸੂਖ ਹੋਵੇ। ਸਫਲਤਾ ਲਈ ਨਿਰੋਲ ਸੱਚਾਈ ਹੈ ਕਿ ਜ਼ਿੰਦਗੀ ਅਮਲ ਨਾਲ ਹੀ ਉੱਚੀ ਤੇ ਖੇੜੇ ਵਾਲੀ ਬਣਦੀ ਹੈ। ਗਿਆਨਵਾਨ ਲੇਖ ਪੜ੍ਹ ਲੈਣਾ ਅਤੇ ਦੂਜਿਆਂ ਨੂੰ ਭਾਸ਼ਣ ਦੇ ਕੇ ਸਮਝਾ ਦੇਣਾ ਹੀ ਕਾਫ਼ੀ ਨਹੀਂ ਹੁੰਦਾ। ਗ੍ਰਹਿਣ ਕੀਤੇ ਇਲਮ ਭਾਵ ਗਿਆਨ ਨੂੰ ਅਮਲ ਭਾਵ ਕਰਨੀ ਵਿਚ ਲਿਆਉਣਾ ਹੀ ਸਫਲਤਾ ਦੀ ਪ੍ਰਾਪਤੀ ਹੈ। ਇਹ ਚੀਜ਼ਾਂ ਸਾਡੀ ਸ਼ਖਸੀਅਤ ਵਿੱਚੋਂ ਝਲਕਣੀਆਂ ਚਾਹੀਦੀਆਂ ਹਨ। ਇੱਕ ਵਾਰ ਇੱਕ ਬੱਚਾ ਆਪਣੀ ਮਾਂ ਪਾਸੋਂ ਪੁੱਛਦਾ ਹੈ ਕਿ “ਅੰਮੀ ਕੀ ਮੈਂ ਅੱਜ ਸਾਰਾ ਦਿਨ ਨੇਕ ਤੇ ਚੰਗਾ ਮੁੰਡਾ ਨਹੀਂ ਰਿਹਾ?” ਤਾਂ ਮਾਤਾ ਨੇ ਕਿਹਾ ਕਿ “ਤੂੰ ਇਹ ਕਿਉਂ ਪੁੱਛ ਰਿਹਾ ਹੈ?” ਪੁੱਤਰ ਨੇ ਦੱਸਿਆ ਕਿ “ਅੱਗੇ ਤਾਂ ਮੈਂ ਜਦੋਂ ਹਮੇਸ਼ਾਂ ਸ਼ਰਾਰਤਾਂ ਕਰਦਾ ਸੀ ਤਾਂ ਮੈਨੂੰ ਡਾਂਟ ਪੈਂਦੀ ਸੀ ਅਤੇ ਅੱਜ ਮੈਂ ਕੋਈ ਸ਼ਰਾਰਤ ਨਹੀਂ ਕੀਤੀ ਤਾਂ ਮੈਨੂੰ ਸ਼ਾਬਾਸ਼ੀ ਕਿਉਂ ਨਹੀਂ ਮਿਲੀ?” ਸੋ ਬਦਲਾਅ ਦੀ ਸਕਾਰਤਮਕਤਾ ਨੂੰ ਸਲਾਹੁਣ ਨਾਲ ਹੀ ਉਹ ਦੁਰਗਣੀ ਹੋ ਜਾਂਦੀ ਹੈ। ਇਸ ਗੱਲ ਵੱਲ ਧਿਆਨ ਦੇਣਾ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਨਿਰਾਸ਼ਾ ਦੀ ਥਾਂ ਆਸ਼ਾ ਆਵੇਗੀ ਅਤੇ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਜਿੱਤ ਆਉਣ ਦੀ ਥਾਂ ਬਣੇਗੀ। ਹਮੇਸ਼ਾਂ ਆਪਣੇ ਆਦਰਸ਼ ਨੂੰ ਸਾਹਮਣੇ ਰੱਖ ਕੇ ਚੱਲਣਾ ਚਾਹੀਦਾ ਹੈ। ਆਤਮਾ ਦੀ ਕਾਬਲੀਅਤ ਦੀ ਪਰਖ ਉਸ ਵੇਲੇ ਹੁੰਦੀ ਹੈ ਜਦੋਂ ਉਸਦੀ ਤਿਆਗ ਦੀ ਸਥਿਤੀ ਤੱਕ ਪਹੁੰਚ ਹੁੰਦੀ ਹੋਵੇ। ਪ੍ਰਸੰਨ ਰਹਿਣਾ ਵੀ ਸਫਲਤਾ ਦਾ ਇੱਕ ਰਾਜ ਹੈ। ਕਾਮਯਾਬੀ ਦੇ ਚਾਹਵਾਨ ਨੂੰ ਹਰ ਵੇਲੇ ਖਿੜੇ ਰਹਿਣ ਦੀ ਆਦਤ ਪਾ ਲੈਣੀ ਚਾਹੀਦੀ ਹੈ। ਆਪਣੀ ਕਾਬਲੀਅਤ ਤੇ ਸਵੈ-ਵਿਸ਼ਵਾਸ ਹੋਣਾ ਲਾਜ਼ਮੀ ਹੁੰਦਾ ਹੈ ਫਿਰ ਭਾਵੇਂ ਤੁਹਾਡੇ ਬਾਰੇ ਕੋਈ ਵੀ ਕੁਝ ਸੋਚੇ ਪਰਵਾਹ ਨਹੀਂ ਕਰਨੀ ਚਾਹੀਦੀ। ਇਸ ਤਰ੍ਹਾਂ ਠੀਕ ਖਿਆਲ ਨਾਲ ਅਰੋਗਤਾ ਅਤੇ ਅਗਾਂਹਵਧੂ ਤਾਕਤ ਦਾ ਮਿਲਣਾ ਅਤੇ ਸਫਲਤਾ ਦੇ ਰਾਹ ਦੱਸਦਿਆਂ ਇਹ ਸਮਝਣਾ ਚਾਹੀਦਾ ਹੈ ਕਿ ਹਰ ਕੰਮ ਦੇ ਸ਼ੁਰੂ ਵਿੱਚ ਮੁਸ਼ਕਲਾਂ ਆਉਂਦੀਆਂ ਹਨ, ਨਿਰਾਸ਼ਾ ਹੁੰਦੀ ਹੈ, ਨਿਰਾਸ਼ਾਵਾਦਿਕ ਮਨੁੱਖ ਮਿਲਦੇ ਹਨ, ਪਰ ਆਪ ਬਹਾਦਰ ਬਣਨ, ਹਿੰਮਤ ਨਾ ਹਾਰਨ, ਸਿੱਧਾ ਰਾਹ ਫੜੀ ਰੱਖਣ ਕੰਮ ਵਿੱਚ ਤਰੱਕੀ ਆਪਣੇ ਤਜਰਬੇ ਅਤੇ ਗਿਆਨ ਨਾਲ ਆਪਣੀ ਚੰਗਿਆਈ ਨੂੰ ਸਾਬਤ ਕਰ ਕੇ ਹੀ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ। ਘੜੀ-ਮੁੜੀ ਦੀ ਅਸਫਲਤਾ ਪਿੱਛੋਂ ਵੀ ਯਤਨ ਨੂੰ ਮੁੜ ਅਰੰਭ ਸਕੋ, ਬਦਦਿਲੀ ਤੇ ਕੰਮ ਤਿਆਗਣ ਦੀ ਸਲਾਹ ਦੇ ਉਲਟ ਹਿੰਮਤ ਨਾਲ ਕੰਮ ਵਿੱਚ ਡਟ ਕੇ ਮਨੋਰਥ ਨੂੰ ਦਿਮਾਗ ਦੇ ਕੇਂਦਰ ਤੇ ਟਿਕਾ ਕੇ ਰੱਖੋ। ਕੰਮ ਦੇ ਅੰਤ ਦਾ ਵੀ ਓਨਾ ਹੀ ਖਿਆਲ ਰੱਖੋ ਜਿੰਨੀ ਹੱਲਾਸ਼ੇਰੀ ਨਾਲ ਇਸ ਨੂੰ ਸ਼ੁਰੂ ਕੀਤਾ ਸੀ, ਤਾਂ ਸਫਲਤਾ ਤੁਹਾਡੀ ਹੈ ਅਤੇ ਕਾਮਯਾਬ ਜ਼ਿੰਦਗੀ ਵੀ ਤੁਹਾਡਾ ਇੰਤਜ਼ਾਰ ਕਰ ਰਹੀ ਹੈ।

ਬਲਜੀਤ ਕੌਰ  
ਪੰਜਾਬੀ ਅਧਿਆਪਕਾ

## ਕੁਦਰਤ ਦੀ ਅਵਾਜ਼

ਇੱਕ ਰੋਈ ਸੀ ਹੀਰ, ਤਾਂ ਵਾਰਿਸ ਸ਼ਾਹ ਨੇ ਧਾਹਾਂ ਮਾਰੀਆਂ।  
ਵੰਡ ਦਾ ਦੁਖਾਂਤ ਦੇਖ ਕੇ, ਵਾਰਿਸ ਸ਼ਾਹ ਨੂੰ ਵਾਜ਼ਾਂ ਮਾਰੀਆਂ।  
ਅੱਜ ਕਿਧਰੋਂ ਲਿਆਵਾਂ ਵਾਰਿਸ ਸ਼ਾਹ ਤੇ,  
ਕਿਧਰੋਂ ਹਾਕਾਂ ਮਾਰਦੀ ਅੰਮ੍ਰਿਤਾ ਨੂੰ ਬੁਲਾਵਾਂ।  
ਅੱਜ ਰੋਇਆ ਇੱਕ ਪੰਜਾਬ ਨਹੀਂ,  
ਕੁਲ ਦੁਨੀਆ ਹੈ ਕੁਰਲਾ ਉੱਠੀ,  
ਇੱਕ ਨਾ ਦਿਸਣ ਵਾਲੇ ਕੀਟਾਣੂੰ ਨੇ, ਦੁਨੀਆ ਅੰਦਰ ਬਿਠਾ ਦਿੱਤੀ।  
ਅੱਜ ਮਾਨਸ ਨੇ ਉਸ ਕੁਦਰਤ ਨੂੰ ਵੰਗਾਰ ਕੇ।  
ਜਿਉਣਾ ਮਰਨਾ ਵੀ ਵਸ ਕਰ ਲਿਆ ਸੀ,  
ਘੱਟਿਆ ਬੱਧੀ ਲਾਸ਼ ਨੂੰ ਹੀ, ਵੈਂਟੀਲੇਟਰਾਂ ਤੇ ਪਾਉਣਾ ਸਿੱਖ ਲਿਆ ਸੀ।  
ਪਰ ਅੱਜ ਪੇਸ਼ ਕਿਸੇ ਦੀ ਨਾ ਜਾਂਦੀ ਲਗਦੀ,  
ਕਰੋਨਾ ਤੋਂ ਡਰਦੀ ਦੁਨੀਆ ਅੰਦਰ ਵੜਦੀ।  
ਅੱਜ ਮਾਰਾਂ ਹਾਕਾਂ ਕਿਹੜੇ ਵਾਰਿਸ ਸ਼ਾਹ ਨੂੰ,  
ਸਮਝਾ ਜਾਵੇ ਜਿਹੜਾ ਇਸ ਇਨਸਾਨ ਨੂੰ।  
ਸਾਨੂੰ ਡਿਸਕੋ ਪੱਬਾਂ ਵਿੱਚ ਜਾਣਾ ਟੁੰਬਦਾ ਸੀ,  
ਪਰ ਅੱਜ ਦਿਲ ਰੋਟੀ ਹੀ ਰੋਟੀ ਮੰਗਦਾ ਸੀ।  
ਜਦੋਂ ਬੰਦਾ ਕੁਰਹਾਮ ਮਚਾਏਗਾ, ਰੱਬ ਆਪਣੀ ਅਵਾਜ਼ ਸੁਣਾਏਗਾ।  
ਸੁਣ ਲੈ ਰੱਬ ਦੀ ਪੁਕਾਰ, ਅਜੇ ਵੀ ਸੁਧਰ ਜਾ ਇਨਸਾਨ।  
ਮੈਂ ‘ਨਮਨਦੀਪ’ ਕਰਦਾ ਹਾਂ ਉਸ ਕੁਦਰਤ ਅੱਗੇ ਅਰਦਾਸ,  
ਕਾਰਜ ਆਉਣ ਸਾਰੇ ਰਾਸ।  
ਮੁੜ ਵੇਖਾਂ ਮੈਂ ਹੱਸਦਾ ਤੇ ਨੱਚਦਾ ਪੰਜਾਬ, ਹੱਸਦਾ ਤੇ ਨੱਚਦਾ ਪੰਜਾਬ।  
ਕੋਈ ਨਸ਼ਾ ਨਾ ਇਸ ਨੂੰ ਖਾਂਦਾ ਹੋਵੇ,  
ਜਨਨੀ ਨੂੰ ਮਾਂ ਸਭ ਮੰਨਦਾ ਹੋਵੇ।  
ਉਸ ਅਮੀਰ ਵਿਰਸੇ ਨੂੰ ਸੰਭਾਲ ਓ ਪੰਜਾਬੀਆ,  
ਉਸ ਆਪਣੇ ਵਿਰਸੇ ਨੂੰ ਸੰਭਾਲ।

ਨਮਨਦੀਪ ਸਿੰਘ  
ਸੱਤਵੀਂ-ਏ

# Science Section

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## *For better, we are in this together*

It has been a bumpy ride, the last year and a half. As I sit on my desk trying to write a science editorial, I find it difficult to veer my mind towards anything other than the pandemic we are going through. The COVID-19 pandemic is not just a scientific challenge. It is at the same time, a psychological, social, logistic, political, economic and at a certain level a spiritual challenge. I hope you forgive me if I forgot to include something in its scope, such has been the vastness of its extent and reach that it is easy to understate it.



While the scientific community has done its bit by channelizing its research on m-RNA technology to develop vaccines which had never made it through human trials before, the pandemic has been in no way a battle science has waged alone. Psychologists, doctors, teachers, students, economists, entrepreneurs and countless others have banded together in an inter-disciplinary army to win this third World War. Not many people thought we were going to fight it against a microscopic virus.

The challenge is far from over; it remains to be seen what psychological and social effects the pandemic is going to leave in its wake. Every time we see light at the end of the tunnel, it turns out to be a mirage and we are hit with another wave of this deadly virus. From seeing cases subside, we suddenly shift to seeing businesses falter, families torn apart, lives lost, funeral homes work overtime and witness scenes straight out of a Hollywood end-of-the-world movie. It affects you in a very particular kind of way, constantly being given hope and having it snatched away from you, again and again.

There is this thing about humans. Historically speaking we have come back the strongest after being pinned to the floor. Whether you talk about the post plague renaissance 14th century onwards or the post-World War II economic expansion. We have bounced back strongest when all hope has been lost. A scientific mind understands the laws of nature and tinkers with them. The new technologies today bring new hopes and thrill. So, there sure is cause of optimism and excitement.

This section, I hope will allow the young reader to tune in to today's exciting developments. You will be introduced to the young Kundanite who has developed an AI Health Assistant, you will read about Time travel, learn about vaccines and lot more! So let us dive into the amazing world of science.

**Anupma Kumbkarni**  
Editor  
Science Section

## YOUNG ACHIEVER

Project title : **AI Health Assistant**  
Domain : **Computer Vision Technology**  
Name : **Arnav Mehta**  
Class : **10**  
School : **Kundan Vidya Mandir,  
Ludhiana**

### SUMMARY

**An AI-enabled assistant to support doctors in identifying pulmonary diseases by scanning chest X-Rays**

### CONTEXT

As the COVID-19 pandemic spread, people were frightened of the virus. No one knew how to cure it and all we could do was save ourselves and prevent it from spreading. But as the doctors researched, it was found that the symptoms of this disease were very similar to that of a common-flu or viral fever.

It was then that Arnav got to know that there are a lot of such pulmonary diseases that may seem to be similar but have drastically different outcomes. On doing further research he came across the fact that the World Health Organisation estimates that a shocking number of 3 Million deaths are caused every year due to these diseases, the major reason being a lack of an efficient system that can accurately identify pulmonary diseases within due time for timely treatments.

Alarmed at the numbers and driven by the current pandemic, Arnav came up with an AI model that can predict pulmonary diseases by scanning chest X-rays. The model can currently predict multiple pulmonary diseases like pneumonia, edema, fibrosis, hernia, and cardiomegaly, etc.

### HOW DOES IT WORK?

The AI software led web application takes chest X-ray image as an input and converts it into a resized greyscale image which is then fed to the Computer Vision based model. The model identifies the key features in the image and helps to detect the disease.

The AI model is based on a 5-layered Convolutional Neural Network that has been trained on over 4 thousand images to be able to detect the disease effectively with an accuracy of 90%.

I am Arnav Mehta of class X-A of Kundan Vidya Mandir School, Civil Lines, Ludhiana. I participated in IntelAi4Youth which is a National Program designed by the National e-Governance Division, Ministry of Electronics and Information Technology, Government of India and Intel India to Teach Artificial Intelligence to Students in School. The first Round started with online Answering Questions about the programming language Python which I learned during lockdown. The selected candidates including me had an interview with the Intel Teachers on Phone Call and many questions were asked from us. Only a few students were selected from all over India. There were about 100 students selected and I was fortunate enough to be one of them. Soon our classes regarding AI started and I gained a lot of knowledge. During these days I was shocked to know that 3 million deaths are caused every year due to only Pulmonary Diseases. Days passed and then we had to make Projects. Total 16 Projects were selected from India including mine and I was the only one from the Punjab state.

My project had the Title "AI HEALTH ASSISTANT" which is a web-based application that takes chest X-Ray images as input and helps to detect if there is any disease. In the background when the image is uploaded. The AI-based 5 layered Neural Network Model trained on thousands of samples identifies the key features in the image to detect the disease, It can identify diseases effectively with an accuracy of 90%. My website is deployed and its link is

[https://share.streamlit.io/arnavmehta7/lungs\\_disease\\_web/main/st11.py](https://share.streamlit.io/arnavmehta7/lungs_disease_web/main/st11.py).

All projects were shown in an Online Workshop organized by Intel and CBSE in which they also made a Guinness World Record to give an Artificial Intelligence class to most attendees in 24 hours and I represented our School. It was an extraordinary journey for me and I'm glad that I had been a part of it.



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**ARNAV MEHTA**  
PROJECT TITLE - AI HEALTH ASSISTANT  
KUNDAN VIDYA MANDIR, PUNJAB  
(X-A)



## Iron Man Jet Suit in Real Life!!

Yes, you heard that right! Iron-Man-Jet-Suit in real life! The person who has made it possible is Richard Browning, an English inventor. He is also the Founder and Chief Test Pilot of Gravity Industries Ltd.



Gravity Industries Ltd designs, builds and flies Jet Suits, widely acknowledged as pioneering a new era of human flight. It was founded in March 2017 by Richard. Due to this invention of his, he is also dubbed as the real life Iron Man by many media outlets. According to him, "It's like that dream of flying you have sometimes" while flying with that jet suit.

The industry has made many versions of the jet suit. One of them, the Mk2, has two miniature jets on each arm and a fifth one on the back pack. The suit creates a thrust of 317 pounds and has a 1050 HP (horsepower). It carries around 5.25 gallons of jet fuel.

The new version, the Mk3, has already set a Guinness Book record with a top speed of 85.6 mph (135 km/h). It can propel a person of less than 200 pounds for about seven minutes. The company is also developing a wing system to extend the range even further. Yes, just like Falcon!

Rather than selling to individuals, Gravity has focused on leasing suits to the rescue, military and entertainment industries. Browning says, "A couple of our clients were very driven to commission their own and having seen they can fly with us, we proceed." The suits cost \$440,000, but stay at Gravity's facility, where the owners can visit to fly in them.

**Mridul Singhania**  
X-G

## Pandemic Threats and Responsible Humanity

Humans always created wonders starting from the time of inventing wheel to internet. Creating all these wonders resulted in greater and greater exploitation of natural resources due to which the likelihood of pandemics increased.



The risk of occurring outbreaks rapidly increased including risk of infections pathogens spilling over from animals to humans. We faced Spanish flu in 1918-1920, Asian flu in 1957-1958, Hon Kong flu in 1968-1969, Swine flu in 2009-2010 and Covid 19 in 2020-2021.

Pandemics not only increases morbidity and mortality but significant economic, social and political disruption too. Due to corona virus, 1.8 million people lost their lives worldwide. Talking about India, we lost 1,49,471 countrymen too.

Our economy was undeniably displaying green shoots till February when Covid pandemic struck India. The services sector - the dominant engine of growth in India - has been most affected by the need of social distancing and the lockdown. We need to introspect ourselves and find out the factors responsible for such pandemics and to our surprise, it is none other than we, the human beings, who dream, learn, work and forgets to take care of our environment and the mother earth.

Exploitation of wildlife is the biggest threat to biodiversity with high demand for wildlife products combined with weak low enforcement. We must realize that the only solution is international co-operation based on the shared realization to change ourselves now.

**Harnoor Kaur**  
VII-A

## The Clouds

Clouds are incredible. Their endless shapes can add beauty to a sunny afternoon or terror to a day marked by tagedy when you look at how diverse these billowing formations of atmospheric water are, it's easy to forget that they are just atmospheric water. Even so, there's much more to clouds than meets the eye.

### 1. They are not weightless

Clouds look like the weigh little more than tuff of cotton, but they're heavier than they look. Your average cumulus (fair weather) clouds can weigh more than a million pounds, (that is equal to 100 elephants and a vivacious thunderstorm can hold up to 17.4 million gallons of water in a small part of the sky. Clouds generally cover 67.5% of the earth.

### 2. Cirrus Clouds are made of ice

Clouds at higher and extremely cold level and it's true

that clouds are made up of water vapour. But they aren't made up of water vapour. The air around us is partially water made up of invisible water vapour. It's only when that water vapour cools and condenses into liquid water droplets or solid ice crystals that are visible clouds form.



We can not touch the clouds. Although we can see clouds, if you would try to touch one your hand would go straight through it although we can't really touch clouds, you could walk through one. In fact that's what fog is : a cloud that's formed close to the ground.

**Shreya Sharma**  
IX-E

## What is Trichology?

Trichology is the branch of medical and cosmetic study and practice concerned with the hair and scalp. It was first conceived as a speciality branch of study in Britain in the late 19th century. It then became a specific para-medical discipline in 1902.



A trichologist is a hair and scalp specialist. Trained in life sciences, they look at hair loss problems in a holistic way by evaluating clients on the basis of personal history, lifestyle, genetic factors and environmental conditions.

An average scalp contains about 100,000 hairs. 80-90% of which is in active growing phase, 8-9% is in transition phase from growing to resting phase and only about 1% is in resting phase which falls off daily while combing, shampooing etc. That is why, trichologists consider hair fall of approximately 100 per day as normal.

**Falak Garg**  
VII-B  
City Campus

## My Experience of Science Subject in Year 2020

In February, 2020 corona reached India. People thought that it is a small infection. In March, 2020 the cases started rising but no one thought that the schools will get closed. On 18 March, 2020 the government gave the orders that the schools are to be closed. On April 7, 2020 we had our first online class. All students were excited that how we will attend school online. The classes started on whatsapp. 10 months from now, no one could imagine online science classes. Even I thought how we will understand science? But the efforts of our teachers made it possible. They worked very hard. They wrote notes, made videos and it continued like this for few months. Then the live classes started. In August, 2020 we had our first live class. From then till now I do not have any doubt in any chapter of Science. My experience of Science subject in 2020 was awesome and wonderful. This was successful only because of untiring efforts of our teachers and our school authorities.



**Reyansh**  
VII-B

## MORINGA

*Moringa oleifera* or drumstick is a plant native to northern India that can also grow in other tropical and sub-tropical places, like Asia and Africa. Folk medicine has used the leaves, flowers, seeds and roots of this plant for centuries.



It's traditionally been used as a remedy for such conditions as :

- Diabetes
- Long-lasting inflammation
- Bacterial, viral and fungal infections
- Joint Pain
- Heart health
- Cancer
- Health Benefits

Moringa has many important vitamins and minerals. The leaves have 7 times more vitamin C than oranges and 15 times more potassium than bananas. It also has calcium, protein, iron and amino acids, which help your body heal and build muscle.

Being a rich source of vit. C & E, it is also packed with antioxidants, substances that can protect cells from damage and may boost your immune system. There's some evidence that some of these antioxidants can also lower blood pressure and reduce fat in the blood and body.

### Uses of Moringa

So far, much of the research on moringa has used animals as test subjects. We don't know if the results would be the same with humans. Researchers are working to find out exactly how extracts from this tree affect people, but early studies show it may help with :

**Rheumatoid arthritis :** Moringa leaf extract may lower fluid swelling, redness and pain.

**Diabetes :** Several early studies show that insulin-like proteins found in moringa may help lower blood sugar. Plant chemicals found in the leaves might help the body process sugar better, and it may affect how the body releases insulin.

**Cancer :** In lab tests, leaf extracts slowed the growth of pancreatic cancer cells and helped chemotherapy work better. Other lab studies show that moringa leaves, bark and roots all have anti-cancer effects that might lead to new drugs.

**Memory :** Some experts think the antioxidants and other health-promoting plant chemicals may heal stress and inflammation in the brain.

**Srijan Kapoor**  
X-G



## Climate change is hurting children's diet

An International study of 107,000 children finds that higher temperatures are an equal or even greater contributor to child malnutrition and low quality diets than the traditional culprits of poverty, inadequate sanitation, and poor education. The 19-nation study is the largest investigation of the relationship between our changing climate and children's diet diversity to date. Led by University of Vermont researchers, the study examines diet diversity among children of age 5 and under, using 30 years of geocoded temperature and precipitation data, and socioeconomic, ecological, and geographic data. Researchers focused on diet diversity, a metric developed by the United Nations to measure diet quality and micronutrient intake. Micronutrients, such as iron, folic acid, zinc, and vitamins A and D, are critical for child development. A lack of micronutrients is a cause of malnutrition, which affects one out of every three children under the age of five. Diet diversity is measured by counting the number of food groups eaten over a given time period. On an average, children in the study had eaten food from 3.2 food groups (out of 10) - including meat and fish, legumes, dark leafy greens and cereal greens in the previous 24 hours. By contrast, diet diversity in emerging economies or more affluent countries such as China have been more than double this average (6.8 for children 6 and under). Higher rainfall in the future may provide important diet quality benefits in multiple ways, but it also depends on how that rain comes. If it's more erratic and intense, as is predicted with climate change, this may not hold true. The findings of this study suggests that, in addition to addressing current needs, policy makers need to plan for improving diets across the most vulnerable in the future with a warming climate in mind.



**Vaibhav Goel**  
IV-E

## Water Scarcity

Do you Know? In next ten years the ground water in Punjab will disappear. According to a Survey. There are millions of people all over the world who don't have access to water or if they access that water is unable to be used. About 70% of Earth's surface is covered with water and 3% of it is actually fresh water that is fit for human consumption. Clean drinking water is scarce and there are millions of people across this global who spend their entire day searching for it.



"We have never really learned how water is important to us. We understand it, but we don't respect it."

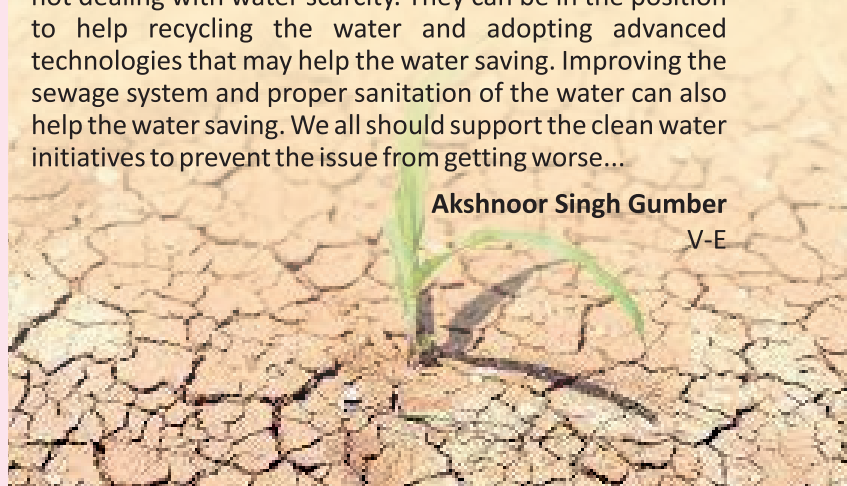
The main causes of water scarcity are :

The overuse of water is a huge issue that a lot of people are dealing with. It may be overused by people, animals, land or any other number of things.

Water pollution is a huge problem, especially when you are looking at areas that don't necessarily have a great sewage system. Pollution can be anything from oil to chemicals. The effects of water scarcity is that people are not able to get clean, fresh drinking water and availability of water is not sufficient for crops also. It may cause health issues, including depression and anxiety.

The solution of water scarcity is by educating those who are not dealing with water scarcity. They can be in the position to help recycling the water and adopting advanced technologies that may help the water saving. Improving the sewage system and proper sanitation of the water can also help the water saving. We all should support the clean water initiatives to prevent the issue from getting worse...

**Akshnoor Singh Gumber**  
V-E



## C.V. Raman

C.V. Raman was one of the prominent scientists of India. Raman's academic brilliance was established at a very young age. He had a pioneering work on the scattering of light. C.V. Raman won the Nobel Prize for Physics in 1930. He was the first Asian and first non-White to receive any Nobel Prize in the sciences. Raman also worked on the acoustics of musical instruments. He was the first to investigate the harmonic nature of the sound of Indian drums such as the tabla and the mridangam.



**Anaysha Nayyar**  
V-F

# Vaccines that changed the world

## 1. Yellow Fever

*Virus Flaviviridae*

The name of this viral haemorrhagic disease comes from the yellowed appearance of the skin and eyes that results from damage to the liver. Max Theiler (Rockefeller Foundation : 1951 Nobel Prize) developed the effective 17D strain of the yellow fever vaccine in 1937 that continues to remain in use today.

## 2. Tetanus

Bacteria *Clostridium tetani*

Tetanus, synonymous with 'lockjaw', is an acute and potentially fatal disease which was first identified in 1884 by Italian scientists. Tetanus toxoid was first produced in 1924 by a group of German scientists. To this day, tetanus vaccination remains a testament to the public health success of vaccines.

## 3. Chickenpox

*Virus Varicella-zoster*

Thomas Weller (1954 Nobel Prize in Physiology/Medicine) was the first to isolate the varicella virus in 1953. The chickenpox vaccine first became commercially available in 1984. The vaccine is on the WHO's List of Essential Medicines.

## 4. Tuberculosis

Bacteria *Mycobacterium tuberculosis*

*Mycobacterium tuberculosis* (Mtb), the causative agent of tuberculosis (TB) is a leading cause of human disease and death, particularly in developing countries. The development of the vaccine was started by French bacteriologists Albert Calmette and Camille Guérin at the Pasteur Institute. The BCG vaccine is administered shortly after birth only in infants at high risk or tuberculosis, was first used medically in 1921, and it continues to be on the WHO's List of Essential Medicines.

## 5. Diphtheria

Bacteria *Corynebacterium diphtheriae*

Diphtheria gained its official name from French physician Pierre Bretonneau, who called the disease diphtherite, distinguishing it from scarlet fever. The DPT vaccine is administered as a class of combination vaccines against three infectious diseases-diphtheria,

pertussis (whooping cough), and tetanus (lockjaw). As recommended by the WHO since 1974, it is administered in childhood immunisation programmes in almost all countries of the world.

## 6. Typhoid

Bacteria *Salmonella typhi*

Contributions from British bacteriologist Almroth Edward Wright and German physicians Richard Pfeiffer and Wilhelm Kolle resulted in the development of an effective typhoid vaccine in 1896. Due to the side effects of the earlier version of the vaccine, newer formulations created by Wright-Pfeiffer and Kolle are recommended by WHO.

## 7. Cholera

Bacterial *Vibrio Cholerae*

Cholera is an infection of the small intestine caused by some strains of the bacteria *Vibrio cholerae*, which affects children the most. Contributions to the development of the cholera vaccine were made by Filippo Pacini, and Waldemar Hafkine.

## 8. Rabies

*Virus Rabies lyssavirus*

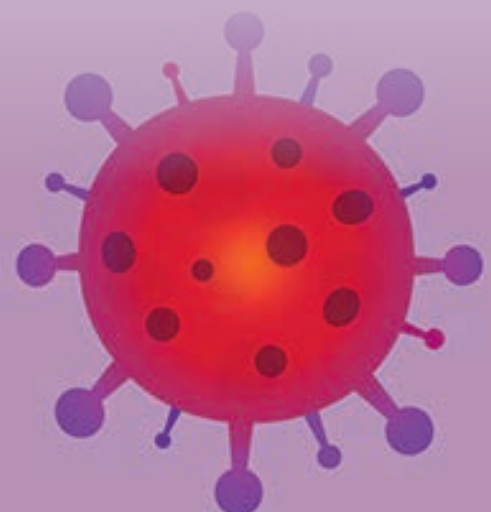
In 1880, a Parisian veterinarian sent Louis Pasteur samples from two dogs that had died of rabies. Pasteur continued to work with rabies over the next several years until 1885, when he successfully applied a post-exposure vaccination to nine-year old boy, Joseph Meister. The Pasteur Institute-Roux vaccine was followed by an improved version with which millions of people globally were vaccinated against the virus.

## 9. SARS-CoV-2 - Virus

Only 305 days after the novel coronavirus outbreak was declared a 'public health emergency of international concern' on Dec 2, 2020. American pharmaceutical company, Pfizer Inc., broke all previous records to yield the fastest developed vaccine in human history.



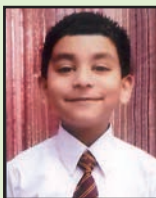
Tejnoor Singh  
V-A



## Innovations

Inventions are human's creations.

Oh yes! We are so brainy and creative that we can make anything work. Any idea or thought can be made true by us. Science of technology is best used by us.



When we experiment and invent something, we are best at inventing life in materials. Inventions by humans not only make life easy but also give them an idea of reinventing or recreating and keep experimenting. We (as humans) keep with awesome gadgets that are -

- 1. Robot Bird :** This is a bird made by technology. It is like a falcon that scares all the birds at airport and makes the airport safe.
- 2. Match Clock :** What time is it? The Albert Clock displays math equation instead of actual time. For instance, if the clock displays 8+3hours, 25-3 minutes that means 11:22. It is a helper for kids to brush up their math skills.
- 3. Cycle Light :** Cycling in the dark can be dangerous, since cars may not be able to see you. But a new gadget called "Bikesphere" is here to help. It makes red light when cycling in the dark. Thanks to red light. Safety first!
- 4. Light up helmet :** It is the world's first smart helmet. Called the "Lumos", This helmet has white light in front and red light on the back, so the cyclist can be seen in the dark. And even better, it features left and right turn signals that allow drivers to know which way a cyclist plans to turn. All the features are controlled by the small remote that's attached to the handlebars.
- 5. Smart trash bin :** We all know how important it is to recycle, but sometimes waste and recycling aren't always separated properly. An invention called "Bin - e hopes" is there to help fix that. This is one gadget that definitely puts the planet first.

As they say, children are the future of the world, technology has made it possible to train them and make them into a better person one day. Hence, Invent and discover one day for a better future.

Jinansh Jain  
V-E

## Penguin

Penguins are the birds which are found in cold regions of Antarctic island. They are black and white in colour. They have wings, but cannot fly. They use their wings to swim. They eat fish, Octopus and other sea animals. Penguins spend most of their time in the water. They stand straight on their short legs.



A penguin can live for fifteen to twenty years. I like Penguins.

Tejaswani Singh  
II-A  
City Campus

## A poem on our Solar System

The moon shines so very bright,  
Especially on a crisp clear night,  
The sun is big and hot,  
And also covered in little spots,

Mercury is quite small,  
Against the sun it's a tiny ball.  
Venus is cloudy like a rainy day.  
But too much to go out and play.

The earth is blue and nice,  
and this is the place where I spend my life.  
Mars is next and so red,  
But there is no life and is completely dead.

Jupiter is the biggest of them all,  
But is just a giant gas ball.  
Saturn looks cool with its enormous rings  
It's the solar system's ultimate 'BLING BLING'

Uranus always gets a laugh,  
But it really isn't quite that drift  
Neptune is next upon the list,  
With its almost invisible disc.

Now we have come so very far  
from our friendly yellow star.  
We come to Pluto which some do say  
It isn't a planet anyway!



Tanvi Jain  
VIII-B  
City Campus

## Know about Human Brain

- 1) The human brain is the largest of all vertebrates relative to body size.
- 2) It weights about 3.3lbs
- 3) The average brain volume in males is 1274 cubic centimetres.
- 4) The average female has brain volume of 1131 cubic centimetres.
- 5) The brain makes up about 2% of a human's body weight.
- 6) It contains about 86 billion nerve cells.



Neha Malhotra  
V-A  
City Campus



## FUN FACTS

1. The sun and moon appear to be the same size in the sky because of an astonishing coincidence - the moon is 400 times smaller, but 400 times closer.
2. The Glass-winged butterfly lacks coloured scales, which makes its wings transparent and helps it avoid predators.
3. Similar to Scotland, North Korea also has a mythical animal as its national emblem-the winged horse Chollima.
4. A solar-powered, 'self-filling' water bottle has been invented for bike riders. It condenses atmospheric moisture to automatically fill the bottle with safe drinking water.
5. Scotland's national animal is a mythical creature a Unicorn.
6. A small cumulus cloud can weight as much as two elephants and two scientists.
7. There are about 60,000 miles of blood vessels in a child's body. If you took them all out, and laid them end to end, they would wrap around the world more than twice.



**Bhumika Kathpal**  
VIII-B  
City Campus

## Education in the time of COVID-19 Pandemic

The corona virus has brought many challenges before us. The world is on the brink of economic slowdown, uncertainty, job losses, disease, depression and negativity. All the educational institutions got closed and all board exams, other competitive exams are postponed.



In such a worrying scenario, it was indeed a challenge for the teaching fraternity to conduct online classes. Necessity is the mother of invention goes the saying and this is when the concept of smart teaching, digital technology and online teaching has come to the rescue.

Now online classes have become an important part of our daily lives. However, I can honestly say that my experience of learning online during the corona virus Pandemic has been a positive one. Online education provided a welcome environment for us. Our science teacher made lessons easy by showing different modules through live classes. She made online teaching a more convenient and interactive way of learning. These online classes helped us to develop self-discipline for a better teaching learning experience. Our teachers enhanced the experience for us by making full use of the digital medium. Live discussions were also held in the classes. However our screen time has increased, which means that we need to cut back on some of the time we had spent on video games, television or our smart phones. We also participated in online competitions, workshops and other sessions and got more exposure. Our teachers have worked so hard in shaping us in this pandemic crisis. Our teachers were constantly in touch with both students and parents. To make teaching learning more convenient, teachers were available to clear doubts, Classwise group were also made where students could post assignment and queries. Educators were constantly helping students by sending content, worksheets videos and solved questions. I am really happy by the steps taken by my school to continue providing education online so that even in this time children can learn new things and their time is not completely wasted. I am very happy to associate myself with the kind of institution who thinks for the overall development of a human beyond the paper pencil education.

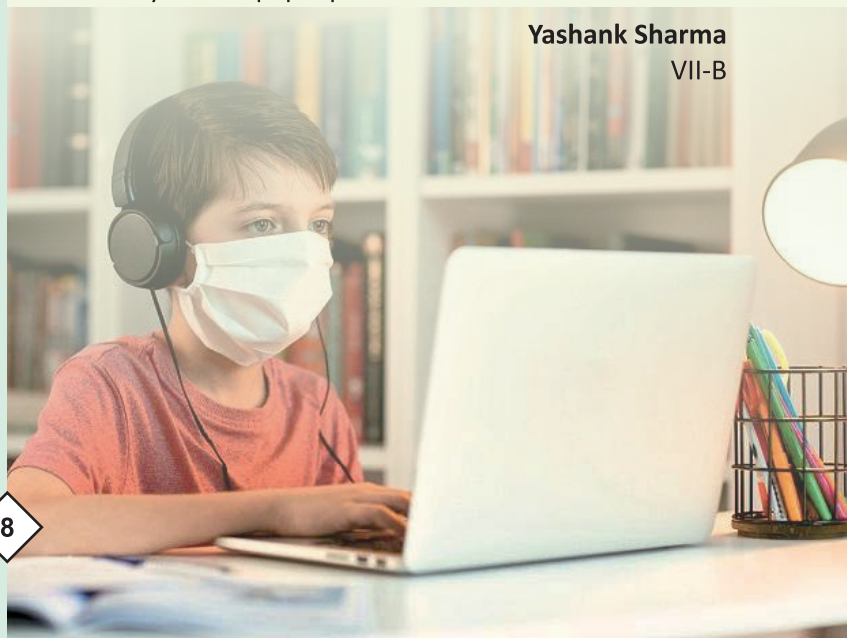
**Yashank Sharma**  
VII-B

## The Truth is....

1. The sun is actually white, it just appears yellow to us through the earth's atmosphere.
2. We know more about the surfaces of Mars and the moon than we do about the bottom of our oceans.
3. About 400 million years ago, before trees were common, the earth was covered with giant mushrooms.
4. Your brain makes decisions upto 10 seconds before you're even aware of it. Some scientists claim this is evidence that free will is just an illusion.
5. Your subconscious mind is 30,000 times more powerful than your conscious mind.
6. The only part of the body that has no blood is the cornea of the eye. It receives oxygen directly from the air.



**Tanvi**  
VII-A  
City Campus



## Creator of Science

Aristotle is believed to be the creator of science.

Aristotle is considered by many to be the first scientist, although the term postdates him by more than two millennia. In "Greece in the fourth century BC, he pioneered the techniques of logic observation inquiry and demonstration. These would shape western philosophical and scientific culture' through the Middle Ages and the early modern era, and would influence some aspects of the natural sciences even up to the eighteenth century. Armand Marie Leroi's 'The lagoon' shows how an ancient thinker still has much to teach us today. the lagoon reveals that Aristotle was biologist, but also one of the greatest. It combines a serious, accessible overview of Aristotle's methods, ideas, mistakes and influence with a contextualizing travelogue that also found expression in Leroi's 2010 BBC television documentary Aristotle's Lagoon. Leroi's ambitious aim is to return Aristotle to the pantheon of biology's greats Charles Darwin and Carl Linnaeus. He has achieved it.



**Diksha Kakar**  
VII-F

## Eggs

Lots of animals come from eggs

Some with fins

And some with legs

Some that chatter

And some that cheep

Some that fly

And some that creep

Some that slither

And some that run

Some with feathers

And some with none

Animal eggs can be quite small

Or just as big as a tennis ball

The animals here

They're quite a few

Hatch from eggs

And lay them, too.



**Sarosha Chikersal**  
IV-F

## Positive Impacts of COVID-19

During the COVID-19, there are some positive impacts on our environment.



1. Environmental noise pollution Reduction

The decrease in public transport has caused a significant fall in the levels of noise pollutions.

2. Decrease in Air Pollution Level.

A decrease in harmful greenhouse gas emission.

3. Immaculate Beaches

The surface water quality found that the water quality of Vembanad Lake Kerala increased significantly.

4. Animals on Street

While humans are restricted to their homes under global lockdown, the wild animals all over the planet seem to have come to reclaim their territory.

5. Feathers Flock Together

Global Lockdown has allowed birds and wildlife to flourish and enjoy all the freedom of nature.

6. Humanity retreats indoors and the non-human world rumbles out liberated.

7. There is a decline in NO<sub>2</sub> concentration.

8. Although covid has caused a lot of human casualties but has healed the nature to some extent.

**Arshiya Soin**  
VIII-B

City Campus

## Riddles about Animals

- 1) I have long arms. I eat bananas. I play on the trees. Who am I?

- 2) I am black and white. I have four legs. I am like a horse. Who am I?

- 3) I am soft. I have a fluffy tail. I eat carrots. Who am I?

- 4) I have a long body. My teeth are sharp. I can swim. Who am I?

- 5) I am big. I have a long trunk. I have a short tail. Who am I?

- 6) I have a long neck. I have four long legs. I eat leaves. Who am I?



**Ans:** 1) Monkey 2) Zebra 3) Rabbit 4) Shark 5) Elephant 6) Giraffe

**Harshika**  
II-B

City Campus

## “Separated at Birth”

Venus also known as “EARTH’S EVIL TWIN” was once just the same as the earth. 13.7 billion years ago, when our universe was actually forming, thousands of planets were taking birth around the Sun. Among them were the Earth and the Venus. However, their evolutionary pathways since the time of early solar system have taken both planets down dramatically different tracks, in spite of their similarities. Suddenly, a massive thing whose size is nearly equal to Mars, collided with the Earth which created a very strong magnetic fields around the Earth prevented all the harmful radiations of the sun falling on it. After sometime, a very gigantic thing which was almost 40 times bigger than the Venus hit the planet, which made Venus to rotate in the opposite direction i.e. east to west with a much slower speed as compared to Earth. Furthermore, Venus was not having a very strong magnetic fields. Therefore, all the heat and harmful radiations of the Sun entered the Venus. The water that was present on the Venus started evaporating slowly. Venus was surrounded by water vapours but these water vapours didn’t last longer and they disappeared. As a result Venus was covered by thousands of volcanoes due to which it is also known as “THE LAND OF VOLCANOES”. The land temperature of Venus is more than 900°C. It has 1000 times more air pressure than that of the Earth. All the satellites that were sent to Venus didn’t last longer than 90 minutes. But all the pictures that were sent by satellites were jaw dropping. They sent a picture in which scientist saw granite rocks and granite always requires water for its formation. This shows that water was once present on Venus. Many scientists believe that Venus is the future of the Earth.



Shruti Anand  
VII-E

## Time Travel

Calendars change, so do generations  
Yet some mysteries remain the same!!



Over the years, time has never failed to intrigue the human race. Its one of the universe’s greatest secret. Time travel has been the most popular topic for science fiction. We have seen the protagonist travelling between different time zones in many of the Sci-fi movies. With Einstein’s theory of relativity describing time as the fourth dimension, we have got an all new perspective to look time at. It talks about time dilation meaning that if your twin is an astronaut, he will return very very slightly younger than you to Earth.

There are many time travel theories. There is a possibility that if you go around the black hole with speed of light, you may actually travel through time. Another one is the time machine, may be the most familiar one. We all somewhere believe that to travel time we would need a special device. It’s thought that time machines would have to be made out of some exotic material with ‘negative energy density’ having some bizzare properties. But some researchers believe that time machines may be built without it too!

Time travel gives rise to some unique problems also. Known as the Grandfather’s paradox a classic example goes like this - some person goes back in time, kills his grandfather or father so that he is never born or so that his life changes completely. But Researchers believe that he may not be born in one dimension but he may exist in some other ones. Well, this is quite interesting.

I don’t know if time travel is truth or just fiction. Some scientists say it’s impossible and if it is possible it will prove fatal for the time traveller. While some believe time travel is possible but changing history is not. Reading out all the theories I have emerged on the opinion that the more deep you go the more interesting it gets. It’s so exciting, goose bumping and even scary to get lost in time!!!

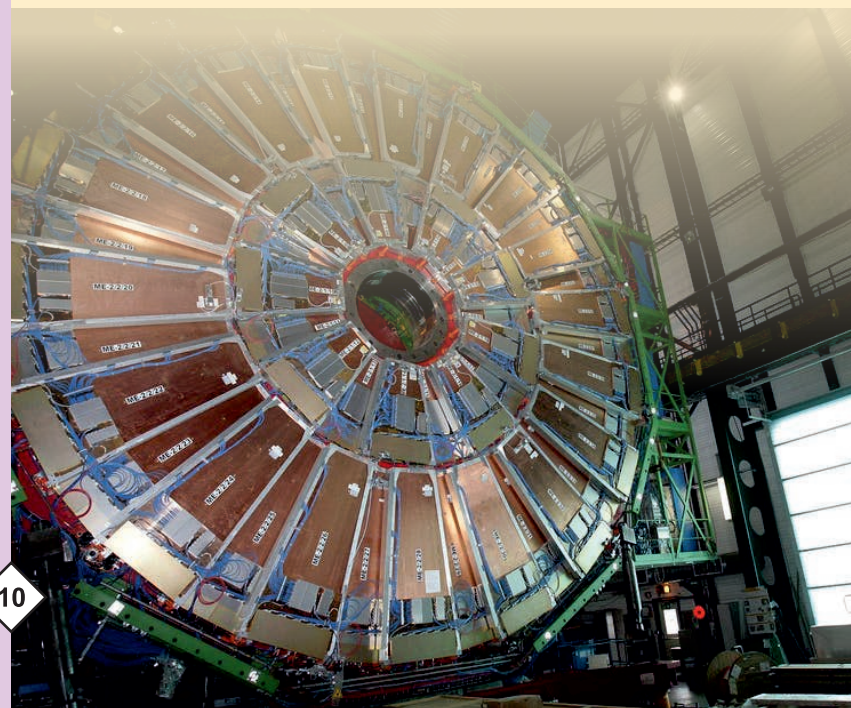
Srishti Sharma  
XII-A

## Einstein Fun!

Albert Einstein’s early years were too fun and were not like we know him. He never loved haircuts and wearing socks while sailing and violin were his passions. He named his violin lina. He had a very bad memory and he could not remember dates and phone numbers, in put he even didn’t knew what his own phone number was! He was inspired by a compass which was gifted to him by his father while he was sick at age of five. It was the start of his interest in science. He didn’t talk until he was four, his parents were worried about him. But once, while they were on the supper table, he broke his four year silence and said ‘The soup is hot’. He was such an amazing person. Like we generally say our first word with difficulty and that too as short, ‘mum’ or ‘dad’ very slowly. He spoke a whole sentence!



Myra Jindal  
X-F





## Some Facts of Biology

- Nerve cells are the longest cells which may be up to one meter in length bundle of nerve fibers is called fasciculus bundle of fascicule is called nerve.
- Speed of electric current may be up to 1,50,000 km per second whereas speed of nerve impulse is maximum up to 100 meter per second.
- Prawn, crab and some mollusks have a blue copper containing pigment haemocyanin in their blood plasma.
- Blood does not clot in uninjured vessels due to presence of a strong natural anticoagulant heparin.
- An average - sized adult human contains 37-40 trillion cells, 100 billion nerve cells, 2.5 trillions RBCs and 30 billion WBCs.
- Haemopoiesis is the blood cell formation in red bone marrow.
- Biological warfare is the use of living organisms particularly microorganisms or their products to induce illness or death in population.
- Taking milk before bed time induces sleep as milk has a lot of amino acid tryptophan from which serotonin is synthesised serotonin is a precursor & melatonin. It regulates sleep-wake cycle.
- Afternoon nap reduces the incidence of coronary heart diseases. A half an hour sleep reduces 30% coronary heart disease incidence.



Vanshika  
VII-C

## Are aliens trying to call us??

An international team of scientists has collected the first possible radio signal from a planet beyond our solar system, emanating from an exoplanet system which is about 51 light years away from us. When 1 light year equals to 9,500,000,000,000 km, just imagine how far would that planet be from us? These are discovered by a radio telescope in the Netherlands. The researchers uncovered emission bursts from the Tau Bootes star system hosting a so-called hot Jupiter, a gaseous giant planet and it is very close to its own sun.



It contains a binary star system. The researchers said that this radio detection opens up a new window on exoplanets and provides a novel way to examine alien worlds that are several light years away. Observing an exoplanet's magnetic field helps astronomers to study a planet's interior and atmospheric properties and the physics of star planet interactions.

There are approximately 200 billion galaxies in the universe with an estimate of about 300 billion stars in each galaxy and many of those stars would be revolving around other stars just like in the solar system there are planets revolving around the sun. There would be many systems like ours and so many planets with same environment like ours ... so we can't say that we are the only living organisms in the universe, right? Besides, it is not necessary that those planets should have the same environment like ours as their living organisms might be having different possibilities and necessities of life. So it is possible that there can be more advanced civilizations like ours. And this is one of the mysteries of the universe.

Angel Nahar  
VII-C

## Immunity

The overall ability of the host to fight the disease-causing organisms, conferred by the immune system is called immunity. There are different types of immunity. Some of them are: innate immunity, acquired immunity, active immunity, passive immunity and auto immunity.

Innate immunity is non-specific type of defence, which is present at the time of birth. There are four sub-types of innate immunity. First are physical barriers like skin. Second are physiological barriers like acid in stomach. White blood cells (WBC) come under the third type i.e. cellular barriers. Last one is cytokine barriers.

Acquired immunity is pathogen specific and is characterized by memory.

Sometimes antibodies are produced in our body when we are exposed to living or dead harmful microbes. It is a type of immunity called active immunity.

When ready-made antibodies are directly given to protect the body against foreign agents, it is called passive immunity.

Have you ever wondered that when we are infected by a microbe, the infection limits to only some parts of the body and not the body as a whole? This is when auto immunity comes into play. Some WBC's differentiate foreign organisms from self cells.

Friends, this was all about immunity and its importance in our body. I hope you enjoyed reading this article and got updated on immunity. Stay immune, Stay healthy.



Gunisha  
IX-B

## Debunking Common Myths About Cancer

### Myth : Cancer is Genetic

**Fact :** Cancer is caused by harmful changes in genes. Only about 5-10% of cancers are caused by mutations that are inherited from a person's parents.



### Myth : Cancer is Contagious

**Fact :** Cancer is not a contagious disease. It can only spread from one person to another in case of an organ or tissue transplantation.

### Myth : Having sugar makes Cancer Worse

**Fact :** Research has shown that cancer cells consume more sugar but no studies found that eating sugar will make cancer worse. However, a high-sugar diet may contribute to obesity and is associated with an increased risk of developing cancer.

### Myth : Cancer is a Death Sentence

**Fact :** At least 1/3rd of cancers are preventable. For 8 common cancers, including bladder, bowel, ovarian and testicular cancers, survival is 3 times higher when diagnosed early, as per a study.

### Myth : A Biopsy or Surgery makes Cancer Spread

**Fact :** The process of removing or testing a tumour will not cause cancer to grow. The chance that surgery will cause cancer to spread to other parts of the body is extremely low.

### Myth : Antiperspirants and Deodorants cause Breast Cancer

**Fact :** Studies have found no evidence linking chemicals typically found in antiperspirants and deodorants with change in breast tissue.

Esha Sethi  
PRT Science

## Solar Energy - Sure, Pure and Secure

Air pollution is now considered to be the world's largest environmental threat, accounting for 7 million deaths around the world every year. Air pollution causes and exacerbates a number of diseases, ranging from asthma to cancer, pulmonary illness and heart disease.



Solar power plants do not produce air pollution or greenhouse gases. Using solar energy can have a positive, indirect effect on the environment when solar energy replaces or reduces the use of other energy sources that have larger effects on the environment.

Solar power in India is a fast developing industry. On July 10, 2020, Rewa (Madhya Pradesh) really created history. Rewa has been identified with Mother Narmada and white tiger. Now, the name of Asia's largest Solar power project has also been attached to it. Rewa Solar power plant spreads over 1,590 acres, it is Asia's largest Solar power plant and was constructed at a cost of Rs. 4,500 crore.

Rewa Ultra Mega Solar is the first Solar project in the country to break the grid parity barrier. It is one of the largest Single - Site Solar Power Plant in India and the world. This mega Solar power project is comprised of three solar generating units of 250 MW each located on a 500 - hectare plot of land situated inside a solar park.

With this solar power project, the people of Madhya Pradesh and the industries set up here will not only get electricity, but even the metro rail in New Delhi get benefits from it.

Asia's largest solar power plant, it will reduce emission equivalent to approximately 15 lakh tonne of carbon dioxide every year. India has emerged as the most attractive global market for clean energy. Solar energy is sure, pure and secure and the country is now among the top five solar power producers in the world.

Dolakshi Mittal  
IV-F

## Vaccine

Vaccination is a simple, safe and effective way of protecting people against harmful diseases before they come into contact with them. This is done by giving a vaccine. A vaccine is a biological preparation that provides active immunity against a particular disease. Vaccines can be given orally (by mouth), sprayed into the nose or injected into our body. The story of vaccine began in the 1000 C.E. when Chinese employed small pox inoculation. Later Edward Jenner made successful use of cow pox material to create immunity to small pox in 1796. The middle of 20th century

was an active time for vaccine research and development. In 2019, Covid-19 a deadly disease has created fear among people. In India, Serum Institute has launched a vaccine for Corona virus. The presence of science and technology has made it possible for us to handle this worldwide pandemic.



Kushal Bhatiwada  
IV-A  
City Campus

## Diet & Our Body

**Caffeine:** It is a brain Stimulant. Beverages like coffee and tea are rich in caffeine. It is also found in chocolate and cold drinks. Caffeine intake releases a number of chemicals in the brain. It activates brain cells. It releases more energy than is needed at a given time. Once you take caffeine, you consume your future energy also. Regular caffeine intake increases anxiety levels. It makes one more prone to day-to-day stress.



**Food :** A diet rich in fats makes you lazy and slow. Fats get easily deposited in the body. Once deposited, that cannot be mobilized easily. Studies have shown that many depressed patients have high cholesterol level in blood. Inactive people are the easy victim of stress.

**Carbohydrates :** Wheat, Rice, Maize, Potatoes are rich in carbohydrates. An individual on low carbohydrates diet will have less body fuel and energy. Brain deprived of regular energy becomes prone to stress. Children particularly expend a lot of energy and need a carbohydrate rich diet.

**Proteins :** A growing child needs proteins. Proteins can be obtained from pulses, grains, milk and milk products. Eggs, Fish meat also make diet rich in proteins. Non-vegetarian diet taken regularly pre disposes to high cholesterol level, high blood pressure. It is believed that people on vegetarian diet remain healthier and live longer.

**Vitamins :** They are an essential part of a balanced diet. Our body and brain need a number of vitamins. Green vegetables, fish, meat and egg are quite rich in vitamins.

So, a balanced diet and nutritious diet is the best defence for day-to-day physical and mental stresses.

**Reva Soin**  
VI-B

City Campus

## Science Online

Human beings are capable of change that's one thing which sets us apart from other species. The year 2020 has left an indelible mark on our minds. Words like pandemic, sanitizer, isolation, quarantine, hygiene and many more became part and parcel of our lives. Life during covid-19 pandemic has been testing and learning time especially for the educators. It came as a shock for us because we were asked to switch to online mode and it was challenging. We were deprived of face to face interaction with students. Though we were aware of many e-learning tools but were not in habit of using it. As always, teachers started reinventing themselves and their homes turned into schools. The small magic box did the trick for everyone. We prepared videos on various topics using material available at home and sent them to the children on whats app. We got an overwhelming response from the students after they saw the videos sent to them. Children also started doing various activities with the things available at their homes. The challenge to connect with students virtually was over come and gradually teachers overcame their fears and became tech-savvy. With the passage of time teachers shifted to Google classroom, Google meet, Zoom etc. We used to rack our brains for ways to engage students virtually. We tried different ways like using my notebook as a white board, phone as a camera, jamboard and many times taking help of someone else to do activities actually and show it to the children. Educators were successful in teaching the students as always and stood a class apart. The generation we are dealing with are growing up in the digital world and not in a traditional four walled class room. So let's gear up and welcome the new normal whole heartedly.



**Ms Shalu Jain**  
TGT Science

## Engineering the Green Genes!

You must have attempted small scale gardening at some time in your life, be it in a small pot or in the backyard. Perhaps you wished for a perfect cucumber or a tomato and it never grew! Perhaps, worms ate away the lettuce. What did you do? You may have used an insecticide or a non-toxic biopesticide. Genetic engineers can now solve this problem. They can improve the quality of important crops. New and altered genes which can make plants resistant to worms or diseases are introduced into single plant cells growing in laboratory dishes, using special vectors. Then, whole plants can be generated from these single cells though they are not germ cells. Isn't this amazing! Replacing defective genes with healthy ones in case of genetic disorders in human has also become possible today, though unlike plants, whole animals cannot be generated from a cell. But there is ray of hope, that at least genetic, inheritable disorders could become treatable. Imagine if one day we could produce a disease free world this way.



**Anupma Kumbkarni**  
PGT Biology

## Life on Mars

Four and a half billion years ago, a rock was formed on Mars by some volcanic process. Half a billion years later, this rock was broken into smaller pieces by a meteorite impact nearby. Some ground water also entered the rock. 16 million years ago, an asteroid hit Mars somewhere near where this rock was.



The impact threw pieces of the rock into space. One 2 kilogram piece of rock orbited the Sun until 13,000 years ago, when it came close to the Earth. This piece crashed onto an Antarctic glacier. Over 13,000 years, it reached the Allan Hills region of Antarctica, buried inside the ice. In 1984?

A team led by David McKay of the American space organization NASA, suggested that there seemed to be signs that life may have existed on this rock in some bygone era: The meteorite has some organic molecules, of the same family as naphthalene (which is used in mothballs). When bacteria decay, such compounds are produced. Many meteorites do have such compounds. The meteorite has iron oxide (magnetite) of the sort which some bacteria on Earth secrete. It has iron sulphide, which is produced by some anaerobic bacteria (those that don't use oxygen). The meteorite has some balls of carbonate material, which may be formed by some living thing. On the other hand, almost all earth bacteria are 100 times larger than this material. The meteorite may contain very small fossils (less than hundred millionth of a millimeter). Nanobacteria are this size.

In 1961, another meteorite was found to have signs of life. But soon these were discovered to be grains of pollen and particles of furnace ash. The signs of life turned out to be from Earth itself. This could be the case for the Antarctic meteorite too. What makes scientist more hopeful is that some of these items mentioned are within cracks, and the cracks could only have been formed before the meteorite came to rest in Antarctica. So may be, just may be, the signs of bacterial life that we see are from when the rock was on Mars. In 1976, the Viking spacecraft failed to find any such bacteria on Mars. But may be they landed in the lifeless part of Mars. Or may be bacteria were present on Mars millions of years ago, but aren't there now. Scientists are looking at ALH84001 very, very carefully. And even the then US President Bill Clinton promised support for a new NASA spacecraft to Mars.

**Subhang Sodhi**  
VII-B



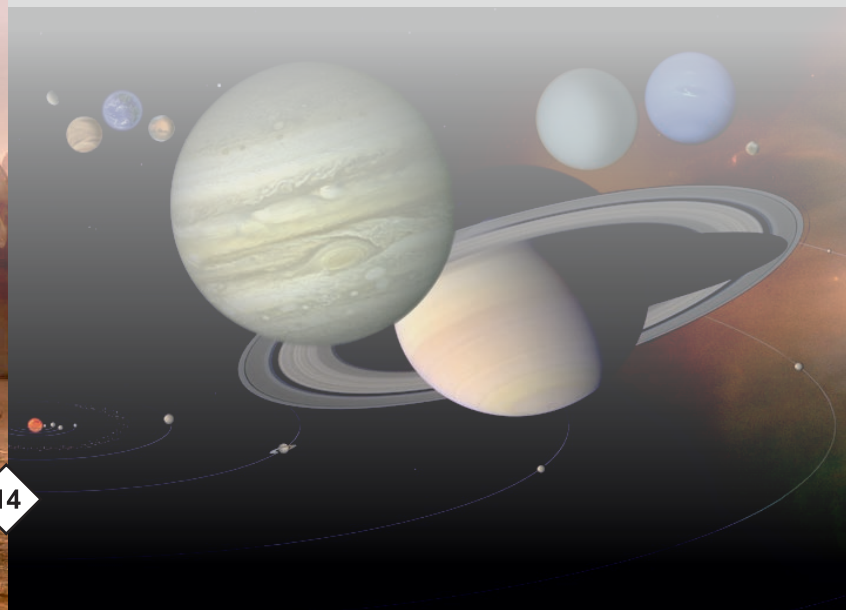
## Some Astronomical Facts

Did You Know?



1. The first star came into existence when the universe was around 100 million years old.
2. It is believed that the universe contains more than 100 billion galaxies.
3. Halley's comet last appeared in 1986 and will next appear in the year 2061.
4. The earliest record of an aurora dates back to 2600 BC in China.
5. Titan was discovered by Christian Huygens in 1655.
6. Copernicus wrote about his heliocentric model in a manuscript called the commentariolus (Little Commentary).
7. Radio telescope are used to detect cosmic radio waves.
8. Laika was the first animal who went in the space.
9. Laika died within hours after launch because of overheating.
10. Nebula is a cloud of dust and contains gas that fills the space between stars in a galaxy. The earliest nebulae were formed 15 billion years ago, just after the Big Bang.
11. Diffuse nebulae are further classified into emission nebula, reflection nebula and dark nebula.
12. Neptune is the windiest planet, where winds may blow at speeds of up to 1931 km per hour.
13. The term "aeronautics" was derived from the Greek words for "air" and "to sail".
14. Asteroids are known as planetoids or minor planets because they orbit the sun exactly in the way like the planets do.
15. Ganymede is the largest moon in the solar system. It orbits Jupiter and is also known as Galilean moon as it was discovered by Galileo Galilei. Ganymede is even larger than mercury.

**Kashvi Gambhir**  
XII-B



## Riddles

1. I can rush, I can be hot, I can be cold, I can be hard, I can slip through anything. What am I?
2. It is impossible for me to be created, and I can never be destroyed, I can only change form. What am I?
3. I am needed for flight but cannot fly on my own. What am I?
4. I am the child of the water, yet when I return to the water, I die, What am I?
5. Many people have heard this, but nobody has ever seen it. It will never speak back until you speak to it. What is it?
6. What can't be used until it's broken?
7. What goes up but never comes back down?
8. I have no life, but I can die. What am I?



Ans. 1) Water 2) Energy 3) Feathers 4) Ice 5) An echo  
6) Egg 7) Age 8) A battery

Pranay Verma

VIII-B

City Campus

## The Biggest Collision

In a recent study researchers said that the collision between our galaxy (The Milky Way) and the Kraken Galaxy may have been the largest and the oldest galactic collision in the Milky Way's history. In the study focused on finding the family tree of our galaxy, scientists have claimed to have found the evidence of **five** large scale galactic mergers (collision between the Milky way and the other galaxies) dating back over to 10 billion years.



This included one collision with a mysterious galaxy which was not known to the scientist before. Researchers revealed that so-called Kraken galaxy had been collided with the Milky Way around **11 Billion** years ago. The collision with the Kraken must have been the most significant merger the Milky Way ever experienced. The collision with the Kraken occurred when the Milky Way as only a fraction of the current size. A report said that the Milky Way has 100 billion stars. The Milky Way collided with a neighbouring galaxy a dozen times in the past 12 billion years, with each merger the shape, size, and motion of the Milky Way changed forever eventually taking the form of iconic spiral that we recognize today!

Yuvika Bansal

IX-B

## Awesome Inventions in 2020

### 1. Starkey Livio AI - Advanced Hearing Aids

People who were looking for smart hearing aids, here it is. The hearing aids are sport compact and fit comfortably in the ear. They connect via bluetooth with accessories and certain smartphones. Moreover, they come with long battery life so that users can wear them for long without needing to charge them too frequently.



### 2. Flexwarm Smart Jacket

Flexwarm Smart Jacket is the other innovative thing that caught my eyes. It has inbuilt heating elements placed at chest, wrist and back parts, it's designed to keep you hot even in a cold environment. It comes in a variety of designs to suit different tastes.

### 3. Copy & Paste

Copy and Paste is a smart scanning and printing tool. what I like the most in this scanning and printing tool is the ability to transfer the images and text from one source to the other pretty fast. You can directly print in to your notebook.

### 4. Side winding Circular Skates

Are you a playful kid or someone who has huge interest in skateboards? Side winding Circular Skates can really appeal to your fancy. What makes these annular skates so exciting is the ability to let you control your legs and turn freely. As the wheels aren't connected, you will be able to perform 720° spins and turn with more flexibility.

### 5. FLYTE Levitating Light Bulb

Designed in Sweden, FLYTE is a unique levitating light bulb. What makes it one of a kind product is the ability to hover by magnetic levitation and is powered through the air. It is made of oak, ash and walnut.

Hasita Sinha

VI-A

City Campus

## Did You Know?

- A mineral cannot scratch one which is harder than itself. Diamonds can scratch, anything as they are the hardest mineral. Talc is the softest mineral.
- Amber is the solidified sap of ancient coniferous trees. Sometimes people find an insect trapped in amber. This is also a fossil.
- Crude oil is sent from wells to refineries through long pipelines over land. If it has to go across the sea, it often goes in oil tankers.



Jashanpreet Singh

V-F

## World of Planets

Eight planets around the Sun,  
Each one doing rounds and having fun.  
Listen as I call their name,  
And let's read how they behave.  
Mercury is the number one,  
Closest planet to the Sun.  
Venus is at number two,  
Shining bright, just like new.  
Earth spins at number three,  
Having air, flowers, water and trees.  
Mars is the number four,  
Red and ready to explore.  
Jupiter comes at number five,  
Largest planet in the sky.  
Saturn is at number six  
With rings of dust and ice that mix.  
Uranus spins at number seven,  
A planet tilted high in heaven.  
Neptune is at number eight,  
Farthest planet in the space.



Aashita Tagra  
II-A

## Spectacular Space

We use the term 'space' to state about 'universe'. Our universe consists of millions of galaxies. Our planet earth is in one such galaxy known as "milky way". It has many stars twinkling bright in the night sky. Due to these stars there are various constellations such as Ursa Major, Orion, Hydra etc. As we know eight planets revolve around the sun. This is mainly because of sun's gravitational pull. When we are talking about universe, we should not forget the scientists who had a great role in discovering it. After discovering so much about the space, humans wished to travel to space. Laika was the first animal to be sent in space in 1957. After that National Aeronautics and Space Administration (NASA) was set up in 1958. Neil Armstrong became the first man to set foot on moon on July 10, 1969. In India, establishment of ISRO opened doors for space development activities. It was established on 15 August, 1969 and Vikram Sarabhai became its first chairman. Mars Orbital Mission (MOM), Chandrayan, Chandrayan 2 are some of the successful missions carried out by ISRO.

Recently Tesla has launched an electric sports car which became an artificial satellite of sun. I hope that in future scientific development will take place and we will be able to explore more about our universe.

Lochan Bhatiwada  
VIII-B  
City Campus

## THALASSEMIA FREE INDIA BY 2025 : A step forward

Dear friends,

I met a 7-year boy Ayaan during the holidays. Ayaan suffers from thalassemia and goes to the hospital every 15 days to get a blood transfusion ever since he was 15 days old.



### Have you heard about this disease?

Thalassemia is a genetic disease. Children get it from their parents. Our body contains millions of red blood cells. These red blood cells contain hemoglobin which carries oxygen to all the parts of the body. A hemoglobin molecule is made up of iron with alpha and beta chains. The absence of these alpha and beta chains leads to alpha or beta thalassemia respectively.

These chains are coded by our genes on our chromosomes. We have 2 pairs of genes for alpha chains and 2 pairs of genes for beta chains. The absence of one gene results in thalassemia minor/carrier and the absence of both the genes will result in thalassemia major. A person with thalassemia minor carries a defective gene but does not have any symptoms. Many a time, people do not even know that they are thalassemia carrier as they are perfectly healthy.

Defects in these chains cause the absence or decreased production of these chains. If a child is born with thalassemia, then he or she will have to receive a blood transfusion every 15-20 days throughout their life. When they receive this blood, a lot of extra iron gets accumulated in their body which damages their organs like the liver, heart, thyroid, pancreas and many more. As they grow older they develop many complications due to blood transfusion and iron overload. The average annual cost of treatment of a thalassemia child is about 1-1.5 lacs. In India, approximately 50-60,000 children are suffering from thalassemia and every year 10,000 more children are born with this disease.

It is possible to prevent this disease by testing the couple before marriage or before pregnancy. A child can get thalassemia major only if both parents are thalassemia carriers (see figure). A simple test called hemoglobin HPLC can tell us whether we are thalassemia carriers or not. Let's get this test done and prevent thalassemia.

Let's pledge to make India Thalassemia Free by 2025

Angad Kakkar  
V-C



## Say No to Drugs

Drugs are chemicals that change the way a person's body works. Many people around the world are mostly seeking help of drugs in order to relieve themselves from suffering, feelings of loneliness, stress, unhappy relationships and get high while seldom do they realise for this momentary pleasures they are putting their lives at stake. This often leads to drug abuse and addiction which is a serious issue.



Drugs harm our physical, mental and emotional well being in many ways. They make you irritable, aggressive, intolerant, addictive overly stimulated. Also cause infections, possible heart failure, insomnia, depression, high blood pressure etc. People even after knowing it's side effects tend to try them out and fall into addiction eventually. It is proving to be a great threat to people especially teenagers who fall prey to it mostly. Few people deny the danger of drugs while many teens are curious about drugs. They should stay away from it as drugs affect our health, lead to academic failure and jeopardize safety. Drugs can quickly take over our lives. Friends and acquaintances have the greatest influence of using drugs in adolescence. Drugs are not good for health as they have many side effects and damage our brain, heart and other important organs. Drugs can be depressant that slows down the function of the central nervous system. When a person is addicted to a drug, the drugs becomes so important that the person cannot manage without it. Stress is the major role in drug use and continuing drug abuse. Drug addiction is a complex but treatable disease. An effective way to get rid of drugs is to have good companions, involvement in games and social activities, reading books etc.

D- Drugs E- End A- All D- Dreams

**Gauri Jaiswal**  
VIII-B  
City Campus

## Plastic Eating Bacteria that Break Down Pet

We manufacture over 300 million tons of plastics each year for use in everything from packaging to clothing. Their resilience is great when you want a product to last. But once discarded, plastics linger in the environment, littering streets, fields and oceans alike. Every corner of our planet has been blighted by our addiction to plastic. But now we may have some help to clean up the mess in the form of bacteria that have been found slowly munching away on discarded bottles in the sludge of a recycling Centre.



Basically, plastics are good source of food for microorganisms. Enzyme innovation-A team at Kyoto University, by rummaging around in piles of waste, found a plastic munching microbe. After five years of searching through 250 samples, they isolated a bacterium that could live on poly ethylene terephthalate (PET), a common plastic used in bottles and clothing. They named the new species of bacteria Ideonella sakaiensis and it seems to evolved an efficient enzyme that the bacteria produces when it is in environment that is rich in PET. The Kyoto researchers identified the gene in the bacteria's DNA that is responsible for the PET-digesting enzyme.

The PET-digesting enzymes offer a way to truly recycle plastic. They could be added to vats of waste, breaking all the bottles or other plastic items down into easy-to handle chemicals. This could then be used to make fresh plastics, producing a true recycling system.

**Neha Kashyap**  
TGT (Science)  
Middle Section

## Mathematics : The Essential Science

The most frequent word one hears today in all education and business circles is STEM. We need to educate all students in the fields of science, technology, engineering and mathematics (STEM) in order to be competitive in the 21st century global economy. This issue has gained significant momentum over the last few years and is reaching critical mass.



No matter which way we look at it, math came first and foremost. Science, technology and engineering, so essential to the future success of our country, cannot thrive without practitioners having a solid mathematics foundation. So it won't be wrong to say that Mathematics is the ultimate science.

We are only into the 21st year of 21st century and facing so many challenges. The future we were so excited about has arrived. We can overcome these challenges only by making a solid mathematics foundation for our younger generations.

Once we look from an Etymology perspective, some interesting literal definitions can be found. In Greek, it is "learning." In Hebrew, its root is "thinking."

Mathematics gives us the critical ability to learn and think logically in any field. The skills of learning today are more important than knowledge.

In general, mathematics is considered as a difficult subject and we can often overhear people saying that they were not good in mathematics. The fact is no one is poor in mathematics. We all have been using mathematics in our day to day life rather knowingly. How can one even imagine business, workshops, offices, buildings, markets without mathematics? We all use mathematics in different situations.

Mathematics is as difficult or as easy as any other subject. It depends on our perception. If we are ready to learn, mathematics is the easiest of subjects. Phobia of mathematics can be removed only by practice and more practice.

**Kulinder Mohan**  
TGT-Mathematics  
City Campus

## Evolution

Evolution is the sequence of gradual changes which take place in the primitive organisms over millions of years resulting in formation of new species. Since the evolution is of the living organisms, so it is also called 'organic evolution'. It is through the constant process of evolution taking place in the organisms since the origin of life that such an enormous variety of plants and animals have come to exist on this earth at present. All the plants and animals (an organisms) which we all see today around us have evolved from some or the other ancestors that lived on this earth long, long ago.



The process of evolution will become clear from the following examples of 'pterosoar' Pterosoar is an ancient flying reptile which lived on the earth about 150 million years ago. The development of pterosoar is an example of evolution. It began life as a big lizard which could just cravel on land. Over millions of years, small folds of skin developed between its feet which enabled it to glide from tree to tree. Over many, many generations, spread over millions of years, the folds of skin, and the bones and muscles supporting them grew to form wings which could make it fly. In this way, an animal which crawled on ground evolved into a flying animal. This evolution led to the formation of a new species (of a flying reptile).

**Kashvi Gambhir**  
XII-E

## Earth Day

The Earth is our home.  
so blue and so green  
So let's do our part  
to keep the Earth clean  
Our Earth is special, there is just one.  
It gives us water, soil and sun,  
People and animals share the land,  
Let's all lend a helping hand!  
with air that's clean, fresh and clear.  
For all to breathe from year to year.  
But we must always be aware.  
That all its beauty we must share.  
You can save water, and plant a tree  
Make a better home for you and me.  
Recycling is an easy thing.  
Placing items in a special bin;  
Some things you don't throw away.  
Paper, glass and tin  
Recycling things, don't throw away. Make every day an Earth day!



**Prisha Malik**  
IV-A

## The Science of Feelings and Emotions

Feelings and Emotions, the most important thing that separates us - the living things from the non living things like robots, machines, objects, substances and stuff like that, the thing which only animals, plants and especially humans have.



In a form of a definition they are 'Some chemical or neural impulses that move an organism to an action. But what actually are they? They are reactions that occur automatically and unconsciously, which we cant control. But where do they come from, why do they occur, what's their purpose?

Emotions or feeling didn't just came from millions of years of evolution, they get developed or get shaped by memories, beliefs and personal experiences. Or in other word they are just a side product of our brain caused due to the above reasons and giving it meaning. For eg. When something goes wrong our heart starts to beat fast, we sweat, and our skin become pale and which makes us aware about the fact that we are 'afraid'. Here being 'afraid' is a side Product caused due to doing 'something wrong' and giving it a meaning that 'you may get scolded'.

And last what's their purpose?

- 1) Emotions and feelings serve a very important function. For eg - Humans made many medicines to treat diseases, because of being afraid or fear of dying because of them, If those emotions weren't evolved, we may be extinct.
- 2) The Trust emotion, an important emotion that makes people trust each other like we trust doctors and medicines or medical science that it can cure us.
- 3) And a last example - The emotion of curiosity, the most important emotion, without it, humans would have never reached such heights and would have never discovered things like telecommunication, electricity, radio transmissions, galaxies and stars and you would have not read this article till end... .

**Akshat Agrawal**  
VIII-D





## Dangerous Plants

Not all plants are safe to eat or even touch. Nettles sting and other plants. Such as euphorbia and poisonous ivy, may blister your skin. Many quite common plants, including buttercups, are poisonous if eaten because they contain chemicals commonly called phtotoxins. Strangely, some plant poisons (such as curare, digitals and strychnine), are used in minute quantities to cure illnesses.



- Potatoes are safe to eat when cooked, but the stems and leaves of the plants contain a poison called solanine. If potatoes turns green, they may also contain solanine.
- Ricin is extracted from the seeds of the castor oil plants and is more poisonous than cyanide or a snake venom. Even minute doses of ricin can be fatal.
- Opium is extracted from the juice of a poppy and contains morphine. Small quantities of both are used legally as pain relieving medicines and illegally as drugs. Both can easily cause death, if taken in more doses.
- The death cap is a highly poisonous mushroom. It is responsible for almost 90% of deaths from eating fungi. The poison causes severe diarrhoea and vomiting.
- Curare is extracted from the bark of certain trees and is used by south American Indian to tip their poison arrows when they go for hunting.
- Deadly nightshade is also known as belladonna. It contains a poison called Atropine. Less than ten milligrams of nicotine would kill and adult within minutes.
- The leaves of the purple foxglove contains digitals and eating just a few can be fatal. Digitals is used in tiny doses to treat people suffering from heart disease.
- Nicotine is a yellow oily liquid found in Tobacco. About 50 miligrams of this oil can kill a person.

**Bhaveeka**  
XI-A



## Gaganyaan mission : ISRO's ambitious project to send Indians to space

Gaganyaan (Sanskrit; gagan-yana transl. "Sky Craft") is an Indian crewed orbital spacecraft. The spacecraft is being designed to carry three people, and a planned upgraded version will be equipped with rendezvous and docking capability. Defence Research and Development Organisation (DRDO) will provide support for critical human-centric systems and technologies like space grade food, crew healthcare, radiation measurement and protection, parachutes for the safe recovery of the crew module and fire suppression system. The objective of the Gaganyaan programme is to demonstrate the capability to send humans to low earth orbit onboard an Indian launch vehicle and bring them back to earth. Four Indian astronaut-candidates have already undergone generic space flight training in Russia as part of the Gaganyaan programme.



- Under the Gaganyaan schedule :
- Three flights will be sent into orbit.
- There will be two unmanned flights and one human spaceflight.
- The Gaganyaan system module, called the Orbital Module will have three Indian astronauts, including a woman.
- It will circle Earth at a low-earth-orbit at an altitude of 300-400 km from earth for 5-7 days.

### Funding and infrastructure

A crewed spacecraft would require about Rs. 124 billion (US\$ 1.77 billion) over a period of seven years, including the Rs. 50 billion for the initial work of the crewed spacecraft during the Eleventh Five-Year Plan (2007-2012) out of which the Government released Rs. 500 million in 2007-2008. In December 2018, the government approved further Rs. 100 billion for a 7-days crewed flight of 3 astronauts to take place by 2021.

The Gaganyaan mission could propel India to the centre of human space exploration, which is dominated by the US and Russia. The manned mission is the biggest ISRO venture in the new decade.

**Gundeep Singh**  
XII-B

# Proteins - Food for Thought

*'For oh' say the children, we are heavy  
And we can not run or leap  
If we cured for any m, it were merely  
To drop down in them and sleep'.*



-Elizabeth Browning

This poem describing the miserable childhood of children forced to work for a livelihood is said to have awakened the world and altered the fate of generations of children. A hungry childhood is equally devastating and the world has yet to provide food for all its children. For a number of reasons, some universal and some local, millions over the world sleep hungry.

It is self evident that we cannot formulate a nutritionally balanced diet if we do not know the nutritive value of the individual items on the menu. Figures for protein requirements are valid only when other nutrients in the diet are adequate. It has been found that a mixed vegetarian diet can meet the protein requirements of adults and older children if the protein intake contributes 10 per cent of the total calories.

## Protein Requirements of Boys

Age (yrs)	Body Weight (kg)	Requirement (gm/kg)	Total requirement (gms)
1-2	10.54	1.81	19.1
2-3	12.51	1.67	20.9
3-4	14.78	1.61	23.8
4-6	19.20	1.52	29.2
7-9	27.00	1.48	40.0
10-12	35.54	1.46	51.9
13-15	47.88	1.40	67.0
16-18	57.28	1.31	75.1

## Protein Requirements of Girls

Age (yrs)	Body Weight (kg)	Requirement (gm/kg)	Total requirement (gms)
1-2	9.98	1.81	18.1
2-3	11.67	1.67	19.5
3-4	13.79	1.61	22.2
4-6	18.69	1.52	28.4
7-9	26.75	1.48	39.6
10-12	37.91	1.45	55.0
13-15	46.66	1.33	62.1
16-18	49.92	1.21	60.4

## Protein Composition of Various Pulses (per 100 gm of edible portion)

Pulses	Proteins (gm)
Bengal gram ( <i>Cicer arictinum</i> )	17.1
Black gram ( <i>Phaseolus mungo</i> )	24.0
Field bean ( <i>Dolichos lablab</i> )	24.9
Green gram ( <i>Phaseolus aureus</i> )	24.0
Horse gram ( <i>Dolichos biflorus</i> )	22.0
Kidney bean ( <i>Phaseolus vulgaris</i> )	22.1
Lentil ( <i>Lens esculenta</i> )	25.1

## Protein Composition of Milk (per cent)

Source	Proteins (per cent)
Buffalo	4.78
Cow	3.47
Goat	4.03
Human	2.14

Source : 'THE SECRET OF PROTEINS'

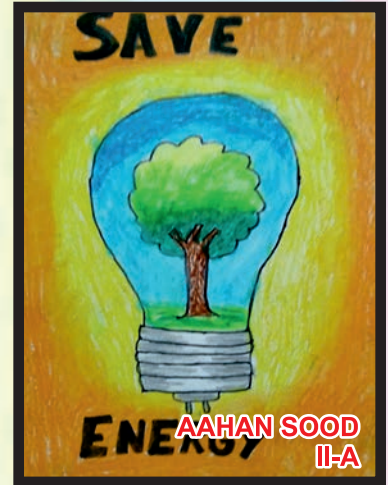
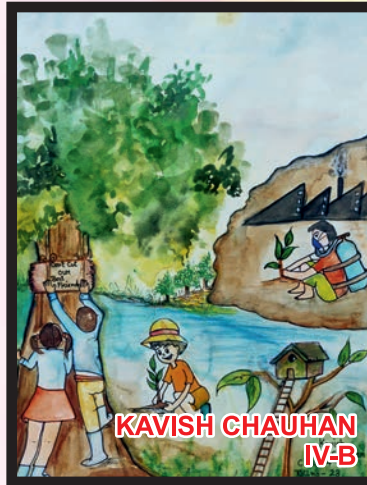
Rajandeep Kaur  
PGT English



# *Hues of Expression*



# Colourful Expression of Primary Section



# Colourful Expression of Middle Section



DHAIRYA JAIN  
VII-E



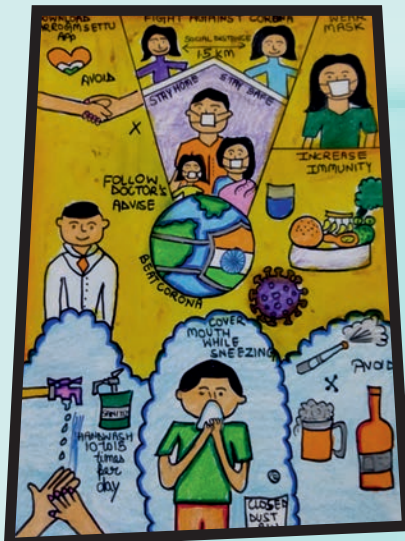
ARSHIYA  
VIII-F



SARBJOT SINGH  
VIII-F



NAMITA JAIN  
VII-A



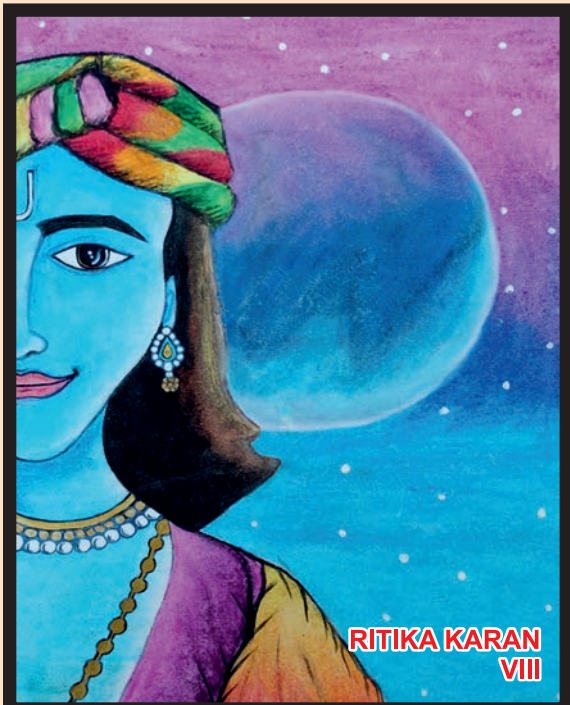
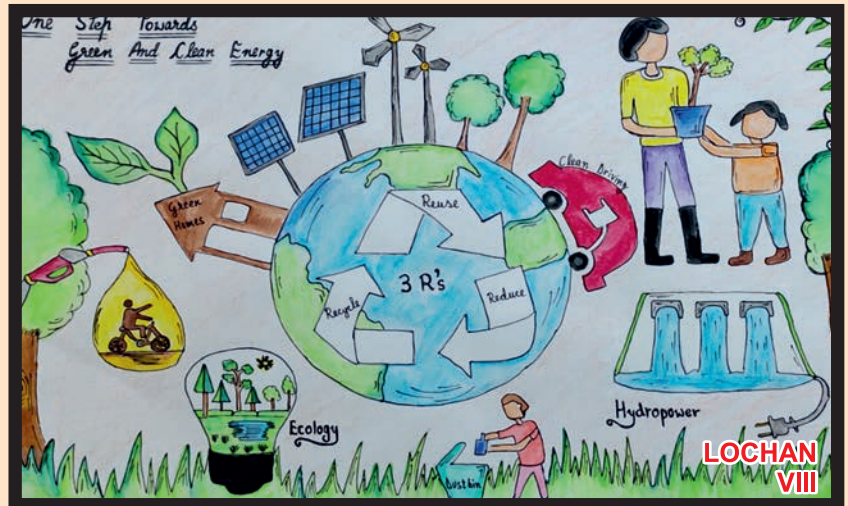
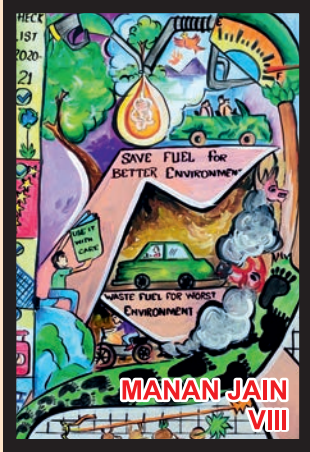
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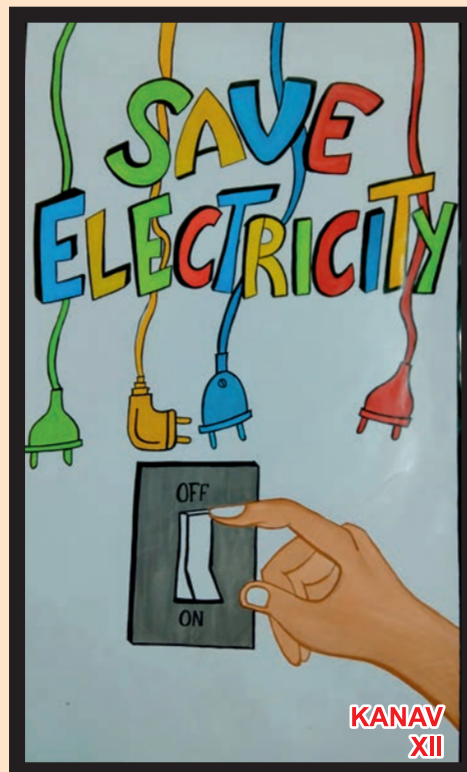
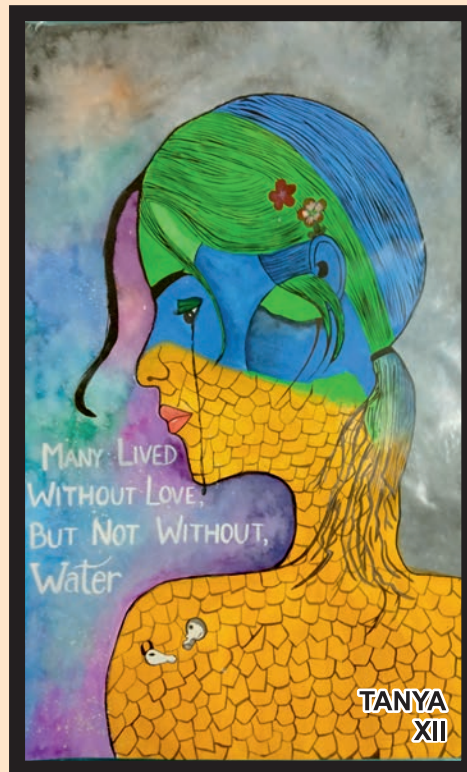
Colourful  
Expression  
of  
City Campus



# Colourful Expression of Higher Section



# Colourful Expression of Higher Section





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# Creativity Doesn't Wait for the Perfect Moment

