



Kundan Jyoti



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 the "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 Daresi – 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.

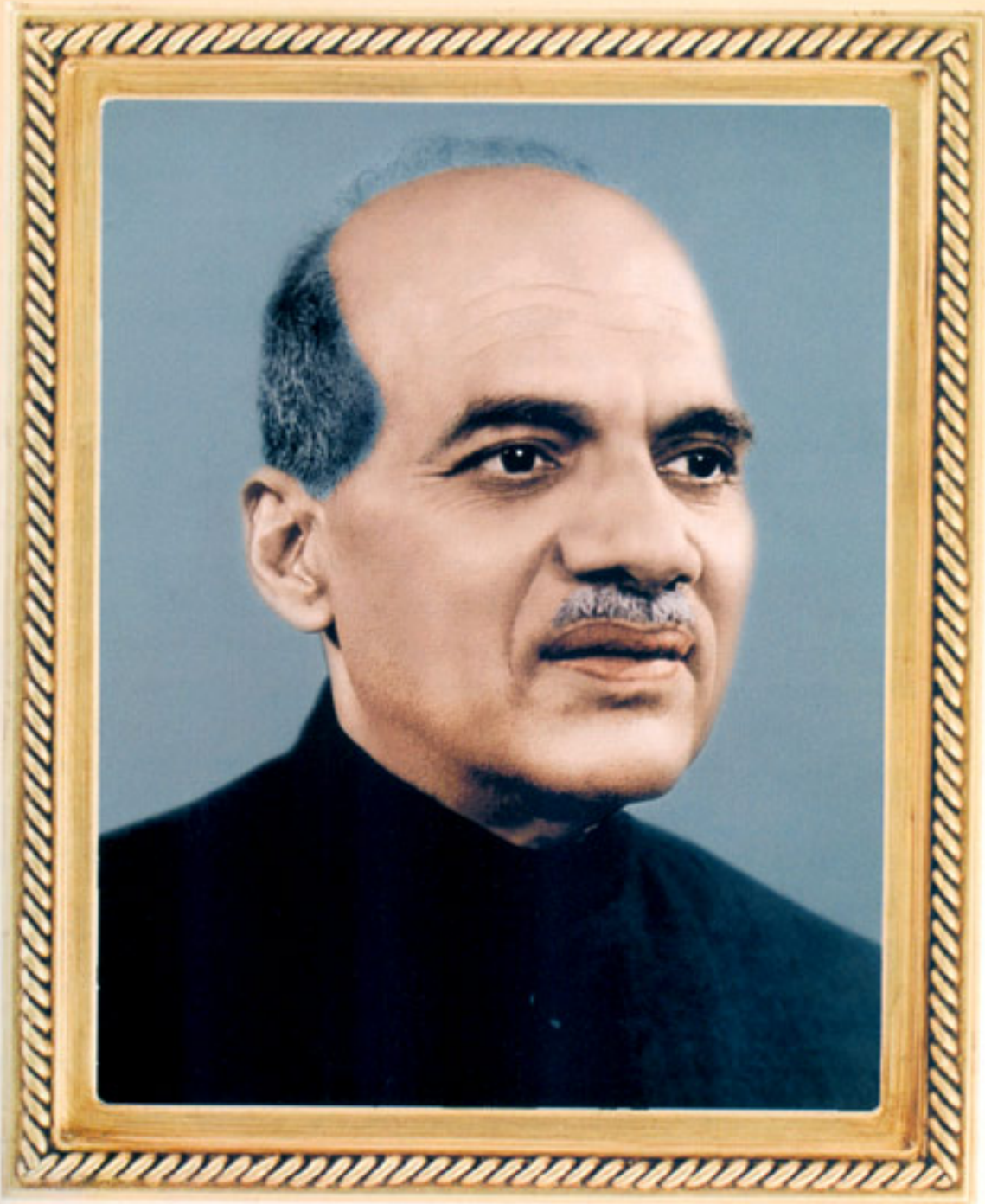
His diligent work and untiring efforts bore fruits and soon KVM became a leading name in the educational circle. The pressure from the Ludhiana community mounted to such an extent that in the year 1957, Rai Sahib had to set up another branch now at Civil Lines in Ludhiana.

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. Sh. M.P Gupta and Lala Lajpat Rai Ji are the Presidents of the Trust and Managing Committee respectively.

Spreading its wings further, KVM has recently set up its new branch named Kundan International School at Chandigarh, which has become fully functional from April, 2007.





LATE SHRI KUNDAN LAL JI – FOUNDER OF KUNDAN VIDYA MANDIR

Message

From
Mr. M.P. Gupta



My dear Kundanites,

Like last years I am happy to share my thoughts with you.

These days I feel all the time that our nation is in a state of crisis. Moral values and ancient ideals have lost their hold on society. We are daily confronted with most horrific news - be it Nirbhaya episode or brazen acts of corruption. In this context the quality of education being imparted in schools these days assumes great importance. What emphasis do we place on moral and value based education to the young minds in schools ? Therein lies the responsibility of the educationists. In schools our sole attention is to give children information. Where is the realization that an educator's first take is to make children happy and morally strong, even at the cost of educational (academic) goals that the teacher may have in view. For after all the principle goal of education should be the formation of character. Further the teacher should always remember that a child learns by doing and not by listening submissively to a display of factual information. Still further teachers must be aware of the disastrous influence their own defects and weaknesses have on children.

I would thus place great emphasis on the quality of education and in particular moral and value based education that is imparted in our schools. This alone can take us to a more humane, compassionate and just society. And a teacher is a centre piece in this effort for her influence lasts a lifetime.

With Best Wishes.



(M.P. Gupta)

President

Shri Kundan Lal Trust

Ludhiana



Message

From
Dr. Lajpat Rai



My dear Kundanites,

I am happy to welcome you all to this new session after a joyful vacation, and be able to communicate with you.

You and in fact everybody wants to be successful and be among the toppers. To achieve success you have to prepare for it.

Firstly, you must have a well thought and planned and ethically sound Aim (Goal) to be achieved. You always have to keep your focus on that; Hope, faith in self, self confidence and courage are necessary basic qualities.

Swami Vivekananda Ji, whose 150th birth anniversary has been recently celebrated, gives an excellent message to achieve success:

"Arise, Awake & Stop not Till Goal is Reached"

This is relevant, not only for academics but for all activities in life. It calls for keeping healthy by proper nutrition, exercise and rest including sleep.

Being awake means alertness - giving up laziness, remaining mentally in control. Self discipline and time management are crucial pre-requisites.

Hard-work is the bedrock on which success is built. Remember the 3Ps is your life-Persistence, Patience and Perseverance with concentration based upon conviction a fundamental to hard-work. At times, pause and reflect i.e. review and take corrective steps. Be patient with yourself and start again.

Guard against such negative emotions as anger, arrogance, jealousy, hatred. Tremendous integrity and sincerity shine in the character and behaviour of a



successful person. Have a positive and optimistic attitude. Just keep reminding yourself that 'You Can' i.e. 'I can'.

हारें नहीं जब हँसले,
तब कम हुए फासले
दूरी कहीं कोई नहीं
केवल समर्पण चाहिये
कुछ कर गुजरने के लिये
मौसम नहीं मन चाहिये।

With best wishes,



(Dr. Lajpat Rai)

Chairman-KVM Managing Committee



Message

From
Mr. Ashwani Kumar



Dear Kundanites,

Education plays an important role in enabling a person to face a real life situation with adequate knowledge. School is a temple of learning and in KVM we are making our best effort to give quality education to our students.

It is only after leaving school that one really appreciates the feeling of having belonged to the "School". This general feeling of "Belonging" of being wanted is so necessary to our happiness, but here at school now we seem to take it so much for granted, whether we are a part of a sports team, or class or club, or yes, even part of KVM.

Just as every pupil gains something from school, so he or she gives something in return either good or bad depending on the giver. See that what you give to the school is worth giving. Work hard, play hard, give your best at all times do nothing which will harm your school's good name and your parents' as well.

Establish your school in your hearts and in your minds as something of which you can really be proud.

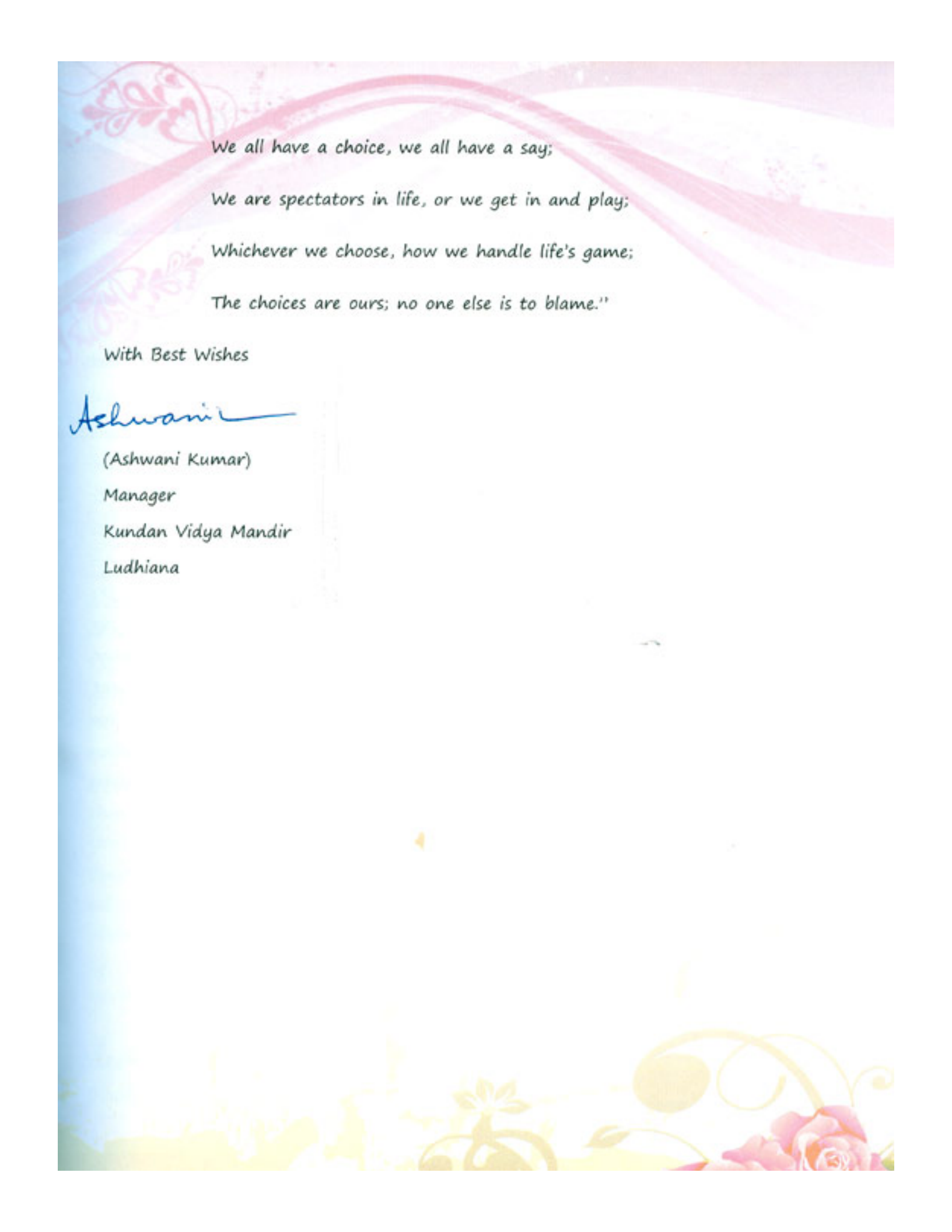
"Some people believe, and develop a plan;

Some people doubt, never think that they can;

Some people face hurdles and give it their best;

Some people back down when faced with a test.





*We all have a choice, we all have a say;
We are spectators in life, or we get in and play;
Whichever we choose, how we handle life's game;
The choices are ours; no one else is to blame."*

With Best Wishes

Ashwani

(Ashwani Kumar)

Manager

Kundan Vidya Mandir

Ludhiana



From The Principal's Desk



"Train up a child in the way he should go; and when he is old he will not depart from it."

Ethically and practically it is undesirable to manipulate emotions, attitudes and values among children. But we can neither be too permissive nor too restrictive. It is necessary to lay down some norms and guidelines because the child has to recognize the point at which he can and should draw back. It is a delicate balance of 'Laissez - Faire and that's enough'. A child treated in a fair way has an opportunity of becoming self-confident, self-reliant and as asset to the society. It is for the educationist to ensure that an environment conducive for the blossoming of a tender bud is created. John Locke, the British philosopher, viewed the child's experience and education as determinants to his development. The creative child expresses his special talents in a myriad ways. It is our responsibility to mould his individuality without destroying the basic foundation on which a happy childhood rests. Let us build our castles on these happy foundations. Let us not forget, "As the twig is bent, so grows the tree."

Navita Puri

(Navita Puri)

Principal



Editorial

From the Editor-in-Chief



Dear Readers,

Excellence can be acquired by everyone. We all are capable of excelling in whatever we want. The secret to achieve excellence is simply to do every small thing in a great way. Simplicity and strong basics are the pre-requisites.

"Great things are not done by impulse, but by a series of small things brought together" – This view is supported by recent scientific studies that studied many great men and women who excelled in life. It has been said that "The lack of natural talent is irrelevant to great success. The secret is painful and demanding practice and consistent work." There is no evidence of high-level performance without work and practice.

The potential in every person is such that it cannot be utilized to its full extent without bringing about excellence. One's focus should not be on achieving greatness but on one's efforts towards fulfilling his fullest potential as a human being by performing his simple tasks excellently. One should always strive to grow beyond his present barriers and limits and inevitably become great.

There is not much difference in the labour and skill that is needed for being excellent or mediocre. It is the application of that labour and skill that matters.

Simple things like consistent hard work, practice, an urge to learn the new things will make all the difference and help you to attain greatness and excellence in whatever you do. Never leave anything to chance.

So, here's wishing you all a stimulating reading that will lead you towards excellence.

A handwritten signature in blue ink that reads "Kirat Grewal".

(Kirat Grewal)

Board Result (Class XII)

2012-13

DISTRICT TOPPER



Amreen

96.4%
Medical

MEDICAL STREAM



Ashish Tripathi

94.8%
Medical



Prachi Singla

94.8%
Medical



Anu

94.6%
Medical

NON-MEDICAL STREAM



Shaina Gupta

97%
Non-Medical



Prerna Jain

96.4%
Non-Medical



Karina Aneja

95%
Non-Medical

MEDICAL STREAM



Ashima Miglani

96.4%
Commerce



Vibhanshu Gupta

96.4%
Commerce



Ramneek Kaur

95.8%
Commerce



Charu Gupta

95.4%
Commerce



Ayushi Bansal

95.4%
Commerce

Board Result (Class XII)

2012-13

HUMANITIES STREAM



Pranav Sood

95.2%
Humanities



Sumedha Arora

91.8%
Humanities



Srishti Sachdeva

91.4%
Humanities

STUDENTS SCORING 90% AND ABOVE (CLASS XII)



Sonal Sehgal

94.4%
Medical



Tushar Aggarwal

94%
Medical



Nishant Malhotra

93.8%
Medical



Arushi Sharma

93.8%
Medical



Nikita Jain

92.8%
Medical



Harshpreet Singh

92.2%
Medical



Rohan Chopra

94.4%
Non-Medical



Abhyuday Singh

94.4%
Non-Medical



Richa Sethi

93.4%
Non-Medical



Eshita Swain

93.2%
Non-Medical



Akshit Jain

93.2%
Non-Medical



Kshitij Bhatta

92.8%
Non-Medical



Satvik Khurana

92.6%
Non-Medical



Aditya Jain

92.2%
Non-Medical



Munish Maniktala

92%
Non-Medical



Bhavika Arora

92%
Non-Medical



Surya Sindwani

91.8%
Non-Medical



Abhinav Singla

90.8%
Non-Medical



Tanisha Bahel

90.4%
Non-Medical



Bhavika Sehgal

90.4%
Non-Medical



Shreya Bhakoo

90.2%
Non-Medical



Sarina Batra

95.2%
Commerce



Navya Kalra

95%
Commerce



Shreshth Aggarwal

94.8%
Commerce

Board Result (Class XII)

2012-13

STUDENTS SCORING 90% AND ABOVE (CLASS XII)



Jashan Jindal
94.6%
Commerce



Shejla Bharti
94.4%
Commerce



Aakriti Bansal
94.4%
Commerce



Shubham Jain
94.2%
Commerce



Aakash Aggarwal
94.2%
Commerce



Shraddha Thapar
94%
Commerce



Srishti Aggarwal
93.8%
Commerce



Sakshi Garg
93.8%
Commerce



Sonali Bansal
93.6%
Commerce



Ankit Gupta
93.2%
Commerce



Arshita Sharda
93%
Commerce



Sakshi Gupta
92.6%
Commerce



Shagun Verma
92.2%
Commerce



Puneet Beri
92.2%
Commerce



Ananya Jain
92.2%
Commerce



Rahul Gupta
92%
Commerce



Sanyam Kataria
91.8%
Commerce



Sanchit Chawla
91.8%
Commerce



Palak Jain
91.8%
Commerce



Ridhima
91.2%
Commerce



Roopam Jain
91%
Commerce



Sahil Sood
90.6%
Commerce



Shagun Bhandari
90.4%
Commerce



Ayush Modi
90.4%
Commerce



Prayag Gupta
90.2%
Commerce



Amrita Singh
90.2%
Commerce



Sophia Arora
90%
Commerce

Board Result (Class X)

2012-13

STUDENTS SCORING 10 CGPA



Abhishek Kochhar



Nitya Garg



Surbhi Goyal



Abhinav Jain



Kinshuk Sood



Bhavya Bhardwaj



Ankur Sharma



Sanil Jain



Pallavi Madan



Tathagat Chawla



Avi Arora



Chakshu Goyal



Nandita Mishra



Raghav Aneja



Hitasha Arora



Chirag Gupta



Garima Goyal



Aashutosh Gupta



Shashank Sood



Roopika Maniktala



Kashish Gaba



Ghazal Jain



Govind S. Gandhi



Sidhant Jain



Tushar Gupta



Prachee



Paritosh Kumra



Gursahib Singh



Sharan Ahuja



Shriya Aggarwal



Tanu Kapoor



Harquna Sood



Tanvi



Shubham Gupta



Nakul Aggarwal



Kanav Sharma

Board Result (Class X)

2012-13

STUDENTS SCORING 10 CGPA



Vinay Sahnan



Vivek Sharma



Dinesh Sehgal



Luv Vermani



Aayush Gupta



Sakshay Bhatia



Divit Maini



Niharika Jain



Aastha Gulhati



Sakshi Bhalla



Nishant Bansal



Arpit



Simran Sharma



Ritijya Malhotra



Shiana Bhatia



Nitika Jain



Jahvi Arora



Sunaina Singal



Ritika Kapoor



Tanvi Kaura



Vaishali Aggarwal



Aashna Soni



Vishakha Jindal



Riya Gupta



Nikhil Gupta



Pranav Jain



Aditya Gupta



Puneesh Deora



Sehaj



Ritika Arora



Rishika Sharma



Nikhita Bansal



Saloni Kaushal



Shubham Goyal



Dimple Gahlot



Heema Jain

Promising Genius

2012-13



Mehak Aggarwal

Star of the Year
L.K.G.



Aaditi Kathpal

Star of the Year
L.K.G.
(City Campus)



Kaisha Jain

Star of the Year
U.K.G.



Kritika Jain

Star of the Year
U.K.G.



Bhumika Kathpal

Star of the Year
U.K.G.
(City Campus)



Inesh Aggarwal

Star of the Year
1st in Class I



Pragati Jain

Star of the Year
1st in Class I
(City Campus)



Shivam

Star of the Year
1st in Class II



Nimardeep Takkar

Star of the Year
1st in Class II
(City Campus)



Sulakshna Gandhi

Star of the Year
1st in Class III



Navya Jain

Star of the Year
1st in Class III
(City Campus)



Avini Aggarwal

Star of the Year
1st in Class IV



Varinda

Star of the Year
1st in Class IV
(City Campus)



Divya Singla

Star of the Year
1st in Class V



Riya Wallia

Star of the Year
1st in Class V
(City Campus)



Taneesha Gaur

Star of the Year
1st in Class VI



Abhijyot Sharma

Star of the Year
1st in Class VI
(City Campus)



Simran Madan

Star of the Year
1st in Class VII



Raghav Bansal

Star of the Year
1st in Class VII



Gurleen Kaur

Star of the Year
1st in Class VII
(City Campus)



Savitri Kaura

Star of the Year
1st in Class VIII



Mehak Goyal

Star of the Year
1st in Class VIII
(City Campus)



Nikhil Sareen

Star of the Year
1st in Class IX



Goetika Sharma

1st in Class XI
Medical



Sukrita Singh

1st in Class XI
Non-Medical



Akshita Garg

1st in Class XI
Non-Medical



Nishtha Bansal

1st in Class XI
Commerce



Saru Adya

1st in Class XI
Humanities



Hall of Fame 2012-13



Nakul Aggarwal
Best Speaker (English)
Best Quizzer
(Senior Section)



Rajneesh Sharma
Best Singer
Versatile Musician
(Senior Section)



Shubhankar Goswami
Best Artist
(Senior Section)



Shreya Jain
Best Speaker (Hindi)
(Senior Section)



Aishwarya Daula
Best Dancer
(Senior Section)



Svrnima Poddar
Best Actor
(Middle Section)



Rishab Aggarwal
Best Orator
in Hindi



Sehaj Pal Singh
Best Actor
(Middle Section)



Gayatri Gupta
Best Orator
in English



Samridhi Sharma
Best Debater
in English
(Middle Section)



Pranav Jain
Best Actor
(Middle Section)
(City Campus)



Rajatdeep
Best Artist
(Middle Section)
(City Campus)



Madhav Malhotra
Best Dancer
(Middle Section)
(City Campus)



Utkarsh Jain
Best Singer
(Middle Section)
(City Campus)



Mehak Goyal
Best Debater
(Middle Section)
(City Campus)



Muskaan Gumber
Best Speaker
(Middle Section)
(City Campus)



Kartikay Phull
Best Speaker
(Primary Section)



Riyana Mallick
Best Actress
(Primary Section)



Chhavi Sood
Best Dancer
Best Artist
(Primary Section)



Prapti
Best Singer
(Primary Section)
(City Campus)



Jitesh Kapoor
Best Dancer
(Primary Section)
(City Campus)



Diya Dhawan
Best Actress
(Primary Section)
(City Campus)



Esha Jain
Best Artist
(Primary Section)
(City Campus)



Shaffa Grover
Best Dancer
(Middle Section)



Nandini Jain
Best Artist
(Middle Section)



Alok
Best Quizzer
(Middle Section)

Inter-National/National Level Players

2012-13



Jaskaran Singh
Athletics



Preeti
Athletics



Prerna Dawar
Badminton



Mitaksh Gandhi
Badminton



Raghav Sharma
Cricket



Manan Jain
Cricket



Nimit Malhan
Cricket



Alt Rana
Gymnastic



Saruesh Maria
Lawn Tennis



Puneet Jain
Lawn Tennis



Kanika Sood
Lawn Tennis



Purnima Jain
Lawn Tennis



Tanish Galhotra
Shooting



Saransh Kapoor
Shooting



Yovan Bagga
Skating



Surya Deep
Skating



Akshit Bawa
Swimming

State Level Players



Ritika Mohanty
Athletics



Kayenaat
Athletics



Sidharth Goswami
Athletics



Raghav Sharma
Athletics



Rachit Gupta
Badminton



Jasleen Singh
Badminton



Pranshu Madaan
Badminton



Lakshay Singal
Badminton



Aditya Gupta
Badminton



Aayush Gupta
Badminton



Mohul Goyal
Badminton



Abhinav Jain
Badminton



Ayan Gupta
Badminton

State Level Players

2012-13



Sanchit Gupta

Badminton



Akshit Khullar

Badminton



Pranav Wadhwa

Badminton



Divyansh Pruthi

Badminton



Ankit Goyal

Badminton



Allisha Joshi

Badminton



Tanvi Kaushal

Badminton



Vaidhav Jain

Badminton



Parth Sharma

Cricket



Vaibhav

Cricket



Yashveer

Cricket



Hartejassvi

Cricket



Navendu Sharma

Cricket



Parul Mehndiratta

Cricket



Venkat Rana

Gymnastics



Rishab Kapoor

Shooting



Tanisha Gaur

Shooting



Punar Partap

Shooting



Anshul Chopra

Shooting



Aayush Sewak

Shooting



Navreen Kaur

Shooting



Pulkit

Swimming



Nitesh Lekhi

Swimming



Sushant Gupta

Swimming



Surbhi Romesh

Swimming



Tushali Lekhi

Swimming



Kinshuk Sood

Volleyball



Chetna Shangari

Volleyball



Mehal Tiwari

Volleyball



Sahil Sharma

Volleyball

District Level Players

2012-13



Danish Kapoor

Athletics



Rashmi

Athletics



Hemant Seth

Athletics



Shaina

Athletics



Devang Jain

Athletics



Pushkin

Athletics



Ashir Chopra

Badminton



Surbhi Yadav

Badminton



Dakshita

Badminton



Nandini Arora

Badminton



Abhishek Lomesh

Chess



Rishab Singla

Chess



Apram

Chess



Shubham

Cricket



Akshit

Cricket



Arshdeep Singh

Cricket



Simranjit Singh

Cricket



Nishant

Cricket



Jaskaran Singh

Cricket



Ankit Tandon

Lawn Tennis



Deepesh Joshi

Lawn Tennis



Ribana Malik

Lawn Tennis



Sauma Kanti

Shooting



Akshay Sethi

Lawn Tennis



Harguna Sood

Lawn Tennis



Gaurika Joshi

Lawn Tennis



Naman Chhibba

Shooting



Parinita Sareen

Shooting

District Level Players

2012-13



Shardha Garg
Shooting



Evmeet Kaur
Shooting



Samridhi
Shooting



Kirtika
Shooting



Gouri Phull
Shooting



Arman Singh
Shooting



Harleen Kaur
Skating



Swastik Kashyap
Skating



Harsheeta Dhir
Skating



Gurnoor
Skating



Shehbaj Singh
Volleyball



Abhi Jain
Volleyball



Samar Deep
Volleyball



Somil Sharma
Volleyball



Lavanya Jain
Volleyball



Vikram Singh
Volleyball



Sanil Jain
Volleyball



Manan Suri
Volleyball



Karan Singh
Volleyball



Gunraj Singh
Basket Ball

All Rounders

2012-13



Vibanshu Gupta
All Rounder Best of
Senior Section



Savitri Kaura
All Rounder Best of
Middle Section



Jagtar Singh
All Rounder Best of
Middle Section
(City Campus)



Chhavi Sood
All Rounder Best of
Primary Section



Ridhi Jain
All Rounder Best of
Primary Section
(City Campus)



English

Section

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Editor

Mrs. Anita Arora
Co-Editor

Mrs. Anjali Gaur
Asst. Editor

Mrs. Maninder Kaur
Asst. Editor City Branch

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Editorial



Once, a woman visited a place where they make the world renowned Persian carpets. There she saw an old man, deftly working on a carpet and she went near him, expecting to see a wonderful pattern. But she was disappointed to see an ugly design. The old man looked at the woman and said, "Madam! This is the back side of the carpet. Look at the other side." saying so, he showed her the other side and she was amazed to see a beautiful and intricate design on the carpet.

This is how we sometimes look at a work of art whether that be a painting, a poem, or a play. Kundan Jyoti is a collection of the choicest literary flowers beautifying the world with their creative expression.

Let's have a word on criticism. It is always difficult to accept, but we should receive it with humility and a desire to improve our work and performance. An article states that when we are criticised we ought to ask ourselves whether the criticism contains any truth. If it does, we should learn from it, even when it is not given with right motivation and in the right spirit. Be willing to learn afresh that you are not infallible and that you need God's grace and wisdom every moment of the day to keep on the right path. When we are criticised, let's accept what is true and act upon it, thereby becoming a stronger person. He who profits from rebuke is wise.

Let's see the other side of the literary carpet with a beautiful and intricate design.

Kamal Kumar
Editor

Thoughtful Verse

From the depth of my thoughts
from the bottom of my heart
I would like to amend my life
and have a new start.

A new day, a new beginning
all the birds of the world singing
giving the message.

Enjoy your life
pick up a knife
chop down the sorrows
the happiness you deserve

may you never need to borrow
have fun and live to the fullest
may you have many
tomorrows.

Ripudaman, XI - A

Facts about ENGLISH

1. The word "queue" is the only word in English language that is still pronounced the same way when last 4 letters are removed.
2. "Rhythm" is longest English word without a vowel.
3. Of all the words in English language, the word "set" has most of different meanings.
4. "Almost" is the only English word with all its alphabets in alphabetical order.
5. The elephant is only mammal which cannot jump.
6. One quarter of your bones are in your feet.

Sambhav Jain
XI - 'C'



Modern Day Science Students – A Conglomeration of foolish and intelligent.

Many years back, science was criticized like today detained students are criticized. Nobody concerns about potential they have. Criticism and success go hand in hand. Later when people realized the importance of science, then being a science student was considered as a great privilege. But modern day science students are a little bit different, having thoughts which will make a world of donkeys and monkeys. They believe in talking, fighting, in short, indiscipline. These are now the modern day concepts of science. Slowly and slowly we will hear students

saying another students "Why are you studying. It's just a boring work." But remember, there are some students who want to study and clear competitive exams and they are the only one's who will improve the status of world and will be the only contributors in the development of country.

This is not an article but just a request to those who take science for granted.

Karandeep Singh
XI - 'B'

Fake people in this so called TRUSTWORTHY WORLD

Today, in this world of globalisation "fake" has become a new trend. The ones who used to be your so called best friends at sometime but now they don't even want to talk with you.

I will protest the famous thought 'A friend in need is a friend indeed' as most of the time your friends call you when they need help but when



you call them they just make excuses to just get rid of you. When you ask the reason why they don't want to talk to you, they just say they got new friends and don't want old friends. But the new friends will be faithful and trustful for sometime but when they will show their real face some just can't handle it. Some friends exploit your innocence in the wrong way and would take the benefits from you. If you trust someone and share your problems with them, they will come to know your weakness and will exploit your weakness and one day they will backstab and cheat you.

Jitesh Wadhawa
XI - 'C'





Say a Prayer

I was going with my father for a usual evening walk when a garbage truck pulled up beside us. We thought the driver was going to ask for directions. Instead he showed us a picture of a cute little five-year old boy.

"This is my grandson, Amrit", he said. "He is on a life support system at Civil Hospital."

Thinking he would next ask for a contribution to his hospital bills, my father reached for his wallet. But the driver wanted something more than money. He said, "I am asking everybody I can to say a prayer for my grandson. Would you say one for him, please?"

I and my father did and we realized that God is present everywhere and listens to everybody's problems.

Savitri Kaura
VIII - 'A'



God is in a Joking Mood

A man was praying to God.

He said, "God!"

God responded, "Yes!"

And the man said, "Can I ask a question?"

"Go right ahead," God said.

"God, what is a million years to you?"

God said, "A million years to me is only a second."

The man wondered.

Then he asked, "God, what is million dollars worth to you?"

Modern Society and Exposure to Perils

In today's modern world, views of people have changed to a great extent. This modern society whose views are changing at a very high rate does not know about the perils they are facing in their day-to-day lives, the moment they step out from their home, challenges come in front of them.

Competition spirit among children has reached to that fever pitch where they can't afford failure and if they face it they have no other option left than 'suicide'. Parental care has now vanished in this modern society. The things especially failures are none other than upcoming danger.

Parents now no more believe on spending time with their children. The change for drugs among youngsters is engulfing them like a monster. This so called modern society is still involved in this crime 'Female Foeticide'. The passion among youngsters to show off in front of their friends is actually exploiting them very badly. Reckless driving has taken away the lives of so many people.

To overcome these perils, it is really needed that one should be careful regarding what is happening in our 'so called' modern society. The one and only solution to these perils is a gentle touch of love and care.

Geetika Sharma
XI - 'A'

God said, "A million dollars to me is a penny?"

And God cheerfully said,

"Sure! just a second."



Ria Aggarwal,
VII - 'A'

Always Be Thankful to God



Yuvraj Singh a well known cricketer was suffering of lung cancer just after he won the title of 'Man of the tournament' in ICC World Cup 2011.

From world over he received letters from his fans one of which conveyed, "Why does God love to select you for such a bad disease?"

To this 29 year old, Yuvraj Singh replied, "In the world over 10 crore children start playing cricket, approximately 10 lac learn to play, 1 lac learn professional cricket, 50 thousand play on school level, 5 thousand reach state level cricket, 1 thousand reach at their national levels, 154 players presented their challenges in ICC World Cup 2011, only 44 of them reached semi-finals, 22 of them reached final. And when our team won the world cup and I was holding the "Man of the Tournament" trophy never asked God, "Why Me?"

And today in pain should I have the right to ask Him, "Why me?"

Be thankful for all his blessings.

Anirudh Gupta,
I - 'B'



Why your Fingerprints are Unique ?

The ridges on the skin of each of your fingertips form a pattern called a fingerprint. Each fingerprint has a print of its own. This print never changes, even if the outer skin is damaged. And no two people have same patterns. More than two thousand years ago, the Chinese understood the importance of fingerprints. In ancient China, the emperor used his thumb print to sign important documents. In nineteenth

century, fingerprints were first used officially in Europe to identify prisoners. Today, they are used as an identification mark almost all over the world.



Reeva Sharma
V - 'A'



My Favourite Fruit An Apple

We pluck apples from the tree,
Apples are good for you and me.
Apples are red and apples are green,
There is also one with a golden sheen.

White from inside, juicy and crisp,
With small black seeds, like lovely little beads,
There is a lot with an apple you can make,
Shakes, jams, pies and cakes.

Apples are good for our health,
They are so good that many people say,
An apple a day keeps the doctor away.



Ganya Kapoor
IV - 'D'

My Old Days

I miss those old days,
When we played cricket.
We had the balls and the bats,
But not the real wicket.
The prey was our plastic chair,
To make the game a bit more fair,
We had one metal wicket set,
Inside the cage, was our pet.
I still remember when we first met,
Awesome was the game and so was the match,
The only thing we needed to win,
Was a simple or tough catch.
They say, "catches win matches,"
On my wall are thousands of patches,
May the ball be wet or dry.
We could hit it upto the sky.
The longest six we hit,
The hardest catch we did,
Diving on the floor and all,
Though we were only a kid
We could bowl anything.
Spin, pace or swing
We ruled the game,
We were the king.
We had many hattricks,
We took unnecessary risk.
We went down the pitch,
and rarely missed the ball,
The thing to get ready,
We always waited for a call.
Early up in the morning,
We were ready to play,
Didn't matter how much tired we were
We could play all day.
The first time I hit six consecutive sixes,
I was fully pumped up,
And after three balls,
My two hundred was up.
The second time, I hit the seventh six,
But got out on this one,
Of all our own backyard rules,
This was a tough one.
Hitting a six and getting out on the same delivery,
Leaving the bat was a task of bravery.
Whenever there was an argument,
We all stood tall,
But all the fight went in vain,
Because the solution was a re-ball.



We had a tri-ball mania,
Getting out without a shot,
The revenge in the next innings,
Was what we ought.
Miss three tries and you're gone,
All your team-mate play
And you can rest in the lawn.
Getting me bowled,
Was one tough task,
Three lanes away,
We could hear my dog's bark.
The stadium was my house,
not a garden.
There was hardly a match,
Which we abandoned,
We did funny commentary,
Like a chatterbox,
We wore our sport shoes.
Without our socks
Close to the defeat,
We waited for the next match,
One rule that troubled us all
Was one-tip-one-hand catch
We could skip our food,
Be it lunch or breakfast,
He may be any opponent,
We could leave him in the dust.
Beating them up to a pulp,
Was our primary agenda.
The best way to score the runs,
Hitting the six was our funda
I was a righty,
A lefty as well
We could make the bowler's punish,
Like a day in the hell.
We had baby overs,
Batting order was to be decided,
Get two 6 or three in them.
And you were to be guided
We played with balls of tennis
Specially made for cricket
Whether the pitch suited spinners or seamers
We always took wickets
Whoever be the batsman,
There was always a way
I don't care whatever you say,
I miss those old days,
I miss those old days!



Aakashdeep Singh
VIII - 'F'

PERSONALITY DEVELOPMENT

A Sure Way of Success

A developed personality is the glitter that sends your gleam across the footlight and the orchestra pit into that big black space where the audience is. To me personality signifies intelligence, character, charisma, identity, individuality, nature, persona, psyche and temperament.

As in the voyage of your life your boat, masts and sailing tools are your personality traits. So, the stronger these are the better are the chances of a successful voyage.

Many people think that beauty dominates others but it has been observed even beauty bows before persons of a developed personality. Such people look attractive though they are not pretty. Because of their developed personalities they tend to be more controlled and disciplined and their qualities help them to elevate themselves to heights of success in life. There are many salient methods to make our personalities a developed one.

First and foremost is the quality of discipline. Following the prescribed social discipline and also imposing self discipline on ourselves. By this, we can do exceedingly well in all spheres of life. Discipline acts as the chain to bind all the necessary tact of success. Then

we talk about learning, this is the other important tool for us to chisel out a beautiful personality. A developed and educated person will have doors of admiration always open for him/her.

These qualities further lead us to a smarter body language, great self confidence and superlative attitude.

All this further leads to unison of mind, body and soul to force us to form a personality which is respected and adored by everyone, leading our lives to height of success.

To sum it up all the great poet Iqbal was said,

खुदी को कर बुलंद इतना कि हर तकदीर से पहले,
खुदा बंदे से खुद पूछे, बता तेरी रजा क्या है।



Surnima
VIII - 'E'

• Life is an Opportunity! •

Life is like a candle flame that burns brighter when given the golden jewel that is opportunity. Opportunity if realized, scatters away the darkness from our lives. Our life is an adventurous trip full of opportunities. Sometimes opportunities come disguised in the form of hardwork. Those who recognize them, climb the ladder of success. A human being is fortunate to have a distinct feature that other non-living organisms do not have and that is brain. As the time waits for none opportunity too does not wait for anyone. Like God showers his love on all

without discrimination, opportunity is provided to everyone equally. Take the example of a bud - which blooms into a flower when provided adequate water and sunlight. This signifies that even a small living thing uses opportunity for its growth. Living means fulfilling your dreams and making your life beneficial to others. A chance i.e., opportunity is what we all require to rise high in the sky and shine like a star.



Ojasvi Anand
VIII - 'F'

I'm No Different Than You

I have a heart that beats like you,
Ten fingers and ten toes.
I have a mind that thinks like you,
And feels joy and sorrow too.
I'm No Different than you.

I breathe the same air
Walk the same path.
Eat, sleep and
Talk just like you do.
I'm No Different than you.

I care and worry,
Nurture and love,
I achieve things and at times,
Suffer hardships like you.
I'm No Different than you.

You say I'm a burden,
You don't want me no more.
You want boys you pray,
For to raise girls is a chore.

But I'll tell you something you probably never
knew

I cry when I hear you discuss my fate,
I want to tell you that I'd always love you
To just give me a chance before it's too late.

And then just like that,
You decide to end my life,
When I am unable to speak,
And being murdered with a knife.

I am now in a dumpster
With other girls like me,
Whose parents believed the same as you,
And did to them what you did to me.

Now though my heart no longer beats,
I can't hear, breath or feel a thing too.
I do forgive you however, for what you did,
For may be I'm for different than you.



Madhav Arora
X - 'E'

My Spiritual Mentor

Little can I pen down in his praise,
An icon of love, mercy and benevolence,
I bow before him! A man of immense importance,
One, who introduced with life's real destination,
One, who limelighted the path of salvation,
Enlightened by life, highlighting the ways of
spirituality,
Obliged me with his sacrifice and generosity,
Every time, I listened to his discourse
Past flashes my eyes, I'm full of remorse
Illuminated my life by demolishing illusions
Frightened me, dragging one out of the delusion.
Whose drizzling bliss turning an idle to ideal
Condemnable were my deeds, he turned then
commendable
When I was leading myself blind in pride and
abhorance,
It was from him that I learn't the act of adoration.
Helped me dodge the world of ignorance,
Taking me to the doors of that Omnipotence,
Acquainted me with that Omnipresent God,
Whose teachings paved my way to lord
Paved the way for my emancipation,
Exposing the truth of worldly relations,
Whose teachings declared social service the
biggest treasure,
Whose proximity lends me a sense of peace and
pleasure.
With such ascetic mentor when I'm endowed
With such a true devotee when I'm bestowed
What all for, should I curse my fate ?
There's no reason in my life to be more fortunate.



Nipun Goyal
XI - 'B'

THANK YOU God



I was very happy when our winter break started last year. It was really cold and I enjoyed sitting in the quilt and having hot soup.

One day while coming back from a party, we saw a poor lady at the Jagraon Bridge with her baby in her arms. She was shivering and crying as she did not have enough woollens to cover herself and her baby. We decided to help her. After reaching home my mom and I collected some old woollen clothes and a blanket; and went back to give those to her. She had tears in her eyes while accepting those clothes and blanket. I felt touched. I thank God for such a blessed life. I promise to help the poor and needy.



Ashmita
III - 'D'

Cricket in Exam Hall



- | | |
|-----------------------|----------------|
| Classroom | - Pitch |
| Examination | - Match |
| Examinee | - Batsman |
| Paper setter | - Baller |
| Invigilation | - Umpire |
| Pen | - Bat |
| Question | - Balls |
| Marks | - Runs Scored |
| Difficult Questions | - Fast Ball |
| Easy Questions | - Slow Ball |
| Confusing Questions | - Spin Ball |
| Unexpected Question | - Googly |
| Caught while cheating | - Caught Out |
| Blank Answer Sheet | - Clean Bowled |

I Want to be a MAGICIAN

I want to be a magician,
And turn a guitar into a musician.
Eat as much as chocolates for free,
Or simply change a plant into a tree.

I want to be a magician,
and give every sick person a physician.
Shop and watch movies of my choice
Without giving money or make a sad face funny.

I want to be a magician,
Or ban every shopper's commission.
Roam all around the world and fly in the sky,
Or make a city Sci-Fi.

I want to be a magician,
and change big-big decisions.
Meet stars without being in crowd
or do thing which will make me proud.

Erase all tension and which make a situation
where everyone amused.
Then only my magic would be
really used.

Gautam Gandhi
IX - 'E'



Challenges of Life

Smooth roads never make good drivers.
Smooth seas never make good sailors.
Clear skies never make good pilots.
Problem and hassle free life never makes a
strong person,
Be strong enough to accept the challenges of life.
Don't ask life, "Why me ?"
Instead say "Try me!"

Niharika Bhandari
VIII - 'D'



Mayank Dhall
VII - 'A'

If a man wants to fulfil his dreams, he must wake up.

Welcome you today into a world of beautiful dreams-dreams that ignite desire, dreams that spur you into actions, dreams that dispel the darkness of long, dreary nights and dreams that stand firm in violent and tempestuous storms because midnight is that bewitching hour which shows you what you could become but only if you persevere to achieve them.

Those who dream by night in the dusty recesses of their mind wake up in the day to find that it was vanity but the dreamers of the day attain success for they act their dream with open eyes to make it possible. When you focus on that dream and soar high like an eagle to achieve it, it is at that hour you accomplish success.

When your dream is illuminated by gleam in your eyes.

When it is purified by fire of desire and cleansed by the holy water of perseverance.

Dispelling the doubts that impede the fulfilment of the dreams.

When it is portrayed on the canvas of truth and patience.

It is then when a new era is born where one can find millions of Bill Gates, billions of Einsteins and trillions of Aamir Khans.

Dreams are sub-conscious thoughts in vivid Technicolor. The desires or aspirations we are not able to articulate during the day find an outlet in our dreams. If we were to remember them and fulfill them we need to work hard at accomplishing them. A peep through the hall of global fame eloquently attests to the power of dreams. From ground-breaking inventors to prodigious philosophers, it is the same story of coveted and nurtured dreams. All great men conquered obstacles to emerge victors in the complex riddle of life because they all had a dream. Walt Disney, the man who gave a visual backdrop to our dreams, who taught us how awesomely spectacular the canvas of our dreams could be, had himself to diligently pursue them through countless failures.

He was fired by a news editor because he lacked imagination. Legend has it that he was

turned down 302 times before he got financing for creating Disney World. Only dreamers are achievers. Our dreams push us to better our lives. Our dreams vary with the circumstances of our life. A hungry man dreams of bread, the one eating a meal a day dreams of a feast, the one who feasts dreams of a lavish party and so on. Therefore, dreams give us the impetus to set a goal and pursue it, to diligently work towards it, remaining focused, disregarding all of obstacles that litter our path to the realization of that vision which obsesses us. It is not necessary that our dreams may be only of conquering the world.

Not all of us are Alexanders. Lofty dreams help to achieve lofty goals but each journey commences with a small step. Running a marathon starts with running one mile. Writing a book starts with deciding on 1 subject. Losing 50 pounds starts with changing 1 meal. Buying a home starts with saving 1 rupee. Same way, start with a small dream and fulfill it and then go on to dream bigger until you are dreaming of conquering the whole world, not just this world but the entire universe. Out of the lowest depth is the path to the loftiest height. But for all that remember, just keep your head up because quitters never win and winners never quit. Just go ahead and love your dream as you cultivate a winner's mentality. I leave you with the words of William Arthur. 'If you can imagine it, you can create it. If you can dream it, you can become it.' Have a dream today as you navigate your ship through coastal waters to rewrite history.

**Dream is not what I wanted to see,
It is what I want to be,
If it is to be, it is up to me.**



Nakul Aggarwal
X

A Rainy Day

One day I was playing outside,
Suddenly it rained and I had no place to hide.
The down pour was very fast,
I thought it would take 2 hrs for it to last.

I hid under a short tree,
The only shelter close to me.
I stood under it and looked around,
The rain was making a very different sound.

I wanted to get back to my home,
But if would fall I could fracture my bone.
After a while, I was in the ground alone,
All my friends had gone back to their homes.

Suddenly a water droplet fell on me,
And then two, three and many.
I was confused where to go,
There was nobody to whom I know.
Then I decided to go in the rain and
have some fun,
I looked around for somebody but there
was none.
Seeing this I felt sad,
I played with the ball, the only companion
I had.

Then suddenly my friends and brother came in
One of my friends was Steven Finn.
My friends had football and wanted me to play,
And my brother had clay and wanted me to play
with that clay.



After seeing us also joined the others.
Then we started playing football,
All my goals were stopped by Finn as he
was tall.

On seeing us my father came,
And asked, 'You having so much fun in this rain,
Shall I also join you in this play ?'
Without any hesitation we asked him to play,
And showed him the creature we made with clay.

For an hour we had fun and joy,
Still the rain was making noise.
When we walked outside the ground,
There was water all around.

When we reached our home ;
My mother asked, 'What have you done ?'
I said I had a lot of fun.
I showed her the creatures of clay and I wish this
rainy day comes every day.

**Alok
VIII - 'F'**

World Today!!

I am so proud that I live in my
incredible India and that too in
21st century. It could be the best
gift to any one. If I were given a
chance to select my life even I
wouldn't have thought of such a
life. Such a life I should be proud
of my life. Yeah, I think so; even
though its a male dominated

country. Even though girls are not respected here;
are bought and sold, assaulted and if not this are
considered just life is not conservative but people
are and they tend to make it the same for us. I feel

their mantra might be 'Women go to hell, you are
just. Heaven belongs to us. Should I still be proud
of India. Yes, I should be why not ? I should be
proud of my mother-India not of what's happening
in it. But of her patience. Because she is so much
enduring. Because she is still bearing the weight
of those Tsars and Hitlers who in reality are just
not whom they consider. Yes, I should be proud of
India. She as a mother is forgiving her own kids
showing how big her heart is; full of gold and
diamonds. She is forgiving some of her path
deviated kids who are exploited by others. Yes, I
should be proud of such a mother! How generous
she is.

**Lavanya Vij
XI-A**



My Mother

My best friend is my mother dear,
She never lets come out my tear.

She works for me the whole day,
She always tries to make me happy and gay.
She packs my lunch and makes it crunch.
With a yummy chocolaty munch.

My problems are big, but she cuts them half,
And never miss a chance to make me laugh.
She is a picturesque beauty,
Never too greedy.

That is my mother,
That is my mother,
Like a star in sky,
Like a light in dark.

She always pays me attention,
And knows my mischievous intention.
The moments we bound,
Even the stars can't count.

Some things are left untold,
Our relationship shines like gold.
I am never scared,
Because I know I will be cared.

She is my life,
Without her I don't feel alive.
So, let us never forget the day,
Pray we remember ninth May.

May she live long,
I shall only sing this song.
Love you mother
Love you mother ...

Arubha
VIII - 'E'

Rainy Season

Rainy season, rainy season,
Come along with a lot of fun.
Make the children happy,
By taking away the sun.

Rainy season, rainy season,
Brings us rain alot.
Make the farmers happy,
By irrigating their crops.

Rainy season, rainy season,
You are the way.
Dance, dance peacock,
Please will you say.

Rainy season, rainy season,
Try you happy at all.
Yes, then play with us,
By throwing a ball.

Rainy season, rainy season,
Thanks to you.
We are very lucky,
To get like you.



Ritika Goyal
VII - 'F'

Spring Season

Air refreshing
Flowers blooming
Everything changing
This is spring.

Old leaves falling
New leaves coming
Bells ringing
This is spring.

Trees growing
Farmers harvesting
Birds singing
This is spring.

New flowers budding
Tired ones are sleeping
Pendulum swinging
This is spring.

Harshit Sood
VI - 'F'



THE LITTLE BOY WHO GOT LOST IN THE WOODS

We all are afraid from getting lost from our parents or the persons we feel comfortable with. This is what happened with me when I got lost in the woods. But you all must be surprised when I will tell you my story. Once I went with my class for the adventure camp in a forest and this was a real adventure for me. The most shocking thing was I got lost in the woods but did not feel afraid at all because after getting lost in the woods I discovered a tree named the magic. I met ugly goblins, weird witches and helpful fairies.

First of all I met a fairy named Tinkery. She took me to the top of the tree. The view was really good. She told me that up there were magical lands. After that I met my four friends who were lost before. First we went to the land of Topsy Turvy. We took some sandwiches and chocolates which Tinkery made for us. There we had a lot of fun. We saw the buses in the water the people were walking upside down and as we all were naughty we made fun of the people and one short tempered man made one of our friends Rick stand upside down.

We all were shocked and horrified. We all went to a safe place and then Tinkery told that after ten minutes this land would disappear. We were happy that we were safe now. Then we reached the land of spells safe and sound.

There were witches and goblins making spells to make a cat sing or anything else. There we found a witch who was shouting. Take this spells, if you want to walk on your feet. We gave the witch one gold coin and took the spell. We threw that spell on Rick and he was again standing on his feet.

Now we wanted to buy some more spells. So first of all I bought a spell which would makes us bigger for my sister because she was very short in height. But an evil goblin threw that spell on us and now we all were giants. We all got worried but Tinkery told us not to worry and she made us again smaller in size and finally. We were out of this land. Finally we went to the land of icecream and chocolates. After that Tinkery took me to her house and we all were so tired that we slept.

After that when I woke up I found myself lost in the woods and then I realized that it was a dream. But now it was time to find my friends and fortune shined and I saw my friends searching for me in the woods. I finally got with them and we went to our tents and there I told everyone the wonderful dream I had gone through. This was a slightly different experience of getting in woods. Hope you all will also have one.

Mehak Sareen
VI - 'B'

Happy Father's Day

A Dad is a person,
Who is loving and kind,
And often he knows,
What you have on your mind.

He's someone who listens,
Suggests and defends,
A dad can be one,
Of your very best friends!

He's proud of your triumphs,
But when things go wrong,
A dad can be patient,
And helpful and strong.



In all that you do,
A dad's love plays a part,
There's always a place for him,
Deep in your heart.

And each year that passes,
You're even more glad,
More grateful and proud,
Just to call him your dad!

Thank you, Dad...
For listening and caring,
Forgiving and sharing,
But, especially, for just being you!
Happy Father's Day!!!

Sunaal Singh Kukal
VIII - 'C'



THE LITTLE BOY WHO GOT LOST IN THE WOODS

Once upon a time I was going with my parents to do shopping. After shopping, I was really hungry. I told my parents that I wanted to eat something. We went to a restaurant near the woods which means jungle. I was really curious to see what kind of animals lived there. So, I went secretly without telling my parents into the woods. I never knew that there were dangerous animals in the woods.

I was nervous. It was dawn and there were creepy noises. "I shouldn't have come here in the first place," I said to myself. I yelled and yelled for help many times and no one heard my voice. I was really frightened. I thought about my parents that they might be really worried. I never lost hope and I knew that someone would come and rescue me. I sat on a log and saw a strange animal. It was hooting loudly. I thought it was a bat. I screamed like a little girl and it flew away. I noticed that it wasn't a bat. It was an owl. I did not panic.

Then I heard someone coming. I ran like a cheetah and I entered a cave. It was really awkward to see a cave in a jungle. Now, I was deeply frightened. There were different insects such as spiders, mosquitoes, etc. I thought that

this was the last day of my life. It would be a miracle if somebody found me in this dark I tried to find my way out but I couldn't. I went deeper into the cave just by finding my way out. I heard another strange voice. I tried to run but there was a deep end. The sound was of somebody walking.

Luckily I had bought a little flashlight when I went shopping. I turned on the flashlight and saw that there was a person standing. It was a policeman. I was happy. The policeman took me to my parents. They were really happy to see me and they were also really angry. I got in trouble but I learnt a good lesson from this mishappening. What I learnt was that never go aimlessly anywhere or don't ever go anywhere without telling your parents. Be careful!



Ripudaman Singh Waraich
VI - 'C'

Pirate

*Have you seen the pirate
With the coat hanger hand?
Why, he is the most feared pirate
In all of the land.
And it's not because of the GI jones
He sent to the plank.
Nor is it his bath toys
He fearlessly sank.
And it is not his chest
Or the treasure inside.
But because it is the 21st century,
And all other pirates have died.*



Hardik Gupta
VIII - 'F'

"Flight of Swans"

Whenever you see a group of swans flying in the sky aligned in "V" shape, you might think, why they fly in a particular shape? But now the mystery is solved. Whenever any swan opens and moves its wings to fly this helps the other swan to take flight. Like this when the entire group flies in "V" shape the efficiency of the speed goes up by 71% as compared to the speed of one single swan.

They also make a particular sound while flying in front. When someone gets hurt, to help it other swans also come down with it. They stay with it till it recovers. Then, they join their own or some other group in the sky.

Nature has given intelligence to these swans. We should also learn team work and power of unity from them.



Shreya Sharma
VII - 'B'



Journey of Ratan TATA

To say that Ratan Tata leaves behind a huge legacy would be a gross understatement. Ever since he took over as the Chairman of the Tata Group ; he has effectively transformed the group from an India - centric business and conglomerate to a Rs. 4,75,000 crore plus (Rs. 4.75 trillion) multinational business enterprise that draws about 60 per cent of its revenues from abroad.

With Ratan Tata set to step down on Dec. 28, 2012, as Chairman of the group. So I take you on



Tata did Advanced Management Program from Haward Business School in 1975.

He was asked to turn around the sick Express Mills, which he did.

In 1981, JRD Tata stepped down as Tata Industries Chairman, naming Ratan as his successor. He was heavily criticised for lacking experience in running a company of the scale of Tata Industries and finally became the Chairman of Tata Motors in 1988.



a journey of the man's achievements, triumphs and trials.

Ratan Tata was born on Dec. 28, 1937, in Mumbai. His parents were Naval and Sooni. He began his schooling at Bishop Cotton School in Shimla and finished at Cathedral and John Cannon School in Mumbai.

In 1962, he completed BS in architecture with structural engineering from Cornell University in the United States of America.

He began his career at the Tata empire in 1962 and he initially worked on the shop floor of Tata Steel, shovelling limestone and handling the blast furnace. This he did after refusing a job with IBM bank in New York.



Tata Indica, India's first indigenously developed passenger car along with Tata Safari were launched in 1998.

Tata Motors launched Tata Nano, world's cheapest car. Tata Motors also acquired the Jaguar and Land Rover brands from the Ford Motor Company in 2008.

Be your man - Ratan Tata advised Cyrus Mistry who will succeed him at the helm of \$100 billion Tata Group.



Aashray Jain
VI - 'A'



"Father son Conversation"



One day a father was doing some work when his son came and said, "Dad, how much do you make an hour?" Father got very upset and scolded the boy that he should not ask such silly questions.

Son said, "Please tell me, I want to know." So, father told him, "I make Rupees 500 per hour." Oh! The little boy replied with his head down.

Looking up he said, "Dad may I please borrow Rupees 300 from you." The father furiously told the boy to go to his room and do not even think of getting money.

The boy quietly went to his room and shut the door. The father uttered to himself that how could his son ask him such a question just to get money. After an hour, he calmed down and thought that there must be something really urgent otherwise his son did not ask for money very often. So he went to his son's room with Rupees 300 in his hand and said, "Son here's the Rupees 300 you asked for." The little boy smiled and thanked his dad and ran hurriedly towards his locker. The father in his curiosity went near his son and saw him counting some crumpled up notes that were lying in his drawer. The man seeing that the boy already had money started to get angry again and said, "Why did you want the money if you already have some?" "Because I didn't have enough but now I do," the boy replied. "Dad I have Rupees 500 now. Can I buy an hour of your time? Please come home early tomorrow as I would love to have dinner with you." The father was speechless and hugged his son tightly and tears started rolling down from his cheeks.

This story is a short reminder that we need to take out some time from our busy schedules to spend some time for people close to our hearts because spending a quality time with our family members not only strengthen the family bond but also is an indicator of our love and care.

Saksham Mahajan
VI - 'A'



A Newspaper

A newspaper comes every morning,
Sometimes brings important warning.
It contains news from all over the world,
And whatever it contains is true by every world.
It also contains an entertainment page,
Which people read of every age.
It also gives us weather forecast,
And sometimes information about a blast.
It makes us aware of dirty good,
And also of the material that is rude.
It tells us of our stairs today,
And also wishes us a good day.
It tells us about our earth,
And also about somebody's death or birth.
We should read the newspaper daily,
Because it is a source to get knowledge freely.



Rakshita Jain, VI - 'B'

Success

The road to success is not straight.
There is a curve called failure.
A loop called confusion
Speed bumps called friends
Red lights called enemies.
Caution lights called family
You will have flat tyres called jobs.
But if you have a spare wheel determination.
An engine called perseverance.
A driver called God
You will make it to a place called success.



Devika Thapar, VI - 'A'

I Wonder Why

I wonder why the grass is green,
And why the wind is never seen.
Who taught the birds to build a nest,
And told the trees to take rest.
O, when the moon is not quite round,
Where can the missing bit be found?
Who lights the stars, when they blow out,
And makes the lightning flash about?
Who paints the rainbow in the sky,
And hangs the fluffy clouds so high?
Why is it now, do you suppose,
That dad won't tell me, if he knows?

Gauri Verma
VI - 'B'



Happiness

Happiness is once high.
It is like a sunset bathing
on the mountain side.

Happiness is a field of grain.
Turning its face to the falling rain.

Happiness is to yourself
And to thank the Lord to give you
Your share of bless

And as I lie down beside
The clear stream.
I admire the climbers, tulips and bright winter.
..... eternally supreme

The emotion arises in my mind that
for no gold I owe, I am rich,
for the garland of happiness
I've just now stitched.



Rakshita Jain
VI - 'B'

Riddles

Q.1. What starts with E and ends with E and only has one letter.

Ans. Envelope.

Q.2. If you drop a white hat into Red sea, what it becomes ?

Ans. Wet.

Q.3. What do you call a Boomerang that won't come back ?

Ans. Stick.

Q.4. What travels around the world, stays in corner ?

Ans. Stamp.

Q.5. What is the white when it is dirty and black when it's clean ?

Ans. Blackboard.

Q.6. Which of the alphabet is an insect ?

Ans. Bee.

Q.7. What utter is a drink ?

Ans. T (Tea).

Q.8. What utter is a body of water ?

Ans. C (Sea).



Sahil Uppal
VIII - 'E'

"Great Failures"

1. Issac Newton :

He was great English Mathematician of his generation. His works on optics and gravitation made him one of the greatest scientists the world has even known.

Many thought that he was born a genius, but he wasn't! When he was young he did very poorly in school, so poor that his teachers became clueless in improving his grades.



2. Abraham Lincoln :

He received no more than 5 years of formal education throughout his lifetime. When he grew up, he joined politics and had 12 major failures before he was elected 16th President of United States of America.



3. Thomas Edison :

He developed many devices that greatly influenced life in 20th century. He is considered one of the most prolific inventors in history, holding, 1,093 patents to his names. When he was a boy, his teacher told him he was too stupid to learn anything. When he set out on his own, he tried more than 9,000 times before he created Light Bulb.



Akshita Mahajan
VII - 'E'

Having a Bad Day ?

Here's How to turn a Bad Day Around!

Did you wake up on the wrong side of the bed? Is it going to be one of those days? Worried, is it going to be a bad day. We all have bad days. And often times, a day starts out bad just keep getting worse, snowballing into a really bad day. This is a common experience – the long day's journey into stress and frustration, we have all been there.

So what can be done to keep one of those days from continuing on as 'one of those days'? There are some ideas that have worked for me :

1. Talk a Good Friend :

Here, the emphasis is on good. Trying to find support from someone with poor listening skill or who really doesn't want to support you can make you feel worse, as can someone who will engage in co-rumination instead of trying to help you pull out of things.

2. Count your blessings

Gratitude has some wonderful benefits for stress managements and well-being. Counting off 10 or more things you are grateful for, or really dwelling on 2 or 3 can get you into a whole different place and turn a bad day around.

3. Chocolate :

One small piece of a good chocolate, savored with a cup of green tea and a quiet break from stress can help you feel a little pampered and do wonders for my mood if all else fail.

Aastha Sharma
VII - 'C'

MOM vs Mam

Mom is Mom, Mam is Mam
Mam is Mam
Mam Teaches, Mom preaches
Mam gells, Mom tells
Mam moulds, Mom scolds
Mam inspects, Mom accepts
Mam loves and so does mom.



Rishi Batta
VI - 'A'

Our Future

*A few days past the small
childhood will be gone,*

*A few days past we will all be alone,
A few days past our beauty will not last,
A few days gone shadows of age will be cast.*

*The beauty, the warmth,
The love, the education.
We get a lot in this age,
But we will lose the chance.*

*The clouds of age will show on our face,
They'll steal away from us our dearest pace.
We all come from the common gate.*

Chahat
VI - 'B'



My Dreamland

One night I went to my dreamland
There I saw oceans fill with sand

*It was having a topsy-turvy land!
The people were very nice there
They kept me like a queen.*

There were fish flying in the sky and
the birds were swimming in water.
Schools were at night!!

*It sums to be all manipulated
Aeroplanes were moving on land,
cars were flying in air.*

People were walking on roofs,
I was enjoying to look that world

*Suddenly, my mother shouted
"Wake up ; wake up my child."
and my dream vanished.*

I told her about this that
"In my dreams I was transported to
my dreamland
Vow! The world there was a Utopia,
an Idyllic world.
It was away from the vile world of reality.
Indeed, It was a world of my dreams."

But, no one believed,
Time to school.

Mannat Gumber
VII - 'B'



THE A - Z OF SUCCESS



Avoid procrastination.
Be prompt in all your dealings.
Consider well before you commit.
Dare to do right, fear to do wrong.
Eschew evil.
Feel the needy.
Go not with the society of the vicious.
Hold integrity sacred.
Injure not another's reputation.
Jump not ere you think twice.
Know what's what.
Lie not for any consideration.
Make the most of God's creation.
Never try to appear what you are not.
Observe good manners.
Pay your debts promptly.
Question not the veracity of a friend.
Respect the advice of parents.
Spare when you are young, spend when you are old.
Touch not, take not, handle not drugs.
Use your leisure time for improvement.
Venture not doing injustice to your work.
When you are in Rome, do what the Romans do.
Extend to everyone a kind salutation.
Yield not to discouragement.
Zealous labour for the right ; Success is certain.



Pranjal Mahajan
VIII - 'C'

India has an examination system but not an education system

"India has an examination system but not an education system."

This blunt observation is largely true.



Every child born in this world is born with an instinct of curiosity - a hunger for knowledge, a fire burning in his heart. The day a child starts speaking, he starts asking questions, and before you can answer one question, he is ready with another. Unfortunately, by the time the child leaves the school, that fire is practically dead. There should be schools that try their best to rekindle the fire. They should create the right atmosphere and act as catalysts. The interesting and interactive teaching methods impart not only a deep knowledge of the subject but also a love for the subject. Even if a child joins saying he hates Economics, when he leaves for the school, he should say Economics is his favourite subject.

The development of child's personality should not be neglected. Personal counseling, career guidance seminars, stress free study skills sessions etc. should be provided to help studies to achieve the objective.

Discipline is necessary but it must be self-discipline. Self-discipline begins when we realize that punctuality, regularity and hard work are important to make real progress in life.

So welcome the new methods of education - not only to score maximum marks and to prepare for a suitable career but also to satisfy your hunger for knowledge and to experience the joy of learning!

Prityush Bansal
VII - 'E'



Incredible and Amazing facts about INDIA



- ❑ The world's highest cricket ground is in Chail, Himachal Pradesh. Built in 1893 after levelling a hilltop, this cricket pitch is 2444 metres above sea level.
- ❑ India has the largest number of post offices in the world.
- ❑ The Indian Railways is the largest employer in the world. It employs over a million people.
- ❑ Until 1896, India was the only source of diamonds in the world.
- ❑ The Baily Bridge is the highest bridge in the world. It is located in the Ladakh Valley between the Dras and Suru rivers in the Himalayan mountains. It was built by the Indian Army in August 1982.
- ❑ India has the most number of mosques. It has 3,00,000 mosques which is much more than the Muslim world.
- ❑ India is one of the largest exporter of computer software products.

Kashish Gupta
VII - 'C'



Facts about Chess

Chess is a very interesting game in that it is fully concentrated.

Therefore, chess has given a number of interesting experiences to the world. Here are some interesting facts related to chess.



1. The number of possible ways of playing the first four moves for both sides in a game of chess is 318,979,564,000.
2. The longest game of chess that is theoretically possible is 5,949 moves.
3. The first chess board with alternating light and dark squares (as it appears today) was made in Europe in 1090.
4. According to the America's foundation for chess there are 169,518,829,100,599,000,000,000,000 (1.70 × 10²⁹ approx.) ways to play the first 10 moves of a game of chess and they thought a computer would solve chess!
5. The word "checkmate" in chess comes from the Persian phrase "shah mat" which is often translated to "the king is trapped" or "the king is without escape".
6. The first game played between space and earth was on June 9, 1970 by the soyez - 9 crew. The game ended in a draw.

Vanshika Aggarwal
VII - 'C'



BOOKS that have influenced us

"Books are man's best friend." They never betray us during our hard times but equip us with wisdom to struggle during hard times. We have been influenced by many books.

Everyone has read 'Gita' the holy book. Its prescription are wonderful. Some of them are "Do your best and leave the rest to the God ; you cannot work properly, if you worry about the results." The list of teachings that we acquire from Gita are endless. The book has empowered us to concentrate on our work properly.

'Ignited Minds' is a book written by former President, A.P.J. Abdul Kalam. Since, books motivate us to live a full life.

Tanvi Kaushal
VI - 'A'



Education Means

- E - Enlargement of awareness
- D - Dedication of duty
- U - Universal love
- C - Candid Judgement
- A - Acknowledgement of supreme
- T - Trust and Belief
- I - Inquiry into Unknown
- O - Organisation of thoughts
- N - Non co-operation with evils

Science Means

- S - Sincerity
- C - Capacity to do work
- I - Intelligence
- E - Enthusiasm
- N - Necessity
- C - Competition
- E - Efficiency of work

What do the colours symbolize ?

- Blue - Faith
- Red - Love
- Yellow - Freshness
- Orange - Wisdom
- Green - Growth
- White - Peace
- Black - Power
- Purple - Magic
- Pink - Happiness
- Brown - Energy



Kritika Arora
VII - 'D'

Make War, Not Love

Make war, not love

Except for those who make the guns
And profit from each bomb and plane
No one wants war we all want peace.
"Bring them home!" people complain.

There are better ways to solve all this
We'll get together and negotiate,
With diplomacy we'll them down;
With loving hearts we'll end the hate.

But loving hearts don't understand
That demeted tyrants want it all
No talk, no love will change their minds
Only war will cause their fall.

Hitler, Stalin, Osama, too,
Total power was their goal.
Saddam Hussain, Gadhafi, and more,
Ignored the talk, and gained control.

Disciple, depraved and more,
With viciousness, they kill their own.
So we send our soldiers off to hell
To keep freedom as our cornerstone.

Was 9/11 not enough
To show us just how far they'll go ?
Will we acquiesce to terrorist ;
These devils, the lowest of the low ?

Reluctancy we have to fight,
So while Ministers chatter and discuss,
We'll use our all might to take them out,
To stop these crops from killing us.



Sejal Sachdeva
VII - 'D'

When you rearrange the letters

Miracle of Alphabets



Muskaan Dhawan
VI - 'E'

- Dormitory - Dirty Room
- Presbyterian - Best in Prayer
- Astronomer - Moon Starer
- Desperation - A Rope Ends it
- The Eyes - They See
- The Morse Code - Here Come Dots
- Slot Machines - Cash Lost In Me
- Animosity - Is No Amity
- Election Results - Lies-Let's Recount
- Mother-in-Law - Woman Hitler

The Perfect School

- A place where a student worships his teacher as a God.
- The heads of the children before their teacher nod.
- The school is the place where teachers give education.
- It's a school where there is afforestation.
- A school that has all the qualities.
- A school whose students will become president and magic vista.
- A school whose students will become Rabindranath Tagore and Mother Teresa.
- The perfect school is a school whose trees will always be uploaded with fruits of joy, success and happiness.
- A school whose students will never have a future of darkness.
- That school will conquer the world.
- In that school music will be sung by birds.



Aashita Pandey
VI - 'B'

Teacher's Day

On this Teacher's Day
I have something to say,

Teacher you inspire,
Our well being is your desire.

You are a shadow of God,
Ever connected to me with a cord.

A cord of motherhood,
To let us know what's bad or good.

A cord of faith,
To open the trust gate.

You are my best friend,
Relationship will never end.

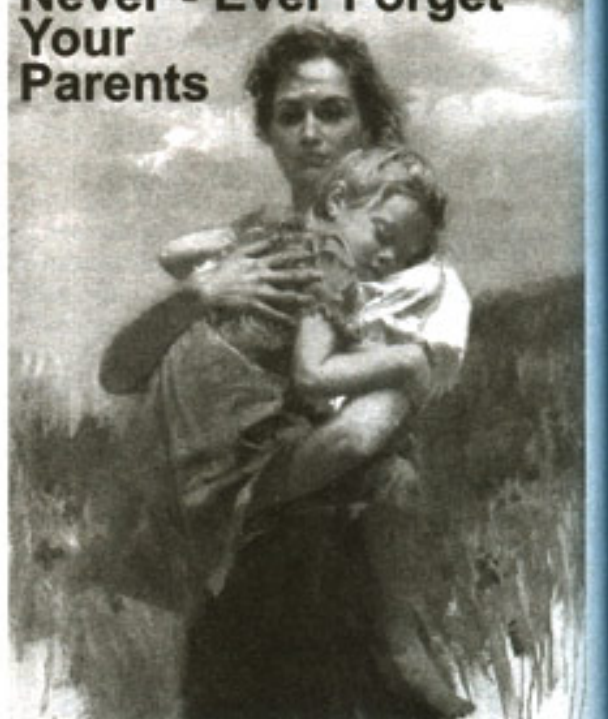
You are a replica of God,
Ever connected to me with a cord.

A cord of guidance and endurance,
This is all because of your reverence.



Drishty Sharma
VI - 'B'

Never - Ever Forget Your Parents



You may forget anything but not your parents. They worshipped God prayed to saints and angels to see and enjoy your charming and cheerful smile. Do not be ungrateful to them and do not hurt their feelings. For giving you all comforts that have provided you with sumptuous food, comforts, joy and all the reader. They have given you the nectar of life. Don't give them poison in return. They have served you and met with all your wants and desires. Do not be hard hearted and unkind to them.

You must have earned and acquired a spacious palace for yourself. What is the use of your fame, name, wealth and greatness if the prove to be of woe and misery to your parents ?

Don't be a thorn to your parents. Remember that they have not put thorns but sprinkled flowers along your path. You may purchase the pick of the world with the power and strength of your wealth, but remember that no amount of wealth can buy the blessings of a being parent.



Priyanka Sharma
VI - 'A'

Conserve Water

**"If there is magic on this planet,
it is contained in water."**

The magic that water has worked on this planet is all around us in countless forms; its magic is life. It was water that played a key role in nourishing the diversity of life. It is water that is vital for sustaining life forms even today!

Water is often described as, "Gift of Nature" and for valid reasons of all the resources required for sustaining life on our planet, water is arguably the most important. History, too, shows the importance of water - Societies have traditionally settled on banks of rivers, and human civilizations have blossomed depending on availability of reliable and clean fresh water.

Besides nourishing life on Earth and sustaining societies, water also affects all natural processes on planet, earth ecosystems and thus the well being of mankind.

"Water, which covers about 70% of our bodies, also covers 70% of the planet's surface. The two facts illustrate the critical linkage between water, human beings and the planet.

WATER, IN ESSENCE, REPRESENTS LIFE
and by saving water we can save lives.



Kautilya
X - 'F'

My Greatest Treasure My Parents

"Mother", "father" are the words so special to me,
Words so close to my heart.
Words which I say whenever in pain.
Words when I wish to share my joys.
They are the ones who taught me to walk,
With whom I can share my every talk.
They are always standing by my side.
To me they are friends, my counsellors,
my guides whatever may be the problem,
They are always there.
To make me calm and take my care.
They taught me meaning of true and selfless love.
Sacrificing their desires and
wishes just to see me smile.
A humble request to those who read this poem
never forget.
What your parents did for you
and be thankful to them
for filling your life with every hue.
Care for them when they become old,
as their love for you is more valuable than gold.
So cherish the love they showered on you.
They are the ones who made you touch skies
high and blue.

Palak Kapoor
X - 'F'



Happiness

Happiness the word when spoken one can see a heart robbing smile on one's face, blushed cheeks and soothing effect in every one's mind. Happiness is a little ray of sunshine. Actually, it is the emotional feeling of satisfaction. Every individual has his own philosophy about it. But I feel it comes from the core of our heart. Sometimes it is a short lived response as some one is satisfied with his work. And when we overcome depression or failure with our inner courage, our efforts are automatically rewarded which adds to the happiness to one's family and friends. It can be increased by sharing those moments with others. The main force behind it is our self motivation, self confidence and self realisation with this we will keep ourselves in good spirit and have positive thinking. So try to be always happy and try to enjoy each moment. Be happy and make others happy with your presence.

Happiness is pleasure given, pleasure received.



Anjali Gaur

City Campus to Civil Lines

My new school is a big one,
And in my class I have great fun,
The teachers are also very kind,
And to answer questions here,
We have to use our mind.
My class is very co-operative.
Now it seems like I'm Civil Line's native!
The ground is also a huge one,
When I saw it first I was stunned.
The auditorium is massive and so is the mess,
We play many games like shooting and chess.
The gardens are the best, in the city.
If you don't litter a wow,
On you its a pity!
Wish me luck so that I can find my way.
Brighten up my future, like the sun rays.

Smarth Goyal
IX - 'G'



It's up to YOU

One song can spark a moment,
One flower can wake the dream.
 One tree can start a forest,
 One bird can herald spring.
One smile begins a friendship,
One handclap lifts a soul.
 One star can guide a ship at sea,
 One warm can frame the goal.
One vote can change a nation,
One sun beam lights a room.
 One candle wipes out darkness,
 One laugh will conquer gloom.
One step must start each journey,
One word must start each prayer.
 One hope will raise our spirits,
 One touch can show you care.
One voice can speak with wisdom,
One heart can know what's true.
 One life can make the
 differences you all.
It's up to you.

Kashish, IX - 'F'



Evening at Park



I go in the evening at park
Where I see pet dogs bark,
Where I play hide and seek,
Where a crow has trouble with its beak.
Where tiny tots laugh and sing
Where flowers smile in spring
Where children swing on swing
Where people come and walk
Where birds chirp and talk
Where toddlers cry and trouble their on
A feeling of joy it all brings,
So, I go in the evening at park.

Try Try and You will Surely Succeed

Try Try and you will surely succeed,
Hardwork is the ingredient that you need.
Go ahead and open your eyes
Revise that body is telling you to try.
The goal awaits for you.
But you are the one who will make it true.
And once you reach your aim
You will be famous with your name
No matter how many obstacles are there
before you
But you will definitely get a clue
They try and you will succeed.

Sahil
IX - 'F'



DRUG Addiction



Drug addiction is one of the major factors which are adversely affecting the social and economical development of our nation. Drug addiction is a clear indication of self destruction and unfortunately, it is prevalent among a majority of Indian youngsters today. The main reason for the development of the habit of taking drugs among the youngsters is the peer pressure. They are unaware of the fact that such kind of habit grows on and ultimately, it leads to addiction. Drug addiction reduces one's physical strength to

a much noticeable extent and also affects the intellectual development. As a result, the youngsters who are involved in taking drugs are unable to grow into productive citizens of the country. Such people crave for drugs all the time and hence, they are unable to do even a small job to earn some money for their family. This leads to a depletion in workforce, poverty and also affects the national economy. The biggest shock is that the men from the states like Punjab are not able to qualify the required physical standards for the police and the military. A majority of men waste their resources in buying drugs and it won't be wrong to say that their craving for drugs makes their family members crave for food. When citizens are not able to work, then nation can't be run. It is time to realise that drug addiction is eating up our country like cancer. As responsible citizens of our country, we should work for the national development and this can be done only by saying 'no' to drugs.

Saloni Kaushal
X - 'F'



Face Book

Today, in 21st century, our India has developed a lot. Today we see people around talking about various social networking sites, one of which is Facebook. Facebook has made the world small, with the help of which, we can be in contact with our loved ones. It is a source of entertainment for teenagers. They spend most of their time staying online chatting with their friends. Rather than talking with their friends face to face, they would like to chat with them online. Updating themselves on Facebook is the daily part of their lives. They can type briskly without even glancing at their keyboards. In order to use Facebook, they sacrifice the trails of spoken English, and their English grammar is gone into oblivion. Their attitude has become platitude, and they write incorrect spellings in the exams itself. 'Great' becomes 'Gr8', 'Thank You' becomes '10q', fine becomes 'F9' and so on. Using Facebook is good, but one should be able to differentiate between the types of English used on Facebook and the one which we use in our exams. He should let this rain of proper English, pour on the heart of examiner, rather than pouring the shower of irritation on them.

If this continue to happen, they will not be able to puff the cigarette of their energy, used in preparing for the examination. So one should take care about this stuff. We live here, on earth in the galaxy of people, and children today consider Facebook as their personal brand of heroine. Their heart is stained with blood of passion for using Facebook, and their heart is an ocean of well updated, updates, but all this is a matter of lunacy and tomfoolery. Their time table is maladjusted so one should use Facebook in limits, and they should not kill their time.



Ritija Malhotra, X - 'F'



Children and Junk Food

Children find themselves midst a complex society that is undergoing breathtaking changes. Healthy nutritious food has been replaced by the new food mantra - Junk Food!! Junk food comprises of anything that is quick, tasty, convenient and fashionable. Children suddenly seem to have stepped into the world of fast foods. Wafers, colas, pizzas and burgers have suddenly formed the most important part of our meals.

The years between 6 - 12 are a time of steady growth. Good nutrition is a high priority. Children must know what they eat affects their growth.

Most of the times these junk foods contain colours. School days are full of the educational challenges that require a great stamina. Rating



junk food leads to a sense of starvation both physically and mentally. So, we should avoid junk food and take healthy food.



Heeral Jain
III - 'A'

Am I Living the way I Should

I cannot know the deep and most beautiful experiences of joy while my thoughts are trapped with in the dark grey walls of body consciousness. In words I may rejoice but do my actions reveal my beliefs? And I, living my life in accordance with the teachings I follow whether it be Hinduism, Jainism, Christianity or Whatever?

Am I really adopting it in my dealings with others?

Spirituality does not mean sitting in church or temple for 24 hours a day. It means living in awareness that I, the soul am a spiritual being. The child of God, and that all other souls are my brothers and sisters.

Spirituality means a life with values based on truth rather than acquisition of objects or continuous pujas and such ceremonies. It means a life in which I can understand and appreciate the importance of developing good qualities within myself, virtues such as love, co-operation, honesty, tolerance etc., a life in which my aim does not have wheels, but my aim is to make the best of life I am living, to be truthful and honest with myself, in my dealings with others and being honest to my God.

Ridham Jain
XII - 'B'

"Attitude towards mother who should mean the world to you."

1. When you were 1 year old, she fed and bathed you, you thanked her by crying all night along.
2. When you were 2 years old, she dropped you to school you thanked her by shouting and howling.
3. When you were 7 years old, she bought you bat and ball. You thanked her by breaking your neighbour's window.
4. When you were 13 years old, she suggested a hair cut, you thanked her by telling that she had no taste.
5. When you were 18 years old, she wanted to congratulate you for your graduation, you thanked her by staying out partying with friends.
6. When you were 21 years old, she suggested certain careers for future, you thanked her by saying, "I can look after myself."
7. When you were 25 years old, she helped you arrange your wedding, you thanked her by saying, "I believe in nuclear family."



Kanika Jain, V - 'B'



*Dear, Mr. Zero,
You are a hero,
In arithmetic or mathematics,
You play a part fantastic and drastic.
When I subtract you from a number,
It remains cool as a cucumber
No loss no gain.
When I add you at the end,
The value amplifies as per the trend.
If you are multiplied with the largest,
The consequence is the smallest.
How I am often thrown to wonder,
Why students get it after their blunder!*



Kanika Jain
V - 'B'

Friendship

Friendship is like Nokia,
Connecting the people.
Friendship is like Samsung,
Everyone is invited.
Friendship is like Vatika,
Problem free.
Friendship is like Nike,
Just to do.
Friendship is like Tata Indicom,
Apni zindagi mein fark layage.
Friendship is like BSNL,
Best hai mere liye.
Friendship is like Sub TV,
Enjoy it.



Dhriti Jain,
V - 'F'

Expectations

A beautiful sweet, child with brown curly hair was sleeping in her mother's lap. Child was wearing pink frock, pink socks and covered in pink towel. A pink baby coat was lying near mother's chair. Mother got up and slowly, slowly she laid her child on the bed. Mother was singing the poem, 'Chubby cheeks, dimpled chin.' The mother was so caring for her child that even the child's simple cry made her tense, why? Seeing the child crying, she would sing -

सो जा मेरे लाल प्यारे,
दिल दे टोटे अख दे तारे,
कच्चा दूध कटोरी पौवा,
मौली-मौली खण्ड रलावौ
अपने लाल नूँ पोल्लावौ

Time passes Mother noted down every movement, every smile that her child made. Now that child was two years old. Father, Mother, Grand parents all were around the child. Child started walking and running. Once they went to a market the child started running very fast in the market crowd. The mother shouted 'Riya' where are you going? Riya was the same sweet girl, I was talking about. Riya turned and smiled. she was such a cute child everybody gave her attention, and a lot of love.

Child started going outside to play in a ground but now her mother was tensed she used to scold her not to go out, not to talk to everybody but she was with her every time. The child started feeling that her mother did not love her as she never let her go outside all alone. Riya thought that she was smart and big enough to do anything. Mother always said dear, you will come to know when you grow up, but Riya was sad and angry. She started thinking that her mother hated her. Now, Riya was nine years old.

She was quite smart to read and understand what was written in the newspaper. She started understanding life is not easy for a female child. Still her mom told her to become very brave, strong, confident and excel in studies, because she will have to cross hurdles these days on the path of success. As we are hearing many news of crime against women in media, the girls have to be aware from all the pitfalls of the Indian society.

Girls should face society boldly. Girls should be intelligent and aware of social vices. Schools can play a healthy and positive role in the transformation of society. Expectations are more but words are less.



Riya Singh
V - 'F'

Natural Beauties of North-East-India

The beauty that lies hidden in the heart of nature can be realised only when the region of North-Eastern India is travelled. The region is composed of seven states viz, **Assam, Meghalaya, Tripura, Manipur, Nagaland, Mizoram and Arunachal Pradesh.** The entire region is now popular as the land of seven sisters.

The beauties of this area is an object of great attraction. The writers are full of praise for the beauty of this region. Any visitor to these parts goes satisfied with what he has seen. The entire region is full of mountains and rivers that have directly subscribed to its beauty. The mighty Brahmaputra and the tributaries flow through Assam. People enjoy the beauty of the river, both summer and winter. To its north, the Eastern Himalayas cover a big part. The majesty and grandeur of this mountain is a feast to our eyes. The hilly areas of Assam, Nagaland, Mizoram, Arunachal Pradesh and Meghalaya certainly add to the beauty of this region.

Nature is fresh and youthful in spring when trees bear green leaves and flowers bloom with variety of colours. The birds and bees produce a music that can thrill the poets. There is calm, smoothness and gay in abundance everywhere. This North-Eastern region has vast tea growing area, specially in Assam, rows of green tea bushes can be seen. If seen from far, sometimes, these green bushes give us the beautiful picture of a beautiful green carpet and create a beauty of their own. The vast cornfields in Assam and Tripura make the beauty more charming and pleasant. In this regard, orange garden in Meghalaya also deserve mention here. The wildlife sanctuary of Assam known as Kaziranga is a great attention to the people of the world. The famous one horned Rhino of Kaziranga is known throughout the world. Besides this, herds of wild deer, can also please the visitor. Birds of various colours sing and fly to give the visitors immense joy and pleasure.

There are many beautiful spots in this North-Eastern region like Shillong, Kohima. They are also healthy resorts, people often come to see these places to breathe fresh air and enjoy the classic beauty of nature. The natural beauty of many parts of Arunachal Pradesh, Manipur, Nagaland and Mizoram can also arrest anybody's attention. Kamakhya, Basisthashram, Parsuram, Umananda are some places in Assam which are full of beautiful natural scenery.

These places are also meant for the pilgrims, who visit and pay their homage in the temples of the gods and goddesses. In short, this region offer the real beauty or nature worth enjoying.

Now a days the beauty of this region has been rather spoiled because of scientific civilization. But in spite of this, it is a Paradise of nature's beauty.



Raunaq Gohain
V - 'C'



My Trip to DELHI



On 24th, Sept., 2012 I got an opportunity to go to Delhi with my teachers and friends for educational tour. I would like to share my wonderful and unforgettable experience with you. On that day, my father dropped me at Ludhiana railway station at 6.30 a.m. My loving teachers were already there waiting for the students who were visiting Delhi. We boarded the Shatabadi Express at right time and started our journey. On our way we were served tasty food that lifted our spirits.

We reached Delhi at about 12.00 noon. First we refreshed ourselves and then took lunch at a restaurant. From, there we went to see Rajghat the 'Smadhi of Mahatma Gandhi'. After Rajghat



we sat in our buses and went to see the Qutub Minar that reminded us of the Mughal Era and what we had read in our social science book. The creativity of the Mughal architecture simply mesmerized us. Our next place to visit was Birla Mandir. Birla

Mandir is also a magnificent temple spread in a vast area. At last we were tired and called it a day and proceeded to our hotel Agra Inn. Due to excitement I could not sleep the whole night though our teachers were very caring and helpful.

Next day after enjoying breakfast we left for Akshardham Temple. The temple is made of pink stone and white marble. We saw a big gold-plated statue of Shri Swami Narayanji. The view of the temple was breathtaking. We saw the museum and a movie on Shri Swami Narayanji. After the movie show we went for a boat ride that showed us our ancient Indian Hindu Culture. The trip to Akshardham proved to be a very informative and enlightening experience. I must say that my trip to Delhi was a memorable trip and an enriching experience.

Pragati Thakur
V - 'F'



"Strange But True"

1. Abraham Lincoln was born in 1808 and J.F. Kennedy was born in 1908.
2. Abraham Lincoln was elected President of U.S.A. in 1860 and Kennedy was elected in 1960.
3. Abraham Lincoln and J.F. Kennedy both were shot in the back of their heads in front of their wives on Friday.
4. Abraham Lincoln's assassin Booth was born in 1839 and J.F. Kennedy's Oswald was born in 1939.
5. Booth and Oswald belonged to the same town and were killed before they could be prosecuted by a court of law.
6. Booth killed Lincoln in a theatre and ran towards a car, and Oswald killed J.F. Kennedy in a car and ran in to the theatre.
7. Abraham Lincoln's personal assistant was a person called Kennedy and the name of the personal assistant of Kennedy was Lincoln.
8. The name of the person who became the President of the U.S.A. after Lincoln and Kennedy was Johnson.

Raunaq Gohain
V - 'C'



My Brother "Aryan"

My brother 'Aryan' is very small,
He is in L.K.G. and knows nothing at all.
He can't zip his coat or tie his shoe,
He thinks all that stuff about fairies is true!
He knows how to wrestle he knows how to run,
But when he is not crying, he sometimes is fun.
When I chase him around, he barks like a puppy,
and makes a ridiculous face like a guppy!
Whenever he does some wrong, he looks like a dove,
he looks very cute, and I hug him with all my love.



Akshita Bhatia
V - 'E'



Man in the Year 2027

Wake up! Man wake up,
It's the time to rise up.

Look around you,
Do you see any leaves with dew ?

Do you see birds chirping ?
And the Koel singing ?

Do you see any trees,
And feel the sweet blowing breeze ?

The answer is No!
As everybody knows.

Forests have no marks,
There are no parks.

Why are you wearing oxygen masks,
To complete every task ?

It's because oxygen has finished,
What man didn't wish.

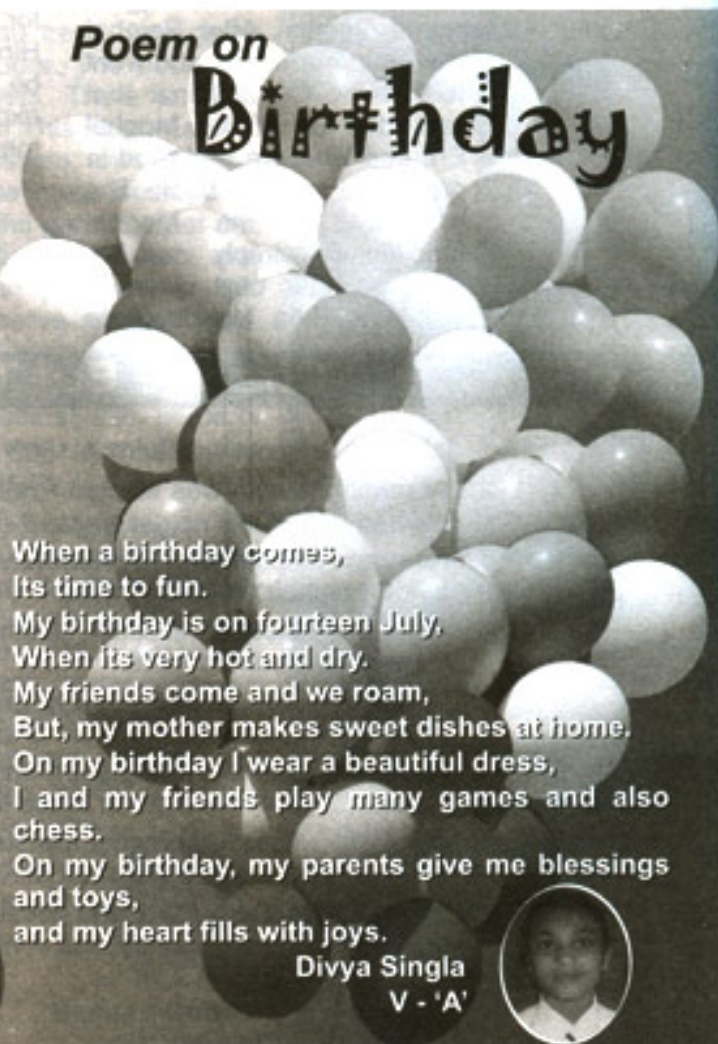
It's the case of 2027,
But its 2012.

You still have time to improve,
Wake Up!!
and preserve the beautiful nature.

Dhruv Sharma
V



Poem on Birthday



When a birthday comes,
Its time to fun.
My birthday is on fourteen July,
When its very hot and dry.
My friends come and we roam,
But, my mother makes sweet dishes at home.
On my birthday I wear a beautiful dress,
I and my friends play many games and also chess.
On my birthday, my parents give me blessings
and toys,
and my heart fills with joys.

Divya Singla
V - 'A'



IT PAYS TO BE KIND

- A poor man called Manish lived with his wife and two children. They lived in a small village. They had a small patch of land to grow vegetables. They also had two buffaloes. They were a happy family.
- As the children grew older, Manish and his wife needed more money for them. So they decided to sell one of their buffaloes. The next morning, Manish set off with the buffalo for the market. On the way, he met a man with a horse. The man asked Manish, "Where are you taking your buffalo?" "I am taking it to the market to sell it," replied Manish. On hearing this, the man said, "I also want to sell my horse. Why should we go so far? I will take your buffalo and you can take my horse."
- Manish thought a horse would be useful for him. So, they exchanged their animals. But, he soon discovered that the horse was lame. Suddenly, he met a man with a cow. He told the man what had happened.
- The man said, "I can exchange my cow for your horse." Manish happily agreed to do so. The man took the lame horse and went his way. In a short while Manish realized that the cow was blind of one eye and was also lame. He sat down under a tree with the cow. After some time, he met a man with a goat. Manish, told him what had happened to him that morning.
- The man asked him, "Will you take my goat and give me your cow in exchange?" Manish happily agreed. When Manish started walking towards his house, he found that the goat was sick. Soon after this, he exchanged the goat for a cock.
- At the end of the day, he was fed up and tired. So, he sold the cock for a few rupees. He had not eaten anything since morning. He bought some food and sat down under a big tree. As he was about to begin eating, an old beggar walked up to him.
- "I have not eaten anything for the last three days. Please give me something to eat," he begged.
- Manish, felt that the beggar was more hungry than him. So he gave him all his food. Then, he returned home late. His wife served him food. After he had eaten, he told his wife everything from the time he exchanged the buffalo to the time he had given the food to the beggar. "You have done the right thing. One should never turn away a beggar at meal time," said his wife.
- The next morning, Manish was amazed at what he saw. There stood a line of animals – a young buffalo, a healthy horse, a cow, a lively goat and a big, beautiful hen, outside his hut. And next to them, was a bag of silver coins. Manish and his wife wondered who could have done this? Was it the beggar that he had fed yesterday? Finally, they realized that it had indeed been God disguised as a beggar.

Sarthak Kataria
V - 'A'



5 secrets of SUCCESS

Firstly : Evaluate yourself correctly. Even the toppers have weak points and the droppers have plus points.

Secondly : Work hard to remove your weakness and consolidate your strong areas.

Thirdly : Stop blaming the system. You single handedly can't change it, make short plans and implement them immediately.

Fourthly : Never ignore the advice of your seniors.

Last but not Least : Before going to bed always ask yourself how close does your day's work carry you to the realization of your dreams?



Vridhi Chhullar
VI - 'C'

NATURE

Nature is a gift of God
But men destroy 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.



Gaurav Goyal
VIII-B
(City Campus)

Friendship

Friendship is a priceless gift,
It cannot be bought or sold,
But its value is for greater,
Than a mountain of gold.
For gold's cold and lifeless,
It can neither see nor hear,
And in the times of trouble,
It is powerless and cannot cheer.
It has no ears to listen,
Nor heart to understand,
It cannot bring you comfort,
Or lend you a helping hand,
So when you ask for a gift,
Be thankful if he sends,
Not diamonds, pearls or riches,
But the love of a real two friend.



Gurleen Kaur, VIII-B
(City Campus)

Women Achievers



With every ladder, powerful women take, be it business, sports, politics, arts, hospitality, entertainment, literature, they keep raising the bar and breaking untouched barriers. They are the powerful women who have made their country shine on a global platform. But when we talk about women achievers, we can not ignore the Mother. The mother hold the family together by providing loving care and support needed by growing children. Nurturing provided by a mother is unparallel and vital part of the child's care. Another great achiever is the teacher who acts as a yardstick that measures the achievements and aspirations of the nation. It needs no description that the teacher is the pivot of any educational system of the young students.



Ashima Jain, VI-A
(City Campus)

Environment

When I look up at the sky,
I see the sun shining bright,
And as the day turns into night,
I love the white moon,
That comes into sight.

When I turn my gaze towards,
The beautiful earth,
I love the fragrant flowers,
And the tall trees
With their lives so long.

When i see the greenery of the forest,
With its variety of wild animals,
The trees giving them shelter to rest,
Offering a variety of fruits and flowers,
I love my earth.

Jatin Dhawan, VI-A
(City Campus)

Excess of Everything is Bad

Excess of eating is bad for health,
Excess of drinking is bad for wealth.
Excess of thinking is bad for brain,
Excess of loading is bad for crane.
Excess of Money is bad for life,
Excess of talking is bad for wife.
Excess of weeping is bad for throat,
Excess of grazing is bad for goat.
Excess of pleasure is bad for the heart,
Excess of sleeping is bad for the smart.
In fact excess of everything is bad.

Mani Jain, VIII-A
(City Campus)

Tongue Twister

- The thirty-three thieves thought that they thrilled the throne throughout Thursday.
- Swan swam over the sea,
Swim, swan, swim!
Swan swam back again.

Jitesh, VI-A
(City Campus)

"Some Riddles"

1. Which is the most dangerous city ?
2. Which nation always win in the end ?
3. Which dog has no tail ?
4. Which cow has no courage ?
5. Something that goes but never comes back ?

1. Electricity 2. Determination
3. Hot dog 4. Coward 5. Time

Answers

Mani Jain, VIII-A
(City Campus)

I Wonder Why

Why is it said that multi-dimensional movies are different from normal movies ?

The movies we see usually are two-dimensional (2-D). But there are also multi-dimensional movies that are made in three, four, five or six dimensions.

In a 3-D films, viewers are required to wear special glasses which will show as three dimensional image on the screen. But movies having more than three dimensions provide a different experience to the viewers. Special theatres are required to show these films, and viewers can experience them through other senses like odour, touch and sight. The seats to watch such movies are especially designed to create vibrations, wave motion etc. There would be other effects, too, like smoke, water spraying etc. to give a multi-dimensional feel.

Kushal Aggarwal, VIII-A
(City Campus)

James Bond

The James Bond movies are based on a series of books written by Ian Fleming, about a fictional spy named James Bond. Who is known as 007 in the Intelligence organization that he works for. The series has been running from 1962 to the present, and the character of James Bond has been played by several different actors.

Sahiba, VI-A
(City Campus)

Pencil Maker of PENCILS

A pencil maker taught 5 important lessons to all its pencils.

1. Everything you do will always leave a mark.
2. You can always correct the mistakes you make.
3. What is important is, what is inside you.
4. In life, you will undergo painful sharpening which all make you better pencil.
5. To be the best pencil, you must allow yourself to be held and guided by the hand that holds you.

**The Pencil maker is God
And We are the Pencils**



Prerna Gupta, VIII-A
(City Campus)

Life is

Life is an opportunity, benefit from it.
Life is a beauty, admire it.
Life is a dream, realize it.
Life is a challenge, face it.
Life is a duty, complete it.
Life is a game, play it.
Life is a promise, fulfil it.
Life is a sorrow, overcome it.
Life is a song, sing it.
Life is a struggle, accept it.
Life is a tragedy, comfort it.
Life is an adventure, dare it.
Life is a luck, make it.
Life is too precious, do not destroy it.
Life is life, fight for it.



Prerna Gupta, VIII-A
(City Campus)

The Different Meanings of LIFE

If we consider life to be a flower,
Then we get the fragrance of love.

If we consider life to be friendship,
Then we get the feeling of closeness.

If we consider life to be a mirror,
Then we get our clear picture.

If we consider life to be a rainbow,
Then we get the colours of freedom.

If we consider life to be a tree,
Then we get the feeling to live for others.

If we consider life to be LIFE,
Then we get all the above.

Komal Baraik, VIII-B
(City Campus)

4 Magic Words

In the English dictionary we have four magic words which can help in getting our work done quickly, making life much easier.

Please : The first word is please. It rhymes with a grease and acts in a similar manner. Grease helps in a machine run smoothly. Affixing please to any request helps in getting the work done quickly.

Thank You : The second word is Thank you. It is not very popular in our society since we feel it is our birthright to command people. Often we feel it to be beyond our dignity to say thank you to waiter or our school peon.

Sorry : The third word is sorry. Every human has anger, but saying sorry acts a problem solve.

Excuse Me : The fourth magic word is excuse me is a polite one, used to clear one's path where there is restricted place. All these words can be more effective when used with a smile and a pleasant tone of voice, we ourselves feel better and witness the beautiful magic around.

Yamini Bedi, VIII
(City Campus)

House Achievements of 2012-2013

PRIMARY SECTION

NEHRU HOUSE ♦ House Achievements

Nehru House performed magnificently throughout the session 2012-2013. Beginning with the English Poem Recitation Nehru House stood overall 1st with Yuvraj (V-B) and Lovleen (IV-C) bagging consolation prizes. Again in Hindi poem Recitation Contest Nehru House did wonders by getting overall 1st position with Ramya Sharma (IV-E) and Ankur Sharma (V-C) securing 3rd prize. In the most prestigious and keenly contested Talent Search Ronit Dhir (IV-F) and Kirti (IV-A) presented a melodious duet and got 2nd prize. Roohi Jain (V-C) gave a stunning performance of classical dance

and bagged second prize. Members of Nehru House did equally well in decorating the Display Board and got 1st prize twice. In Hindi Paper Reading Contest Nehru House bagged second position with Tanmay (IV-B) getting 1st prize. In English story Telling Competition also he got 2nd prize. Manas (III-E) Parv (III-C) and Pragati (IV-F) won the 2nd, 3rd and 1st rank respectively by displaying their creative talent at best in the Creative Writing Contest. Udai Khera (V-E) stood 2nd in English Declamation Contest stood second and the house was placed 3rd. ♦

TAGORE HOUSE ♦ House Achievements

"Until you spread your wings, you'll have no idea how far you can fly."

Tagore House faced many challenges during the session 2012-13. With planned efforts and dedicated members it became competent enough to win various competitions. We started our winning streak right from the first contest of the session i.e., English Poem Recitation in which Arnav Arora (III-E) bagged the 1st position and Tagore House was declared second. Manya Jain (V-B) bagged 1st position in Hindi Poem Recitation and impressed everyone with her poem. The luck favoured us in Talent Search Contest in which Khushi Jain (IV-B) got second prize in Instrumental music, Muskaan Dhir (V-C) got third prize in semi-classical dance.

Raghav Chopra (V-F) got third prize in Mime and last but not the least Harshita Maheshwari (IV-A) got second prize in compering. Moving to Hindi Story telling competition, Eshnika (III-E) got second prize and our House was declared first. In Hindi Paper Reading Contest, Manya Jain (V-B) won the appreciation award whereas in English Story Telling Competition, Pragati Thakur (V-F) bagged third position. In English Declamation Contest, Arnav Arora (III-E), once again left the audience spell bound with his talent and as a result, our house was placed second. Tagorians have done a marvellous job in decorating the House Bulletin Board that was highly appreciated by judges. We crave to give more and more in the coming session. ♦

SUBHASH HOUSE ♦ House Achievements

Individually we are one drop, together we are an ocean. This was the strategy followed by the budding artists of Subhash House who strived for success with full zeal and dedication in every field. The session started with the Inter house Bulletin Board decoration contest and Subhash House was declared first. In the Annual Athletic Meet Subhash House received Runners Up Trophy which was received by House Sports Captain Jasleen Singh Saini (V-A) and Vice-Captain Stuti Jain (IV-B). In English Poem recitation competition Gurjot Kaur (V-

B) got second prize. Emerging talents left the audience spell bound in Talent Search Contest in which Deepesh Joshi (V-D) got second prize in mono-acting, Divyansh Chaudhary (V-D) and Suhaani Handa (V-B) got third prize in duet song, Ena Gupta (V-A) got third prize in Instrumental music and Dhriti Nijhawan (IV-E) got third prize in compering. Our House was declared second in Inter House G.K. Quiz Competition due to combined efforts of Arjun Basandari (III-F), Chakshita Mittal (IV-C) and Divya Singla (V-A). In English story

telling competition Stuti Jain (IV-B) bagged first position and in Hindi Story telling competition Divya Singla again made us feel proud by getting first prize.

Subhash House concluded the session with a lesson to perform better and a promise - the best is yet to come. ♦

RAMAN HOUSE ♦ **House Achievements**

"In order to succeed your desire for success should be greater than your fear of failure."

The versatile students of Raman House (Primary Section) showcased their ability, dedication and wisdom by winning many prizes in various Inter House activities held during the session 2012-13. The artists of Raman House worked with full zeal and dedication in decorating the House Bulletin Board that was highly appreciated by the judges. The House bagged first, second and third position in the various Bulletin Board Competitions.

The House was adjudged overall fourth in the English Poem Recitation Competition. In Hindi Poem Recitation Competition, Kartikey Phull of Class V-B bagged second position. Overall Raman House stood fourth. In Talent Search Competition, Gurnoor Kaur of V-F got 1st prize in Semi-Classical dance, Apsah Jhanji of IV-E and Samridhi Bhardwaj of III-D got 2nd position and 1st position,

respectively in the free style dance, Dhriti Jain of V-F stood third in mime, Tashmeen Kaur of III-F got 2nd position in instrumental music and in duet song, Aaryan Verma of IV-A and Cheryll Jain of V-E got 1st prize. Raman House bagged first position.

Our quiz wizards, Ashutosh Kalra (IV-C), Tanish Jain (III-A) and Chirag Mahendru (V-F) bagged third position in Inter House G.K. Quiz Contest. Deepti Jain of V-A was awarded appreciation prize in Hindi Story Telling Contest. Overall Raman House stood third. In English Story Telling Competition, Avnoor Kaur of III-F got second position and overall the House was adjudged first.

Kartikey Phull of V-B bagged 2nd position while Chhavi Sood of V-B stood 3rd in English Declamation Contest. Overall Raman House was first. In sports, Raman House did extremely well and was declared as the Cock House. Harshita of class V-D was declared as the Best Athlete. ♦

PATEL HOUSE ♦ **House Achievements**

The students of Patel House participated in all activities held in the session 2012-13. They worked hard and won many prizes in various house activities. In English Poem Recitation Contest, Swapnil Mahajan of IV-C bagged 3rd prize. The house was adjudged overall 3rd in this contest. In the Talent Search Contest, Parth of III-F left the audience spell bound with his Instrumental Music and he got first prize. Agrima Gupta of V-B bagged second prize in Semi-Classical Dance. In Free Style Dance (Boys) Akshit Jain of V-B got 3rd prize and in free Style Dance (Girls) Bhavna Jain of V-C won

second prize. Riyana Mallick of IV-C stood first in Mime and Ashna Kaura of V-F bagged first prize in compering too. Aryan Kapoor of V-F and Vanshika of IV-D entertained the audience with their Duet Song. Overall, the house bagged second position in Talent Search Contest. In Hindi Paper Reading Contest, Agrima Gupta did the best by attaining first prize and overall the house stood second. In English Story Telling Competition, Ashma Kaura of V-F got Appreciation prize and the house was adjudged overall third. We wish to attain higher goals in the forthcoming year. ♦

GANDHI HOUSE ♦ **House Achievements**

It is rightly said, "Competition adds spice to life." It explores and draws out the hidden talents of the children. The talented students of Gandhi House gave an excellent performance in the co-curricular activities during the session 2012-2013 and put in their best efforts to bring laurels to the House. In 'Talent Search Contest' Saral Tiwari of V-A got first

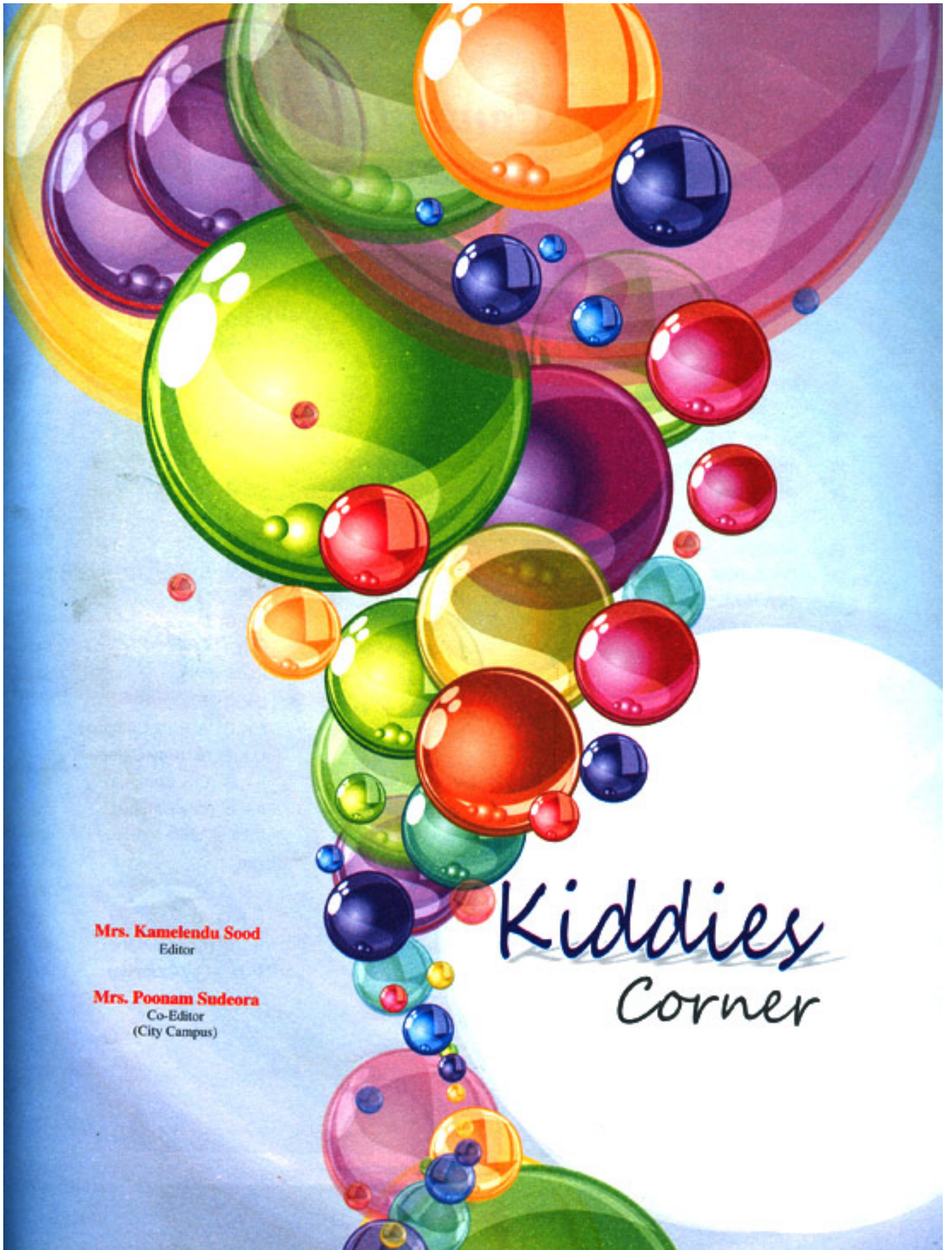
prize and Rashika Jain of V-D got third prize in free style dance. In 'G.K. Quiz Contest' Harnoor Arora of III-C, Khushaal Sareen of IV-C and Shobhit Sood of V-F bagged First position. In 'Hindi Story Telling Competition' Ganya Kapoor of IV-D got third prize. In English Declamation Contest Ganya Kapoor of IV-D bagged consolation prize. ♦

ANNUAL EXHIBITION



Investiture Ceremony





Mrs. Kamelendu Sood
Editor

Mrs. Poonam Sudeora
Co-Editor
(City Campus)

Kiddies Corner

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Editorial

The Wisdom in Stories

As children we often heard stories from our grandmothers and grandfathers, seldom realising the hidden message and moral values they wanted to pass onto us. Many times the characters would roam in our imagination and guide us to do what was right. This wisdom cannot be obtained from anywhere else.

With time television and video games took over the spare time and the children wanting to watch cartoon and play on their play stations. They are being deprived of their beautiful stories and words of wisdom which were a great part of our childhood. This treasure from our grandparents has been lost somewhere, and needs to be imbibed as life today has become artificial and without faith. The need of the hour is to bring back those glorious days which enlightened us. Why do we not want our children to learn from the stories that their 'dadies' will very lovingly and fondly tell them. It will not only enlighten them but bring back the love and warmth in the relationship which both ways is very necessary, giving a secure and enriching environment for the growing child and this will also bring meaning to the lives of that generation which is waiting for a tender touch of love.

Kamelendu Sood
Editor - Kiddies Corner



हमारा स्कूल

कुंदन विद्या मंदिर स्कूल हमारा।
हमें प्राणों से भी प्यारा।।
हम सब यहां पर शिक्षा पाते।
अपने स्कूल का नाम बढ़ाते।।
अच्छी आदतें हमें सिखाते।
जिस से हम शिक्षित हो पाते।।
इसका मान न जाने पाये।
घाड़े जान भले ही जाये।।

भविष्य का ये सहारा हमारा।
कुंदन विद्या मंदिर स्कूल हमारा।।
नपिता मैडम है कितनी अच्छी।
स्कूल की यह प्रिंसिपल सच्ची।।
बच्चों को यह लगती है अच्छी।
स्कूल की सेविका है यह सच्ची।।
अब सब को नमस्कार हमारा।
कुंदन विद्या मंदिर स्कूल हमारा।



सिया कपूर
एल.के.जी. 'एफ'



क्या आप जानते हैं ?

1. मिक्की माउस का जन्मदिन 18 नवम्बर को आता है।
2. विल्ली की भूँछ में कुल 24 बाल होते हैं।
3. गिरगिट की जीभ उसके शरीर से भी बड़ी होती है।
4. शिशु जिराफ आँसतन छह फीट के होते हैं।
5. तितली का असली नाम पहले 'फलट्रबाय' था।
6. झोंगा की आँख छिपकलों की पूँछ की तरह दोबारा उग जाती है।
7. अंगूर को माइक्रोवेव में रखने पर वह फूट जाता है।
8. खाना न मिलने की स्थिति में ऑक्टोपस खुद को बाहें खा जाता है।
9. जिराफ की जीभ का रंग नीला होता है।
10. ब्लैक व्हेल जब पैदा होती है तो उसका रंग सफेद होता है।
11. सूरज धरती से 3,30,330 गुणा बड़ा है।
12. जिराफ अपनी 21 इंच लंबी जीभ से अपने कान साफ करता है।
13. बबल गम में रबर का इस्तेमाल किया जाता है।

धन्यवाद।



भाव्या गुप्ता,
प्रथम 'ए'

रट्टू तोता



सोच समझ कर पढ़ो हमेशा,
न बनो रट्टू तोता।

बिना समझे रट भर लेने से,
कोई लाभ नहीं होता।

समझ-बूझ कर पढ़ा हुआ,
अपने आप याद हो जाता।

रटा हुआ परीक्षा के समय,
अक्सर है धोखा दे जाता।

पाठ का पहले मतलब समझो,
यूँ ही न रटते जाओ।

सही ढंग से करो पढ़ाई,
परिश्रम करो और समय बचाओ।



कृतिका जैन,
यू.के.जी. 'डी'



*Nature the wonderful gift of God,
For that we should thank the Lord.*

*Rain, storm and thunder,
Oh! What a wonder.*

*The green grass with the morning dew,
What a remarkable view.*

*The fresh and cool breeze,
That blows through the trees,*

*The flowers with sweet fragrance,
Looking pretty at the first glance.*

Prnya Jain
U.K.G. 'E'



चन्दा

करो खूब अब सा रे गा मा,
नहीं कहेंगे तुमको मामा ॥

तुम तो बड़े ही झूठे हो,
सच्चाई हम जान गए ॥

सूरज भैया की परछाई,
सचमुच तुमको मान गए ॥

पास तुम्हारे कहाँ पजामा,
नहीं कहेंगे तुमको मामा ॥

वह बुड़िया है कहाँ गई,
कहाँ दूध-मलाई सब ॥

घटना, बटना और सिकुड़ना,
बंद करो चतुराई अब ॥

तुमसे बड़ा शिकायतनामा,
नहीं कहेंगे तुमको मामा ॥

तुम तो निकले परजीवी,
सूरज से प्रकाश लेते,

सालों रहे झूठ बोलते,
हम सबको प्रकाश देते।

तुम तो जैसे मित्र सुदामा,
नहीं कहेंगे तुमको मामा ॥



पीयूष दुआ
प्रथम 'बी'

मिट्टी में खजाना

दीपावली की छुट्टी के दिन मैं अपनी मम्मी के साथ मुचल नानी के घर गया। मेरे नाना-नानी जी ने नए घर में शिफ्ट किया है। उनके बगीचे में अभी खाली मिट्टी ही पड़ी थी, मेरी मौसी की बेटो ने कहा कि तुम सब बच्चे इस मिट्टी में खजाना ढूँढो। हम सब बच्चे नानी माँ की रसोई के बर्तन लेकर मिट्टी को खोदने लगे पर हमें खजाना नहीं मिल रहा था। उतनी देर में दीदी ने गली से निकले पौधे बेचने वाले से पौधे लेकर मिट्टी में लगा दिए और हम सबको समझाया कि यहाँ मिट्टी का असली खजाना है। उनकी बात से प्रभावित होकर मैं नानी के घर से अपने घर आते समय पटाखों के लिए मिले पैसों से पटाखे लेने की बजाए पौधे लेकर आया और अपने घर को सजाया।



जयंत मलिक
एल.के.जी. 'ई'

सुं दें नव वर्ष की बधाई

हिंदी	- नया साल मंगलमय हो। नया साल शुभ हो।
संस्कृत	- नूतन वर्षम् सुखदम् भवः।
गुजराती	- नववर्ष सकल यावो।
पंजाबी	- नवें साल दी बधाई होवे।
अंग्रेजी	- हैप्पी न्यू ईयर।
उर्दू	- नया साल मुबारक।
बंगाली	- सुखी नूतन वत्सर।
उड़िया	- नूतन वर्ष सुखरे जाऊं।
तमिल	- वधु वर्ष वाझम।
मराठी	- नवीन वर्ष सुखाश्रे जाओ।
सिंधी	- न्यू साल जी मुबारक।
कन्नड़	- शुभ कोंधाव वसन बागडी।
चीनी	- शिन न्येन वाओ।
फ़ारसी	- सोने नी मुबारक वाशद।
नेपाली	- ये साल रामरो भयो।
लेटिन	- वो आडस अनुस विवुस।
जर्मन	- ग्लूक सिंच न्यू जाहर।
फ्रेंच	- न्यू हेरावाओ।

मौलिक जैन
यू.के.जी. 'ई'



राष्ट्र भाषा 'हिन्दी'

1. राष्ट्रीय भाषा हिन्दी के बिना समाज गूँगा है। - महात्मा गाँधी
2. हिन्दी देश की एकता की कड़ी है। - डॉ० ज़ाकिर हुसैन
3. हिन्दी पढ़ना और पढ़ाना हमारा कर्तव्य है। - लाल बहादुर शास्त्री
4. मेरे देश में अगर हिन्दी की इज्जत न हो तो मैं यहाँ नहीं रह सकता।
- विनोबा भावे
5. हिन्दी जानदार भाषा है, यह जितना बढ़ेगी, उतना ही देश का विकास होगा। - पंडित जवाहर लाल नेहरू
6. हिन्दी भाषा में विदेशी शब्दों को अपनाया जाना बहुत बड़ा अपराध है। - डॉ० राजेन्द्र प्रसाद

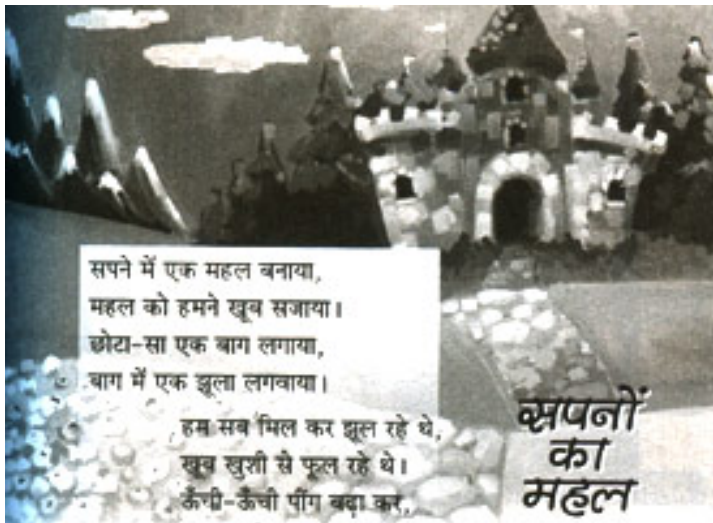
पलक मागो,
द्वितीय 'ए'



ABC for Parents

- A - Ask your child about the school day.
- B - Begin your child's day with a healthy breakfast.
- C - Congratulate your child for doing well.
- D - Discuss homework with your child.
- E - Encourage your child to read.
- F - Find time in your schedule to be with your child.
- G - Give responsibility to your child.
- H - Hug your child very often.
- I - Include your child in making family decisions.
- J - Join your child in his/her play.
- K - Keep your child neat and tidy.
- L - Limit TV viewing for your child.
- M - Make special dishes for your child.
- N - Notice and discuss changes in your child's behaviour.
- O - Offer to help your child with his studies.
- P - Provide your child with good role models.
- Q - Question the activities that you think are not good for your child.
- R - Respect your child's right to have opinion different from you.
- S - Show an interest or hobby with your child.
- T - Take time to listen to your child.
- U - Understand your child's needs and desires.
- V - Visit places of interest with your child.
- W - Work with your child to set up his/her time table.
- X - Xerox or save records or articles of interest to your child.
- Y - Yield results by encouraging your child to do better.
- Z - Zoom through this ABC again and again so that you do not forget any letter and its message.

Sonakshi Mahajan
I - 'D'



सपने में एक महल बनाया,
महल को हमने खूब सजाया।
छोटा-सा एक बाग लगाया,
बाग में एक झुला लगवाया।

हम सब मिल कर झुल रहे थे,
खुब खुशी से फूल रहे थे।
कैची-कैची पींग बड़ा कर,
अम्बर को हम चूम रहे थे।

सपनों का महल

तोड़ कर ले आते हम तारे,
देख रहे थे लोग बेचारे।
हमको किसी की परवाह नहीं थी,
और बड़ी कोई चाह नहीं थी।

तभी गाल पर हुई चटाख,
पल में खुल गई मेरी आँख।
देखा मम्मी हमें जगा रही थी,
नाँद को हमारी भगा रही थी।

अम्बर से धरती पर आए,
पर नैनो में स्पन्द समाए।



प्रगती भसीन
यू.के.जी. 'बी'

Ability

Ability is to look at a blank page,
And create a poem.
Ability is to stare into the eyes of fear,
And come out stronger because of it.
Ability is to walk into the room of strangers,
And come out with friends.
Ability is to admit you are wrong.
Ability is to get back up,
When you fall down.
Ability is to believe,
When everything seems lost.
ABILITY - a simple word, with a complex
meaning,
For many, ability is never found, but ability
within.
Ability is within.
Ability is yours.

Divya Suneja
U.K.G. 'D'



Receipe

for Making My KVM School Successful

1. Take a reasonable quantity of students.
2. Then take a group of well-trained, friendly and loving teachers.
3. Make sure both ingredients mix together properly.
4. Now light the flame of knowledge and hard work intensively.
5. Add the flavour of discipline.
6. When the fragrance of success starts coming, garnish it with **truth, love and efficiency.**

Hunar Sachdeva
II - 'E'

OUR SCHOOL



Kundan Vidya Mandir Senior
Secondary School



There it stands
It must have been built by clever hands
Steady, majestic and great
It looks so beautiful and sedate
I study there, I feel so proud
I feel like praising it aloud
So that every student may know
Its a wonderful school to go
With girls and boys its classes are full
Every Madam and every Sir
Are extremely nice and ever so clear
Yes, this is my school, to me it is so dear
I will love my school forever.

Veer Singh Kalsi
L.K.G. 'F'

14th November

Chacha Nehru's Birthday

Another children's day has just gone by.
School was fun and spirits were high.
We played games and had good fun.
And felt so sad when the day was done!
'Why' I asked my Mom, "Can't we have a 14th
November every day?"
He said, "It is up to you to make it as you may."
For each day is beautiful, sweeter than the last -
Honey, it is up to you to remain an enthusiast.
"Give life and living your hundred percent - Every
moment should be lived and well spent."
This is what God decreed.
When He sent us down and wished
"Godspeed"!

Rushil Mittal
I - 'E'



Sacred Shrub "Tulsi"

In **Hindu homes** it is taken as a symbol of **fidelity and good fortune**.

It gives positive ions, neutralises negative ones and liberates ozone from sun's rays.



- **Tulsi** has the property to purify air within radius of its vicinity and is known for its environmental medicinal virtues.

- Tulsi was introduced in **Europe, Southern Asia, Iran and Pacific Islands** in 16th century from "**Basilikos**" meaning "**royal**".
- **Botanical name** - "Ocimum Sanctum".
- **Sanskrit name** - "Vrinda" from the place Vrindavan near Mathura.
- Tulsi being germicidal and anti-bacterial encourages natural self-healing mechanism.

Every part of plant is beneficial

- Seeds are rich in demulcent substances and **aid digestion**, and good for **urinary disorders**.
- Good to get rid of **Toxins** from the body.
- **Powdered seed** can cure **vomiting** and **retching**.



Anika Papneja
L.K.G. 'D'

Riddles



1. Which two keys can't open any door ?
Donkey and Monkey
2. Which bank never has any money ?
River Bank
3. What has four legs but can't walk ?
Table
4. What kind of dress can never be worn ?
An address
5. Who has locks but no keys ?
Gold Locks
6. What stays in a corner but travels around the world ?



Daksh Singla
I - 'E'

A stamp

About Parents

When you feel like breaking down or crashing in,
Who do you turn to, to forgive your Sin ?

When you cried your lonely tears,
Who will be there to fight your fears ?

And when it feels like no one would understand,
Who was there to hold your hand ?

There are people whom you can't replace,
They are the ones who gave you your face,

They will love you through thick and thin,
They show you the light from deep within.

And if by chance, you happen to die,
They will be the ones who will really cry.

'You see my friend, there's no one who can love you more,

Than your very own parents,
That's for sure.

Always remember that this is true.

That wherever you go, your parents
will be there for you.



Siyanshi Riyanshi
II - 'A'

Unforgettable, thy name Himachal!



It is the only place in India that helps to offer you the best recreation time in an unpolluted and untouched by man environment. The breathtaking visits of the mountain tops, the snow clad peaks and trees are so high, that they seem to be touching the sky, and bringing heavenly blessings from far above. The murmuring sounds of the winds will transcend you in another world. The clouds are like angels come down and play with you. The meadows, placid mountain lakes and rapids – all forming a part of the immense spectrum.

.... come see with my eyes, to fall in love while this state hums for you.

'With mother's help.'

Lavanya Sood
L.K.G. 'E'

रावण है जिंदा

अभी पुतला जलाया है।

दशहरे के दिन देश में रावण का पुतला जला कर बुराई को मिटाने की खानापूर्ति कर दी जाती है लेकिन साल दर साल इस रीति को पूरा करते-करते हजारों साल बीत गए हैं, पर यह रावण आज भी जिंदा है। बल्कि गूँ कहें कि हर साल यह रावण अपने में और नई बुराइयाँ भर लेता है। क्या इस रावण का अंत जरूरी है।

यह रावण है उन बुराइयों का जो हमारे दिल में छिपी हैं, उन विषय वासनाओं का जो हर दिल ने अपने दिल में छिपाई हुई हैं। बुराई का अंत केवल कहने भर से खत्म नहीं हो जाता। उसे खत्म करने के लिए पहले अपने अंदर के अहम को मारना पड़ता है। इसी अहम ने रावण को मरने के लिए मजबूर कर दिया था। हम लोग हर पल एक-दूसरे की तरक्की, खुशी को देखकर जलते जाते हैं और मन ही मन उसे नीचा दिखाने का यत्न करते हैं। यही इच्छा बढ़ते-बढ़ते विशाल अहम् धारण कर लेती है। मन कुंठाओं से भर जाता है और प्रतिशोध के लिए उतारू हो जाता है। ऐसे में उसे अच्छा-बुरा सब भूल जाता है, और बस बदले की भावना में केंद्रित हो जाता है। बदला तो वह ले भी लेता है, लेकिन इसका अंजाम उसे याद नहीं रहता है और परिणाम होता है तो कुछ इस तरह कि उस व्यक्ति के व्यक्तित्व के साथ-साथ उसके पूरे खानदान को कलंकित होना



पड़ता है। हर रोज़ आए दिन खबरों में लोग ऐसी खबरें पढ़ते हैं जो हमें शर्मसार कर देती हैं, लेकिन इन सब के बावजूद भी हमारी अंतर-आत्मा हमें झंझोड़ती नहीं। हम अपने आप को बदल नहीं पाते। इस रावण को जलाने का यत्न नहीं करते। हर साल रावण को जला देने भर से इस समाज को गन्दगी से छुटकारा नहीं मिलेगा। जरूरत है हर किसी को मन के रावण को नष्ट करने की।

रिंकी अग्रवाल
आठवीं 'बी'



“V” आकार क्यों ?

आपने शायद बगुलों के झुंडों को “V” आकार में उड़ते देखा होगा, यह क्यों ? यह इसलिए क्योंकि ऐसा करके वे ऊर्जा बचाते हैं। हर चिड़िया अपने आगे वाली से थोड़ा-सा ऊँचा उड़ती है। इससे उसे हवा की रुकावट सामने वाली से कम झेलनी पड़ती है। अगर सबसे आगे वाली थक जाती है तो वह पीछे चली जाती है और पीछे का कोई पक्षी उसकी जगह ले लेता है। इस तरह बिना रुकावट के वे लंबे समय तक उड़ते रहते हैं।

यही नहीं, इस आकार में उड़ने से, पूरे झुंड को अपने सदस्यों का पता रहता है। आगे वाली अपने पंखों से हवा को दबाती है तो उसका कुछ फायदा पीछे वाली को मिलता है। इससे उसे कम ऊर्जा खर्च करनी पड़ती है। अगर कोई पक्षी थक गया या उसे चोट लग गई तो वह पीछे चला जाता है। उसके साथ उसके दो साथी भी पीछे चले जाएँगे और उसका तब तक साथ



देंगे जब तक वह ठीक न हो जाए। लेकिन सारा समय “V” आकार बनाया रखा जाएगा। चिड़ियों की देखा-देखी, इस तकनीक का इस्तेमाल वायुसेना के जहाज और तेज रेंस वाले कारों भी करते हैं।

वीरेन मूद
ग्यारहवीं 'सी'



विद्या

केवल पढ़ना नहीं, ग्रहण करना है।



विद्या ग्रहण करना एक साधना है। प्राचीनकाल में विद्या गुरु से प्राप्त की जाती थी। आज भी क्लासरूम में गुरु (अध्यापक) से सुनते हैं। पुस्तक से भी पढ़ते हैं। कंप्यूटर पर इंटरनेट के माध्यम से भी शिक्षा ग्रहण करते हैं। आज विद्यालयों में स्मार्ट क्लास के माध्यम से भी अलग-अलग विषय पढ़ाए जाते हैं।

प्रिय बच्चों, माध्यम चाहे कोई भी हो जो ज्ञान सीखें उसे ऐसे आत्मसात कर लें कि जीवन भर आप के साथ रहे। यह सब तभी संभव हो सकता है जब हम जो कुछ पढ़ें, खूब ध्यान से पढ़ें। अगर आप कक्षा में एकाग्रता से अध्यापक के वक्तव्य को सुनोगे तो आप उस विषय को सरलता से समझ पाओगे, उस विषय के प्रति आप

की रुचि बढ़ेगी। आप को पढ़ने में आनंद आएगा। सफल और असफल होने वालों के बीच कोई अंतर नहीं होता। अंतर केवल यह होता है कि एक केवल शारीरिक परिश्रम करता है और दूसरा कार्य को



बुद्धि और ध्यान एकाग्र करके करता है। इसलिए प्रत्येक कार्य पर विजय पाने के लिए एकाग्रचित होना आवश्यक है।

जो ज्ञानी (छात्र) शब्द के अर्थ को भली भांति आत्मसात कर लेता है, वह सर्वत्र वार्तालाप, विचार-विमर्श या संवाद आदि में सर्वश्रेष्ठ होता है। इस के विपरीत जो शब्द के अर्थ अच्छे से नहीं जानता, केवल ऊपर-ऊपर से ग्रहण करता है, उसकी वाणी पुष्पित और फलित नहीं होती अर्थात् उसे प्राप्त ज्ञान का फल नहीं मिल पाता, जैसे फल-फूल से रहित वृक्ष न होने के समान है।

विद्या की सार्थकता चार बातों पर निर्भर करती है -

1. अध्ययन करना (पढ़ना)
2. पढ़ कर मन में बिठा लेना (बोध)
3. प्राप्त ज्ञान का प्रयोग
4. उस ज्ञान का प्रचार-प्रसार करना।

प्राप्त ज्ञान को दूसरों को बाँटने के लिए सदा तत्पर रहना चाहिए। यह ऐसा धन है जो दूसरों को देने से ही बढ़ता है। विद्या रूपी धन को चोर चुरा नहीं सकता, राजा दंड के रूप में ले नहीं सकता, भाई हिस्से में बाँट नहीं सकता, उस का बोझ नहीं होता। जो व्यक्ति विद्या की ओर ध्यान नहीं देता और समय को व्यर्थ नष्ट करता है, वह सदा मनुष्य-जन्म के फूल से वंचित रहता है। विद्या रूपी धन सब धनों से श्रेष्ठ है।

सरिता मैनी
हिन्दी अध्यापिका
(शाखा विद्यालय)



अध्ययन का आनंद

विद्या को मनुष्य का तीसरा नेत्र बताया गया है। हमारी दोनों आँखें तो केवल वही देख पाती हैं जो जगत् उनके सम्मुख उपस्थित होता है, किंतु इस दृश्य जगत् के पीछे भी बहुत कुछ जानना मनुष्य के लिए आवश्यक होता है। इस महत्त्वपूर्ण ज्ञान से परिचित कराने वाली 'विद्या' ही होती है। विद्या की प्राप्ति निरंतर अध्ययन से ही होती है। विश्व के महापुरुषों की सफलता और प्रसिद्धि के पीछे गहन अध्ययन की प्रवृत्ति होती है। अध्ययन ही उनके जीवन का मूलमंत्र होता है। गाँधीजी के बारे में कहा जाता है कि वे अवकाश का एक भी क्षण ऐसा नहीं जाने देते थे जिसमें वे कुछ पढ़ते न हों। सचमुच पुस्तकें मनुष्य की सर्वश्रेष्ठ मित्र हैं। मनुष्य सारा दिन अपने दोस्तों के साथ नहीं रह सकता। इसके विपरीत पुस्तकें एक-दो वर्ष नहीं अपितु हजारों वर्ष तक मनुष्य का साथ देती हैं। पुस्तकें साथ ही नहीं देती, अपितु आवश्यकता पड़ने पर मार्गदर्शन भी करती हैं। अध्ययन के आनंद की कोई तुलना नहीं। अध्ययन तो मनुष्य जीवन

का अटूट अंग है। अध्ययन मनुष्य की चिंतन शक्ति और कार्य क्षमता को बढ़ाता है। अध्ययन कायर व्यक्तियों में भी शक्ति और निराश व्यक्तियों में आनंद का संचार करता है। अध्ययन के बिना मनुष्य का जीवन अधूरा है। जिस प्रकार शरीर को स्वस्थ रखने के लिए भोजन की आवश्यकता होती है, उसी प्रकार मन और मस्तिष्क को स्वस्थ रखने के लिए अध्ययन आवश्यक है। आनंद केवल पुस्तकों को पढ़ने में नहीं अपितु उन्हें आत्मसात करने में है। इसीलिए कहा गया है - पढ़ो, समझो और ग्रहण करो।



आस्था
पाँचवीं 'बी'
(शाखा विद्यालय)



दादा-दादी की कहानियाँ v/s कार्टून नेटवर्क



मुझे वो दिन आज भी याद आते हैं जब गर्मियों की छुट्टियों को दोपहर में पढ़ाई की छुट्टी होती थी और माँ घर के बाहर धूप में खेलने नहीं जाने देती थी। ऐसे में हम सब बच्चे मिलकर दादा-दादी की शरण में चले जाते थे। उनकी मधुर कहानियाँ उनके जीवन के अनुभवों से ओत-प्रोत होती थीं। कभी राजा-रानी और परियों की कहानियाँ। हर कहानी में अलग-सा रस होता था। सुनते-सुनते हम सब भाई-बहन स्वप्न से यथार्थ लोक में पहुँच जाते थे। रात में उनके बगल में लेटकर भगवान की कहानियाँ सुनकर ऐसा लगता था कि बस अभी भगवान प्रकट हो जाएँगे। उनकी हर कहानी में एक शिक्षा सिमटी होती थी। हर रोज कुछ नया सीखने को मिलता था। उन्हीं अनुभवों ने हमें जीवन में ऊँच-नीच और भले-बुरे का अंतर करना सिखाया। दादा-दादी और बच्चों के बीच एक अटूट बंधन बंध जाता था।

लेकिन आज के बच्चे दादा-दादी की कहानियों से नहीं, बल्कि कार्टून नेटवर्क पर आने वाले वे-सिर-पैर के कार्यक्रमों पर निर्भर हो रहे हैं। इन कार्टून में मार धाड़, झूठ-फरेब, बदला, लड़ाई-झगड़े और धोखेबाजियों का बोलबाला होता है। जिसे देख-देखकर बच्चे बचपन का भोलापन भूलकर छोटी उम्र में ही परिपक्व होते जा रहे हैं। यदि भगवान के जीवन पर भी कोई पट-कथाएँ बनी हैं तो वे भी बेहद ही फूहड़पन से दशांयी जाती हैं। असली कहानियों को मनोरंजक रूप देने के लिए तोड़-मरोड़ कर असलियत से काफी पीछे धकेल दिया जाता है।

स्कूल का गृहकार्य खत्म होते ही बच्चे झट से टी०वी० के आगे अपने मनपसंद कार्यक्रम देखने बैठ जाते हैं। मनमोहक दिखने वाला यह सुनहला पर्दा बच्चों के बचपन पर कुछ इस तरह हावी हो गया है कि दादा-दादी की कहानियों को सुनने के लिए बच्चों के मन में कोई उमंग नहीं रही। जीवन में वृद्धों का अनुभव न होने के कारण यही बच्चे जब कुछ बड़े होते हैं तो अपने साथ सुनहले पर्दे के कुछ झूठे और कुछ सच्चे अनुभवों की बदौलत जीवन में सही-गलत का निर्णय नहीं कर पाते। ममता की छाँव बच्चों के सिर से ढलती जा रही है। दादी-दादा की मोठी-मोठी कहानियों का दौर अब कार्टून नेटवर्क के छलावे ने पीछे धकेल दिया। जरूरत है माता-पिता को अपने बच्चों के प्रति सचेत रखने की। ताकि वे इस रंगबिरंगी दुनिया के जाल में अपने बच्चों को फँसने से रोकें और घर के बड़ों के प्यार और ममत्व की छाया में उन्हें पनपने का मौका दें।

मेघा
बारहवीं 'एफ'



क्षमा दान

मानव जीवन में दान का बहुत महत्त्व है। लोग अन्न, धन, जल, वस्त्र इत्यादि कई प्रकार के दान करते हैं, परंतु ये दान तो वही कर सकता है जो धन से सम्पन्न हो। हमारे जीवन में एक और भी दान है, जिसका बहुत महत्त्व है, वह है क्षमा दान। यह दान तो ऐसा है जो छोटी उम्र के लोग अपने बड़ों को भी दे सकते हैं। क्षमा माँगने से कोई छोटा नहीं होता बल्कि क्षमा दान देने से छोटा व्यक्ति भी बड़ा हो जाता है और उसका महत्त्व बढ़ जाता है।

क्षमा दान में दानों का कुछ खर्च नहीं होता लेकिन दूसरा मालामाल हो जाता है। क्षमा करने वाला सुधार का मौका देता है और आने वाले समय में गलत राह पर जाने से बचा लेता है।

इसलिए क्षमा करने वाला बहुत महान होता है। अपने पराए, दोस्तों, मित्रों और छोटे-बड़ों से गलतियाँ तो होती ही रहती हैं। हमें क्षमा करके उनके साथ मधुर संबंध बनाए रखना चाहिए। इसके साथ हमारा मन भी शांत रहता है और हमारे रिश्तों में दृढ़ता आती है।

प्रिय मित्रों, हमें अपने मन का मैल धोने के लिए क्षमा जरूर माँगनी चाहिए। हमें परिवार, शहर, समाज तथा देश की उन्नति के लिए अधिक से अधिक क्षमा दान करना चाहिए।

क्षमा दान उत्तम दान है।

क्षमा दान दिल खोलकर करना चाहिए।

तमन्ना शर्मा
छठी 'ए'



सत्य पर चलें “सत्कर्म करें”

सत्कर्म करना कुदरत की देन होती है। हर व्यक्ति सत्कर्म नहीं कर सकता। इस संसार में हर जीव मुक्ति जरूर चाहता है। किंतु मुक्ति के फार्मूले पर चलने से कतराता है। जब इन्सान अपनी जिन्दगी में ईश्वर के फार्मूले को नहीं अपनाता तो उसे मुक्ति मिलना असम्भव है। हर व्यक्ति मन्दिर, मस्जिद में कुदरत से अपना काम करवाने के लिए माथा रगड़ता है और कहता है कि प्रभु उसे जो-जो चाहिए सारा कुछ दे दो, परंतु देने वाला जानता है कि इसे किस वस्तु की आवश्यकता है और कितनी मात्रा में चाहिए यह बात तो कुदरत के ऊपर निर्भर करती है -

खुदा मंजूर करता है, हुआ जब दिल से होती है।
मुश्किल तो यह है कि, बड़ी मुश्किल से होती है।।

संसार का हर व्यक्ति कर्म तो जरूर कर रहा हैं, किंतु हर व्यक्ति, हर जीव के अपने अलग अलग कर्म होते हैं, कर्म प्रधान होता है। गोस्वामी तुलसीदास जी ने लिखा है -

कर्म प्रधान विश्वकरि राखा।
जो जस करै सो तस फल चाखा।।

अपने जीवन में कर्म करना हर व्यक्ति का धर्म है। कर्म से ही व्यक्ति की पहचान बनती है। कर्म यदि अच्छे हैं तो जिन्दगी में बहार है। कर्म यदि गन्दे हैं तो जिन्दगी दुश्वार है। महात्मा कबीर दास जी ने भी लिखा है -

ऊँचे कुल क्या जन्मिया, जो करणी ऊँच न होय।
सोवन कलस सुँरै भरया, साधू निन्दा होय।।

अर्थात् ऊँचे कुल में जन्म लेने से कुछ नहीं, यदि उसके कर्म अच्छे न हों तो उसी प्रकार जिस प्रकार से सोने के घड़े में मदिरा भरी हो तो वह सज्जनों द्वारा निन्दनीय होता है। अब रही बात सत्-कर्म की तो व्यक्ति सोच में पड़ जाता है कि सत्कर्म क्या होता है ? ये हमें सत्य कहाँ से मिल गया ? यह इन्सान को चकाचौंध कर देता है। सत शब्द को जब हम शुद्ध करते हैं तो यह सत्य बन जाता है जिससे हम लोग कोसों दूर भागते हैं, आखिर हम कहाँ तक भागेंगे क्योंकि सारी सृष्टि उसी की बनाई हुई है। उस ईश्वर से हम आँख मिचौली नहीं खेल सकते। कहा भी गया है -

मेरी जो बात होती है, पुर तासीर होती है।
हकीकत से भगौड़ों के लिए, जंजीर होती है।।

आखिर सच्चाई को कब तक छुपा कर रखेंगे। यह तो एक न एक दिन बाहर आ जाएगी। रह गई बात हमारे मानने की तो कुदरत

ने तो बड़े-बड़े को सीधा तौर कर डाला है। कभी न कभी तो उसकी बात माननी ही पड़ेगी। यदि पहले मान लेते हैं तो जिन्दगी सँवर जाती है। कहते हैं कि -

कोई माने या न माने मैं मना लेता हूँ।
जब वक्त आता है मैं उसे बुला लेता हूँ।

हर एक को अपनी-अपनी मंजिल का इन्तजार है, इसलिए हमें चाहिए कि सच्चाई के रूप में उस दुनिया में जीवन यापन करें। यह मौका दुबारा हमारे हाथ नहीं आएगा।

बना नेक मकसद जिंदगी को।
निकम्मी जो गुजरे वो क्या जिंदगी है।।
कोई काम जीवन से अब बोर ले ले।
ये उड़ जाएगा वक्त की ये परी है।

सत्कर्म का पूरा अभिप्राय यह हुआ कि हम अपनी जिन्दगी को यदि संवारना चाहते हैं तो सच्चाई के साथ चलें। जब हम सच्चाई के साथ हो जाएँगे तो स्वाभाविक है कि हमारा कर्म भी अच्छा हो जाएगा। जब हमारे अन्दर दोनों गुणों का समावेश हो जाएगा तो हमें जान होने लग जाएगा कि अब हमारे पुण्य कर्म सत्कर्म के लिए अब पूरी तरह उद्यत हो गये हैं। आपको अहसास होने लग जायेगा कि हम सत्य के मार्ग पर चल रहे हैं।

राम यश



देना भी सीखो •

लेना तो हमेशा अच्छा लगता है, पर देने का भी अपना मजा है। देना धन या वस्तु का ही नहीं होता, सहानुभूति और संवेदना दिखाना भी देना है।

किसी के दुःख में ढाँढस बँधाना, आड़े वक्त में किसी के काम आना, किसी के आँसू पोंछना, किसी के लिए थोड़ा-सा समय निकालना, किसी भी प्रकार से कुछ देने का सुख, निश्चय ही लेने से कहीं बड़ा है।

स्तुति जैन
तृतीय 'क'
(शाखा विद्यालय)



दोस्ती



लोग दोस्ती तो करते हैं मगर दोस्ती के अर्थ से अनजान रहते हैं। शायद कुछ लोग ही जानते हैं कि दोस्ती कितना बुलंद रिश्ता है। कितना प्रिय शब्द है - दोस्ती। यह ईश्वर की एक अमूल्य देन है। नदी के पानी की तरह झिलमिल, बारिश की बूंदों की तरह नाजुक, सितारों की तरह पवित्र, फूलों-सी कोमल, संगीत-सो मधुर, समुद्र की तरह विशाल, गीली मिट्टी की तरह नम्र तथा सागर से भी गहरी होती है - दोस्ती। दोस्ती सूरत से नहीं, सीरत से होती है। यह बाहरी शकल-सूरत की नहीं, लगन की दोस्ती, एक दर्दमंद अहसास और निष्ठापूर्ण दिल की तमन्ना होती है। लेकिन कम ही लोग हैं जो इतनी गहराइयों में उतरकर दोस्ती करते हैं। दोस्ती हवा के झोंकों की तरह हल्की तथा काँच की तरह नाजुक होती है। दोस्ती में प्यार, अपनापन तो होता ही है पर साथ ही साथ यह गिले-शिकवों से भी भरी होती है क्योंकि गिले-शिकवे भी वहाँ ही होते हैं जहाँ प्यार व अपनापन होता है, जहाँ हमें यह लगता है कि हम अपने दोस्त के साथ अपने दिल की हर बात बर्बाद कर सकते हैं, जहाँ अपनी नाराजगी भी जाहिर कर सकते हैं तथा सुख-दुख में, खुशी-गम में आँसुओं से उसके कंधे भी भिगा सकते हैं। ऐसी दोस्ती बड़ी मुश्किल से होती है और वे लोग बहुत खुशकिस्मत होते हैं जिनमें सच्ची दोस्ती होती है। सच्ची दोस्ती दूरियों से समाप्त नहीं होती



बल्कि जब दोस्त अपनी-अपनी मंजिल की ओर बढ़ जाते हैं, तब भी अपनापन भरी दोस्ती का रिश्ता कायम रहता है। परंतु आजकल लोग अपने स्वार्थ के लिए इस पवित्र रिश्ते की पवित्रता को ही समाप्त कर रहे हैं। अपनी खुशी व अपने घमंड को संतुष्ट करने के लिए दोस्त के साथ धोखा करने से भी गुरेज नहीं करते। उन्हें आँसुओं रूपी तोहफा प्रदान कर देते हैं। दोस्ती में अगर विश्वास, चाहत, प्यार न हो तो वह दोस्ती नहीं बल्कि दिखावा मात्र है। आज आवश्यकता है दोस्ती रूपी सुगंध चारों ओर फैलाने की, संगीत रूपी तान से दिलों को जोड़ने की तथा ईश्वरीय देन को सहेज कर रखने की। तभी 'दोस्ती' शब्द पूर्ण रूप से सार्थक हो सकता है।

रचना

हिन्दी अध्यापिका
(शाखा विद्यालय)



अंग दान

आपका बहुमूल्य उपहार

हर वर्ष हजारों व्यक्ति हृदय की गति रुक जाने के, गुदों, जिगर या पाचक ग्रन्थि के खराब हो जाने के और या फिर खून कम हो जाने के कारण मर जाते हैं। बीस लाख से अधिक लोग, जिनमें अधिकतर बच्चे होते हैं, आँख के पारदर्शी पर्दे की क्षति की वजह से अन्धेपन का शिकार हो जाते हैं। लेकिन अगर हम चाहें तो उन लोगों की सहायता कर सकते हैं। अगर हम मनुष्य एक-दूसरे की सहायता करने का व्रत धारण कर लें तो ऐसे बहुत से साधन हैं जिनके द्वारा हम मानव सेवा कर सकते हैं। हम अपने शरीर के किसी एक अंग का दान कर किसी की जान बचा सकते हैं। मरने के बाद भी अगर हमारी आँखें दान हो जाएँ तो वो अन्धों के जीवन में रोशनी दे सकती हैं। जिस प्रकार किसी मनुष्य को रोटी की भूख है और उसकी थाली में दो रोटियाँ पड़ी हैं तो वह अपनी एक रोटी किसी भूखे के साथ बाँट कर उसकी भूख शांत कर सकता है। उसी प्रकार हमारे शरीर में दो गुर्दे हैं लेकिन हमारी जिन्दगी सिर्फ एक

गुर्दे से चल सकती है तो दूसरा गुर्दा दान करने में क्या हर्ज है। अगर हम अपना एक गुर्दा दान कर दें तो किसी मरते इन्सान की जिन्दगी बचाई जा सकती है। अगर हम सभी मिल कर अपना थोड़ा-थोड़ा खून दान कर दें तो कई जानें बचाई जा सकती हैं। हमें पता होना चाहिए कि एक मस्तिष्क को छोड़कर हमारे शरीर के सभी अंग बदले जा सकते हैं और उल्टक जैसे चमड़ी और हड्डी को ठीक किया जा सकता है और उसका फिर से निर्माण भी किया जा सकता है।

कोई भी स्वस्थ व्यक्ति चाहे वह किसी भी जाति, वर्ग या लिंग का हो, अंग दान कर सकता है। 18 वर्ष से कम आयु के व्यक्ति अपने माता-पिता की सहमति से अंग दान कर सकते हैं। खून का दान किसी भी स्वस्थ व्यक्ति द्वारा किया जा सकता है।

इसलिए हमें मानव जाति की भलाई के लिए जीवन में अंग दान जरूर करना चाहिए।

यशिका गुप्ता
नवम् 'सी'



किसको बाँधा, किसको छोड़ा ?

शेख चिल्ली अपने परिवार के साथ बड़े मजे से रहता था। घर के बाहर निकलने से पहले आस-पास नज़र दौड़ा लिया करता था। दरअसल, शेख चिल्ली कुत्तों से बहुत डरता था। उसने सुन रखा था कि भौंकने वाले कुत्ते काटते नहीं, लेकिन उसे शक था कि कुत्तों को यह नहीं मालूम। सो वह अपनी ओर से कोई खतरा नहीं लेना चाहता था।

गाँव के कुत्ते भी उससे दूर ही रहते थे। उनको दुबला, नाटा, अजीब-सा दिखने वाला आदमी, जिसका चश्मा उसकी नाक पर टिका रहता था, पसंद नहीं था।

एक दिन शेख चिल्ली को अपने चाचा से मिलने पड़ोस के गाँव में जाना पड़ा। उस गाँव के कुत्तों ने इतना अजीब-सा दिखने वाला इंसान पहले कभी नहीं देखा था। शेख चिल्ली को देखते ही वे सब भौंकने लगे। कुत्ते सिर्फ भौंक नहीं रहे थे, बल्कि शेख चिल्ली का पीछा भी करने लगे, जहाँ भी वह जाता, वे उसके पीछे लग जाते थे।

शेख चिल्ली को जब इसका अहसास हुआ तो वह ज्यादा तेज़ चलने लगा। लेकिन वह कितना तेज़ चलता कुत्ते उतनी ही जोर से भौंकते। आखिर, शेख चिल्ली में और धैर्य नहीं रहा। उसने सोचा कि रुक के शैतान कुत्तों को भगाने की कोशिश करना चाहिए। उसने किसी किस्म का हथियार पाने की उम्मीद से इधर-उधर देखा। एक ईंट पड़ी देख वह उसे उठाने लगा। लेकिन वह हिली भी नहीं।

दरअसल वह जमीन में गड़ी थी। सारी ताकत लगा देने पर भी शेख चिल्ली उसको नहीं उठा पाया। नाराज़ होकर वह गाँव वालों को जोर-जोर से गालियाँ देने लगा।

एक आदमी उधर से जा रहा था। उसने आकर शेख चिल्ली से उसके गुस्से का कारण पूछा, "तुम्हारा गाँव अजीब है।" शेख चिल्ली ने शिकायत की, "तुम लोग कुत्तों को खुला रखते हो और ईंटों को बाँध कर रखते हो।"

प्रांजल महाजन
आठवीं 'सी'



विद्यया मेरी दृष्टि में

पुरानी कहावत है, "पढ़ोगे लिखोगे, बनोगे नवाब! खेलोगे, कूदोगे, हो जाओगे खराब!" लेकिन समय बदलने के साथ ही इन कहावतों के अर्थ भी बदल गए हैं। हर विद्यार्थी के मन में कई बार यह इच्छा उमड़ती है कि पढ़ाई-वढ़ाई छोड़ कर बस खेलने चला जाए। लेकिन जिन्हें तो अपने जीवन के लक्ष्य का ध्यान होता है, वे तो अपना मन फिर पढ़ाई की ओर मोड़ लेते हैं। लेकिन आखिर कब तक ?

क्योंकि आजकल तो समय ऐसा आ गया है कि पढ़ने वाले बच्चों का उसी के कुछ सहपाठियों द्वारा मज़ाक उड़ाया जाता है। उन्हें तरह-तरह के नामों से चिढ़ाया जाता है। ऐसे माहौल में कई बच्चे बिखर जाते हैं और 'कूल' दिखने के लिए पढ़ाई करना छोड़ देते हैं। वे यह नहीं समझते कि जो लोग पढ़ने वालों का मज़ाक उड़ाते हैं, वे वास्तव में बहुत कमजोर होते हैं। वे स्वयं मेहनत करने के काबिल नहीं होते इसलिए दूसरों को नीचा दिखाने की कोशिश करते हैं। आज विश्व भर में शिक्षा के प्रसार के प्रयास हो रहे हैं। सभी राष्ट्र चाहते हैं कि अधिक से अधिक लोग पढ़ना सीखें। इस सबका कोई तो कारण होगा हाँ, कारण है। पैसे, ताकत और रूप से बहुत कुछ मिल सकता है। पर जब ये चीज़ें छिन जाती हैं, या खत्म हो जाती हैं तो बस एक ही चीज़ रह जाती है - विद्या और हमारी विद्या यानि ज्ञान को कोई हमसे अलग नहीं कर सकता। सब जानते हैं कि पढ़ना-लिखना मेहनत का काम है और मौज-मस्ती करना बड़ा आसान है। पर मुश्किल कार्यों का फल भी मोटा होता है। दिल हमेशा कहता है, "छोड़ो, यार! क्या करना है पढ़कर।" पर कभी-कभी दिल पर काबू रखकर दिमाग की भी बात सुननी चाहिए। जाओ, खेलो-कूदो, मौज-मस्ती करो, पर पढ़ाई-लिखाई सबसे ज़रूरी चीज़ है, यह याद रखो।



शिवांगी
सातवीं 'डी'



शूटिंग प्रतियोगिता

में मेरा पूना तक का अनुभव

शूटिंग एक ऐसा खेल है जिसमें एकाग्रता की आवश्यकता होती है। मैंने छोटी कक्षा में शूटिंग में भाग लिया। पहले-पहल मैं अलग-अलग खेलों में दिलचस्पी ले रहा था लेकिन अपने भाई को शूटिंग में आगे बढ़ता देख मेरा मन भी इस खेल की तरफ आकर्षित हुआ। मैंने मन लगा कर इस खेल को खेला। इस बार मैंने जिला स्तर की शूटिंग प्रतियोगिता में भाग लिया तथा स्वर्ण पदक जीता। मैं राष्ट्रीय स्तर की प्रतियोगिता के लिए चुना गया। राष्ट्रीय स्तर की शूटिंग प्रतियोगिता पूना में सम्पन्न हुई। मेरे साथ बारहवीं कक्षा का एक छात्र भी पूना गया था। हम दोनों का पूना तक जाने का साथ था। मैं बहुत खुश था लेकिन मन में भय भी था क्योंकि पहली बार अकेला जा रहा था। मेरे भाई ने पहले ही मुझे पूना के बारे में बताया हुआ था। मेरे पिताजी ने लुधियाना से ही ट्रेन तथा हवाई जहाज की टिकटों की बुकिंग करवा दी थी। शाम साढ़े चार बजे की ट्रेन थी। हमने ट्रेन ली तथा दिल्ली पहुँचे। दिल्ली से टैक्सी पकड़ हवाई अड्डे पर करीब 12 बजे पहुँचे। अगले दिन सुबह पाँच बजे की हमारी फ्लाइट थी। करीब साढ़े सात बजे हम पूना पहुँच गये। छत्रपति शिवाजी स्टेडियम में पहुँच हमने होस्टल में कमरा लिया। नाश्ता करने के पश्चात हम अभ्यास के लिए स्टेडियम की ओर चल दिए। रिहर्सल करके वापिस होस्टल में आए तथा विश्राम किया। अगले दिन मेरा मैच था। मैं सुबह उठा तथा भगवान से प्रार्थना कर रेंज में पहुँचा। मेरा मैच बहुत बढ़िया रहा लेकिन मन में भय भी था कि पता नहीं क्या होगा ? मैच के बाद हम होस्टल वापिस आये तथा खाना खाया। शाम को हम पूना के सबसे बड़े मॉल को देखने

गये। मॉल में हमने फिल्म भी देखी। रात होने पर हम होस्टल में वापिस आ गए। अगले दिन क्लोसिंग सैरेमनी थी। मैच का नतीजा आना था। मैं कांस्य पदक में अपना नाम

देखकर बहुत खुश हुआ। वहाँ पर हमारी मुलाकात गगन नारंग से हुई। हमें वहाँ मैडल मिले। मेरी खुशी की कोई सीमा नहीं थी। उसी शाम हमारी फ्लाइट थी। हमने टैक्सी ली तथा पूना के हवाई अड्डे पहुँचे। हम लुधियाना पहुँच गये। मुझे पूना जाकर बहुत अच्छा लगा। यह सफर मैं जिंदगी भर नहीं भूलूँगा। लुधियाना आने पर मुझे मेरे माता-पिता, प्रिंसीपल तथा अध्यापकों ने बधाई दी। शूटिंग मेरा प्रिय खेल है। मैं अब और भी अधिक मेहनत करूँगा।

सारांश कपूर
आठवीं 'बी'



द्वे मालिक

कुछ वर्ष पहले की बात है एक सेठ की नई-नई शादी हुई और वह अपनी पत्नी के साथ छत पर पान चबाता हुआ बातचीत कर रहा था। उसी समय नीचे सड़क पर एक फकीर निकल रहा था। तभी सेठ की पत्नी ने फकीर के ऊपर पान थूक दिया। फकीर ने ऊपर देखकर सेठ की पत्नी को कहा कि, "बेटो! इस तरह राह चलने वालों पर थूकते नहीं।" सेठ की पत्नी को गुस्सा आ गया और उसने अपने पति को कहा कि, "वह दो पैसे का आदमी मुझे बोल रहा है, तुम इसे नीचे जाकर पीटते क्यों नहीं?" इस पर सेठ नीचे उतर कर उस फकीर को मारता है और उसकी खूब पिटाई करता है। फकीर वहाँ से चुपचाप चला जाता है।

कुछ दिनों के बाद सेठ बीमार पड़ गया और बहुत इलाज के बाद भी ठीक नहीं हुआ। सभी बहुत परेशान थे। तभी उसकी पत्नी

को याद आया कि कहीं फकीर ने कोई श्राप तो नहीं दे दिया। उसने अपने घर वालों को फकीर को ढूँढ़ निकालने को कहा। आखिर घर वालों ने फकीर को ढूँढ़ लिया।

सेठ की पत्नी उसे मिलकर गिड़गिड़ाई और कहा, "बाबा! अपना श्राप वापिस ले लो और मेरे पति की जान बख्श दो।" तब सेठ की पत्नी ने कहा, "बाबा! आपने यह क्या कर दिया?" तब फकीर ने कहा कि, "मैं करना भी चाहूँ, तो कुछ नहीं कर सकता। जब आपके मालिक को गुस्सा आया तो उसने मेरी पिटाई कर दी और जब मेरे मालिक को गुस्सा आया तो उसने मेरे पति को बीमार कर दिया। इसलिए सबसे बड़ा मालिक ईश्वर है और हम सब को उस मालिक को हमेशा याद रखना चाहिए और किसी के साथ बुरा व्यवहार नहीं करना चाहिए।"

सहज जैन
छठी 'ए'



फॉस्ट फूड

बीमारियों को निमंत्रण

परिवर्तन समाज का नियम है और यह अनिवार्य भी है। समय के बदलाव के साथ-साथ इंसानी आदतें भी बदलती जाती हैं। रहन-सहन, सोच-विचार, खान-पान सब में बदलाव हर नए युग की माँग बन जाता है। आज के दौड़ते युग में पाश्चात्य समाज की देखा-देखी हम लोगों ने अपने खान-पान की आदतें उनके जैसी तो कर लीं, पर यह नहीं जाना कि उनके यहाँ का वातावरण उनके खान-पान को हज्म करने में सहायता करता है, जबकि भारत एक गर्म देश है। यहाँ की जलवायु आर्द्रता से भरी है, जिसमें भौति-भौति के कोटाणु हर समय वातावरण में विचरण करते रहते हैं। हम अंग्रेजी संस्कृति का अनुसरण करते हुए फॉस्ट फूड, जंक फूड, स्नैक्स वगैरह का सेवन करते हैं, जो हमारी पेट की आँतों में जाकर चिपक जाता है क्योंकि ये सभी चीजों में मैदे में बनी होती हैं। कहते हैं फॉस्ट फूड खाने वालों की आँतें अवरोध के कारण गल जाती हैं और उनमें से बढ़बू आने लगती है। यह सच ही है क्योंकि जंक फूड पेट में चिपक कर इकट्ठा होता रहता है। आँतों के संक्रमण हो सकते हैं, जिसके कारण कैंसर, टी०बी०, अनिद्रता, मोटापा, बदहज्म आदि अनेक बीमारियाँ आपका जीना दूभर कर देती हैं। बहुत संभव है कि कभी-कभी इसके कारण मौत भी हो सकती है। मानव जीवन अमूल्य है, उसे केवल जीभ के स्वाद के कारण बर्बाद मत होने दीजिए। इस धोखेबाज जीभ की बात न मानकर अपनी बुद्धि का इस्तेमाल कीजिए, क्योंकि जीवन में कोई भी चीज़ फिर



से हासिल हो सकती है, परंतु मानव तन और स्वास्थ्य पुनः पुनः नहीं मिलेगा। चाणक्य ने अपने श्लोक में सच ही कहा है,

पुनर्वितं पुनर्मित्रं पुनर्भार्या, पुनर्मही।

एतत्सर्वं पुनर्लभ्यं न शरीरं पुनः पुनः॥

इसका अर्थ है -

धन, मित्र, स्त्री, भूसंपत्ति, देश, राज्य ये सब बार-बार मिल सकते हैं, परंतु मनुष्य शरीर बार-बार नहीं मिलता तो चलिए यदि आप को अपने से प्यार है, तो उम्मीद है अपनी जीभ के घोड़े पर लगाम लगाकर इन आधुनिक खान-पान की चीजों से परहेज कर देंगे क्योंकि स्वस्थ तन में ही स्वस्थ मन रहता है।

विभांशु
बारहवीं 'एफ'



'सुंदर वह जो सुंदर काम करे'

'सुंदर वह होता है जो सुंदर काम करता है।' इस कथन में कोई संदेह नहीं। पर अक्सर यह देखने में आता है कि लोग उसी व्यक्ति को सुंदर मानते हैं जो शक्ल से सुंदर हों, सुंदर वस्त्र पहने हो आदि। पर वास्तव में सुंदर व्यक्ति वह होता है जो आत्मिक और मानसिक तौर पर सुंदर हो। मनुष्य के सुंदर बनने के लिए अपने अन्दर आत्मिक और मानसिक गुण उत्पन्न करने चाहिए। शारीरिक सुंदरता चिर स्थायी नहीं होती, यह तो समय के साथ कम (नष्ट) होती जाती है। यह पुरुष व स्त्री की सदैव रहने वाली सम्पत्ति नहीं है। यह किसी भी समय बीमारी या दुर्घटना होने पर नष्ट हो सकती है। उच्च नैतिक गुणों व आदर्शों वाला व्यक्ति चाहे शक्ल व रंग से सुंदर न हो, वह सही अर्थों में सुंदर होता है। उस के प्रत्येक कार्य में अच्छाई की महक मिलती है। उस की वाणी में माधुर्य होता है। उस

का व्यक्तित्व सब को अपनी ओर आकर्षित करता है। ऐसे व्यक्ति अपने घर-परिवार और समाज के लिए, देश के लिए और समस्त मानवता के हित करने की क्षमता रखते हैं। उन के मुँह से निकला एक-एक शब्द दुःखी लोगों के मन को शांति प्रदान करता है। मनुष्य के सुंदर और नेक काम आस-पास के वातावरण में खुशी और प्रेम का प्रसार करते हैं। इसलिए सुंदर व्यक्ति वह ही होता है जो अच्छे काम करे, दूसरे के काम आए। केवल शारीरिक सुंदरता रखने वाले व्यक्ति को सुंदर नहीं कहा जा सकता।

महक गोयल
आठवीं 'ए'
(शाखा विद्यालय)



कलाई की अमानत

कुशा का जन्म एक मध्यमवर्ग परिवार में हुआ। वह बचपन से ही बहुत महत्वाकांक्षी थी। छोटी उम्र में ही उसने अपने माता-पिता का हर काम में हाथ बटाना शुरू कर दिया था। अपनी पढ़ाई-लिखाई के साथ-साथ उसने घर के काम में और छोटे भाई-बहनों की देखभाल आदि की जिम्मेदारी को जी-जान से निभाया। 22 साल की उम्र में सन् 1983 में उसकी शादी बहुत ही अच्छे परिवार में हो गई। बाकी लड़कियों की तरह उसने भी नई जिन्दगी के लिए बहुत से सपने संजोए परंतु उसे क्या पता था कि ये सपने बहुत ही जल्द बिखरने वाले हैं। बहुत ही जल्द घर में कलह-कलेश रहने लगा पर वक्त बीतता गया और शादी के दो वर्ष बाद कुशा को भगवान ने बहुत ही प्यारी-सी बेटो (प्रिया) दी, जिसे पाकर वह बहुत खुश हुई। कुछ देर तक ससुराल वाले अपने रूढ़िवादी विचारों के कारण प्रिया को स्वीकार नहीं कर पाए पर फिर भी सब चलता गया। प्रिया के पिता को अपनी बेटो से बहुत प्यार था पर वह घर की छोटी-मोटी बातों और लड़ाई-झगड़ों को हल करने में असमर्थ थे। कुशा यही सोचती रही कि कभी न कभी सब ठीक हो जाएगा। प्रिया के जन्म के 6 वर्ष बाद कुशा के घर फिर खुशियों ने दस्तक दी और प्रिया को बहुत ही प्यारा भाई (राज) मिला। राज के जन्म से पूरे घर में खुशियों की बहार आ गई। “अब जिन्दगी की सारी खुशियां मिल गई,” राज के पापा ने कहा। प्रिया भी अपने से सब कुछ ठीक होने लगा। इसी दौरान कुशा को लुधियाना के एक बहुत ही अच्छे स्कूल में नौकरी मिल गई। जिन्दगी सही ढंग से गुजर बसर होने लगी पर राज के जन्म के सात महीने बाद ही कुशा के पति को दिल का दौरा पड़ने से उनकी मृत्यु हो गई। कुशा लुधियाना में रहती थी परन्तु उसके पति की नौकरी दूसरे शहर में थी। जहाँ से ससुराल घर बहुत ही नज़दीक था और वह अकसर वहाँ रहते थे जिस दिन कुशा के पति की मृत्यु हुई उस दिन कुशा सुबह-सुबह उठी और अपनी बेटो से बोली, “प्रिया आज सोमवार है मैंने शिवजी का व्रत रखना है और पूजा-पाठ भी करना है।” नहा-धोकर वह तैयार हो रही थी परंतु उसे सिंदूर की डिब्बिया नहीं मिली, वह अपनी माँग भरना चाहती थी, सिंदूर न मिलने पर कुशा को घबराहट हुई परंतु जल्द ही वह अपनी दिन-चर्या में लग गई। स्कूल से आने के बाद उसने घर का काम किया प्रिया को पढ़ाया और रात का खाना बनाने में व्यस्त हो गई। खाना खाया और बच्चों को लेकर सो गई। रात को 11 बजे उसके ससुराल से चार-पाँच लोग गाड़ी में आये और बोले कि राज के पापा की तबीयत खराब है जल्दी चलो और वो भी बिना सोचे-समझे गाड़ी में बैठ गई और चल दी। रास्ते में एक बार भी कुशा के मन में यह खयाल नहीं आया

कि उनको कुछ हो न जाए परंतु जब वहाँ पहुँची तो देखा कि उसकी तो दुनिया ही लुट चुकी थी और उसके बच्चे अपने पिता के प्यार से महरूम हो गये थे, क्योंकि वो सब को छोड़ चुके थे।

कुशा दिन-रात रोती रहती और सोचती कि उसके बच्चों का क्या होगा पर उसने हिम्मत बांधी और फिर उठ खड़ी हुई ये सोचकर कि वह अपने बच्चों की माँ भी है और पिता भी बनेगी। उन्हें कभी भी पिता का कमी महसूस नहीं होने देगी। वक्त बीतता गया। कुशा दिन-रात मेहनत कर बच्चों को पालती-पोसती रही हालाँकि मायके और ससुराल से कभी भी पैसे की कोई मदद नहीं मिली। दिन-रात की मेहनत रंग लाई और कुशा ने अपना घर भी बना लिया और बच्चों को सारी जरूरतें भी पूरी होने लगीं कुछ पैसे भी बचने लगे और अब प्रिया बड़ी हो रही थी। कुशा ने सोचा कि प्रिया की शादी के लिए कुछ (कंगन, जेवर) बनवा कर रख लेती हूँ तो उसने दो बहुत ही सुन्दर कंगन बनवा लिए। कंगन देखते ही प्रिया की खुशी का ठिकाना न रहा। वह बोली, “मम्मी ये कंगन कितने सुन्दर हैं ये तो मैं ही लूँगी।”

कुशा ने भी झट से बोल दिया, “हाँ, हाँ तेरे लिए ही बनवाए हैं पर जब तेरी शादी होगी तब तुझे दूँगी।” और कुशा ने वो कंगन घर में कहीं छुपा कर रख दिए।

दो महीने बाद कुशा के देवर की तबीयत खराब हो गई तो उसे लुधियाना के अस्पताल में भर्ती करवा दिया। अब स्कूल जाना, बच्चों को देखना, आए-गए रिश्तेदारों की सेवा में कुशा बहुत व्यस्त हो गई। घर में एक नौकरानी भी काम करती थी। इस तरह की दिन चर्या में कुशा को पता ही नहीं चला कि कंगन कब चोरी हो गए। कुशा और उसके बच्चे कंगन की चोरी से बहुत ही दुखी हुए। उस दिन घर में खाना भी नहीं बना। चाहे कंगन चोरी हो गए थे फिर भी दिल को यही लगता था कि कोई इतना बड़ा धोखा नहीं दे सकता। कुशा ने कंगन के लिए जो पैसे जोड़े थे वह दिन-रात की मेहनत, ईमानदारी और लगन की कमाई थी। लोग कहते रहे कि कुशा ने खून-पसीना कर पैसे जोड़े और अपनी बेटो के लिए कंगन बनवाए पर कुशा का मन कहता था कि ये पैसे तो सिर्फ खून जलाने से ही जोड़े थे क्योंकि इतनी मेहनत में पसीना तो कभी आया ही नहीं था। बहुत दिन तक यही उम्मीद रही कि कंगन जरूर मिल जाएँगे, पर कहीं से कोई उम्मीद नजर न आई। किसी ने यह सलाह दी कि पुलिस में रिपोर्ट कर दो। कुशा का भोला-भाला दिल यह न मात्र उसने इस डर से रिपोर्ट नहीं करवाई कि कहीं कोई बेगुनाह को पुलिस मारपीट न करे क्योंकि ये तो पता नहीं था कि किसने कंगन चुराए हैं। कुशा इतना डरती थी कि कहीं कोई उसके बच्चों को

बर्दुआ न दे दे। इतना बड़ा नुकसान सहने के साथ एक और बुरी घटना यह हुई कि उसके देवर की भी मृत्यु हो गई। घर में सारा वक्त उदासी और शान्ति छाई रहती थी। किसी का मन काम में नहीं लगता। इन हालातों में कुशा की तबीयत बहुत खराब हो गई। जिसका असर उसकी आवाज पर पड़ा उसे ऐसे लगने लगा कि जैसे उसकी आवाज को कोई रोक रहा है, पर प्रिया की दादी और मौसी ने कहा कि प्रिया की शादी पर हम ऐसे कंगन बनवा देंगे तो प्रिया खुश हो गई। कुशा ने भी सब कुछ भुला फिर अपना काम-काज शुरू कर दिया। उसने सोचा कि भगवान उसके साथ है। वह हिम्मत कर फिर से सब कुछ जोड़ने लगी।

8 वर्ष बाद वक्त बीतता रहा, कुशा और उसके बच्चे आराम से जीवन व्यतीत कर रहे थे। प्रिया अब बड़ी हो गई थी। कुशा अब उसके लिए योग्य वर ढूँढ़ने में लग गई। कई लड़के देखे पर अंत में जनवरी 2010 में कुशा की सहेली ने एक बहुत ही अच्छे परिवार के बारे में बताया जो चंडीगढ़ में रहते थे पर उनका लड़का विदेश में रहता था। अच्छा पढ़ा-लिखा और कमाऊ लड़का मिलते ही कुशा ने बिना लड़का देखे शादी तय कर दी। घर में अब हर तरफ खुशी का माहौल था क्योंकि 3½ महीने बाद शादी तय हो गई थी। घर में दिन-रात प्रिया के ससुराल और होने वाले दूल्हे की बातें चलती रहतीं। कुशा को लग रहा था कि मानो भगवान खुद उसके घर आ गए हों। इस रिश्ते से घर में प्रिया के भाई राज, रिप्यु बहुत खुश थे। प्रिया को खोए हुए कंगन कभी नहीं भूले थे। अब उसने अपनी दादी, मौसी, चाची और रिप्यु से बोलना शुरू किया कि मुझे तो वैसे ही कंगन चाहिए जो चोरी हो गए थे। प्रिया की दादी झट से प्रिया को सुनार की दुकान पर ले गई और पुराने कंगनों से भी ज्यादा सुंदर और महंगे कंगन प्रिया को लेकर दिए। प्रिया को नए कंगन पाकर ऐसा लग रहा था मानो उसे पूरा जहान मिल गया हो। उसकी खुशी का ठिकाना न रहा उसने यह बात सब को बताई कि मेरे पास बहुत ही सुन्दर कंगन हैं। प्रिया वो कंगन पहन कर कभी शौंशे के सामने खड़ी होती, कभी अपनी कलाईयों को निहारती और दिन में कई-कई बार वह कंगन को देखती और डिब्बे में बंद कर देती।

शादी में दो महीने बाकी थे। एक दिन प्रिया और राज इकट्ठे बैठे शरारतें कर रहे थे और राज ने मजाक में कहा, "अब इस घर में मैं अकेला रहूँगा, दीदी तू तो शादी के बाद विदेश चली जाएगी फिर मैं जो भी चाहूँ करूँगा, बस मेरा ही राज होगा।" ये बातें सुनकर कुशा भाई-बहन की शरारतें और प्यार को देखकर मन ही मन में खुश हुई और भगवान का लाख-लाख शुक्रिया अदा किया कि उसके बच्चों में यह प्यार हमेशा बना रहे।

"राज, मैं चाहती हूँ कि जब हम शादी के लिए चंडीगढ़ जाएं तो हम दोनों ही उस कार में हों और तू ही कार चलाएगा, यानि कि

मेरी विदाई तू ही करेगा, क्योंकि पापा तो हैं नहीं और उस दिन तू ही पापा का कर्तव्य निभाना।"

राज अपने आप पर गर्व महसूस कर रहा था कि उसे एक बहुत बड़ी जिम्मेदारी निभानी है। रिप्यु, राज और प्रिया की मौसियां शादी की तैयारी में दिन-रात जुट गईं। शादी से 10 दिन पहले घर में माँ का जागरण हुआ और उसी दिन प्रिया के होने वाले दूल्हे का जन्म दिन भी था। उस दिन जागरण का सब ने आनन्द लिया।

रिप्यु, राज और प्रिया की मौसियां शादी की तैयारी में दिन-रात जुट गईं। आखिरकार शादी का दिन 14 अप्रैल, 2010 आ ही गया। घर में सब रिश्तेदार उस दिन जल्दी-जल्दी उठ गए और पूजा-पाठ और शादी की रस्में की गईं। पूजा के बाद हवन हुआ, पंडितों और कंजकों को खाना खिलाया गया। दोपहर के एक बजे सभी रिश्तेदार अपनी-अपनी गाड़ियों में लुधियाना से चंडीगढ़ के लिए रवाना हो गए क्योंकि शादी चंडीगढ़ में होनी थी। अपने किये वायदे के अनुसार जिस गाड़ी में प्रिया बैठी थी, उसे राज चला रहा था। दोनों भाई-बहन बहुत खुश थे। घर से एक घंटे के सफर के बाद प्रिया को प्यास लगी तो उसने राज को कहा कि मुझे कोल्ड ड्रिंक पीना है और कुछ खाना भी है। राज ने गाड़ी रोकी और प्रिया के लिए कोल्ड ड्रिंक और नमकीन लेने चला गया और दोनों भाई-बहन ने बहुत मजे से खाया। प्रिया और राज फिर कार में बैठे और चल दिए। कार अभी पाँच मिनट के लिए ही चलाई होगी कि सामने से आती हुई एक कार ने प्रिया वाली कार को इतनी जोर से टक्कर मारी कि कार चूर-चूर हो गई। प्रिया ने तो मौके पर ही दम तोड़ दिया और उसकी माँ को तो पता भी नहीं चला कि उसकी बच्ची इस दुनिया से जा चुकी है क्योंकि प्रिया की माँ, मौसी और चाची भी उसी कार में थे। सब को बहुत ज्यादा चोटें आईं पर प्रिया तो इस दुनिया को छोड़ दूसरी दुनिया में जा चुकी थी। जखमी लोगों को अस्पताल में भर्ती करवा दिया गया पर जब प्रिया की माँ को होश आया तो उसे पता चला कि उसकी सारी जिन्दगी की मेहनत, कमाई, ईमानदारी, पूजा-पाठ, धर्म-कर्म खत्म हो चुका था। उसकी जान से भी प्यारी प्रिया बिना कंगन पहने, हाथ पर मेहंदी सजाए, अपनी कलाई की अमानत अपनी माँ के पास ही छोड़ गई। प्रिया की कलाई की अमानत उसके कंगन कुशा ने संभाल कर रखे हैं कि शायद अगले जन्म में वह अमानत प्रिया को वापस दे सके और अपना दुख खालीपन और कदम-कदम पर जिन्दगी के थपेड़ों मुक्त हो सके।

**पुष्पा शर्मा
अध्यापिका**

बड़ों का आदर करना क्यों महत्वपूर्ण है ?

विचार विमर्श

अगर हमें आने वाली पीढ़ी से कुछ पाना है तो हमें अपनी पीछे वाली पीढ़ी को कुछ देना पड़ेगा और वह है सिर्फ आदर और सिर्फ आदर। रोहित धीर, चतुर्थ 'एफ'



बड़ों के आदर से विनम्रता आती है और थोड़ा बुद्धि बढ़ती है। रुचि जैन, पाँचवीं 'एफ'



जहाँ बड़ों का सत्कार होता है, वही लक्ष्मी निवास करती है। लक्ष्मी पाने के लिए बड़ों का सत्कार करना जरूरी है। दिव्या सिंगला, पाँचवीं 'ए'



बड़े हमें रीति रिवाजों, संस्कारों और परंपराओं की कद्र करना सिखाते हैं। हमें नैतिक मूल्यों के रास्तों की ओर अग्रसर करते हैं। सहयोग और आत्मनिर्भरता की भावना सिखाते हैं। अचनी अग्रवाल, चतुर्थ 'एफ'



बड़े हमारा मार्गदर्शन करते हैं, हमें सही राह दिखाते हैं। भावना जैन, पाँचवीं 'सी'



बड़े हम छोटों के लिए आदर्श होते हैं। वे हमें सही और गलत का बोध कराते हैं। विनायक शर्मा, चतुर्थ 'एफ'



बड़ों के अनुभवों की सहायता से हम हमेशा प्रगतिशील रहते हैं। उनके अनुभव रूपी खजाने का उपयोग करके हम जीवन को सफल बना सकते हैं। हर्षिता महेश्वरी, चतुर्थ 'ए'



बड़े अपने अनुभव के सागर से हमें कुछ ऐसे मोती देते हैं जिससे हमें जीवन में आगे बढ़ने और सफलता पाने के तरीके पता चलते हैं। अगम जैन, पाँचवीं 'ई'



बड़ों के आदर और सम्मान में व्यक्ति का शिष्टाचार झलकता है। माधव, चतुर्थ 'ई'





बड़े हमारे मार्गदर्शक होते हैं, उनकी छत्रछाया में ही हम सुसंस्कृत हो सकते हैं। राग्या व राघव, चतुर्थ 'ई'



बड़ों का आदर करना इसलिए जरूरी है क्योंकि वे हमारी भलाई के बारे में सोचते हैं और हमें सही दिशा में चलने को कहते हैं। आशाना कौड़ा, पाँचवीं 'एफ'



अपने में गुणों का समावेश करने के लिए हमें बड़ों का आदर करना चाहिए। अनन्या कपूर, पाँचवीं 'ई'



बड़ों के आदर सम्मान से परिवार के बारे में समाज में अच्छी धारणाएँ बनती हैं। गरिमा अरोड़ा, पाँचवीं 'ई'



आदर करना भगवान के आशीर्वाद के समान होता है। उनसे मिला आशीर्वाद हर संकट से हमारी रक्षा करता है। साक्षी उप्पल, पाँचवीं 'बी'



हमारे बड़ों को जिंदगी का तर्जुबा हमसे ज्यादा होता है। वे हमारे लिए हमारे आदर्श होते हैं। वे हमारे लिए प्रेरणा का अपार स्रोत हैं। ईना गुप्ता, पाँचवीं 'ए'



बड़ों को हमसे ज्यादा अनुभव होता है। वही हमें सही व गलत का ज्ञान कराते हैं। अक्षय मल्होत्रा, चतुर्थ 'एफ'



बड़े हमें सही राह पर चलना सिखाते हैं। हमारे अच्छे व्यवहार से उनके जीवन में खुशियाँ आ जाती है। रिव्म गुप्ता, चतुर्थ 'एफ'



अपने बड़ों के बिना हम अपने होने की कल्पना नहीं कर सकते क्योंकि उनके कारण ही हम जिंदगी की हर लड़ाई लड़ सकते हैं। वैभव धीर, चतुर्थ 'ई'



जहाँ बड़ों का आदर होता है, वहाँ भगवान स्वयं मौजूद होते हैं। बड़ों का आदर करना हमारे अपने संस्कारों को दर्शाता है। धृति निझावन, चतुर्थ 'ई'



बचपन में देखा गया सपना

बचपन में मुझे एक सुंदर सपना आया था जो मुझे आज भी याद है। सपने में मैंने देखा था कि मैंने एक बड़ी लॉटरी का इनाम जीता। मेरे माता-पिता बहुत खुश हुए। उन्होंने मेरे अच्छी किस्मत के लिए ईश्वर का धन्यवाद किया। मैंने अपने पिता जी को बढ़िया व्यापार शुरू करने के लिए कहा। उन्होंने एक बहुत बड़ी दुकान खरीदी। उन्होंने रहने के लिए एक अच्छी कोठी खरीदी और एक कार भी खरीदी। मैंने अपने पिताजी को शिमला जाने को कहा। मेरे पिताजी ने मेरी बात मान ली और हम सब शिमला चले गए। रास्ते में मैंने बहुत सुंदर पहाड़ देखे। वहाँ मैंने बर्फ से ढकी चोटियाँ और कई अनेक सुंदर दृश्य देखे। वहाँ पर ही मैंने एक सुंदर मंदिर का निर्माण भी करवाया। आगे हमने उस मंदिर की पूजा भी करवाई। मंदिर के बाहर आते ही बहुत सारे भिखारी बैठे थे। हमने उन भिखारियों को वस्त्र, खाने के लिए भोजन तथा कुछ रुपये दिए थे। ये सब पाकर भिखारी हमें बहुत सी दुआएँ देने लगे।

इसके बाद हम बस अड्डे पर आए। वहाँ से बस ली और अपने घर आ गए। घर आकर जो हमने कोठी खरीदी थी वहाँ पर सजावट करनी शुरू कर दी। नया-नया फर्नीचर आ गया। मैंने देखा कोठी की साफ-सफाई करने में कई नौकर काम कर रहे हैं। थोड़ी ही देर में कोठी एक दुल्हन की तरह सुन्दर सज गई। अभी मैं सभी कमरों में जाकर देख ही रहा था कि मुझे मेरे माताजी ने कहा कि, "आट बज गए हैं कब तक सोते रहोगे?" मैं नींद से जागा तो देखा कि माताजी मेरे पास ही खड़ी हैं। मैं उनकी तरफ बड़ी हैरानी से देख रहा था। उन्होंने मुझे स्कूल जाने को कहा, तब मुझे पता चला कि यह मेरे सुन्दर सपने का अंत था।

अभिषेक जैन
नवम् 'एफ'



राष्ट्रीय भाषा - हिंदी



हिंदी देश की एकता की कड़ी है।
- डॉ० जाकिर हुसैन

राष्ट्रीय भाषा हिंदी के बिना देश गूंगा है।
- महात्मा गाँधी



हिंदी पढ़ना और पढ़ाना हमारा कर्तव्य है।
- लाल बहादुर शास्त्री

मेरे देश में हिंदी की इज्जत न हो तो मैं यह सह नहीं सकता।
- विनोबा भावे



हिंदी जितनी बढ़ेगी, उतना ही देश का विकास होगा।
- पं० जवाहर लाल नेहरू



इन सब महान लोगों ने तो कह दिया जो कहना था, पर अब मैं कहना चाहूँगी कि हिंदी किसी एक वर्ण, वर्ग, जात, धर्म, मजहब या किसी एक संस्कृति की नहीं है बल्कि हिंदी सभी भारतीयों की है, सारी जनता की है, हिंदी आपकी है, हिंदी मेरी है।

जय हिंद, जय हिंदी।



श्रेया शर्मा
सातवीं 'बी'

Variety of Activities make Wholesome Personalities



GROUP DISCUSSION



*Some
Activities
in City Campus*



Good bye!
Good luck



The Driving Force





ਪੰਜਾਬੀ ਵਿਤਾਗ

‘ਸਾਹਿਤ ਭਗੀ ਫੁਲਵਾੜੀ’

ਕਲਮ ਮੇਰੀ ਨੇ ਤਾਂ ਬੱਸ ਲਿਖਦੇ ਹੀ ਜਾਣਾ ਏ।
ਲਿਖਦੇ ਲਿਖਦੇ ਹੀ ਬਣ ਜਾਣਾ ਇੱਕ ਅਫਸਾਨਾ ਏ।
ਕਲਮ ਦੀ ਸ਼ਕਤੀ ਕੀ ਹੁੰਦੀ ਏ, ਇਸ ਬਾਰੇ ਸਭ ਜਾਣਦੇ ਨੇ।
ਲਿਖੋ ਬੱਚਿਓ, ਖੁੱਲ੍ਹ ਕੇ ਲਿਖੋ, ਤੁਸਾਂ ਸਾਹਿਤਕ ਬਗੀਚਾ ਸਜਾਉਣਾ ਏ।

ਸ਼੍ਰੀਮਤੀ ਹਰਜਿੰਦਰ ਕੌਰ
(ਸੰਪਾਦਕਾ)

ਸ਼੍ਰੀਮਤੀ ਰਣਬੀਰ ਕੌਰ
(ਸਹਿ-ਸੰਪਾਦਕਾ)

ਸ਼੍ਰੀਮਤੀ ਹਰਪ੍ਰੀਤ ਕੌਰ
(ਸਿਟੀ ਬ੍ਰਾਂਚ)

ਵਿਸ਼ਾ-ਸੂਚੀ

ਕ੍ਰ. ਅੰਕ	ਰਚਨਾ	ਲੇਖਕ / ਲੇਖਕਾ	ਜਮਾਤ	ਪੰਨਾ ਨੰ.
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ਕਲਮ ਵਿੱਚ ਸਾਰੇ ਹਥਿਆਰਾਂ ਨਾਲੋਂ ਵੱਧ ਤਾਕਤ ਹੁੰਦੀ ਹੈ। ਇਸੇ ਲਈ ਲੇਖਕਾਂ ਦੀ ਕਲਮ ਦੁਨੀਆ ਦਾ ਤਮਤਾ ਪਲਟ ਦਿੰਦੀ ਹੈ। ਕਲਮ ਨਾਲ ਲਿਖੀਆਂ ਰਚਨਾਵਾਂ ਹੀ ਸਮਾਜ ਦਾ ਦਰਪਣ ਹੁੰਦੀਆਂ ਹਨ ਜਿੰਨ੍ਹਾਂ ਵਿੱਚੋਂ ਸਾਰੇ ਸਮਾਜ ਦੀ ਤਸਵੀਰ ਵਿਖਾਈ ਦਿੰਦੀ ਹੈ।

2013-14 ਦੇ ਕੁੰਦਨ ਜੋਤੀ ਮੈਗਜ਼ੀਨ ਵਿੱਚ ਸਾਡੇ ਛੋਟੇ-ਛੋਟੇ, ਪਿਆਰੇ-ਪਿਆਰੇ ਵਿਦਿਆਰਥੀ ਲੇਖਕਾਂ ਦੀਆਂ ਰਚਨਾਵਾਂ ਦਰਸ ਕੀਤੀਆਂ ਗਈਆਂ ਹਨ ਜੋ ਉਨ੍ਹਾਂ ਦੀ ਲਿਖਣ ਯੋਗਤਾ ਦਾ ਪ੍ਰਗਟਾਵਾ ਕਰਦੀਆਂ ਹਨ। ਮੈਂ ਇਨ੍ਹਾਂ ਛੋਟੇ ਲੇਖਕਾਂ ਦੀ ਦਿਲੋਂ ਅਹਿਸਾਨਮੰਦ ਹਾਂ ਜਿਨ੍ਹਾਂ ਨੇ ਇਹ ਰਚਨਾਵਾਂ ਦੇ ਕੇ ਮੈਗਜ਼ੀਨ ਨੂੰ ਸਫਲ ਬਣਾਇਆ ਹੈ। ਬੱਚਿਆਂ ਨੂੰ ਚਾਹੀਦਾ ਹੈ ਕਿ ਉਹ ਕਲਮ ਤੋਂ ਹੱਥ ਅਜਮਾਉਣ ਅਤੇ ਵਧੀਆ ਰਚਨਾਵਾਂ ਆਪੇ ਹੀ ਬਣ ਜਾਣਗੀਆਂ। ਹਰ ਮਨੁੱਖ ਨੂੰ ਪਰਮਾਤਮਾ ਨੇ ਕੋਈ ਨਾ ਕੋਈ ਕਲਾ ਚੁਰ ਦਿੱਤੀ ਹੈ, ਜਿਸ ਨਾਲ ਉਹ ਆਪਣੇ ਜੀਵਨ ਵਿੱਚ ਬਹੁਤ ਤਰੱਕੀ ਹਾਸਲ ਕਰ ਸਕਦਾ ਹੈ। ਮਨੁੱਖ ਨੂੰ ਆਪਣੇ ਗੁਣਾਂ ਨੂੰ ਪਛਾਣਦੇ ਹੋਏ ਤਰੱਕੀ ਦੀ ਰਾਹ ਤੇ ਤੁਰਦੇ ਰਹਿਣਾ ਚਾਹੀਦਾ ਹੈ।

ਬੱਚਿਓ। ਜੀਵਨ ਵਿੱਚ ਕੋਈ ਵੀ ਕੰਮ ਅਸੰਭਵ ਨਹੀਂ ਹੁੰਦਾ, ਬੱਸ ਮਿਹਨਤ ਤੇ ਲਗਨ ਦੀ ਲੋੜ ਹੁੰਦੀ ਹੈ। ਤੁਸੀਂ ਜੋ ਬਣਨਾ ਚਾਹੋ ਉਹੀ ਬਣ ਸਕਦੇ ਹੋ ਪਰ ਦ੍ਰਿੜ ਨਿਸਚਾ ਅਤੇ ਉੱਦਮ ਦਾ ਲੜ ਫੜੀ ਰੱਖੋ। ਤੁਸੀਂ ਹੀ ਕੌਮ ਦੀ ਅਸਲੀ ਪੂੰਜੀ ਹੋ। ਤੁਸੀਂ ਨੇ ਹੀ ਦੇਸ਼ ਨੂੰ ਅੱਗੇ ਵਧਾਉਣਾ ਹੈ। ਤੁਸੀਂ ਨੇ ਹੀ ਵਿਸ਼ਵਾਚਾਰ ਖਤਮ ਕਰਨਾ ਹੈ ਤੇ ਤੁਹਾਡੇ ਤੋਂ ਬਿਨਾਂ ਸਮਾਜ ਦਾ ਅੱਗੇ ਵਧਣਾ ਮੁਸ਼ਕਲ ਹੈ। ਇਸ ਲਈ ਅਨੁਸ਼ਾਸਨ ਦਾ ਰਾਹ ਅਪਨਾਓ। ਚੰਗੇ ਗੁਣ ਗ੍ਰਹਿਣ ਕਰੋ। ਵੱਡਿਆਂ ਦਾ ਸਤਿਕਾਰ ਕਰਨਾ ਕਦੇ ਨਾ ਭੁੱਲੋ, ਮਿਹਨਤ ਦੀ ਡਗਰ ਤੇ ਤੁਰਦੇ ਜਾਓ। ਹਰ ਕੰਮ ਮਨ ਲਗਾ ਕੇ ਕਰੋ। ਖੂਬ ਪੜ੍ਹਾਈ ਕਰੋ, ਇਹ ਜੀਵਨ ਵਿੱਚ ਬਹੁਤ ਕੰਮ ਆਉਂਦੀ ਹੈ। ਆਲਸ ਦਾ ਤਿਆਗ ਕਰੋ। ਘੱਟ ਖਰਚੀਲੇ ਬਣੋ। ਸਮਾਜ, ਕੌਮ ਦੀ ਸੇਵਾ ਲਈ ਤੱਤਪਰ ਰਹੋ। ਤੰਤੀ ਸੰਗਤ ਨਾ ਕਰੋ। ਚੰਗੀ ਖੁਰਾਕ ਖਾਓ ਅਤੇ ਸਭਨਾਂ ਨਾਲ ਪਿਆਰ ਕਰੋ। ਅਜਿਹਾ ਕਰਨ ਨਾਲ ਯੌਸ਼ ਦੀ ਪ੍ਰਾਪਤੀ ਦੇ ਨਾਲ-ਨਾਲ ਹਰ ਖੇਤਰ ਵਿੱਚ ਚੁਰ ਹੀ ਸਫਲਤਾ ਮਿਲੇਗੀ।

ਬਹੁਤ ਸਾਰੇ ਬੱਚਿਆਂ ਨੇ ਕੁੰਦਨ ਜੋਤੀ ਲਈ ਆਪਣੀਆਂ ਰਚਨਾਵਾਂ ਦਿੱਤੀਆਂ ਹਨ। ਮੈਂ ਉਨ੍ਹਾਂ ਦੀ ਤਹਿ ਦਿਲੋਂ ਧੰਨਵਾਦੀ ਹਾਂ। ਕੁਝ ਬੱਚਿਆਂ ਦੀਆਂ ਰਚਨਾਵਾਂ ਰਸਾਲੇ ਦੇ ਮਿੱਥੇ ਸਫ਼ਿਆਂ ਦੇ ਕਾਰਨ ਇਸ ਵਾਰੀ ਨਹੀਂ ਛਪ ਸਕੀਆਂ। ਮੈਂ ਉਨ੍ਹਾਂ ਨਨੇ ਲਿਖਕੀਆਂ ਤੋਂ ਮੁਆਫ਼ੀ ਦੀ ਜਾਚਕ ਹਾਂ। ਅਗਲੀ ਵਾਰ ਉਨ੍ਹਾਂ ਰਚਨਾਵਾਂ ਨੂੰ ਚੁਰ ਛਾਪਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ ਜਾਵੇਗੀ। ਉਮੀਦ ਕਰਦੀ ਹਾਂ ਕਿ ਰਸਾਲੇ ਵਿਚਲੀਆਂ ਰਚਨਾਵਾਂ ਸਾਡੇ ਗਿਆਨ ਵਿੱਚ ਢੇਰ ਵਾਧਾ ਕਰਨਗੀਆਂ ਅਤੇ ਹੋਰਨਾਂ ਬੱਚਿਆਂ ਨੂੰ ਵੀ ਲਿਖਣ ਦੀ ਪ੍ਰੇਰਣਾ ਦੇਣਗੀਆਂ।

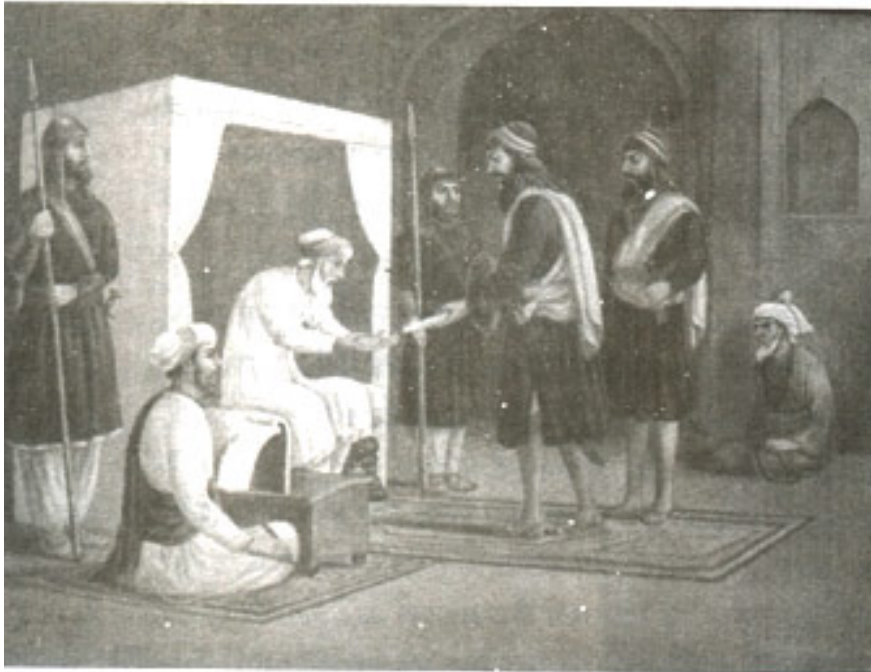
ਧੰਨਵਾਦ ਸਹਿਤ।

ਹਰਜਿੰਦਰ ਕੌਰ

'ਸੰਪਾਦਕੀ' ਪੰਜਾਬੀ ਵਿਭਾਗ।

ਸਿੱਤ ਦਾ ਪ੍ਰਤੀਕ 'ਜ਼ਫ਼ਰਨਾਮਾ'

'ਜ਼ਫ਼ਰਨਾਮਾ' ਸ੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਦਸਮ ਪਿਤਾ ਵੱਲੋਂ ਮੁਗਲ ਸਮਰਾਟ, ਔਰੰਗਜ਼ੇਬ ਨੂੰ ਫ਼ਾਰਸੀ ਸ਼ਿਅਰਾਂ ਵਿੱਚ ਲਿਖੀ ਹੋਈ ਇੱਕ ਚਿੱਠੀ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਇਹ ਇੱਕ ਇਤਿਹਾਸਕ ਦਸਤਾਵੇਜ਼ ਹੈ। ਇਹ ਚਿੱਠੀ ਹੋਰ ਗੱਲਾਂ ਤੋਂ ਇਲਾਵਾ ਚਮਕੌਰ ਦੀ ਜੰਗ ਦਾ ਅੱਖੀਂ ਡਿੱਠਾ ਹਾਲ ਵੀ ਵਰਣਨ ਕਰਦੀ ਹੈ। ਇਸ ਦਾ ਹਰ ਇੱਕ ਸ਼ਿਅਰ, ਅਣਖ, ਗ਼ੌਰਤ, ਸਵੇਮਾਨ ਤੇ ਪ੍ਰਭੂ ਭਰੋਸਾ ਜਤਾਉਂਦਾ ਹੈ।



'ਜ਼ਫ਼ਰਨਾਮਾ' ਉਹ ਮਹਾਨ ਵਿਜੇ-ਪੱਤਰ ਹੈ, ਜਿਸ ਨੂੰ ਪੜ੍ਹ ਕੇ, ਔਰੰਗਜ਼ੇਬ ਨੇ ਅਸਿੱਧੇ ਤੌਰ 'ਤੇ ਹਾਰ ਮੰਨ ਲਈ ਸੀ। ਕਹਿੰਦੇ ਹਨ ਕਿ ਇਹ ਖ਼ਤ ਪੜ੍ਹ ਕੇ ਔਰੰਗਜ਼ੇਬ ਦੀਆਂ ਅੱਖਾਂ ਨਮ ਹੋ ਗਈਆਂ ਸਨ। ਜੇ ਕੋਮ ਭਲਵਾਰ ਨਹੀਂ ਕਰ ਸਕੀ, ਉਹ ਗੁਰੂ ਸਾਹਿਬ ਦੀ ਕਲਮ ਨੇ ਕਰ ਵਿਖਾਇਆ।

ਇਸ ਲਈ ਆਖਿਆ ਜਾਂਦਾ ਹੈ 'ਕਲਮ ਇੱਕ ਹਥਿਆਰ ਹੈ'। ਗੁਰੂ ਜੀ ਦੀ ਕਲਮ ਦੁਆਰਾ ਲਿਖਿਆ 'ਜ਼ਫ਼ਰਨਾਮਾ' ਖੱਜਰ ਵਾਂਗ, ਔਰੰਗਜ਼ੇਬ ਦੇ ਦਿਲ ਵਿੱਚ ਜਾ ਕੇ ਵੱਜਾ ਸੀ। ਅੰਤ ਵਿੱਚ ਤਲਵਾਰ ਵੀ ਕਲਮ ਤੋਂ ਹਾਰ ਜਾਂਦੀ ਹੈ। ਯਾਨੀ ਸ੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਦੀ ਕਲਮ ਤੋਂ ਔਰੰਗਜ਼ੇਬ ਦੀ ਤਲਵਾਰ ਹਾਰ ਜਾਂਦੀ ਹੈ।

ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਨੇ ਇਹ ਵਿਜੇ-ਪੱਤਰ ਚਮਕੌਰ ਦੀ ਜੰਗ ਤੋਂ ਮਗਰੋਂ ਤੇ ਸ੍ਰੀ ਮੁਕਤਸਰ ਸਾਹਿਬ ਦੀ ਲੜਾਈ ਤੋਂ ਪਹਿਲਾਂ ਦੀਨਾ-ਕਾਂਗੜ ਵਿਖੇ ਆਪਣੀ ਕਲਮ ਨਾਲ ਲਿਖਿਆ। ਚਮਕੌਰ ਦੀ ਜੰਗ ਤੋਂ ਬਾਅਦ ਗੁਰੂ ਸਾਹਿਬ ਮਾਛੀਵਾੜਾ, ਆਲਮਗੀਰ ਤੇ ਰਾਏਕੋਟ ਨੂੰ ਹੁੰਦੇ ਹੋਏ ਦੀਨਾ-ਕਾਂਗੜ (ਦੋ ਜੁੜਵੇਂ ਪਿੰਡ) ਵਿਖੇ ਪੁੱਜੇ ਸਨ। ਇੱਥੇ ਰਾਇ ਜਧ ਦੇ ਪੱਤਰਿਆਂ, ਚੌਧਰੀ ਤਖ਼ਤ ਮੌਲ, ਲਖਬੀਰ ਤੇ ਸਮੀਰ ਨੇ ਗੁਰੂ ਸਾਹਿਬ ਦਾ ਸਵਾਗਤ ਕੀਤਾ ਸੀ ਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਸਤਿਕਾਰ ਸਹਿਤ ਆਪਣੇ ਨਿਵਾਸ ਸਥਾਨ 'ਤੇ ਲੈ ਗਏ ਸਨ। ਗੁਰੂ ਜੀ ਇੱਥੇ ਲੱਗਭਗ ਦੋ ਮਹੀਨੇ ਠਹਿਰੇ ਸਨ ਤੇ ਇੱਥੋਂ ਹੀ ਔਰੰਗਜ਼ੇਬ ਵੱਲ 'ਜ਼ਫ਼ਰਨਾਮਾ' ਭੇਜਿਆ ਸੀ। ਇਸ ਚਿੱਠੀ ਨੂੰ ਸਮਰਾਟ ਪਾਸ ਪਹੁੰਚਾਉਣ ਲਈ ਦਇਆ ਸਿੰਘ ਤੇ ਧਰਮ ਸਿੰਘ ਦੀ ਡਿਊਟੀ ਲਗਾਈ ਸੀ। ਇਹ ਚਿੱਠੀ 20 ਫਰਵਰੀ, 1707 ਈ. ਨੂੰ ਔਰੰਗਜ਼ੇਬ ਦੇ ਹੱਥਾਂ ਵਿੱਚ ਸੀ।

ਕਹਿੰਦੇ ਹਨ ਕਿ 'ਜ਼ਫ਼ਰਨਾਮਾ' ਪੜ੍ਹ ਕੇ ਅੰਤਿਆਚਾਰੀ ਔਰੰਗਜ਼ੇਬ ਦੀ ਰੂਹ ਤੜਪ ਉੱਠੀ ਸੀ ਅਤੇ ਉਸ ਨੇ ਸਰਹੰਦ ਦੇ ਸੂਬੇਦਾਰ ਵਜੀਰ ਖਾਨ ਨੂੰ ਫ਼ਰਮਾਨ ਜਾਰੀ ਕੀਤਾ ਕਿ ਸ੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਦਰਵੇਸ਼ ਹਨ 'ਤੇ ਹੁਣ ਉਨ੍ਹਾਂ ਨੂੰ ਹੋਰ ਤੰਗ ਨਾ ਕੀਤਾ ਜਾਵੇ। ਸੇ 'ਜ਼ਫ਼ਰਨਾਮਾ' ਗੁਰੂ ਸਾਹਿਬ ਦਾ ਇੱਕ ਮਹਾਨ ਕਾਰਨਾਮਾ ਕਿਹਾ ਜਾ ਸਕਦਾ ਹੈ ਕਿਉਂਕਿ ਇਸ 'ਜ਼ਫ਼ਰਨਾਮਾ' ਵਰਗਾ ਵੰਗਾਰਵਾਂ ਪੱਤਰ ਸ਼ਾਇਦ ਹੀ ਕਿਸੇ ਹੋਰ ਬੀਰ ਨਾਇਕ ਨੇ ਲਿਖਿਆ ਹੋਵੇ। ਇਸ ਪੱਤਰ ਵਿੱਚੋਂ ਰੂਹਾਨੀਅਤ, ਅਭੈਲਤਾ, ਦਲੇਰੀ, ਜਾਂਬਾਜ਼ੀ, ਨਿਰਵੇਰਤਾ, ਸੱਚਾਈ ਆਦਿ ਸਦਗੁਣਾਂ ਦਾ ਪ੍ਰਕਾਸ਼ ਹੁੰਦਾ ਹੈ। ਇਹ ਫ਼ਾਰਸੀ ਸ਼ਾਇਰੀ ਦਾ ਇੱਕ ਉੱਤਮ ਨਮੂਨਾ ਹੈ। ਇਹ ਪੱਤਰ ਜਿੱਥੇ ਔਰੰਗਜ਼ੇਬ ਨੂੰ ਸਰਮਸਾਰ ਕਰਦਾ ਹੈ ਉੱਥੇ ਉਸ ਦੇ ਵਿਰਾਟ ਕੰਦ ਨੂੰ ਬੋਠਾ ਵੀ ਬਣਾਉਂਦਾ ਹੈ। ਗੁਰੂ ਸਾਹਿਬ ਨੇ ਔਰੰਗਜ਼ੇਬ ਨੂੰ 'ਟਕੇ ਦਾ ਮੁਰੀਦ' ਅਤੇ 'ਬੇਈਮਾਨ' ਕਹਿਣ ਤੋਂ ਵੀ ਸ਼ਕੋਚ ਨਹੀਂ ਕੀਤਾ।

'ਜ਼ਫ਼ਰਨਾਮਾ' ਦੇ ਕੁੱਲ 112 ਸ਼ਿਅਰ ਹਨ। ਇਹ ਇਤਿਹਾਸਕ ਪੱਤਰ ਗੁਰੂ ਸਾਹਿਬ ਦੀ ਚੜ੍ਹਦੀ ਕਲਾ ਦਾ ਪ੍ਰਤੀਕ ਹੈ। ਇਹ ਉਨ੍ਹਾਂ ਦੀ ਔਰੰਗਜ਼ੇਬ 'ਤੇ ਹੋਈ ਜਿੱਤ ਦਾ ਪ੍ਰਤੀਕ ਹੈ।

ਹਰਜਿੰਦਰ ਕੌਰ
ਸੰਪਾਦਕਾ (ਪੰਜਾਬੀ ਵਿਭਾਗ)



ਪੈਦਲ ਚੱਲਣ ਦੀ ਆਦਤ ਪਾਓ

ਪੈਦਲ ਚੱਲਣਾ ਤਾਂ ਅਸੀਂ ਭੁੱਲ ਗਏ ਹਾਂ

ਜੋ ਬਚਪਨ ਅੱਜ ਤੋਂ 20 ਸਾਲ ਪਹਿਲਾਂ ਹੁੰਦਾ ਸੀ, ਉਹ ਕਿਤੇ ਗਵਾਚ ਗਿਆ ਹੈ। ਅੱਜ-ਕੱਲ੍ਹ ਹਰ ਪਰਿਵਾਰ ਵਿੱਚ ਬੱਚੇ ਇੱਕ ਜਾਂ ਦੋ ਹੁੰਦੇ ਹਨ ਤੇ ਮਾਂ-ਬਾਪ ਲਾਡ ਪਿਆਰ ਵਿੱਚ ਉਨ੍ਹਾਂ ਦੇ ਹਰ ਚਾਅ ਪੂਰੇ ਕਰਦੇ ਹਨ। ਸੱਤਵੀਂ-ਅੱਠਵੀਂ 'ਚ ਪੜ੍ਹਦੇ ਛੋਟੇ-ਛੋਟੇ ਬੱਚਿਆਂ ਦੇ ਕੋਲ ਮੋਟਰਸਾਈਕਲ, ਸਕੂਟਰ ਹੁੰਦੇ ਹਨ ਤੇ ਰਫਤਾਰ ਏਨੀ ਤੇਜ਼ ਕਿ ਪੁੱਛ ਨਾ, ਇਸੇ ਕਰਕੇ ਦੁਰਘਟਨਾਵਾਂ ਵੱਧ ਗਈਆਂ ਹਨ। ਇਸ ਵਿੱਚ ਜ਼ਿਆਦਾ ਕਸੂਰਵਾਰ ਮਾਂ-ਬਾਪ ਹੁੰਦੇ ਹਨ। ਨਿੱਕੀ ਜਿਹੀ ਦੂਰੀ 'ਤੇ ਜਾਣ ਲਈ ਵੀ ਸਕੂਟਰ, ਕਾਰਾਂ ਦੀ ਵਰਤੋਂ ਹੁੰਦੀ ਹੈ, ਮਿਹਨਤਕਸ਼ ਕੰਮ ਪੰਜਾਬੀ ਆਲਸੀ ਬਣਦੀ ਜਾ ਰਹੀ ਹੈ। ਪੈਦਲ ਚੱਲਣਾ ਤਾਂ ਅਸੀਂ ਭੁੱਲ ਗਏ ਹਾਂ, ਇਸ ਕਰਕੇ ਮੋਟਾਪਾ ਤੇ ਸ਼ੂਗਰ ਵਰਗੇ ਰੋਗਾਂ 'ਚ ਜਕੜੇ ਪਏ ਹਾਂ। ਪੈਦਲ ਚੱਲਣਾ ਕਿਉਂ ਜ਼ਰੂਰੀ ਹੈ ? ਇਸ ਦਾ ਜਵਾਬ ਹੈ ਕਿ ਇਸ ਤੋਂ ਵਧੀਆ ਕੋਈ ਹੋਰ ਕਸਰਤ ਨਹੀਂ। ਜੇਕਰ ਅਸੀਂ ਘਰ ਦੇ ਛੋਟੇ-ਮੋਟੇ ਕੰਮ ਪੈਦਲ ਚੱਲ ਕੇ ਨਿਪਟਾ ਲੈਂਦੇ ਹਾਂ ਤਾਂ ਕਈ ਕੈਲੋਰੀਆਂ ਨਸ਼ਟ ਕਰ ਲੈਂਦੇ ਹਾਂ ਤੇ ਬਿਮਾਰੀਆਂ ਤੋਂ ਬਚੇ ਰਹਿ ਸਕਦੇ ਹਾਂ। ਦੂਜਾ ਹਰ ਵੇਲੇ

ਪੈਟਰੋਲ ਫੂਕਣ ਨਾਲ ਜਿੱਥੇ ਪੈਸੇ ਦੀ ਹਾਨੀ ਹੁੰਦੀ ਹੈ, ਉੱਥੇ ਪ੍ਰਦੂਸ਼ਣ ਵੀ ਫੈਲਦਾ ਹੈ। ਜਿਸ ਤਰ੍ਹਾਂ ਅਸੀਂ ਪੈਟਰੋਲ, ਡੀਜ਼ਲ ਆਦਿ ਦੀ ਦੁਰਵਰਤੋਂ ਕਰ ਰਹੇ ਹਾਂ, ਉਸ ਹਿਸਾਬ ਨਾਲ 30-35 ਸਾਲ ਵਿੱਚ ਖਣਿਜ ਭੰਡਾਰ ਖਤਮ ਹੋ ਜਾਣਗੇ, ਫਿਰ ਕੀ ਹੋਵੇਗਾ ? ਫਿਰ ਹਵਾਈ ਜਹਾਜ਼, ਕਾਰਾਂ ਮੋਟਰਸਾਈਕਲ ਬੰਕਾਰ ਹੋ ਜਾਣਗੇ ਤੇ ਫਿਰ ਸਾਨੂੰ ਹਰ ਥਾਂ ਜਾਣ ਲਈ ਆਪਣੇ ਪੈਰਾਂ ਦੀ ਵਰਤੋਂ ਹੀ ਕਰਨੀ ਪਏਗੀ। ਉਸ ਸਮੇਂ ਸਾਈਕਲਾਂ ਦੀ ਕਦਰ ਵਧੇਗੀ। ਪੈਦਲ ਤੁਰ ਕੇ ਜਿੱਥੇ ਅਸੀਂ ਦੁਰਘਟਨਾ ਤੋਂ ਬਚ ਸਕਦੇ ਹਾਂ, ਉੱਥੇ ਸਿਹਤ ਵੀ ਕਾਇਮ ਰੱਖ ਸਕਦੇ ਹਾਂ। ਪੈਸੇ ਦੀ ਬੱਚਤ ਤੇ ਨਾਲ-ਨਾਲ ਪ੍ਰਦੂਸ਼ਣ ਰੋਕਣ ਵਿੱਚ ਵੀ ਅਸੀਂ ਸਹਾਇਕ ਬਣ ਸਕਦੇ ਹਾਂ।



ਕਨਵ ਬਰਮਾ, ਦਸਵੀਂ 'ਈ'



ਰਾਜੇ ਦਾ ਇਨਸਾਫ਼



ਇੱਕ ਵਾਰ ਇੱਕ ਅਪਰਾਧੀ ਫੜਿਆ ਗਿਆ ਅਤੇ ਉਸ ਨੂੰ ਰਾਜੇ ਨੇ ਫਾਂਸੀ ਦੀ ਸਜ਼ਾ ਸੁਣਾ ਦਿੱਤੀ। ਫਾਂਸੀ ਦੀ ਕੱਠੀ ਵਿੱਚ ਜਾਣ ਤੋਂ ਪਹਿਲਾਂ ਉਹ ਰਾਜੇ ਨੂੰ ਬੁਰਾ-ਭਲਾ ਕਹਿਣ ਲੱਗਾ ਅਤੇ ਗਾਲ੍ਹਾਂ ਕੱਢਣ ਲੱਗ ਪਿਆ। ਉਹ ਅਪਰਾਧੀ ਵਿਦੇਸ਼ੀ ਸੀ ਅਤੇ ਉਸ ਦੀ ਭਾਸ਼ਾ ਨੂੰ ਸਾਰੀ ਸਭਾ ਵਿੱਚ ਇੱਕ-ਦੋ ਆਦਮੀ ਹੀ ਜਾਣਦੇ ਸਨ। ਰਾਜੇ ਨੇ ਵਿਦੇਸ਼ੀ ਦੀ ਭਾਸ਼ਾ ਜਾਣਣ ਵਾਲੇ ਪਹਿਲੇ ਵਿਅਕਤੀ ਨੂੰ ਪੁੱਛਿਆ ਕਿ ਇਹ ਕੀ ਕਹਿ ਰਿਹਾ ਹੈ ਤਾਂ ਉਸ ਨੇ ਉੱਤਰ ਦਿੱਤਾ, "ਮਹਾਰਾਜ! ਇਹ ਆਪਣਾ ਅਪਰਾਧ ਮੰਨਦਾ ਹੋਇਆ ਤੁਹਾਡੇ ਕੋਲੋਂ ਖ਼ਿਆ ਮੰਗ ਰਿਹਾ ਹੈ। ਇਹ ਆਪ ਜੀ ਦੀ ਪ੍ਰਸ਼ੰਸਾ ਕਰਦਾ ਹੋਇਆ ਕਹਿ ਰਿਹਾ ਹੈ ਕਿ ਤੁਸੀਂ ਬਹੁਤ ਦਿਆਲੂ ਹੋ ਅਤੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਜ਼ਰੂਰ ਮੁਆਫ਼ ਕਰ ਦੇਵੋਗੇ।" ਇੰਨੇ ਵਿੱਚ ਦੂਜਾ ਆਦਮੀ ਖੜ੍ਹਾ ਹੋ ਕੇ ਕਹਿਣ ਲੱਗਾ, "ਨਹੀਂ ਸਰਕਾਰ, ਇਹ ਝੂਠ ਬੋਲ ਰਿਹਾ ਹੈ ਅਪਰਾਧੀ ਨੇ ਤੁਹਾਨੂੰ ਗਾਲ੍ਹਾਂ ਕੱਢੀਆਂ ਹਨ ਅਤੇ ਅਪਸ਼ਬਦ ਬੋਲੇ ਹਨ।" ਹੁਣ ਰਾਜਾ ਤਾਂ ਵਿਦੇਸ਼ੀ ਭਾਸ਼ਾ ਜਾਣਦਾ ਨਹੀਂ ਸੀ ਤੇ ਤੀਸਰਾ ਆਦਮੀ ਕੋਈ ਫੈਸਲਾ ਕਰਨ ਵਾਲਾ ਨਹੀਂ ਸੀ। ਹੁਣ ਕਿਸ ਨੇ ਸੱਚ ਕਿਹਾ ਹੈ, ਕਿਵੇਂ ਪਤਾ ਲੱਗੇ ? ਰਾਜਾ ਨੇ ਵਿਚਾਰ ਕੀਤਾ ਅਤੇ ਪਹਿਲੇ ਵਿਅਕਤੀ ਦੀ ਗੱਲ ਸੱਚ ਮੰਨ ਲਈ ਅਤੇ ਅਪਰਾਧੀ ਦੀ ਸਜ਼ਾ ਘਟਾ ਦਿੱਤੀ। ਰਾਜਾ ਨੇ ਦੂਜੇ ਆਦਮੀ ਨੂੰ ਕਿਹਾ, "ਭਾਵੇਂ ਤੂੰ ਸੱਚ ਕਹਿ ਰਿਹਾ ਹੋਵੇਂ ਪਰ ਤੇਰੀ ਗੱਲ ਸੱਚ ਮੰਨਣ ਨਾਲ ਦੂਜੇ ਨੂੰ ਦੁੱਖ ਮਿਲਣਾ ਸੀ ਅਤੇ ਮੇਰਾ ਗੁੱਸਾ ਵੱਧਣਾ ਸੀ। ਇਸ ਲਈ ਸੱਚ, ਸੱਚ ਹੁੰਦੇ ਹੋਏ ਵੀ ਮੈਂ ਝੂਠ ਹੀ ਮੰਨਾਂਗਾ। ਪਰ ਪਹਿਲੇ ਵਿਅਕਤੀ ਦੀ ਗੱਲ ਝੂਠ ਹੁੰਦੇ ਹੋਏ ਵੀ ਮੰਨਣ ਨਾਲ ਇੱਕ ਵਿਅਕਤੀ ਦੀ ਜਾਨ ਬਚਦੀ ਹੈ, ਮੇਰੇ ਦਿਲ ਵਿੱਚ ਦਇਆ ਆਉਂਦੀ ਹੈ ਅਤੇ ਮੈਨੂੰ ਖੁਸ਼ੀ ਵੀ ਮਿਲਦੀ ਹੈ, ਇਸ ਲਈ ਉਹ ਸੱਚ ਦੇ ਸਮਾਨ ਹੈ।" ਇਸ ਤਰ੍ਹਾਂ ਰਾਜੇ ਨੇ ਇਹ ਸੰਦੇਸ਼ ਦਿੱਤਾ ਕਿ ਜਿਸ ਝੂਠ ਨਾਲ ਸਭ ਦਾ ਭਲਾ ਹੋਵੇ, ਉਹ ਖੁਸ਼ੀ ਪ੍ਰਦਾਨ ਕਰੇ ਉਹ ਝੂਠ ਵੀ ਸੱਚ ਦੇ ਬਰਾਬਰ ਹੈ।

ਚੇਤਨਾ, ਦਸਵੀਂ 'ਬੀ'



ਔਰਤਾਂ ਦੀ ਸੁਰੱਖਿਆ

ਜਦੋਂ ਦਾ ਸਾਡਾ ਦੇਸ਼ ਅਜ਼ਾਦ ਹੋਇਆ ਹੈ, ਤਰ੍ਹਾਂ-ਤਰ੍ਹਾਂ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ ਨਾਲ ਜੂਝ ਰਿਹਾ ਹੈ। ਇਸ ਵਿੱਚ ਔਰਤਾਂ ਦੀ ਸਮੱਸਿਆ ਸਭ ਤੋਂ ਵੱਡੀ ਸਮੱਸਿਆ ਹੈ। ਭਾਰਤ ਅਜੇ ਵੀ ਮਰਦ-ਪ੍ਰਧਾਨ ਦੇਸ਼ ਹੈ। ਬਹੁਤੇ ਖੇਤਰਾਂ ਵਿੱਚ ਇਸਤਰੀਆਂ ਨੇ ਕਈ ਮਾਅਰਕੇ ਮਾਰ ਲਏ ਹਨ, ਪਰ ਲੋਕਾਂ ਦੀ ਸੋਚ ਅਜੇ ਵੀ ਬਦਲੀ ਨਹੀਂ। ਆਮ ਲੋਕਾਂ ਅਨੁਸਾਰ ਔਰਤ ਅਜੇ ਵੀ ਮਰਦ ਦੇ ਪੈਰ ਦੀ ਜੁੱਤੀ ਸਮਝੀ ਜਾਂਦੀ ਹੈ। ਜਗ੍ਹਾ-ਜਗ੍ਹਾ ਇਹ ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿ ਦਾਜ ਦੀ ਪ੍ਰਥਾ ਖਤਮ ਹੋ ਰਹੀ ਹੈ, ਸਗੋਂ ਜਿਉਂ-ਜਿਉਂ ਇਸ ਦੇ ਵਿਰੁੱਧ ਨਾਹਰੇ ਲੱਗ ਰਹੇ ਹਨ ਤਿਉਂ-ਤਿਉਂ ਅਮੀਰ ਹੋਰ ਵੱਧ-ਚੜ੍ਹ ਕੇ ਦਾਜ ਦੇਣ ਲੱਗ ਪਏ ਹਨ। ਇਸ ਦਾਜ ਕਰਕੇ ਕਈਆਂ ਔਰਤਾਂ ਨੂੰ ਜ਼ਿੰਦਾ ਜਲਾ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ ਜਾਂ ਕਈ ਆਪਣੇ ਆਪ ਖੁਦਕੁਸ਼ੀ ਕਰ ਲੈਂਦੀਆਂ ਹਨ। ਵਿਧਵਾ ਵਿਆਹ ਅਜੇ ਵੀ ਮਾਤਾ ਖਿਆਲ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਗਾਂ, ਗੰਗਾ ਅਤੇ ਗੋਰੀ ਇਹ ਤਿੰਨਾਂ ਨੂੰ ਬਚਾਉਣਾ ਸਾਡਾ ਮੁੱਖ ਧਰਮ ਹੈ।

ਗੋਰੀ ਦਾ ਮਤਲਬ ਹੈ 'ਔਰਤ'। ਔਰਤ ਸਦੀਆਂ ਤੋਂ ਦਰਦ ਬਰਦਾਸ਼ਤ ਕਰਦੀ ਆਈ ਹੈ। ਉਸਨੂੰ ਘਰ ਦੀ ਚਾਰ ਦੀਵਾਰੀ ਵਿੱਚ ਕੈਦ ਕਰਕੇ ਰੱਖਿਆ ਜਾਂਦਾ ਹੈ। ਔਰਤਾਂ ਦਾ ਕਿੰਨਾ ਤ੍ਰਿਸਕਾਰ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਇਹ ਸਭ ਦਾ ਕਾਰਨ ਹੈ - ਅਨਪੜ੍ਹਤਾ। ਪੂਰੇ 100% ਵਿੱਚ 60% ਮਰਦ ਤੇ 40% ਔਰਤਾਂ ਪੜ੍ਹੀਆਂ-ਲਿਖੀਆਂ ਹਨ। ਕੁੜੀਆਂ ਦਾ ਕਿੰਨਾ ਤ੍ਰਿਸਕਾਰ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਜਨਮ ਲੈਣ ਤੋਂ ਪਹਿਲਾਂ ਹੀ ਮਾਰ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ। ਕਈ ਔਰਤਾਂ ਨੂੰ ਪਤਾ ਚੱਲ ਜਾਂਦਾ ਹੈ ਕਿ ਕੁੜੀ ਹੋਣ ਵਾਲੀ ਹੈ ਤਾਂ ਉਹ ਆਪਣਾ ਗਰਭਪਾਤ ਕਰਵਾ ਲੈਂਦੀਆਂ ਹਨ। ਅੱਜ ਦੇ ਜੁਗ ਵਿੱਚ ਔਰਤ ਦੀ ਕੋਈ ਇੱਜ਼ਤ ਨਹੀਂ ਹੁੰਦੀ ਹੈ। ਮਾਨਵ ਜਾਤ ਵਿੱਚ ਮਰਦ ਤੇ ਇਸਤਰੀ ਦੇ ਰੂਪ ਆਦਿ ਸ਼ਕਤੀ ਦੇ ਦੋ ਅਪੂਰਨ ਸਰੀਰਾਂ ਦਾ ਸਿਰਜਨ ਹੈ। ਇਹ ਦੁਨੀਆ ਦੀ ਵੱਡੀ ਸੱਚਾਈ ਹੈ ਕਿ ਇਸਤਰੀ ਤੋਂ ਬਿਨਾਂ ਪੁਰਖ ਅਧੂਰਾ ਹੈ। ਦੇਵ ਤੋਂ ਲੈ ਕੇ ਮਾਨਵ ਤੱਕ ਔਰਤ ਹੀ ਜਨਮਦਾਤੀ ਰਹੀ ਹੈ। ਅੱਜ ਔਰਤਾਂ ਨਾਲ ਦਰੋਪਦੀ ਤੇ ਸੀਤਾ ਦੀ ਤਰ੍ਹਾਂ ਵਰਤਾਵ ਹੁੰਦਾ ਹੈ। ਔਰਤ ਨੂੰ ਇਸ ਸੰਸਾਰ ਰੂਪੀ ਜਗਤ ਵਿੱਚ ਰਾਵਣ, ਕੋਰਵ ਤੇ ਮਹਿਖਾਸੁਰ ਰੂਪੀ ਰਾਖਸ਼ਾਂ ਨੇ ਕੁਚਲ ਦਿੱਤਾ ਹੈ। ਉਸਦਾ ਕਿੰਨਾ ਅਪਮਾਨ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਔਰਤ ਦਵਾਪਰ ਕਾਲ ਤੋਂ ਪੀੜਤ ਚੱਲਦੀ ਆਈ ਹੈ। ਇਸਤਰੀ ਨੇ ਜਿਹੜਾ ਫਰਕ ਮਰਦ ਦੀ ਤੁਲਨਾ ਵਿੱਚ ਪਾਇਆ ਹੈ ਉਸਨੂੰ ਹੀ ਆਪਣੀ ਭੈੜੀ ਸਥਿਤੀ ਦਾ ਕਾਰਨ ਪਾਇਆ ਹੈ। ਅੱਜ-ਕੱਲ੍ਹ ਲੋਕ ਔਰਤਾਂ ਨਾਲ ਹੇਰਾਫੇਰੀਆਂ ਕਰਦੇ ਹਨ। ਇੱਥੋਂ ਤੱਕ ਉਸਨੂੰ ਮਾਰਨ ਤੋਂ ਵੀ ਨਹੀਂ ਚੁੱਕਦੇ। ਇਸ ਪ੍ਰਕਾਰ ਦੇ ਪਾਪ ਨੂੰ ਰੋਕਣਾ ਹੋਵੇਗਾ। ਔਰਤ ਤਾਂ ਸਾਖਿਅਤ ਮਮਤਾ ਦੀ ਮੂਰਤ ਹੈ। ਅਗਰ ਔਰਤ ਮਾਤਾ ਲਕਸ਼ਮੀ, ਮਾਤਾ ਪਾਰਵਤੀ ਹੈ ਤਾਂ ਉਹ ਲੋੜ ਪੈਣ ਤੇ ਮਾਤਾ ਕਾਲੀ ਤੇ ਮਾਤਾ ਦੁਰਗਾ ਦਾ ਰੂਪ ਵੀ ਧਾਰਨ ਕਰ ਲੈਂਦੀ ਹੈ। ਉਹਦਾ ਦੁਰਗਾ ਰੂਪ ਹੀ ਉਸਦੀ ਰਾਖੀ ਕਰ ਸਕਦਾ ਹੈ।

ਅੱਜ ਨਗਰਾਂ ਵਿੱਚ ਵੀ ਉਹ ਆਪਣੇ ਅਧਿਕਾਰਾਂ ਲਈ ਜਾਗਰੂਕ ਦਿਖਾਈ ਦੇ ਰਹੀ ਹੈ। ਅੱਜ-ਕੱਲ੍ਹ ਉਹ ਘਰ ਦੀ ਚਾਰ ਦੀਵਾਰੀ ਤੋਂ ਬਾਹਰ ਜਾ ਚੁੱਕੀ ਹੈ। ਹਰ ਖੇਤਰ ਵਿੱਚ ਉਨ੍ਹਾਂ ਦੇ ਚੰਗੇ ਕੰਮ ਦਿਖਾਈ ਦੇ ਰਹੇ ਹਨ। ਕੱਲ੍ਹ ਪੈਰ ਦੀ ਜੁੱਤੀ ਸਮਝੀ ਜਾਣ ਵਾਲੀ ਔਰਤ ਅੱਜ ਸਿਰ ਦਾ ਤਾਜ ਬਣ ਚੁੱਕੀ ਹੈ। ਤਾਂ ਹੀ ਤਾਂ ਅੱਜ ਦੀ ਇਸਤਰੀ ਮਰਦ ਤੋਂ ਵੀ ਤਾਕਤਵਰ ਕਹਾਉਂਦੀ ਹੈ। ਇਸ ਲਈ ਹਮੇਸ਼ਾਂ ਔਰਤਾਂ ਦੀ ਇੱਜ਼ਤ ਤੇ ਉਨ੍ਹਾਂ ਦੀ ਸੁਰੱਖਿਆ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ।



ਅਨੁਭਵ ਕੱਤਾ ਗਿਆਰਵੀਂ 'ਈ'

ਰੁੱਖ ਦੀ ਸੋਚ

ਇੱਕ ਜੰਗਲ ਵਿੱਚ ਇੱਕ ਵਿਸ਼ਾਲ ਰੁੱਖ ਸੀ। ਉਸ ਦੀਆਂ ਟਹਿਣੀਆਂ ਤੇ ਸੁੰਦਰ ਫੁੱਲ ਹਰ ਸਮੇਂ ਖਿੜੇ ਰਹਿੰਦੇ ਸਨ। ਸਾਰੇ ਜੰਗਲ ਵਿੱਚ ਇਹ ਸਭ ਤੋਂ ਸੁੰਦਰ ਤੇ ਵਿਸ਼ਾਲ ਰੁੱਖ ਸੀ। ਉਸਦੀ ਪ੍ਰਸਿੱਧੀ ਚਾਰੇ ਪਾਸੇ ਸੀ। ਇਸ ਗੱਲ ਦਾ ਉਸਨੂੰ ਹੰਕਾਰ ਹੋ ਗਿਆ ਤੇ ਉਹ ਸੋਚਣ ਲੱਗ ਪਿਆ ਕਿ ਸਾਰੇ ਜੰਗਲ ਵਿੱਚ ਮੈਂ ਹੀ ਸਭ ਤੋਂ ਸੁੰਦਰ ਤੇ ਵਿਸ਼ਾਲ ਰੁੱਖ ਹਾਂ। ਪਵਨ ਦੇਵਤਾ ਵੀ ਮੇਰੇ ਤੋਂ ਡਰਦੇ ਹਨ ਅਤੇ ਮੇਰਾ ਕੁਝ ਨਹੀਂ ਵਿਗਾੜ ਸਕਦੇ। ਉਸ ਦੀਆਂ ਇਹ ਗੱਲਾਂ ਪਵਨ ਦੇਵਤਾ ਦੇ ਕੰਨਾਂ ਤੱਕ ਪਹੁੰਚੀਆਂ।

ਪਵਨ ਦੇਵਤਾ ਇਸ ਗੱਲ ਤੋਂ ਬਹੁਤ ਦੁਖੀ ਹੋਏ ਤੇ ਉਹਨਾਂ ਨੇ ਕਿਹਾ, "ਮੈਂ ਇਸ ਰੁੱਖ ਦਾ ਹੰਕਾਰ ਚੂਰ-ਚੂਰ ਕਰ ਦੇਵਾਂਗਾ। ਸੂਰਜ ਦੀ ਪਹਿਲੀ ਕਿਰਨ ਨਾਲ ਮੈਂ ਉਸ ਉੱਤੇ ਹੱਲਾ ਕਰਾਂਗਾ।"

ਜਦੋਂ ਇਹ ਗੱਲ ਉਸ ਰੁੱਖ ਦੇ ਕੰਨਾਂ ਤੱਕ ਪਹੁੰਚੀ ਤਾਂ ਹਮਲੇ ਦੀ ਗੱਲ ਸੁਣ ਕੇ ਉਹ ਬਹੁਤ ਡਰ ਗਿਆ। ਉਹ ਸਾਰੀ ਰਾਤ ਡਰ ਨਾਲ ਕੰਬਦਾ ਰਿਹਾ ਤੇ ਡਰ ਨਾਲ ਉਸਦੇ ਸਾਰੇ ਫੁੱਲ ਤੇ ਪੱਤੀਆਂ ਝੜ ਗਈਆਂ। ਸਵੇਰ ਹੁੰਦਿਆਂ ਤੱਕ ਉਹ ਇੱਕ ਖਾਲੀ ਠੂਠ ਜਿਹਾ ਰਹਿ ਗਿਆ।

ਸਵੇਰੇ ਜਦੋਂ ਪਵਨ ਦੇਵਤਾ ਉੱਥੇ ਪਹੁੰਚੇ ਤਾਂ ਰੁੱਖ ਦੀ ਹਾਲਤ ਵੇਖ ਕੇ ਬੜੇ ਹੇਰਾਨ ਹੋਏ। ਚਿੰਤਾ ਨੇ ਉਸ ਰੁੱਖ ਦਾ ਜੀਵਨ ਖਤਮ ਕਰ ਦਿੱਤਾ ਸੀ।

ਸਿੱਖਿਆ - ਕਿਸੇ ਚੀਜ਼ ਦੀ ਚਿੰਤਾ ਮਨੁੱਖ ਦਾ ਜੀਵਨ ਹੀ ਖਤਮ ਕਰ ਦਿੰਦੀ ਹੈ। ਇਸ ਕਰਕੇ ਫਜ਼ੂਲ ਚਿੰਤਾਵਾਂ ਨਹੀਂ ਕਰਨੀਆਂ ਚਾਹੀਦੀਆਂ।

ਰਿਸ਼ਤੇ

ਅੰਬਰ ਨਾਲੋਂ ਉੱਚੇ ਰਿਸ਼ਤੇ,
ਮੋਤੀਆਂ ਨਾਲੋਂ ਸੁੱਚੇ ਰਿਸ਼ਤੇ।

ਸਮੁੰਦਰੋਂ ਜੋ ਨੇ ਗਹਿਰੇ ਰਿਸ਼ਤੇ,
ਬਣਦੇ ਉਹ ਸੁਨਹਿਰੇ ਰਿਸ਼ਤੇ।

ਦਿਲ ਦੀ ਫੁੱਖ ਮਿਟਾਵਣ ਰਿਸ਼ਤੇ,
ਤਨ ਨੂੰ ਸੁੱਖ ਪਹੁੰਚਾਵਣ ਰਿਸ਼ਤੇ।

ਖੂਨ ਦੇ ਰਿਸ਼ਤਿਆਂ ਨਾਲੋਂ ਮਾਣ ਦੇ ਰਿਸ਼ਤੇ,
ਰੁੱਖੋਂ ਹੋ ਜਾਵਣ ਜਾਣ-ਪਹਿਚਾਣ ਦੇ ਰਿਸ਼ਤੇ।

ਰਿਸ਼ਤਿਆਂ ਦੇ ਹੋਣ ਨਿਗਾਬਾਨ ਜੋ ਰਿਸ਼ਤੇ,
ਰਿਸ਼ਤਿਆਂ ਦੀ ਬਣਨ ਪਹਿਚਾਣ ਉਹ ਰਿਸ਼ਤੇ।

ਵਿਗੜ ਜਾਵਣ ਅੱਧ ਵਿਚਕਾਰ ਜੋ ਰਿਸ਼ਤੇ,
ਦੁਬਿਧਾ ਬਣਨ ਵਿੱਚ ਸੰਸਾਰ ਉਹ ਰਿਸ਼ਤੇ।

ਜੋ ਅਸੀਂ ਵੀ ਚਾਹੁੰਦੇ ਸੁਖੀ ਰਹਿਣਾ,
ਨਾਲ ਨਿਭਾਈਏ ਅਸੀਂ ਸਭ ਪਿਆਰ ਦੇ ਰਿਸ਼ਤੇ।



ਤਾਨੀਆ ਗੁਪਤਾ, ਦਸਵੀਂ 'ਡੀ'



ਜਾਨਵੀ ਅਰੋੜਾ,
ਦਸਵੀਂ 'ਜੀ'

ਜ਼ਿੰਦਗੀ

ਇਨਸਾਨ ਦੀ ਜ਼ਿੰਦਗੀ ਕੀ ਹੈ ? ਕਈ ਕਹਿੰਦੇ ਹਨ ਕਿ ਜ਼ਿੰਦਗੀ ਇੱਕ ਅਜਿਹਾ ਫੁੱਲ ਹੈ ਜਿਹੜਾ ਖੁਸ਼ਕਿਸਮਤੀ ਨਾਲ ਖਿੜਦਾ ਹੈ। ਜਿਸਦੀ ਮਹਿਕ ਸਦਾ ਬਣੀ ਰਹਿੰਦੀ ਹੈ। ਪਰ ਕਈ ਕਹਿੰਦੇ ਹਨ ਕਿ ਜ਼ਿੰਦਗੀ ਇੱਕ ਜੁਆ ਹੈ, ਕੋਈ ਜਿੱਤਦਾ ਹੈ ਤੇ ਕੋਈ ਹਾਰਦਾ ਹੈ। ਜਿਹੜਾ ਜਿੱਤਦਾ ਹੈ ਉਹ ਬਹੁਤ ਕੁਝ ਕਰ ਜਾਂਦਾ ਹੈ ਤੇ ਜਿਹੜਾ ਹਾਰ ਜਾਂਦਾ ਹੈ, ਉਹ ਕਿਸੇ ਪਾਸੇ ਦਾ ਨਹੀਂ ਰਹਿੰਦਾ, ਪਰ ਮੇਰੇ ਖਿਆਲ ਨਾਲ ਤਾਂ ਜ਼ਿੰਦਗੀ ਇੱਕ ਅਜਿਹਾ ਇਮਤਿਹਾਨ ਹੈ ਜਿਸ ਵਿੱਚ ਕਈ ਤਰ੍ਹਾਂ ਦੇ ਪ੍ਰਸ਼ਨ ਆਉਂਦੇ ਹਨ। ਜਿਹੜੇ ਤਾਂ ਹਿੰਮਤ ਕਰਦੇ ਹਨ ਉਹ ਉਨ੍ਹਾਂ ਪ੍ਰਸ਼ਨਾਂ ਨੂੰ ਹੱਲ ਕਰਕੇ ਪਾਸ ਹੋ ਜਾਂਦੇ ਹਨ, ਪਰ ਜਿਹੜੇ ਉਹਨਾਂ ਨੂੰ ਵੇਖ ਕੇ ਘਬਰਾ ਜਾਂਦੇ ਹਨ ਉਹ ਜ਼ਿੰਦਗੀ ਦੇ ਇਮਤਿਹਾਨ ਵਿੱਚੋਂ ਫੇਲ੍ਹ ਹੋ ਜਾਂਦੇ ਹਨ। ਪਰ ਦੋਸਤੋ ਸਾਨੂੰ ਕਦੇ ਵੀ ਹਿੰਮਤ ਨਹੀਂ ਹਾਰਨੀ ਚਾਹੀਦੀ। ਜ਼ਿੰਦਗੀ ਦੀਆਂ ਮੁਸ਼ਕਲਾਂ ਨੂੰ ਪਾਰ ਕਰਦੇ ਹੋਏ ਆਪਣੀ ਮੰਜਿਲ ਪ੍ਰਾਪਤ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ।



ਕ੍ਰਿਤੀ ਮਿੱਤਲ, ਸੱਤਵੀਂ 'ਸੀ'

ਰੋਂਦਾ ਸੱਭਿਆਚਾਰ

ਸੱਭਿਆਚਾਰ ਨੇ ਰੋ-ਰੋ ਧਾਹਾਂ ਮਾਰੀਆਂ ਨੇ,
ਦੇਖ-ਦੇਖ ਕੇ ਸਾਡਾ ਆਚਾਰ ਵਿਹਾਰ।

ਰਿਸ਼ਤਿਆਂ ਦਾ ਕੋਈ ਭਾਅ ਨਹੀਂ,
ਕਦਰਾਂ ਕੀਮਤਾਂ ਇਹਨਾਂ ਉਜਾੜੀਆਂ ਨੇ।

ਪਤਾ ਕਿਸੇ ਨੂੰ ਨਾ ਅੱਜ ਚਰਖੇ ਬਾਰੇ,
ਟੁੱਟ ਗਈਆਂ ਭੇਦਾਂ ਸਾਰੀਆਂ ਨੇ।

ਧੀਆਂ ਭੈਣਾਂ ਸਭ ਦੀਆਂ ਸਾਂਝੀਆਂ ਨੇ,
ਭੁੱਲ ਗਏ ਗੱਲਾਂ ਇਹ ਸਾਰੀਆਂ ਨੇ।

ਨਾ ਪਤਾ ਲੱਗੇ ਵਿਆਹੀਆਂ ਦਾ,
ਐਨੇ ਫੇਸ਼ਨ ਕਰਦੀਆਂ ਕੁਆਰੀਆਂ ਨੇ।

ਨਾ ਦਿੱਸਣ ਘੱਗਰੇ ਤੇ ਫੁਲਕਾਰੀਆਂ,
ਸਭ ਨੇ ਜੀਨਾਂ ਚਾੜ੍ਹੀਆਂ ਨੇ।

ਭਾਈ-ਭਾਈ ਕਿਉਂ ਦੁਸ਼ਮਣ ਬਣਦੇ,
ਕਿਉਂ ਵੇਗੇ ਆਪਣੇ ਖੂਨ ਦੇ ਹੋ ਗਏ ਨੇ।

‘ਗੁਰੂ’ ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਕਿੰਨਾ ਸੋਹਣਾ ਸੀ,
ਹੁਣ ਇਹਦੇ ਵਿੱਚੋਂ ਵੀ ਪੱਛਮੀ ਝਲਕਾਂ ਆ ਰਹੀਆਂ ਨੇ।

ਸਾਡਣ ਦੀ ਲੋੜ ਆਪਣੇ ਸੱਭਿਆਚਾਰ ਨੂੰ,
ਜਿਸ ਨੇ ਰੋ-ਰੋ ਧਾਹਾਂ ਮਾਰੀਆਂ ਨੇ।



ਗੁਰਸਾਹਿਬ ਸਿੰਘ, ਦਸਵੀਂ ‘ਈ’

ਸਿੱਖ ਧਰਮ ਦੇ ਪੰਜ ਨਿਸ਼ਾਨ

1. ਕੜਾ - ਕੜਾ ਹੱਥ ਵਿੱਚ ਇਸ ਲਈ ਪਾਇਆ ਜਾਂਦਾ ਹੈ ਹਾਂ ਕਿ ਜਦੋਂ ਅਸੀਂ ਕੋਈ ਵੀ ਗਲਤ ਕੰਮ ਕਰਨ ਲਈ ਆਪਣਾ ਹੱਥ ਉਠਾਈਏ ਤਾਂ ਕੜੇ ਨੂੰ ਵੇਖ ਕੇ ਆਪਣਾ ਹੱਥ ਪਿੱਛੇ ਕਰ ਲਈਏ।
2. ਕੰਘਾ - ਕੰਘਾ ਆਪਾਂ ਇਸ ਲਈ ਨਾਲ ਰੱਖਦੇ ਹਾਂ ਜਿਵੇਂ ਆਪਾਂ ਕੰਘੇ ਨਾਲ ਆਪਣੇ ਗੰਦੇ ਵਾਲਾਂ ਨੂੰ ਸਾਫ਼ ਕਰਦੇ ਹਾਂ, ਉਸੀ ਤਰ੍ਹਾਂ ਆਪਾਂ ਆਪਣੇ ਗੰਦੇ ਵਿਚਾਰਾਂ ਨੂੰ ਵੀ ਸਾਫ਼ ਕਰ ਲਈਏ।
3. ਕਛਹਿਰਾ - ਇਹ ਸਵੈ-ਕਾਬੂ ਅਤੇ ਨੈਤਿਕਤਾ ਦਾ ਪ੍ਰਤੀਕ ਹੈ।



4. ਕਿਰਪਾਨ - ਕਿਰਪਾਨ ਦਾ ਪ੍ਰਯੋਗ ਦੂਜਿਆਂ ਦੀ ਰੱਖਿਆ ਕਰਨ ਲਈ ਹੁੰਦਾ ਹੈ।
5. ਕੇਸ - ਕੇਸ ਇਸ ਗੱਲ ਦਾ ਪ੍ਰਤੀਕ ਹਨ ਕਿ ਹੋ ਵਾਹਿਗੁਰੂ, ਅਸੀਂ ਤੋਰੇ ਚਰਨਾਂ ਵਿੱਚ ਸੀਸ ਝੁਕਾਉਂਦੇ ਹਾਂ। ਹੁਣ ਆਪਾਂ ਆਪਣੇ ਸਰੀਰ ਨਾਲ ਕੋਈ ਵੀ ਖਿਲਵਾੜ ਨਹੀਂ ਕਰਾਂਗੇ।

ਗੋਬਿੰਦ ਸਿੰਘ ਰਾਂਧੀ, ਦਸਵੀਂ ‘ਏ’



ਖੁੱਲ੍ਹ ਗਏ ਸਕੂਲ



ਛੁੱਟੀਆਂ ਮਨਾਈਆਂ ਅਸੀਂ ਜਾ ਕੇ ਨਾਨਕੇ,
ਖੁੱਲ੍ਹ ਗਏ ਸਕੂਲ ਮੁੜ ਆਏ ਦਾਦਕੇ।
ਪੁੱਛੇ-ਫਿਰੇ ਮੌਜਾਂ ਮਾਣੀਆਂ ਮਾਮੇ ਨਾਲ,
ਰਾਤਾਂ ਵੇਲੇ ਬੈਠਿ ਕੇ ਸੁਣੀਆਂ ਕਹਾਣੀਆਂ।
ਮਾਮੀ ਜੀ ਖਵਾਉਂਦੇ ਸੀ ਪਰੋਠੇ ਰਾੜ੍ਹ ਕੇ,
ਖੁੱਲ੍ਹ ਗਏ ਸਕੂਲ, ਮੁੜ ਆਏ ਦਾਦਕੇ।
ਮਾਮੀ ਕੋਲ ਬੈਠ ਕੇਮ ਸੀ ਮੁਕਾ ਲਿਆ,
ਖੇਡਣੇ ਨੂੰ ਨਾਨਾ ਜੀ ਨੂੰ ਲਾ ਲਿਆ।
ਛੂਹ ਲੈਂਦੇ ਸਾਨੂੰ ਕੋਲ ਅਵਾਜ਼ ਮਾਰ ਕੇ,
ਖੁੱਲ੍ਹ ਗਏ ਸਕੂਲ, ਮੁੜ ਆਏ ਦਾਦਕੇ।
ਨਵੀਆਂ ਲਾਈਆਂ ਉੱਥੇ ਜਾ ਕੇ ਯਾਰੀਆਂ,
ਨਹਿਰ ਵਿੱਚ ਲਾਉਂਦੇ ਰਹੇ ਖੂਬ ਤਾਰੀਆਂ।
ਨਾਨੀ ਜੀ ਪਿਆਉਂਦੀ ਤਾਜ਼ਾ ਦੁੱਧ ਕਾੜ੍ਹ ਕੇ,
ਖੁੱਲ੍ਹ ਗਏ ਸਕੂਲ, ਮੁੜ ਆਏ ਦਾਦਕੇ।

ਕਬਿਸ਼ ਗੋਇਲ
ਨੌਵੀਂ ‘ਐਫ’



ਇੱਕ ਪੱਤਾ

ਬੜ ਬਣਿਆ ਇੱਕ ਪੱਤਾ ਆਪਣੀ ਹੀ ਸਾਖ ਉੱਤੇ,
ਕਿਉਂ ਬਣਕੇ ਸਾਇਰ ਹੱਸਦਾ ਹੈ ਆਪਣੀ ਹੀ ਰਾਖ ਉੱਤੇ।

ਗਲਤੀ ਪੱਤੇ ਨੇ ਕੀ ਵੱਧ ਕੀਤੀ,
ਜੋ ਇਸ ਵੱਸਦੀ ਟਾਹਟੀ ਨੇ,
ਕੁਝ ਆਪਣੇ ਹੀ ਅੰਗ ਉਤਾਰ ਸੁੱਟੇ।

ਇੱਕ ਗੀਤ ਕੋਇਲ ਤੋਂ ਚੁਰਾਇਆ ਸੀ,
ਗਾਉਂਦੀ ਹਵਾ ਦਾ ਸਾਥ ਨਿਭਾਇਆ ਸੀ।
ਨਿਮਾਣੇ ਪੱਤੇ ਦਾ ਕੀ ਕਸੂਰ,
ਜੋ ਪੱਤਝੜ ਮਹੀਨਾ ਆਇਆ ਸੀ।

ਤੇਨੂੰ ਧੁੱਪ ਤੋਂ ਬਚਾ ਕੇ ਛਾ ਦਿੱਤੀ,
ਤੇਨੂੰ ਛੁੱਪ ਕੇ ਰੋਣ ਦੀ ਥਾਂ ਦਿੱਤੀ।
ਫਿਰ ਕਿਉਂ ਬੱਚੇ ਨੂੰ ਲਾਹ ਸੁੱਟਿਆ,
ਜਿਸ ਨੇ ਪਦਵੀ ਤੇਨੂੰ 'ਮਾਂ' ਦਿੱਤੀ,
ਨੀ ਟਹਿਣੀਏ, ਜਿਸ ਨੇ ਪਦਵੀ ਤੇਨੂੰ 'ਮਾਂ' ਦਿੱਤੀ।

ਬਣ ਮਾਂ ਲੋਗੀ ਸੁਣਾਈ ਤੂੰ,
ਹਿੱਲਣ ਦੀ ਜਾਚ ਸਿਖਾਈ ਤੂੰ।
ਫਿਰ ਕਿਉਂ ਜਨਣੀਏ ਕਹਿਰ ਤੂੰ ਗੁਜ਼ਾਰਿਆ,
ਹੱਸਦੇ ਹੋਏ ਪੱਤੇ ਨੂੰ ਜਾਨੋਂ ਲਾਹ ਮਾਰਿਆ।
ਟਹਿਣੀ ਕਹਿੰਦੀ ਦਸਤੂਰ ਪੁਰਾਣਾ,
ਕੁਦਰਤ ਭੋਜਿਆ, ਕੁਦਰਤ ਲੈ ਜਾਣਾ।
ਸੁਰ ਜਿਹੜੇ ਪੱਤੇ ਨੇ ਗਾਏ,
ਇਹ ਤੀਜ ਦਾ ਮੌਸਮ ਫਿਰ ਆਉਣਾ।

ਮੌਸਮ ਸਾਵਣ ਤਾਂ ਫਿਰ ਆਏਗਾ,
ਟਹਿਣੀ ਦਾ ਅੰਗ-ਅੰਗ ਭਰ ਜਾਏਗਾ।
ਪਰ ਉਸ ਪੱਤੇ ਦਾ ਜੋਬਨ ਨਾ ਫਿਰ ਆਉਣਾ,
ਨਾ ਉਹ ਪੱਤਾ ਗੀਤ ਸੁਣਾਏਗਾ।

ਵੇ ਰੱਬਾ ਮੈਨੂੰ ਕੁਦਰਤ ਆਪਣੀ ਸਮਝਾਈ
ਕਿਉਂ ਗਾਉਂਦੇ ਹੋਏ ਪੱਤੇ ਦੀ ਖੁਸ਼ੀ ਤੇਨੂੰ ਰਾਸ ਨਾ ਆਈ ?



ਕੁਨਾਲ ਸ਼ਰਮਾ
ਨੌਵੀਂ 'ਈ'

'ਮਾਂ'

'ਦੁਨੀਆ ਤੇ ਪਰਬਤ ਲੱਖਾਂ, ਕੁਝ ਇਸ ਤੋਂ ਉੱਚੀਆਂ ਥਾਵਾਂ ਨੇ,
ਕੰਡੇ ਜਿਨ੍ਹਾਂ ਛੁਪਾ ਲਏ ਹਿੱਕ ਵਿੱਚ, ਕੁਝ ਤਾਂ ਐਸੀਆਂ, ਰਾਹਵਾਂ ਨੇ,
ਚੀਸਾਂ ਲੈ, ਅਸੀਸਾਂ ਦਿੰਦੀ, ਜ਼ਖਮਾਂ ਬਦਲੇ, ਕਸਮਾਂ ਵੀ,
ਆਪਣੇ ਲਈ ਗੋਵਿੰਦ ਕਦੇ ਕੁਝ ਨਹੀਂ ਮੰਗਿਆ ਮਾਵਾਂ ਨੇ,
ਕਦੇ ਕੁਝ ਨਹੀਂ ਮੰਗਿਆ ਮਾਵਾਂ ਨੇ।



“ਮਾਵਾਂ ਠੰਢੀਆਂ
ਛਾਵਾਂ।” ਮਾਂ ਤੋਂ ਬਿਨਾਂ
ਸਾਡਾ ਜੀਵਨ ਅਧੂਰਾ ਹੈ।
'ਮਾਂ' ਸ਼ਬਦ ਜਿੰਨਾ ਛੋਟਾ ਹੈ,
ਇਸ ਦਾ ਮਹੱਤਵ ਤੇ
ਮਤਲਬ ਉਨ੍ਹਾਂ ਹੀ ਵੱਡਾ ਤੇ
ਫੁੱਧਾ ਹੈ। ਮਾਵਾਂ ਸਾਰੀ
ਉਮਰ ਬੱਚਿਆਂ ਲਈ
ਜਿਉਂਦੀਆਂ-ਮਰਦੀਆਂ

ਰਹਿੰਦੀਆਂ ਹਨ। ਭਾਵੇਂ ਆਪਾਂ ਉਹਨਾਂ ਤੋਂ ਦੂਰ ਰਹੀਏ ਜਾਂ ਨੇੜੇ ਉਹ
ਹਮੇਸ਼ਾਂ ਸਾਡੇ ਲਈ ਦੁਆਵਾਂ ਹੀ ਮੰਗਦੀਆਂ ਰਹਿੰਦੀਆਂ ਹਨ। ਆਪ
ਭੁੱਖੇ ਰਹਿ ਕੇ ਸਾਡਾ ਪੇਟ ਭਰਦੀਆਂ ਹਨ। ਆਪ ਰਾਤਾਂ ਨੂੰ ਜਾਗ ਕੇ
ਸਾਨੂੰ ਸੁਆਉਂਦੀਆਂ ਹਨ ਤੇ ਆਪਾਂ ਕੀ ਕਰਦੇ ਹਾਂ ? ਉਹਨਾਂ ਨੂੰ
ਕੱਲਿਆਂ ਛੱਡ ਕੇ ਚਲੇ ਜਾਂਦੇ ਹਾਂ। ਉਹਨਾਂ ਨਾਲ ਉੱਚੀ ਅਵਾਜ਼ ਵਿੱਚ
ਗੱਲ ਕਰਦੇ ਹਾਂ, ਉਹਨਾਂ ਨੂੰ ਬੁਰਾ-ਭਲਾ ਕਹਿੰਦੇ ਹਾਂ ਲੇਕਿਨ ਫਿਰ ਵੀ
ਉਹ ਸਾਨੂੰ ਦੁਆਵਾਂ ਹੀ ਦਿੰਦੀ ਹੈ। ਸੋਚੋ ਕੀ ਹੁੰਦਾ ਜੇ ਸਾਡੀਆਂ ਮਾਵਾਂ
ਸਾਨੂੰ ਅਜਾਇਬ ਘਰ ਛੱਡ ਕੇ ਚਲੀਆਂ ਜਾਂਦੀਆਂ। ਉਹ ਸਾਡੇ ਨਾਲ
ਉੱਚੀ ਅਵਾਜ਼ ਵਿੱਚ ਗੱਲ ਕਰਦੀਆਂ, ਸਾਨੂੰ ਮਾਰਦੀਆਂ-ਕੁੱਟਦੀਆਂ
ਪਰ ਕੀ ਕਰੋ ਮਾਂ ਵੀ, ਉਸਦਾ ਦਿਲ ਹੀ ਇੱਛਾ ਵੱਡਾ ਹੈ ਉਹ ਸਾਡੀ
ਖੁਸ਼ੀ ਲਈ ਆਪਣੀ ਜਾਨ ਦੇਣ ਲਈ ਵੀ ਤਿਆਰ ਹੋ ਜਾਂਦੀ ਹੈ।
ਭਾਵੇਂ ਆਪਾਂ ਜਿੰਨੀ ਮਰਜ਼ੀ ਵੱਡੀ ਗਲਤੀ ਕਰ ਦੇਈਏ ਫਿਰ ਵੀ ਸਾਨੂੰ
ਮੁਆਫ਼ ਕਰ ਦਿੰਦੀ ਹੈ। ਸਾਰੀ ਉਮਰ ਸਾਡੇ ਬਾਰੇ ਹੀ ਸੋਚਦੀ ਰਹਿੰਦੀ
ਹੈ। ਉਹ ਸਾਡੇ ਲਈ ਸਾਰੇ ਸਮਾਜ ਨਾਲ ਲੜ ਪੈਂਦੀ ਹੈ। ਪਰ ਆਪਾਂ
ਮਾਵਾਂ ਦਾ ਮੁੱਲ ਨਹੀਂ ਪਾਉਂਦੇ ਤੇ ਫਿਰ ਪਛਤਾਉਂਦੇ ਹਾਂ। ਮਾਂ ਸਾਡੀ
ਜਣਨੀ ਹੈ, ਇਸਦੇ ਨਾਲ ਹੀ ਸਾਡੀਆਂ ਖੁਸ਼ੀਆਂ ਚੁੜੀਆਂ ਹਨ, ਇਸ
ਲਈ ਮਾਂ ਦੀ ਇੱਜ਼ਤ ਕਰੋ ਤੇ ਜ਼ਿੰਦਗੀ ਦਾ ਆਨੰਦ ਮਾਣੋ।

ਗੋਬਿੰਦ ਸਿੰਘ ਗਾਂਧੀ
ਦਸਵੀਂ 'ਏ'

ਕਾਮਯਾਬੀ ਦਾ ਰਾਜ



ਇਹ ਯੁੱਗ ਮੁਕਾਬਲੇ ਦਾ ਯੁੱਗ ਹੈ। ਮੁਕਾਬਲੇ ਦੀਆਂ ਪ੍ਰੀਖਿਆਵਾਂ ਲਈ ਤਿਆਰ ਹੋਣ ਵਾਸਤੇ ਨਿਰੰਤਰ ਮਿਹਨਤ ਕਰਦੇ ਰਹਿਣਾ ਜ਼ਰੂਰੀ ਹੈ। ਤੁਸੀਂ ਕਿਸੇ ਵੀ ਸਫਲ ਹੋਏ ਵਿਅਕਤੀ ਦੀ ਜੀਵਨੀ ਪੜ੍ਹ ਕੇ ਵੇਖੋ, ਉਸਦੀ ਕਾਮਯਾਬੀ ਦਾ ਮੁੱਖ ਰਾਜ ਉਸਦਾ ਦ੍ਰਿੜ੍ਹ ਇਰਾਦਾ, ਮਿਹਨਤ ਅਤੇ ਕੰਮ ਪ੍ਰਤੀ ਲਗਨ ਹੈ। ਸਮਾਂ ਕਿਸੇ ਦੀ ਪ੍ਰਵਾਹ ਨਹੀਂ ਕਰਦਾ। ਜੇ ਤੁਸੀਂ ਸਮਾਂ ਬਰਬਾਦ ਕਰੋਗੇ ਤਾਂ ਸਮਾਂ ਤੁਹਾਨੂੰ ਹਮੇਸ਼ਾਂ ਲਈ ਤਬਾਹ ਕਰ ਦੇਵੇਗਾ। ਫਿਰ ਤੁਹਾਡੇ ਕੋਲ ਹੱਥ ਮਲਣ ਤੋਂ ਇਲਾਵਾ ਹੋਰ ਕੋਈ ਚਾਰਾ ਨਹੀਂ ਰਹੇਗਾ।

ਤੁਹਾਨੂੰ ਕੁਦਰਤ ਨੇ ਵਧੀਆ ਸਰੀਰ ਤੇ ਦਿਮਾਗ ਦਿੱਤਾ ਹੈ। ਇਸ ਦੀ ਜਿੰਨੀ ਵਰਤੋਂ ਕਰੋਗੇ ਇਹ ਉਨ੍ਹਾਂ ਹੀ ਚੁਸਤ ਹੋਵੇਗਾ। ਵਿਹਲਾ ਮਨ ਤੁਹਾਨੂੰ ਕੁਰਾਹੇ ਪਾਉਣ ਲਈ ਉਤਾਵਲਾ ਰਹਿੰਦਾ ਹੈ, ਇਸ ਨੂੰ ਸਾਬਕ ਕੰਮਾਂ ਵਿੱਚ ਲਾਉਣ ਨਾਲ ਤੁਸੀਂ ਸਮਾਜ ਦਾ ਚੰਗਾ ਅੰਗ ਬਣ ਸਕਦੇ ਹੋ। ਤੁਸੀਂ ਕਈ ਵਾਰ ਅਜਿਹਾ ਸੋਚ ਲੈਂਦੇ ਹੋ ਕਿ ਤੁਹਾਨੂੰ ਪੜ੍ਹਾਏ ਗਏ ਸਾਰੇ ਪਾਠ ਯਾਦ ਹਨ। ਅਸੀਂ ਇਹ ਭੁੱਲ ਜਾਂਦੇ ਹਾਂ ਕਿ ਸਮਾਂ ਪੈਣ ਦੇ ਨਾਲ-ਨਾਲ ਯਾਦ ਕੀਤੇ 'ਚੋਂ ਕਈ ਕੁਝ ਭੁੱਲਣ ਲੱਗ ਜਾਂਦਾ ਹੈ। ਜਿਸ ਨੂੰ ਯਾਦ ਕਰਨ ਲਈ ਮੁੜ ਦੁਹਰਾਉਣ ਦੀ ਲੋੜ ਹੈ। ਕਈ ਵਾਰ ਤੁਸੀਂ



ਆਪਣੀ ਪੜ੍ਹਾਈ ਤੋਂ ਪੱਛੜ ਜਾਂਦੇ ਹੋ ਤਾਂ ਤੁਸੀਂ ਆਪਣੀਆਂ ਕਿਤਾਬਾਂ ਤੋਂ ਡਰਨ ਲੱਗ ਪੈਂਦੇ ਹੋ। ਕਿਤਾਬਾਂ ਖੋਲ੍ਹਣ ਸਾਰ ਹੀ ਇਹ ਸੋਚ ਕੇ ਘਬਰਾ ਜਾਂਦੇ ਹੋ ਕਿ ਐਨਾ ਸਿਲੇਬਸ ਮੈਂ ਕਿਵੇਂ ਯਾਦ ਕਰਾਂਗੀ / ਕਰਾਂਗਾ ? ਜੇਕਰ ਤੁਸੀਂ ਸਕੂਲੋਂ ਮਿਲਿਆ ਕੰਮ ਰੋਜ਼ਾਨਾ ਕਰਨ ਦੀ ਆਦਤ ਪਾ ਲਓਗੇ, ਤਾਂ ਫਿਰ ਤੁਹਾਨੂੰ ਕਿਸੇ ਗੱਲ ਦੀ ਘਬਰਾਹਟ ਨਹੀਂ ਹੋਵੇਗੀ। ਤੁਸੀਂ ਹਰ ਇਮਤਿਹਾਨ ਵਿੱਚ ਸਫਲ ਹੁੰਦੇ ਜਾਵੋਗੇ। ਤੁਹਾਡੇ ਅੰਦਰ ਸਵੈ-ਵਿਸ਼ਵਾਸ ਵੱਧਦਾ ਜਾਵੇਗਾ। ਸਵੈ-ਵਿਸ਼ਵਾਸ ਵਾਲਾ ਵਿਅਕਤੀ ਅੱਖੇ ਤੋਂ ਅੱਖੇ ਇਮਤਿਹਾਨ ਵੀ ਪਾਰ ਕਰਕੇ ਆਪਣੇ ਆਪ ਨੂੰ ਇੱਕ ਚੰਗਾ ਇਨਸਾਨ ਬਣਾ ਲੈਂਦਾ ਹੈ। ਅਜਿਹਾ ਕਰਨ ਲਈ ਸਿਰਫ ਲੋੜ ਹੈ ਤਾਂ ਉਹ ਹੈ 'ਲਗਾਤਾਰ ਮਿਹਨਤ ਕਰਨੀ'।

ਕ੍ਰਿਤਿਕਾ ਜੈਨ
ਨੌਵੀਂ 'ਡੀ'



ਪੁੱਤ ਪਰਦੇਸੀ

ਪੁੱਤ ਪਰਦੇਸੀਆਂ ਨੂੰ ਤਰਸਣ ਮਾਵਾਂ,
ਸਿ ਗਈਆਂ ਲੋਗੀਆਂ ਤੇ ਨਿਕਲਣ ਹਾਵਾਂ।
ਹਰ ਵੇਲੇ ਬੁਹੇ ਉੱਤੇ ਨਜ਼ਰਾਂ ਨੇ ਲੱਗੀਆਂ,
ਉਮਰਾਂ ਦੇ ਕੱਦ ਛੋਟੇ ਉਡੀਕਾਂ ਨੇ ਲੰਮੀਆਂ।
ਹੰਝੂ ਖਾਰੇ ਪੀ-ਪੀ ਕੇ ਖੁਰਦੀ ਮੈਂ ਜਾਵਾਂ,
ਪੁੱਤ ਪਰਦੇਸੀਆਂ ਨੂੰ ਤਰਸਣ ਮਾਵਾਂ।



ਖੋਰੇ ਕਿਹੜੇ ਪੱਥਰਾਂ ਦੇ ਸਹਿਰ ਜਾ ਵੱਸਿਓ
ਖੋਰੇ ਕਿਹੜੀ ਦੁਨੀਆ ਦੇ ਰੰਗ 'ਚ ਜਾ ਰਚਿਓ।
ਰਾਸ ਨਾ ਆਈਆਂ ਤੇਨੂੰ ਪਿੰਡ ਦੀਆਂ ਰਾਹਵਾਂ,
ਪੁੱਤ ਪਰਦੇਸੀਆਂ ਨੂੰ ਤਰਸਣ ਮਾਵਾਂ।
ਕਾਹਨੂੰ ਰੱਬਾ ਪੁੱਤ ਦਿੱਤੇ ਨਾਂ ਕਰਵਾਉਣ ਨੂੰ,
ਫਿਰ ਕਾਹਨੂੰ ਦੂਰ ਕੀਤੇ ਦਿਲ ਤਰਸਾਉਣ ਨੂੰ।
ਕਿਹੜੇ ਮਾੜੇ ਕਰਮਾਂ ਦੀਆਂ ਦਿੱਤੀਆਂ ਸਜਾਵਾਂ,
ਪੁੱਤ ਪਰਦੇਸੀਆਂ ਨੂੰ ਤਰਸਣ ਮਾਵਾਂ।

ਪੁੱਤਰਾਂ ਦੇ ਆਉਣ ਦੇ ਸੁਪਨੇ ਸਜਾ ਕੇ,
ਨੈਣਾਂ 'ਚ ਭੁਲੇਖਿਆਂ ਦੇ ਕਜਲੇ ਨੂੰ ਪਾ ਕੇ।
ਨੂੰਹਾਂ, ਪੁੱਤਾਂ, ਪੋਤਿਆਂ ਲਈ ਕਰਨ ਦੁਆਵਾਂ,
ਪੁੱਤ ਪਰਦੇਸੀਆਂ ਨੂੰ ਤਰਸਣ ਮਾਵਾਂ।



ਸੁਰਨ ਅਹੁਜਾ
ਦਸਵੀਂ 'ਈ'

ਦੋਸਤੀ

ਫੁੱਲਾਂ ਨਾਲ ਦੋਸਤੀ ਤਾਂ ਸਾਰੇ ਕਰਦੇ ਨੇ,
ਕੰਡਿਆਂ ਨਾਲ ਦੋਸਤੀ ਕਰ ਲਏ ਤਾਂ ਜਾਣਾ
ਦੁਨੀਆ ਵਿੱਚ ਤਾਂ ਸਾਰੇ ਮਰਦੇ ਨੇ,
ਦੋਸਤੀ ਵਿੱਚ ਮਰੇ ਤਾਂ ਜਾਣਾ
ਅਮੀਰ ਨਾਲ ਦੋਸਤੀ ਸਾਰੇ ਕਰਦੇ ਨੇ,
ਗਰੀਬ ਨਾਲ ਕਰੋ ਕੋਈ ਤਾਂ ਜਾਣਾ।
ਆਪਣਿਆਂ ਨੂੰ ਤਾਂ ਸਾਰੇ ਪੁੱਛਦੇ ਨੇ,
ਗੈਰਾਂ ਨੂੰ ਪੁੱਛੇ ਤਾਂ ਜਾਣਾ।
ਖਾਦੇ ਨੂੰ ਤਾਂ ਸਾਰੇ ਪੁੱਛਦੇ ਨੇ,
ਭੁੱਖੇ ਨੂੰ ਖੁਆਏ ਤਾਂ ਜਾਣਾ।
ਪਰਮਾਤਮਾ ਨੂੰ ਤਾਂ ਸਾਰੇ ਮੰਨਦੇ ਨੇ,
ਇਨਸਾਨ ਨੂੰ ਇਨਸਾਨ ਮੰਨੇ ਤਾਂ ਜਾਣਾ।
ਦੋਸਤੀ ਹੈ ਪਿਆਰ, ਪਿਆਰ ਹੈ ਦੋਸਤੀ,
ਇਹ ਸੱਚਾਈ ਨੂੰ ਮੰਨੇ ਤਾਂ ਜਾਣਾ



ਕ੍ਰਿਤਿਕਾ ਜੈਨ
ਸੱਤਵੀਂ 'ਬੀ' (ਸਿਟੀ ਬ੍ਰਾਂਚ)

ਪੀਘਾਂ ਕਿੱਥੇ ਪਾਵਾਂ

ਪਿੱਪਲਾਂ ਦੇ ਸੰਗ ਬੋੜ ਗਵਾ ਲਏ,
ਬੋੜਾਂ ਦੇ ਸੰਗ ਛਾਵਾਂ।
ਟਾਹਲੀਆਂ ਗਈਆਂ ਆਏ ਸਫ਼ੈਦੇ,
ਪੀਘਾਂ ਕਿੱਥੇ ਪਾਵਾਂ।

ਚੁੰਝ ਵਿੱਚ ਤਿਨਕਾ ਲਈ ਪਰਿਦਾ,
ਉਂਡਿਆ ਚਾਰ ਚੁਫੇਰੇ।
ਜੁਹਾਂ ਦੇਸੀ ਬਿਰਖ ਦਸੋਗੇ।
ਕਿਧਰ ਆਲ੍ਹਣਾਂ ਪਾਵਾਂ।

ਪਿਛਲੀ ਰਾਤ ਚੜ੍ਹੀ ਹਨ੍ਹੇਰੀ,
ਕਰ ਗਈ ਤੀਲ੍ਹਾ-ਤੀਲ੍ਹਾ।
ਲੁਕ ਛੁਪ ਕੇ ਕੋਈ ਬਚੀ ਕਰੁੰਬਲ,
ਪੱਤਰ ਟਾਵਾਂ-ਟਾਵਾਂ।

ਲੱਗੀ ਲੱਅ ਤੇ ਕੀ ਪਿਆ ਵੇਖਾਂ,
ਬੰਦ ਦਿੱਸਣ ਦਰਵਾਜ਼ੇ।
ਤਖ਼ਤਪੋਸ ਤੇ ਖੁੱਲ੍ਹਿਆ ਠੰਕਾ,
ਪਿੰਡ ਦੀ ਸੱਥ ਵਿੱਚ ਠਾਣਾ।

ਖੁਹਾਂ 'ਤੇ ਸੀ ਰੱਬ ਵਸੋਦਾ,
ਉਹ ਵੀ ਰੁਸਦਾ ਲੱਗਿਆ,
ਜੱਟ ਮਰਦਾ ਖੁਦਕੁਸ਼ੀਆਂ ਕਰਦਾ,
ਉਹਨੂੰ ਚੰਬੜੀਆਂ ਦਿਨੇ ਬਲਾਵਾਂ,
ਉਹਨੂੰ ਚੰਬੜੀਆਂ ਦਿਨੇ ਬਲਾਵਾਂ।

ਗੁਰੂਆਂ ਪੀਰਾਂ ਦੀ ਉਹ ਧਰਤੀ,
ਧਾਹਾਂ ਮਾਰ ਕੇ ਰੋਵੇ।
ਜਿਉਂ ਕੋਈ ਲਾੜੀ ਸੱਜ ਵਿਆਹੀ,
ਲੁਟ ਲਈ ਆਪ ਕਹਾਰਾਂ।

ਸੱਪਣੀ ਸਿਰ ਤੇ ਫੁਕਾਂ ਮਾਰੇ,
ਬੋਟ ਆਲ੍ਹਣੇ ਸਹਿਮੇ।
ਉਤਰ ਪਹਾੜ ਆਵੇ ਜੋਗੀ,
ਪੁਟ ਵਰਮੀ ਨੂੰ ਢਾਵਾਂ।

ਪਿੱਪਲਾਂ ਦੇ ਸੰਗ ਬੋੜ ਗਵਾ ਲਏ,
ਬੋੜਾਂ ਦੇ ਸੰਗ ਛਾਵਾਂ।
ਟਾਹਲੀਆਂ ਗਈਆਂ ਆਏ ਸਫ਼ੈਦੇ,
ਪੀਘਾਂ ਕਿੱਥੇ ਪਾਵਾਂ।



ਮਾਧਵ ਅਰੋੜਾ
ਦਸਵੀ 'ਈ'

ਫੈਸ਼ਨ

ਸੁਣਾਂਦੀ ਹਾਂ ਤੁਹਾਨੂੰ ਫੈਸ਼ਨ ਦੀ ਗੱਲ ਦੋਸਤੋ,
ਸੁਣਾਣੀ ਤਾਂ ਨਹੀਂ ਚਾਹੁੰਦੀ।
ਪਰ ਫੈਸ਼ਨ ਨੂੰ ਦੇਖ ਕੇ ਮਜ਼ਬੂਰ ਹਾਂ ਦੋਸਤੋ
ਰਿਹਾ ਵੀ ਨਹੀਂ ਜਾਂਦਾ।

ਅੱਜਕੱਲ੍ਹ ਦਾ ਫੈਸ਼ਨ ਬੜਾ ਨਿਰਾਲਾ ਏ,
ਨਿਰਾਲਾ ਤਾਂ ਕਾਹਦਾ ਗਲੇ ਦਾ ਤਾਲਾ ਹੈ।
ਨਾ ਕੋਈ ਮਾਸੀ ਹੈ, ਨਾ ਕੋਈ ਮਾਮੀ,
ਕੁੜੀਆਂ ਪਾਉਂਦੀਆਂ ਤੰਗ ਪੰਜਾਮੀ।

ਹੁਣ ਧੌਤੀ ਪੰਜਾਮੇ ਦਾ ਗਿਆ ਜਮਾਨਾ,
ਮੁੰਡੇ ਪਾਉਂਦੇ ਤੰਗ ਪੇਟਾਂ ਪੜ੍ਹਨਾਂ।
ਹੁਣ ਖੱਦਰ ਪਾਉਣ ਦਾ ਰਿਵਾਜ ਨਹੀਂ,
ਬੁੱਢਿਆਂ ਦੀ ਵੀ ਕੋਈ ਘੱਟ ਮਿਜ਼ਾਜ ਨਹੀਂ।
ਮੁੰਡੇ ਟੇਢੀਆਂ ਪੱਗਾਂ ਬੰਨ੍ਹਦੇ ਨੇ,
ਡਿਸਕੋ ਦੀਆਂ ਪੇਟਾਂ ਪਾਉਂਦੇ ਨੇ।
ਨਾ ਮਾਸੜ ਹੇ, ਨਾ ਮਾਮਾ ਹੇ,
ਪਾਉਂਦਾ ਕੋਈ ਨਹੀਂ ਪੰਜਾਮਾ ਹੈ।

ਹੁਣ ਧੀ ਨੂੰਹ ਨਾ ਪਛਾਣ ਹੁੰਦੀ,
ਕਵਾਰੀ ਧੀ ਦੇ ਮੂੰਹ ਤੇ ਲੱਗੀ ਲਿਪਸਟਿਕ ਹੁੰਦੀ।
ਹੁਣ ਸਲਵਾਰਾਂ ਤੇ ਘੱਗਰੇ ਲਾਹ ਸੁੱਟੇ,
ਜੀਨ ਦੀ ਤੰਗ ਪੇਟ ਫ਼ਸਾਈ ਹੁੰਦੀ।
ਫੈਸ਼ਨ ਨੇ ਦੁਨੀਆ ਪੱਟ ਸੁੱਟੀ,
ਧੀਆਂ ਨੂੰਹਾਂ ਨੇ ਸਰਮ ਲਾਹ ਸੁੱਟੀ।
ਨੂੰਹ ਨੇ ਸੱਸ ਬਹੁਤ ਕੁੱਟੀ,
ਪਰ ਸੱਸ ਡਰਦੀ ਮੂੰਹੋਂ ਨਾ ਫੁੱਟੀ।

ਹੱਟ ਜਾਓ ਲੋਕੋ ਫੈਸ਼ਨ ਨਾ ਕਰੋ,
ਕੁਝ ਤਾਂ ਰੱਬ ਤੋਂ ਡਰੋ।
ਜੇ ਫੈਸ਼ਨ ਨਾ ਛੱਡਿਆ ਤਾਂ ਮਰ ਜਾਵੋਗੇ,
ਜੇ ਮੇਰੀ ਗੱਲ ਮੰਨ ਲਈ ਤਾਂ ਤਰ ਜਾਵੋਗੇ।



ਵਿਸ਼ਾਖਾ
ਨੌਵੀਂ 'ਸੀ'

ਸੀਵਨ ਦੀ ਸੱਚਾਈ

- | | |
|----------------------------------|------------------|
| 1. ਸਭ ਤੋਂ ਵਧੀਆ ਦਿਨ | - ਅੱਜ ਦਾ ਦਿਨ |
| 2. ਸਭ ਤੋਂ ਵਧੀਆ ਸਮਾਂ | - ਵਰਤਮਾਨ |
| 3. ਸਭ ਤੋਂ ਵਧੀਆ ਪਾਪ | - ਡਰ |
| 4. ਸਭ ਤੋਂ ਖਤਰਨਾਕ ਵਸਤੂ | - ਚਿੰਤਾ |
| 5. ਸਭ ਤੋਂ ਬੁਰੀ ਭਾਵਨਾ | - ਈਰਖਾ |
| 6. ਸਭ ਤੋਂ ਵੱਡੀ ਰੁਕਾਵਟ | - ਜ਼ਿਆਦਾ ਬੋਲਣਾ |
| 7. ਸਭ ਤੋਂ ਵੱਡੀ ਭੁੱਲ | - ਸਮੇਂ ਦੀ ਬਰਬਾਦੀ |
| 8. ਸਭ ਤੋਂ ਵੱਧ ਲੋੜੀਂਦਾ | - ਗਿਆਨ |
| 9. ਸਭ ਤੋਂ ਵੱਧ ਵਿਸ਼ਵਾਸ-ਪਾਤਰ ਮਿੱਤਰ | - ਆਪਣੇ ਹੱਥ |
| 10. ਸਭ ਤੋਂ ਅਟੱਲ ਸੱਚਾਈ | - ਪਰਮਾਤਮਾ |

ਰਿਜ਼ਲ

ਸੱਤਵੀਂ 'ਸੀ'



ਅਥਾਦੀ ਦੀ ਸਮੱਸਿਆ

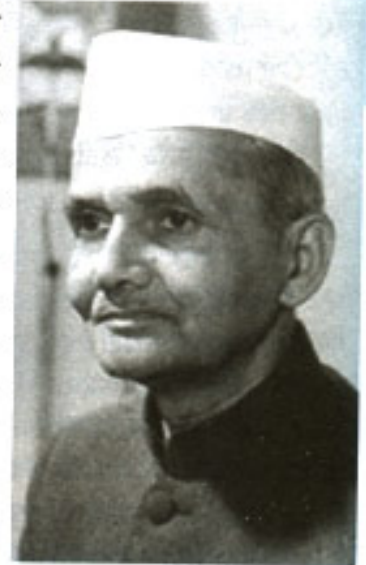
ਅੱਜ ਅਥਾਦੀ ਇੱਕ ਸੌ ਇੱਕੀ ਕਰੋੜ ਹੋ ਗਈ,
ਇਸੇ ਕਾਰਨ ਰੋਟੀ ਦੀ ਥੜ੍ਹ ਹੋ ਗਈ,
ਭੁੱਖਮਰੀ ਨੇ ਅਜਿਹੇ ਕੀਤੇ ਨੇ ਕਮਾਲ,
ਸਾਰੇ ਘਰ ਹੋ ਗਏ ਗਰੀਬੀ ਨਾਲ ਮਾਲਮਾਲ।
ਬੇਰੁਜ਼ਗਾਰੀ ਵਰਗੀ ਬਲਾ ਕੀ ਆ ਗਈ।
ਸਫਲਤਾ ਦੀ ਗੱਡੀ ਨੂੰ ਠੱਲ੍ਹ ਪਾ ਗਈ।
ਨਹਿਰੂ ਨੇ ਕੀਤੀ ਸੀ ਦੇਸ ਦੀ ਸੇਵਾ,
ਹੁਣ ਤਾਂ ਸਾਰੇ ਬੈਠ ਕੇ ਖਾਂਦੇ ਨੇ ਮੇਵਾ।
ਇੱਥੇ ਹੁਣ ਵੋਟਾਂ ਹੁੰਦੀਆਂ ਨੇ ਰੋਜ਼,
ਲੀਡਰ ਸਾਡੇ ਦੇਸ ਦੇ ਰੋਜ਼ ਬਦਲਦੇ ਨੇ ਪੋਜ਼।
ਦੇਸ ਦੇ ਗਰੀਬਾਂ ਦਾ ਵੱਜ ਗਿਆ ਵਾਜਾ,
ਅਮੀਰ ਨਿੱਤ ਪੀਂਦੇ ਨੇ ਠੰਢੀ-ਮਿੱਠੀ ਮਾਜਾ।
ਬੇਈਮਾਨਾਂ ਦਾ ਹੁਣ ਵੱਧ ਗਿਆ ਰੋਹਬ,
ਹੁਣ ਤਾਂ ਪੁਲਸੀਏ ਹੰਗਾਮੇ ਕਰਦੇ ਨੇ ਰੋਜ਼,
ਚਾਂਦੀ ਦੀ ਜੁੱਤੀ ਨਾਲ ਕੰਮ ਹੁੰਦੇ ਨੇ,
ਇਮਾਨਦਾਰੀ ਦੇ ਦਫ਼ਤਰ ਹੁਣ ਬੰਦ ਹੁੰਦੇ ਨੇ।

ਵਿਨੈ ਸਾਹਨ
ਦਸਵੀਂ 'ਈ'



'ਮਾਂ ਵੱਲ ਬੱਚੇ ਦਾ ਪਿਆਰ'

ਬਹੁਤ ਪਹਿਲਾਂ ਦੀ ਗੱਲ ਹੈ। ਗੰਗਾ ਨਦੀ ਵਿੱਚ ਹੜ੍ਹ ਆਇਆ ਸੀ। ਇੱਕ ਛੋਟਾ ਬਾਲਕ ਜਿਸ ਨੇ ਪੜ੍ਹਨ ਲਈ ਸਕੂਲ ਗੰਗਾ ਨਦੀ ਦੇ ਪਾਰ ਜਾਣਾ ਸੀ। ਉਸ ਨੂੰ ਉਸ ਦੀ ਮਾਂ ਨੇ ਪੰਜ ਰੁਪਏ ਦਿੰਦੇ ਹੋਏ ਕਿਹਾ ਕਿ, "ਪੁੱਤਰ ਇਹਨਾਂ ਰੁਪਈਆਂ ਨਾਲ ਨਦੀ ਪਾਰ ਕਰ ਲਵੀਂ।" ਇਹ ਸੁਣ ਕੇ ਬਾਲਕ ਨੇ



ਮਾਤਾ ਨੂੰ ਪੁੱਠਾਮ ਕੀਤਾ ਤੇ ਆਪਣਾ ਬਸਤਾ ਲੈ ਕੇ ਸਕੂਲ ਵਲ ਚੱਲ ਪਿਆ। ਨਦੀ ਦੇ ਕਿਨਾਰੇ ਪੁੱਜਿਆ ਤਾਂ ਉਸ ਦੀ ਨਜ਼ਰ ਉੱਥੇ ਬੈਠੇ ਚਿਮਟੇ ਵਾਲੇ 'ਤੇ ਪਈ। ਉਸ ਨੂੰ ਯਾਦ ਆਇਆ ਕਿ ਉਸ ਦੀ ਮਾਂ ਕੌਲ ਚਿਮਟਾ ਨਹੀਂ ਸੀ। ਉਸਨੇ ਆਪਣਾ ਬਸਤਾ ਤੇ ਕੱਪੜੇ ਸਿਰ ਉੱਤੇ ਬੈਠੇ ਅਤੇ ਮਲਾਹਾਂ ਦੇ ਰੋਕਣ ਤੇ ਵੀ ਨਾ ਰੁਕਿਆ ਅਤੇ ਨਦੀ ਤੈਰ ਕੇ ਪਾਰ ਕੀਤੀ, ਜਿਸ ਨੂੰ ਕਿ ਪਾਰ ਕਰਨਾ ਬਹੁਤ ਔਖਾ ਕੰਮ ਸੀ ਅਤੇ ਜਦੋਂ ਸਕੂਲ ਤੋਂ ਵਾਪਸ ਆਉਣ ਸਮੇਂ ਇੱਕ ਮਲਾਹ ਨੇ ਉਸ ਬੱਚੇ ਨੂੰ ਸਮਝਾਉਂਦੇ ਹੋਏ ਕਿਹਾ ਕਿ, "ਪੁੱਤਰ ਇਸ ਸਮੇਂ ਹੜ੍ਹ ਦੇ ਹੋਣ ਕਰਕੇ ਪਾਣੀ ਦਾ ਵਹਾਅ ਬਹੁਤ ਤੇਜ਼ ਹੈ। ਤੂੰ ਤੈਰ ਕੇ ਇਸ ਨੂੰ ਨਾ ਪਾਰ ਕਰ ਅਸੀਂ ਤੇਰੇ ਤੋਂ ਇੱਕ ਵੀ ਪੈਸਾ ਨਹੀਂ ਲਵਾਂਗੇ।" ਪਰ ਉਹ ਨਾ ਮੰਨਿਆ ਤੇ ਨਦੀ ਤੈਰ ਕੇ ਪਾਰ ਕੀਤੀ ਤੇ ਚਿਮਟਾ ਆਪਣੀ ਮਾਂ ਨੂੰ ਦੇ ਦਿੱਤਾ। ਜਦ ਮਾਂ ਨੂੰ ਸਾਰੀ ਗੱਲ ਦਾ ਪਤਾ ਲੱਗਾ ਤਾਂ ਉਸ ਨੇ ਕਿਹਾ ਕਿ, "ਤੂੰ ਵੱਡਾ ਹੋ ਕੇ ਮਹਾਪੁਰਖ ਬਣੇਗਾ।" ਇਹ ਬੱਚਾ ਹੋਰ ਕੋਈ ਨਹੀਂ ਬਲਕਿ ਭਾਰਤ ਮਾਂ ਦਾ ਸਪੁੱਤਰ ਸੀ ਲਾਲ ਬਹਾਦਰ ਸ਼ਾਸਤਰੀ ਸੀ।

ਸਚਿਨ ਬਾਂਸਲ
ਸੱਤਵੀਂ 'ਸੀ'





ਅਨੋਖਾ ਇਤਿਹਾਸਕ ਸੱਚ



ਨੈਪੋਲੀਅਨ ਦਾ ਜਨਮ	- 1760
ਹਿਟਲਰ ਦਾ ਜਨਮ	- 1889
ਦੋਹਾਂ ਦਾ ਫ਼ਰਕ	- 129 ਸਾਲ

ਨੈਪੋਲੀਅਨ ਦਾ ਭਾਰਤ ਆਉਣਾ	- 1804
ਹਿਟਲਰ ਦਾ ਭਾਰਤ ਆਉਣਾ	- 1933
ਦੋਹਾਂ ਦਾ ਫ਼ਰਕ	- 129 ਸਾਲ

ਨੈਪੋਲੀਅਨ ਦਾ ਰੂਸ ਖਿਲਾਫ਼ ਜੰਗ	- 1812
ਹਿਟਲਰ ਦਾ ਰੂਸ ਖਿਲਾਫ਼ ਜੰਗ	- 1941
ਦੋਹਾਂ ਦਾ ਫ਼ਰਕ	- 129 ਸਾਲ

ਨੈਪੋਲੀਅਨ ਹਾਰਿਆ	- 1816
ਹਿਟਲਰ ਹਾਰਿਆ	- 1945
ਦੋਹਾਂ ਦਾ ਫ਼ਰਕ	- 129 ਸਾਲ

ਵੀਨਸ
ਸੱਤਵੀਂ 'ਸੀ'



ਅਥਿਤਾ ਪਾਂਡੇ
ਛੇਵੀਂ 'ਬੀ'



ਖੁਸ਼ੀ ਅਨਮੋਲ ਰਤਨ ਹੈ

ਖੁਸ਼ੀ ਇੱਕ ਬਹੁਤ ਵੱਡੀ ਨਿਆਮਤ ਹੈ, ਖੁਸ਼ ਰਹਿਣ ਵਾਲੇ ਵਿਅਕਤੀ ਉਸ ਖੁਸ਼ਬੂਦਾਰ ਫੁੱਲ ਵਰਗੇ ਹੁੰਦੇ ਹਨ ਜਿਨ੍ਹਾਂ ਕੋਲ ਹਰ ਇਨਸਾਨ ਦੇ ਪਲ ਰੁੱਕਣਾ ਪਸੰਦ



ਕਰਦਾ ਹੈ। ਪਰ ਦੂਜੇ ਪਾਸੇ ਚਿੜਚਿੜੇ ਵਿਅਕਤੀ ਉਸ ਝਾੜੀ ਵਰਗੇ ਹੁੰਦੇ ਹਨ ਜਿਨ੍ਹਾਂ ਦੇ ਕੋਲ ਰੁੱਕਣਾ ਤਾਂ ਇੱਕ ਪਾਸੇ ਰਿਹਾ ਕੋਲ ਦੀ ਲੰਘਣ ਨਾਲ ਵੀ ਝਰੀਟਾਂ ਪੈ ਜਾਂਦੀਆਂ ਹਨ।

ਖੁਸ਼ ਰਹਿਣ ਵਾਲੇ ਵਿਅਕਤੀ ਸਦਾ ਸਿਹਤਮੰਦ ਹੁੰਦੇ ਹਨ। ਸਿਆਣੇ ਕਹਿੰਦੇ ਹਨ 'ਚਿੰਤਾ ਰੱਖਣ ਨਾਲ ਸ਼ਰੀਰ ਨੂੰ ਬਹੁਤ ਸਾਰੇ ਰੋਗ ਲੱਗ ਜਾਂਦੇ ਹਨ।' ਖੁਸ਼ੀ ਇੱਕ ਅਜਿਹਾ ਟੈਨਿਕ ਹੈ ਜਿਹੜਾ ਸ਼ਰੀਰ ਨੂੰ ਰੋਗਾਂ ਤੋਂ ਮੁਕਤ ਰੱਖਦਾ ਹੈ।

ਖੁਸ਼ੀ ਉਹ ਅਨਮੋਲ ਰਤਨ ਹੈ ਜਿਸ ਨੂੰ ਖਰੀਦਿਆ ਨਹੀਂ ਜਾ ਸਕਦਾ, ਪਰ ਡਾਗਰੀਬ-ਅਮੀਰ ਇਸ ਨੂੰ ਆਪਣੇ ਜਤਨ ਨਾਲ ਹਾਸਲ ਕਰ ਸਕਦਾ ਹੈ। ਲੋੜ ਹੈ ਈਰਖਾ, ਸਾੜਾ ਅਤੇ ਕਰੋਧ ਵਰਗੇ ਔਗੁਣਾਂ ਨੂੰ ਤਿਆਗਣ ਦੀ। ਜਿਹੜਾ ਮਨੁੱਖ ਨੂੰ ਪਿਆਰ ਕਰਦਾ ਹੈ, ਖੁਸ਼ੀ ਉਸਦੇ ਪੈਰ ਚੁੰਮਦੀ ਹੈ।

ਸਾਦਗੀ ਹੀ ਸੁੰਦਰਤਾ ਹੈ

ਜ਼ਮਾਨਾ ਬੜੀ ਰਫ਼ਤਾਰ ਨਾਲ ਤਰੱਕੀ ਕਰ ਰਿਹਾ ਹੈ। ਜ਼ਮਾਨੇ ਦੀ ਇਸ ਦੌੜ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋ 'ਫੈਸ਼ਨ ਦੀ ਦੌੜ'। ਅੱਜ-ਕੱਲ੍ਹ ਫੈਸ਼ਨ ਹੀ ਸਭ ਕੁਝ ਸਮਝਿਆ ਜਾਂਦਾ ਹੈ। ਇਹ ਗੱਲ ਮੰਨਣਯੋਗ ਹੈ ਕਿ ਹਾਰ-ਸਿੰਗਾਰ ਸਦੀਆਂ ਤੋਂ ਚੱਲੇ ਆ ਰਹੇ ਹਨ। ਹਰ ਮਨੁੱਖ ਆਪਣੇ ਆਪ ਨੂੰ ਸੁੰਦਰ ਦਿਖਾਉਣ ਲਈ ਹਰ ਤਰ੍ਹਾਂ ਦਾ ਫੈਸ਼ਨ ਅਪਨਾਉਣਾ ਚਾਹੁੰਦਾ ਹੈ, ਪਰ ਸੁੰਦਰਤਾ ਕੀ ਹੈ ? ਸੁੰਦਰਤਾ ਸਾਦਗੀ ਵਿੱਚ ਹੈ। ਅਫ਼ਸੋਸ! ਨੌਜਵਾਨ ਵਰਗ ਨੂੰ ਫੈਸ਼ਨ ਨੇ ਬੁਰੀ ਤਰ੍ਹਾਂ ਜਕੜਿਆ ਹੋਇਆ ਹੈ। ਲੜਕੇ-ਲੜਕਿਆਂ ਵਿੱਚ ਵੱਧ ਰਹੀ ਇਸ ਰੂਚੀ ਨੂੰ ਦੇਖ ਕੇ ਇੱਥੇ ਜਾਪਦਾ ਹੈ ਕਿ ਸਾਡਾ ਦੇਸ਼ ਸਿਰਫ਼ ਪ੍ਰਦੂਸ਼ਨ ਦਾ ਕੇਂਦਰ ਹੀ ਬਣ ਕੇ ਰਹਿ ਜਾਏਗਾ। ਕਾਲਜਾਂ ਵਿੱਚ ਪੜ੍ਹਦੇ ਵਿਦਿਆਰਥੀ ਅਜਿਹੇ ਕੱਪੜੇ ਪਹਿਨਦੇ ਹਨ ਕਿ ਦੇਖ ਕੇ ਸੋਚ ਵਿੱਚ ਝੁੱਝ ਜਾਈਦਾ ਹੈ।

ਕਿਸੇ ਨੇ ਸਹੀ ਕਿਹਾ ਹੈ - "Simple living and High thinking." ਵਿੱਚ ਰੱਬ ਵੱਸਦਾ ਹੈ। ਸਾਦੇ ਮਨੁੱਖ ਦੀ ਸੋਚ ਹਮੇਸ਼ਾ ਵਧੀਆ ਹੁੰਦੀ ਹੈ। ਸਾਦਾ ਰਹਿਣ ਨਾਲ ਕੋਈ ਨੀਵਾਂ ਜਾਂ ਉੱਜੜ ਨਹੀਂ ਬਣ ਜਾਂਦਾ। ਅੱਜ-ਕੱਲ੍ਹ ਦੇ ਮੁੰਡੇ-ਕੁੜੀਆਂ ਕੱਪੜਿਆਂ ਤੇ ਵਾਲਾਂ ਦੇ ਕਈ ਸਟਾਇਲ ਬਣਾਉਂਦੇ ਹਨ। ਫੈਸ਼ਨ ਸਮੇਂ ਅਤੇ ਧਨ ਦੀ ਬਰਬਾਦੀ ਕਰਦੇ ਹਨ। ਹੁਣ ਤਾਂ ਕਾਲਜ ਵੀ ਵਿੱਦਿਆ ਦੇ ਮੰਦਰ ਦੀ ਬਜਾਏ ਫੈਸ਼ਨ ਦੇ ਕੇਂਦਰ ਬਣਦੇ ਜਾ ਰਹੇ ਹਨ। ਵਿਦਿਆਰਥੀ ਫੈਸ਼ਨ ਨੂੰ ਛੱਡ ਆਪਣੀ ਸੋਚ ਨੂੰ ਉਸਾਰੂ ਪਾਸੇ ਲਾਉਣ। ਪਰਮਾਤਮਾ ਕਰੇ ਕਿ ਉਹ ਦਿਨ ਛੋਟੀ ਆ ਜਾਵੇ ਕਿ ਜਦੋਂ ਸਾਰੇ ਇਸ ਗੱਲ ਵਿੱਚ ਵਿਸ਼ਵਾਸ ਕਰਨ ਕਿ 'ਸਾਦਗੀ ਹੀ ਸੁੰਦਰਤਾ' ਹੈ।

ਸਹਿਜ ਬੇਰੀ
ਛੇਵੀਂ 'ਬੀ'



ਅਕਾਲ ਪੁਰਖ

ਅਕਾਲ ਪੁਰਖ ਦਾ ਹਰ ਥਾਂ ਜ਼ੋਰ,
ਉਸ ਵਰਗਾ ਨਹੀਂ ਕੋਈ ਹੋਰ।

ਕਣ-ਕਣ ਦੇ ਵਿੱਚ ਉਹ ਹੈ ਰੱਸਿਆ,
ਨਾ ਉਹ ਮਰਿਆ, ਨਾ ਉਹ ਜੰਮਿਆ।

ਉਸ ਦਾ ਨਾਮ ਸਦਾ ਹੈ ਭਾਈ,
ਉਸ ਨੇ ਸਾਰੀ ਸ੍ਰਿਸ਼ਟ ਬਣਾਈ।

ਹਰ ਥਾਂ ਤੇ ਉਹ ਵੱਸਿਆ ਹੋਇਆ,
ਸਭ ਕਾਸੇ ਵਿੱਚ ਰੱਸਿਆ ਹੋਇਆ।

ਨਹੀਂ ਡਰਾਉਂਦਾ, ਨਾ ਹੀ ਡਰਦਾ,
ਨਾਲ ਕਿਸੇ ਦੇ ਵੈਰ ਨਾ ਕਰਦਾ।

ਸ਼ਕਲ ਰਹਿਤ ਹੈ, ਕਾਲ ਨਾ ਕੋਈ,
ਸਮੇਂ ਦਾ ਉਸ ਤੇ ਜਾਲ ਨਾ ਕੋਈ।

ਹੁੰਦਾ ਕਦੇ ਵਿਨਾਸ਼ ਨਾ ਉਸਦਾ,
ਆਪੇ ਤੋਂ ਪ੍ਰਕਾਸ਼ ਹੈ ਉਸਦਾ।

ਗੁਰੂ ਦੀ ਕਿਰਪਾ ਨਾਲ ਹੈ ਮਿਲਦਾ,
ਜਿਸ ਨੂੰ ਮਿਲਦਾ ਜੀਵਨ ਖਿਲਦਾ।

ਮਨਮੀਤ ਸਿੰਘ
ਅੱਠਵੀਂ 'ਏ'



ਬੱਚੇ ਨੰਬਰ ਵਨ

ਵੱਡਿਆਂ ਦਾ ਜੋ ਸਤਿਕਾਰ ਨੇ ਕਰਦੇ,
ਛੋਟਿਆਂ ਦੇ ਨਾਲ ਪਿਆਰ ਜੋ ਕਰਦੇ।

ਸਾਰਿਆਂ ਨੂੰ ਉਹ ਹੱਸ ਬੁਲਾਉਂਦੇ,
ਉਹ ਸਭ ਦੇ ਮਨ ਨੂੰ ਭਾਉਂਦੇ।

ਰੋਜ਼ ਸਕੂਲ ਨੂੰ ਜੋ ਹੱਸ ਕੇ ਜਾਂਦੇ,
ਪੜ੍ਹਕੇ ਸਿੱਧੇ ਘਰ ਨੂੰ ਆਉਂਦੇ।

ਸੱਚ ਬੋਲਦੇ, ਸੱਚੇ ਹਿਰਦੇ,
ਮੂੰਹੋਂ ਉਹਨਾਂ ਦੇ ਫੁੱਲ ਨੇ ਕਿਰਦੇ।

ਪੜ੍ਹਦੇ ਨੇ ਤੇ ਪਰੀਖਿਆ ਦਿੰਦੇ,
ਉਹ ਪਹਿਲੇ ਨੰਬਰ ਤੇ ਆਉਂਦੇ।

ਮਾਤਾ-ਪਿਤਾ ਦਾ ਮਾਣ ਵਧਾਉਂਦੇ,
ਅਧਿਆਪਕਾਂ ਨੂੰ ਸੀਸ ਨਵਾਉਂਦੇ।

ਜਿੱਤ ਲੈਂਦੇ ਸਭ ਦੇ ਮਨ,
ਉਹ ਬੱਚੇ ਨੇ ਨੰਬਰ ਵਨ।

ਵੈਤਵ
ਸੱਤਵੀਂ 'ਡੀ'



ਜੰਕ ਫੂਡ

ਜੰਕ ਫੂਡ ਅੱਜ-ਕੱਲ੍ਹ ਇੱਕ ਬੜੀ ਮਨ-ਪਸੰਦ ਜ਼ਰੂਰਤ ਬਣ ਗਈ ਹੈ। ਇਹ ਇੰਨੀ ਮਾਤਰਾ ਅਤੇ ਭਿੰਨਤਾ ਵਿੱਚ ਪਾਇਆ ਜਾਂਦਾ ਹੈ ਅਤੇ ਇਸਦੀ ਕੀਮਤ ਵੀ ਘੱਟ ਹੈ ਅਤੇ ਸੁਆਦ ਵਿੱਚ ਵੀ ਭਿੰਨ ਹੋਣ ਕਰਕੇ ਸਭ ਇਸ ਨੂੰ ਪਸੰਦ ਕਰਦੇ ਹਨ। ਪਰੰਤੂ ਡਾਕਟਰ ਇਸ ਨੂੰ ਖਾਣ ਤੋਂ ਮਨ੍ਹਾਂ ਕਰਦੇ ਹਨ ਕਿਉਂਕਿ ਇਸ ਦੇ ਸੇਵਨ ਨਾਲ ਮੋਟਾਪਾ, ਬੀ.ਪੀ., ਸ਼ੂਗਰ ਆਦਿ ਕਈ ਰੋਗ ਹੋ ਜਾਂਦੇ ਹਨ ਅਤੇ ਮਨੁੱਖ ਇਸ ਦਾ ਆਦੀ ਹੋ ਜਾਂਦਾ ਹੈ ਪਤਾ ਵੀ ਨਹੀਂ ਚੱਲਦਾ। ਇਸਦੀ ਆਦਤ ਦਾ ਵੱਡਾ ਕਾਰਨ ਹੈ, ਵਿਅਸਤ ਜੀਵਨ ਸ਼ੈਲੀ। ਹਰ ਕੋਈ ਇਸ ਤੋਂ ਛੁਟਕਾਰਾ ਪਾਉਣ ਲਈ ਜੰਕ ਫੂਡ ਦੀ ਮਦਦ ਲੈਂਦਾ ਹੈ। ਹਾਂ ਕੁਝ ਪੌਸ਼ਟਿਕ ਜੰਕ ਫੂਡ ਵੀ ਬਾਜ਼ਾਰ ਵਿੱਚ ਉਪਲੱਬਧ ਹਨ। ਪਰ ਅੰਤ ਵਿੱਚ ਇਹ ਹੀ ਕਹਾਂਗੇ ਕਿ ਸਾਨੂੰ ਜੰਕ ਫੂਡ ਬਹੁਤ ਘੱਟ ਮਾਤਰਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ ਅਤੇ ਇਸ ਦਾ ਆਦੀ ਤਾਂ ਬਿਲਕੁਲ ਵੀ ਨਹੀਂ ਬਣਨਾ ਚਾਹੀਦਾ।



ਚੇਤਨਾ,
ਸੱਤਵੀਂ 'ਸੀ'

ਓਏ ਕਾਕਿਆ

ਓਏ ਕਾਕਿਆ! ਕਰ ਲੈ ਰੱਜ ਕੇ ਪੜ੍ਹਾਈ,
ਪੜ੍ਹ ਕੇ ਤੂੰ ਵੱਡਾ ਅਫ਼ਸਰ ਬਣ ਜਾਈ
ਕਰੇਗਾ ਫਿਰ ਵੱਡੀ ਕਮਾਈ,
ਓਏ ਕਾਕਿਆ! ਕਰ ਲੈ ਰੱਜ ਕੇ ਪੜ੍ਹਾਈ।

ਪੜ੍ਹੇ ਦੀ ਹਰ ਕੋਈ ਕਦਰ ਹੈ ਕਰਦਾ,
ਮੁਸ਼ਕਲਾਂ ਤੋਂ ਉਹ ਕਦੇ ਨਾ ਡਰਦਾ,
ਪੜ੍ਹ ਕੇ ਸੁਖੀ ਜੀਵਨ ਬਿਤਾਈ,
ਓਏ ਕਾਕਿਆ! ਕਰ ਲੈ ਰੱਜ ਕੇ ਪੜ੍ਹਾਈ।

ਜਿਹੜਾ ਬੰਦਾ ਹੈ ਪੜ੍ਹ ਜਾਂਦਾ,
ਦੁਨੀਆ ਵਿੱਚ ਹੈ ਆਪਣਾ ਨਾਮ ਕਮਾਂਦਾ,
ਤੂੰ ਵੀ ਆਪਣਾ ਨਾਮ ਕਮਾਵੀ,
ਓਏ ਕਾਕਿਆ! ਕਰ ਲੈ ਰੱਜ ਕੇ ਪੜ੍ਹਾਈ।

ਅਨਪੜ੍ਹ ਦੀ ਕੋਈ ਕਦਰ ਨਾ ਪਾਉਂਦਾ,
ਉਹ ਤਾਂ ਦਰ ਦਰ ਧੱਕੇ ਖਾਂਦਾ,
ਤੂੰ ਨਾ ਦਰ ਦਰ ਧੱਕੇ ਖਾਈਂ,
ਓਏ ਕਾਕਿਆ! ਕਰ ਲੈ ਰੱਜ ਕੇ ਪੜ੍ਹਾਈ।

ਅੱਤ ਵਿੱਚ ਦਿਆਂਗਾ ਤੇਨੂੰ ਇਹੀ ਨਸੀਹਤ,
ਪੜ੍ਹ ਲਿਖ ਕੇ ਬਣਾਈਂ ਤੂੰ ਆਪਣੀ ਕਿਸਮਤ,
ਤੂੰ ਨਾ ਕਿਤੇ ਅਨਪੜ੍ਹ ਰਹਿ ਜਾਈਂ,
ਓਏ ਕਾਕਿਆ! ਕਰ ਲੈ ਰੱਜ ਕੇ ਪੜ੍ਹਾਈ।



ਜਸਪ੍ਰੇਤ ਸਿੰਘ
ਛੇਵਾਂ 'ਈ'

ਭਰੂਣ ਹੱਤਿਆ ਲਈ ਜ਼ਿੰਮੇਵਾਰ ਕੌਣ

ਕੀ ਸਮਾਜ, ਡਾਕਟਰ, ਮਰਦ ਜਾਂ ਔਰਤ ਭਰੂਣ ਹੱਤਿਆ ਲਈ ਜ਼ਿੰਮੇਵਾਰ ਹਨ ?

ਜੀ ਹਾਂ ਸਮਾਜ ਇਹ ਕਦੇ ਵੀ ਇਜਾਜ਼ਤ ਨਹੀਂ ਦੇਵੇਗਾ ਕਿ ਕਿਸੇ ਦੇ ਘਰ ਧੀਆਂ ਹੀ ਹੋਣ। ਸਮਾਜ ਦਾ ਕੰਮ ਦੂਜਿਆਂ ਦੇ ਘਰਾਂ ਵਿੱਚ ਅੱਗ ਲਾਉਣਾ ਹੈ, ਭਾਵੇਂ ਉਹ ਘਰ ਵਾਲੇ ਇਸ ਸੇਕ ਤੋਂ ਕੋਹਾਂ ਦੂਰ ਹੋਣ।

ਮਨੁੱਖਤਾ ਦੇ ਸੱਚੇ ਸੇਵਕ ਡਾਕਟਰ ਜਿਨ੍ਹਾਂ ਨੂੰ ਹੁਣ ਚਾਂਦੀ ਦੇ ਭਾਂਡਿਆਂ ਵਿੱਚ ਹੀਰੋ-ਜਵਾਹਰਾਤ ਖਾਣ ਦੀ ਆਦਤ ਪੈ ਗਈ ਹੈ ਭਾਵੇਂ ਇਹ ਖਾਣਾ ਉਹਨਾਂ ਨੂੰ ਹਜ਼ਮ ਹੀ ਨਾ ਹੋਵੇ। ਕੀ ਡਾਕਟਰ ਸੌ

ਸ਼ਹੀਦਾਂ ਦੀ ਮੌਤ



ਮੌਤ ਸ਼ਹੀਦਾਂ ਦੀ ਜੋ ਲੋਕੀ ਮਰਦੇ ਨੇ,
ਉਹ ਅੰਬਰ ਦਾ ਤਾਰਾ ਬਣ ਕੇ ਚੜ੍ਹਦੇ ਨੇ।

ਜਾਨ ਜਿਹੜੀ ਵੀ, ਦੇਸ ਦੇ ਲੇਖੇ ਲੱਗਦੀ ਹੈ,
ਉਹ ਗਗਨਾਂ ਵਿੱਚ, ਸੂਰਜ ਬਣ ਕੇ ਦਖ਼ਲੀ ਹੈ।

ਉਹ ਅਸਮਾਨੀ ਬੱਦਲ ਬਣ ਕੇ ਵਰ੍ਹਦੇ ਨੇ,
ਮੌਤ ਸ਼ਹੀਦਾਂ ਦੀ ਜੋ ਲੋਕੀ ਮਰਦੇ ਨੇ।



ਸੁਨਾਬ ਸਿੰਘ ਕੁੱਕਲ
ਅੱਠਵਾਂ 'ਸੀ'

ਪ੍ਰਤੀਬੱਧ ਸੱਚਾਈ 'ਤੇ ਹੁੰਦਾ ਹੈ ਕਿ ਔਰਤ ਦੀ ਕੁੱਝ ਵਿੱਚ ਕੁੜੀ ਜਾਂ ਮੁੰਡਾ ਜੀਵਨ ਦੇ ਸਾਹ ਲੈ ਰਿਹਾ ਹੈ ?

ਮਰਦ ਪ੍ਰਧਾਨ ਸਮਾਜ ਵਿੱਚ ਤਾਂ ਕੇਵਲ ਮਰਦ ਦੀ ਹੀ ਸੁਣੀ ਜਾਂਦੀ ਹੈ ਕਿਉਂਕਿ ਔਰਤ ਤਾਂ ਮਰਦ ਦੇ ਪਿੱਛੇ ਚੱਲਣ ਵਾਲੇ ਡੱਬੇ ਦੀ ਤਰ੍ਹਾਂ ਹੀ ਹੈ। ਕੀ ਔਰਤ ਖੁਦ ਇਸ ਹੱਤਿਆ ਲਈ ਜ਼ਿੰਮੇਵਾਰ ਨਹੀਂ ? ਸੈਂਸ ਦੇ ਰੂਪ ਵਿੱਚ ਤਾਂ ਔਰਤ ਆਪਣੀ ਨੂੰਹ ਦੇ ਘਰ ਪੁੱਤਰ ਹੋਣ ਦੀ ਹੀ ਆਸ ਰੱਖਦੀ ਹੈ, ਤਾਂ ਹੀ ਕਹਿੰਦੇ ਹਨ, 'ਔਰਤ ਹੀ ਔਰਤ ਦੀ ਦੁਸ਼ਮਣ ਹੈ।'

ਸਮਾਜ ਦੀ ਸਿਰਜਣਾ ਮਨੁੱਖ ਹੀ ਕਰਦਾ ਹੈ। ਕੀ ਅਸੀਂ ਇਸ ਤਰ੍ਹਾਂ ਦੇ ਸਮਾਜ ਦੀ ਸਿਰਜਣਾ ਨਹੀਂ ਕਰ ਸਕਦੇ, ਜਿਹੜਾ ਕੁੜੀ ਨੂੰ ਤਰਜੀਹ ਦਿੰਦਾ ਹੋਵੇ। ਡਾਕਟਰ ਦੀ ਕਲੀਨਿਕ ਤੋਂ ਜੇ ਅਸੀਂ ਜਾਵਾਂਗੇ ਹੀ ਨਹੀਂ ਤਾਂ ਕਿ ਉਹ ਸਾਨੂੰ ਜ਼ਬਰਦਸਤੀ ਕੁੜੀ ਦੀ ਹੱਤਿਆ ਦੀ ਸਲਾਹ ਦੇਵੇਗਾ। 'ਮਰਦ ਦੀ ਜਨਨੀ ਔਰਤ' ਭਾਵ ਮਰਦ ਨੂੰ ਇਹ ਸੱਚਾਈ ਕਬੂਲਣੀ ਚਾਹੀਦੀ ਹੈ ਕਿ ਇੱਕ ਔਰਤ ਹੀ ਸਾਡੀ ਜਨਮਦਾਤੀ ਹੈ ਫਿਰ ਇਹ ਹੱਤਿਆ ਕਿਉਂ ? ਔਰਤ ਬਿਨਾਂ ਇਸ ਸੰਸਾਰ ਦੀ ਉਤਪੱਤੀ ਦਾ ਸੁਆਲ ਹੀ ਪੈਦਾ ਨਹੀਂ ਹੁੰਦਾ।

ਵੇਤਵ
ਸੱਤਵਾਂ 'ਸੀ'



ਸਬਜ਼ੀਆਂ ਦਾ ਮਹੱਤਵ

ਆਲੂ - ਸਬਜ਼ੀਆਂ 'ਚ ਆਲੂ ਦਾ ਪ੍ਰਮੁੱਖ ਸਥਾਨ ਹੈ। ਇਸ ਵਿੱਚ ਕਾਰਬੋਹਾਈਡਰੇਟਸ ਦੀ ਭਰਪੂਰ ਮਾਤਰਾ ਤੋਂ ਇਲਾਵਾ ਖਣਿਜ ਲੂਣ, ਵਿਟਾਮਿਨ ਅਤੇ ਅਮੀਨੋ ਐਸਿਡ ਪਾਏ ਜਾਂਦੇ ਹਨ। ਘੱਟ ਸਮੇਂ ਵਿੱਚ ਹੋਰ ਪ੍ਰਮੁੱਖ ਸਬਜ਼ੀਆਂ ਦੇ ਮੁਕਾਬਲੇ ਜ਼ਿਆਦਾ ਉਤਪਾਦਨ ਪ੍ਰਤੀ ਇਕਾਈ ਮਿਲਦਾ ਹੈ।

ਟਮਾਟਰ - ਸਬਜ਼ੀਆਂ ਵਿੱਚ ਟਮਾਟਰ ਇੱਕ ਬਹੁਤ ਪਸੰਦੀਦਾ ਸਬਜ਼ੀ ਹੈ। ਇਸ ਵਿੱਚ ਵਿਟਾਮਿਨ ਅਤੇ ਖਣਿਜ ਲੂਣ ਦੀ ਪੂਰੀ ਮਾਤਰਾ ਪਾਈ ਜਾਂਦੀ ਹੈ।

ਬੈਂਗਣ - ਇਸ ਦੀ ਖੇਤੀ ਲੱਗਭਗ ਸਾਰੇ ਭਾਰਤ ਵਿੱਚ ਕੀਤੀ ਜਾਂਦੀ ਹੈ। ਵਿਟਾਮਿਨ 'ਏ' ਅਤੇ 'ਸੀ' ਦੇ ਇਲਾਵਾ ਇਸ ਵਿੱਚ ਖਣਿਜ ਲੂਣ ਵੀ ਪਾਏ ਜਾਂਦੇ ਹਨ।

ਸ਼ਿਮਲਾ ਮਿਰਚ - ਇਸ ਦਾ ਉਪਯੋਗ ਸਬਜ਼ੀ ਦੇ ਇਲਾਵਾ ਫ਼ਾਸਟ ਫੂਡ ਆਦਿ ਵਿੱਚ ਵੀ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਵਿਟਾਮਿਨ 'ਏ' ਅਤੇ 'ਸੀ' ਦੇ ਇਲਾਵਾ ਖਣਿਜ ਲੂਣ ਵੀ ਪਾਏ ਜਾਂਦੇ ਹਨ।

ਭਿੰਡੀ - ਭਿੰਡੀ ਦਾ ਉਪਯੋਗ ਸਬਜ਼ੀ ਦੇ ਰੂਪ ਵਿੱਚ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਇਸ ਵਿੱਚ ਵਿਟਾਮਿਨ, ਖਣਿਜ ਅਤੇ ਆਇਰੋਡੀਨ ਪਾਏ ਜਾਂਦੇ ਹਨ। ਇਸ ਦੀਆਂ ਜੜ੍ਹਾਂ ਅਤੇ ਤਣਿਆਂ ਦਾ ਉਪਯੋਗ ਗੁੜ ਅਤੇ ਖੰਡ ਉਦਯੋਗ ਵਿੱਚ ਕੀਤਾ ਜਾਂਦਾ ਹੈ।

ਗਾਜਰ - ਇਹ ਇੱਕ ਪੌਸ਼ਟਿਕ ਸਬਜ਼ੀ ਹੈ। ਇਸ ਵਿੱਚ ਵਿਟਾਮਿਨ 'ਏ' ਦੀ ਭਰਪੂਰ ਮਾਤਰਾ ਦੇ ਇਲਾਵਾ ਸ਼ੱਕਰ, ਖਣਿਜ, ਲੂਣ ਪਾਏ ਜਾਂਦੇ ਹਨ। ਇਹ ਸਬਜ਼ੀ, ਆਚਾਰ, ਮੁਰੱਬੇ ਦੇ ਇਲਾਵਾ ਕੱਚੀ ਅਤੇ ਸਲਾਦ ਦੇ ਰੂਪ ਵਿੱਚ ਵੀ ਵਰਤੀ ਜਾਂਦੀ ਹੈ।

ਮਟਰ - ਅਸਾਨੀ ਨਾਲ ਪੱਚਣ ਵਾਲੀ ਸਬਜ਼ੀ ਹੈ। ਇਸ ਵਿੱਚ ਕਾਰਬੋਹਾਈਡਰੇਟਸ, ਪ੍ਰੋਟੀਨ, ਵਿਟਾਮਿਨ ਅਤੇ ਖਣਿਜ ਲੂਣ ਪਾਏ ਜਾਂਦੇ ਹਨ। ਸਬਜ਼ੀ ਦੇ ਇਲਾਵਾ ਇਸ ਦਾ ਸੁੱਕੇ ਮਟਰ ਦੇ ਰੂਪ ਵਿੱਚ ਵੀ ਉਪਯੋਗ ਕੀਤਾ ਜਾਂਦਾ ਹੈ।

ਪਿਆਜ - ਪਿਆਜ ਇੱਕ ਪ੍ਰਮੁੱਖ ਫ਼ਸਲ ਮੰਨੀ ਜਾਂਦੀ ਹੈ। ਇਸ ਵਿੱਚ ਵਿਟਾਮਿਨ 'ਸੀ' ਅਤੇ ਕਈ ਹੋਰ ਪੌਸ਼ਟਿਕ ਤੱਤ ਭਰਪੂਰ ਮਾਤਰਾ ਵਿੱਚ ਪਾਏ ਜਾਂਦੇ ਹਨ। ਇਹ ਲੂ ਲੱਗਣ ਅਤੇ ਗੁਰਦੇ ਦੀ ਬਿਮਾਰੀ ਲਈ ਲਾਭਦਾਇਕ ਹੈ।



ਕਰੇਲਾ - ਲੱਗਭਗ ਸਾਰੇ ਭਾਰਤ ਵਿੱਚ ਇਸਦੀ ਖੇਤੀ ਕੀਤੀ ਜਾਂਦੀ ਹੈ। ਇਸ ਦਾ ਉਪਯੋਗ ਸਬਜ਼ੀ ਅਤੇ ਭਰਵੇਂ ਕਰੇਲੇ ਦੀ ਸਬਜ਼ੀ ਬਣਾਉਣ ਵਿੱਚ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਗਠੀਆ, ਸ਼ੂਗਰ ਅਤੇ ਕਈ ਹੋਰ ਬੀਮਾਰੀਆਂ ਦੇ ਇਲਾਜ ਵਿੱਚ ਇਸ ਦਾ ਉਪਯੋਗ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਇਸ ਵਿੱਚ ਪ੍ਰੋਟੀਨ, ਲੋਹਾ ਅਤੇ ਵਿਟਾਮਿਨ ਪਾਏ ਜਾਂਦੇ ਹਨ।

ਖੀਰਾ - ਖੀਰੇ ਨੂੰ ਲੂਣ ਅਤੇ ਮਿਰਚ ਨਾਲ ਕੱਚਾ ਖਾਇਆ ਜਾਂਦਾ ਹੈ। ਭਰਵੇਂ ਕਰੀ ਬਣਾਉਣ ਵਿੱਚ ਇਸ ਦਾ ਉਪਯੋਗ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਪੀਲੀਆ ਅਤੇ ਕਬਜ਼ ਵਿੱਚ ਇਸਦਾ ਉਪਯੋਗ ਲਾਭਕਾਰੀ ਮੰਨਿਆ ਜਾਂਦਾ ਹੈ। ਇਸ ਦੇ ਕੱਚੇ ਫਲਾਂ ਨੂੰ ਕੱਟ ਕੇ ਅੱਖਾਂ ਅਤੇ ਚਮੜੀ ਤੇ ਰਗੜਨ ਨਾਲ ਚਮੜੀ ਕੌਮਲ ਅਤੇ ਨਰਮ ਹੋ ਜਾਂਦੀ ਹੈ। ਵਿਟਾਮਿਨ 'ਬੀ' ਅਤੇ 'ਸੀ' ਦੇ ਇਲਾਵਾ ਕਾਰਬੋਹਾਈਡਰੇਟਸ, ਪ੍ਰੋਟੀਨ ਅਤੇ ਖਣਿਜ ਲੂਣ ਪਾਏ ਜਾਂਦੇ ਹਨ।

ਘੀਆ - ਘੀਆ ਅਸਾਨੀ ਨਾਲ ਪਚਣ ਵਾਲੀ ਸਬਜ਼ੀ ਹੈ। ਇਸ ਲਈ ਬਿਮਾਰੀ ਦੇ ਬਾਅਦ ਸਿਹਤਮੰਦ ਰਹਿਣ ਲਈ ਇਸਦਾ ਉਪਯੋਗ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਇਸਦਾ ਗੁੱਦਾ ਕੁਝ ਜਹਿਰਾਂ ਦੇ ਪ੍ਰਭਾਵ ਨੂੰ ਖਤਮ ਕਰਨ ਦੇ ਨਾਲ-ਨਾਲ ਬਲਗਮ ਅਤੇ ਖਾਸੀ ਵਿੱਚ ਲਾਭਕਾਰੀ ਮੰਨਿਆ ਗਿਆ ਹੈ। ਇਸ ਦੀਆਂ ਪੱਤੀਆਂ ਨੂੰ ਚੀਨੀ ਦੇ ਨਾਲ ਮਿਲਾ ਕੇ ਪੀਲੀਆ ਦੇ ਰੋਗ ਦੇ ਇਲਾਜ ਲਈ ਪ੍ਰਯੋਗ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਸਬਜ਼ੀ ਦੇ ਇਲਾਵਾ ਕੌਫ਼ਤੇ, ਰਾਇਤਾ, ਅਚਾਰ, ਖੀਰ ਅਤੇ ਹਲਵੇ ਜਿਹੇ ਪਕਵਾਨ ਬਣਾਉਣ ਲਈ ਘੀਆ ਕੰਮ ਆਉਂਦਾ ਹੈ।



ਸਿਧਾਰਥ
ਅੱਠਵੀਂ 'ਐੱਫ'

ਅਧਿਆਪਕ ਸਾਡੇ ਰੋਸ਼ਨੀ

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

ਜਦ ਵੀ ਸਾਡੇ ਤੇ ਮੁਸੀਬਤ ਆਵੇ,
ਉਹ ਸਾਨੂੰ ਹੱਲ ਸਮਝਾਏ।
ਮੁਸੀਬਤਾਂ ਤੋਂ ਕਰਦੇ ਸਾਡੀ ਰੱਖਿਆ,
ਦਿੰਦੇ ਸਾਨੂੰ ਚੰਗੀ ਸਿੱਖਿਆ।

ਰੋਸ਼ਨੀ ਦੇ ਦੀਵੇ ਨੂੰ ਜਲਾ ਕੇ,
ਰਸਤਾ ਸਾਨੂੰ ਚੰਗਾ ਦਿਖਾਉਂਦੇ,
ਹਰ ਜਨਮ 'ਚ ਪਾਈਏ ਇਹੋ ਜਿਹਾ ਅਧਿਆਪਕ,
ਜੋ ਹੋਵੇ 'ਸਰਵ-ਵਿਆਪਕ'।

ਯਾਗਨਯਾ ਜੈਨ
ਸੱਤਵੀਂ 'ਸੀ'



ਧਰਤੀ ਦੇਵੀ ... ਮਾਂ



ਮਾਂ ਬੋਹੜ ਦੀ ਠੰਢੀ ਮਿੱਠੀ ਛਾਂ ਵਰ
ਕਿਸਮਤ ਵਾਲਿਆਂ ਨੂੰ ਇਹ ਨਸੀਬ

ਹੋਰ ਦੁਨੀਆ ਤੇ ਰਿਸ਼ਤੇ ਚਾਹੇ ਲੱਖ ਹੋਵਣ,
ਪਰ ਮਾਂ-ਧੀ ਦੀ ਦੋਸਤੀ ਬੜੀ ਅਜੀਬ ਹੁੰਦੀ।

ਭਾਵੇਂ ਬੈਠੀ ਹੋਵੇ ਸੱਤ ਸਮੁੰਦਰਾਂ ਤੋਂ ਪਾਰ,
ਫਿਰ ਵੀ ਦਿਲ ਨੂੰ ਸਭ ਤੋਂ ਕਰੀਬ ਹੁੰਦੀ।

ਮਾਂ ਤਾਂ ਉਹ ਧਰਤੀ ਦੀ ਦੇਵੀ ਲੱਗਦੀ,
ਜਿਸ ਵਰਗੀ ਜ਼ਿੰਦਗੀ ਸ਼ਾਇਦ ਰੱਬ ਤੋਂ ਵੀ ਨਾ ਜੀਅ ਹੁੰਦੀ।

ਮਾਂ ਉਹ ਪਿਆਰ ਦੀ ਮੂਰਤ,
ਜਿਸਦੀ ਬੱਚਿਆਂ ਨੂੰ ਲੋੜ ਸਦੀਵ ਹੁੰਦੀ।

ਮਾਂ ਨਾਲ ਹੀ ਜਗਤ ਹੈ ਵੱਸਦਾ,
ਮਾਂ ਨਾਲ ਹੀ ਹਰ ਘਰ ਦੀ ਨੀਂਹ ਹੁੰਦੀ।



ਵਾਨੀ
ਸੱਤਵੀਂ 'ਸੀ'

ਧੀਆਂ



ਹੋਇਆ ਕੀ ਜੇ ਧੀ ਜੰਮ ਪਈ,
ਮਾਪਿਆਂ ਨੂੰ ਉਸ ਬੋਝ ਦੀ ਚਿੰਤਾ ਲੱਗ ਗਈ।
ਕਿੱਥੋਂ ਇਹ ਆ ਗਈ,
ਕਿਵੇਂ ਇਸਨੂੰ ਵਿਹਾਵਾਂਗੇ,
ਇਹੀ ਚਿੰਤਾ ਉਸ ਕੁੜੀ ਨੂੰ,
ਬੇਗਾਨਾ ਧਨ ਬਣਾ ਗਈ,
ਫਿਕਰਾਂ ਵਿੱਚ ਪਾ ਗਈ,
ਬਾਬਲ ਪਿਆਰੇ ਨੂੰ।
ਮੁੰਡਾ ਹੁੰਦਾ ਤਾਂ ਘਰ ਵਿੱਚ,
ਜਗਣੀਆਂ ਸੀ ਲਾਈਟਾਂ,
ਪਰ ਕੁੜੀ ਜੰਮ ਪਈ ਤੇ
ਸਿਆਪਾ ਪਾ ਗਈ,
ਘਰ ਵਾਲਿਆਂ ਦੀਆਂ ਖੁਸ਼ੀਆਂ,
ਸਿਰੇ ਲਾ ਗਈ।

ਹੋਇਆ ਕੀ ਜੇ ਧੀ ਜੰਮ ਪਈ।
ਧੀਆਂ ਨੂੰ ਜ਼ਹਿਰ ਸਮਝਦੇ ਨੇ,
ਚਾਹੇ ਘਰ 'ਚੋਂ ਪੁੱਤਰ ਕੱਢ ਦਿੰਦੇ,
ਪਰ ਫੇਰ ਵੀ ਲੋਕ ਬੇਸਮਝ ਨੇ,
ਨਿੱਤ ਦਾਤ ਪੁੱਤਰਾਂ ਦੀ ਮੰਗਦੇ ਨੇ,
ਜੰਮਣ ਤੋਂ ਪਹਿਲਾਂ ਹੀ ਬੇਰਹਿਮੇ,
ਕਤਲ ਧੀਆਂ ਨੂੰ ਕਰ ਦਿੰਦੇ,
ਹੋਇਆ ਕੀ ਜੇ ਧੀ ਜੰਮ ਪਈ।
ਜਦ ਧੀਆਂ ਹੀ ਨਾ ਰਹਿਣਗੀਆਂ,
ਦੱਸੇ ਪੁੱਤਰ ਕਿਸ ਤੋਂ ਮੰਗੋਗੇ,
ਹੋਇਆ ਕੀ ਜੇ ਧੀ ਜੰਮ ਪਈ।



ਆਬਨਾ ਗੋਗਨਾ
ਨੌਵੀਂ 'ਐਫ'

ਇੱਕ ਤੋਂ ਵੀਹ

ਤੱਕ ਦੀ ਗਿਣਤੀ

- ਇੱਕ - ਰੱਬ ਜਾਂ ਕੁਦਰਤ
 ਦੋ - ਮਹੀਨੇ ਦੇ ਪੱਖ
 ਤਿੰਨ - ਕਾਲ (ਫੂਤ, ਵਰਤਮਾਨ ਤੇ ਭਵਿੱਖ)
 ਚਾਰ - ਦਿਸ਼ਾਵਾਂ
 ਪੰਜ - ਗਿਆਨ ਇੰਦਰੀਆਂ (ਨੱਕ, ਅੱਖ, ਕੰਨ, ਜੀਭ, ਚਮੜੀ)
 ਛੇ - ਸ਼ਾਸਤਰ
 ਸੱਤ - ਦਿਨ
 ਅੱਠ - ਪਹਿਰ
 ਨੌਂ - ਗ੍ਰਹਿ
 ਦਸ - ਅੰਕ (ਇੱਕ ਤੋਂ ਦਸ ਤੱਕ)
 ਗਿਆਰਾਂ - ਫੁੱਟਬਾਲ ਟੀਮ ਦੇ ਖਿਡਾਰੀ
 ਬਾਰਾਂ - ਮਹੀਨੇ
 ਤੇਰਾਂ - ਕਰੰਸੀ ਉੱਤੇ ਅੰਕਤ ਭਾਸ਼ਾਵਾਂ
 ਚੌਦਾਂ - ਰਤਨ
 ਪੰਦਰਾਂ - ਤਿੱਥਾਂ
 ਸੋਲ੍ਹਾਂ - ਆਨੇ
 ਸਤਾਰਾਂ - ਘੜੀ ਦੇ ਜਿਊਲ
 ਅਠਾਰਾਂ - ਗੁਣ
 ਉੱਨੀ - ਬੀਤ ਚੁੱਕੀਆਂ ਈਸਵੀ ਸਦੀਆਂ
 ਵੀਹ - ਹੱਥਾਂ-ਪੈਰਾਂ ਦੀਆਂ ਉਂਗਲਾਂ

ਹਰਲੀਨ ਸਿੰਘ
 ਅੱਠਵੀਂ 'ਏ' (ਸਿਟੀ ਬ੍ਰਾਂਚ)



ਅਵਾਜ਼ ਦਾ ਪ੍ਰਦੂਸ਼ਣ



ਭਗਤ ਕਬੀਰ ਜੀ ਆਪਣੇ ਇੱਕ ਸ਼ਬਦ ਵਿੱਚ ਕਾਜ਼ੀ ਨੂੰ ਸਮਝਾਉਂਦੇ ਹੋਏ ਕਹਿਣ ਲੱਗੇ ਕਿ, 'ਸਾਈ (ਵਾਹਿਗੁਰੂ) ਬਹਿਰਾ (ਬੋਲਾ) ਨਹੀਂ ਹੈ, ਤੂੰ (ਮਸਜਿਦ ਦੇ ਮੁਨਾਰੇ) ਉੱਪਰ ਚੜ੍ਹ ਕੇ ਬਾਗ ਕਿਉਂ ਦਿੰਦਾ ਹੈ?' ਅੱਜ ਕਿਸੇ ਗੁਰਦੁਆਰੇ ਵਿੱਚ, ਘਰ ਵਿੱਚ ਪਾਠ ਜਾਂ ਕੀਰਤਨ ਹੋਵੇ, ਲਾਉਡ ਸਪੀਕਰ ਬਹੁਤ ਉੱਚੀ ਅਵਾਜ਼ ਵਿੱਚ ਲਗਾਏ ਜਾਂਦੇ ਹਨ, ਜਿਵੇਂ ਸੱਚਮੁੱਚ ਪਰਮਾਤਮਾ ਬਹਿਰਾ ਹੋ ਗਿਆ ਹੋਵੇ ਸ਼ਬਦ ਦੀ ਸਮਝ ਤੱਕ ਨਹੀਂ ਆਉਂਦੀ, ਕੰਨ ਚਰੂਰ ਬੋਲੇ ਹੋ ਸਕਦੇ ਹਨ ਬਾਣੀ ਸੁਣਨ ਨਾਲ ਦੁੱਖਾਂ-ਪਾਪਾਂ ਦਾ ਨਾਸ਼ ਹੁੰਦਾ ਹੈ - "ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸ" ਪਰ ਸੁਣਨ ਦਾ ਵੀ ਢੰਗ ਹੁੰਦਾ ਹੈ ਅਵਾਜ਼ ਇੰਨੀ ਹੋਵੇ ਕਿ ਸੁਣਿਆ ਜਾ ਸਕੇ ਭਗਤ ਕਬੀਰ ਜੀ ਦਾ ਇਹ ਸ਼ਬਦ ਸਾਡੇ ਵਾਸਤੇ ਵੀ ਹੋ ਕਿ ਕੀਰਤਨ, ਪਾਠ ਦੀ ਅਵਾਜ਼ ਸੀਮਿਤ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ। ਗ੍ਰੰਥੀ ਤੇ ਭੋਰਿਆਂ ਵਾਲਿਆਂ ਨੂੰ ਭਗਤ ਕਬੀਰ ਜੀ ਦੇ ਇਸ ਸਲੋਕ ਵੱਲ ਧਿਆਨ ਦਿੰਦੇ ਹੋਏ ਅਮਲ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ ਤੇ ਅਵਾਜ਼ ਇੰਨੀ ਹੀ ਰੱਖੀ ਜਾਏ ਜੋ ਕੰਨਾਂ ਨੂੰ ਸਪੱਸ਼ਟ ਤੇ ਸੁਖਦਾਈ ਲੱਗੇ।



ਮਨਜੋਤ ਕੌਰ
 ਸੱਤਵੀਂ 'ਸੀ'
 (ਸਿਟੀ ਬ੍ਰਾਂਚ)

ਦੁਨੀਆ ਕੀ ਹੈ?

- ਦੁਨੀਆ ਇੱਕ ਨਦੀ ਦੀ ਤਰ੍ਹਾਂ ਹੈ, ਜਿਸ ਦਾ ਪਾਣੀ ਨਿਰੰਤਰ ਵਹਿ ਰਿਹਾ ਹੈ।
- ਦੁਨੀਆ ਇੱਕ ਮੇਲੇ ਦੀ ਤਰ੍ਹਾਂ ਹੈ, ਜਿੱਥੇ ਹਰ ਕੋਈ ਆਪਣੀ ਤੁੱਝੀ ਵਜਾ ਰਿਹਾ ਹੈ।
- ਦੁਨੀਆ ਇੱਕ ਵੱਡੀ ਸਟੇਜ ਦੀ ਤਰ੍ਹਾਂ ਹੈ, ਜਿੱਥੇ ਹਰ ਵਿਅਕਤੀ ਕਿਸੇ ਖਾਤਰ ਵਾਂਗ ਰੋਲ ਨਿਭਾ ਰਿਹਾ ਹੈ।
- ਦੁਨੀਆ ਇੱਕ ਪਾਠਸ਼ਾਲਾ ਦੀ ਤਰ੍ਹਾਂ ਹੈ, ਜਿੱਥੇ ਹਰ ਵਿਅਕਤੀ ਕੁਝ ਸਿੱਖਣ ਆਉਂਦਾ ਹੈ।
- ਦੁਨੀਆ ਇੱਕ ਬਗੀਚੇ ਦੀ ਤਰ੍ਹਾਂ ਹੈ, ਜਿੱਥੇ ਫੁੱਲ ਵੀ ਹਨ ਅਤੇ ਕੋਠੇ ਵੀ ਹਨ।
- ਦੁਨੀਆ ਕੁਦਰਤ ਦੀ ਖੂਬਸੂਰਤ ਰਚਨਾ ਹੈ, ਜਿਸਦੇ ਕਣ-ਕਣ ਵਿੱਚ ਪਰਮਾਤਮਾ ਦਾ ਵਾਸਾ ਹੈ।



ਤਮੰਨਾ ਸ਼ਰਮਾ, ਛੇਵੀਂ 'ਏ', (ਸਿਟੀ ਬ੍ਰਾਂਚ)



Mrs. Navita Puri
Principal

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KVM/744

Dated 29.1.2014

Dear Air Marshal Daljit Singh,

It is really a matter of great pride that you have been awarded with Param Vishisht Seva Medal by the President for your meritorious services and brought the laurels to the Indian Air Force and your alma mater.

Please accept my heartiest congratulations and I wish that you achieve success to the height of sky and it will be a great honour for the staff members and students if you visit your alma mater on your visit to Ludhiana

With best wishes today and always.

Yours sincerely,

Navita Puri

(Mrs. Navita Puri)
Principal

Encl: School Magazine

*Air Marshal Daljit Singh,
Air Officer Commanding-in-Chief,
South Western Air Command,
GANDHINAGAR (GUJRAT)*

ਇੱਕ ਤੋਂ ਵੀਹ

ਤੱਕ ਦੀ ਗਿਣਤੀ

- ਇੱਕ - ਰੱਬ ਜਾਂ ਕੁਦਰਤ
 ਦੋ - ਮਹੀਨੇ ਦੇ ਪੱਖ
 ਤਿੰਨ - ਕਾਲ (ਭੂਤ, ਵਰਤਮਾਨ ਤੇ ਭਵਿੱਖ)
 ਚਾਰ - ਦਿਸ਼ਾਵਾਂ
 ਪੰਜ - ਗਿਆਨ ਇੰਦਰੀਆਂ (ਨੱਕ, ਅੱਖ, ਕੰਨ, ਜੀਭ, ਚਮੜੀ)
 ਛੇ - ਸ਼ਾਸਤਰ
 ਸੱਤ - ਦਿਨ
 ਅੱਠ - ਪਹਿਰ
 ਨੌਂ - ਗ੍ਰਹਿ
 ਦਸ - ਅੰਕ (ਇੱਕ ਤੋਂ ਦਸ ਤੱਕ)
 ਗਿਆਰਾਂ - ਫੁੱਟਬਾਲ ਟੀਮ ਦੇ ਖਿਡਾਰੀ
 ਬਾਰਾਂ - ਮਹੀਨੇ
 ਤੇਰਾਂ - ਕਰਾਂਸੀ ਉੱਤੇ ਅੰਕਤ ਭਾਸ਼ਾਵਾਂ
 ਚੌਦਾਂ - ਰਤਨ
 ਪੰਦਰਾਂ - ਤਿੱਥਾਂ
 ਸੱਲ੍ਹਾਂ - ਆਨੇ
 ਸਤਾਰਾਂ - ਘੜੀ ਦੇ ਜਿਊਲ
 ਅਠਾਰਾਂ - ਗੁਣ
 ਉੱਨੀਂ - ਬੀਤ ਚੁੱਕੀਆਂ ਈਸਵੀ ਸਦੀਆਂ
 ਵੀਹ - ਹੱਥਾਂ-ਪੈਰਾਂ ਦੀਆਂ ਉਂਗਲਾਂ

ਹਰਲੀਨ ਸਿੰਘ
 ਅੱਠਵੀਂ 'ਏ' (ਸਿਟੀ ਬ੍ਰਾਂਚ)



ਅਵਾਜ਼ ਦਾ ਪ੍ਰਦੂਸ਼ਣ



ਭਗਤ ਕਬੀਰ ਜੀ ਆਪਣੇ ਇੱਕ ਸ਼ਬਦ ਵਿੱਚ ਕਾਜੀ ਨੂੰ ਸਮਝਾਉਂਦੇ ਹੋਏ ਕਹਿਣ ਲੱਗੇ ਕਿ, 'ਸਾਈ (ਵਾਹਿਗੁਰੂ) ਬਹਿਰਾ (ਬੋਲਾ) ਨਹੀਂ ਹੈ, ਰੂੰ (ਮਸਜਿਦ ਦੇ ਮੁਨਾਰੇ) ਉੱਪਰ ਚੜ੍ਹ ਕੇ ਬਾਗ ਕਿਉਂ ਦਿੰਦਾ ਹੈ?' ਅੱਜ ਕਿਸੇ ਗੁਰਦੁਆਰੇ ਵਿੱਚ, ਘਰ ਵਿੱਚ ਪਾਠ ਜਾਂ ਕੀਰਤਨ ਹੋਵੇ, ਲਾਊਡ ਸਪੀਕਰ ਬਹੁਤ ਉੱਚੀ ਅਵਾਜ਼ ਵਿੱਚ ਲਗਾਏ ਜਾਂਦੇ ਹਨ, ਜਿਵੇਂ ਸੱਚਮੁੱਚ ਪਰਮਾਤਮਾ ਬਹਿਰਾ ਹੋ ਗਿਆ ਹੋਵੇ ਸ਼ਬਦ ਦੀ ਸਮਝ ਤੱਕ ਨਹੀਂ ਆਉਂਦੀ, ਕੰਨ ਜ਼ਰੂਰ ਥੱਲੇ ਹੋ ਸਕਦੇ ਹਨ ਬਾਣੀ ਸੁਣਨ ਨਾਲ ਦੁੱਖਾਂ-ਪਾਪਾਂ ਦਾ ਨਾਸ਼ ਹੁੰਦਾ ਹੈ - "ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸ" ਪਰ ਸੁਣਨ ਦਾ ਵੀ ਢੰਗ ਹੁੰਦਾ ਹੈ ਅਵਾਜ਼ ਇੰਨੀ ਹੋਵੇ ਕਿ ਸੁਣਿਆ ਜਾ ਸਕੇ ਭਗਤ ਕਬੀਰ ਜੀ ਦਾ ਇਹ ਸ਼ਬਦ ਸਾਡੇ ਵਾਸਤੇ ਵੀ ਹੈ ਕਿ ਕੀਰਤਨ, ਪਾਠ ਦੀ ਅਵਾਜ਼ ਸੀਮਿਤ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ। ਗੁੱਬੀ ਤੇ ਡੇਰਿਆਂ ਵਾਲਿਆਂ ਨੂੰ ਭਗਤ ਕਬੀਰ ਜੀ ਦੇ ਇਸ ਸਲੋਕ ਵੱਲ ਧਿਆਨ ਦਿੰਦੇ ਹੋਏ ਅਮਲ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ ਤੇ ਅਵਾਜ਼ ਇੰਨੀ ਹੀ ਰੱਖੀ ਜਾਏ ਜੋ ਕੰਨਾਂ ਨੂੰ ਸਪੱਸ਼ਟ ਤੇ ਸੁਖਦਾਈ ਲੱਗੇ।



ਮਨਜੋਤ ਕੌਰ
 ਸੱਤਵੀਂ 'ਸੀ'
 (ਸਿਟੀ ਬ੍ਰਾਂਚ)

ਦੁਨੀਆ ਕੀ ਹੈ?

- ਦੁਨੀਆ ਇੱਕ ਨਦੀ ਦੀ ਤਰ੍ਹਾਂ ਹੈ, ਜਿਸ ਦਾ ਪਾਣੀ ਨਿਰੰਤਰ ਵਹਿ ਰਿਹਾ ਹੈ।
- ਦੁਨੀਆ ਇੱਕ ਮੇਲੇ ਦੀ ਤਰ੍ਹਾਂ ਹੈ, ਜਿੱਥੇ ਹਰ ਕੋਈ ਆਪਣੀ ਤੂਤੀ ਵਜਾ ਰਿਹਾ ਹੈ।
- ਦੁਨੀਆ ਇੱਕ ਵੱਡੀ ਸਟੇਜ ਦੀ ਤਰ੍ਹਾਂ ਹੈ, ਜਿੱਥੇ ਹਰ ਵਿਅਕਤੀ ਕਿਸੇ ਪਾਤਰ ਵਾਂਗ ਰੋਲ ਨਿਭਾ ਰਿਹਾ ਹੈ।
- ਦੁਨੀਆ ਇੱਕ ਪਾਠਸ਼ਾਲਾ ਦੀ ਤਰ੍ਹਾਂ ਹੈ, ਜਿੱਥੇ ਹਰ ਵਿਅਕਤੀ ਕੁਝ ਸਿੱਖਣ ਆਉਂਦਾ ਹੈ।
- ਦੁਨੀਆ ਇੱਕ ਬਗੀਚੇ ਦੀ ਤਰ੍ਹਾਂ ਹੈ, ਜਿੱਥੇ ਫੁੱਲ ਵੀ ਹਨ ਅਤੇ ਕੋਠੇ ਵੀ ਹਨ।
- ਦੁਨੀਆ ਕੁਦਰਤ ਦੀ ਖੂਬਸੂਰਤ ਰਚਨਾ ਹੈ, ਜਿਸਦੇ ਕਣ-ਕਣ ਵਿੱਚ ਪਰਮਾਤਮਾ ਦਾ ਵਾਸਾ ਹੈ



ਰਮਨਾ ਸ਼ਰਮਾ, ਛੇਵੀਂ 'ਏ', (ਸਿਟੀ ਬ੍ਰਾਂਚ)



Science Section

*“Science is a first-rate piece
of furniture for a
man’s upper chamber, if he has
common sense
on the ground floor.”*

Oliver Wendell Holmes

Mrs. Jasdeep Uppal
Editor

Mrs. Pommy Sharma
Co-Editor
(City Campus)

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Editorial

Dear Kundanites

It is always heartening to address you through Kundan Jyoti. Widening knowledge and intensive research are not contradictory but complimentary to each other. Taking examples from our "Plus two" education, one starts from Newton's Laws for our case study. One studies the first law as if it is resting on a single pillar. But one does not understand, why something that is moving should continue to move in the same way. But this is the first step. When teaching, we should also sow seeds of doubt why it should be like that.

This prepares the ground for further expansion. The second law is a further advance and finally the third law. When one is prepared to attack problems, supplementary concepts are thrown in with experimental studies. With ideal pulleys one learns more.

Expanding knowledge is a different case. The pieces of puzzle are different. Taking the various prices, for example, scattering, fundamental particles, Einstein's theories and that of de-Broglie, Heisenberg's principle and the advances made by scientists like Bohr are apparently different. To study them in depth, and seek unity in diversity by removing apparent contradictions from individual chapters and then putting them in shape is a different research. This is on a higher plane.

For reaching the last stage, one has to prove one's credibility by first-solving the grid problems in the great laboratories. Unless these grids of various shapes are well polished, one cannot put them together.

The recently discovered sun's magnetic "heartbeat" causing solar flares can be solved by going back to the study of the connection of various discoveries. Science has no barriers. This has to be fundamental concept.

There is also no alternative medicine for Hard Work!

Editor

"The whole of science is nothing more than a refinement of everyday thinking." Albert Einstein

Math a Phobia

Mathematics is a vast subject and no one can truly master it. What one can do is 'explore it'. It is more than a subject - it is an art of excellence and skills. It has developed steadily. Thanks to the contribution of great stalwarts around the world like Ramanujam Pythagorus, Thales, Euclid and many more. It is the subject for all from small town boys like Ramanujam to great thinkers like De Cartes.

A teacher or a student can easily put exponents in their simplest form but Mathematics is about how and why to put it like that. It isn't hard to learn, rather easy to analyze. From Pythagorus formula to distance formula, from Quadratic Equations to Euclid's postulates, from calculus to coordinates, everything may appear complex to a non-mathematical mind but they are easily applied to solve most problems.

We can't imagine life without mathematics. The usage varies from person to person. There are people who are devoted to the subject whereas some others suffer from its phobia. Some love it, while others hate it, some find it interesting and challenging, while others find it dry and intimidating, some swear by it while others swear at it!

To answer the question, "Why is Maths so feared?" We turn to the reasons commonly given by students : First of all, it is difficult. It can be confusing and complicated. Secondly, it is not taught well. Without a good teacher, Maths can be difficult to learn by oneself. Thirdly, doubts or questions aren't always resolved in classrooms. Textbooks and classes may or may not help. As a result, students generally keep a safe distance from Maths.

We look at remedies to these problems. The very first thing to be kept in mind is that maths is a theoretical subject. It needs to be understood before being applied simply, if you understand the concept, you find it easier to solve the sum. Without the basic understanding, it would be like trying to learn a



language without the grammatical rules : a real mess. A cool head and a willing mind in class are a good base to build mathematical knowledge on.

The second great problem commonly faced is the Maths Exam. An examination hall is different arena, where not only do students tackle purposely complicated problems but also compete with time. A slip of concentration, a 'silly mistake' and the whole problem is lost, the more difficult a problem, the more marks it is worth. As though all these are not enough maths is the only examination where problems are not predetermined. Unlike History or languages, there are no fixed questions that shall be asked, for it Maths requires daily practice, unlike the other subjects which work just fine on pre-exam study.

As always, a calm head and confidence in one's prior practice helps. The first thing is to read the problem slowly and copy down the numbers and instructions correctly. A clean worksheet to do the 'rough work' on and a legible hand will help sail through the exam. Applied Mathematics, Maths clubs or special hours only for practical Maths, etc. are great activities where students can involve fun-learning and get help from teachers. Diversified learning can help students understand Maths better.

Maths need not be the express arena of Mathematicians, or even the brightest students of a class. All it needs is a patient learner and plenty of dedicated practice. "The essence of Mathematics is not to make simple things complicated but to make complicated things simple."

Banita Garg
HOD Maths

AERONAUTICAL ENGINEERING

A FLYING CAREER

The Work - One of the most challenging fields of engineering, this job requires manual, technical as well as mechanical aptitude. An engineer in this field can further specialize in structural design, navigational guidance and control systems, instrumentation and communication and production methods. One can also specialize in a particular product such as military aircrafts and helicopters.

Opportunities - The traditional sector would include agencies such as Defence Research and Development Organisation (DRDO), National Aerospace Laboratories (NAL), Indian Space Research Organisation (ISRO) as well as organisations like 'HAL'. There are a small number of openings in the maintenance segment also which would require separate training.



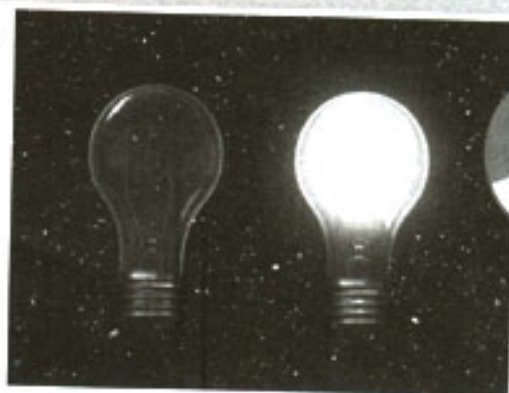
Top Institutes :

- Indian Institute of Space Science & Technology (IIST)
- Indian Institute of Science (IISc) - Bangalore
- Indian Institute of Technology (IIT) - Pan India

Jadeep Kaur
HOD Science

Can an **ELECTRIC BULB** Produce Light without the Glass Shield around it ?

No, the tungsten, filament, the heart of the incandescent light bulb, would catch fire and burn out, as tungsten catches fire at high temperatures in the presence of oxygen. The glass bulb (from which oxygen has been removed) is necessary to prevent oxygen from reaching the tungsten filament. The bulb is usually filled with an inert gas like argon as this helps to prolong the life of the filament.

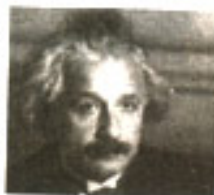


Ria
Aggarwal
VII - 'A'

Faster Than Light Particles to Prove Einstein Wrong!!

Roll over, Einstein! A group of European physicists has clocked a burst of subatomic particles known as "neutrinos" breaking the cosmic speed limit — the speed of light — that was set by Albert Einstein in 1905.

If true, it is a result that would change the world. But that "if" is enormous. According to scientists, the neutrinos raced from a particle accelerator at CERN outside Geneva, where they were created, to a cavern



underneath Gran Sasso in Italy, a distance about 724 km, about 60 nanoseconds faster than it would take a lightbeam. That amounts to a speed greater than light by about 0.0025%.

Even this small deviation would open up the possibility of time travel and play havoc with long standing notions of cause and effect. Einstein himself — the author of modern physics, whose theory of relativity established the speed of light as the ultimate limit — said that if you could send a message faster than light, "You could send a telegram to the past."

Viren Sood, XI - 'C'



Magnetic Trains

A new form of public transport may come to people's aid – the magnetic train. This kind of train has no wheels. It floats just above its track, which may be built on or over the ground, by magnetic levitation. A linear induction motion drives the train along, also using the force of magnetism. Because the train does not actually come into contact with its track, it can move very swiftly. Experimental magnetic trains have reached speeds of 500 km/hour.

A magnetic train contains either electromagnets which give a powerful magnetic field when fed with electricity or permanent

magnets. These magnets are situated in the track and beneath the train. They act to raise the train above the track and the people it along the track.



The new magnetic trains are much quicker than other forms of transport and consume less energy. They promise to provide rapid services from airports to city centre as well as fast intercity services.

Anshum,
XII - 'B'

“Wake Up Before It Is too Late”

There are many people who lament on the future. What would happen if the sun, our only source of Heat, becomes dead? We dub them as crazy because it would take millions and millions of years to happen so. But there is something more disastrous than the death of our sun that would likely engulf us is not too distant future. And, it is ecological imbalance that we unwittingly cause every minute. We do not realise how it adversely effects because it cannot be felt at once. But we are already facing the problems of Global Warming, sudden changes in weather, earthquakes and volcanoes. “Any interference with nature is damnable. Not only nature but also the people will suffer.”

So wake up before it is too late.

The basic idea to protect our environment is “back to Nature”. We should grow more and more trees as they reduce the amount of carbon dioxide in the atmosphere. Recycling is another way to protect environment.

Apart from these we should make people aware of the importance of environment for the healthy life of human. We have only world to take care of. So don't let careless people to destroy our motherland - the Earth. Take care of the Earth as we have to pass it to our future generations.

Madhulika Sood
Science Teacher



Smart and Healthy Snacking Strategies

- **Prepare Healthy Snacks in Advance** : When you make something yourself, you get to control the ingredients and put in what's good for you! Keep the servings in bags in the fridge, ready to grab and go.
- **Keep Healthy Snacks with You** : Make it a habit to stash some fruit, whole grain crackers, or baby carrots in your backpack or workout bag so you always have some healthy food nearby.
- **Make it interesting** : Healthy snacking doesn't have to be boring as long as you give yourself a variety of choices. Whole - wheat pretzels with spicy mustard, rice cakes with peanut butter and raisins or low-fat fruit yogurt are healthy, tasty and easy.
- **Satisfy cravings with healthier approaches** : If you're crazy for chocolate, try a hot chocolate, drink, instead of a chocolate bar. An 8 - ounce mug of hot chocolate has only 140 calories and 3 grams of fat. A chocolates bar, on the other hand has 230 calories and 13 grams of fat. Substitute nonfat frozen yogurt or sorbet for ice cream.

Gunjan
XI - 'G'



Safe Disposal of CO_2

A better way to disposal carbon dioxide is to pump it into the sea floor in liquid form. There high pressure and low temperature make it more dense than water in the surrounding rocks, preventing it from rising the surface. The researchers propose that carbon dioxide be pumped into the porous sediment a few thousand metres into the sea floor in deep parts of oceans (greater than 3,000 metres deep) The high pressure and low temperature at bottom of sea make CO_2 denser than surrounding fluid.

The CO_2 in liquid forms, would be brought to the sequestration site by ship or pipeline and piped into the sea floor with equipment like that used by the oil industry for drilling deep sea wells. Once beneath the sea floor the CO_2 interacts with the surrounding fluids and produces hydrate ice crystal, which would plug the rocks pores, serving as surrounding cap on CO_2 .

Over hundreds of years, the CO_2 would dissolve in surrounding water and than would only have the potential of leaking out by diffusion, a slow process that would take million years.



Charu Jindal, XI - 'C'

Oh!! Chemistry



Oh! Chemistry you are a sickening subject.
You have neither aim nor object.
Every name of yours makes me shiver,
Inside my intestine and my liver.
The famous laws of Faraday,
Eat into my head day by day.
Neil Bohr's atomic theory,
Will never bring me fame and glory.
The preparation of Manganese dioxide,
Prepares me to commit suicide.
Loves of Mendeleev's periodic table,
Make me feel disabled.
Preparation of detergents and soaps,
Haunts me like a ghost.
Oh! Chemistry you are quite boring,
But still you are scoring.
Students score good marks,
Which cheers up their Hearts.

Karina
XII - 'C'

Water, Water - Hot or Cold ?

Drinking hot and cold water and water at normal temperature has different effects on your body.

Drinking Hot Water :

This dilates the stomach and intestines and speeds up gastric emptying. It soothes and dilates the respiratory tract and lungs. Hot water, however shouldn't be had by patients who complain of bleeding from the throat, nose, lungs and stomach.



Drinking Cold Water :

If you gulp down cold water, it stimulates the secretion of digestive enzymes and strengthens stomach muscles. It stops internal bleeding of gastric and duodenal ulcers. However, avoid cold water in excess as it could lead to hypothermia.



"Water is a natural cleanser → both internally and externally."

Suhail Jain
XII - 'C'

Bio-Technology

Bio-Technology is not a single technology, rather, it is a group of technologies that share two common characteristics. One, working with living cells and their molecules and second having a wide range of practical uses that can improve our lives.

How does modern bio-technology work? We know all organisms are made up of cells that are programmed by the same basic genetic material called DNA. Each unit of DNA is made up of a combination of the following:

Nucleotide : Adenium (A), Guanine (G), Thymine (T) and Cytosine (C) as well as sugar and phosphate. These Nucleotide's pair up into strands that twist together into a spiral structure called a double Helix. This double Helix in DNA segment tells individual cells how to produce specific proteins. These segments are genes. It is the presence of or absence of the specific protein that gives an organisms a trait or a characteristics when the cell reproduces the DNA strand of double Helix separately. Each DNA strand serves as a precise blue print for a specific protein. Except for Mutations or Mistakes in the replication process, a single cell is equipped with information to replicate into million of identical cells.

Application of Bio-technology : Agriculture.

- Tissue culture in plants, creation of New transgenic plants, introduction of bio-pesticides, and bio-fertilizers will be the main basis of substance agriculture.
- Creation of transgenic animals which can be eventually used as bio-reacher to produce drugs from their mile, block, etc. This is known as molecular farming.
- Embryo transfer technologies.

Molecular Technology in Medicines : The advancing technology of today is DNA or Molecular Technology. It is used to identify diseases in humans and treat them too. Technology available for infectious diseases detection in DNA or RNA probes, and amplification assays, such as PCR and RT-PCR. Probes assays are used to detect the following pathogenic organisms such as.

1. Mycobacterium
2. Chlamydia and gonorrhoea

3. Enterococcus
4. Campylobacter
5. Staphylococcus aureus.

Molecular Technology used in Forensic Investigation – RFLP : RFLP stand for Restriction Fragment Length Polymorphism.

It is a technique for analyzing the variable lengths of DNA fragments that results from digesting a DNA sample with a special kind of enzyme.

Photosynthetic organism and Bio technology : In the bio-technology field, photosynthetic organisms are likely to play an increasing role in production of enzymes, pharmaceuticals, Nutraceutical, etc. Which until now are produced primarily by genetically modified heterotrophic micro-organisms such as yeast and selected bacteria. There are several ways to modify photosynthetic organisms to have them produce useful compounds. One is to introduce specific gene under a strong promoter, leading to high expression of these genes and to synthesis of new enzymes.

Silk Production and Bio-technology : Using technique of Bio-technology, it has been made possible to generate trans-gene silk worms that spins recombination human type III peocollagen as a component of the cocoon, an achievement with considerable implications for the mass production of recombinant silk protein. Using Biotechnology, the genome of these cells is amplified several thousand fold, resulting in a single Nucleus that contain the the equivalent 4,00,000 haploid genome and thereby the productivity of production of these protein is increased.

Animal Biotechnology : In conventional cross-breeding, number of offsprings is limited by capacity of a single female animal - Biotechnology means to increase number of offspring manifold by embryo transfer implantation of divided embryos in several surrogate female animals. The divided embryo can also be presented at very low temperature a technique known as cryopees envation for later use.

Avnika
XII - 'A'



An Interview with Miss Chlorine

Chlorine is a very useful element. To know Her better, read this interview.

Q. When and were you born and who are your parents ?

Ans. I was born in 1620. K_2MnO_4 is both my father and my mother.

Q. Are you married ?

Ans. (Blushing) Certainly I got married to Dry Time at the age of 13. And after 4 years of my marriage, I even Got a child, Bleaching Powder. He grown up as a very nice guy in medical field.

Q. Can you tell something about your natural character ?

Ans. (Scathingly) I am poisonous. My attack makes fruits and flowers lose their colour.
I liquify, I am 2 times heavier than air. My Brother and me together are known as chlorine H_2O .

Q. What are your favourite colour ?

Ans. As you must have noticed, I always wear green and yellow clothes. I have these colours. Infact, even my name in Greek means green.

Q. In what way do you think you make yourself useful to mankind ?

Ans. I think, I help man in many ways. I clean H_2O to make it potable. I destroy bacteria and clean wounds.

Arpit
XII - 'C'

"My **EXPERIMENTS** with HERBS"

This article is a brief description of my research on herbs. I came across the uses and benefits of herbs in the art of living centre in Bangalore. The ayurveda is the practice of treatment with natural therapy that involve the use of herbs. I came back home began researching for the work that had previously been done on herbs but I was surprised to know that a very little work had been done. My main motive of doing this research was to bring them in modern medical practice.

Experiment :

I used different solvents like ethanol, methanol, others acetone to extract different components of herbs. Then I tested those components for medicinal purposes. I did a number of cultured test including the tests done on 15 bacterias, 7 fungus as insect repellants.

Results :

1. Tulsi acted as an excellent mosquitoes repellent.
2. Neem has many anti-bacterias, anti-fungus properties.
3. Turmeric has a few effective components used for breathing bacteria fungus.
4. I have been permitted to test these extracts on lab rats and guinea pigs and will soon start testing rhodents.

Conclusion : But these are not final results, the research work is still going on I am just half way through with my experiments. Hopefully I would soon be able to isolate many anti-bacterials and anti-fungii.

Karan Puri, X - 'F'

Pollution



Pollution! Pollution!

A big problem with no solution.
Chimney's smoke, car's petrol,
Playing a very dangerous role,
Animals, birds, humans all,
Feeling upset with these all,
Nature is in its downfall.
Pollution is spreading all over,
Ozone is being damaged which
is the Earth's whole cover.
Cutting more trees everyday,

Causes more pollution day by day.
We should seriously think of it,
So that we may always remain fit.
In this way we can save nature.
Animals, birds and all creatures.
In the end I would like to say,
Oh! Pollution just shoo away.

Vaibhav Dhir
IV - 'E'



The Elements of Nature

The fire rain in,
like the fastest man and I like
a fire fighter,
tried to put it out.
Like fire puts out fire,

Then I understood,
you cannot put out a fire;
a thing that can ignite itself.
The water flowed in like the air,
for both of them are called fluids.

And when I tried to stop it;
I understood,
you cannot stop the water;
a thing that can unite itself.

The darkness moved in like a stranger.
But well he knew the way.
And when I tried to stop him;
I understood,
you cannot stop the darkness;
a thing which has no existence.

At last came in the wind,
Tapping like a tired man,
boldly I said, "come in."
Whom to offer a chair;
was as impossible as to,
offer a sofa to the air.

Then his fingers let go of music,
And when I tried to stop him;
I understood,
You cannot stop the wind;
who his no bone to bind ?



Prakhar Jain, VI - 'A'
(City Campus)

TEA A Combination of Slow Poisons



TANIN – Causes acidity and ulcers.

THEAN – Causes dryness and heaviness in lungs and Brain.

CAFFEIN – Causes acidity.

AOLATILE OIL – Bad for eye sight.

AEROBIOTIC – Causes dryness in veins.

SYNOGEN – Increases risk of paralysis.

CARBOLIC ACID – Causes indigestion.

OCZELIC – Which increases the amount of air released four times and this causes acidity.

SITNIYLE – Obstructs the flow of blood.

So, think twice before consuming
your second cup of tea!!

Pranshul, XII - 'B'

Earwax



Earwax is a sticky liquid secreted by cerumen glands found in the skin of the ear canals.

The earwax traps dust, dirt, pollen and other things that might get blown into the ear. It also keeps out living things like bacteria and insects.

In most people, earwax moves out slowly along with the debris it has collected, over a period of time, and new wax takes its place, so there's no need to try and remove it. In some cases however professional help may be required to remove wax that has hardened and is pressing on the sensitive walls of the ear canal.

Earwax can be moist or dry and flaky. Europeans, Americans and Africans tend to have the moist variety; the dry type is more frequently found in Asians.

Using ear buds to clean wax is inadvisable as it pushes the earwax further inside causing impacted earwax. This can cause discomfort, itching, noise in the ear and temporary hearing loss.



Prerna Pahiya
VIII - 'A'

Where Was the First ANAESTHESIA used ?

For thousands of years, physicians tried to dull pain doing surgery by administering alcoholic drinks, opium and various other drugs. But no drug had proved really effective in reducing the pain and shock of operations. Then, in the 1840s, two Americans Crawford Long and William J.G. Morton discovered that ether gas could safely put patients to sleep during surgery. Long, a physician, and Morton, a dentist appear to have made the discovery independently. With an anaesthetic, doctors could perform many operations that they could not attempt on conscious patient.



Divya Singla, V - 'A'

Amazing Facts on Animals

ANIMAL KINGDOM



1. Apart from human's even chimpanzees can learn to recognize their own image in a mirror.
2. Is zebra black with white stripes, or white with black stripes? Any guesses? well, it's white with black stripes.
3. The largest ever lobster to be found weighed 19 kg. It was found in 1934.
4. The male and female African elephants have tusks.
5. An elephant can smell water from a distance of three miles.
6. A coin is heavier than a hummingbird.
7. The memory span of goldfish is just about 3 seconds.



Gursimar Singh
VI - 'A'
(K.V.M. City Campus)



Tanya
V - 'C'

Questions

1. Largest lizard ?
2. How much water contained in elephant's trunk ?
3. Insect that make sound by rubbing its feets on its body ?
4. Fastest snake in the world ?
5. Fish that lays more eggs ?
6. Tree frogs are found in ?
7. Creature with least pregnancy period ?
8. Fish with three hearts ?
9. Eyes of this mammal glow at night ?
10. Fish that lays the largest eggs ?



1. Komodo Dragons
2. Two Gallons
3. Crickets
4. Black Mammia
5. Ocean Sunfish
6. Tropical forests
7. American Opossum
8. Cuttle fish
9. Cat
10. Whale Shark

Answer

Aditya Kathpal
V - 'A' (City Campus)

Animals Facts

- ❖ Compared to other animals dolphins are believed to be very intelligent.
- ❖ Female dolphins are called cows and males are called bulls and young dolphins are called calves.
- ❖ Elephants are the largest land-living mammal in the world.
- ❖ Both female and male African elephants have tusks but only the male Asian elephants have tusks. They use their tusks for digging and finding food.

Nishtha Gupta
V - 'A'

Natural Resources

- N - Nature is the beauty of the world.
- A - All should promise to save natural resources.
- T - Try to save the environment.
- U - Uranium found in nature as u-235.
- R - Rainbow Looks beautiful in the sky.
- A - All that glitters is not gold.
- L - Living on earth is impossible without natural resources.

- R - Raw material are useful for our livelihood.
- E - Ending of natural resources is harmful for us.
- S - Save plants and grow more trees.
- O - Old things are useful for future.
- U - Use biotic components.
- R - Recycle, Reduce, Reuse.
- C - Collect rainwater.
- E - Encourage our society to save natural resources.

Reetanshi
III - 'F'



Science Facts

1. Some rats can survive without water longer than camels.
2. Grasshopper have white blood.
3. The ostrich's legs are so powerful that one kick can kill a man.
4. A camel has three eyelids to protect themselves from dust storms.
5. Hen can distinguish between all the colours of rainbow.
6. Spiders had transparent blood.
7. The hardness of ice is similar to that of concrete.
8. If you drop a snake egg, it would not break it would probably bounce.
9. The most common disease in the world is tooth decay.
10. Enzymes are used as washing powder.

Mehak Sharma
IV - 'F'



Fast Food A Scientific Approach

Fast food is so common in this fast world that every second person is a lover of these fast foods. Fast foods are very harmful for health. These kind of foods are high in calories but have no nutritional value.

Fast foods are absorbed through stomach and intestine with great difficulty. When they are absorbed in blood, they get deposited in blood vessels and cause rise in blood fat. As more and more children are taking these fast foods, they become prone to heart diseases when they grow up as adults. These fast foods also get deposited in brain cells cause irritation of nerves. That is why children get angry soon and moreover they get prone to Epilepsy. Epilepsy has gone up at an alarming rate. As children are being attracted towards fast food, which have got less nutritious value, so the percentage of anaemic persons is on increase at an alarming rate. Children should avoid fast foods because these put burden on kidney also. It is harmful for our health. So, we should try to avoid taking fast food.

Palak Sabharwal
V - 'A'



Chemicals Composition of Body

Do you know that your body has a large amount and variety of chemicals. There is enough carbon in your body to fill 900 pencils. Fat is present in an amazing amount that can make 75 candles. More than 200 match heads can be made by the amount of phosphorus present in your body. And, there is enough iron in your body to make 7.5 cm nail!!! Human body really has an amazing relation with the chemicals.

Ishita Jain
VII - 'C'





Bones

Last night
A thief
Broke into my home,
Came to my room,
And stole my arm's bone.
"Give me my bone back!"
I screamed at the thief,
"I need all my bones,
Like a branch,
Needs a leaf.

I use all my bones,
To keep me alive!
I need 206!
Not 205!
Give me my bone,
It's calcium rich,
I've got a ball game,
I need it to pitch!

Supporting my body,
Protecting inside,
Where heart, kidneys, lungs,
And others reside!
Give me my bone back.
I yelled at the thief,
And finally he gave it,
What a relief....
He gave the bone back,
And left without harm,
Now the right bones.
Are in my right arm...

Anish Pupaeja
III - 'F'



Amazing Facts

1. A fly is a 'mopper'. It mops up wet food with its spongy mouth parts. If the food is dry, it wets it before eating.
2. The albatross has the largest wingspan of all birds. A bird's wingspan is measured from the tip of one outstretched wing to the other.
3. Ducks and swans can 'dive' for food. They hold their breath while they are underwater.
4. A spasm in the muscles of your throat forces you to take in more air, making you yawn!

Science in Everyday Life

Science is useful servant, but a bad master. In and around our homes, we see the blessings of science. We see its inventions. We are benefitted by its unique gifts. Its boons are too many. No area of our life is without its salutary touch or influence. The electric light, the cooking gas, the cooler the heater and the like and part and parcel of our life. Coloured TV, VCR and VCP have revolutionised the means of recreation. They have heightened our amusement. They are certainly the innovations of science. Can you think of any home without these latest means of entertainment? The air-conditioner give out cool air summer and hot air in winter. The mixer grinder grinds your spices in a jiffy. Its uses are too many. Even your vegetable soups are finely mixed by this great invention of science. Your food is extra-ordinary flavoured. What a miracle!

All the house-hold appliances are the unique gifts of science. Now the life has become very cosy and comfortable because of the contribution of science. You can have anything for the asking. You just press a button, the desired article is at your door steps. Science has made cars, scooters and other automobiles. Even a bike is a gift of science. The uses of science are too many. Whatever field of man's activity you visualise, the imprint of science is there. It has a permanent and indispensable place in our daily life.

Brinda Gupta
V - 'E'



5. The barrel cactus stores water from the rain in its barrel - like stem.
6. A milk-giving cow needs to eat about ½ kg of grain for every 2 kg of milk that it produces. Alfalfa helps them to produce more milk.
7. An Angler Fish lives at the bottom of the sea, where it is very dark. So it carries a little glowing light attached to its head to attract prey.
8. When perchina birds sleeps, their leg movement pulls a tendon tight. This locks their toes automatically around the perch.

Ganya Kapoor
IV - 'D'



"Science is always wrong. It never solves a problem without creating ten more." George Bernard Shaw

Breakfast Heartily

Breakfast is the most important meal of the day. It meets one-fourth of our daily nutritional requirements, but conveniently missed by us, particularly, by the youngsters. More than adults, breakfast is most beneficial for children, as it keeps them active and healthy. Children who eat breakfast are less prone to diet-related diseases. There is an old adage that one should breakfast like a king, lunch like a knave and dine like a pauper.

A study conducted by some doctors found that young children who had eaten a healthy breakfast of more than 500 calories did better in tests of addition and creativity than those who had poor breakfast of only 200 calories. The poorest performance was by those who did not have any breakfast. In short, breakfast habits directly affect children's performance in school.

The vitamin and mineral intake of children who skip breakfast is lower than those who eat in the morning. In such cases, physical performance diminishes and fatigue sets in. These deficiencies also adversely affect memory as breakfast is a brain food, that keeps children alert. So a healthy breakfast comprising of cereals, milk and a bowl of fresh fruit goes a long



way in improving children's performance in studies. Breakfast eaters have a higher intake of vitamin A, E and D, iron and calcium than those who go hungry in the morning. Any shortage of such nutrients affects growth in children. Children, who eat late at night or do not get enough sleep or exercise, are usually the ones who skip breakfast. An early dinner, a good night's sleep and a healthy breakfast is the ideal combination to improve a child's performance at school. The role of parents here is the most important. It is imperative for the parents to provide only a healthy diet to their children for a healthy life.

Vaibhav Dhir
IV - 'E'



Mobile Phones

a Boon or a Bane ...



Since the dawn of human civilisation, man has created many things to meet his needs. Mobile phones is one such portable electronic device.

Mobile phones have numerous advantages foremost of which is it enables one to communicate long distance. Likewise it has paved the way for instant messaging resulting in spot reporting and quicker responses to accidents attacks or calamities. And due to its myriad functions, these gadgets have become noise recorders, music players, photo albums, alarms etc. It has also become dictionaries, personal directories and even mini computers.

A boon for better communication mobile phone usage nonetheless has many health hazards. Use of mobile phones while driving can cause both physical and mental distraction which impairs driving performance. It can significantly

impair a driver's reaction time, visual search patterns, ability to judge speed and safe gaps in the traffic and leads to increased risk of roadside accidents. Various studies indicate that the emissions from cell phones can be extremely harmful causing genetic damage, tumors, memory loss, increased blood pressure and weakening of immune system. Though there is no evidence of all phone causing cancer or fear of the some is not baseless either. The electromagnetic radiation from cell phones does have a potential link to cancer studies have shown that teenagers and children under 16 years of age are especially vulnerable to eardrum damage and hearing loss.

Because of the great convenience of mobile phones, they are now a modern day must have the 21st century equivalent of a businessman's fountain pen. But be careful – There are many disadvantages of using are beloved cellies also.

Shivanshi, VIII - 'C'



Myths

Myths i.e., false beliefs have encircled us in certain limits. As a result, we are losing the real charm of life. This article explodes the myths and explains the fact.

Myth 1. (Food labelled 'No Cholesterol' are heart healthy foods.)

Fact : Only animal food contain cholesterol and so manufacturers often say, all vegetable oils may well label their products 'No Cholesterol'. This is far from saying that oils are good or even safe for your heart. Its not just saturated fats, but too much of any kind of fat, can increase the risk of heart disease. And certain plant foods such as vegetable oils, nuts, soyabeans are high fat food. Current recommendation is to keep total fat to 30% of total calories and saturated fats to 10%.

Myth 2. (Salt is evil)

Fact : The intentions behind a low-salt diet are good, but it might leave you more vulnerable to heart attacks. Researchers point their finger at a hormone in your body called 'rennin' which kicks into action when your kidneys detect low salt in blood. Remain narrow blood vessels, reducing blood flow, which may increase heart-attack risk.

Myth 3. (The longer your exercise session, the greater the benefits.)

Fact : No, it is the greater chances you will injure yourself. The fact is that over-exercising can lead to sprains, strain and pain - all three of which should not be part of your fitness programme. Strenuous exercise appears to have adverse effect on immunity and seems to cut the flow of some protective anti-bodies (such as Ig-A, an antibody in saliva). So don't push yourself too hard - its not good for you.

Myth - 4. (Women who train with weight will 'Bulk-Up')

Fact : It is a very real fear. But its a fallacy that brief work out with right weights everyday, will make you look like a male body builder. In males, it is a direct result of male hormone testosterone. For an average woman, doing upper body strengtheners is the route to better defined muscles, helping her sculpt her body into the shape she wants.

Myth 5. (Using 'Ear buds' is a safe way to remove ear wax.)

Fact : A lot of people use cotton swabs or ear buds to remove the ear wax. Actually they are pushing it in. 'Ear buds' can push the wax up against ear drum. In fact you don't need to remove ear wax because jaw movement usually forces the excess gradually out of ear canal and it gradually dries up and migrates to outer ear. All you need to do is wash your ear regularly. For impacted wax, you should consult a doctor.

Myth 6. (Kajal is cleansing and therapeutic for eyes.)

Fact : Quite the contrary, prolonged use of kajal can bring on bad poisoning. In children it results in stunted growth, muscle paralysis and more rarely epilepsy and even mental retardation. Since the product is not commercially standardized, contamination may result in eye infections like conductivities and blepharitis.

Myth 7. (Coconut oil nourishes hair and promotes hair growth.)

Fact : Coconut oil only coats the hair like a conditioner and provides synthetic lustre and also makes them more manageable. As for coconut oil massages the benefits to the hair are likely to come more from massages than from oil. Massaging stimulate the blood circulation to the scalp, the oil merely aids and 'smoothens' the act of lubrication.

Pranjal Mahajan
VIII - 'C'



Science is Knowledge

Science is knowledge
Knowledge obtained through observation
Also acquired through experimentation
It helps us in everyday life
Thanks to Science
For all its contribution to the world
Science is not something difficult,
From which you scurry away
And quiver and shake
It is not so boring
That would make you feel sleepy
Science is knowledge
Knowledge obtained through observation
Also acquired through experimentation.

Akshit Khullar
VII - 'A'



"Science commits suicide when it adopts a creed." Thomas Henry Huxley

Amazing Facts about Plants

- * Cabbage has 91% water.
- * Apple is 25% air, that is why it floats on water.
- * Tomato and the potato are the vegetables which are grown in largest quantities in the world. But onion is the most widely used vegetable.
- * The averaged size tree can provide enough wood to make 1,70,000 pencils.
- * Carrots were originally purple in colour.
- * The baobab tree in Africa is an amazing plant. It is known for its water storage capacity in its trunk. It can store 1000 litres to 1,12,000 liters of water in its swollen trunk.
- * Cutting onions releases a gas which causes a stinging sensation when it comes into contact with your eyes. Your body produces tears to dilute the irritant and remove it from your eyes.
- * 84% of a raw apple and 96% of a raw cucumber is water.
- * Trees get about 90% of their nutrition from the atmosphere (carbon dioxide) and only about 10% from the soil.

Amazing Facts about Animals

- * The hippopotamus is considered to be the most dangerous animal in Africa. Hippos kill more humans annually than lions, crocodiles or snakes.
- * Dolphins don't drink water. If they drink sea water it would make them ill and potentially kill them. They get all of their liquid needs through the foods they eat.
- * A vampire bat can drink a victim's blood for as long as 30 minutes without waking the victim up.
- * Since octopuses have no bones, their bodies are incredibly flexible. They can slither through openings not much bigger than their eyeballs.
- * The zebra stripes are some of the most distinct markers in the animal kingdom like a human being's finger prints, no two sets of zebra stripes are exactly alike.

- * On average, sharks kill 10 humans every year. Approximately 100 people die each year when they are stepped on by cows.
- * Horses cannot breathe through their mouth. If their nostrils become obstructed. They could suffocate.
- * An ostrich's eye is bigger than its brain.
- * About one in every 4 million lobsters is born with a rare Genetic defect that turns it blue. One in every 30 million is yellow.

Amazing Facts about Human Body

- * The stomach's digestive acids are strong enough to dissolve zinc. Fortunately for us, the cells in the stomach lining renew so quickly that the acids don't have time to dissolve them.
- * The lungs contain over 3,00,000 million capillaries (tiny blood vessels). If they were laid end to end, they would stretch 2400 km (1500 miles).
- * Human bone is as strong as granite in supporting weight. A block of bone, the size of a matchbox can support 9 tonnes – that is four times as much as concrete can support.
- * Each finger and toenail takes six months to grow from base to tip.
- * The largest organ in the body is the skin. In an adult man it covers about 1.96 sq.m. (20 sq. ft.) The skin constantly flakes away – in a lifetime each person sheds around 18 kg (40 lb) of skin.
- * When you sleep, you grow by about 8mm (0.3 in). The next day you shrink back to your former height. The reason is that your cartilage discs are squeezed like sponges by the force of gravity when you stand or sit.
- * Each kidney contains 1 million individual filters. They filter an average of around 1.3 litres of blood per minute, and expel up to 1.4 litres a day of urine.
- * The focusing muscles of the eyes move around 1,00,000 times a day.
- * The eyes receive approximately 90% of all our information, making us basically visual creatures.

Priyanka Leekha
VII - 'C'



Some Unknown Facts

- * Cockroaches can live for 9 days after their head has been cut off.
- * The world's largest amphibian is the giant salamander. It can grow up to 5 ft. in length.
- * The first coast to coast telephone line was established in 1914.
- * A car travelling 100 mph would take more than 29 million years to reach the nearest star.
- * In Cleveland, Ohio it is illegal to catch mice without a hunting license.
- * The cigarette lighter was invented before the match stick.
- * Typewriter is the longest word that can be made using the letters only on one row of the keyboard.
- * Butterfly taste with their feet.
- * Coca-Cola was originally green.
- * It is impossible to lick your elbow. (Try it)
- * Intelligent people have more zinc and copper in their hair.
- * Mosquitoes have 47 teeth.
- * Peanuts are one of the ingredients in dynamite.
- * Moon is moving away from earth.
- * The statue of Liberty Finger is eight feet long.
- * Kangaroo's can't walk backwards.
- * The body has 23 millions sweat glands.
- * If you ate too many carrots; you would turn orange.
- * Bamboo can grow upto 3 ft. in 24 hours.
- * A blue whale's tongue weighs more than an elephant.

Kashish Sharma, VII - 'F'



You, Me and Science

- Kyon chalti hai pawan,
'Because of pressure difference'
- Kyon jhoomte hai gagan,
'Because of revolution'
- Kyon Machalta hai munn
'Because of excessive respiration'
- Na tum jano na hum
But I just gave all the reasons.
- Kyon aati hai bahar
'Because of change in season'
- Kyon hota hai ikarar
'Because of mental tension'
- Kyon hota hai pyar
'Because of pole attraction'
- Na tum jano na hum
'Like I said, these are all' Science phenomenon
- Kyon gum hai har disha me
'Because you have poor sense of direction'
- Kyon hota hai nasha
'Because of drug addiction'
- Kyon aata hai maza
'Because Science give us all information'



Vansh Sekhri
VII - 'C'

Good Nutrition

Good nutrition is nothing more than good food, properly selected and carefully prepared. And nothing less.

In order to produce "good food", we must know, for more than simply how to cook it. We all must understand how food, cooking technique and nutrition are intertwined. The purpose of this article is to introduce and explore seven basic nutritional guidelines for cooking. These guidelines can help all of us incorporate healthful techniques into menu planning, recipe development and cooking procedure. To follow them there is no need to eliminate any food from the kitchen. Instead you can use these certain categories of food :

1. Moderate calories.
2. Moderate use of fats and cholesterol content.
3. Increase use of carbohydrates - rich food and moderate the use of added sugars.
4. Moderate use of proteins.
5. Moderate use of salt and sodium.



Akshita Mahajan
VII - 'E'

Black Holes

After some star collapse, even light cannot escape.

Black holes are heavy things. We can't see them, but we can infer their existence from their gravitational effects on their neighbourhoods. Because light can't escape them, they're dark, very dark.

A black hole has a border, a fence, a boundary, a line on a map, called the event horizon. If you were to cross the event horizon you would be gone, never to be seen again. Goodbye. This is the case for everything that drops into a black hole. Black holes do accrete, but they don't suck. They're not vacuum cleaners.

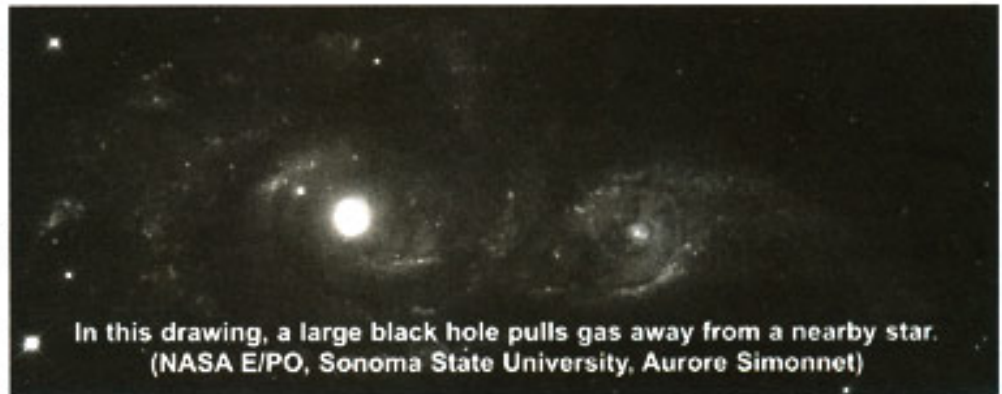
The event horizon is the point at which the escape velocity is greater than the speed of light. Escape velocity is the speed required for an object such as a rocket to escape the gravity of wherever it's departing from. Nothing travels faster than light, but light does not travel fast enough to escape a black hole.

A black hole typically begins with a neutron star – the remains, the core, the corpse of a massive supernova – a massive star that has exploded. Keyword : *massive*. Only stars at least 10 times as big as our Sun are massive enough to go supernova and leave a neutron star.

A tremendous force of gravity bears down on the core of stars, but they don't collapse because something is pushing back. That something is nuclear fusion. It starts with hydrogen, the element that makes up 75 percent of the universe. Four hydrogen atoms, each with one proton, fuse to make one helium atom with two protons and two neutrons. The excess energy escapes as heat and light. This goes on for millions of years. But eventually the hydrogen at the star's core is used up, and then helium atoms at the core begin fusing to make even heavier atoms – carbon and oxygen. After the helium is used up, the carbon and oxygen begin fusing,

and so it goes. Each fusion event releases heat and light because the new, heavier element's atom is a bit lighter than the sum of its predecessor atoms. Fusion continues until the core is iron. Only the most massive stars have enough gravity to create enough heat and pressure to force fusion all the way to iron.

Iron can't liberate energy because fusing to iron absorbs energy. Iron can't release heat and light to oppose the force of gravity. All the iron core can do is get heavier.



In this drawing, a large black hole pulls gas away from a nearby star.
(NASA E/PO, Sonoma State University, Aurore Simonnet)

So gravity wins, and the star collapses and, in a kind of trampoline effect, explodes. It goes supernova. The outer layers disperse to space. The core remains, spinning, spinning, spinning. This is a neutron star. It's small – perhaps six miles wide – but exerts gravity so extreme that a teaspoonful weighs more than Mount Everest. Its magnetic field is a trillion times as strong as that of Earth. As it spins it emits radiation in the form of pulsars (think of a revolving lighthouse beacon flashing by at regular intervals). In 1967, astrophysicist Jocelyn Bell, then a graduate student, discovered pulsars and thus neutron stars, which had been predicted in theory but never found.

Neutron stars are heavy, but within them something potent (not fusion) pushes back against the force of gravity. So extreme is a neutron star's gravity that each proton with its positive charge latches onto each electron with its negative charge, and what you get is neutrons – subatomic particles with no charge. Here quantum principles come into play : when particles are mashed together as close as nature permits, no two neutrons can occupy the same place at the same time; nor can they exist in the same quantum state. This creates "neutron

degeneracy pressure" that pushes back against the extreme force of gravity.

But throw more stuff into it. Make it heavier. Bet on gravity. This can happen in binary star situations where the neutron star slurps matter from its companion luminary. At a certain point, gravity wins again, this time victorious over neutron degeneracy pressure. The star collapses into itself, perpetually and forever. Now you have a black hole.

A black hole puts a dip in the fabric of space-time. Einstein's General Theory of Relativity holds that what we perceive as gravity is the warping of space and time produced by energy and matter. Astronomy books have you picture a flat rubber sheet with a heavy object pressing down into the center (the black hole) with the rest of the sheet sloping down towards the hole, causing objects spinning around the slope to spin faster. The rubber-sheet image works, except a rubber sheet a two-dimensional and space-time is four-

dimensional. I prefer the image of a banked-track roller derby with rollergirl teams like Hellcats or the Hired Guns whipping around at near the speed of light. (I refer, of course, to the Lonestar Rollergirls of Austin, Texas.)

But I digress. Gravity affects time, slowing it down. This property of time was predicted by the General Theory of Relativity, and is no longer controversial. It has been tested by flying accurate clocks high above Earth where gravity is weaker. As expected up there, time speeds up. Conversely, at the edge of a black hole, gravity is so great that time stops. Bam!

Here you may be tempted to ponder strange strings and wondrous wormholes and ultra-weird alternate universes where teams like the Throttle Rockets of Seattle's Rat City Rollergirls don't even exist. You may be tempted but I am not. Goodbye.

Jasdeep Kaur
HOD Science

They Work Hard for their HONEY

So you better treat them right.

On my 11th birthday, my father presented me with a hive of honeybees (*Apis mellifera*) for my very own. It was part of his apiary, a long row of whitewashed bee boxes he kept along the edge of a field. I went out to visit my new hive, whereupon the bees rose up in a body and chased me away. At least that's how I remember it. I thanked my father (I hope), but never went back to my hive. Although we possessed the usual beekeeper gloves and veiled bee helmet, my father could go out and work his bees in his shirt sleeves. He would bring the honey in to one of the farm's small outbuildings – our honey house – and we would extract honey from honeycombs by whirling it in a honey extractor centrifuge. We'd pour the honey into jars, label the jars, and sell then door-to-door in town (Chestertown, Maryland). Sales were easy since everyone adored Winslow Long's honey.

I thought, at age 11, that I knew quite a bit about honeybees. Ha. Ha.

Honeybees pollinate. They go out among the flowers and collect nectar, from which they make honey, and pollen, which they use as food. Along the way, of course, they distribute pollen from flower to flower.



Flowers are the sexual organs of angiosperms (flowering plants). The flower's female part, the stigma, is typically in the center; it sits atop a tubular "style" that rises up from the ovary. The male parts, anthers, sit on filaments surrounding the stigma. Anthers produce pollen grains that produce sperm. Bees don't see red well, but they are attracted to yellow, blue, and violet. Petals provide landing pads, and many petals have a nectar gland at their base. Flowers also put out fragrance molecules to draw pollinators.

We depend on honeybees to pollinate corn, cherries, apples, apricots, melons, prunes, plums, almonds, carrot seed, seed onions, seed alfalfa,

cantaloupe, cranberries, blue berries, etc. Honey bees pollinate about one-fourth of the food we Americans eat, according to the American Beekeeping Federation.

A remarkable behaviour of honeybees is the **waggle dance** system of communication. Bees returning to the hive report the location of the good flowers – by dancing. They run about on the vertically hung honeycombs, drawing imaginary shapes that suggest kissing zeroes. The center stroke of this bee-glyph is the waggle. If the waggle is straight up, the good flowers may be found by flying in the direction of the sun. If the waggle is a zigzag, the goods may be found by flying at the angle of the zigzag. Timed buzzing conveys how far to go in the given direction. (Longer buzzing denotes farther away.) Bees in the hive join the dance, learn where to go, and then fly off, straight to the mark. This is the terpsichorean system of the honeybees according to an exquisite book, *The Superorganism*, by Bert Holldobler and E.O. Wilson. (In Greek mythology, Terpsichore was one of the nine muses. She invented dancing, presided over it, and danced to amuse her sister muses.)

In late spring or early summer, after new queens are made by feeding larvae royal jelly, bees are ready to swarm. Taking the old queen and leaving new queens to fight it out among themselves for the home nest, about two-thirds of the workers – from 8,000 to 20,000 bees – depart, rising in the air, hovering, and then hanging in a great buzzing mass on a branch. Now a search committee, several hundred experienced foragers go hunting for a new nest site. The others stay with the queen, keeping her warm and protecting her.

How the scouts determine where to establish the new nest prompts scientist Thomas D. Seeley, in *Honeybee Democracy* (another stunning book), to call the colony a cognitive entity. The new site must be large enough to store honey for the winter, and it must afford protection from predators and winter weather. The scouts fly out in all directions and return to waggle dance their results. Every option is explored. A long and enthusiastic waggle dance will prompt more scouts to go and inspect that site. There's plenty of conflict and a recruitment process, until at last a consensus is reached. In this way, the colony chooses the best site. All without leadership. All without *Robert's Rules of Order*.

Colony Collapse Disorder, recognized in 2006, kills 30 percent of hives each year (beekeepers replace them). Its cause seems to be a cumulative combination of stresses, including mite and fungal infestations, and pesticides. In particular a systemic insecticide called clothianidin ("Poncho") has longterm effects, contaminating soil and remaining in plant tissue for years. It's one of a class of chemicals that likely cause the honeybee's immune system to break down over time. Beekeepers, some scientists, and environmentalists have called on the EPA to ban clothianidin, and **petitions** have attracted some 1.5 million signatures in support of such a ban. Mine was one of them.



Mrinal Jindal
11th Medical

Funny Facts



- ◆ Rabbits and parrots can see behind themselves without even moving their heads!
- ◆ Butterflies taste food by standing on top of it! Their taste receptors are in their feet unlike humans who have most on their tongue.
- ◆ Most of the dust in your home is actually dead skin.
- ◆ Humans get a little taller in space because there is no gravity acting on them.
- ◆ Because of unusual shape of their legs, kangaroos, struggle to walk backwards.

- ◆ A hippo may seem fat and heavy but it can still run faster than a man.
- ◆ Even if an analog clock is broken, at least it shows the correct time twice a day.
- ◆ Sneezing with your eyes open is impossible.
- ◆ The trickiest tongue twister in the English language is apparently "sixth sheik's sixth sheep's sick". Give it a try and see for yourself.



Nishtha Gupta
V - 'A'



The Stalwarts of KVM



Humanities Forum (Senior Section)



Speakers (Higher Section)



Prefects' Council (Primary Section)



Prefects' Council (Primary Section)



House Captains (Middle Section)



Prefects' Council (Middle Section)



Iron Eagle Club

The Stalwarts of KVM



House Captain (Senior Section)



NCC Cadets (Boys)



NCC Cadets (Girls)



Athletics



Swimmers & Skaters



Shooters

The Stalwarts of KVM



Lawn Tennis



Budding Artists



Budding Musician



Cricket



Basket Ball



Volleyball

The Stalwarts of KVM *City Campus*



Outstanding Sports Personalities



Perfect Council



Humanities forum Middle



Humanities Forum Primary



Budding Artists



Budding Orators



Dance & Music

TOURS & TREKS

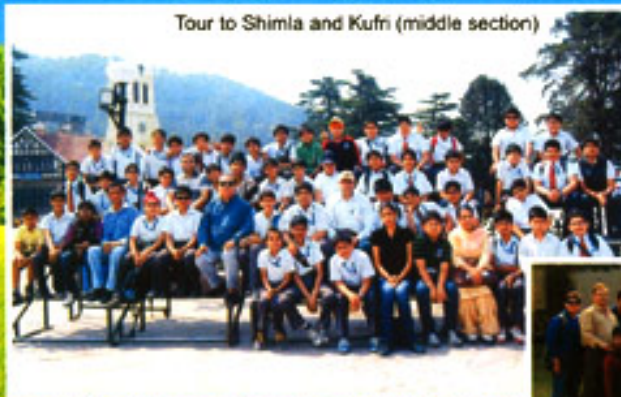


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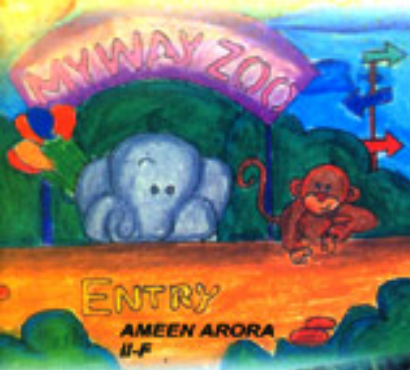
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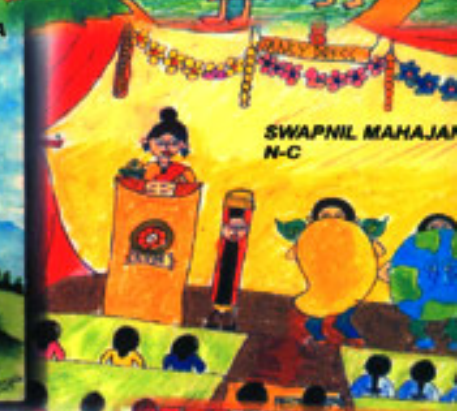
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