

The
Satyan
2014

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Satyan
2014

The *Satyan* 2014



The Annual School Magazine of
SAT PAUL MITTAL SCHOOL
Ludhiana (India)

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The Cover Page

designed by **Pooja Kapoor**

The rainbow symbolize the vibrant life of the Satyan family. The tree depicts unity, peace, harmony and growth in the life of Satyans. The bark of the tree is in the shape of the hand symbolizing union is strength. The Satyans are flying high like the leaves of the tree aiming to touch the sky with their hands. The yellow colour in the background depicts the rays of the sun casting their brightness on our enthusiastic Satyans.



EDITORIAL

Truly speaking, Life is a great celebration at Sat Paul Mittal School, and the Satyans are the most precious gift that God can bestow on an institution. Since the inception of the school till the completion of ten years of its glorious existence on the mother earth, life has revolved around our dear Satyans. At Sat Paul Mittal School, we revel at each achievement and is a cause of celebration. Failures are taken in its stride and are just a stepping stone to success. In sum, we celebrate YOU in all your unique glory.

'The Satyan 2014' is a dedication to all our Satyans, who enliven and sparkle every nook and corner of this great temple of learning and illuminate it with their gleaming presence. Each Satyan with the hues of its varied interests and talent has brightened the canvass of this school. As we celebrate the decennary of the school, it is your journey we celebrate, the journey of transformation from possibility to achievement, from doubts to conviction, from waywardness to righteousness, with great momentum and ease. There are dreams woven with utmost care and love for you, there are goals identified with utmost precision for you. Dear children, you are the highfliers, you have the potential to summon the alchemical process of turning these goals and dreams into a reality.

As we start a new chapter, these years of hard work, success and innovation provide the necessary impetus to each one of you to soar high. Just as the phoenix rises from its ashes, let the lethargy, failure and doubts that stunt our growth burn away, giving birth to a new entity that is a living embodiment of all the great ideals and principles that the school stands for.

'The Satyan 2014' is a celebration of the endless reservoir of talent and greatness of our school. It is a mirror of the school's aspirations and achievements. I do hope that the magazine brings cheer and delight to its readers and encourages many more students and parents to use it as a platform to express their creativity in future. Look out for the next issue as we celebrate the glorious ten years of existence of our great *gurukul*! Plaudits for the Editorial team for their outstanding work and dedication.

Blissful Reading!!!

Ms. Neha Sehgal
Editor-in-Chief

My friends, my fellow Satyans, success can only be achieved with sincere hard work, definite aims, definite plans, and for success in exams, bugging your teachers for the whole year. Jokes aside, I would like to actually confess that my Class 11, from which I had graduated some days back, was too full of challenges. The beginning days of my Class 11 were full of anxiety. I found that, if you use all those challenges as stepping stones, overcome them head on instead of instilling yourself with fear, you will reach a greater height, you will create a new yourself.

Take a view that the challenges you face are the only and only thing between you and your happiness. Happiness is your destiny; no one can stop you achieving it but you yourself. Say: "I Will". Don't stop until you have reached your goal. Never be disheartened, for every loss, determine to hit back with double power. Your will power is a great gift endowed to you which takes you through every circumstance, every challenge. Just be aware of it and stand high like a mountain.

The greatest wish of our teachers at Sat Paul Mittal School is to see us as great people. For this purpose they refine us in the fire of learning and self-discipline. It is my sincere advice to all Satyans to trust them and respect them. Don't fear to communicate with your teachers. Our school has laid for us the path to greatness. Walk it with your shoulders high. I wish that you achieve success in all your endeavours. All the Best!!

Sarabdeep Singh
Student Editor



DIRECTOR'S MESSAGE

The system of Education in our country is in a state of flux. Today, Education is no more confined to the acquisition of knowledge and development of personal growth. Education, to be holistic, has to have social concerns for the employment of the youth and for the inculcation of value system as enshrined in our constitution. Surely, the students alongwith the institutions have to be involved in study and services related to national development. This new concept has a great potential for making education an investment rather than merely a social service. Clearly, it would prove the most potent and powerful instrument to pay back to the society handsome dividends through not only human resource development, but also through participation and intervention in the whole process of socio-economic and cultural development. This only means that our educational institutions cannot be mere ivory towers with total academic freedom to do what they like with their programmes.

It gives me immense satisfaction that our Satyans are being trained and groomed keeping the national goals of education in mind. They are fully wedded and committed to the vision and mission of the school to emerge as future leaders and invaluable citizens of the country. The Satyans are being inculcated with a spirit of enquiry, creativity and leadership skills. They are being groomed in a secure and affectionate environment which facilitate freedom of speech and cultivation of effective communication skills. The teaching

faculty of the school is a team of dedicated and competent professionals who keep abreast of the latest developments in educational technology and are a great asset in redefining the concept of education.

On completion of ten years of successful existence of the school, I compliment the Principal and the staff for their remarkable journey to glorious success and excellence.

I would like to congratulate the Editorial team for an excellent display of talent and creativity.

Lt Col (Retd) Dr D B Sharma

The child is firmly at the heart of our work at Sat Paul Mittal. We seek to develop the whole child by providing students with meaningful and connected learning experiences. These experiences inculcate in them important values, competencies and skills that will allow them to do well in the 21st century. With the focus on 'Connecting to Learn, Collaborating to Achieve', the session 2013-2014 has been exciting and we have made significant progress and enhancements in our approach, programmes and school outcomes. The Peer Learning period, the enhanced group activities, student empowerment programmes, community service and social awareness projects have definitely created a collaborative culture in our school. Also, the extra effort made by the teachers to make connections between the learning in the classroom and the experiences outside the school accelerated the purpose.

We could make a difference only because of the contributions and collaborative efforts made by the Students, the Teachers, and the Parents. The Summer Camp, the Workshops conducted, the Parents Thanksgiving Day is a reflection of the close knit bond that we all share. In the book 'The Art of Possibility' by Rosamund Stone Zander and Benjamin Zander, the authors describe how one can go beyond making a contribution to being one. Here is how Benjamin Zander describes it: "I settled on a game called 'I am a contribution.' Unlike success and failure, contribution

has no other side. It is not arrived at by comparison. All at once I found that the fearful question, 'Is it enough?' and the even more fearful question, 'Am I loved for who I am, or for what I have accomplished?' could both be replaced by the joyful question, 'How will I be a contribution today?'... In the game of contribution, you wake up each day and bask in the notion that you are a gift to others". Such a perspective has great value as it allows us to not worry about measuring up to others' standards, and at the same time appreciate everyone around us as a gift to us. As we continue our journey towards excellence in 2014, it is my hope and desire that each of us in the Sat Paul Mittal Community will be a gift and contribution to others. It is when we truly empower ourselves that we can transform our future.



PRINCIPAL'S MESSAGE

Bhupinder Gogia



About the School

Over these past ten years, the school has grown and developed by leaps and bounds. The times are changing and so is Sat Paul Mittal School. The school is committed to provide the highest quality of education to its pupils. The thrust and the emphasis is the same but it has changed with the best in education and infrastructure. The infrastructure plays a paramount role in imparting quality education. The school has made giant strides in the last ten years in not only providing but also sustaining the infrastructure of an international level. The first impressions of the school are over-whelming, everything is on a grand scale and above all its spirit which is impossible to define. The architectural design of the building is the most important feature of any school. Sat Paul Mittal School boasts of a building which is well planned, spacious with pleasing architectural features. It allows free movement in and out of classroom for students and teachers. The breadth and scope of the school building provides for every possible need - academic, sporting and pastoral. The school is working in consonance with the changing global needs and demands. The greatest evidence of the foresightedness of the Management and its passion to deliver nothing but the best is the school auditorium which is under construction. The auditorium boasts of matchless facilities and a visual and audio treat in the form of state-of-the-art equipment's. The auditorium will also unveil squash courts, basketball courts and a splendid gymnasium for the sporty Satyans. The school auditorium is an infrastructural delight, it is sure to become the pride of Ludhiana. The school is committed to provide a world class infrastructure keeping in mind the international standards and global scenario.

Sat Paul Mittal School is aware of its role as an important entity of the earth. The school has taken up various initiatives to spread the message of conscientious behaviour to save mother earth. Rain water harvesting is a step in that direction. The best and eco-friendly method to conserve and replenish water, the valuable resource is rain water harvesting. The school has implemented this system to ensure that as a school we discharge our responsibilities with diligence towards the mother Earth. The school imbibes and implements in spirit and action the best practises and is striving to forge ahead with its distinct individuality and commitment to excellence.



*"The will to win,
the desire to succeed,
the urge to reach
full potential,
these are the keys
that will unlock the
door to excellence."*

Ace

Achievers in Academics

The second batch of Class XII again confirmed the outstanding results in the ISC Board Examinations. Jassimran Kaur Saluja brought laurels to the school as she topped the Commerce stream with 93.5% marks. Diksha Samsukha made the school proud by securing 97% marks in Class X Board Examinations. The Satyans have once again proved that excellence is not an act but a habit for them.

Class Toppers

Class XII (Commerce)



1st Position
Jassimran Kaur Saluja
93.5%



2nd Position
Urveen Sukhija
90.0%



3rd Position
Megha Kharbanda
89.0%

Class XII (Science)



1st Position
Saiyam Kalia
88.0%



2nd Position
Ojas Singh Thakur
87.0%



3rd Position
Anhad Singh Arora
86.5%

Subject Toppers



Sanika Jain
95% in Commerce
94% in English



Anhad Singh Arora
99% in Physical Education
86% in Physics



Jassimran K. Saluja
94% in Maths
92% in Economics



Amolak Singh
98% in Accounts



Aditi Jain
99% in Physical Edu.



Puneet Chadha
99% in Physical Edu.



Akshita Sethi
92% in Art

Class X



Diksha Samsukha
97%



Vani Sagar
96.4%



Vasu Bansal
94.6%



Sachinmeet Singh
94.6%



Aarushi Goel
94.0%



Rhythm Gupta
93.4%

Subject Toppers



Diksha Samsukha
100% in Maths,
100% in Comp. App.
98% in Social Studies
97% in Science,
96% in Punjabi



Vani Saggar
99% in Physical Education
92% in English



Vasu Bansal
100% in Comp. App.



Chirag Nagpal
100% in Maths



Sohail Singh
100% in Comp. App.



Arham Jain
99% in Commercial Studies



Kriti Behal
95% in Art

Class Toppers VI to IX (2012-13)



Suvrat Jain
VI
96.5%



Tarush Goyal
VII
97.5%



Bhavya Sudhakar
VIII
92.7%



Amreen Kohli
IX
92.2%
(Science)



Ojasvi Jain
IX
86.1%
(Commerce)

Achievers in Academic Examinations

12th National Cyber Olympiad



Ishaan Bajaj
Class V
1st in State

Asset

Ishaan Bajaj of Class V was awarded for his Outstanding Performance in the 'Assessment Programme by Educational Initiatives' - Asset.

He also, won the First Position in State in 12th National Cyber Olympiad.

Second Round of National Cyber Olympiad



Tahira Grewal
Class IV
3rd in State

13th National Cyber Olympiad



Ananya Chowdhery
Class II
1st in State

Spellathon

The following students are selected for the third round of Spell Genie:



Sanay
Class I



Kabir
Class I



Guneesh Gupta
Class I



Sukhmehar
Class I



Vivaan Gupta
Class I



Vaanya
Class I



Harshita
Class I



Talika
Class I



Aadesh
Class III



Ananya
Class III



Ruhaan Goyal
Class III



Vedaansh
Class III



Kavya Bansal
Class III



Nandika Aggarwal
Class III



Arshia Gupta
Class III



Anusha Garg
Class V



Barbie Chawla
Class V



Dashmeet Sachdev
Class VI



Arshdeep Kaur
Class VII



Yoksha Goel
Class VIII



Bhanvi Bhatia
Class VIII



Prabhseerat Kaur
Class VIII



Sparsh Arora
Class VIII



Ojasvi Jain
Class X

Achievers in Co-Curricular Activities

Calligraphy



Ishita Goyal
Class VII (English)



Bhanvi Bhatia
Class VIII (Hindi)



Tanvi Arora
Class VIII (Punjabi)

Oration



Kriti Behal
Class XI (English)

Performing Arts



Malaika Chhabra
Class IX
Best Dancer



Amolika Saini
Class X
Best Singer



Arsh Gupta
Class VIII
Best Singer

All Round Best



Aalamnoor Singh
(VI-VIII)



Hriday
Class V
Clay Modelling



Megha Singhania
XII
Best Artist



Shivesh Malhotra
Class IX
Best Actor



Kriti Behal
(IX-XII)

Achievers in Co-Curricular Activities



Sanchit Dhall
Class XI

Sanchit Dhall of Class XI topped at National Level in Commerce Talent Search Examination (2013-14).



Divnoor Singh
Class XII

An International Essay Writing Competition was organized by Monash University, Australia. Divnoor Singh of Class XII was adjudged as the school winner and was awarded with an Apple iPad Mini. Divnoor also won the First prize at the school level in the Commerce Talent Search Examination (2012-13).



Mannat Dua
Class XI

YFU – Youth for Understanding International Exchange Programme was initiated for the first time in Sat Paul Mittal School. Mannat Dua of Class XI was selected by the host country, Japan for the upcoming Scholarship Programme from 22nd January to 15th February 2014.



Sanea Mahajan
Class XI

Sanea Mahajan of Class XI represented Sat Paul Mittal School in The Ivy League Model United Nations Conference held at Delhi with an aim to gain deeper understanding for the complexities of global issues.

NCFE : National Financial Literacy Assessment Test was conducted for the Satyans in the month of January, 2014. 18 students were awarded the Certificate of Merit. They are :



Hitika Sabharwal
Class IX (98.32%)



Bhavya Sudhakar
Class IX (96.74%)



Vinayak Modgil
Class IX (95.78%)



Tanya Khurana
Class IX (93.48%)



Sparsh Arora
Class VIII (93.48%)



Kanwarpal Singh
Class X



Gitika Bansal
Class X



Garvinjeet Singh
Class X



Kabir Narang
Class X



Tanya Budhiraja
Class IX



Khushi Monga
Class IX



Sai Khurana
Class IX



Drishti Bajaj
Class IX



Aditi Bansal
Class IX



Navdeep Singh
Class VIII



Namrata Mangal
Class VIII



Meharjot Kaur
Class VIII



Arsh Gupta
Class VIII



Mehr Gupta
Class IV

Mehr Gupta of Class IV was the State Level Winner of the Dainik Bhaskar Junior Editor-II (Category A)

Singing & Dancing



Amolika Saini
Class X



Kabeer Kler
Class X



Rajdeep Singh
Class X



Arsh Gupta
Class VIII



Geetanjali
Class VIII



Sehajdeep Singh
Class VII



Sarthak Jain
Class XI

Group Singing Competition was held at R.S Model Public School, Ludhiana and was organized by Bharat Vikas Parishad. Amolika Saini, Kabeer Kler and Rajdeep Singh of Class X, Arsh Gupta and Geetanjali both of Class VIII, Sehajdeep Singh of Class VII and Sarthak Jain of Class XI bagged the Second position in this competition.

Gurmat Sangeet Pratiyogita was organized by Punjabi University, Patiala. Sia Jindal, Sehar Sood & Japleen Kaur of Class IV, Tremanjit Singh, Karambir Singh & Gunsheen Kaur of Class V, Amolika Saini of Class X and Arsh Gupta of Class VIII bagged the Second position in this competition.



Sia Jindal
Class IV



Sehar Sood
Class IV



Japleen Kaur
Class IV



Tremanjit Singh
Class V



Karambir Singh
Class V



Gunsheen Kaur
Class V



Amolika Saini
Class X



Arsh Gupta
Class VIII

Inter-school Choreography Competition in Mathematics of Planet Earth was held at BCM Arya Model Senior Secondary School, Shastri Nagar, Ludhiana. Satyans Malaika Chhabra, Chetna Aggarwal, Hitika Sabharwal, Tanya Khurana of Class IX, Anmol Anand, Rubani Singh and Damini Mahajan of Class X bagged the Second position.



Malaika Chhabra
Class IX



Chetna Aggarwal
Class IX



Hitika Sabharwal
Class IX



Tanya Khurana
Class IX



Anmol Anand
Class X



Rubani Singh
Class X



Damini Mahajan
Class X

Public Speaking



Amreen Kohli
Class X



Tanya Khurana
Class IX



Aalamnoor Singh
Class VIII



Mansha Khurana
Class IX



Manveen Singh
Class XII

Zonal Level ICSE Debate and Declamation Competitions were held at Sacred Heart Convent School Otalan, Samrala. In Debate Competition, **Amreen Kohli** of Class X & **Tanya Khurana** of Class IX participated in Junior Category, the school team won the First position and **Amreen Kohli** was declared the Best Speaker.

In Declamation Competition, **Aalamnoor Singh** of Class VIII & **Mansha Khurana** of Class IX participated in Junior Category, the school team won the First position & **Aalamnoor Singh** bagged the First Runners Up position.

In Senior Category, **Manveen Singh** of Class XII & **Rageshwari Sall** of Class XI made the school team win the Second position & **Rageshwari Sall** was declared the Best Speaker.



Rageshwari Sall
Class XI



Kriti Behal
Class XI



Diksha Samsukha
Class XI



Amreen Kohli
Class X



Aalamnoor Singh
Class VIII

Kriti Behl and Diksha Samsukha both of Class XI represented Sat Paul Mittal School at Frank Antony All India Debate Category I Prelims held at Sacred Heart Convent School, Sahnewal. They brought laurels to the school by winning the First Runners Up position. Kriti Behl was declared the Best Speaker. Also, Amreen Kohli of Class X and Aalamnoor Singh of Class VIII represented the school in the same event in Category II at Shri Guru Harkishan Public School, Amritsar and made the school proud by winning the Best Team trophy. Amreen Kohli won the First Runners Up Speaker Award.



Muskaan Bakshi
Class IX

An Interschool Science Declamation Contest was organised by Department of Science and Technology, New Delhi. Muskaan Bakshi of Class IX brought laurels to the school by securing Second position at the Zonal and District Level Competition.



Aalamnoor Singh
Class VIII

Aalamnoor Singh Pannu of Class VIII represented Sat Paul Mittal School at National Level Declamation Competition held at Lakshmi School Madurai. He was the youngest amongst all the participants and was awarded the certificate of participation. He also participated in the 7th Smt. Sharda Devi Memorial Declamation Contest held at DAV Public School, BRS Nagar, Ludhiana and brought laurels to the school by winning the Second prize in English Category.

Aalamnoor Singh Pannu of Class VIII represented Sat Paul Mittal School at National Level Declamation Competition held at Lakshmi School Madurai. He was the youngest amongst all the participants and was awarded the certificate of participation. He also participated in the 7th Smt. Sharda Devi Memorial Declamation Contest held at DAV Public School, BRS Nagar, Ludhiana and brought laurels to the school by winning the Second prize in English Category.



Ose Singh Bansal
Class VII

Ose Singh Bansal of Class VII participated in an Inter-School Declamation Competition held at Nehru Sidhant Kendra. She was awarded a Consolation Prize.



Amreen Kohli
Class X



Kriti Behal
Class XI



Tanvi S. Jain
Class XI

In the Regional Level ASISC Declamation Contest, Amreen Kohli of Class X won the Second prize in the Junior category. Kriti Behl of Class XI was declared the Best speaker in the Senior category. Tanvi S. Jain and Kriti Behal both of Class XI were declared as the Best Team in the Senior category. They also represented Sat Paul Mittal School at the ASISC National Debate Competition held at Odisha.



Kriti Behal
Class XI

Reena Simmi Memorial Interschool Declamation Contest was held at Kundan Vidya Mandir School, Ludhiana. Kriti Behal of Class XI won the First prize in this competition.

Quiz



Sachinmeet Singh Gill
Class XI



Tushar Rawat
Class XII



Sachinmeet Singh Gill
Class XI



Sarabdeep Singh
Class XI

Tushar Rawat of Class XII and Sachinmeet Singh Gill of Class XI participated in Zonal Level ASISC Quiz Competition held at St. Joseph Convent School, Khamano. The team was declared the First Runners Up.

A computer carnival was organized at GNIMT Model Town Ludhiana. Sachinmeet and Sarabdeep Singh both of Class XI won the First prize in Logical Reasoning, Second in Website Designing, Third in ADD designing and they also bagged a Consolation prize in Multimedia Presentation.



Aadvitya Gupta
Class XII



Aayushi Jain
Class XII



Gurleen Walia
Class XII



Simran Dhawan
Class XII



Namit Anand
Class XII



Ayan Watts
Class X



Rageshwari Sall
Class XI



Sarvesh Malaki
Class X



Amreen Kohli
Class X



Anshika Sharma
Class XI

GIS Day celebration was organised by the Punjab Remote Sensing Centre at Ludhiana and our Satyans Aadvitya Gupta, Aayushi Jain, Gurleen Walia, Simran Dhawan and Namit Anand from Class XII won the First prize in Naming Cities. Ayan Watts of Class X and Rageshwari Sall of Class XI won the First prize in the Puzzle Competition. Sarvesh Malaki and Amreen Kohli of Class X and Anshika Sharma of Class XI won the First prize in the Quiz Competition.



Muskaan Bakshi
Class IX



Sayesha Aggarwal
Class IX



Mansi Sharma
Class XI



Nishant Dua
Class XI



Diksha Samsukha
Class XI

An Inter-school Project Making Competition was organised by National Children's Science Congress at Malwa Senior Secondary School, Ludhiana. Muskaan Bakshi, Sayesha Aggarwal of Class IX, Mansi Sharma, Nishant Dua and Diksha Samsukha of Class XI won the First prize in this competition and qualified for the State Level. They further represented Punjab at the National Level, held at Bhopal.

Arts



Parthavi Madan
Class X



Diksha Aggarwal
Class XI



Megha Singhanian
Class XII

Zonal Level ICSE Drawing and Painting Competitions were held at Sacred Heart Convent School Otalan, Samrala. Parthavi Madan of Class X won the Third position in the Junior Category. In Senior Category, Diksha Aggarwal of Class XI and Megha Singhanian of Class XII made the school proud by winning the First and the Second position, respectively.

An Inter School Talent Hunt Competition was organized by Sportking Institute of Fashion Technology, Ludhiana. Megha Singhanian of Class XII and Tanvi Jain of Class XI bagged the First position in Rangoli Making competition and Mannat Dua of Class XI bagged the Second position in Fashion Sketching.



Megha Singhanian
Class XII



Tanvi Jain
Class XI



Mannat Dua
Class XI



Megha Singhanian
Class XII



Diksha Aggarwal
Class XI

An ASISC Regional Level Drawing and Painting Competition was held at Sacred Heart Convent School, Beas. Diksha Aggarwal of Class XI and Megha Singhanian of Class XII bagged First and Third position, respectively. They represented Sat Paul Mittal School at National Level Drawing and Painting Competition held at Bhubaneswar, Odisha.



Bisman Kaur
Class XI



Diksha Aggarwal
Class XI



Mannat Dua
Class XI



Kriti Behal
Class XI



Kanav Jain
Class IX



Raghav Kharbanda
Class IX

Bisman Kaur, Diksha Aggarwal, Mannat Dua and Kriti Behal of Class XI won the Third prize in the Graffiti Contest and Kanav Jain and Raghav Kharbanda of Class IX bagged the Second position in Short Film Making Contest.



Raina Kalra
Class VI

National Level Painting Competition was organised by Bhakra Beas Management Board. Raina Kalra of Class VI won the First prize and represented the Sat Paul Mittal School at the State Level held at Panchkula.

The 17th National Youth Fest was organised by City Montessori School, LUCKNOW. Following students won prizes in various categories:



Bhavya Sudhakar
Class IX



Megha Singhania
Class XII

In Pencil Shading, Bhavya Sudhakar of Class IX won Second prize in Group-B. Megha Singhania of Class XII won Second prize in Group-C.



Parthavi Madan
Class X



Shobhita Garg
Class X

For Poster Making, Parthavi Madaan and Shobhita Garg of Class X won Second and Third prize, respectively in Group-B.



Drishti Bajaj
Class IX



Kriti Behal
Class XI

In Collage Making, Drishti Bajaj of Class IX won the First prize in group-B and Kriti Behal of Class XI won the Third prize in Group-C.

Our Satyans have brought laurels to the school by winning various prizes in TITLEE – The Butterfly 2nd All India Art Competition for school children held in August, 2013.



Saish Arora
Class VI



Disha Jain
Class VI



Ryna Kalra
Class VI



Abhav
Class VI

In Group-D Certificate of Merit was given to Saish Arora, Disha Jain, Ryna Kalra and Abhav of Class VI.



Prabhseerat Kaur
Class VIII



Parthavi Madan
Class X



Shobhita Garg
Class X



Mehtaab Kaur
Class IX

In Group-E, Prabhseerat Kaur of Class VIII was awarded a Consolation Prize along with a with Cash prize of ₹ 500/-.

In Group-F the Third prize was bagged by Parthavi Madan of Class X. She also won a cash prize of ₹ 1000/-.

Shobhita Garg of Class X and Mehtaab Kaur of Class IX were awarded with a Cash prize of ₹ 500/- each.



Prathiba
Class X



Khushi Monga
Class IX



Manvi Bansal
Class IX



Vasundhra
Class IX



Armaan Bansal
Class IX

A Merit certificate was awarded to Prathiba of Class X, Khushi Monga, Manvi Bansal, Vasundhra and Armaan Bansal of Class IX.



Ashmin Batra
Class I



Heymann Singh
Class I



Ananya Choudhary
Class II



Preet Sahib
Class III



Geet Monga
Class III



Krishika
Class III



Vanshika Singal
Class IV



Abhiraj Singh
Class IV



Manish
Class IV



Iva Dhooria
Class IV



Ria Kansal
Class IV



Shriya Jain
Class IV



Jayana Gupta
Class IV



Diya Jain
Class V



Vanya Mehra
Class V



Riya Gupta
Class V

In the Junior Category, following students were awarded the Certificate of Merit: Ashmin Batra and Heymann Singh of Class I, Ananya Choudhary of Class II, Preet Sahib, Geet Monga and Krishika of Class III, Vanshika Singal, Abhiraj Singh, Manish, Iva Dhooria, Ria Kansal, Shriya Jain and Jayana Gupta of Class IV, Diya Jain, Vanya Mehra and Riya Gupta of Class V.

Satyans won the Best Team trophy in G.S. Memorial Kids Festival organized by Jesus Sacred Heart Convent School, Ludhiana held on 10th & 11th October, 2013. Nearly 1500 participants from 25 schools of Ludhiana competed with each other and the Satyans stole the show by winning the Team Trophy.



Ananya Choudhary
Class II



Vallari Adya
Class V



Prachi Mehra
Class V



Riya Gupta
Class V

Ananya Choudhary of Class II bagged the First position in Creative Art- Party Mask, Vallari Adya of Class V bagged the Second position in the Mirror Delight category, Prachi Mehra of Class V and Riya Gupta of Class V bagged the Second prize in the Newspaper Page Designing category.



Krisha Jain
Class II



Manya Jindal
Class II



Ekrit Kaur
Class II



Khwaish Aggarwal
Class II



Jaiveer Beri
Class II



Rajveer Suri
Class II

Krisha Jain of Class II bagged the First prize in the Best Dramebaaz category. Manya Jindal, Ekrit Kaur, Khwaish Aggarwal, Jaiveer Beri and Rajveer Suri of Class II bagged the First prize in the Western Dance category.



Vihaan
Class I



Varun Mahajan
Class III



Diva Gill
Class V

Vihaan of Class I and Varun Mahajan of Class II bagged the Third prize in the Spellathon. Diva Gill of Class V bagged the Second prize in the Extempore category.



Sanyam Jain
Class IV



Eknoor Mundi
Class IV



Sannya Singla
Class V



Pushti Vadhera
Class V



Harsimar Singh
Class V



Gulnaaz Kaur
Class V



Aryaman Verma
Class III

Sanyam Jain and Eknoor Mundi of Class IV, Sannya Singla, Pushti Vadhera, Harsimar Singh and Gulnaaz Kaur of Class V and Aryaman Verma of Class III bagged the First position in the Fairy Garden Terrarium category.



Om Jindal
Class II



Diya Jain
Class V



Anusha Garg
Class V



Bani Kailey
Class V



Gulnaaz Kaur
Class V

Om Jindal of Class II won a Gold medal in Athletics, Diya Jain, Anusha Garg, Bani Kailey and Gulnaaz Kaur of Class V won a Bronze medal in the Athletics (4x100m relay).



Rutva Seth
Class V



Bhavik Kapoor
Class V



Amitoz
Class V



Vedaang
Class III

Rutva Seth of Class V bagged a Gold in backstroke, Bhavik Kapoor of Class V bagged a Gold in freestyle, Amitoz of Class V bagged a Gold in freestyle and Vedaang of Class III bagged a Silver in freestyle.



Saira
Class III



Jiya
Class III



Ria Khosla
Class V



Rutva Seth
Class V



Mehtaab Singh
Class V



Bhavik Kapoor
Class V



Amitoz
Class V

Saira of Class III bagged a Gold in freestyle, Jiya of Class III also bagged a Gold in freestyle, Ria Khosla of Class V bagged a Gold medal. Rutva Seth, Mehtaab Singh, Bhavik Kapoor and Amitoz of Class V won a Gold in the Swimming (4 x 20m relay) at the G.S Memorial Swimming Competition.

Achievers in Sports

Athletic Competitions



Ankita Thapar
Class XII



Vaibhav Kumar
Class XII



Penaaz Dhillon
Class XII



Mannat Bhogal
Class XII



Shubhankar Gupta
Class XII

ASISC Zonal Level Athletic Competitions were held at Sacred Heart School, Jamalpur. The school won 8 Gold and 4 Silver Medals in different events. The participants were Ankita Thapar, Penaaz Dhillon, Mannat Bhogal, Shubhankar Gupta and Vaibhav Kumar (all from Class XII). Vaibhav Kumar and Ankita Thapar got a Gold medal each at the Regional level Competition and represented the school at the ASISC National Athletic Championship held in Kerela.

Cricket



Nishchay Wadera
Class X



Garv Luthra
Class X

ASISC National Level Cricket Tournament was held at St. Francis School, Amritsar. Satyans, Nishchay Wadera and Garv Luthra of Class X were selected for this tournament.

Skating



Harshit Arora
Class IV



Ekrit Kaur
Class II



Manan Verma
Class II

Harshit Arora of Class IV bagged 3 Silver medals, Ekrit Kaur of Class II bagged 2 Silver medals, Manan Verma of Class II bagged a Bronze medal at the Open District Skating Championship held at Leisure Valley this year. Harshit Arora of Class IV even represented the school in the State Skating Championship.

Yoga



Nandika Aggarwal
Class III



Varun Garg
Class V



Japjot Singh
Class V

Nandika Aggarwal of Class III & Varun Garg of Class V bagged the Second position and Japjot Singh of Class V bagged the Third position in Jr. Category in the Open District Yoga Championship held at Munjal Auditorium, Ludhiana.



Damini Mahajan
Class X



Pravar Jain
Class VIII

Damini Mahajan of Class X and Pravar Jain of Class VIII won a Gold and Bronze medal, respectively in Sr. Category in the same tournament.



Saisha Sharma
Class V

Saisha Sharma of Class V stood First in Punjab State Yoga Championship 2014 held at Rastra Kalyan Yoga Kendra, Munjal Auditorium, Ludhiana.



Sarthak Sharma
Class V



Vinayak Bhanot
Class III



Varun Garg
Class V



Japjot Singh
Class V



Ishaan Bajaj
Class V



Viraj Sharma
Class III

Sarthak Sharma of Class V, Vinayak Bhanot of Class III, Varun Garg of Class V, Japjot Singh of Class V, Ishaan Bajaj of Class V and Viraj Sharma of Class III bagged a Bronze medal each in the Jr. Category in Punjab School District Yoga Championship held at Bhartiya Vidya Mandir, Udhham Singh Nagar, Ludhiana.



Gaganvir Singh
Class VI



Pranav Fatehpuria
Class V



Vansh Arora
Class VII



Varun Garg
Class V



Ishaan Bajaj
Class V



Udyakaran
Class VII



Jasraj Nanda
Class VIII



Pravar Jain
Class VIII



Jasraj Nanda
Class VIII



Pravar Jain
Class VIII

Gaganvir of Class VI & Pranav Fatehpuria of Class V, Vansh Arora & Uday Karan of Class VII, Pravar Jain and Jasraj Nanda of Class VIII won a Silver medal each in the Sr. Category in the same tournament.

Varun Garg and Ishaan Bajaj of Class V went on to represent the school in the Jr. Category in the Punjab School State Yoga Championship. Jasraj Nanda & Pravar Jain of Class VIII also participated in the Sr. Category in the same event which was held at Patiala.

Swimming



Jasraj Singh
Class VI



Saksham Thakur
Class VI



Pragya Jain
Class VIII



Prisha Thapar
Class VIII



Bikramjit Singh
Class VII



Mehtaab Kaur
Class IX



Drishti Bajaj
Class IX



Guneet Singh
Class X



Dhaarna Jain
Class XI



Himanshu Khullar
Class XI



Sachinmeet Singh Gill
Class XI

Jasraj Singh & Saksham Thakur of Class VI, Pragya Jain and Prisha Thapar of Class VIII, Bikramjit Singh of Class VII, Mehtaab Kaur & Drishti Bajaj of Class IX, Guneet Singh of Class X, Dhaarna Jain, Himanshu Khullar & Sachinmeet Singh Gill of Class XI participated in ASISC Zonal Aquatics Competition held on 20th July, 2013. They won 20 Gold, 7 Silver & 2 Bronze.

Our swimming team also won 10 Gold, 12 Silver and 3 Bronze medals, respectively at ASISC Regional Level Swimming Championship at Sacred Heart Convent School, Jamalpur and represented the school at the ASISC National Swimming Championship held at Atul Vidyalaya at Valsad, Gujarat.



Riya Khosla
Class V



Bani Kailay
Class V



Rutva Seth
Class V



Jasraj Singh
Class VI



Saksham Thakur
Class VI



Bikramjit Singh
Class VII



Pragya Jain
Class VIII



Prisha Thapar
Class VIII



Pravar Jain
Class VIII



Mehtaab Kaur
Class IX



Drishti
Class IX



Guneet Singh
Class X



Dhaarna Jain
Class XI

Riya Khosla, Bani Kailay & Rutva Seth of Class V, Jasraj Singh & Saksham Thakur of Class VI, Pragya Jain, Prisha Thapar & Pravar Jain of Class VIII, Bikramjit Singh of Class VII, Mehtaab Kaur & Drishti Bajaj of Class IX, Guneet Singh of Class X and Dhaarna Jain of Class XI won 4 Gold, 22 Silver and 17 Bronze medals, respectively in Swimming Contest of Punjab Schools at District Level at P.A.U.

Riya Khosla of Class V, Jasraj Singh of Class VI, Pragya Jain & Prisha Thapar of Class VIII, Bikramjit Singh of Class VII, Mehtaab Kaur & Drishti Bajaj of Class IX, Guneet Singh of Class X and Dhaarna Jain of Class XI also participated in Punjab Schools Swimming State championship held at Ropar. Mehtaab Kaur & Drishti Bajaj of Class IX won one Bronze medal each at State level.



Riya Khosla
Class V



Jasraj Singh
Class VI



Pragya Jain
Class VIII



Prisha Thapar
Class VIII



Bikramjit Singh
Class VII



Mehtaab Kaur
Class IX



Guneet Singh
Class X



Dhaarna Jain
Class XI



Drishti Bajaj

Drishti Bajaj, of Class IX participated in All India Schools Swimming Championship held at Pune and made the School and State proud.

Football

Kabeer Kler, Garvinjeet Singh, Armaan Ajrawat, Sahil Kumar of Class X and Archit Gupta of Class IX won a Bronze medal in under 17 boys category in District Football Championship held at Guru Nanak Public Sr. Sec. School, Sarabha Nagar, Ludhiana. Tushar Rawat, Manveen Singh, Vaibhav Kumar and Jugraj Singh of Class XII participated in the ASISC Regional Level Football Tournament held at Adampur, Jalandhar and got a Gold medal. They also qualified for the ASISC National Level Football Tournament held at Siliguri, West Bengal.



Kabeer Kler
Class X



Garvinjeet Singh
Class X



Armaan Ajrawat
Class X



Sahil Kumar
Class X



Archit Gupta
Class IX



Tushar Rawat
Class XII



Manveen Singh
Class XII



Vaibhav Kumar
Class XII



Jugraj Singh
Class XII

Table Tennis



Jashandeep Singh
Class X



Angat Sagar
Class X

Jashandeep Singh and Angat Sagar of Class X won a Gold medal each in the Punjab State Table Tennis Championship. Jashandeep Singh also got selected for the National Level in Table Tennis. He participated in All India Schools Table Tennis National Championship held at Aurangabad. He was the Captain of the Punjab State Table Tennis Team.



Jaiditya
Class IX



Jashandeep Singh
Class X



Angat Sagar
Class X



Vinayak Modgill
Class IX



Sayesha Aggarwal
Class IX



Himani Bhatia
Class XI

Jaiditya of Class IX, Jashandeep Singh and Angat Sagar of Class X won a Gold medal each in U-17 Boys Category in Punjab School District Table Tennis Tournament. Vinayak Modgill of Class IX won a Gold medal in U-19 Boys Category. Sayesha Aggarwal of Class IX and Himani Bhatia of Class XI won a Silver and a Bronze medal in U-17 and U-19 Girls' categories, respectively.

Lawn Tennis



Harshit Jain
Class V



Rishabh Dev Karwa
Class VII



Udit Jain
Class VIII



Kanav Jain
Class IX



Armaan Bansal
Class IX

Harshit Jain of Class V, Rishabh Dev Karwa of Class VII, Udit Jain of Class VIII, Kanav Jain and Armaan Bansal of Class IX won Bronze medal in Punjab School District Lawn Tennis Tournament held at Ace Academy, Ludhiana.

Badminton



Suvidhi Jain
Class VI

Suvidhi Jain of Class VI won a Silver medal at Zonal Level & she also got a Silver medal in the Punjab School District Badminton Tournament held at Guru Nanak Stadium, Ludhiana.



Arnab Jain
Class IV

Arnab Jain of Class IV bagged the Second prize in Badminton in the Punjab School Zonal Competition. He also bagged the Second prize in Badminton in the Punjab School District Competition.



Manya Oswal
Class IV



Arnam Jain
Class IV

Manya Oswal of Class IV won two Silver medals at Open State Badminton Championship held at Mukandpur (SBS Nagar). Arnam Jain of Class IV bagged a Gold in Doubles' and a Silver in Singles' in the same tournament.

Chess



Samaira
Class III



Raavya
Class III



Nyoshka
Class II

Samaira, Raavya & Nyoshka of Class II won the First, Second & Third prize respectively in U-9 Girls' Category in 2nd District Chess Championship held at BCM Shastri Nagar, Ludhiana. Also, 22 students got selected for the State Level.



Aradhya Aggarwal
Class IV



Tamanna Kothari
Class IV

Aradhya Aggarwal and Tamanna Kothari both from Class IV bagged Second position in the District Chess Competition held at B.C.M. Shastri Nagar, Ludhiana.

Best Athlete

Junior Category



Anusha Garg
Class V



Abhiraj Singh
Class V

Group A



Riya Jain
Class VIII



Bhanu Pratap
Class VIII

Group B



Maanvi Maini
Class X



Avranpreet Singh
Class IX

Group C



Mannat Bhogal
Class XII



Vaibhav Kumar
Class XII

Best Teacher Award

Junior School



Ashima Kharbanda



Tejvinder Kaur



Swati Seth

Senior School



Radhika Dawar



Amandeep Kaur



Geeta Bhardwaj

Best Employee of the Year



Kuldeep Singh

Best Worker of the year



Sanjay



Ms. Jasmit Janeja

A Project Making Competition was organised by Department of Science and Technology, New Delhi on the theme - Science Education for Sustainable Development . The project prepared by our mentor Ms. Jasmit Janeja was selected for the National Level.

We are Proud of You!

Class XII (Session 2011-12)

Names	Course	University
→ Nayamat Chadha	Graduation in Economics and Psychology	Sophia College, Mumbai
→ Jaisal Brar	MBBS	CMC, Ludhiana
→ Anna Kler	Product Designing	Ohio University, USA
→ Sugandh	Graphic Designing	Academy of Art, USA
→ Simardeep Bhalla	B.Sc. (Hons in Food Tech)	Surrey University, UK
→ Nehul Jain	Fashion Designing	NIFT Chandigarh
→ Kulnoor Brar	Fashion Designing	NIFT Mohali
→ Shivam Jain	BBA	Christ College, Bangalore
→ Dhevyanish Sethi	BBA	Christ College, Bangalore
→ Tejasvi Choudhary	BBA, LLB	Christ College, Bangalore
→ Abhishek Garg	B Tech (Mech. Engineering)	Ryat & Bahra Institute, Kurali
→ Abhishek Nayyar	BBA	Sanatan Dharma College, Chandigarh
→ Neha Jain	B.Com	KMD College, Jalandhar
→ Akshay Gulati	BBA	AMITY University, Noida
→ Sanchit Bakshi	Engineering	Manipal University, Jaipur
→ Grisha Aggarwal	B.Com.	AMITY University, Noida
→ Rahul Thapar	BA with Maths and Stats	Jai Hind College, Mumbai
→ Akshita Singal	B.Com.	AMITY University, Noida
→ Sharanpreet Singh Kakkar	Graduation in Footwear Development and Designing	Noida
→ Jujhar Singh	Mechanical Engineering	Lovely University, Jalandhar
→ Nayandeep Singh	Mechanical Engineering	Engineering College, Chandigarh
→ Mugdha	BBA	Aurobindo College, Ludhiana
→ Ankita Aggarwal	B.Com.	Aurobindo College, Ludhiana
→ Aayush Gupta	B.Com.	Aurobindo College, Ludhiana
→ Shivangi Jain	B.Com.	Aurobindo College Ludhiana
→ Sudhanshu Jindal	B.Com.	PCTE, Baddowal
→ Simran Gill	B.Com.	Ramgarhia College, Ludhiana
→ Anuj Jain	B.Com.	Arya College, Ludhiana
→ Keshani Kumar	BBA	Khalsa College, Ludhiana
→ Bhavneet Singh	Fashion Designing	Sportking Institute, Ludhiana

We are Proud of You!

Class XII (Session 2012-13)

Names	Course	University
→ Anhad Singh Arora	Computer Science	New York University, USA
→ Gaganpreet Kaur Sikri	BDS	BFUHS, Faridkot
→ Chetan Preet Singh	Mechanical Engineering	Guru Nanak Engineering College, Ldh.
→ Aditi Jain	B.Sc. (Med.)	Khalsa College, Ludhiana
→ Saiyam Kalia	Degree in Law	Christ University, Bangalore
→ Shubham Garg	B.Com and F&A	Christ University, Bangalore
→ Shashwat Jindal	Jindal Global Law School	JGU, Sonipat
→ Urveen Sukhija	Law	Panjab University
→ Akshita Sethi	Fashion Designing	NIFT, Delhi
→ Aastha Jain	Fashion Business Management	Pearl Academy, Delhi
→ Sanika Jain	Fashion Business Management	Pearl Academy, Delhi
→ Avni Kharbanda	Fashion Designing	Pearl Academy, Delhi
→ Rijul Arora	BBA	G.D. Goenka, Gurgaon
→ Megha Kharbanda	B.Com	Vivekanand College, Delhi
→ Khushboo Goyal	BFA	AMITY University, Noida
→ Jassimran Kaur Saluja	B.Com	Aurobindo College, Ludhiana
→ Puneet Chadha	BBA	Aurobindo College, Ludhiana
→ Amolak Singh	BBA	Aurobindo College, Ludhiana
→ Asees Singh	BBA	Aurobindo College, Ludhiana
→ Sahil Mahendru	B.Com	PCTE, Baddowal
→ Upasana Prashar	B.Com	Khalsa College, Ludhiana
→ Jasmine Kaur	B.Com	Khalsa College, Ludhiana
→ Chirag Garg	BBA	Arya College, Ludhiana
→ Kapil Singla	B.Com	Atam Vallabh Jain College, Ludhiana
→ Aanchal Goyal	Animation/BCA	Arena Multimedia, Ludhiana
→ Manpreet Singh Birdi	IELTS	CANAM Institute, Ludhiana
→ Ojas Singh Thakur	IIT (Training)	KOTA
→ Piyush Thapar	IIT (Training)	KOTA

The
Satyan

Chronicle



Investiture Ceremony is one of the most important events of Sat Paul Mittal School. It reminds of the trust and confidence reposed in the newly invested office bearers, the Head Boy, Head Girl, Captains and Vice- Captains of all the four houses. Donning the mantle of responsibility, they pledge to dispense their duties to the best of their ability. The auspicious morning of April 20, 2013 witnessed the grand Investiture Ceremony in the premises of Sat Paul Mittal School where in the capable and deserving students from the Junior School were conferred upon various positions of the Junior School Council.

The occasion was graced by the honourable Chief Guest Lt. Col. Dr. D.B. Sharma, Director, Sat Paul Mittal School. After giving a fragrant floral welcome to the honorable Chief Guest, the Principal Mrs. Bhupinder Gogia welcomed the august gathering. She congratulated the members of the Junior School Council, motivated them to work hard, to stay ahead and fulfill their responsibilities with a wise discretion, following certain guidelines, in order to make the school better. She said that authority and responsibility go hand-in hand and that each one of them must set an example for the rest of the school. The parents of the Council members were also invited to witness the occasion. It was indeed a proud moment for them.

The Student Council was elected in a fair and just manner. The Council members marched into the arena with utmost poise and confidence. The office bearers took an oath to serve their school with diligence and dedication and bear the responsibility to uphold the rules and regulations of the school. Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School facilitated the oath ceremony. The Head Boy-Pranav Fatehpuria and the Head Girl-Diva Gill both from Class V-C expressed their gratitude to the Principal and the teachers for reposing confidence in them. The other office bearers are: Ishaan Bajaj, Gopika Makhija, Gunsheen Saluja, Aiman Jain, Suhaavi Kaur Chawla, Seher Sood, Sanshika Garg and Iva Dhooria. The Principal congratulated the Captains. The audience was filled with immense pride and joy to see the confident Satyans of Junior School Council.

The revered Chief Guest Lt. Col. Dr. D.B. Sharma shared his wisdom and knowledge with the students and blessed the office bearers for their successful tenure in the school. Exhorting them for team-work, he whole heartedly appreciated the efforts of the Principal, Heads, teachers and the students for taking the school to its acme. Giving allusions of the great leaders like Mahatma Gandhi, he explained to the students the qualities of a good leader, serving people before self, understanding their needs and maintaining equality. Wishing for further progress of the school, he said that the school will always be known for the knowledge and values it imparts to its students. Brimming with confidence to shoulder well their newly assigned duties, and a strong determination in their mind to live up to the expectations of the school, the members of the Student Council prepared to face new challenges zestfully and fervently. Mrs. Shilpi Sood Gill, Head Junior School proposed the vote of thanks. The parents of the Junior School Council Members enjoyed tea with the School authorities.



Investiture Ceremony

(Junior School)





Investiture Ceremony

(Senior School)

At Paul Mittal School believes that the students of today are the visionaries and torch bearers of tomorrow. With an objective to espouse confidence, development of leadership qualities and sense of responsibility among the students, Investiture Ceremony was held in the school campus on 1st May, 2013. It was an occasion wherein the school authorities, by appointing a Students Council, acknowledged the upcoming leaders and reposed trust in them. The selection of the Students Council was done on fair basis. The criteria of selection were the students' academic performance, participation in co-curricular activities and confidence level. All the students were interviewed by the Principal and the Heads, before they were selected to be the members of the Senior House Council.

The function commenced with the arrival of the Chief Guest, Lt. Col. Dr. D.B. Sharma, Director, Sat Paul Mittal School. Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School, delivered the welcome speech. The proud members of the newly elected Council marched into the arena with poise and confidence amidst thundering round of applause. Thus the day was inaugurated by a promise of a brighter future as the new House Council Members got ready to be invested. The oath ceremony was facilitated by Mrs. Bhupinder Gogia. The oath-taking ceremony, was performed by the new House Council Members who took their oath of office with the promise that they would carry out their duties with integrity, faith and excellence. Lt. Col. Dr. D.B. Sharma presented badges to the Head Boy, Sachinmeet Singh Gill, Head Girl, Kriti Behal, the Vice Head Boy Garv Luthra and the Vice Head Girl Diksha Kapoor. Mrs. Bhupinder Gogia presented badges to the Captain and Vice Captain, Gurkanwal Singh and Tushar Gupta of Satluj House respectively. This was followed by Mrs. Shilpi Sood Gill presenting the badges to the Captain and Vice Captain Gurmehr Singh Gogia and Armaan Ajrawat of Ravi House respectively. Thereafter, Dr. Geeta Dua presented badges to the Captain and Vice Captain Tanvi Jain and Rubani Singh of Beas House respectively. Mrs. Gurprit Kaur and Mrs. Meenu Arora presented badges to Captain Diksha Samsukha and Vice Captain Amreen Kohli of Chenab House respectively. The oath was solemnly taken by the Senior Student Council who swore to uphold the virtues and ideals of their school to deliver their duties to the best of their abilities and honour the trust bestowed upon them.

The elected House Members were brimming with confidence to shoulder the newly assigned duties. The team expressed its gratitude to selection committee for placing confidence in them. Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School enthused the 'young leaders' to uphold the values of the school and to keep 'Sat Paul Mittal School' flag flying high while discharging their duties honestly and impartially. In his address, Lt. Col. Dr. D.B. Sharma, Director, Sat Paul Mittal School guided the office bearers to perform their tasks and responsibilities with utmost sincerity and diligence. He inspired the students to fortify the heart with virtuous principles and enlighten the mind with useful knowledge. His enlightening speech was followed by the vote of thanks proposed by Dr. Geeta Dua, Head, Senior School.



Rocksport

The Satyans are ever ready to explore, accept the challenges and move forward. To channelize the energy of the Satyans, the Rocksport Adventure Capsule was held at Sat Paul Mittal School in the month of March and April for classes II to V and VI to VIII respectively. The whole campus reverberated with fun, zeal and escapade. The school ground was filled with young, enthusiastic children who were divided into various teams, guided by their team leaders. These teams cheered loudly and the ground echoed with their slogans. Rocksport had organized a plethora of activities like Zorbing, Commando Crawl, Double Rope Bridge, Commando Net, Burma Bridge, Rope Ladder, Flying Fox and Hop Scotch etc. These sports boosted the level of confidence of these young participants, which was visible when the kids walked with confidence from one sport to the other. It was indeed a rejuvenating and invigorating experience for them. Rocksport Adventure Camp helped to inculcate various qualities like team spirit, endurance, discipline, confidence and courage amongst the students. In short, it was a great effort in bringing about holistic development of the Satyans.





Freshers' Party

The mood in the school campus was upbeat as the students of Class XII hosted a Freshers' Party for the students of Class XI on 4th May, 2013. The freshers were given a rousing reception by the Seniors. After an emotive welcome speech by Manveen Singh of Class XII-A, the dancing divas of Class XII impressed everyone with their scintillating dance performance. It was followed by a Ramp Walk wherein the dashing dudes and beautiful maidens set the ramp on fire with their panache and style. It was indeed a treat to watch the boundless talent exhibited by the Freshers in the Talent Hunt, wherein high voltage music, group dances, solo performances and mimicry show ensured that freshers were initiated into the Satyan family. The new students felt like an integral part of the institution. Sarthak Jain, a student of Class XI said, "I am indeed bowled over by the affection and hospitality of class XII students."

Mrs Bhupinder Gogia, Principal, Sat Paul Mittal School welcomed the new students into the Satyan fraternity and congratulated the Seniors for putting up a show of excellence. She motivated the students to be focused and result oriented in Class XI so that the ascent to Class XII becomes smooth for them. She motivated the students to excel in every aspect of life with headstrong determination and wished them success. Sanchit Dhall was declared Mr. Fresher 2013-14 and Raageshwari was crowned Ms. Fresher for the session 2013-14. Best Group Dance performance was awarded to Himanshu, Sanchit and Nishant and Best Solo Song performance was shared by Gurkanwal Singh and Sanchit Dhall. The Best Solo Dance performance was awarded to Mannat Dua and Best Group Song performance was awarded to Viren Thapar and Jaivardhan.

The great and colourful cultural extravaganza came to an end when the students hit the dance floor and grooved and danced to the pulsating beats and rhythms of the DJ. The fun filled extravaganza concluded with a sumptuous lunch and colours of joy, happiness and togetherness which could be seen in students as well as the faculty members.



Annual Function (II-V)

'Om Shanti Om', a magnum-opus was organized by Sat Paul Mittal School on 18th May, 2013 at Nehru Sidhant Kender, Ludhiana. The event was presented with the belief of the Satyan family in peace and harmony. They restated their faith through the grand event that peace and harmony means seeking peace and living a happy life with the loved ones. Adhering to the proverb, 'Better a dry crust with peace and harmony than a house full of feasting with strife,' they urged everyone to live in peace and harmony with each other as we cannot live a life of isolation, we should learn to coexist together. Addressing the august gathering on the occasion, the Principal, Mrs. Bhupinder Gogia reiterated how Sat Paul Mittal School focuses on preparing its students to live a balanced life in a perfect state of harmony. She stated that each and every Satyan is imparted education and values to live and let live in peace and harmony. Her address was followed by the Annual Report that highlighted the accomplishments of the school and Satyans in the previous session. The Satyans of Junior School read it with confidence and impressed the parents and guests. The Satyans gave a soul stirring performance through 'Sajda' of the divine, in their prayer for inner peace. The main highlight of the event was the 'Curtain Raiser' where in the Satyans expressed their views on some thought provoking questions: What is peace for them? When are they at peace? etc. The children gave extremely surprising remarks like: Peace is silence, peace is spending quality time with family and friends, peace is the feeling of caring and sharing, it is joy, happiness, when there is no corruption, when they spend time with their siblings et al. This confirmed the belief of Satyans for peace. A mesmerizing performance 'Live in Harmony' was presented by the Satyans which set the ball rolling for the audience and warmed them up for the show. They motivated the audience to live in peace and harmony through their act. A phenomenal yoga performance, 'Ananda' by the Satyans was presented, illustrating the idea of balancing the *chakras* of life and staying happy henceforth. The yoga performance displayed the initiative taken by the school to promote peace and harmony amongst the Satyans by helping them learn yoga regularly. The parents were simply astounded by the yogis of Sat Paul Mittal School. It was followed by a charismatic and captivating 'Skating dance-Symphony of Strength' showcasing utmost agility and precision with which the Satyans were trained. It suggested that the harmony of body organs is extremely essential to have a peaceful life. An aura of mirth and festivity filled the auditorium as the young singers of the school took the stage with "Tere Bin" – a kaleidoscope of the vibrant colours of peace which is cohesive to the mind, body and soul. It recommended to the audience to maintain good relations with fellow beings; something which we tend to ignore in the rut of life. The teachers along with the choreographers and the students worked very hard to put up a great show and the result was evident by the performance of the children. The parents were very excited about the performance and felt very proud of their children. The arena was further elated by the enthralling performance of the Satyans 'I Have a Dream', which proved to be an eye-opener for the audience that multi-tasking should not be their way of life. The Satyans pledged to bestow peace and harmony on the biggest provider 'Mother Earth' through their power packed performance-Save the Environment. They exhorted the dire need of harmony in the elements of nature. The play-Right here Right now', generated a realization among the audience that peace is to live in the present without worrying about the past and future. 'Sapne'- another captivating performance by the Satyans reiterated their dream and the belief that peace will prevail. A dazzling visual treat, the grand finale was the 'The Clarion Call', through which the Satyans evoked everyone to thank God through 'Ganpati dance' and declared that they will create "Ek Pyaara Sa Jahan, dekhe yeh duniya hamara hausala". Speaking on the occasion Col (Retd.) PS Choudhry, Director (Education), Sri Aurobindo College of Commerce and Management quoted that 'If we really want to create peace on this earth, we should first create it in our hearts'. He appreciated the efforts and talent of the young students of Sat Paul Mittal School. He applauded the multi-talented Satyans. He stated that the whole concept of 'Peace and Harmony' was presented beautifully by the students. Mr. Bipin Gupta, Vice-Chairman, Governing Council, Sat Paul Mittal School presented a memento to Col (Retd) PS Choudhry. In the end, Mrs. Shilpi Sood Gill, Head Junior School proposed the vote of thanks.









PRIZE DISTRIBUTION CEREMONY

True to their tradition of producing excellent results, Satyans have once again showcased remarkable academic excellence in Board Exams. They have always believed that, 'In order to succeed, your desire for success should be greater than your fear of failure.' To felicitate the meritorious students of Class XII and X, a Prize Distribution Ceremony was held on 25th May, 2013. The school management offered prizes and incentives to the deserving students. A scholarship of ₹10,000/- was awarded to students who secured 89.6% and above marks and prize money of ₹5,000/- for the students who secured between 84.6% and 89.5% marks. A prize money of ₹5,000/- was also awarded to the students securing 100% marks in various subjects. In Class X, Diksha Samsukha secured the first position with 97% marks followed by Vani Saggar who secured 96.4% marks, Vasu Bansal and Sachinmeet Singh Gill shared the third position with 94.6% marks respectively. 40% of students scored above 90%, 20% of students scored above 85%, 25% of the students scored between 80-85% and 8% of students scored above 75%. The average percentage in class X was 85%.

In class XII, Jassimran Kaur Saluja topped the class with 94.3% marks. Urveen Sukhija secured the second position with 90% marks and Megha Kharbanda secured the third position with 89% marks. The average percentage in class XII was 80%.

After a cordial welcome by Shri Bipin Gupta, General Secretary, Nehru Sidhant Kender Trust, the Chief Guest of the day, Dr. Rakesh Bharti Mittal, President, Nehru Sidhant Kender Trust and Chairman, Governing Council, Sat Paul Mittal School, honoured and presented cash prizes to the meritorious students. He was of the opinion that the outstanding results is the outcome of consistent hard work, perseverance and grit and determination of Satyans to excel. Indeed performing par excellence in every field is not an act but a habit with diligent Satyans. The academic achievers for Class VI-IX and XI and the students who had excelled in different extra-curricular and co-curricular activities for the year 2012-2013 were also awarded. There was a cultural extravaganza presented by the talented Satyans wherein an invocation song, yoga display and a scintillating dance performance was presented to celebrate this great success. A token of appreciation was also presented to the praiseworthy and painstaking teachers who constantly guided and motivated the students to achieve such a remarkable result. Adhering to its school motto 'Learning without Limits', Sat Paul Mittal school looks forward to continuously benchmark with the best in the world as it works towards improving the paradigm of education in consonance with the need of the 21st century.





Swimming Gala

The Annual Swimming Gala was held at Sat Paul Mittal School on 25th September, 2013 in which the Satyans competed in various events and showcased their skills in swimming. The students were judged on the basis of their speed, skill and strokes. The budding swimmers proved their mettle in the various events. The audience was full of appreciation for the agility, stamina and enthusiasm of the swimmers. Guneet Singh of Class X-A and Pravar Jain of Class VIII-B won gold medals in U16 boys and U14 boys Freestyle respectively. Preetinder Kaur of Class VII-C won gold medal in U14 girls 25mts Freestyle. Bikramjeet Singh of Class VII-D won gold medal, Guneet Singh of Class X-A got silver medal and Jasraj Singh of Class VI- A won bronze medal in Individual Medley Open Boys. Mehtaab Kaur, Drishti Bajaj and Prisha Thapar bagged First, Second and Third positions respectively in Individual Medley Open Girls. Mehtaab Kaur won gold in Open Girls 50 mts Backstroke also. Satluj House bagged the 1st position in 4x50 Freestyle Relay Boys and Girls while Chenab House and Ravi House won the 2nd position and the 3rd position respectively. The Chief Guest Lt. Col. Dr. D.B. Sharma, Director, Sat Paul Mittal School congratulated the winners and complimented the Satyans on their skills, self discipline and sportsmanship. The achievements of the Satyans in various swimming events at District, State and National level is a testimony to the fact that Sat Paul Mittal School aims at the overall development of the students and gives equal importance to sports and academics. The swimming gala was an apt culmination of the hard work and strenuous practice of champion swimmers of Sat Paul Mittal School and the dedication of the coaches to aim for nothing but the best.

SPECIAL ATTENTION

- ▶ PARENTS WILL NOT ACCOMPANY THEIR WARD TO THE SWIMMING POOL.
- ▶ THE STUDENTS SHALL SWIM IN THE POOL AT THEIR OWN RISK & RESPONSIBILITY. HOWEVER THE SERVICES OF THE SWIMMING COACH & LIFE GUARDS WILL BE PROVIDED DURING THE SWIMMING SESSION.





Grandparents' Day

Grandparents offer an unconditional love that is different from that the parents provide. Many years ago grandparents weren't remote because they lived in the next room. School projects like researching a family tree was easy. It didn't require a phone call and more importantly, the family tree came alive. Today it is rare for grandparents to live in the same house as their grandchild. However, this doesn't lessen the need for grandparents to be involved in their grandchildren's lives.

Feeling the pulse of the society, the Satyans took an initiative to celebrate the Grandparents' Day where both the grandparents and the grandchildren participated with all their heart. A morning walk with the grandparents and a power packed cultural entertainment program was organized by Sat Paul Mittal School on 27th September, 2013 in the school premises. The whole event was celebrated with the belief that grandparents are like an old shady tree lovingly showering their cool shade on the grandchildren.

The ecstatic participants were accorded a warm welcome by Lt Col (Retd.) Dr. D B Sharma, Director, Sat Paul Mittal School. He insisted that we should value the grandparents because they provide the necessary link between the Cultural Heritage and present day customs. The Grandparents are very patient and effective teachers. The knowledge they pass on will last a lifetime. With this message, the 'Morning walk with Grandparents' was flagged off by Lt Col (Retd.) Dr. D B Sharma. The walk was followed by the presentation of prizes to the participants for their valuable contribution.

"To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent — that is to triumph over old age." Adhering to the crux of these words, a *Hasya* yoga was designed with calming down exercises which composed the mind, body and soul of our worthy grandparents. "Just as a candle cannot burn without fire, men cannot live without a spiritual life." The saying by Buddha is followed religiously by our enthusiastic grandparents which was clearly visible in the recital by Mrs. Sheela Batta, Grandparent of Udai and Parth Batta. Mr. Kanwarjit Singh, Grandfather of Suhaavi Chawla of Class V-C presented a soul stirring speech in English which moved each and everyone present there. It was followed by a charismatic and captivating Punjabi song by Mrs. Babli Makhija, Grandmother of Naunidh and Gopika Makhija of Class VI and IV which was thoroughly enjoyed by the audience. Acknowledging the indispensable position of these elderly shady trees, a grandparents theme song was presented by the Satyans. "Something magical happens when parents turn into grandparents. Their attitude changes from 'money-doesn't-grow-on-trees' to spending it like it does." The spirit of selfless love of the grandparents was acknowledged through a Hindi song 'Hamare Dada Dadi'.

The arena was further elated by the enthralling musical performances – a speech and poem by Mrs Babreja, retired Vice-Principal of Govt College for Women, Ludhiana and Grandmother of Naaz Malik, Class-II and a *bhajan* by Mrs. Urmil Dua, Grandmother of Pranya Dua of UPVAN-B. The Grand Event witnessed the Grand Finale which was a rocking and enthusiastic Punjabi performance - *Tappe (Larra Lappa)* by the Satyans.





9th Annual Athletic Meet

Sat Paul Mittal School held its 9th Annual Athletic Meet on 25th October, 2013 and 26th October, 2013, keeping alive the tradition of resolve, sportsmanship, skill and fortitude. The sporty Satyans showcased their athletic skills with full gusto displaying the spirit of the Athletic Meet's slogan 'Jee jaan se khelein Hum'. The mascot 'Satyan' symbolized the sporty Satyan holding high the torch of ambitions and desire to put in sincere effort to excel in the field of sports. The 'Satyan' is a passionate sportsperson who is endowed with talent, ability and zeal to deliver nothing but the best. The Chief Guest for the first day of the grand event, Dr. (Mrs.) Neeru Katyal Gupta, PCS, Additional Deputy Commissioner (General) was presented a bouquet by the Head Boy and the Head Girl. She was accorded a warm welcome by Lt. Col. Dr. DB Sharma, Director, Sat Paul Mittal School. The Guest of Honour, S. Teja Singh, General Secretary, Basketball Association, Punjab was also welcomed amidst a loud round of applause. Thereafter, the Chief Guest of the day Dr. (Mrs.) Neeru Katyal Gupta unfurled the school flag and took a salute from the marching contingents of the four houses - Satluj, Ravi, Beas and Chenab. The spirited Satyans lead by the Sports Captain, took an oath to respect and abide by the rules in the true spirit of sportsmanship for the glory of sport and honour of the teams. The excitement mounted high when the torch bearers entered into the sports arena carrying the eternal flame. The lighting of the torch was done by Satyan Drishti Bajaj, Champion Swimmer, Sat Paul Mittal School. Thereafter, the Chief Guest declared the 9th Annual Athletic Meet open. The meet started with amazingly synchronized display of very well coordinated and harmonized form of the rhythmic drill by the Satyans of Pravesh Vatika. The spectators were enthralled by the aerobic performance of the Satyans of Upvan. Watching morning exercise with kites as a prop was a real delight and the spectators were overwhelmed with the show put up by the Satyans of Class I. Diamond drill by the Satyans of Class V was yet another excellent display of discipline. The spectacular display of Yoga and an elegant drill with hula hoops by the Satyans of classes II and III was a treat to everyone's eyes. The Satyans participated with full zeal and zest in events like 50mts, 100mts, 200mts, 400mts, 800mts, 4x100mts relay and shot put. They also participated in Fun events like family race, elephant race, hurdle race, balloon sandwich, dress up race, snow flake race, sack race and tricycle race. There was 100% participation. All Satyans from PV-III participated in at least one track event. The campus reverberated with thrill and excitement when the Satyans cheered up their parents for brisk walk race of mothers and 100 mts race of fathers. Skipping race of the support staff was yet another exciting feature. The Satyans who brought laurels at the district, state and national level were honoured. Mrs. Shilpi Sood Gill, Head Junior School, Sat Paul Mittal School, proposed the vote of thanks.

The Closing Ceremony of the 9th Annual Athletic Meet held on 26th October, 2013 was even more exciting, thrilling and a day of challenges and records. The Chief Guest of the day Mrs. K.P. Brar, IAS, Special Secretary, Cooperation, Govt. of Punjab, Chandigarh and S. Kartar Singh, District Sports Officer, Ludhiana, Guest of Honour for the day were accorded a floral welcome by the Head Boy and Head Girl. Lt. Col (Retd.) Dr. D B Sharma, Director, Sat Paul Mittal School welcomed the Chief Guest and the Guest of Honour. The Satyans left no stone unturned to display their vigour and passion for sports. The Satyans of Upvan and classes I and III seemed young PT. Ushas and Milkha Singhs competing with full spirit and enthusiasm. The Satyans displayed their strength and stamina as they essayed hard to win 100 mts., 200 mts., 4x100 mts. races. The close contested Inter house baton relay brought a wave of cheer and enthusiasm in the arena. The thrill went beyond proportions when the best athletes were announced.

Abhiraj of Class V, Anusha of Class V and Bhanu Partap of Class VIII, Ria of Class VIII, Avranpreet Singh of Class IX, Manvi of Class IX, Vaibhav Kumar of Class XII and Mannat Bhogal of Class XII were declared the best athletes in Group A, B and C categories respectively.

The parents were thrilled with the performance of their children and participated very sportingly in the fun races organized for them. Family race, blind fold and Tug-of-war were an interesting feature of the day. The parents and teachers pulled really hard to win Tug-of-war. Special fun races were organized for the support staff also. They put all their might in proving their mettle to win the weight baton. The pique of the show was the announcement for the Best House Trophy. Ravi was declared the best house in sports. The Best March Past Trophy was bagged by Beas. The Chief Guest was impressed with the achievements of the Satyans at the district, state and national level and said that she foresees them emerging as sport stars who would make their alma mater proud. She also congratulated the school for providing a wholesome environment where sports and academics go hand in hand. She said that healthy mind dwells in a healthy body only. So, the young children must realize that it is important to eat healthy, exercise daily and stay fit. Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School, proposed the vote of thanks. The grand finale, a cultural extravaganza by the multifaceted Satyans was an apt conclusion to this great festival of talent, skill and energy. More than five hundred Satyans participated in football dance, cricket dance, hockey dance and *masala bhangra*. The 9th Annual Athletic Meet was a carnival of the celebration of the young sporty spirit, a festival of supreme efforts, multiple ambitions and youthful activities celebrated year after year at Sat Paul Mittal School.

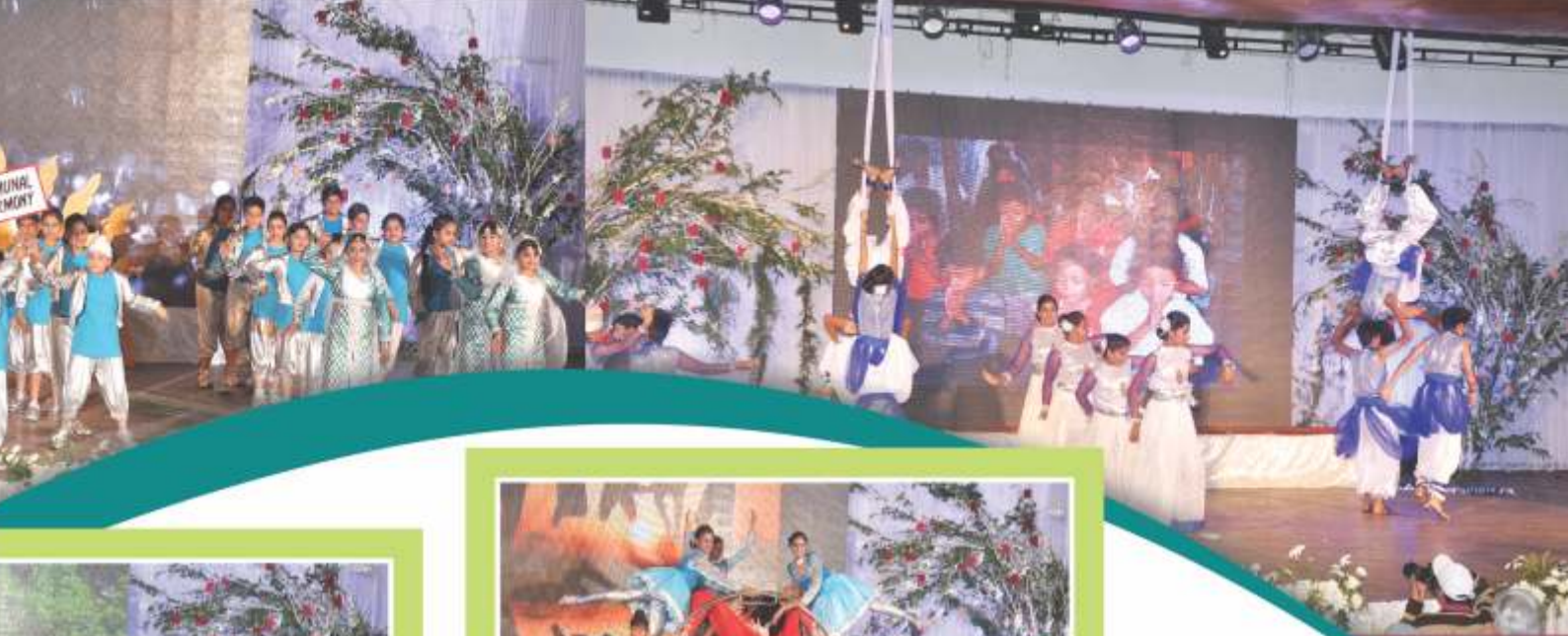




Annual Function (VI-XII)

At Paul Mittal School unveiled its magnum opus - 'Om Shanti Om' on 30th November, 2013 at Guru Nanak Dev Bhawan. 'Om Shanti Om', a kaleidoscope of talent was weaved with utmost care and love by the Satyans as a mark of reverence for the dear parents. Peace and harmony in all aspects of life was the essence of the function. In the welcome address, Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School accorded a warm and hearty welcome to all the valuable parents and dignitaries. It was followed by the Annual Report where the Satyans apprised the audience with their spectacular achievements in the session 2013-14. The Satyans, as the angels of peace through a phenomenal aerial silk act, spread the message of peace and harmony all around the world. To attain peace and harmony, the environment should also be in a tranquil and peaceful state. The web of doom created by the humans, responsible for the wretched plight of mother earth, was broken by the firm resolve of the Satyans. Through the presentation of G.B Shaw's masterpiece "Arms and the Man", the Satyans busted the myth of prejudice and bias and declared a coup against wars – mankind's biggest blunder. The need for communal harmony was emphatically projected through a stirring dance performance, "Gurus of Peace". The Satyans boarded the Peace train and sang songs of happiness and harmony. The universe and the nature are incessantly working to strike a delicate balance for the world to move forward. Through the German wheel, the intricacies of the emotions were variedly presented and the struggle of an individual to strike a balance between opposing emotions to create accord and tranquility within was vividly portrayed. The grand finale – the clarion call for peace – celebrated the symphony of all elements in unison and beckoned each and everyone to awaken from slumber and join in the creation and celebration of a peaceful life and a peaceful world. In the end, the Vote of Thanks was proposed by Dr. Geeta Dua, Head, Senior School. The audience was impressed by the firm resolve of the Satyans to spread peace and joined in their mission to make the world more tranquil and peaceful.







Annual

It is said, "Happiness comes in small packages."

This adage was proved true by the little bundles of joy who coloured the auditorium of Nehru Sidhant Kender with their zeal, positivity, poise and confidence on 14 December, 2013. The Annual Day of pre-primary students of Sat Paul Mittal School aptly named 'Reach for the Stars' was a fun-filled and power-packed show of talent, confidence and joy. The two-hour event brought to life the colours of Satyan spirit enriched with positivity, optimism and happy-go-lucky attitude to achieve their goal.

The event was presented with the belief of the Satyan family in reaching for the stars and that nothing is impossible if we do it with the right attitude. The august gathering was given a warm welcome by Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School. The event started with the Annual Report which highlighted the accomplishments of the school and the Satyans in the previous session. The Satyans read it out with utmost poise and confidence. God is like oxygen, we can't see him but can't live without him. This virtue of having faith in God was displayed by the Satyans as they invoked the blessings of the Almighty through 'Man Basiyo Sawariyo' in the beginning. The main highlight of the event was the 'Curtain Raiser' wherein the Satyans reiterated their belief in enjoying their journey towards stars. The auditorium resounded with applause as the Satyans expressed their views on how happy they are reaching for the stars. Curtain-raiser also showcased the making of the show.

The Satyans gave a soul stirring performance through 'Reach for the Stars' recapitulating their belief that there is no limit to anything. Through 'Ringa Ringa Ro', another mind-boggling performance they restated their belief of having the right attitude which enables them to make every day a special day and hence help them to reach for the stars. A mesmerizing performance 'Life is a Fairy Tale' was presented by the Satyans which set the ball rolling for the audience and warmed them up for the show. They motivated the audience to live a stress free life with a happy-go-lucky attitude. Another phenomenal performance 'It's a Small World' by the Satyans was presented, illustrating the idea that we should take life as it comes and move ahead to reach for the stars. This performance made the audience realize the fact that life is an amalgamation of good and bad; high and low; joy and sorrows, and one should stay positive despite odds.



Function

(PV-I)

The parents were simply astounded by the Satyan spirit in 'Chaand Taare' wherein they motivated the parents to have a happy heart and high spirit at all times. It was followed by a charismatic and captivating 'Arabian Dance' showcasing utmost agility and precision with which the Satyans were trained. It suggested that the Satyans' spirit is always full of fun and frolic. Mirth and festivity filled the auditorium as the young dancers of Sat Paul Mittal School took the stage with 'Rang Jamale' – a kaleidoscope of the vibrant colours of zeal, enthusiasm and optimism. It proved that excellence is indeed a habit for the Satyans. The teachers along with the choreographers and the students worked very hard to put up a great show and the result was evident by the performance of the children. The parents were very excited about the performance and felt very proud of their children. The arena was further elated by the enthralling performance of the Satyans 'All around the World', which proved to be an eye-opener for the audience; it is very important to reflect, keep a track of their direction and deeds and channelize energy in the right direction. The Satyans depicted their secret of success through their *Laavni dance*- 'Apsara Aalee'. They exhorted the dire need of flavouring every moment with joy and mirth and making it a delicious recipe henceforth. 'Aasman ko Choo Kar Dekho'- another captivating performance by the Satyans reiterated their belief that success comes to those who strive for the best. A dazzling visual treat, the grand finale was 'Hey Ram', through which the Satyans evoked everyone to thank God who helps and strengthens them to stay positive every time. In the end, Mrs. Shilpi Sood Gill, Head Junior School proposed the vote of thanks.







PARENTS' THANKS GIVING DAY

Sat Paul Mittal School had the proud privilege of holding the Parents' Thanks Giving Day on 21st December, 2013 on the meaningful and thought provoking theme 'West Meets East' or '*Paschim – Purab ki Ore*'. The function was exclusively organised by the Parents School Association with the help of the talented and multi-faceted parents of the school. They organized the show to thank and appreciate the contributions of the teachers in making the Satyans the empowered leaders of tomorrow. The parents left no stones unturned to prove that they were in no way less than the wonderful and gifted Satyans. The enthusiasm and fervour in the campus was unparalleled. The Chief Guest for the function was Shri Bipin Gupta, Vice-Chairman, Governing Council, Sat Paul Mittal School. The function began with the Welcome Address by the Director of the School, Lt. Col. Dr. D.B. Sharma, who is also the Chairman of the PSA. This was followed by the Annual Report of the PSA read by the General Secretary of the PSA, Mrs. Ramandeep Bhatti. She shared with the audience the activities conducted by the PSA during the year like Summer Camp, workshops etc. The cultural programme started with a Gujarati Dance presented by a group of parents. An English Song 'Everything We Do' was sung to thank the teachers' unwavering commitment for living up to the school motto of 'Learning Beyond Limits'. This was followed by a Hindi poem about the role of a teacher and his value in the life of a student. The function was flavoured with speeches given by the parents who reiterated the contribution of the teachers for building the right value systems in the students' lives. They also spoke fondly of their own experiences with the school and how the teachers left an indelible impression on the minds of their children. The solo and group dances presented by the teachers entertained and mesmerized the audience and made them tap their feet to the tunes of Hindi and Punjabi numbers. The chill of the weather was neutralized by the zest and energy both of the participants as well as the audience who clapped and cheered with equal enthusiasm. The lovely songs accompanied by Guitar performance by a parent left everyone spell bound. The Grand Finale of the function was the mind blowing dance performed together by the teachers and parents of the school. Their participation symbolized their standing together to face the challenges in our journey of success. The cultural programme culminated with the address by Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School followed by the Vote of Thanks given by the Treasurer PSA, Mrs. Deep Kiran Bedi. In his speech, Shri Bipin Gupta congratulated the teachers for their constant endeavours for taking the school to such great heights and for inspiring and nurturing the students in the right direction. He was impressed by the endeavour of the parents and appreciated the talents and skills of the parents. He also complimented the parents' approach and attitude who braved the cold and foggy weather to put up such a magnificent show. A savoury lunch was also organized for the parents and teachers that added to the magic of the afternoon and left sweet memories in the minds of one and all for days to come.



FAREWELL PARTY

It was a heartfelt adieu to the Seniors of batch 2013-14 by the Juniors as they hosted a lavish Farewell party for them on 1st February, 2014 in the school campus. A sense of nostalgia seemed to grip the students as they savoured the fond memories of the wonderful days spent in the school. The function started with a warm and hearty welcome to the Chief guest of the function, Lt. Col Dr. DB Sharma, Director, Sat Paul Mittal School. It was followed by rocking dance and song performances by the students of Class XI as they enthralled the audience with their rhythmic movements and soulful melodies. The students of the outgoing Class XII presented thoughtful and emotional speeches and expressed their gratitude to the school and the teachers. The highlight of the show was "Koffee with Kanwal" wherein the Seniors had a tough time answering the questions in the rapid fire round. The stage was set ablaze as the Seniors walked on the ramp and impressed the judges with their panache and élan. The students wowed the judges with their witty answers and confidence. The coveted titles of Mr. Satyan 2014 and Ms. Satyan 2014 were awarded to Tushar Rawat and Penaaz Dhilon, Mr. Dynamic and Ms. Dynamic were Vaibhav Kumar and Riddhima Karwa, the title of Crowning Glory was awarded to Parasha Dhanda and Million Dollar Smile was awarded to Manveen Singh. In his address to the students of Class XII, Lt Col Dr. DB Sharma, Director, Sat Paul Mittal School said, "I am hopeful and confident that

Satyans, as brand ambassadors of Sat Paul Mittal School, will surely make a mark for themselves in the competitive world and bring laurels and glory to their alma mater."

He also wished best of luck to the students for their board examinations. After a sumptuous lunch, the students set the dance floor alight as they danced to the tunes of the DJ. Amidst fun and frolic, the function came to an end as the Seniors took along with them warm memories of their school to start a new life outside the safe and homely portals of this great institution.







Graduation Ceremony of Satyans

26th of February was a day of paramount significance in the life of the Satyans of Class Upvan as they took a step ahead from the pre-primary education to the formal system of education on the 9th Graduation Ceremony held at Nehru Sidhant Kender. The ceremony started with the lighting of the lamp. The invocation of God through the song 'God will make a way' was heavenly. The guests were welcomed by Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School. The Curtain Raiser left the audience in awe as the proud parents of the Satyans of Upvan shared their experiences and aspirations with the audience. The parents praised the school for its contribution to shape the young Satyans into confident and poised individuals. The dainty little ones clad in their gowns and caps impressed the audience with their poise as they marched gracefully into the auditorium singing 'We are Dynamite'. The tiny tots took the 'Oath of Allegiance to the School Flag' as a solemn affirmation to speak the truth and abide by the school rules. The scrolls were presented to the Satyans as the respective class teachers introduced the children to the August gathering. The audience were filled with awe on seeing the smartly dressed Satyans accepting the scrolls with pride. The Satyans of Class I welcomed the Graduates to Class I with a dance performance which mesmerized everyone. The audience was spell bound by their spectacular western dance performance 'Celebrate the World'. Another wonderful Hip-Hop dance performance by the Satyans of Class II left the audience spell bound. Lt. Col. Dr. D.B. Sharma, Director, Sat Paul Mittal School congratulated the students for stepping towards new horizons and motivated them to face the upcoming challenges. Mrs. Shilpi Sood Gill, Head Junior School proposed the Vote of Thanks. The ceremony was celebrated with full gusto and vigour and it ended with hope and belief that the Satyans of Upvan will bloom into confident human beings equipped with all life skills.







VIP VISITS

Sat Paul Mittal School had the proud privilege of being visited by S. Charanjit Singh Atwal, on 16th November, 2013. He was impressed by the modern infrastructure, high-tech Robotics and English Language Labs. He was full of praise for the confident Satyans who conducted themselves with great poise. He was impressed to see the passion and endeavour of the School's Governing Council in achieving the vision and mission of the school.

Sat Paul Mittal School had the proud privilege of being visited by Mr. Charley and Barbava Hottman from Virginia, USA and Mr. N.K. Sud, Retired Judge, Jalandhar on 20th January, 2014. The dignitaries walked around the school campus and complimented the state-of-the-art infrastructure of Sat Paul Mittal School. They were impressed with the pleasing ambience atmosphere of the school, the efforts put up by the teachers and the promising confidence of the students.

Messages

Standard of education is well maintained and overall everything is well maintained.

— S. Charanjit Singh Atwal

A wonderful model for education and development.

— Mr. Charley and Barliana Hottman

This school is not only just imparting knowledge but also educating children in the real sense. Indeed it is a nursery for producing good citizens.

— Mr. N.K. Sud, Retired Judge (Jalandhar)



celebrations

Green Day Celebration



Global Warming has become a menace, a great environmental problem, which is hovering over our heads, yet most people are not showing any concern about it. The present generation lack awareness about the problem, its effects and its solutions. To spread this awareness, Sat Paul Mittal School celebrated 'Earth Day' on 22nd April, 2013. The school has taken proactive approach for years, encouraging children to learn about environmental conservation.

The Satyans believe that respecting and loving the nature, and creating a pure and clean environment is the key to make a better and prosperous world for both the current generation and the posterity.

The Earth Day was celebrated with myriad of educational activities in which the students participated and enjoyed. In the morning assembly the students were made aware about the importance of saving the environment through thought-provoking speeches and poems. To develop in the students an environment friendly attitude and aptitude to protect nature, a Tree Plantation Drive was organized. Activities such as Poster Making and Slogan Making Competition were organized in which the Satyans enthusiastically participated, painting their thoughts on nature conservation.



Labours Day

Adam Smith, the pioneer of political economy, said: "Labour was the first prize, the original purchase, in this world. It was not by Gold or by Silver, but by Labour, that all wealth of the world was originally purchased."

In conformity with this saying, the Satyans celebrated the Labours' Day on 1st May, 2013 and acknowledged the great work done by the support staff of Sat Paul Mittal School. A Special Assembly was organized in order to appreciate and honour the commitment and dedication of the support staff, who are an indispensable part of our school community. Through emphatic speeches and poems in English, Hindi and Punjabi, the students were illuminated about the importance of Labours Day that showered great insights on one and all present. As token of gratitude, the support staff was felicitated with gifts by the Management, the staff, and the students. Lt. Col. Dr. DB Sharma, Director, Sat Paul Mittal School, was full praise for the selfless support staff, which set stage for the smooth functioning of the School. A tea party was also hosted in their honour by the School Management. The support staff was touched by the warm hospitality of the school organization. The function ended on a pleasant note.



Independence Day

Sat Paul Mittal School has always had a tradition of celebrating 15th August with aplomb and crisp trumpet blast and this year was no different. The celebrations, organised by the students was a much appreciated affair, with a variety of events sublimely combining the diversity of India with rich colours and richer talent of its students. We celebrate this day with great zeal every year. The Chief Guest of the day was Mr. Bipin Gupta, Vice Chairman, Governing Council, Sat Paul Mittal School. He said that on this day our first thoughts go to the architect of this freedom, the Father of our Nation, Mahatma Gandhi who, embodying the old spirit of India held aloft the torch of freedom, and lighted up the darkness that surrounded us. Independence Day is a day when people in India pay homage to their leaders and those who fought for India's freedom. The first event of the cultural extravaganza presented by the Satyans was a medley of timeless songs. The melodious Satyans sung with a passion that exhibited their patriotic fervor for the nation. It was followed by a visual treat as the Satyans performed an eloquent fusion of classical and contemporary western dance. They set the tempo rising and formed a fantastic cultural plethora. It was followed by the thought provoking speeches and poems reminding us of the untold sacrifices of the freedom fighters, inspiring the Satyans to worship those patriots who shed their blood for achieving freedom. The food for thought didn't end there, with our esteemed Chief Guest Mr. Bipin Gupta, addressed the gathering. He motivated the Satyans to remember the sacrifices made not only by our freedom fighters, but the hundreds of soldiers who have striven and sacrificed to protect our country needless of their own comfort. It is our responsibility to try and do our bit to be worthy of the freedom bestowed upon us by our forefathers. He aimed at boosting the students for working harder and with real zeal and enthusiasm to make India the numero uno nation in the world. The Satyans pledged for the eradication of these social evils and to make India a prosperous nation.



Hindi Diwas



Hindi Diwas is celebrated across the country as a tribute to the historic event of creation of Hindi. On 14 September 1949, Hindi was adopted as an official language of the Constituent Assembly. This day is celebrated to mark the significance of Hindi language in the country. Hindi Diwas was celebrated in Sat Paul Mittal School on 13th September 2013, with great resplendence. The Satyans held a *Prarthna Sabha*, to pay their respect to their mother tongue. A *Kavi Darbar* was organized with rich elements to underscore the great role of Hindi. Activities such as *Hasya Vyang* were played by the students. Speeches were delivered on the importance of the Hindi Language.

Aside from these activities, a Hindi Spell Calligraphy was held in the school. Satyans competed to display their pageants of marvelous Hindi Calligraphy. A Hindi Creative Writing Competition was also held, in which the Satyans, wrote their ideas and opinions in form of a beautiful composition on the given topic.

The Hindi Diwas, was an occasion of immense happiness for the students. Getting aware and taking pride in their mother tongue, the Satyans were filled with zeal and love for the national language of their country.



Teachers' Day



'Teachers are Gods in human form'. This idea was made vocal through the sentiments of the Satyans at Sat Paul Mittal School on 5th September, 2013. On this day, the Satyans finally got a chance to show their gratitude and reverence to their dear teachers. The event was a panorama of joy, fervour and enthusiasm. Valuing and appreciating this thought, Sat Paul Mittal School celebrated Teachers' Day with great zeal and vigour. The Members of the Governing Council, Members of the Academic Advisory Council and the Members of the Nehru Sidhant Kender Trust were present on this occasion. The event started with a welcome address by Lt Col Dr. DB Sharma, Director, Sat Paul Mittal School. He enlightened the students on how great personalities we know today revered their teachers, quoting eminent personalities like Dr. Ambedkar and Dr. Radhakrishnan. He stated, "Teachers play a pivotal role in every student's life. They are responsible for the overall development of the students, for moulding them into socially responsible citizens."

The Satyans expressed their respect for the teachers through various items. They expressed their gratitude to their worthy teachers through a power point presentation. The Satyans paid reverence to their worthy teachers through a mellifluous song 'Ibaada'. It threw light upon the words that a 'Guru' in a child's life is no less than God. To express their gratitude towards their teachers for helping them empower their minds, the event further advanced with a melodious song sung by the Junior School Satyans "Wind beneath my Wings." A poetic drama: 'Samvaad' was presented by the students which depicted the evolution of the teacher and the students from the Gurukul system of learning to the modern hi-tech teaching. The teachers were touched and moved by the gratitude showed by the Satyans. The Satyans of Junior School set the stage ablaze with their foot tapping dance 'In Your Hands' which overwhelmed the audience. The aura was brimmed with zeal as the Satyans sang 'Punjabi Dhamaka'- a medley of Punjabi songs. An enactment was presented by the Satyans wherein the children proved that the teachers of Sat Paul Mittal School are the perfect role model for the students. The grand finale was a treat to the eyes as the audience watched the tiny tots of Upvan perform an Arabian dance which set the stage on fire. The children gave incredible dance performances and the teachers were spell bound with their synchronization and coordination. The Best Teacher award was announced by the Governing Council. It was conferred upon Ms Ashima Kharbanda, Ms Tajvinder Kaur, Ms Swati Seth, Ms G. Amandeep Kaur, Ms Geeta Bhardwaj and Ms Radhika Dawar. Mr. Kuldeep Singh, Supervisor General Administration was awarded the Best Employee of the Year and Mr. Sanjay Kumar, the Mali was awarded the Best Worker of the Year. Shri Bipin Gupta, Vice-Chairman, Governing Council, Sat Paul Mittal School expressed heartiest congratulations to the teaching faculty of Sat Paul Mittal School in making the Satyans achieve the zenith of success. The event ended with a vote of thanks proposed by Mrs. Bhupinder Gogia, Principal Sat Paul Mittal School. She thanked the teachers for their earnest efforts in making a difference to the life of every Satyan. Mrs. Bhupinder Gogia also thanked the School Management for recognizing the hard work of the teachers of Sat Paul Mittal School.





Diwali

The ambience of Sat Paul Mittal School experienced the true spirit of love, joy and compassion as it celebrated Diwali with great fervour. The school was tastefully decorated with diya and lights hoping that the festival of lights brings sparkles of joy and happiness in everyone's life. A Special Assembly was conducted on 2nd November, 2013 in the school campus to mark this auspicious day. Through their emphatic speeches, the students highlighted the significance of Diwali which symbolizes the victory of righteousness and the lifting of spiritual darkness. The Satyans staged a thought provoking play wherein they motivated the students to desist from bursting crackers and encouraged them to celebrate a Green Diwali. Spreading festivity, various competitions such as Cooking, Flower arrangement, Rangoli, Card and Diya making were organised in the school. The students dabbled in colours and displayed their talents while decorating the classes and corridors with vibrant colourful rangolis, diya, flowers and other embellishments. Lt Col Dr. D B Sharma, Director, Sat Paul Mittal School offered his warm wishes on the occasion of Diwali celebrations in school. He urged the students to imbibe the true spirit of Diwali which epitomizes the reaffirmation of hope and commitment to goodwill. Addressing the students, Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School wished that the festival of lights be the harbinger of joy and prosperity and bring bright sparkles of contentment and happiness in everyone's lives. Indeed, the school brimmed with gaiety and mirth as the vibrant hues spread the message of goodwill.



Children's Day



Fun and enjoyment marked the Children's Day as the students and staff of Sat Paul Mittal School celebrated the occasion with gaiety and fervour on 14th November, 2013 in the school campus. The grand fiesta flagged off with a Special Assembly conducted by the teachers. On a solemn note, homage was paid to Pandit Jawaharlal Nehru, the first Prime Minister of India as a mark of reverence. The teachers expressed their love and affection through a humorous English play wherein they mimicked various teachers and tickled the funny bone of the students. A colourful and peppy dance performance by the rocking teachers energized the spirits of the audience. The melodious song sung by the nightingales of the school mesmerized the children. In his address to the Satyans, Lt Col Dr. D B Sharma, Director, Sat Paul Mittal School urged the students to value this great institution and utilize every opportunity to experiment and explore. He also wished for happiness, success and good health of the Satyans and urged the students to spend quality time with their parents and grandparents. The function ended on a joyful note as peals of laughter of vivacious Satyans reverberated through the campus.





Christmas

Christmas is an assortment of celebrations, personal behaviours and attitudes. Exploring the grandeur and magic of Christmas, the students of Sat Paul Mittal School celebrated Christmas on 24th December, 2013 for classes PV-XII in the school premises. The function was presided over by Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School.

The merry-making of Christmas commenced with the Satyans dressed as Christmas fairies, Goddesses and elves. The touch of Muses could be experienced in the mellifluous singing of the choir which spellbound the audience. The carols added on to the mirth and joy of Christmas. The presence of Santa Claus made it all the more special for the youthful Satyans.

A one-act play staging the importance of faith in the Lord and His plan for us was of prime significance. The function concluded on a note that we should not drop devotion and faith in God and His will. Christmas is a personification of hope, gaiety and the never-ending spirit of festivity. In the end, Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School addressed the gathering and shared her beliefs about Christmas and its importance with the students. She laid importance on the emotions of love, care, tolerance and gratitude allied to the festival of Christmas. The students thoroughly enjoyed the show.



Special Assemblies



To enable each and every child explore his hidden talents and potentials, Sat Paul Mittal School organised Special Assemblies for the students during the session 2013-14.



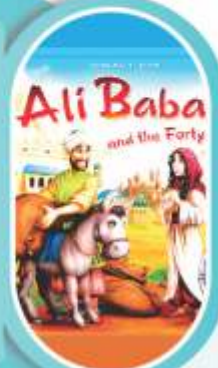
The Jungle Book

24th September 2013, was the day of excitement, an occasion to remember and a day to cherish for Class PV as the children of PV, for the first time, gave a breathtaking performance in the form of a Special Assembly. It gave the children a platform to polish their dramatic skills on the theme "The Jungle Book". The children mesmerized the parents and the Heads with their performances in the play – 'The jungle book'. They also presented an English song – 'Walking through the Jungle', a dance- 'Jungle jungle bat chali hai', and a Hindi song.

The children took everybody to the land of fantasy and kept them enthralled. They left them spellbound with their sweet gestures, attire and attitude. The show was a resounding success. Everybody showered praise on the Satyans for their efforts.

Ali Baba and Forty Thieves

26th September, 2013 was a day of fun and enthusiasm at Sat Paul Mittal School. It was the occasion to remember and a day to cherish as the children of Class UPVAN showcased their dramatic, dancing and singing skills through the Special Assembly based on the theme "Ali Baba and Forty Thieves. The children mesmerized the audience with their performances in the form of a play, an Arabian dance and song. The children took everybody to the land of magic and kept them under a spell. The show was a huge success. Everybody was impressed by the Satyans for their efforts, hard work and talent.



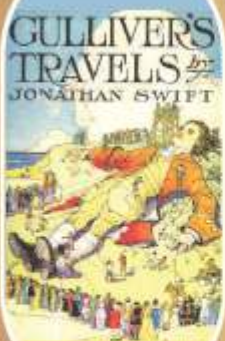
Adventures of Tom Sawyer

The Special assembly of Class I was held on 30th April, 2013. The theme of the assembly was –Adventures of Tom Sawyer. The main focus was to acquaint the children and the audience with the adventurous ways of Tom Sawyer. The students enacted a play which gave an insight into Tom Sawyer's life. The Class I Satyans merzmerised the audience with their Hindi song– "Chhota Baccha jaan ke" and an English song- "Adventure Is A Wonderful Thing". The Grand Finale was a foot tapping number "Hum to Hain Aandhi, Hum to hai toofaan".

Special Assemblies



Gulliver's Travels



There are few great satirists who manage to judge their work so finely that it can be considered both a rip-roaring, fantastical adventure story suitable for children and adults alike, as well as a searing attack on the nature of society. In his *Gulliver's Travels*, Jonathon Swift has done precisely that, and has bestowed upon us one of the great works of English literature in the process.

The Satyans of Class II celebrated the excellence of this book 'Gulliver's Travels' through a Special Assembly based on the adventures of Gulliver on the island of Lilliput. They enacted a play based on it. The compering was done by the students dressed up as Jonathon Swift and Gulliver. The main focus was to acquaint the children and the audience with the adventures of Gulliver. The speeches in Hindi and English were dedicated to the life and writing style of Swift. A western music song 'Come home you sailor man, Come home, again to the sea' was melodiously sung. The Satyans gave a mind boggling dance performance on 'Jajantum Mamuntram'. The parents were completely spell bound at the acting skills of the students. They congratulated the Satyans for their poise and confidence. The message conveyed by the Satyans 'pick your copy today' was well conveyed.

To Sir With Love

"Those who educate children well are more to be honoured than they who produce them; for these only gave them life, those gave art of living well."

— Aristotle

All across the world, Teacher's Day celebrations are undertaken to commemorate the teachers for their efforts. The Satyans of Class III paid a tribute to all the industrious teachers through a Special Assembly based on the novel- 'To Sir, With Love' by E.R. Braithwaite. The speeches in English, Hindi and Punjabi were dedicated completely to the 'never give up' spirit of the teachers, who despite of all the hardships and challenges, take upon themselves the responsibility of nurturing the delicate flowers and turning them into empowered leaders of tomorrow. A one-act play was also staged by the Satyans who presented an insight into the novel through their splendid performance.



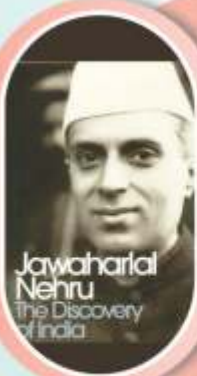
Discovery of India

"Freedom is nothing but a chance to be better."

— Albert Camus

The Satyans of Class V instigated a patriotic fervour with their Special Assembly based on the background of the book, *Discovery of India* by Pt. Jawaharlal Nehru. The students celebrated the diversity of Pt. Nehru's persona by paying a tribute to the writer in him.

The Satyans through their songs in English and Hindi proved that every page of this classic offers something valuable - a profound insight, a new point of view, or even a wonderful retelling of an old tale. The centre of attraction was an enactment which took the audience to a journey to India's past and present. The grand event was concluded with an electrifying Grand Finale leaving everyone mesmerized and spell bound.







Special Assemblies



Comedy of Errors



There is nothing in this world so irresistibly contagious as laughter and good humour. It is a needed armour. People who have a good sense of humour can handle the challenges of life in a better way and add mirth to the life of others. This was the message conveyed by the Satyans of Class VII in a Special Assembly based on the theme 'Comedy of Errors' held on 27th April, 2013. The Satyans with all their enthusiasm and zeal put up a great show to bring home the idea that laughter is the best medicine. Life which is otherwise, mundane and monotonous becomes light and the problems can be dealt with easily if we add humour to it. The Satyans presented a one –act play 'Comedy of Errors' to convey the idea that if we don't laugh at our troubles, then we will not have anything else to laugh at. We laugh and the world laughs with us but if we cry, we cry alone. With a similar message the Satyans presented a speech in Punjabi and a poem in Hindi. It was followed by a song in hindi 'Sar Jo tera chakrae' in the mellifluous voices of the Satyans which made the audience tap their feet. The mesmerizing dance performance on the number *Eina Mina Dika* left the audience spellbound. The Satyans with all their enthusiasm and zeal put up a great show to bring home the idea that laughter is, indeed, the best medicine.

Where the Mind is Without Fear



Rabindranath Tagore, the iconic figure in the history of literature proclaimed that one should not pray to be secured from dangers but to be fearless while facing them. With a wish to awaken the world to a bliss where the mind is free, courageous and towering, a Special Assembly was organized by the Satyans of Class VI on 27th July, 2013 based on the theme of Tagore's famous poem "Where the mind is without fear". Giving the message to realize the paradise where the mind can work fearlessly, an English poem 'Where the Mind is Without Fear' was recited and a Hindi song was presented with the message that change is the key to success. A melodious song 'We are the children of Yesterday's dream' was presented by the Satyans. The assembly concluded with a foot tapping dance number, 'Jiya Se Jiya' which left the audience spell-bound.

Special Assemblies



Generosity and Compassion

The true happiness that man has searched for since the dawn of humanity, is the inner gold, which awaits any person who holds compassionately the key of generosity. Do something for your fellow man, for the love of Man, and you shall truly have the gold. This was the message conveyed by the Satyans of Class VIII in their Special Assembly "Generosity and Compassion" held on 6th April, 2013. The Satyans through their emphatic speeches in Hindi and Punjabi made us understand that to forgive is the highest and the most beautiful form of love. The students presented a one act play based on the book 'Bishop's Candlesticks', where in the benevolence of the bishops reforms a beast into a man. Through their beautiful song in Hindi 'Teri Hai Zameen', the Satyans thanked God for the gift of life. The audience also witnessed a mesmerizing dance performance by the talented Satyans.



Harry Potter

"It is our choices that show what we truly are, far more than our abilities."

—Dumbledore

These words stand true in regard to the magical extravaganza celebrated at Sat Paul Mittal School by the students of class IV who chose a challenging theme of showing the magical world of the greatest wizard ever existed.

Satyans of Class IV organized a Special Assembly based on the series of books 'Harry Potter'. The "Harry Potter" books are not just novels.

They are modern fairy tales. They describe the struggle between good and evil and the ultimate triumph of the good through the courage and creativity of the human spirit and the power of human love. These books transcend us into the world of magic and grandeur. They came like a gust of fresh air into the world of literature and filled every heart with love, sympathy and friendship. The Satyans elaborated this through a fascinating play where they describes the initial years of Harry at Hogwarts and his settling down in the magical world. The genius of the author J.K.

Rowling lies in her ability to bring such heavy themes down to earth in a way that manages to fascinate children and adults alike which was clearly visible in the speeches in English, Hindi and Punjabi. The songs presented by the Satyans gave the message that the 'Heroic Fight for Values' is what grabs the attention of the readers. A magical spell was cast on the audience through a foot-tapping dance number which concluded the show.



ORIENTATIONS & WORKSHOPS

In the ever-changing world that we live in, it's extremely important to keep abreast with the latest developments in every facet of life. Keeping in mind this view, a series of workshops were conducted through the year.

At the beginning of a new academic session, Orientation programs were organized to help the parents have a deep insight into the functioning of school. These sessions help in smooth functioning of the school. They help in the smooth transition of a child from one class to another. Orientation programs were organized to help students overcome their fears and make them more comfortable so that they would be excited to start a new session.

WORKSHOP FOR THE TEACHERS

A host of teacher training workshops were organized during the session 2013-2014. To name a few :

- ❖ Enhancing the Effectiveness of Teaching Learning Process' was organized on 28th February and 1st March 2013 by Dr. Senthil Kumaran, Principal Councillor, CII.
- ❖ A one- day workshop 'An Invisible Teacher' for both Science and Maths teachers was organized on 22nd and 23rd April, 2013 by Mr. Surya Kumar from Ladder Educational Services, Chennai.
- ❖ A workshop on 'Creating Magical Classrooms' was organized on 5th July, 2013 by Mr. Varinder Dutta. The workshop was an eye opener for the teachers. The workshop also touched upon importance of a teacher in a child's life. He stressed that the role of a teacher in a student's life is very crucial right from the time when a child joins a school. Engaging, brain based, creative and magical lessons does not change teaching and learning but enhances it.
- ❖ A workshop by Mr. Pupinder S. Bali from ASSET was organized in the month of May. ASSET is the scientifically designed diagnostic test, which stands for Assessment of Scholastic Skills through Educational Testing.
- ❖ An informative workshop "Demystify Adolescence-Bridges to Bond" was conducted by Ms. Avneet on 5th and 6th July, 2013 to enable the teachers to talk out sexuality in a positive manner with the students.
- ❖ The Maths teachers of Sat Paul Mittal School attended a workshop organized by NIIT at Manav Mandal School in Mohali in the month of December. The resource person, Mr. Subhash showed the Maths Lab setup done by the NIIT and demonstrated various activities using Geometry Sketch pad software.
- ❖ A workshop named " Life Begins At 40" was organized on 24th August, 2013 by Dr. Neelam Sodhi and Dr. Baljit Bagga on health issues mainly related to menopause.

WORKSHOP FOR THE PARENTS

- ❖ An informative workshop was conducted by Ms. Avneet, an eminent counselor from Delhi, on 3rd and 4th February, 2014 for the parents of classes PV-X in order to empower them to talk about sexuality in a positive manner with the children. The workshop stressed on the need to give children good sex education. The parents learnt that when the child grows up a little, starts exploring the world around and asks all kinds of questions, clear and honest answers should be given to their questions.
- ❖ An informative and interactive workshop "Break the ice, Talk it out" was conducted by Ms. Avneet Kaur for the parents to guide them to deal with their children in adolescence and its problems.

WORKSHOPS FOR THE SATYANS

Ms. Avneet Kaur, an eminent counsellor from Delhi, conducted various workshops for students of Classes I-XII. To name a few:

- ⊗ A workshop on 'Understanding Emotions and Feelings' was conducted for the students of Classes II-V.
 - ⊗ A workshop on 'Child Abuse-Break the Ice' was conducted for the students of Classes III-V.
 - ⊗ A workshop on 'Knowing our body' was conducted for the students of Classes I to V.
 - ⊗ A workshop was conducted for the students of Class VI to help the students to cope up with the new class atmosphere and make the transition from primary school to middle school smoother.
 - ⊗ A workshop was conducted for students of Class VII. It aimed at helping children manage their negative emotions.
 - ⊗ A workshop on 'Anger Management' was conducted for Class VIII to help students analyse their emotions and situations and try to be proactive instead of being reactive.
 - ⊗ A career counselling session was organised wherein the students were encouraged to believe in themselves and rely on their intrinsic motivation which would enable them to overcome various obstacles that lie in the path to success.
 - ⊗ A workshop was conducted for the Satyans of Class IX to highlight the importance of making choices and how to make choices.
 - ⊗ A workshop on 'Extrinsic and Intrinsic factors for success' was conducted for the Satyans of Class X. It aimed at encouraging the Satyans to realize the importance of being self dependent and also making them aware of the factors that either lead them to success or away from it.
 - ⊗ A workshop on 'Identifying Patterns' was conducted for the Satyans of Class VI in which the students were apprised about various behavioural patterns and to identify them as good and bad patterns and to find an alternative for the bad ones.
 - ⊗ A workshop on the issue 'Teenage Relationships' was conducted for Classes XI and XII. The workshop gave a tremendous insight to the students as it touched upon the various aspects of a relationship. The workshop was conducted on such a topic, which is a taboo among the members of a society but a cult among the youngsters: Getting Intimate And Relationships. It taught the Satyans not to compromise their moral values for anyone or to give complete charge of their lives to someone.
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- ❖ An educational seminar for the students of Classes X-XII was conducted on 26th April, 2013 at Nehru Sidhant Kender. Richard Durst, the President, Emeritus of Baldwin Wallace, University Cleveland, Ohio (USA) was the resource person. He shared thought provoking ideas and exciting new opportunities for undergraduate study programmes at this prestigious institution.
 - ❖ An informative and thought provoking presentation was given by the ACP (Traffic) Ludhiana to the students of Classes XI and XII on 7th May, 2013. He compared the traffic scenario in Europe with that of India through a slide show. This caught the Satyan's attention. He highlighted the significance of self-discipline and the spirit of nationalism in playing a vital role for improving the conditions in India.
 - ❖ An informative and interactive session on Cyber Security and Safe Surfing was organized at Nehru Sidhant Kender for the Classes IV and V on 16th July, 2013 by Mr. Rakshit Tandon, Consultant, IMAI. He exposed the intricacies Cyber Defamation, Cyber Bullying and Cyber Stalking which is a common scenario worldwide. He illuminated the audience with his thought provoking ideas about how to secure their outer surroundings and use technology in a safe and secure manner.
 - ❖ A workshop on 'Drug Abuse' was conducted by Mr. B.S. Sidhu, IAS, DGP, Uttaranchal in the school campus in collaboration with CII, Ludhiana.



TRAVELOGUES



ADVENTURE CAMP To Mussoorie

"You can't cross the sea merely by standing and staring at the water."

These words by Rabindranath Tagore hold a universal significance as they inspire us to come out of our comfort zones and face the challenges of the world by having faith in ourselves and by channelizing our energy in a constructive way.

To channelize the energy of the Satyans, an Adventure Capsule was organized to Mussoorie from 1st June, 2013 to 5th June, 2013 for students of classes IV-VIII. The Satyans enjoyed a plethora of activities like Swinging Bridge, Flying Fox, Valley Crossing and participated whole-heartedly in various activities like Rappelling, River Crossing, Burma Bridge Crossing, Grafting, etc. and imbibed core values like cooperation, team work and spirit of sportsmanship. The Satyans had a great fun throughout the day. Satyans developed more social skills that helped them make new friends and grow more independent. They displayed leadership qualities and became adventurous. They were willing to try new things. It was indeed a rejuvenating and invigorating experience for them.

Trip to Bengaluru, Mysore and Ooty

Travel is an important part of human nature and a useful educational tool. Learning experience such as school trips, excursions and field trips expose children to a 'real life' situation of what has been taught in the classroom, thereby learning leaves a lasting impression on the children. Keeping this in view, a trip to Bengaluru, Mysore and Ooty was organized for the students of Classes IV-VIII from 30th September, 2013 to 4th October, 2013. About 87 students explored the exquisiteness and splendor of these historical places. They saw Lal Baug, Summer Palace of Tipu Sultan and Vidhan Sabha at the stunning city Bengaluru. The students experienced the grandeur of the Laxminivas Palace of Mysore. The beautiful landscapes of Ooty, the marvellous tea gardens and the appetizing chocolates of Ooty mesmerized our little Satyans. The Satyans had a gala time enjoying in the lap of nature and exploring the rich cultural heritage of India. It was indeed a learning experience for the Satyans beyond the confines of the classroom, a memorable experience indeed which would last for a life time.



GLOBAL SATYANS

Japan Calling...

Sat Paul Mittal School in alliance with Youth For Understanding provided a life time opportunity to Mannat Dua of Class XI-B to experience the adventure of a lifetime: the opportunity to explore other nations and cultures, master new languages, and discover herself. In consonance with the changing global needs, the school prepares the students through international youth exchange programmes and experiences. Mannat vividly describes her valuable experience in Japan through the following lines :

The journey started with meeting new people and ended with making life long relations. The first word after stepping out of the plane was "wonderful". There was snow all over the airport. I and Palkh went out and met the YFU personnel. He took us to the Olympic centre where we met Ayana Suzuki, a really nice and perfect person to guide us. We waited for other exchange students till evening. Meanwhile we played various traditional games of Japan and tried origami. It was really very interesting. Finally, we met other exchange students from China, Thailand, Korea and Phillipines. We all had long conversations and became good friends. The four days at Tokyo passed so quickly. We learnt Japanese language, tried various Japanese food, went to Imperial Palace, Edo Tokyo museum and Asakusa Kannon Sanjoji temple. All the places were really beautiful and worth visiting. On the fourth day, we had a farewell party in which students from all the countries showcased their cultures and traditions. On the fifth day, we all left Tokyo and started the journey towards our host families.

The excitement level was increasing while we were heading towards our stations. After the four hours of journey, I finally met my host family. The smiles and hugs of mother, father, grand mother, grand father and my cute little sister Mio filled my heart with love and gratitude. So the journey at Hiroshima started. The first dinner consisting of various types of sushi was sumptuous. We all had long conversations and they really made me comfortable in their house. The next day we all went to Miyajima island to visit the famous shrine and the gate. There I tried a delicious cake called, 'Momiji Manju'. Next day it was time for me to attend my school and I was really excited about it. The two hours of journey to school was amazing. I gave a speech at the school in Japanese and also made a lot of friends. My classmates hosted a welcome party and we all had a lot of fun. There was something new to do at school everyday. I learnt Japanese music, dance, calligraphy, cooking and much more. My host family took me to A-bomb tomb and museum, just the glimpse of the happening horrified me. The personal details displayed are quite upsetting and serve to remind that we should not take peace for granted. The A-bomb tomb is a tangible link to Hiroshima's unique past. Then we all went to the Hiroshima Castle which was designated as a national treasure in 1931. It was so beautiful. I was so lucky that I got a chance to watch the rare Samurai show. The days passed on and everyday I experienced something new and amazing. The shopping at Hondori with friends and family was great fun. The visit to the Mazda Museum was a wonderful experience. The history of Mazda since 1920 is featured along with an exhibit of historic vehicles. The working of the robots and the structure of the whole township amazed me. These twenty five days were the perfect days which I can never ever forget. The stay and the life in Japan helped me to change myself and that was a change for the good. It helped me to overcome my fears and gave me a great exposure.

The host family made my journey really amazing. I will always miss Mio's chicken sticks and birdy acts, Okasan's love, care and concern, Otosan's explanations and laugh, Obachan's big smile, Ojichan's kindness and Eddie's jumps. They have become a part of my life and will always remain in my heart forever.

Thank you Sat Paul Mittal School for giving me a chance of a lifetime.

Mannat Dua
XI-B



A hand holding a green leaf against a background of green leaves and a blue ribbon.

WE CARE

Empathy

Respect

Awareness

Compassion

Joy of Giving Week



To endow the Satyans with qualities of benevolence and compassion, Sat Paul Mittal School organized, 'The Joy of Giving Week' in the month of December. The Satyans were urged to share their happiness with the children who were less privileged. The students brought books, stationery, toys, and cash to give to those who were in need. The Satyans vowed that they would practice generosity, and be kind to others, even if it means small acts of kindness, and create a world full of love and happiness. Sharing and giving are acts which open inner conduits of joy which no words can describe. Trying to make a difference in the life of someone else, is a deed of great honour, which is inculcated in the very being of the Satyans, who always look for an opportunity to be of service to the society.

The Humanitarian Satyans

Kindness, Generosity and Sharing are virtues that are the very foundations of a person with a strong character. The heart that feels for others and the soul which selflessly serves defines a human being who is loved by all. To create a better world, to contribute to the globe, one needs an inner change that results from selfless service. It is no wonder that all great people we know, were wholly and solely devoted to contribute to the planet earth and its inhabitants. Giving takes you out of yourself. It expands you beyond your limitations.



SAMVEDNA CHORDS OF AWAKENED SYMPATHY

SAMVEDNA
(Dard Sabko Mangta Hai !!!)

Samvedna is a non-governmental, voluntary, secular social service organisation inspired by high ideals of selfless service, sacrifice, fellow-feeling, global human fraternity and universal welfare. It is meant to extend a helping hand full of concern, sympathy and spirit of dedication to all those less fortunate humans who find themselves in a state of misery and helplessness at some tragic moments of their lives. The target population it looks for extending help are the deprived, the backward, orphans and widows, the deserted and the helpless.

The ideology behind Samvedna came from an accident we saw. The victim lied helpless on the road. People passed by but no one offered a helping hand. We felt wretched after seeing the agony of the victim.

So, Samvedna was set up on 27th September, 2009. I along with my parents are the founder members of this organisation. The organisation started with 2 ambulances. In the beginning there were hurdles but now 5 ambulances of Samvedna serve the needy. Till now the ambulances have served 5,691 patients.

Samvedna was honoured for its noble task on 26th January, 2014 on Republic Day by the Chief Minister of Punjab S. Prakash Singh Badal. I, Satyan, Vaibhavi Arora of Class X-B, feel proud to be a part of this organisation.



V-mad



Sat Paul Mittal School believes that the youngsters are a reservoir of potential, talent, creativity and knowledge; they just need a good platform to practice the leadership qualities they already possess. The Satyans: Kanwarpal and Ramneet Singh of Class X-C are actively participating in the activities of Vmad. They are using Vmad as a platform to hone their skills and channel them in the right direction. It is their ambition to transform the society and make a better and prosperous world. Using Plays, as a medium, they have successfully tried to create awareness among the people of Ludhiana, on the harms of burning crackers on Festivals. They also go to schools to spread awareness among the students on the hazards of pollution and its deadly impact on our future. Collaborating with Vmad, they aim to create a better society.

Save Energy Campaign

A Conference that Taught us that World is Busy Saving the Earth and so should we.

Opportunity to experience new and varied things comes disguised in many forms. To Satyans, Muskan Bakshi and Sayesha Aggarwal of Class IX and Nishant Dua, Mansi Sharma and Diksha Samsukha of Class XI, the opportunity to experience a world apart came via a science conference that they took part in. The theme of the Conference was "Energy: Explore, Harness and Conserve". While they did several things as a part of this conference, a major part of the theme was to run a conserve energy campaign. As a part of this campaign they designed save energy pamphlets and distributed them amongst nearly 200 urban and rural households. They also conducted "Save Energy" workshops with people from these households. They interacted with Nationwide NGO's and National and International Organizations and Universities and talked to them about various energy conservation issues and solutions and they discovered that there are such a vast number of people and organizations working so dedicatedly to save our Planet Earth that their commitment to the cause now goes beyond the workshop and the conference. They decided to dedicate some time of their holidays to this cause and joined a Ludhiana based NGO to further the cause of environment conservation.



Satya Bharti Visit

Community Service

When I went to Satya Bharti School for community service, at first I wasn't very enthusiastic. Later, as I spent time with the students of that school, I started relishing my time there. It was a very rewarding experience and I got to do many things I wouldn't have had an opportunity to do otherwise like helping them learn PPT making, texture painting and even serving food to them. It was a memorable experience.

Romita Handa
V-A

Every year we go for community service. I look forward to be a part of it, not just because I think it is important but because it is something I enjoy. I love bringing joy and through community service I feel I can accomplish that. Students who do community service learn that they can actually make a difference with what they do. This helps students better understand their own competence, leading to more self-confidence and a 'can do' attitude.

Pranav Fatehpuria
V-C

I feel honoured that I am a part of Sat Paul Mittal School: a school with a difference. When I joined this school, I heard about an activity scheduled in the month of December. It was the Visit to Satya Bharti School. I wondered what was it all about? But, when I experienced it, I felt greatly indebted towards my school for providing me an opportunity of gaining memorable experiences and building unique character traits.

Barbie Chawla
V-D

Community service is important to me because I think that it is an honour to help others and make them smile. The world would be better if more people helped people in need. It is great to see the happiness that results from it. In other words helping out in even the smallest of ways and doing something for someone else gives you the greatest thing, a thank-you.

Krish Batta
III-D

I am a blessed child as I have the nobility of studying in an institute which believes in the holistic development of the students. Every year our school takes us for community service to Satya Bharti Schools. Community service is important to me because it provides me with eye-opening experiences while benefitting many people. Knowing that a great impact can be made on others' lives, through simple actions, makes the work worthwhile. Giving back to the community provides a rewarding sense of pride.

Sanshika Garg
V-C

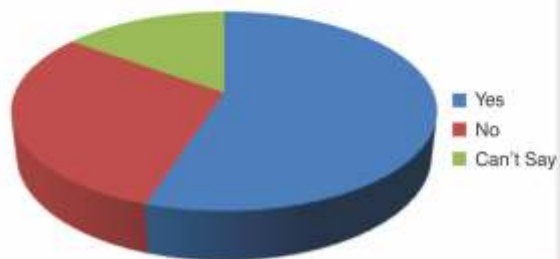




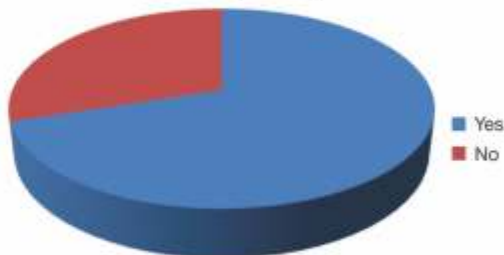
The Satyans

SPEAK...

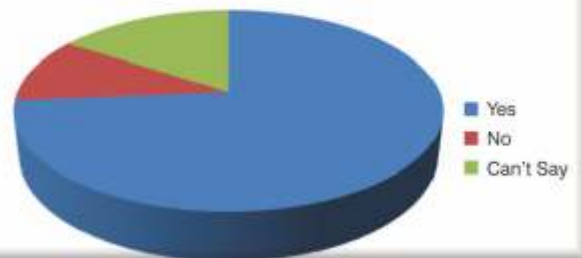
Should international trips be organised in the school ?



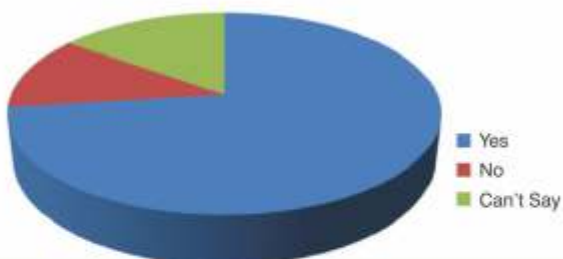
Should House Council be elected by voting ?



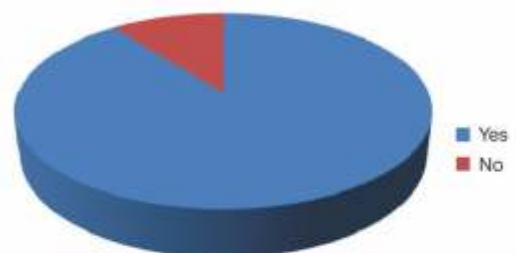
Should there be more one day trips organised for each session ?



Should we have more eatables in the canteen?



Should we have more than one class test in a day?



Expressions





NATIONAL SCIENCE DAY

National Science Day is celebrated in India on February 28 each year to mark the discovery of the Raman effect by Indian physicist Sir Chandrasekhara Venkata Raman. For his discovery, Raman was awarded the Nobel Prize in Physics in 1930 and became the first Asian and first non-white person to receive any Nobel Prize in the field of Science.

One of the most prominent Indian scientists in history, Sir C.V. Raman was the first Indian person to win the Nobel Prize in Science for his illustrious 1930 discovery, now commonly known as the "Raman Effect". It is immensely surprising that Sir C.V. Raman used an equipment worth merely ₹200/- to make this discovery. The Raman Effect is now examined with the help of equipment worth almost millions of rupees.

On a sea voyage to Europe in 1921, Sir C.V. Raman noticed the blue colour of the glaciers and the Mediterranean. He was passionate to discover the reason of the blue colour and he performed many experiments regarding the scattering of light from water and transparent blocks of ice. According to the results, he established the scientific explanation for the blue colour of sea-water and sky.

Sir C.V. Raman employed monochromatic light from a mercury arc which penetrated transparent materials and was allowed to fall on a spectrograph to record its spectrum. During this, Raman detected some new lines in the spectrum which were later called 'Raman Lines'. After a few months, Raman put forward his discovery of 'Raman Effect' in a meeting of scientists at Bangalore on March 16, 1928, for which he won the Nobel Prize in Physics in 1930.

Sir C.V. Raman had great pleasure in teaching. Students were inspired by his lectures. They were eager to listen to him. He would not stick to one particular textbook. His lectures brought the fragrance of fresh research. They reflected Sir C.V. Raman's great curiosity about the secrets of nature. Usually the lecture was of an hour's duration. Forgetting the time in the discussion of the subject, Professor Raman would sometimes lecture for two or three hours. Any doubt or question from a student would stimulate new scientific ideas.

Sir C.V. Raman was also the first to investigate the harmonic nature of the sound of the Indian drums such as the tabla and the mridanga. Around 1918, he explained the complex vibrations of the strings of musical instruments.

Sir C.V. Raman was awarded the degree of 'Doctor of Science' in 1921 by the Kolkata University and in 1929; the British Government in India conferred on him the title of 'Sir'. He was also awarded Lenin Peace Prize in 1958. The Government of India also honoured him with the highest honour of the country, 'Bharat Ratna' (Jewel of India) in 1954.

Sir C.V. Raman set up Raman Research Institute near Bangalore, where he continued the scientific research until his death which was caused by a heart attack on November 21, 1970.

Till the day he died, he did not give up his traditional Indian turban in favour of a European hat. Thus he was a great scientist ever produced by India.

Gods

don't retire.



Born and brought up in a traditional Hindu family, I have a firm faith in the existence of God. Yes, God is there. He is Omnipotent, Omnipresent and Omniscient. He has supernatural powers that can leave people awestruck. But, I was a 6 year old kid when I first watched a cricket match. And the first reaction I got was, is he God? I was referring to Sachin Ramesh Tendulkar.

I started watching cricket because of him. He's not just a cricketer but an inspiration for billions of people like me. His dedication, passion, the way he handled success and failure is what made him great. People always ask me why I look up to him. He made me smile, he inspired me to follow my dreams. His simple words, "Enjoy the game and chase your dreams. Dreams do come true," are now my motto of life.

Sachin Tendulkar is a cricket marvel known for his brilliance, colossal and gentlemanly behaviour. He has an avalanche of world records to his name. It is thrilling and stimulating to see how he handles a mountainous burden of expectations on his lonely shoulder which amuses every Indian heart. The bowlers used to dread bowling to him as they believed that they don't play against a country but one man: Sachin.

Sachin Tendulkar is India's favourite God. On countless occasions, he has played the role of a saviour for Team India. Sometimes victory slipped away though Sachin was at his best, but he didn't lose heart. He witnessed a lot of ups and downs in his career but his dedication, hard-work, and love for cricket helped him bounce back every time. Sachin is a legend not only because of his cricketing skills but also because of his extra-ordinary sportsmanship qualities which make him a role-model to crores of cricket aspirants worldwide.

If you ask anyone in India to describe Sachin Tendulkar the answer you will probably get is that he is the God of cricket. The 40 year old, who is a devout Hindu, does not like the phrase. He recently told his adoring fans that, "He is not a God as he makes mistakes and Gods do not", but that had little impact on many of his disciples because Sachin for some is an example of a living God.

Legend, Hero, Maestro, Master Blaster, Little Master, Charismatic, Stylish, Classy, Humble, Honest, Simple, Grounded, Intelligent, Intellectual, Truthful, Knowledgeable, Clever, Sharp, Smart, Handsome, Superman, Immortal.... even Oxford will not have full list of adjectives to suffice Sachin Tendulkar. Yes, I have been an unapologetic admirer of Sachin Tendulkar ever since I started watching cricket. He seemed to be the best thing to have happened to Indian cricket, perhaps even to the country itself. Thank you Sachin for bringing smiles on so many faces, for making people forget their problems even if it's for some time, for being a part of our lives!!

Indeed, Gods don't retire. A Sachinist forever.

Are **most** natural **disasters** **man-made** today?

The apocalyptic images of the river Ganges wreaking havoc in the hills have left indelible impression on everyone's mind. The shudder that went through the spine by watching those visuals can easily be blamed on the fury of mother nature. What can a man do if nature starts destroying its own creation? Perhaps it is called destiny! But on a second thought, does the man have nothing to do with such natural calamities? The reality is that man has trodden the earth with such heavy feet that all the systems set by nature are giving way.

The stark reality behind the catastrophe was the undaunted construction on the bank of rivers. We are running a mad race to exploit all the resources available to us as early as possible. We have defiled the earth by drilling holes in it to get all the minerals and natural gas. The oceans have also been sifted through the oil rigs installed by man to fulfill his needs. The facts show that the mud volcano that erupted in Indonesia in 2006 was set off by the nearby natural gas drilling.

Today, the world needs more initiatives like the Chipko movement of 1970 in which the whole nation stood up in the arms against the deforestation in the fragile ecosystems. We need more people like Sunderlal Bahuguna who can put their might and soul to save the forests. If man with all his state-of-the-art technology cannot create nature, then he has no right to destroy it. We need to be in unison with nature in order to strike a balance between development and environment.

Ravneet Sahota (Facilitator of Social Studies)



Life Without Mathematics

"There are things which seem incredible to most men who have not studied Mathematics", as rightly said by Aristotle. Living a life without knowing "Mathematics" would be like living in null and void. Imagine living your days without a watch and a calendar. Both the watch and the calendar use numbers, the most basic and important of Mathematic characters. How would you know the time of the day? Wouldn't you miss your own birthday without a calendar?

Whether it is a Zoologist assessing the number of animal species on earth or a doctor checking your heartbeat they have to know how to count. Without Mathematics, an engineer cannot build a bridge and a quantity checker chemist cannot prepare medicines if he cannot accurately measure the quantity of each chemical.

Imagine we are in the Stone Age and we have some pet animals (like horses, donkeys or any boarding animal) to carry wood on them for fire. One day, when there is intense cold and we need extra stack of wood as compare to normal need, for that reason we need more animals to carry extra woods. Here Mathematics plays a vital role and can help us to figure out how many extra animals we need to have for extra stack of wood that we need to spend that intense cold day.

Mathematics is a universal language mutual to all individuals, irrespective of their culture, religion or gender and followed all over the world in same manner without any deviation in every sphere of life. At a higher level, Mathematics helps in developing an analytic bent of mind and aids in better organization of ideas and appropriate expression of thoughts. However at a more general level, the importance of Mathematics for a common man is somehow felt, whenever he visits banks, shopping malls, post offices, or deals with business transactions, trade and commerce. We add Mathematics to some of our recreational activities, like puzzles, riddles, and so on.

Mathematics helps you determine speed, helps you calculate how much food to get, helps you make a recipe, and lets you know how much you weigh. It tells you how much money you have, what size clothes you wear, and when your favourite show is on, tells you how much taxes to pay, and what time of the year it is.

From poor to rich, everyone has to use Mathematics in their lives at some point. A housewife, who has to run her house in the given budget, divides money according to her needs by estimating about the expenses and then spending it according her range.

Mathematics helps us to have an objective view by quantifying all the visible and invisible things with which we are dealing in daily life. It helps us in reckoning things which are not physically developed like for buildings before construction to ensure if their design is safe or not.

Mathematics helps us to have an idea that how much earning or spending has been done and would it be favourable to do a certain activity or not. Mathematics is now being applied everywhere like in the economy of a country, construction of buildings, marking and evaluation of persons. Mathematics is at the core of all the technologies, it's used everywhere, in short we are using Mathematics in some form or another everywhere in our daily lives.

We can conclude from the above discussion that a modern life style is completely handicapped and highly improbable, in the absence of Mathematics. Unless we are well versed with numbers, we would find it difficult to reach at important decisions and perform everyday tasks. Be it to shop wisely, or refashion a home within a budget, knowledge of Mathematics holds the key, and hence, barely necessary.

जिस दिन उन बेरहम कारीगरों ने,
ठोक-पीटकर खत्म किया अपना काम
सबसे पहले तो मैंने लिया राम का नाम।
उस दिन ही सीने पर पत्थर रख मैंने सोच लिया
बेटा, आज से होने जा रहा है तेरा काम तमाम।
बना ले अब तू भी अपना कुछ शैड्यूल
क्योंकि.....घावा बोलेंगे अब सभी
फौलो किए बिना ही कोई रूल।

डॉक्टर सोनिया से बनवा लिया है मैंने अपना डाइट प्लान
उन्होंने बताया है कि कब कितना करना है मुझे एक्जर्शन।
कैसे देख, कितना पे करना है अटैन्शन
दे दिए हैं उन्होंने मुझे पावर कट के ऑफ सीज़न ऑप्शन्स।
बोनस में दिए हैं श्री फ़ेस कनैक्शन्स
बता दिए हैं कब कौन से मिस करने हैं मुझे स्टेशन्स
स्कूल के अर्बन व रूरल एरिया में कैसे करना है मुझे फंक्शन।

अपर्णा मैम ने दे दिए हैं मुझे सारे टिप्स
कि जब-जब हो स्कूल में वी आई पी विजिट
तब-तब कैसे करना है मुझे टाइम टू टाइम स्मार्टली ट्विस्ट।
इनका तो रखती हूँ मैं ख्याल खास
क्योंकि इन्हीं की फ़ेयर एंड लवली मुस्कान है
मेरे जीवन की इकलौती आस।

सोचती हूँ गोगिया मैम से ही हो मेरे दिन की शुरुआत
क्योंकि इनसे सीखने को मिलती है कीप स्माइलिंग की खास बात।
शिल्पी मैम तो कभी नहीं होने देती मुझे अपनी खूबसूरती का आभास
इन्हें दूर से ही देख कर, कर लेती हूँ मैं 'ब्यूटी विद ब्रेन' का अहसास।

राजेश सर, बहल सर को तो कभी नहीं दे सकती मैं धोखा
क्योंकि इन्हीं की नज़रे इनायत से मेरा मैंटीनैस बिल है पास होता।
नीरज सर के लिए तो तोड़ देती हूँ मैं सारे ट्रैफिक रूल्स
और रुक जाती हूँ बिना किसी जंक्शन।
क्योंकि इनके बिना स्कूल में मैनेज नहीं हो सकता कोई फंक्शन।

बलविन्दर भइया को ले जाने से हूँ मैं घबराती
क्योंकि रास्ते में कई बार उनकी आँख देखी है मैंने झपकती
पाकर ठंडा पैसेज, वह अक्सर भूल जाते हैं शिल्पी मैम के खास मैसेज।

जोगिन्दर भइया की फौज
जब देखो ले कर चढ़ जाती है पोछे की बाल्टी।
रद्दी अखबार, टूटी कुर्सियाँ और फिनायल के टिन
क्या यही बन गया है, मेरी जिंदगी का रूटीन ?

'नो जंक फूड एरिया' में नूडल्स, पास्ता से भरे
डिब्बे लेकर टीचर्स थर्ड फ्लोर से
बेसमेंट तक करती हैं जब अप-डाउन
तो एक बार को तो मेरी भी नियत हो जाती है डाउन।
लेकिन शीघ्र ही कर लेती हूँ मैं अपने इमोशन्स कंट्रोल
क्योंकि मुझे भी तो रखना है मेन्टेन अपना कोलस्ट्रॉल।

कई शख्सियतें तो अंदर आने तक की हिम्मत नहीं हैं करतीं
मन ही मन हैं वे, शायद डरतीं
सहेलियों को जाते देख, हैं वे जलतीं।
रह जाती हैं लिए आस
शायद अगले जन्म में मैं कर सकूँगी यह प्रयास।

कुछ तो बिना बटन दबाए ही हैं चढ़ जातीं
और कुछ बिना सोचे समझे ही हैं बटन दबातीं
कहीं जाना होता है और पहुँच कहीं हैं जातीं।
कुछ तो यूँ कदम रखती हैं जैसे वे हों जिंदा लाश
कुछ को देख लगता है
गुमशुदा की हैं उन्हें तलाश।
कुछ का तो होता है यूँ अंदाज़
जैसे लेटैस्ट ट्रेंड्स के डिस्प्ले का यहाँ मिलता हो,
उन्हें प्लैटफॉर्म खास।

लिए हाथ में चाय-कॉफी के कप
कुछ चढ़ते हैं ऐसे शर्रस
धुआँ उड़ाते, चुस्कियाँ लेते देख,
उनसे होता है मुझे बहुत रश्क।

शुक्र है कि डांस रूम की तीसरी है मंज़िल
क्योंकि उनकी गुनगुनाहट व थिरकन से
मुझे मिलती रहती है फ्रेश फील।

जिस दिन हाथ में लिए डस्टर आता है कोई पास
उस दिन समझ जाती हूँ कि
आने वाला है आज कोई खास।
एक ही दिन में मिल जाते हैं मुझे
मैनीक्योर-पैडीक्योर के सारे पैकेजेंज
चमका दी जाती हैं मेरी सारी ऐजेंज।

जैसे ही सुनती हूँ डॉक्टर सैथल की आहट
बढ़ जाती है मेरी घबराहट
शुक्र है कि अभी तक मुझ पर है
उनकी नज़रे इनायत, नहीं तो.....
अब तक आ चुकी होती कयामत।

डरती हैं कि बारिश में न आए कोई ऐसा दिन तूफानी
कि मुझे होना पड़े पानी-पानी।

हर-एक को सिब्लिंग की होती है तलाश
पर इस नाचीज़ की परवाह का, वक्त है किसके पास।
मेरी इकलौती बहन को बसा दिया है, सरहद के उस पार
उससे मिलने के लिए करना पड़ता है मुझे,
इंग्लिश चैनल पार।
मैनेजमेंट से है मेरी रिव्वैस्ट
कि मुझे भी दे-दें एयरटेल के फ्री कनैक्शन्स
ताकि हमारी भी हो जाए कभी-कभी कनवरसेशन।

अंत में, बस इतना ही कहना चाहूँगी
कि इतनी भी नहीं हूँ मैं खुदगर्ज
समय से पूरे करती हूँ सारे फर्ज
सोचती हूँ शायद किए थे मैंने कुछ अच्छे कर्म वहाँ,
इसीलिए सतपाल मित्तल स्कूल की बिल्डिंग में,
मिली है मुझे पनाह।
उससे तो बस मुझे है यही कहना,
कि अगले जन्म में भी मुझे इसी बिल्डिंग में पनाह देना।

Elections! The Backbone of Democracy!!!

Elections belong to the people. It's their decision. If they decide to turn their back on the fire and burn their behinds, then they will just have to sit on their blisters." – *Abraham Lincoln*

India is the largest democracy in terms of population. A democracy is a form of government in which the elected representatives of the people govern the nation. The idea is that politically all people are equal and must be given the right to decide the formation of the government. In such a scenario, the process of 'Election' assumes a great importance. Elections are the means for the citizens to choose their representatives, choose the party which they want to see at the position of power. Elections are significant not only from the perspective of voting but from that of the numerous discussion and debates about the policies and programs of the government and parties. It provides people a sense of participation in the political process. Election is also a powerful instrument in the hands of the public through which it punishes a non-performing ruling party. As Abraham Lincoln has rightly said, "The ballot is stronger than the bullet."

In India, elections are conducted periodically after every five years. The current 15th Lok Sabha will complete its constitutional term on May 31, 2014. Therefore, a general election will be held for the formation of the 16th Lok Sabha in India. Voting will

take place in all parliamentary constituencies of India to elect members of parliament in the Lok Sabha. All the major National Parties shall participate in it. Narendra Modi has been announced as the BJP's Prime Ministerial candidate for the 2014 Lok Sabha elections. The Congress however has decided to continue to follow its policy of not declaring a candidate for the post of Prime Minister before the election.

As responsible citizens of India, it is our prime responsibility to vote cautiously and sensibly because the kind of government we will have for the next five years, ultimately depends on us. We must vote for an honest, selfless and competent candidate, one who has a secular outlook. Narrow-minded people cannot serve the people impartially. We should not vote for any candidate in return for any personal favour and should not succumb to any temptation. While considering a candidate, we must also ensure that the party he belongs to believes in achieving the progress and development of our country.

Deepika Nathaniel (Facilitator of History)

The Power of Words

Kind words are a creative force, a power that concurs in the building up of all that is good, and energy that showers blessings upon the world."

— Lawrence G Lovasik

The child's world is full of ideas and imagination. Shaping the thoughts and ideas in a manner that helps them learn and grow is important. Words have a great impact on mind, especially at the tender age when it is still in the developing phase. Words travel on a frequency that flows directly into the child's heart and mind.

Exposing a child to inspirational and encouraging words leaves a positive impact on his mind. Words which spread hope and influence the process of thinking are required for motivation and for the healthy growth of the child. Speak words of confidence and self-worth to the child and these words will stay with him always. Children are learning and exploring each and every day, and they often look for feedback from those around them. By consistently offering positive and encouraging words to children, we as teachers, encourage them to follow the right path. Kids are looking for direction and guidance from their role models.

Consistently engaging in positive, meaningful conversations with each child will show him, that he is a valued, unique individual with self-worth. Words spoken out of both love and anger can linger for a lifetime. These words then become part of that child's self-image, which in turn manifests into who they will become in the world. It is vital to be conscious of the words we choose as a teacher, or mentor. We are influencing our children's futures at the most profound level.

Everything we say to our child is absorbed, catalogued and remembered. Kids are as delicate as beautiful flowers that need special care and nurturing if they are to bloom in the sun. As mentors and teachers, it is imperative to stay cautious about what and how we talk to our children and in which fashion. A fertile seed that is sown today, will give the sweetest fruit tomorrow.

Vijayta Malik (Facilitator of Kindergarten)

Body SAFE

A 4-year-old LKG student was found to be abused for a period of one month in her school by one of the male helper. He would threaten the girl and force her to keep quiet. The girl's mother dropped and picked up the child from school. Apparently this person used to apprehend her and take her to the toilet. Later, he would threaten the girl and force her to keep quiet. This went on for a month till she came home crying and complaining of stomach ache. After medical examination, the doctor told the mother that the child was physically molested. "I can't imagine the shock the parent must have faced."

It is easy to read about these things in the newspapers and difficult to find yourself in that situation. "Was the child told about good touch bad touch by her parents or teachers?" A child most often is frightened into staying quiet but an observant parent will be able to notice changes in the child's behaviour. Some go really quiet; others become wary of touch and conversations trickle down to the minimum. The child's body language is calling out for help, but we are not able to heed the signs.

Aamir Khan's show, *Satyamev Jayate*, shared a great workshop that each of us can initiate with our kids. It is easy enough for very young kids to understand as well. Unless we can shed the cobwebs of hesitation from our attitude, we cannot be open with our children. As parents and teachers, we cannot protect our child from every eventuality. But we can give them the power of awareness and also the knowledge that no matter what, they can come to us, and we will be there for them.

Saru Saggarr (Facilitator of Kindergarten)

DREAM ANALYSIS

*I sleep in the clouds, dream in the sky,
I'll keep dreaming as life passes me by,
I think my dreams keep me sane,
I dream of happiness, a life without pain,
some people say I'm stuck in*

Dreams are successions of images, ideas, emotions, and sensations that occur involuntarily in the mind during certain stages of sleep. Dreams have been a mystery to us since man first developed the ability to walk upright. There are lots of misconceptions as to what dreams are. Some think it is a voice from beyond, others think it is your soul talking to you. Mainly it is your subconscious mind helping your conscious mind work through the events of your life. There is nothing psychic, mystical or religious about understanding dreams. With simple scientific logic, each one of us can analyse and in fact interpret our own dreams.

The scientific study of dreams is called oneirology. Oneirology doesn't study what we dream; it studies why we dream and how we dream: a difference that could mean everything, no matter which side of the fence you're on. Oneirology is a term that was first coined in 1653 by Marquis d'Hervey de Saint Denys. Dement and Kleitman discovered the presence of the first stage of sleep. The REM stage of sleep, or rapid eye movement stage, was first discovered through the measurements taken by an electroencephalograph (EEG). The EEG showed that the activity going on in the brain during this stage of sleep resembled the activity that could be found when a person was awake.

First, let's start by answering a basic question –Why do we dream? What purpose do dreams serve? While many theories have been proposed, no single consensus has emerged. Considering the enormous amount of time we spend in a dreaming state, the fact that researchers do not yet understand the purpose of dreams may seem baffling. Most of the researchers believe that "...a possible (though certainly not proven) function of a dream is weaving new material into the memory system in a way that it reduces emotional arousal and is adaptive in helping us cope with further trauma or stressful events."

Now let's learn that how one can analyze ones dream. It is believed that the content of dreams is related to wish fulfillment, so dreams can only be understood in the larger context of the individual's unfolding and self-discovery. Taking notes, even a few sentences that encapsulate the dream, literally draws the content of the unconscious out into the realm of the concrete. Keeping a journal by your bed, and writing your dream record every morning can actually help you remember your dreams. Thereafter, following simple steps can help you analyse your dreams:

1. Identify how you were feeling in the dream. For Example: "Was I scared, angry, remorseful, etc.? Do I still feel those feelings the morning after? How comfortable am I feeling these feelings?"
2. Identify recurring thoughts in your dreams and daily life. Examples of recurring thoughts: "They are going to kill me." "I don't understand." Or "I'm not going to make it." Next, ask yourself if you've had these thoughts throughout the day. If so, in what situations have you had these thoughts?
3. Consider all the elements of a dream. You can show up in your dreams in various ways. Many times, "we can find ourselves, our personalities, in many elements of a dream, even if there is a clear distinction between us and another character in the dream."
4. Put down the dream dictionaries. There are dream dictionaries available in the market and even online and they mainly feature specific meanings for objects.
5. Remember you're the expert. There are no experts other than yourself when it comes to your own psyche so don't stop trusting your own inner guide to your unconscious.

Couch Potatoes

Most of us as parents face this problem of our children becoming couch potatoes with absolute lack of interest in any sort of physical activity. With all their interest hooked onto watching TV and playing / engaging in virtual games; to be able to get them into some kind of physical activity seems like an arduous task! Most of us also tend to be confused regarding the types of physical activity which are best for our child.

As a first step, we must look at what he or she already likes to do, since children will take part in activities if they are fun. Some activities like free play are always fun, but sometimes it is not clear what makes children enjoy one activity and not another. It really comes down to the preference of the individual child. We must take the time to identify appropriate and enjoyable activities so that our child can build on his / her activity profile. Consider a variety of activities for your child rather than relying on a single type, to meet the 60 minutes a day goal.

However, all our efforts and imposition may not always work despite the good intentions behind those. Howsoever hard we may try, many a times, our efforts to motivate our children to be physically active, seem to be yielding no results.

Here are some golden tips that can come handy in such kind of situations.

Sometimes, it's not worth fighting a battle if it means losing the war.

At the end of the day, the most important thing is that you communicate with your children and let them know that you love and support them. Sometimes parents have to let the child take the lead in selecting activities that are appealing.

Avoid your children becoming "Parent deaf" so that they stop listening to you. This happens when advice becomes nagging.

Provide five times more positive praise and feedback than you think is needed. Children need more praise and positive encouragement to stay interested and involved in activities, than we think. Make sure you give positive feedback and support.

Set the right example. When it comes to physical activity, you can be a good role model for your children even if you are not an athlete. What is more helpful is that you show your children that you consider physical activity to be important, by joining your children in games, kicking a ball with them, taking them swimming or biking, or being active during holidays and on vacation.

Use rewards such as money, sweets and other treats very sparingly. They are best used for special achievements.

Remember: Even when parents do all the right things, it does not always work out the way they want it to. That is life!

Ritu Sudhakar (Mother of Bhavya Sudhakar (IX-B) and Abhisar Sudhakar (IV-B))

The fence

Once there was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the fence. The first day the boy had driven thirty seven nails into the fence. Over the next few weeks as he learned to control his anger, the number of nails hammered daily, gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally, the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He said "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one." You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there. Make sure you control your temper the next time you are tempted to say something you will regret later.

Anger is a powerful emotion. If it isn't handled appropriately, it may have destructive results for both you and your loved ones. Uncontrolled anger can lead to arguments, physical fights, physical abuse, assault and self-harm. Uncontrolled anger may cause increased anxiety, high blood pressure and headaches, and trigger fights or abuse. On the other hand, well-managed anger can be a useful emotion that motivates you to make positive changes. Anger management strategies include regular exercise and learning how to relax. Try these and lead a life of fulfillment.

Nikhil Kharbanda (Father of Mahika Kharbanda, V-A)

THE INDIANS WE ARE...

We had our weekend planned. We excused ourselves from the office on Thursday, it was a 4-day holiday. My wife had packed things to eat and our children were super excited. With a smile and a lot of excitement we were onward bound to Delhi.

We took the main G.T. Road, with all new flyovers recently built. Despite the corruption prevalent in our country, we, the common people, also get what is termed as collateral benefit. In the corporate nexus we got something global.

Anyways, this was all about how excited all four of us were about the trip. So we started from home at 6 o' clock sharp, targeting our arrival at Delhi by noon. We had taken the day off, but otherwise it was a working day and traffic was supposed to be accordingly.

I often wonder that a house in our colony costs around 3 crores and someone who can afford it is supposedly an educated person or family. But are they?

I took a left turn after exiting, which is quite like a blind turn and I was watching the road for traffic while taking a turn and suddenly to my horror, there was a Honda City coming at me from the wrong side. The speed of both the cars was not more than 10KPH but I just wonder that if it was. The brakes were applied and windows rolled down for angry exchange of words.

I don't prefer resorting to abusive words so I asked my friend, '*Bhai sahab, kya kar raheho?*' expecting an apology, I was not too rude but showed my angst. But the reply this guy gave me was beyond my wildest imagination. He said, '*Boss, kya aap kabhi wrong side nahi aaye?*'

This was not something unusual for the people who drive on the roads of India. So I just rolled up my window, cursed him silently and moved ahead. But this kept me thinking, has this nonchalance become a part of our grooming? Well why it shouldn't, I see the same happening whenever I go to drop or pickup my kids from school. Blatantly parents take their cars on the wrong side so what do we expect the children to learn? To top it all, I usually encounter a red beacon car flashing its light and siren while coming to drop or pickup children.

Have we Indians completely lost it? I strongly believe we have. We have been knowingly or unknowingly grooming our children to flout rules, laws and civic sensibilities. I think every Indian today is being criminalising himself on account of various accusations, without looking into his own. We are ready to jump a red light if there is no cop, why? We throw empty bags and bottles on roads and behave when we go to foreign countries, why? We are concerned about what others would think rather than what's right or wrong, why? Our children are glued to the idiot box and PSPs, XBOX and are becoming arrogant like western children, Why?

I believe that we need to begin the charity from home. We need to judge ourselves. We need to quit worrying about challans, imprisonment or fines and start worrying about right versus wrong. The moral fibre of society that is dead needs to be woven again by simply following right and abstaining from wrong.

I, Naveen Verma, solemnly pledge to do what's right morally, socially and ethically.

Naveen Verma (Father of Aryaman Verma, III-A)

Growing Up With Grandparents

Nowadays, often the mother and father hold demanding jobs, and need someone they can trust implicitly to look after the child, in a loving, caring environment. Growing up with Grandparents is an invaluable asset. It is indeed a blessing. A special bond is forged between grandparent and grandchild – a language and a connection that is all their own, which gives both of them emotional strength and comfort. The kids have the luxury to be brought up with all the old world charm and modern amenities. It also helps the kids develop empathy, respect & understanding. Having a grandparent means a lot of support, physically & mentally, both for kids and parents. Being able to leave children in the care of someone who loves them almost as much as the parents do is liberating. Grandparents somehow sense that it is their second chance to show unconditional love to a child, while allowing the parents to set the boundaries and discipline the child. They present an ultimate sanctuary to a child. And it works the other way too. Grandparents acknowledge the enriching of their lives by their interaction not only with their grandchildren but their children as well.

But to make this togetherness work, grandparents need to recognise the crucial role of parental authority and discipline. Parents, on the other hand, need to see that the grandparent, can be looking at things from a different perspective because they belong to a different generation used to doing things in other ways. We should try to work things out by discussing it together, and come up with solutions to make living together something to celebrate! Of course it might seem difficult to follow but if we keep our eye on the final goal, our children will be the ultimate winners, emotionally enriched and with a loving family surrounding them.

Sticking to our roles and respecting the boundaries of others can make living together an enriching experience. And finally, we can learn invaluable lessons from watching those who have done it all before.

Priya Chowdhery (Mother of Ananya Chowdhery, II-A)

MATERIALISM

The present day race for material pleasures is the result of a man's putting no limit to his desires. As human wants increase, the means to satisfy them have to be sought. When we can't find it by fair means we start resorting to unfair means. In other words, we can say that all the corrupt practices in the materialistic world today are due to the multiplicity of man's wants. Everyone talks about uprooting corruption from the society and any attempt to check it will prove futile if man doesn't curb his wants. It is said that the richest man is he who has no desires. To have no wants is divine but it is not possible that man as an earthly being has no wants. But it is certainly possible for him to put a check on his superfluous wants. "Contentment is a natural wealth, luxury is an artificial poverty", said the great philosopher Socrates and he added, "The fewer our wants, the nearer we are to God". So in my opinion, this world which is caught in the cog wheels of corruption can be turned into a paradise if we minimise our wants. The mad race of materialism will automatically come to an end and our society will be clean for our future generation.

Satinder Kaur

(Mother of Iva Dhooria, IV-C and Aviraj Singh, VII-B)

THE GIFT OF THE PRESENT MOMENT

The past is only a memory. It exists now only in our mind, like a dream or a fantasy. The future comes only in the form of the present moment. In fact life is only the present moment. The entire cosmos is in the present moment. They aren't worrying about how they'll manage their future. We think about the past and the future but we do it in the present moment. Life is lived moment to moment. We are born with the same instinct, to be in the present. Living in the present is an art, and just like any other form of art, we need to cultivate it! Why should we do that, you ask? For starters, to stop being unhappy, stop worrying, feeling guilty, fretting about the future, about our lives, our health, our finances, children, parents, the list goes on. In short, be happy. Many times we worry about things we can do nothing about. It makes us feel helpless and takes away our power. Tell yourself that since you can't do anything about it, you refuse to let it steal your precious present moment. Surrender it to the universe. What you can do is give your attention to the present moment, that's the only control you can exercise. Apply this rule to every segment. If

you're eating, just enjoy the meal, doesn't matter what pressure lies in the next segment, for now, just give the gift of your attention to eating. Initially, you may be able to do this in only one or two segments of your day, since you're undoing the training of many years. It's ok and be gentle with yourself. This does not mean that we shouldn't plan for the future. The planning itself is a segment, and shouldn't spill into all other segments. Once the plan is made and the time specified, it can be attended to in the relevant segment, date or month. Slowly you will notice that your zest for life has returned. You will experience the joy that one can only experience in the present. When you remove the weight of your worries, you will realize what a load you were carrying. You will wake up feeling light and eager for the new day, you may even skip out of the bed and go singing to the bathroom. Your efficiency at work will improve immensely. But most of all, you will finally open the present that God sent you!

Reena Dhir

(Mother of Yajur Dhir, V-B)

FINDING THE PERFECT BALANCE

Looking back at the past and reflecting upon the different methodologies of schooling, it was kind of hard to say which one was the perfect method. Day schools produced better academic results whereas the boarding schools were better in the overall development of the child. On one hand the child was always looked after by the parents ensuring a stronger parent-child bond and on the other, it made the child independent, confident and more able to fend for him/herself.

Now, coming to the present and looking into the future, you observe that the same methodologies exist even today. Does that mean not much has changed in our methodology over the years? I would not go along with that but given the amount the world has changed, I fear we have not changed enough.

When one looks for answers in the education system of the developed world, you realise that our academic performance is far superior to the developed world. Is this the reason why we make better doctors, engineers, accountants etc.? If that is so, then how is that when it comes to innovation, new ideas, new products, new concepts we find that people from our system are way behind? On deeper analysis, you observe that in our system we know our subjects and do a fantastic job in transferring that knowledge down the line but with no questions asked. So much so, that we don't allow any deviation from it at all. A simple question to all – When our child has any exam, we applaud the child on writing the answers exactly as what was in the notebook which happens to be exactly what the teacher taught. The child has only reproduced what the teacher wants the child to know. The process where one reproduces exactly what another has written is known as 'Plagiarism' and is a big offence. What we find is that day in and day out we encourage and push our children to do just that. No doubt the information is correct. This methodology does encourage understanding and memorizing but definitely discourages the children to think for themselves and

expand on their thoughts. Many of the thoughts might be incorrect but it encourages lateral thinking. It's the 'other perspective and lateral thinking' we lack in our education system which is why innovation is not our strength and reproduction oriented lines are our strength like the examples above.

Here, one has to say that the system is not pushed on us but is made by us. This is what we as parents also expect from our children and teachers and the school. In our race for marks, how can the teacher justify giving the same marks for a sum/question answered differently to the sum/question done exactly as per the notes. The parents won't tolerate it. After all, there has to be something extra for doing it exactly right! This is where the issue lies and where the entire system has to put its foot down and reward children for their thoughts provided the answer is correct.

The teacher is the 'Sage by the stage' and not the 'Teacher between the student and the stage'. Explaining the concept is only half the job done. It is knowing what each student understands and feels about the concept thereby sharing their view points is what makes it a discussion. The lecture has turned on its head from a monologue to a discussion, debate, brainstorming and most of all changed the class to a team. Unfortunately, the market only delivers what the customer wants. In this case, the customer (parent) wants marks and so the system delivers marks. The day we all strive for understanding and application of concepts, it is only then that the system will change and we will graduate further towards achieving a perfect balance.

This is a journey which must continue for as soon as you find the perfect balance, the challenges change and you have to find the perfect balance yet again!

Saminder Singh Grewal

(Father of Tahira Grewal IV-B)

OUR VALUABLE PARENTS

VIBHA JAIN

Mother of Ameera Jain (V-A)

My daughter Ameera Jain's journey from PV to Class V has been a joyful and memorable one. From a little sapling, she has bloomed into a confident girl. Her teachers' love, scolding and prodding have shaped her personality. It is indeed commendable how teachers encourage every student and bring the best in them. Students enjoy stress free atmosphere. Teachers' exemplary dedication has helped students to convert their failures into strength. I hold immense gratitude for the staff of Sat Paul Mittal School for their sense of duty and responsibility. Kudos to the team of Sat Paul Mittal.

MANDEEP PAHWA

Mother of Sarah Pahwa (V-C)

Approachable and understanding is how I describe the class teacher at Sat Paul Mittal School. Taking a keen interest in every child, catering and tending to the different needs of every child depending on his/her personality and the endeavour of the school to make a child an all rounder is something to be applauded. The co-scholastic activities that are offered with the scholastic ones help in nurturing the children to become global citizens of tomorrow.

RASLEEN BATT

Mother of Krishh Batta (III-D)

My father went to a very good school, I went to a still better one but my son is lucky enough to be going to the best school in the city: Sat Paul Mittal School. Hats off to the entire family of teachers, administrators and helpers that our children are getting ready for the future in the best possible positive surroundings. Apart from academics, any area, be it sports, personal grooming, social and cultural activities or discipline, the school excels in every department.

AMANDEEP

Mother of Bani Batra (VI-D)

The School, in its working, holds a number of functions throughout the year which we as parents really feel proud to be a part of. Recently held annual function, with a great theme "OM SHANTI OM" was quite well planned and rendered a meaningful message to the kids as well as parents. Sports Day was also very well organized. The participation of the kids was also worth appreciation in the Special Assembly which depicted the children's progress. From the co-curricular aspect, all the functions held in the school are flawlessly planned from the management point. The co-operation and commendable effort of the staff satisfies us to the maximum that our children are being well groomed in this competitive world.

AVNISH JAIN

Father of Suvrat Jain(VII-B) and Suvidhi Jain(VI-C)

I am a very ardent fan of the Annual Day Celebrations at Sat Paul Mittal School. The annual sports meet was also excellent. The novel items like Cricket dance, Football dance, etc. were exceptionally good.

I am regular at attending the Morning Assemblies of my children and I'm sure that the talent and spirit at SPM is capable of delivering much more than this.

Another thing for which I would like to congratulate the school authorities is the organisation of some very useful seminars and workshops this year for parents. I'm very grateful to SPM for this effort and request you to continue the same in years to come.

OUR VALUABLE PARENTS

MRS. HARVINEET MALHOTRA

Mother of Ritin Malhotra (VI-C)

Every school organises co-curricular activities and has an Annual Function, but the difference lies in the degree of efforts and honesty put in by both the teachers and the highly motivated students which transcends on stage and reaches the audience. I feel privileged to share that being a 'Satyan parent' the feeling of honest effort put in by the school made it an immensely satisfying and happy experience. Our son participated in the 'March past' during the Sports Day and the 'Angels of Peace' in the Annual Function and it made it a happy viewing experience for us as parents. Keep it going Satyans!!!!!!

ARVIND BAJAJ

Father of Ishika Bajaj (VII-D)

While writing this report as a parent, I felt that all parents would have been proud of their children while watching them perform on the stage during the Annual Function. This show marks the enthusiasm of the students to showcase the hard work of the teachers and the students which result in such a great success. The theme of the annual function was 'OM SHANTI OM' based on peace and harmony preaching the message of love and peace.

The show was very nicely hosted by Kriti Behal and Aalamnoor. The soothing Sufi Dance, followed by Angels of Peace which had an 'Aerial Act' performed by the students was indeed mind-boggling. The melodious Satyans mesmerised the audience with their Indian Song. The English play was also remarkable. The Communal Harmony, Environmental Dance, Peace Within – all these items were commendable. The final dance item 'Clarion Call For Peace' stole the show. Like every year, this year the Satyans proved that they are the best.

ADISH-GEETIKA JAIN

Parents of Akarsh Jain (VI-B)

To witness annual day celebrations and others previous functions was an absolute pleasure. We would like to express our hearty appreciation and gratitude to the school and the students for their efforts. To be in sync with the theme and to present it so beautifully is commendable. Full credit should be given to teachers and staff for the spectacles they presented to the parents. Be it Special Morning Assemblies, Sports Day, Grand Parents Walk and many more we have failed to mention, were simply outstanding.

Flaws may be there but the efforts, presentation and confidence of students overcome them.

Mono Actings and Plays should be added. Parents should be provided with the lyrics of the songs to be presented in the functions.

Wishing Sat Paul Mittal School all the very best in the future and keep continuing the efforts to go with the school motto "Learning Without Limits".

DR. UZMA KHAN

Mother of Hiyanoor Ghosh (VI-B)

Sports Day was a well organized event. A sense of healthy competition and desire to put in the best prevailed throughout the event. The students met the high expectations of the Principal, faculty and parents. Annual Function was an enchanting and captivating rendition of the students. It left all the guests spell bound. The exuberance of the performers was infectious. Every act showed the resounding efforts put in by the faculty members.

TANYA & VARUN

Parents of Ayesha Sharma (VI-D)

It was absolutely thrilling and wonderful to watch the children perform at the Sports Day and the Annual Functions. The extra mile, that both the teachers and students had gone to make the functions such astounding successes was amply visible. We cannot thank the school enough for the efforts put in year after year and can say confidently that we have always returned from the school functions with BIG and PROUD smiles.

My experience in this school has been a joyful and memorable one. Our teachers have instilled a lot of confidence in us. Participating in various events be it, Special Assembly, the Annual Function, Sports Day etc. have been fun and a learning experience. Teachers' exemplary dedication has helped us to come out of our shells. Kudos to the team of Sat Paul Mittal .

Aashna Wadhera
(VI-D)

Excitement, energy and excellence is how I describe every festivity at Sat Paul Mittal School. Our school has always endeavored to make the Satyans confident enough to win the hearts with planning, perspiration and perseverance. Besides imparting education with all modern means and methods, the school ensures to polish and refine the innate talents of the Satyans and also ensures hundred percent participation. Hats off to the Management, Principal and our teachers.

Mallika Manchanda
(VI-A)

Every function at Sat Paul Mittal School surpasses the previous one in excellence and creativity. The effort put in by the teachers in guiding us to put up a great show can never be undermined. I as a student feel that functions like the Special Assemblies, the Theatre Fests etc. give us an opportunity to believe in ourselves and excel in co-curricular activities as well.

Jaskaran Singh
(VII- B)

School functions help us to showcase our talents and capabilities. Every function and every event in this school is extraordinary. The Special Assembly, the Theatre Fest, the Annual Function, the Sports Day - all these events offer a platform to the students to showcase their talent and potential. Hundred percent participation is the key feature of all the functions which makes every Satyan confident enough to get rid of stage fright. I believe I am extremely lucky to be a part of this school.

Bhanu Partap S. Bhanot
(VIII- C)

Session 2013-2014 was a great session. Academics, extra-curricular activities, competitions - be it any field, the Satyans showed their best. We had an eventful year. I am lucky to be in a school that gives a fair chance to every individual to showcase their talent.

Arushi Goel
(XI-C)

OUR FEARLESS SATYANS

It has been a year full of events and functions. Our school ensures that every Satyan gets a fair chance to participate so that the potential of every student is showcased. This year, besides participating in many Inter-house activities and functions like the Theatre Fest and the Annual Function, I also got an opportunity to participate in Inter-school competitions that really helped me to mature as an artist. The applause we got was great and the whole credit goes to my school for nurturing us the way we are.

Tanya Khurana
(IX-A)

Being in this school since 2008, I have been a part of every activity taking place in this school. Every celebration is novel in its way. The eco-friendly Diwali, the Grandparents Day, the Theatre Fest, the Annual Function, every function was a class apart. I thoroughly enjoyed participating in all the events. Its a privilege to be a part of this school.

Keshav Gupta
(IX-A)

Time flies like anything. But some memories are so clearly etched and imprinted in our minds that we can never forget them. The Annual Function, the Sports Day, the Grandparents Day were exceptionally good. The show put up on all these days was class apart. The words of wisdom shared by the dignitaries who grace the functions with their benign presence really inspire us and motivate us to prepare ourselves for the world outside.

Harsheen Kaur
(IX-A)

Sat Paul Mittal School is one such place where I have noticed almost every function being celebrated in full zeal and fervour. There are many such things that make the celebrations of our school different from others. Whenever there is a function almost everybody I say EVERYBODY is involved, it's not about my function, it becomes our function. I have seen that it's never MY performance, to the end it becomes OUR performance. If we talk about the arrangements, they are phenomenal, the décor leaves you with awe and wonder.

Kriti Behal
(XII)

Perfection is a word that is synonymous to the events at Sat Paul Mittal School. The confidence and the energy of every Satyan is channelized to put up a great show. I always look forward for more celebrations which are actually a good platform to showcase our talents.

Kabeer Kler
(X-A)



*Writer's
Pen...*



[My Experience in Class V]

I am taking a bag of memories, laughter and silly tricks, to my new class, class 6.
You were a helping hand for me, who took me through a journey of joy and glee.

I am getting out of my comfort zone, from a world of my own,
You saw talent in me, and built me up from head to knee.
You gave me a chance on chance, to compere, speak and dance.
You made me find my true self, with your hard work par excellence.
You taught me never to lose hope, to never give up and always try to cope.
You helped me find my grace, and accepted me with an embrace.
You made me enjoy each and every moment, no matter what I felt.

You gave me many responsibilities,
Some of monitor or to take care of some utilities.
You made me just like clay, so you could mold me in any way.
You made my future bright, so I could work to my delight.

You always encouraged me,
And you thought I was different and unique.
You motivated me a lot, even if I got a prize or not.
You made this session endearing,
With fun activities and your story telling.
You solved each and every problem of mine,
And always made sure if I was fine.
You made me an intellectual for books,
And took me to a world of fairies, pirates and their hooks.
You gave me a piece of your knowledge,
You never let me fall of the edge.

You never let me frown,
You never let my face down.
You gave me strength,
So I could walk a long length.
You gave me a new face,
And motivated me to complete my race.
You cherished me like anything,
And taught me the value of sharing.
You have changed my today,
By keeping the evil away.

You are a teacher with a heart very kind,
And an extraordinary mind.
You helped me discover who I am,
And today I am proud to say that
I was once a student of Tarvi ma'am.

Sarah Pahwa
V- C

Value of Games in Education



Man has a body, a mind and a spirit. Education aims at the physical, spiritual and moral development of man. Games are means of keeping the body healthy and fit. Physical fitness and freedom from all kinds of illnesses are the desires of every human being.

Therefore, good health is the first condition of happiness in life. Those who play games maintain good health. Games are an excellent means of physical exercise.

Whether it is football, tennis or a simpler game like kabaddi, they all provide exercise to the body. Players always have a better appetite and a better digestion than those who play no games. Games not only make body healthier but also muscular. Apart from this, games are an excellent pastime and entertainment. Education doesn't approve of the bookworm. Recreation is also necessary. And games are among most interesting recreations in the world. Recreation refreshes both body and mind. Thus games are very useful as a diversion for the mind.

Vansh
IV-A

Arsh Gupta
IV-A

Love vs Ego

Once there was an island where all the feelings lived together. One day there was a storm in the sea and the island was about to drown. Every feeling was scared but love made a boat to escape. All the feelings jumped into the boat except for one feeling. Love got down to see who it was. It was ego. Love tried and tried but ego did not move. Everyone asked love to leave ego and come in the boat but love was meant to love. It remained with ego. All other feelings were left alive but love died because of ego.

We all are Unique

An elderly lady had two large pots, each hung on the end of a pole, which she carried on her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water.

For many months, this went on daily and they brought home only one and a half pot of water. The perfect pot was proud of its accomplishments, while the cracked pot was ashamed of its own imperfection and miserable that it could do only half of its work.

It spoke to the woman one day, "I am ashamed of myself because of this crack in me". The old woman took the pot outside along the path; there were flowers on one side of the path. She said, "I was always aware of your flaws. I planted seeds on your side of the path. Every day while we walk back, you have been watering them. Without you, being just the way you are, there would not be this beauty."

Similarly, like the pots we all have some flaws. But these flaws make us unique and make our life interesting or rewarding in one way or the other.

Tejas Kohli
V-B



Child Labour

India is developing day-by-day, having great advantages, but at the same time there are many disadvantages. One among them is child labour. This is the worst thing that a child who should sit with books, must work for his survival. In our country children are not able to read and write because of their home problems. They have to work to fulfill their needs. The children of age 10-15 work at shops and homes. The children who do not have interest in studies but in video games, are sent to school and the children who have interest in studying do not have the money. They have to work for money. They are also beaten and face violence. They cannot live their own life. We should try to eradicate child labour and should try to make them study. Government should strictly prohibit child labour. Let's all unite to wipe away this scourge forever.

Sanshika Garg
V-C



A Mother

A mother who always cares.
 A mother who is always there.
 A mother who always stays.
 A mother who always prays.
 When things get rough, when life is tough,
 not a sister, not a brother only a mother will be there,
 And she will care.
 She does everything, and leaves nothing.
 When we are small she teaches how to stand still,
 What you want she makes it fulfill.
 When we get older she sends us to school,
 So that, we don't become a pod.
 When we are teenager she sends us to college,
 So that, we can gain some knowledge.
 We are attached so much that
 When we will leave each other we will sob.
 For our families, for our shelter,
 She will leave her work and find a nice job.
 A mother whom I love.
 A mother who is above .
 She solves puzzle.
 Her name is Gazal.



Jiya
V-A



Hard work is the main key to success.
 Without it you cannot progress.
 Sincerity and punctuality are some other keys.
 They are like rivers connected to sea.
 Discipline is another step to success
 but don't say 'yes' to restlessness.
 Work should be done on time
 and should be neat.
 Success will be at your feet.
 Respect your teachers and elders.
 Do work with proper manners.
 So, if you want to succeed,
 follow these steps and proceed.

Suhaavi Kaur
V-C

SENSE OF HUMOUR

A good sense of humour is one of the most important human qualities. There are many qualities which are important for human. I believe that one of these qualities is a sense of humour. This is very beneficial because it helps other person in a good way if we have this quality. I will explain my reasons with the following paragraphs.

First of all, I would like to emphasize that a good sense of humour can make a person to accept the harsh realities of life. As you know we confront with a lot of daily problems. Some of them we cannot solve easily and on time. A person who has a sense of humour does not become nervous, because of these problems. They look into the problems from different angle and they wish that they will find the solution immediately. So, endurance is very important for people and I advocate that people who have a sense of humour endure problems easily and do not suffer because of their nervousness.

Furthermore, I would like to underline that a good sense of humour avoids the appearance of people becoming older. I mean that people who have a sense of humour are looking younger than their peers and also it is proved that spirits of these people stay younger. They wish and act like youngsters. So it is very important for living happy in this world. Indeed, most of the happy people have a great sense of humour.

To sum up, I would like to repeat the important role of a good sense of humour in our life. For living happily and enduring problems, this characteristic is irreplaceable. And happy people influence others and tend to share positive attitude. Thus, people who have a good sense of humour influence their community optimistically too.

Ishan Bajaj
V-B



Eye for Perfection

If you want to eat, eat anger
 If you want to talk, talk gently and politely.
 If you want to fight, fight for the truth
 If you want to help, help the poor
 If you want to build, build your character
 If you want to keep something, keep silent
 If you want to see, see yourself
 If you want to learn, learn manners
 If you want to bow, bow in front of the Almighty

Romita
V-A

Music

Music is the soul of human life. The rustling sound of leaves, thundering sound of clouds, lub-dup sound of heart beat and the sound of raindrop falling on earth are meticulous creation of God. Man has used these sounds to create music.

Music has always enthralled, encouraged, consoled and invigorated man. Music has a universal language which is not bounded by religion, culture or country. It has power to spread the message of love, brotherhood and humanity. The sound of musical instruments can force anyone to tap his/her feet. In isolation music is the best companion. Due to unprecedented and unfettered growth of tensions, music acts as stress buster. It stimulates the life and makes person forget the ordeals of life.

These days the distinction between music and noise is diminishing. The composers and directors of the music make only what sells. They do not think about the harmful effects they are leaving on current generation. The contemporary world is going away from the tradition and classical types of music.

Music gives solace to mind. Learning music is always good because it connects us to God and breaks our monotony. Therefore, music is stimulant to society. Music is art. It cures weal and woes of the society.

I, vehemently, advocate that one should listen to music because it keeps one away from frivolous acts. Listening to the music is a constructive work done during the time of leisure. I have firm and unflinching faith that if a person is idle, music can keep him away from useless waste of time.

Gunsheen Saluja
V-C



EXERCISE

Exercise is easy, exercise is fun,
Exercise is great for everyone,
Run, jog, walk or skip,
Make sure you do at least a little bit.
Increase your exercise day-by-day,
Keep at it and you will find a way,
Put away your games and your PSP's
Run out, play and celebrate,
The benefits of daily exercise
To be healthy, happy and safe.

Suvidhi Jain
VI-C



Why don't People Smile

A smile cost nothing
Yet, it can brighten a cloudy day
If life is a Journey
Why not smile along the way?
Smile are like flowers
beautiful fragrant, fair coming from the heart
They really show you care
but some are not blessed with this gift
And that is why there is always a rift
I wish I could say to all passersby
Offering them a smile and asking them to try-
Learning to Smile
It is never too late to start
All that we need is some love in our heart
Worrying is not worthwhile
So, Smile! Smile! Smile!



Kanwaraj Singh
IX-A

Ragging in College Campus

The dictionary explains the term as having fun or poking fun at someone; to tease. Obviously, it implies some mild and harmless jokes.

Ragging, however, would not be an issue of concern, had it been, indeed, only a form of fun. It might have been so, once upon a time. Hardly anyone would mind in imitating a donkey or singing a number, to have some fun and laughter. But, unfortunately ragging is not confined to such mild form.

No sane person could call it as fun, to make a fresher strip. It will bring only mental agony. Is it possible that such experience could make them "feel at home" in their new environs and build a strong bond with the seniors? What it does, instead, is to blight a bright career or even end up altogether, as the victim sometimes would be driven to commit suicide.

It is widely brought in action, although banned by law. Yet, this sadistic form of behaviour is spreading its tentacles in our educational institutions. Aping the West indiscriminately, the Indian youth has taken to ragging. Ragging, once rampant in the West, is now on the wane across the West. We still practice their decadent practices, even after their discarding the practice.

We have forgotten to distinguish between what is decent and indecent. Cultural values have got confused and eroded. Vulgar ragging is only an offshoot of such chaotic world, wherein there has been a vacuum of values and meaningful outlet for energy and creativity. Sensitivity to human and social problems must be inculcated amongst our youth. Their creativity arising from imagination

should be given a chance to develop along constructive channels. This alone could bring an end to such obnoxious practice, rampant across our educational institutions.

Maansi Sharma
XI-A



Laughter is the Best Medicine



Laughter is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle or a sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers physical changes in the body. Humour and laughter strengthens our immune system, boosts our energy, diminishes pain and protects us from the damaging effects of stress. Best of all, this priceless medicine is free, fun and easy to use. Our sense of humour is one of the best tools we have to ensure that we live a healthy life. Life without humour and laughter is like car without shock absorbers. It is jolted by every pebble on the road.

Laughter makes us feel good and this good feeling remains with us even when the laughter subsides. Humour helps us keep a positive and optimistic outlook through difficult situations, disappointments and loss. Laughter is a powerful antidote to stress, pain and conflict. Humour lightens our burden, inspires hope, connects us to others and keeps us grounded, focussed and alert. With so much power to help and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing our relationships and boosting both physical and mental health.

Humour helps build stronger interpersonal relationships. When we laugh together a positive bond is created which acts as a buffer against stress, disagreements and disappointments. Laughter is our birth-right. It is innate and inborn. We all have to focus on enhancing this natural emotion rather than getting bogged down and stressed at smallest of pretexts. As we laugh more often our creativity will flourish, our relationships will improve and our life will be filled with love and positive energy. So friends live easily, cultivate a sense of humour, take yourself less seriously and let life bloom and flourish.

Hassrat Kaur Sarn
VII C

BE STRONG

What is Pain?
It is something to gain
Think it over again
Because it is your life's train

You have to go through it
Even if you are not fit for it
I know that it really hurts
And it take away all the comforts

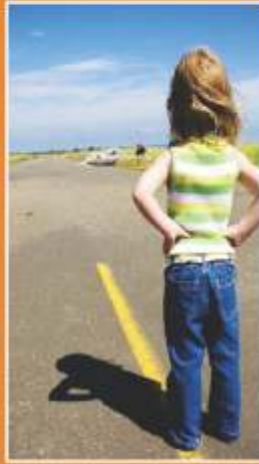
Sometimes the situation is out of hand
When you find no place to land
You know you cannot do anything
Nothing at all except for bearing

Every one excuses you for being wrong
But that time remember to be strong
Remember that the sun will shine again brightly
Therefore try to take the situation lightly

Even if everything is out of your hand,
Don't worry that is not forever life's plan.
Someday the dark night will finish.

And you will discover your fascinating wish.
Your wings will grow and you will fly high,
In the beautiful blue and white sky.

Yashul Chopra
VII-A



Life Style

Talk – Softly
Walk – Humbly
Eat – Sensibly
Breathe – Deeply
Sleep – Sufficiently
Dress – Smartly
Act – Fearlessly
Work – Patiently
Think – Correctly
Believe – Truthfully
Behave – Decently
Learn – Practically
Plan – Orderly
Earn – Honestly

Purnima Chopra
VIII D

**INCUICATING THE
SAVINGS HABIT IN
CHILDREN**



Poem for Grammar

A noun is the name of a thing,
A school, garden, kite or a king.
Adjective tells us the quality of a noun
As great, pretty, yellow or brown.
In place of noun stands a pronoun,
His head, her face, your arm, my crown.
Verb tells about something being done,
To count, see, to carry, laugh or run.
How thing are done the adverb tells.
Like slowly, quickly, ill or well.
Conjunctions join the words together,
As men or women, wind or weather.
The interjections show surprise,
Like how pretty! Or how nice!
The preposition stand before a noun,
As in or under the crown.
These little words you often use
Are a, an and the.
All these are parts of speech
Which help us to correctly read, write, talk or teach.

Ose Singh Bansal
VII-B

The Superlatives

- The nymph of mayfly may live in a pond for years but when it emerges from the water as an adult it can live only for a few hours. The lifespan for an adult mayfly may vary from 30 minutes to one day depending upon the species.
- The most poisonous reptile, the golden arrow frog contains enough poison to kill 1500 humans.
- The Palestine Scorpion kills its prey with just 0.225 mg of deadliest venom in the world.
- Minutest mammal: The bumble bee bat is only 2.5cm long and has wing span of 15 cm.
- Noisiest animals: Howler monkeys are considered to be the world's noisiest animals and can be heard 16kms away.
- The biggest eye: The giant squid has the largest eye in the animal kingdom, one that can measure upto 40cms in diameter.
- Highest Blood pressure: The giraffe has the highest blood pressure in the animal kingdom.
- The smallest spider: The smallest spider in the world is the size of a pinhead.
- World oldest pet: The world's oldest pet is goldfish that lived to be 43 years.
- The world's longest bubble: The world's longest bubble was as long as four school buses.
- The longest millipede: The world's longest millipede was the length of a string of spaghetti.

Vidushi Jindal
VIII B

It is critical to inculcate the habit of saving in children for their long term financial security. A kid's saving bank is a customized offering for children below 18 years of age that introduces them to the basics of banking, interest rate and goal based savings. This account facilitates pooling of small sums of money received by children from various sources into their account where it remains safe, earns interest and grows gradually. Some banks offer a debit card to children above a particular age while other help parents spend their hard earned money wisely with best dining, education, entertainment, shopping offers etc. relevant to their children. Parents are also encouraged to set up a system for monthly investing into the saving account along with various investment products, to build a corpus for children's future. Hence a kid's saving account can help children learn how to save money and spend it wisely.

Amisha Dhawn
VIII-C

A World of Hunger

The sweet and cool morning breeze kisses your cheeks, the sun reaches its zenith and sun's rays fill all the nook and corners of the world, the birds chirp and sing a melodious song and you wake up. What a rejuvenating morning, filled with hopes and aspirations but the same morning brings in fear and anxiety in the minds of millions out there. A person out there wonders whether he will get even a single bite of food or again he will have to eat silicon filled mud to stop the growling of his stomach. Believe me, even something as filthy as a mouse has the same sanctity as the touch of holy bread upon one's lips.

As I was pondering upon this topic, I thought about the reason why the epidemic of hunger strikes this world everyday. All I could think of was Pandora opening the box and letting out the plague of hunger into the roots of mankind. Hunger destroyed the Golden Era. Hunger led to misery and misery to greed, eclipsing the morals of human beings forever. When your stomach speaks, every organ of the body, becomes quiet. Growling in the stomach forces a man to stoop to any level to feed himself. Recently, I watched a video which I would like to share with the readers. We all have been to various food chains and we eat whatever we want to and waste luxuriously what we don't want to. The wasted food goes into garbage. The garbage man comes, takes out the things still edible and the rest is discarded. The food collected by him is taken to his community and the people of his community survive on this food for almost a week. I challenge each one of you sitting over here to remain hungry for a day. After that, think about wasting even a small bite of food.

But is there nothing we can do? Here is an interesting fact from the magazine "India Today". It states, "The food produced in one big fat Indian Wedding can actually feed the entire Nigeria." I hope you got the point I am trying to put forward. Even if there are 60 people over here and each one contributes a bit, the mouths of 60 people can be fed and if there are 2000 people in this school and each contributes a bit, 2000 can be fed. Yes, ladies and gentlemen, 2000 stomachs will be filled. We have the power in our hand to create a difference. All we need is a strong will power to create a difference. I conclude with the following words, "Be the change you wish to see in the world."

Amreen Kohli
X-A

The Great Sayings

- "Each problem that I solved became a rule which served afterwards to solve other problems."
— **Rene Descartes (1596-1650), "Discours de la Methode"**
- "Good people do not need laws to tell them to act responsibly, while bad people will find a way around the laws."
— **Plato (427-347 B.C.)**
- "If you are going through hell, keep going."
— **Sir Winston Churchill (1874-1965)**
- "Life isn't about waiting for the storm to pass; it's about learning to dance in the rain."
— **Vivian Greene**
- "The optimist proclaims that we live in the best of all possible worlds, and the pessimist fears this is true."
— **James Branch Cabell**
- "A lie gets halfway around the world before the truth has a chance to get its pants on."
— **Sir Winston Churchill (1874-1965)**
- "Some cause happiness wherever they go; others, whenever they go."
— **Oscar Wilde (1854-1900)**
- "All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident."
— **Arthur Schopenhauer (1788-1860)**
- "Obstacles are those frightful things you see when you take your eyes off your goal."
— **Henry Ford (1863-1947)**
- "First they ignore you, then they laugh at you, then they fight you, then you win."
— **Mahatma Gandhi (1869-1948)**

Sayesha Aggarwal
IX-B

Was It Real?

Scorching heat, sweaty hands and feet, dry throat, sunburnt arms, tanned body. It felt like I would explode. It was a little too hot for a normal day. There was a storm coming, as we were told. But who was going to believe what the news channels had to say, when we were in the middle of a heat wave.

It was a Sunday, 28th of October 2012. The American authorities declared a state of emergency from North Carolina to Connecticut. It was said over the news repeatedly that New York City was going to be hit by the upcoming storm, rather badly. I certainly did not believe it. Who would? But there were people who had started preparing themselves for the so-called 'disaster'. I laughed out loud when they said, "This storm could turn into one of the most deadly ones to hit the United States of America."



It was a lazy, and hot Sunday. As usual, I went to Wal-Mart to stock up the groceries for the coming week. Mum had ordered me to be back in time or otherwise face the consequences. She meant to ground me if I ran late. That usually happened, so I mischievously smiled at her and took off. On reaching Wal-Mart I noticed people creating Mount Everest's in their carts of packed food. I laughed and thought, "What a bunch of idiots! They think the stupid storm is actually happening!" I did not take the situation seriously. I had heard people talking about the storm everywhere in the past week. At school, in the mall, at the movies and even at Burger King! They said that it would be a Category 3 hurricane. What astonished us the most was the news update in the evening. The New York Stock Exchange was shutting down for a couple of days, due to the 'super storm'. This news left our mouths hanging open. Never in 27 years had this happened that NYSE had been closed. And because of this, the realization finally sank in. Maybe the storm was really coming. Maybe we were going to be hit by a disaster. Maybe we were not prepared well enough. My realization turned into reality when we heard the news reporter saying that the presidential candidates had rescheduled their upcoming rallies. Never in my wildest dreams had I thought about this. It was called Super Storm Sandy, and it was predicted to make a landfall by Monday i.e. 29th of October 2012, tomorrow. Schools were called off; workplaces were shut down in the city of New York. There was silence on the streets. The silence before a disaster.

In the morning, I got ready for my daily jog, the storm completely being erased from my memory. Without realizing the need to inform my parents, I set off on my own to enjoy the early breeze to cool off my mind from the expected heat of the day. I regret those 'noise-cancelling headphones' I pestered dad to get for me a week before. With those very headphones on, I did not realize the enormous waves coming towards me. Those headphones do really cancel all the sound around, because if they did not, the situation would be pretty different. Unaware of the horrific situation, I continued jogging, only realizing the waves when they were just a few feet away from me. Not having time to react, I was thrown back with great force by the deadly waves, which seemed to be about 10 feet high.

I do not know what happened after that. It felt like the darkness had taken over me and I was peacefully sleeping in death's lap. At that point of time, I wished to be dead so that the pain in my chest would subside. It felt like my heart was hammering its last few beats. My eyes would not open; my ears would not accept any sound. I wanted to scream, but my voice betrayed me. I was drowning. I thought, 'This is it. You are dying.' I sent a silent 'Thank You' to God for the beautiful life that He had given me and let go of the weak thread of hope that I had.

Maybe it was minutes or hours or days or weeks. I do not know. But I woke up. I woke up in a white room with my sister's teddy bear and my dad sleepily watching the news beside me. I was alive! I was in the American Red Cross Hospital. Dad told me that someone found me on the footpath, almost dead. They checked my phone and informed him. I was told; I had broken three ribs, my left arm and some tissues in my legs. No wonder I had such pain during the landfall. But I was on my way to recovery. And so was the rest of America. Super Storm Sandy left in its wake not only death and destruction, but countless indelible images that make up a nightmare: the gnarled remains of boardwalk, the ashen shells of dozens of home, disrupted families and the city swathed in darkness. Watching the news that evening, the headlines read, 'Teen jogger struck by Sandy's first waves.' People assumed I would probably be dead by now, but the only thing that struck my mind was- WAS IT REAL?

Tanvi S. Jain
XI-C

India We Want

When Tagore wrote his award winning masterpiece 'Where the Mind is Without Fear' he pretty much created a Utopia we all dream about and long for. But as we near 67 years of independence, the beautiful and deep meaning that rests in those carefully crafted lines has faded into oblivion, leaving behind the contents of the poem as something that is rote-learned in schools and colleges just to achieve a high percentage. A perfect India is no longer thought about; our conversations are now directed towards ranting about how imperfect our nation is and cursing why the stroke didn't drop us into the chimney of a house in America or perhaps Europe.

But deep within, we all hope and want an India that we daydream about. We all hope for a better society, a corruption free government, better education facilities, better employment options and what not. The list of things we want our India to be would fill the Milky Way and spill over its edges. But the thing that binds all these desires is the same: fire. Yes, it is fire fueled by the grit, determination and the thirst for excellence. We, the youth especially, want an India with fire. Just like the revolt of 1857 was ignited only by spark which later turned into a nation-wide outrage, we want a spark, a feeling of change. We want to change the thoughts of the society. We want an India where people do not give in to orthodox and superstitious thinking, but have rational thinking and an open mind. The boy with the passion for photography does not want to be forced to be a doctor only because in the eyes of the society being a doctor is more

prestigious. And how will the society change? Only through the fire that burns through the people wanting a change.

We also want an India with better leaders. Gone are the days when national leaders mesmerized thousands through their patriotic sentiments. Now all we hear is leaders who oil their way into politics, defending themselves, claiming themselves to be totally honest in their dealings and uncorrupt. Our political leaders get their seats by blatantly lying about bringing about development and end up devouring the rights of the citizens, stripping them naked of their needs. We want an India that is lead by people who are passionate about what they do and honor the responsibility that is bestowed upon them, who actually sympathize with the people and take care of their needs.

Lastly, we want an India with people having pride and passion for their country. We want people to respect our divine culture and our rich heritage. We want an India where people are proud to call themselves Indians.

The only thing is we continue wanting and expect someone else to lay it down for us. Like Mahatma Gandhi said, 'Be the Change You Want To See in the World.' No other words could better explain what we really need to do. In order to achieve our ideal India, we need to stop the 'brain drain' and invest our lives into the welfare of our nation only then will we be able to truly live in an India we dream about.

Muskan Bakhshi, IX-A



[THE SCIENCE OF CHAOS]

What impact do you think the fluttering of wings of a butterfly in New York will have on China? Given the right time and conditions this butterfly has the power to cause a storm in China one month later. Consider this, the scientists have found that pendulums when pushed according to a regular rhythm soon behave chaotically and swing out of sync but when randomly moved they eventually begin to move in sync.

How would that be possible, you'd ask? Well, friends, welcome to the science of chaos.

Traditional physicists like Newton thought that there was a predictable cause and effect for everything. But a new branch of science called the Science of Chaos tells us all classical physicists were dead wrong because at nuclear levels the laws of classical physics just do not hold true.

Chaos found that Science had been fooling itself for centuries by ignoring tiny deviations in its data, by simply assuming it to be error in measurement thereby upholding the sanctity of established laws. Thus traditional scientists could never accurately predict anything involving complex and irregular behavior of many systems in nature.

Science of chaos tries to see chaos in order and order in chaos thus helping us in understanding fields where traditional physics fails to find predictable pattern like in field of traffic flows, earthquakes, the stock market, Jupiter's red spot, group dynamics, airline networks, the spread of viruses, the internet, urban planning and much more.

Thus for all you budding physicists out there, the Science of Chaos just opened new frontiers of knowledge. So get inspired and reach out.

Vega Mahajan, IX B



Women are the best Leaders for 21st Century

"Women" and "Leadership" is a combination that is believed to be unimaginable in this male dominated world. Most people believe that women are incapable of any sort of leadership and they are incompetent for any form of job, except that of a 'home-maker'. Well, today it is the thing of the past. The 21st century woman is a free-spirited, independent woman and is no longer bound to her conventional role. She can be a doctor, an engineer, a marine biologist. Name a profession that she cannot be in! There is no ambiguity about her status any more. Women are equal to men and that's a reality. We see women as leaders in many walks of life, be it a corporate world, IT world or even politics. Women are the torch bearers. 'Indira Noori, CEO of the Coca-Cola Private Ltd. is a prime example of the modern 21st century woman who strives for brilliance. She is indeed a role model for the young female leaders of tomorrow.

Most people are not even aware that the driving force behind many multi-nationals are women only! Not only the corporate sector but if we look into the field of politics there is a contingent of women which includes names like Ms. Sheila Dixit, Sonia Gandhi and Mamata Banerjee. Apart from politics, women have stepped into the arena of finances. They are no longer the budget setters of the house, but actively look into the finances of the countries and big corporation houses. Kalpana Morpari proves this fact.

We have always seen women as leaders at home but today women are rising as role models allowing more young women leaders to follow in their footsteps and thus be the leaders of tomorrow. The myth that a woman cannot work after she's married has ceased to exist. She has proven all those biased stereotypes wrong. She knows how to balance her private life with her work commitments. There is no boundation as to her achievements and strength.

Women are the core of our society be it at home or at work. The truth is we really cannot do without them. We need their multi-tasking, intellectual and organizing abilities. Imagine a day, when your mom is not there to organize things for you or the possibility of Congress functioning without Sonia Gandhi! These are seemingly impossible situations. The reality is that women do run the world or probably rule the world.

Riddhima Karwa
XII-A



My Neighbour

Awarded Bronze Medal for
Essay Writing in XII-
All India Hope
Talent Contest Schools India

ADVANTAGES AND DISADVANTAGES OF FAST FOOD

Awarded Silver Medal for Essay Writing in XII-All India Hope Talent Contest Schools India

The second name of fast food is junk food. The things like noodles, burgers, pizzas, manchurian are known as fast food. It is very unhealthy and it may cause many harmful effects on our body and we can have fever for many days. Fast food contains many germs which are extremely harmful. Fast food is prepared in unhygienic conditions. The oil or water used is not at all clean. Sometimes, if we have to go out of country then we have to eat fast food because very less good vegetarian food is available there. If we will eat fast food every day we will not have strong bones and we will feel very sleepy because fast food needs lot of time to get digested. Our immunity system becomes weak by eating fast food. If we want to eat fast food to soothe our taste buds we can eat twice a month. If we will eat fast food everyday, we will not get vitamins, minerals, proteins, etc. In America, people eat fast food every day that is why they are obese. Fast food has good amount of carbohydrates that makes us fat and is not good for our body. Fast food is like a slow poison for our body. Fast food has just taste and no benefits. So, friends stop eating junk food and start eating healthy food as it is rightly said, 'Health is Wealth'. So let's take a pledge to eat healthy food always.

Shriya Jain
IV-D

Importance of True Friendship

"A friend in need is a friend indeed", is a proverb that stands true always. In our day-to-day work, we come across so many people, we talk to them, laugh with them but not all of them can be called our friends. For unlike our family, we are biologically born into a friends circle but we work to acquire friends and form friendships.

The base for friendship is usually shared habits, common interests, common ideologies, similar life-styles and so on. We choose amongst the people we commonly interact with in places like the school, college, work place, play-grounds, gyms and bond with people we can identify and gradually this bond develops into friendship. But not all emotional connections can be termed friendship. Some connections are casual and false, so are only there as long as the going is good. Come trouble and these connections just snap.

Good friends stand by each other through thick and thin. They know all about one another. They love one another better than their own relatives. True friends are like one soul living in two bodies. They are so attached to one another. A real friend is one who comes to you when all others have left. Never a true friend flatters you. He may at times frown upon you but it is said a friend's frown is better than a foe's praise. An old friend is the one who shares every joy and sorrow with you. It is said that a friend multiplies our joys and divides our grief. Your life is blessed if you have a faithful friend. It is said that a friend multiplies our joys and divides our grief. Your life is blessed if you have a faithful friend. Its an unbroken friendship till the very end.

But to have good friends you have to be good friend yourself. You have to be large hearted and forgiving. You have to be there for someone to share his or her blues and loneliness and only then you will have people watching over you in your lonely times. And lastly in friendship you have to be true and not have a please all attitude. Remember a person who is a friend to all is a friend to none.

Jannat Narula
Class VI-C

Everybody has a neighbour. I also have a neighbour. My neighbours are very kind to everyone. They play with me and even help me in the hour of need because they are so kind. I am also kind to them. Even they are lovable to me. My neighbours do not study in my school but then also they help me in my studies. I think they are the part of my family. They never shout at anyone. Their children love to play with me and my brother. We all are best friends. They are just like my brother and sister. Sometimes we fight but we apologize after some time. They always help the needy people. I always want such kind hearted people to be my neighbours. God give them long life and always keep them happy.

Seerat Nain
III-D

INDIA

My Motherland

In the land where the Ganges flows
Meandering through a mighty course
Over hills and plains among worshipping folk
Who in her sacred waters soak

A multitude in prayer I see
Right from her source in Gangotri
I pause and stop to take a glance
While mesmerized and in a trance

And soon I'm lost in reverie
Which takes me back in history
To sixty years ago and four
When we had dreams and hopes galore

In a nation that was great and wide
Where many sacrificed and died
Some struggled hard to set us free
To make our "tryst with destiny"

As Nehru had proclaimed that night
When through the darkness we saw light
Our pledge once more we did renew
In an ancient nation, yet so new

We promised that we would succeed
And show the world that we could lead
Though challenges we had in store
Our forefathers had borne much more

And at that moment etched in time
With heartfelt feelings so sublime
We said we'd put an end to crime
Disease and poverty in time

But time has passed and we have failed
With doubts and fears, I am assailed
We still have hungry mouths to feed
Who are in want of basic need

With a heritage as rich as ours
And dreams that we might reach the stars
I shrug my shoulders with dismay
"Paradise Lost" I'm forced to say

For in this land that's so unique
Some thrive by silencing the meek
They loot the poor with all their tricks
A cesspool known as Politics

They promise you the sun and moon
With idle talk they make you swoon
They need your votes to win their seat
Until they win they'll touch your feet

They cheat and bribe to make their dough
And have no qualms to stoop real low
Entrenched into just every scene
I smell corruption in their spleen

Moral fibre's what they lack
And black money they love to stack
They have the same old reputation
When it comes to tax evasion

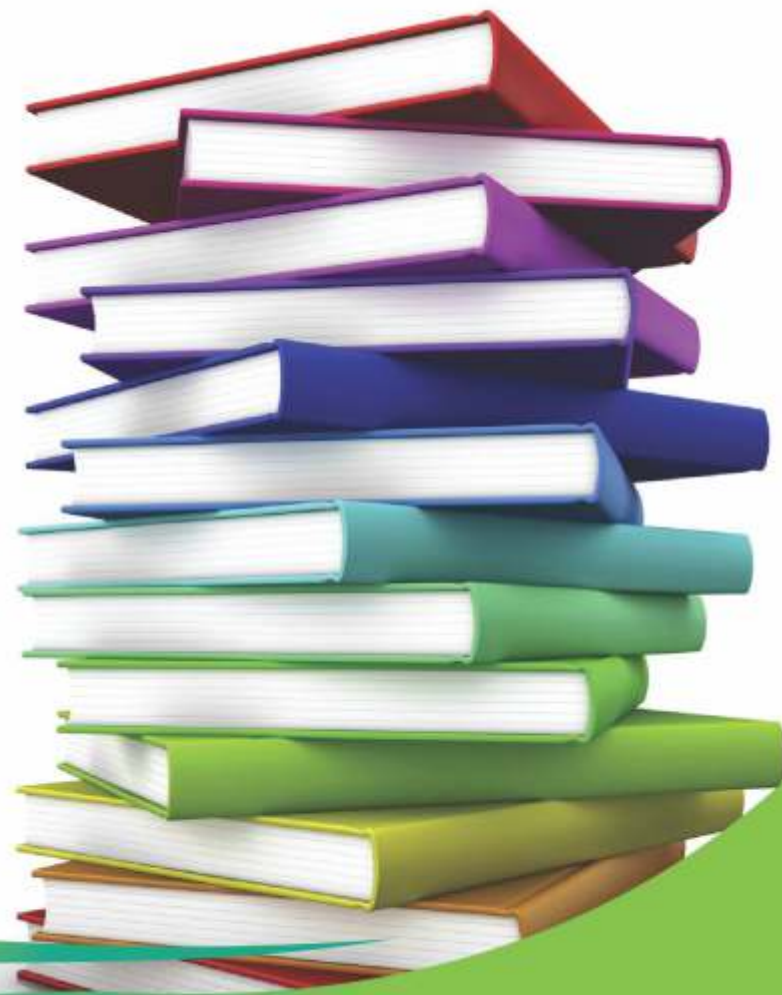
This thick-skinned bureaucratic crowd
Would have done Machiavelli proud
And though expletives come to mind
A ray of hope I sometimes find

For among the 1000 Million souls
Some haven't lost sight of all our goals
'Hazaaro' mein you do find one
Like "Anna" who our hearts has won

He's struck a chord within us all
I'm sure we'll rise and hear his call
And I believe that we will win
"Hum Honge Karmyaab ek din"

Saloni Kumar
(VIII-A)

Book - 0 - Review



Nemesis ***By Agatha Christie***

Yet another mind-boggling thriller of Agatha Christie, 'Nemesis', is the story of Miss Jane Marple, an elderly lady and her journey as she solves a murder mystery. Mr. Rafiel, an acquaintance of Miss Marple, had died, leaving behind the most intriguing letter the protagonist had ever read. It urged her to investigate a crime but failed to tell her about its nature, place or time, leaving Miss Marple with a surprising lack of definite information. It was about a month after this incident that Miss Marple received her first direction. The deceased Mr. Rafiel had arranged for her to travel on Tour No. 37 of Famous Houses and Gardens. It was on this tour that she met her fellow passengers, some of them designated to be her allies while others to be her enemies. On this very tour, Miss Marple gets to know of a son of Mr. Rafiel, a delinquent who had killed Verity Hunt and a few other girls. Perplexed with this information, Miss Jane Marple is faced with another incident-the death of one of her companions, Miss Elizabeth Temple. The question which now arose was whether it was an accident or a planned and plotted murder? It seemed someone was adamant that past evils remain buried.

I like it mystery as it takes me far away into an imaginary world for a few hours and engages my curiosity and love for solving a puzzle. I love twists where you are reading along thinking one way and suddenly you are slammed into something you just could not imagine. I don't read mysteries to dwell on the awful things people do to one another, I enjoy the cleverness of the detective and wish that I was that clever too. So, in my reading, I tend more towards forensic and the seemingly impossible deductive thinking.

Arnav Aggarwal
VIII-D

The Thousand Splendid Suns

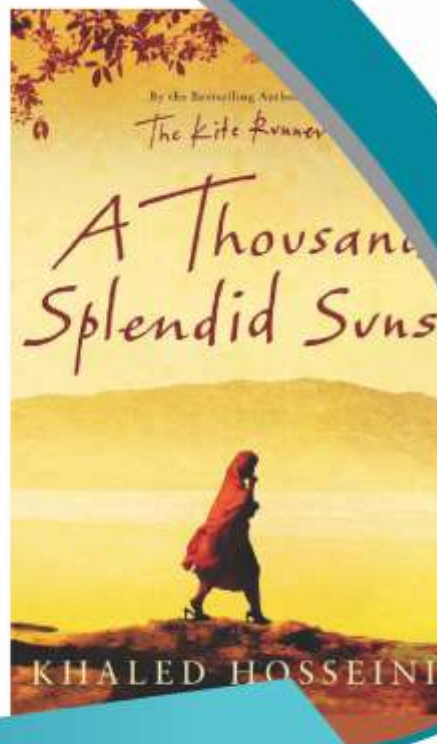
By Khaled Hosseini

Mariam is only fifteen when she is sent to Kabul to marry Rasheed. Nearly two decades later, a friendship grows between Mariam and a local teenager, Laila, as strong as the ties between mother and a daughter. When the Taliban takes over, life becomes a desperate struggle against starvation, brutality and fear. Yet love can move people to act in unexpected ways, and lead them to overcome the most daunting obstacles with startling heroism is beautifully depicted by the author.

This story tells about many aspects of love and the way people sacrifice themselves or those they hold dear. It also conveys about the friendship between two desperate women, Laila and Mariam. Its purpose is to show the hardships of women in Afghanistan and all they endure in the household as well in the society. It's all about trust in oneself and thus we can face any obstacle in life. With heart-wrenching power and suspense, Hosseini shows how a woman's love for her family can move her to shocking and heroic acts of self-sacrifice, and that in the end it is love, or even the memory of love, that is often the key to survival. It gives detail of the poor and hazardous living condition of the character, which touches you emotionally. The way a woman endures all the mental or physical abuse by her husband is presented straight forward by the author and is all the more horrific. Only the hardest of the hearts fail to be moved after reading the story. I recommend people to read this book.

Anmol Anand

X-C

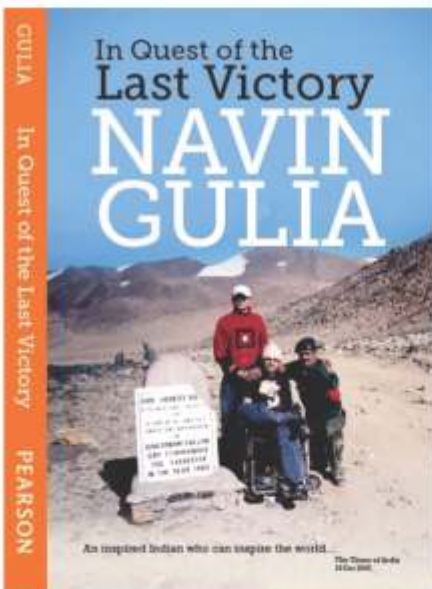


In Quest of the Last Victory By Naveen Gulia

The book entails the unrelenting efforts man can take to execute the daunting task of achieving the impossible. For Navin Gulia, life was a struggle right from childhood when his average grades and shy personality did not get him the attention and love he desired as a kid. After being a non entity for quiet sometime, he found his love in athletics. He knew this would help him fulfill his burning passion to join the army. The fact that he was severely asthmatic didn't deter him, it rather encouraged him to take the challenge head on. He ran with such vengeance and fury that the attacks bowed out.

After his schooling, he cleared his written and psychological tests for NDA. He pulled his weight painstakingly through the physical and medical test to qualify himself for the biggest dream of his life. But as luck would have it, he met with an unfortunate accident during the last exercise preceding the passing out ceremony. It took every ounce of strength in his paralysed body and a rock solid will power to pull himself back to lead a regular life rather than being confined to the bed for a lifetime. To suffice his hunger for life and to prove himself, he undertook the arduous journey from India Gate, New Delhi to Marsimik-la Pass (which means- Death Trap). He drove non stop for 55 hours to reach the world's highest motorable pass.

He says, "Our body and mind have infinite ability. Our ability never restricts us, our thoughts do. If we think, we can, we can, we do." His journey proved his words.



Ms. Sunanda Kasturi
(Facilitator of Geography)

Jokes apart, but if anyone can understand a woman completely, it is the man himself. And this is very evident from the Osho's "The book of a woman". This is the first time in history some man has so beautifully understood and explained a woman. A Woman, according to Osho, is a mystery; trying to understand her is futile. In this book, based on his discourses, Osho talks about woman not in his capacity as a man, but as a consciousness, an awareness. In order to find her true potential, he says, a woman should search within her own soul and rebel against any repression. Unless you have a rebellious soul, you are not alive in the true sense of the word.

"The woman can be of immense help in creating an organic society. She is different from man, but not unequal. She is as

equal to a man as any other man. She has talents of her own. For her, it is not enough to earn money, it is not enough to be successful in world; more necessary is a beautiful home, and a woman has the capacity to change any house into home".

The book touches the female consciousness on different levels like marriage, love, motherhood, creativity, the body, the mind, meditation, wholesome et al. Osho believes that by imitating a man, she is just becoming a second-rate man and losing the sensitivity, softness and grace of a woman.

About love and lovers, the book reveals that a great lover is always ready to love and each heart is a valley where the love resounds like an echo. On motherhood, it's described as a great responsibility and a great art; which needs to be learnt. Osho requests all mothers to be joyous, sing, listen to music and meditate. Be very soft and don't do anything hectic. Just go slowly, because a guest is arriving, and they have the responsibility to welcome him/her cheerfully, energetically and carefully too.

A woman, says the book, thinks with heart, which is soft, full of love, imaginative, emotive and sentimental. But a man thinks from mind, which is logical, argumentative and infertile. The direction of head and heart are diagrammatically opposite. That is why when a man is arguing with his wife, it is impossible to argue, talk and reach a fair conclusion, because man functions through head and woman from heart. The solution is in meditation. As your meditation becomes deeper, your identification with heart and head starts falling and a third force of consciousness come into existence. Consciousness can manage a conflict easily, because both the head and the heart belongs to it. The book talks about woman not in her capacity as a man, but as a consciousness, an awareness.

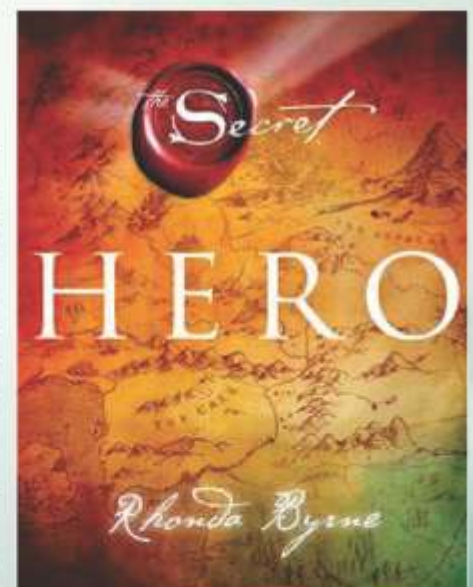
The exceptional sensitivity and simplicity of Oshos's words will touch the heart of both men and women..... check it out.

Harpreet Vachcher
(Facilitator of EVS)

'HERO' BY RHONDA BYRNE

I have been a big fan of Rhonda Byrne ever since I read 'The Secret.' I try to grab a copy of her every book and this time it was 'Hero.' Her books have evolved me into a positive and optimistic individual. 'Hero' brings together the wisdom and insight of the twelve most successful people living in the world today. It starts with a beautiful quote, 'Here is a test to find whether your mission on earth is finished. If you are alive, it isn't.' 'Hero' reveals that each of us are born with everything we need to achieve our greatest dream. If you want things to improve in your life, if you want a change from the patterns that you are currently experiencing, learn to take responsibility of your thoughts. It's an amazing journey from finding your dream to believing, visualizing it, walking on the road of trials and miracles to finally a life worth living. We all deserve it. Happy reading... 'Once there was a hero.....'

Aimy Choudhary
Facilitator of History/ Civics



संपादकीय

एक बहुत बड़ा सपना जो देखा डॉ. डी.बी. शर्मा जी ने, अखबार के पन्नों को पलटते हुए उनकी नजर पड़ी विद्यालय को बनाने के लिए दी जाने वाली जगह के लिए। मन सोचने लगा और लुधियाना शहर को एक ऐसा विद्यालय देने का सपना बुनने लगा, जिसमें छात्र अपनी प्रतिभा, अपनी कुशलता को उन अध्यापकों द्वारा जो संस्कारों से ओत-प्रोत, माँ की ममता जैसा मन रखने वाले, घनघोर छाया आने पर छात्रों को अपने आँचल में छुपा लेने वाले, परिवार से दूर एक दूसरा घर देने वाले हों। उन्होंने अपना प्रस्ताव नेहरू सिद्धान्त ट्रस्ट के सभी ट्रस्टीज के सामने रखा। कुछ साथ हुए, कुछ दूर हुए। लेकिन अपने आयाम, अपने लक्ष्य की ओर बढ़ने वाले उस शरुस ने हौसला ना हारा। अपने प्रस्ताव को फिर से अपने साधियों के समक्ष रखा। आखिरकार कुछ मन से और कुछ अनमने से सब की सहमति हुई। विद्यालय को बनाने का स्थान मिल गया। लेकिन इतना ही नहीं उस शरुस का सपना सिर्फ विद्यालय की नींव रखना ही नहीं था बल्कि ऐसी नींव रखना था जहाँ आज की युवा पीढ़ी, जो देश की प्रगति एवं देश को उच्च शिखर पर ले जाने के लिए प्रयासरत हो, सफलता और असफलता प्राप्त करने पर अपने लक्ष्य से विचलित न हो और अपने माता-पिता तथा अपने विद्यालय एवं देश का नाम बुलंदियों तक पहुँचाए।

विद्यालय की नींव रखी गई और विद्यालय के निर्देशक जी का खुली आँख से देखा सपना साकार होने लगा। विद्यालय धीरे-धीरे उस प्रगति के शिखर तक पहुँचने लगा जिसका सपना उन्होंने देखा था। आज यह विद्यालय अपनी छोटी सी अवधि में लुधियाना का ही नहीं पूरे देश में प्रथम स्थान पाने का अधिकारी बन चुका है, और लुधियाना वासियों के लिए अपने बच्चों को इस विद्यालय में शिक्षा दिलाना एक गर्व का विषय है।

मैं डॉ. सीमा जुनेजा अपने विद्यालय के चेयरमैन, डॉ. राकेश भारती मिश्र, निर्देशक डॉ. डी.बी. शर्मा एवं प्रधानाचार्या 'श्रीमती भूपिन्दा गोगिया' जी की तह दिल से शुक्रगुजार हूँ क्योंकि उन्होंने ना केवल छात्रों को बल्कि इस विद्यालय के प्रत्येक कर्मचारी को ऐसा वातावरण प्रदान किया जहाँ उनकी उम्मीदें, उनकी आशाएँ, उनकी भावनाओं को सही मार्गदर्शन और प्रोत्साहन मिला।

अंत में मैं यही कहना चाहूँगी

परिवर्तन के अपरिवर्तन सिद्धान्त को
यदि एक प्रक्रिया से घटना बनाना है
तो परिवर्तन का यह पाठ पहले स्वयं को पढ़ना है।
बुझे दीयों से कहाँ जग में उजाला होता है
जैसा जिस पर चंद्र हो रंग वैसा ही वह होता है।
विजय पाने के लिए तम को सूरज बनना होगा,
कुछ बदलना है तो पहले खुद को बदलना होगा।
हम दीप बन जले तो जोत से जोत बन जाएगी,
हम एक-एक कर बदलें तो दुनियाँ बदल जाएगी।
आशा की एक किरण बने घनघोर भले हो अंधियारा,
हम जो अपना दीप बने तो हर तरफ हो उजियारा।

हिन्दी शिक्षिका
डॉ. सीमा जुनेजा



सफल जीवन का आधार

स्वयं पर स्वयं का शासन, कहलाता है अनुशासन,
यह कोई पराधीनता नहीं, ना ही है कोई बंधन,
यह है नियमों का अनुसरण, बनता है जिससे आदर्श जीवन,
अनुशासन चेतना का परिष्करण है,
अनुशासन सिद्धांतों का अनुकरण है।
अनुशासन सुसंस्कार है, सफल जीवन का यही आधार है,
अच्छा विद्यालय ही अनुशासन का निर्माता है,
सुसंस्कृत परिवार में ही बालक अनुशासन पाता है।
अनुशासित विद्यार्थी बढ़ाते हैं देश का मान,
जो दिखाते हैं अनुशासनहीनता, नहीं पाते कहीं भी सम्मान।
समाज में बढ़ती अव्यवस्था अनुशासनहीनता का परिणाम है,
नियमों को जो करते हैं दरकिनार, बुद्धिमान नहीं वे नादान हैं।
अनुशासन राष्ट्र हित में ज़रूरी है,
ना सोचो कि यह कोई मजबूरी है।
कर्तव्यों का पालन हमारी ज़िम्मेदारी है,
अनुशासन में रहना ही सच्ची समझदारी है।
अनुशासन सफलता की धुरी है
प्रशासन, स्कूल, समाज और परिवार।
सबकी सफलता के लिए अनुशासन ज़रूरी है,
अनुशासन परिवार, समाज और राष्ट्र की आवश्यकता है।
बिना अनुशासन कोई भी आगे नहीं बढ़ सकता है,
अनुशासन से ही समस्याओं का समाधान है,
अनुशासन में ही विकसित होता ज्ञान है।
अनुशासन जीवन का प्राण है,
सफलता के लिए अनुशासन रामबाण है।
अनुशासन पशुता से ऊपर उठाता है,
अनुशासन ही मानव को मानव बनाता है।

स्पर्श अरोड़ा
आठवीं 'डी'

बीता अवसर फिर हाथ नहीं आता

बीते हुए समय की ही भाँति, बीता अवसर भी कभी फिर हाथ नहीं आता। जो भी अवसर हमारे सामने उपस्थित हो, हमें उसका अधिक से अधिक लाभ उठाना चाहिए। संसार में कभी न कभी सभी के पास भाग्योदय का अवसर आता है, परंतु यदि मनुष्य उसका लाभ उठाने में चूक जाए, उसका स्वागत न करे तो वह अवसर फिर कभी हाथ नहीं आता है। किसी ने सच कहा है – “इसकी कल्पना भी मत करना कि अवसर तुम्हारे द्वार पर दुबारा पुकारेगा”। उपस्थित अवसर के स्वागत में ही बुद्धिमता है अन्यथा जीवन भर पछताना पड़ता है। केवल भाग्य के भरोसे बैठे रहना तो कर्म-हीनता का सूचक है। अवसर का सही उपयोग करने पर ही उन्नति और विकास का मार्ग प्रशस्त होता है।

आकांक्षा सहगल
सातवीं 'डी'

माँ की परिभाषा



समुद्र ने कहा –

माँ एक ऐसी सीप है जो औलाद के लाखों राज अपने सीने में छिपा लेती है।

बादल ने कहा –

माँ एक इन्द्रधनुष है, जिसमें हर रंग समाया है।

शायर ने कहा –

माँ एक ऐसी गज़ल है, जो सुनने वाले के सीने में उतरती जाती है।

माली ने कहा –

माँ बाग का वह फूल है, जिससे चमन की खूबसूरती बढ़ती है।

औलाद ने कहा –

माँ औलाद की दास्तान है, जिसका कोई विकल्प नहीं होता।

भगवान ने कहा –

माँ, मेरे स्थान पर मेरी ओर से एक कीमती और नायाब तोहफा है।

हर्षिता
आठवीं 'बी'

मैं हूँ कौन ?

आसमान में उड़ता हूँ,
कभी गोरा कभी काला हूँ,
जल की बूंदें बरसाता हूँ,
धरती की प्यास बुझाता हूँ।

चार हैं पाँव पर चल न पाऊँ,
कोई हिलाए पर हिल न पाऊँ,
सबको देता हूँ मैं आराम,
बूझो तो ज़रा मेरा नाम।

बड़ा किसी दिन हो जाता,
और किसी दिन छोटा,
कभी गोल-मटोल मैं होता,
और कभी बिलकुल नहीं होता।

उड़ सकती हूँ, पर पक्षी नहीं,
पूँछ है मेरी, पर पशु नहीं,
रंग-बिरंगी हूँ, पर तितली नहीं
ऊँचे गगन में उड़ूँ,
पर हवाई जहाज़ नहीं।

नम्रता
आठवीं 'बी'

जन्म : १९९९, १९९९, १९९९ : १९९९

दोस्त हो तो ऐसा हो

भगवान हमें कुछ खास तोहफे देते हैं। उनमें से भगवान हमें दोस्त देते हैं। दोस्त हमारे सुख में, दुःख में हमेशा साथ देते हैं। जो बातें हम अपने परिवार वालों के साथ नहीं बोल सकते वह बातें हम अपने दोस्तों के साथ बोल सकते हैं। दोस्त हर किसी को नहीं मिलते। मेरी भी एक सबसे प्यारी दोस्त है। मैं उसके साथ हर चीज़ बोल सकती हूँ। वह मेरी बहन है। वह समझदार है। हम दोनों बहनें अच्छी दोस्त हैं। वह मुझे हर बात समझाती है जो मैं समझ नहीं पाती हूँ। मैं भगवान का शुक्रिया अदा करना चाहती हूँ कि उन्होंने मुझे इतनी अच्छी दोस्त दी है। हम दोनों लड़ते हैं लेकिन एक दूसरे से बात किए बिना रह भी नहीं सकते। हम दोनों एक दूसरे से माफी माँग कर लड़ाई सुलझा लेते हैं। मैं अपने-आप को नसीब वाली मानती हूँ कि मुझे इतनी अच्छी दोस्त मिली है। वो मेरी सबसे अच्छी और सबसे प्रिय दोस्त है। हम दोनों एक दूसरे को अच्छे से जानते हैं, पहचानते हैं। वह सबसे प्यारी है, अगर मैं उसके लिए हजार शब्द भी लिखूँ तब भी कम पड़ जाएँगे। मैं भगवान से प्रार्थना करती हूँ कि हमारा साथ ऐसा ही बना रहे और अंत में कहना चाहती हूँ कि दोस्त हो तो ऐसा हो।



रोमिता
पाँचवीं 'ए'

प्रकृति

हरी-भरी दुनिया, सूरज निकला,
चिड़ियों का बोलना, फूलों का खिलखिलाना,
बसंत में पेड़ों का रंग बदलना
और पतझड़ में पेड़ों का झड़ना,
इससे किसी का मन भी खुश हो सकता है।
किसी से दोस्ती करना,
दोस्तों के साथ खेलना,
और खिल-खिलाना,
यह सब प्रकृति का जादू है।

पूर्वा सभ्रवाल
चौथी 'डी'

अनमोल वचन

- ⊙ अपना मूल्य समझो और विश्वास करो कि आप संसार के सबसे महत्वपूर्ण व्यक्ति हो।
- ⊙ सबसे बड़ा दीन दुर्बल वह है जिसे अपने ऊपर नियंत्रण नहीं।
- ⊙ दूसरों के साथ वह व्यवहार न करो जो आपको स्वयं पसंद न हो।
- ⊙ आलस्य से बड़ा कोई शत्रु नहीं।
- ⊙ अनजान होना उतनी लज्जा की बात नहीं, जितनी सीखने के लिये तैयार न होना।
- ⊙ कथनी और करनी में समानता रखो।
- ⊙ पढ़ने योग्य लिखा जाये, इससे लाख गुना बेहतर यह है कि लिखने योग्य किया जाए।

रिया गुप्ता
पाँचवीं 'डी'

उफ़यह पढ़ाई

बच्चे स्कूल जाएँ करने पढ़ाई,
पर करते हैं सबसे लड़ाई।
नहीं लगता है पढ़ाई में मन,
याद आते हैं सचिन के रन।
समय हुआ क्या साढ़े आठ,
मैडम पढ़ा रही थी इतिहास का पाठ।
जब वह बोल रही थी ज्ञान,
तब मेरा और कहीं था ध्यान।
तभी पूछ लिया मुझसे सवाल,
मेरा हुआ हाल-बेहाल
शाहजहाँ को हुई क्यों जेल,
मैं बोला नहीं दिया था औरंगजेब को तेल।
बच्चे सुन यह हँस गए,
कहा टीचर ने कब पूछा भूगोल,
ये इतिहास है, मुँह तो खोल।
मेरा काम तो नंबर बन,
गिनता रहूँ सचिन के रन।



रौनक हांडा
तीसरी 'ए'

मेरा भारत महान



सबसे प्यारा सबसे न्यारा
है हमारा भारत महान।
इस पर आए कब्ज़ा करने
कितने लोग अनजान।
'भारत माँ' के वीर पुत्र ने
कराया भारत आज़ाद।
तिरंगे का केसरी रंग बताता
है वीरों का बलिदान
सफेद रंग शांति का
ध्यान दिलाता और
हरा रंग खेती का प्रतीक
15 अगस्त 1947 को हुआ
भारत आज़ाद।
जय हिंद।

पूर्वा सभ्रवाल
चौथी 'डी'

चित्र लेखा

एक दिन एक माँ अपने बच्चे को झोंपड़े में लेकर बैठी थी। उसने बहुत जानवर पाले थे। वो अपने बच्चे को बहुत प्यार करती थी। जानवर भी उस बच्चे को देखकर बहुत खुश होते थे। वहाँ सब मिल-जुल कर रहते थे। वो बच्चा बहुत सुंदर था। बच्चा भगवान का रूप लगता था। वह मुस्कुराता रहता था। अचानक से बहुत तेज बारिश होने लगी, बच्चा रोने लगा। बच्चे की माँ ने उसे चुप कराने की बहुत कोशिश की लेकिन बच्चा चुप होने का नाम ही नहीं ले रहा था। थोड़ी देर में बच्चा सो गया। थोड़ी देर बाद एक परी आई। उसने उनका घर बहुत बड़ा कर दिया और बच्चे की माँ बहुत खुश हो गई। थोड़े दिन बाद उनके पास बहुत पैसा और खाना आ गया, और वो खुशी-खुशी जीने लगे।

इशनीर
दूसरी 'बी'

प्रार्थना

जग-जीवन में जो चिर-महान्,
सौंदर्यपूर्ण और सत्य प्राण,
मैं उसका प्रेमी बनूँ नाथ,
जो हो मानव के हित समान।
जिससे जीवन में मिले शक्ति
छूटे भय, संशय, अंधभक्ति,
मैं वह प्रकाश बन सकूँ नाथ,
मिल जाएँ जिसमें अखिल व्यक्ति।
पाकर प्रभु तुमसे अमर दान
करने मानव का परित्राण,
ला सकूँ विश्व में एक बार
फिर से नव जीवन का विहान

"श्री सुमित्रानंदन पंत" - कवि



दिया सिंह
चौथी 'डी'

मेरे सपनों का भारत

"सारे जहाँ से अच्छा, हिंदुस्तान हमारा।"
मेरे सपनों का भारत आज के भारत से न्यारा होगा।
मेरे सपनों के भारत में कोई गरीब नहीं होगा।
वहाँ अमीर-गरीब कोई भेद नहीं होगा।
वहाँ आदमी की कीमत होगी, न की पैसे की।
वहाँ बेरोज़गारी, अनपढ़ता,
पुराने विचारों के लिए कोई जगह न होगी।
वहाँ सभी धार्मिक होंगे पर बिना किसी धर्म के।
वहाँ हर कोई किसी से प्यार और सम्मान से पेश आएगा।
"मेरे सपनों का भारत" पैसे की और शस्त्रों की दौड़ में
शामिल नहीं होगा।
एक दिन मेरा सपना सच होगा।
मेरा सपनों का भारत ऐसा ही है।

आर्यमन वर्मा
तीसरी 'ए'

अब न आलस और करो तुम

होते ही सवेरा चिड़िया चहकी,
फूल खिले और कलियाँ महकी,
गुन गुन करता भौरा आया,
भोर का उसने गीत सुनाया,
पंख फैलाए तितली उड़ती,
इधर कभी उधर को मुड़ती,
नींद में खोई दुनिया जागी,
रोज के अपने काम को भागी,
देर तलक कुछ लोग हैं सोते,
सुबह का सुन्दर दृश्य हैं खोते,
ठंडी-ठंडी पवन बहे जो,
स्वस्थ रहोगे यही कहे वो,
ताज़ी-ताज़ी साँस भरो तुम,
अब न आलस और करो तुम!!

अभिराज सिंह
चौथी 'बी'

नारी

तू आज अबला नहीं, सबला बन चुकी है,
सृष्टि पर तेरा है सांझा अधिकार।
तू घर में बोझ नहीं है,
बल्कि ढोती है घर का सारा बोझ।
तू है तो
सलामत है सबके कुरते के बटन
तेरी ही आँखें ढूँढ़ लेती हैं गुम हुआ कलम।
तेरे होने से
नहीं बिखरी रहती चीजें
खाली नहीं रहता कभी
सिरहाने तिपाई पर रखा गिलास।
तू होती है तो
तस्वीरों पर जम नहीं पाती धूल,
कभी मुरझाते नहीं गमले के फूल।
तेरे होने से
सबको मिल जाती है दूध और चाय समय पर,
और ताज़ा बनी रहती है घर की हवा।
फिर भी क्यों भूल जाते हैं
कि तेरा अस्तित्व है महत्वपूर्ण।



समय का सदुपयोग



समय सफलता की कुंजी है। समय का चक्र अपनी गति से चल रहा है या यूँ कहें कि भाग रहा है। अक्सर इधर-उधर, कहीं न कहीं, किसी न किसी से यह सुनने को मिलता है कि क्या करें समय ही नहीं मिलता। वास्तव में हम निरंतर गतिमान समय के साथ कदम से कदम मिला कर चल ही नहीं पाते और पिछड़ जाते हैं। समय जैसी मूल्यवान संपदा का भंडार होते हुए भी हम हमेशा उसकी कमी का रोना रोते रहते हैं क्योंकि हम इस अमूल्य समय को बिना सोचे समझे खर्च कर देते हैं। विकास की राह में समय की बरबादी ही सबसे बड़ा शत्रु है। एक बार हाथ से निकला हुआ समय कभी वापस नहीं आता है। हमारा बहुमूल्य वर्तमान क्रमशः भूत बन जाता है जो कभी वापस नहीं आता। सत्य कहावत है कि बीता हुआ समय और बोले हुए शब्द कभी वापस नहीं आ सकते। कबीर दास जी ने कहा है कि

काल करै सो आज कर, आज करे जो अब।।

पल में परलै होएगी, बहुरि करेगा कब।।

आदित गुप्ता, पाँचवीं 'डी'

नट्हीं चिड़िया

तिनका-तिनका लाती चिड़िया,
घर अपना बनाती चिड़िया।
सुबह सवेरे आँगन में नित,
दाना चुगने आती चिड़िया।
पंख फैलाकर उड़ती नभ में,
मेल सबसे बढ़ाती चिड़िया।
एक डाल पर बैठी रहती,
चीं-चीं-चीं गाती चिड़िया।
कभी न बैठे घर में खाली,
श्रम का पाठ पढ़ाती चिड़िया।



प्राची मेहरा
पाँचवीं 'ए'

भारतीय संस्कृति



हमारी हिन्दू संस्कृति और आज की युवा पीढ़ी
"सर्व धर्मान् परित्यज्य माम् एकं शरणम् ब्रज।"

यह श्लोक भगवान श्री कृष्ण ने अर्जुन को कुरुक्षेत्र के युद्ध में दिया था परन्तु हमारी हिन्दू संस्कृति जो कि एक अथाह सागर है उसमें एक से एक बढ़कर धार्मिक ग्रंथ हैं। श्रीमद् भगवत गीता, रामायण, गीतासार, शिवपुराण आदि। पर क्या जो हमारी भारतीय संस्कृति के पास संस्कार हैं वो हमारी युवा पीढ़ी के पास भी हैं? आजकल के बच्चे तो भारतीय संस्कृति की बजाय पश्चिमी सभ्यता की ओर बढ़ते जा रहे हैं। आज हम अपने माता-पिता को Mom और Dad बुलाते हैं जो कि दोनों ही मृत शरीर की ओर संकेत करते हैं। मंदिर की याद तो केवल परीक्षा में और संकट के समय ही आती है। हमारी हिन्दू संस्कृति के अनुसार बच्चे माता-पिता का अनुसरण करते हैं परन्तु अब तो माता-पिता को ही अपने बच्चों की हर बात को मानना पड़ता है इसीलिए संस्कार की बजाए बच्चों के ऊपर टी. वी. पर दिखाए जाने वाली हिंसा का अधिक प्रभाव है। जिससे उनमें हिंसात्मक प्रवृत्ति ज्यादा बढ़ गई है। हमारे संस्कार तो हमें शांति, अहिंसा और दया सिखाते हैं। कहाँ जा रहे हैं बच्चे, क्या सीख रहे हैं? मेरा अनुरोध है कि सब विद्यालयों में कम से कम पन्द्रह मिनट के लिए हमारे संस्कारों और संस्कृति के बारे में बच्चों को बताया जाए ताकि वे उज्ज्वल पीढ़ी बनें और भारत को विश्व के शिखर पर पहुँचा दें।

सुहावनी थापर
पाँचवीं 'डी'

दोस्ती



सुबह के सूरज की गर्मी सी, कभी रात की शीतल चाँदनी जो छाँव बने और ढाल भी, ऐसी होती है दोस्ती।
होती यारों की ताकत ये, कभी बन जाती ये कमजोरी भी पर सच ही बोले, जब मुँह खोले, ऐसी होती है दोस्ती।
होली के भिन्न गुलाल सी, जादू भी कमाल भी, पर रंग ना बदले, ढंग ना बदले, ऐसी होती है दोस्ती।
रूठे हुए को मना ले जो, रोते हुए को हँसा ले जो, कभी अब्बा ये, कभी कट्टी भी, ऐसी होती है दोस्ती।
सीमा ना देखे सरहद की, परवाह ना करे यह जाति की, अल्लाह भी यही, कृष्ण भी यही, ऐसी होती है दोस्ती।

मान्या ओसवान
चौथी 'डी'

मेरी माँ

मेरी माँ है सब से प्यारी, जैसे की एक गुड़िया न्यारी।
मेरी माँ है एक सुंदर फूल, साथ में ही है वो बहुत कूल।
रात को वह मुझे सुनाती है लोरी,
वो है मेरी जिंदगी कि सबसे खास डोरी।
मेरी माँ है सबसे अच्छी, और वो है मन की सच्ची।
जब देखो माँ वो सब सह लेती।
उनका सपना है जाना यू.एस.,
करो उनका नाम आप गैस।
उनको अच्छा लगता है किताबें पढ़ना,
और डान्स भी करना।
अन्त में मैं बताती हूँ कि उनका नाम है सपना।



वान्या मेहरा, पाँचवीं 'ए'

अनुशासन

अनुशासन विद्यार्थी जीवन का आधार है। एक आदर्श विद्यार्थी अनुशासन का महत्त्व समझता है। अनुशासनहीन जीवन किसी काम का नहीं होता। अनुशासन हमें जीवन को बेहतर बनाना सिखाता है। अनुशासन में रहने वाला विद्यार्थी हर काम समय पर और मन लगाकर करता है। अनुशासित व्यक्ति कभी भी किसी भी चीज़ के लिये दूसरों पर निर्भर नहीं रहता। बल्कि दूसरों के लिये मददगार साबित होता है। अनुशासन में रहने से हमें समय की कद्र होती है। अनुशासित विद्यार्थी व्यर्थ में समय नहीं गँवाता। हर काम अगर समय से हो जाये तो जीवन में एक संतुलन बना रहता है जिससे पढ़ाई के साथ-साथ विद्यार्थी खेलों या किसी और क्रियाओं में भाग ले सकता है। अनुशासित विद्यार्थी न सिर्फ एक अच्छा विद्यार्थी, अच्छा इंसान लगता है बल्कि वह अपने देश का एक अच्छा नागरिक बनता है जो किसी पर निर्भर नहीं है और अपने कर्तव्यों को पूरा करना बखूबी जानता है। अगर जीवन में अनुशासन न हो तो विद्यार्थी जीवन में आगे नहीं बढ़ सकता। समय रहते पढ़ाई नहीं करेगा तो सफल नहीं होगा और जीवन में दूसरों पर निर्भर होगा। अनुशासनहीन व्यक्ति जीवन और समय का महत्त्व नहीं समझता लेकिन अंत में उसे पछताना पड़ता है। इसलिए हर विद्यार्थी को अपने जीवन में अनुशासन अपनाना चाहिये, और इसकी शुरुआत गुरुजनों की आज्ञा मानने से की जा सकती है क्योंकि वे हमेशा हमें सही रास्ते पर चलने की शिक्षा देते हैं। अनुशासन हमारे जीवन में बड़ों का सम्मान, देश से प्यार, दूसरों पर उपकार, समय का सदुपयोग आदि जैसे गुणों को लाता है। अनुशासित व्यक्ति न सिर्फ अपने जीवन को बेहतर बनाता है बल्कि अपने साथ चलने वाले कई लोगों को प्रेरित भी करता है।

दिवीज
चौथी 'सी'

मॉनिटर

जो बने क्लास के मॉनिटर,
वह अपनी शान दिखाते हैं।
आता जाता खाक नहीं,
वह हम पर रोब जमाते हैं।
मैडम कक्षा से गई नहीं
वह खुद मैडम बन जाते हैं।
मैडम के आने पर,
वह डॉट, हमें पिटाते हैं।



आर्काक्षा सहगल
सातवीं 'डी'

किताबें

वो किताबें हैं महान,
जिससे हमें मिलता ज्ञान।
किताबों में जो ज्ञान लिखा है,
वो सब किरमत् की रेखा है।
किताबें ज्ञान को हैं बढ़ाती,
अज्ञान का अँधेरा दूर भगातीं।
आओ! इस तरफ कदम बढ़ाएँ,
खुद पढ़ें और सबको पढ़ाएँ।



यतिन कुमार
चौथी 'डी'

आदरणीय गुरु

गुरुवर के चरणों में रहकर, हमने शिक्षा पाई है।
गलत राह पर भटके जब हम, तो गुरुवर ने राह दिखाई है,
गुरु की महिमा न्यारी है।
माता-पिता ने जन्म दिया पर, गुरु ने जीने की कला सिखाई है।
ज्ञान, चरित्र और संस्कार की, हमने शिक्षा पाई है,
गुरु की महिमा न्यारी है।
जब भी करते हैं गलत कार्य हम, तब पिटाई भी लगाई है।
सदमार्ग पर चलें सभी हम, बात सदा दोहराई है,
गुरु की महिमा न्यारी है।
आरुणि की गुरुभक्ति से, हमने शिक्षा पाई है।
कबीर जैसे महान संत ने गुरु की महिमा गाई है।
गुरु और गोबिंद में भी गुरु ही सबसे भारी है।
गुरु की महिमा न्यारी है।

राजवीर सिंह
सातवीं 'सी'

सोच

अगर हमारे सामने एक लकीर बनी हुई है। आपने उसे छोटा करना है, आप क्या करेंगे? एक रबर लेंगे, उसे मिटा देंगे। पर एक और तरीका है, आप उस के साथ एक उससे भी लंबी लकीर बना सकते हैं। यही गलती है लोगों की सोच में। अगर कोई हमसे आगे निकल जाए, हम उसे मिटाना चाहते हैं पर हम कभी मेहनत करके उससे आगे निकलने का नहीं सोचते। हमें इसी सोच को बदलना चाहिए अगर हम सफलता प्राप्त करना चाहते हैं।

जवतेश्वर
आठवीं 'बी'

गरीबी और कुपोषण



गरीबी और कुपोषण भारत की प्रमुख समस्याओं में से दो हैं। कुपोषण लंबी गरीबी के एक परिमाण के रूप में पहचाना गया है। गरीबी में रहने वाले लोगों को भी भूख या भुखमरी और बीमारी से अधिकतर पीड़ित हैं। जिसकी वजह से कई लोग मर गये हैं। आजकल कुपोषण के खिलाफ जंग छिड़ चुकी है। आजकल लोग बहुत सतर्क हो चुके हैं और आगे चलकर गरीबी और कुपोषण को रोका जा सकता है। गरीबी और कुपोषण के मुख्य कारणों में से एक बढ़ती आबादी है। जनसंख्या तेजी से बढ़ रही है, लेकिन संसाधन इसके साथ सामना करने के लिए पर्याप्त नहीं हैं। इसलिए जनसंख्या गिर जानी चाहिए। गरीबी और कुपोषण को रोकने के लिए सरकार को इसके खिलाफ आवश्यक कदम उठाने चाहिए।

यशीता
सातवीं 'सी'

मेरा भाई

मेरा भाई है सबसे प्यारा,
वो है मेरी आँखों का तारा।
उसका नाम है मृदुल।
वो है मेरी दादी जी का राजकुमार,
मैं उसे करती हूँ बहुत प्यार।
वो है बहुत सच्चा।
मेरा भाई है लाखों में एक,
उसके जैसा नहीं कोई और नेक।
मेरा भाई मुझसे लड़ता है बहुत,
फिर भी दिल से माफी माँगता है बहुत।
कभी गुस्सा तो कभी लड़ाई,
फिर भी है दुनिया का सबसे हैन्डसम भाई।
मैं उसे करती बहुत सी चीजें लेन्ड,
और यह था मेरी कविता का ऐन्ड।



कशिका जैन
पाँचवीं 'ए'

मैं

मैं हूँ इक फूल तभी तो मैं हूँ कूल।
मुझे अच्छा लगता है नाचना
खेलना, कूदना और जी भर के पढ़ना।
मुझे तरह-तरह के चित्र बनाना
और उन में अलग-अलग रंग भरना
मेरे दोस्त, मेरे साथी कहते,
हूँ मैं इक माचिस की तीली
और बहुत ही शर्मीली।
मैं करती हूँ अपने आप से प्यार
तभी तो मैं हूँ मजेदार।
मैं हूँ बहुत प्यारी जैसे कि
इक फूलों की क्यारी।
मैं हूँ अपनी माँ की राज दुलारी,
मुझे अच्छा लगता है गाना गाना और खाना खाना
मेरा बहुत कम है वेट, तभी तो मैं हूँ ग्रेट,
मेरा नाम है माहिका इसमें शक काहे का,
अच्छी लगी ना मेरी कविता? तभी तो कहा था मैं हूँ ग्रेट।
मैं करूँगी अपना सपना सच, Thank You Very Much..



माहिका
पाँचवीं 'ए'

जिन्दगी

एक अहसास है जिन्दगी,
गमों से निकालने की आस है जिन्दगी,
बड़ी विरानी है जिन्दगी,
फिर भी लगती सुहानी है जिन्दगी,
हमें बहुत कुछ सिखाती है जिन्दगी,
हमारे गमों को भुलाती है जिन्दगी,
किसी के लिए प्यार है जिन्दगी,
किसी को रो कर रुला जाती है जिन्दगी,
औरों का पता नहीं उनके लिए क्या हैं जिन्दगी,
मेरे लिए अजब कहानी है जिन्दगी,

हर्षिता
आठवीं 'बी'

गुद

मोहन : सोहन, तुम्हारे पिता जी वहाँ गिर गए हैं।
सोहन : मेरे पिता जी ऐसे नहीं गिरते, वहाँ जरूर कोई एक
या दो रुपए का सिक्का पड़ा होगा।
मोहन : मेरे पिता जी का सात मिनट तक पानी में नहाने
का वर्ल्ड रिकार्ड है।
सोहन : बस, मेरे पिता जी सात साल पहले गए थे, अभी
तक वापस नहीं आए।

फेसबुक से आपके कई नुकसान



- अगर आप फेसबुक पर अपना अकाउंट बनाए हुए हैं तो आप निश्चित रूप से नुकसान झेल रहे हैं। फेसबुक से नुकसान इस प्रकार हैं —
- **समय की बर्बादी** — फेसबुक पर लॉगिन करने के बाद आप यह भूल जाते हैं कि आपने फेसबुक पर लॉगिन क्यों किया है और आप एक प्रोफाइल से दूसरे प्रोफाइल को देखने में इतना व्यस्त हो जाते हैं कि आपको पता ही नहीं चलता कि आपने कितना समय बर्बाद कर दिया।
 - **प्राइवसी (Privacy) का खतरा** — फेसबुक पर आपके द्वारा अपलोड किए गए फोटो को कोई भी डाउनलोड कर सकता है और उसका गलत इस्तेमाल कर सकता है।
 - **जेल जाने की संभावना** — फेसबुक पर यदि आपने कुछ ऐसे कमेंट किए जिससे सरकार की या अन्य लोगों की भावना को ठेस पहुँचे तो वह आप पर केस कर सकता है और आपको जेल जाना पड़ सकता है।
 - बहुत सारे फ्रेंड Request अवांछित लोगों से आ जाते हैं और अगर उनको फ्रेंड नहीं बनाया तो वे लोग दुश्मन बन जाते हैं।
 - **नंबर ऑफ लाइक्स (Number of Likes) की चिंता** — अगर आपने फेसबुक पर अपना कोई फोटो अपलोड किया तो आपके दिमाग में हमेशा यह घूमता रहता है कि कितने लोगों ने इसे लाइक किया या कमेंट किया।
 - कभी भी वाइरस के कारण गंदे फोटो या लिंक बिना आपके जानकारी के, आपके सारे फ्रेंड के पास पहुँच जाती है, जिससे आपको शर्मसार होना पड़ सकता है।
- अगर आप इन सभी मुसीबतों से छुटकारा पाना चाहते हैं तो आज ही अपना फेसबुक अकाउंट बंद Deactivate करें और मन में शांति प्राप्त करें।

अंश बांगिया, आठवीं 'बी'

कविता

प्रकृति की सुंदरता देखो
बिखरी चारों ओर है।
कहीं पर पीपल कहीं पर अशोक
कहीं पर बरगद घोर हैं।
लाल गुलाब से सुर्ख हैं
देखो धरती के दोनों गाल।
लिली, मोगरा और चमेली
मचा रहे हैं घमाल।
देखो हिम से भरा हिमालय
नंदा की ऊँची पर्वत चोटी।
कल-कल करती बहती देखो
गंगा यमुना की निर्मल सोती।
प्रकृति ने हम सब को दिया
जीवन का अनुपम संदेश।
आओ मिटाए मन की दूरी
दूर हटाएँ कलेश।

गुदी



मोहन : मेरे रेडियो में क्या समस्या है?
सोहन : कुछ नहीं बस, मौसम खराब है।
मोहन : ये ले सी रूपए, नया मौसम डाल दो।

तारुष
आठवीं 'बी'

एक सीख

अकेली बैठी थी मैं अपने ही घर में,
सामने थी मेरे एक नन्हीं सी चिड़िया,
तिनके चुन-चुन लाती थी पल में,
संजोती थी उनको रोशनदान के कोने में,
बना रही थी वह एक घोंसला सलोना।
लगन-उमंग से थी भरी, दिखती थी तरो-ताज़ा,
आँखों में सपना था नाजुक सुहाना,
घर बनाने की कोशिश,
नव जीवन देने का सपना।
सोचने लगी मैं
देख चिड़िया की कोशिश
कि बिना किसी लालच के
करती है मेहनत।
कल इस घोंसले में अंडे भी होंगे,
अंडों से निकलेंगे बच्चे, चहचहायेंगे घर में,
पंख निकलते ही उड़ जाएंगे बसेरे से,
दिखेंगे न फिर, होंगे नील गगन में।
अकेलेपन की उस खामोशी में,
सोचने लगी मैं,
कि आदमी और पक्षी में कितनी है भिन्नता,
आदमी हर पल है स्वार्थ का पुतला,
फल खाने के लिए वह बीज है बोता,
स्वार्थों में जीता, स्वार्थों में है पलता।
पक्षी हमेशा कर्मरत है रहता,
स्वार्थों से ऊपर रह,
केवल कर्म है करता।
अकेलेपन की लंबी खिंचती चादर को,
यू अपने पर लपेटते-लपेटते,
सोचा मैंने,
कि मैं भी काश चिड़िया ही होती,
या मानव में चिड़िया सा बनने की,
सीख मैं बोती।

विदुषी जिन्दल
आठवीं 'बी'

मैं और मेरी माँ

माँ दुनिया में भगवान् का दूसरा रूप या नाम है। आप एक दिन माँ के बिना रह सकते हैं क्या? अगर हाँ तो वो आपकी मर्जी, पर मैं नहीं रह सकती। मैं और मेरी माँ हर जगह इकट्ठे जाते हैं। मेरी माँ का नाम सुखमिंदर है। उनके नाम का मतलब सुख और खुशी है। जब भी मेरी माँ बीमार होती है, मैं उनकी मदद करने से कभी चूकती नहीं हूँ। यदि कभी मैं चूक जाऊँ तो पता नहीं क्या हो? माँ के बिना संसार सूना सा लगता है। एक माँ अपने बेटे या बेटी पर आँच तक नहीं आने देती चाहे खुद उसे कुछ भी हो जाए। मेरी माँ भी कुछ ऐसी है। जब मैं छः साल की थी तब मैं बहुत बीमार थी। तब मेरी माँ कहीं नहीं जाती थी। माँ खुद खाना खिला कर ही बच्चों को सुलाएंगी। पता है माँ होती ही है महान, बहुत महान। सच! माँ तुझे सलाम।

भगवान् ज़मीन पर नहीं आ सकते हैं तो उन्होंने माँ बनाई। कुछ लोग तो माँ की इज्जत ही नहीं करते लेकिन कुछ लोग माँ के चरणों में रहकर उनकी पूजा और सम्मान करते हैं। सोचिए! जिन बच्चों के माँ-बाप नहीं होते वो अपना जीवन कैसे गुज़ारते होंगे। एक बार जीकर देखो उनकी जिंदगी। जब हमारा जन्मदिन होता है, माँ हमारे लिए सब तैयारी करती है। माँ पर बहुत गाने, कविताएँ लिखी गई हैं एक कविता जो माँ पर मैंने लिखी है:-

जब भी थोड़ा डर लगे, तेरी बाहों में आ जाती हूँ
थोड़ी-थोड़ी छोटी सी गलती में,
क्या सही है, क्या गलत बताती हो
माँ तुम मेरी सबसे अच्छी दोस्त हो
जब ठंड लगती है तब तुम चादर बन जाती हो
माँ मेरी माँ, प्यारी माँ.....मम्मी



तू कितनी प्यारी है, तू कितनी भोली है
माँ! माँ तू सबसे सच्ची है,
माँ तू चाँद का टुकड़ा है,
जो चमक-चमक मेरी जिंदगी चमकाता है।
बस इतनी सी है यह कहानी। दुनिया का सबसे बड़ा
तोहफा जो मुझे मिला वो है माँ, माँ और माँ।

एकनूर
चौथी 'डी'

भ्रष्टाचार

भ्रष्टाचार में डूबा संसार,
भ्रष्टाचार ने किया भारी वार।
भ्रष्टाचार में दुनिया डूबी,
अब यह ही इंसान की सब से बड़ी खूबी।
अन्ना हजारे बैठा अनशन पर इतने दिन,
खाना-पानी के बिन।
कोशिश उसने भी की हज़ार,
पर हुई ना उसकी नईया पार।
मंत्री पैसे खाए बिन माने ना बात,
पैसे नहीं खिलाए तो खाओ लात।
पुलिस भी आज-कल पैसे खाए,
मुजरिम से पैसे खा कर उसे कहे 'बाए'।
आओ मिलकर हाथ जोड़ें,
भ्रष्टाचार का भारत से रुख मोड़ें।
आओ मिलकर कसम खाएँ,
भ्रष्टाचार को भारत से मिटाएँ।

उदयकरण
सातवीं 'सी'

धरती



इतनी बड़ी धरती हमारी और छोटे से हम,
मानव, मीन, पशु और पतंगे लाखों जीवों का यह घर,
धरती पर, धरती के नीचे कुछ रहते धरती के ऊपर,
सब में जीवन, सब हैं बराबर नहीं है कोई कम,
इतनी बड़ी धरती हमारी और छोटे से हम,
रंग-बिरंगे पतंगे, गगन में पंछी मंडराते,
दाने दो ही चुगते लेकिन मीठे लंबे गीत सुनाते,
खुश रहते हर दम इतनी बड़ी धरती हमारी
और छोटे से हम। कई घास, पौधे नन्हें,
जीवन रक्षक वृक्ष हमारे, रोटी, दाल, सब्जी, फल
आदि के स्रोत हमारे, जब तक भूमि हरी रहेगी
स्वस्थ रहेंगे हम। इतनी बड़ी धरती हमारी।

लवलीन कौर दुआ
सातवीं 'डी'



मैं और मेरा लैपटॉप अकसर यह बातें करते हैं – जैसे ही घर से सतसंग को निकला मैं होकर टिप-टॉप पीछे से चिढ़ाते हुए कुछ यूँ बोला मेरा लैपटॉप – सतसंग में जाने वाले ओ दिखावे के पुतले ज्ञान की कुछ चैटिंग-शैटिंग हमसे भी करले। उसके चिढ़ाने पर आया मुझे बहुत गुस्सा, और मैं लैपटॉप पर जोर से बरसा – बिजली के यंत्र, Switch off कर दूंगा ज्यादा करेगा बात।
वो बोला – जाकर पहले आइने में देख अपनी औकात देख तेरे दिल की Hard disk पर कैसे-कैसे Softwares का जाल है, निंदा, नफरत और ईर्ष्या, सभी Spyware तो Installed हैं, जिनकी वजह से प्यार का Programme Run नहीं हो पाता है और मनमत का Virus free में Download हो जाता है, फिर यह Dangerous Virus गुरमत की Files को Read Only कर देता है, मन का Processor चाहे Strong हो, फिर भी यह System Hang कर देता है, वैसे निरंकार का Server तो कभी भी down नहीं होता है, हमेशा तुम्हारा Connection ही Timed out होता है।

कन्वरपाल सिंह
दसवीं 'सी'

पहली बूँद



वह पावस का प्रथम दिवस जब, पहली बूँद धरा पर आई, अंकुर फूट पड़ा धरती से, नव जीवन की ले अँगड़ाई।

धरती से सूखे अधरों पर, गिरी बूँद अमृत-सी आकर, वसुंधरा की रोमवलि-सी, हरी दूब, पुलकी मुस्काई, पहली बूँद धरा पर आई, आसमान में उड़ता सागर, लगा बिजलियों के स्वर्णिम पर, बजा नगाड़े जगा रहे हैं बादल धरती की तरुणाई, पहली बूँद धरा पर आई।

नीले-नयनों-सा यह अंबर, काली-पुतली से ये जलधर करुण-विगलित अश्रु बहा कर, धरती की फिर प्यास बुझाई बूँदी धरती शास्य-श्यामला, बनने को फिर से ललचाई। पहली बूँद धरा पर आई।

अदिती वर्मा
सातवीं 'सी'

परिश्रम सफलता की कुंजी है

गृह-परीक्षा के पश्चात् जब गणित की उत्तर पुस्तिकाएँ बँटी तो सर्वेश का चेहरा लटक गया। अध्यापक की फटकार उसके दिल को बेधती चली गई। वह इतना जड़ बुद्धि क्यों है? अध्यापक की समझायी बातें उसके दिमाग में क्यों नहीं बैठतीं?

आधी छुट्टी के बाद वह पाठशाला में नहीं था। घर भी नहीं गया। जिधर मुँह उठा, उधर ही चलता गया। चलते-चलते शाम होने को आई। थकावट एवं भूख-प्यास से उसका बुरा हाल था। पास ही एक गाँव था। गाँव में पहुँचने पर उसे एक कुआँ दिखाई दिया। उसने रस्सी-बाल्टी उठाई और कुएँ में डाल दी। अरे! कुएँ की जगह पर ये निशान कैसे? शायद रस्सी के बार-बार खिंचने से पत्थर पर निशान गड़ गए हैं। तो मेरा मस्तिष्क पत्थर से भी कठोर है क्या? निरन्तर अभ्यास से मैं भी वह सब नहीं सीख सकता, जो दूसरे बच्चे सहज ही सीख जाते हैं? पानी पीकर वह घर की ओर लौट पड़ा। उसे एक नई दिशा मिल गई थी।

तीन महीने बाद फिर गणित की उत्तर-पुस्तिकाएँ बँटी। सर्वेश का इस बार कक्षा में तीसरा स्थान था। अध्यापक ही नहीं, सहपाठियों की आँखों में भी प्रशंसाभाव था। उसका परिश्रम फल लाया था।

तभी तो कहा गया है, "परिश्रम सफलता की कुंजी है।"

पलक गुप्ता
आठवीं 'बी'

मन के हारे हार है, मन के जीते जीत?

किसी गांव के तलाब में दो मेंढक रहा करते थे। एक बार तालाब का पानी सूखने को आ गया तो वे पानी की खोज में निकल पड़े। संयोगवश एक हलवाई की दुकान के पास पड़ी दूध की बड़ी बाल्टी में गिर पड़े। वे इस में चारों ओर तैरते रहे। परन्तु बाहर निकलने का कोई भी रास्ता न मिला। अन्त में एक मेंढक मन हार बैठा। उसने कहा, "अब यत्न करना व्यर्थ है। हम इसमें से कभी भी बाहर नहीं निकल सकते और प्रातः होने पर हलवाई जान से मार देगा।" यह कह कर उसने तैरना छोड़ दिया और वह उसमें ही डूबकर मर गया। परन्तु दूसरे मेंढक ने मन नहीं हारा। उसने सोचा, "मैं यत्न नहीं छोड़ूंगा। क्या पता क्या हो जाये।" वह घूमता रहा, तैरता रहा। उसके तैरने से दूध हिलता रहा। इस प्रकार दूध बिलोया गया और मक्खन का पेड़ा बन गया। मेंढक इस मक्खन के पेड़े पर चढ़ गया और छलांग लगा कर बाल्टी से बाहर आ गया। इस तरह उसकी जान बच गई।

सचमुच: मन के हारे हार है, मन के जीते जीत।

योक्षा गोयल
आठवीं 'बी'

ਨਿਪਾਦਕੀ

ਜਾਨ ਨਾਲ ਹੀ ਜਹਾਨ ਹੈ

ਅਰੋਗਤਾ ਇਕ ਕੀਮਤੀ ਤੋਹਫ਼ਾ ਹੈ। ਮਨੁੱਖੀ ਜੀਵਨ ਵਿਚ ਅਰੋਗਤਾ ਬਹੁਮੁੱਲਾ ਗਹਿਣਾ ਹੈ। ਅਰੋਗਤਾ ਦੀ ਜੀਵਨ ਦੇ ਹਰ ਪੜਾਅ ਤੇ ਲੋੜ ਪੈਂਦੀ ਹੈ। ਅਰੋਗਤਾ ਤੋਂ ਬਿਨਾਂ ਜ਼ਿੰਦਗੀ ਅਧੂਰੀ ਤੇ ਨੀਰਸ ਹੈ। ਅਰੋਗ ਵਿਅਕਤੀ ਹੀ ਜੀਵਨ ਦੀਆਂ ਮੁਸੀਬਤਾਂ ਦਾ ਡਟ ਕੇ ਮੁਕਾਬਲਾ ਕਰ ਸਕਦਾ ਹੈ। ਰੋਗੀ ਹੋਣ ਦੀ ਹਾਲਤ ਵਿਚ ਮਨੁੱਖ ਨੂੰ ਸਰੀਰਕ ਅਤੇ ਮਾਨਸਿਕ ਰੋਗਾਂ ਦਾ ਸਾਹਮਣਾ ਕਰਨਾ ਪੈਂਦਾ ਹੈ। ਇਕ ਬਿਮਾਰ ਬੱਚਾ ਕੀ ਪੜ੍ਹੇਗਾ ਤੇ ਕੀ ਖੇਡੇਗਾ? ਹਰ ਬੱਚੇ ਨੂੰ ਪੌਸ਼ਟਿਕ ਖੁਰਾਕ ਖਾ ਕੇ ਤੇ ਸਰੀਰਕ ਕਸਰਤ ਕਰਕੇ ਸਿਹਤਮੰਦ ਬਣਨਾ ਚਾਹੀਦਾ ਹੈ। ਇਕ ਬਿਮਾਰ ਅਤੇ ਕਮਜ਼ੋਰ ਪੀੜ੍ਹੀ ਕੱਲ੍ਹ ਦੇ ਨੇਤਾ ਨਹੀਂ ਬਣ ਸਕਦੀ।

ਸਵੇਰ ਦੀ ਸੈਰ ਹਰ ਬੱਚੇ ਲਈ ਓਨੀ ਹੀ ਲਾਜ਼ਮੀ ਹੈ ਜਿੰਨੀ ਵਧੀਆ ਖੁਰਾਕ ਚਾਹੀਦੀ ਹੈ ਜਿਵੇਂ ਬੱਚਾ ਖੁਰਾਕ ਬਿਨਾਂ ਜ਼ਿੰਦਾ ਨਹੀਂ ਰਹਿ ਸਕਦਾ, ਉਸੇ ਤਰ੍ਹਾਂ ਸਵੇਰ ਦੀ ਸੈਰ ਤੇ ਕਸਰਤ ਤੋਂ ਬਿਨਾਂ ਵਿਦਿਆਰਥੀ ਅਰੋਗ ਨਹੀਂ ਰਹਿ ਸਕਦਾ।

ਸਵੇਰ ਦੀ ਸੈਰ ਕਰਨ ਨਾਲ ਪਾਚਣ ਸ਼ਕਤੀ ਤੇਜ਼ ਹੁੰਦੀ ਹੈ, ਖੂਨ ਦਾ ਦੌਰਾ ਤੇਜ਼ ਹੁੰਦਾ ਹੈ, ਫੇਫੜਿਆਂ ਨੂੰ ਤਾਜ਼ੀ ਹਵਾ ਮਿਲਦੀ ਹੈ। ਅਰੋਗਤਾ ਲਈ ਬੱਚਿਆਂ ਨੂੰ ਆਪਣਾ ਸਰੀਰ, ਘਰ, ਸਕੂਲ ਤੇ ਆਲਾ-ਦੁਆਲਾ ਸਾਫ਼ ਰੱਖਣਾ ਚਾਹੀਦਾ ਹੈ ਕਿਉਂਕਿ “ਸਫ਼ਾਈ ਵਿਚ ਹੀ ਖੁਦਾਈ ਹੈ।” ਬੱਚਿਆਂ ਨੂੰ ਪ੍ਰਸੰਨਚਿਤ ਰਹਿਣਾ ਚਾਹੀਦਾ ਹੈ ਤੇ ਆਸ਼ਾਵਾਦੀ ਹੋ ਕੇ ਪੜ੍ਹਾਈ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਬੱਚਿਆਂ ਨੂੰ ਪੜ੍ਹਾਈ ਇਕਾਗਰਚਿਤ ਹੋ ਕੇ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ ਉਹਨਾਂ ਨੂੰ ਅੱਜ ਦਾ ਕੰਮ ਕੱਲ੍ਹ ਤੇ ਨਹੀਂ ਛੱਡਣਾ ਚਾਹੀਦਾ, ਕਾਪੀਆਂ-ਕਿਤਾਬਾਂ ਸਾਫ਼ ਸੁਥਰੇ ਤਰੀਕੇ-ਸਲੀਕੇ ਨਾਲ ਰੱਖਣੀਆਂ ਚਾਹੀਦੀਆਂ ਹਨ।

ਸੁੰਦਰ ਲਿਖਾਈ ਵਿਦਿਆਰਥੀ ਦੀ ਜ਼ਿੰਦਗੀ ਵਿਚ ਇਕ ਚਮਤਕਾਰ ਲਿਆ ਸਕਦੀ ਹੈ। ਆਪਣੇ ਮਨ ਵਿਚ ਘਟੀਆ ਵਿਚਾਰ, ਉਦਾਸ-ਸੋਚਣੀ ਅਤੇ ਮਾਨਸਿਕ ਦਵੰਧ ਨੂੰ ਨਾ ਆਉਣ ਦੇਵੇ। ਤਨ ਅਤੇ ਮਨ ਦੀ ਸਫ਼ਾਈ ਨਾਲ ਤੁਸੀਂ ਉੱਤਮ ਨਾਗਰਿਕ ਬਣ ਸਕਦੇ ਹੋ। ਅਜਿਹਾ ਕਰਕੇ ਅਧਿਆਪਕਾਂ ਦਾ ਮਾਣ-ਸਤਿਕਾਰ ਬਣ ਸਕਦੇ ਹੋ।

ਚਰਨਜੀਤ ਵਿੱਲੋਂ
ਪੰਜਾਬੀ ਵਿਭਾਗ



ਮੇਰੀ ਮਾਂ

ਮੇਰੀ ਮਾਂ ਹੈ ਸਭ ਤੋਂ ਪਿਆਰੀ,
ਸਭ ਤੋਂ ਨਿਆਰੀ।
ਸਾਰੇ ਘਰ ਦੇ ਕੰਮ ਹੈ ਕਰਦੀ,
ਸਾਰਿਆਂ ਨੂੰ ਹੈ ਪਿਆਰ ਵੀ ਕਰਦੀ।
ਗੱਲ ਇਹ ਸਦਾ ਹੀ ਰੱਖਣਾ ਯਾਦ,
ਜੇ ਨਾ ਕਰੇਗੇ ਆਦਰ ਮਾਂ ਦਾ।
ਕਦੀ ਨਾ ਪਾਉਗੇ ਜੀਵਨ ਵਿੱਚ ਤਰੱਕੀ,
ਨਾ ਹੀ ਕਦੀ ਸਫਲਤਾ ਦਾ ਸੁਆਦ।
ਕੋਈ ਨਾ ਮਾਂ ਦੀ ਥਾਂ ਲੈ ਸਕਦਾ,
ਸਭ ਤੋਂ ਸੁੰਦਰ ਰੂਪ ਹੈ ਮਾਂ।
ਰੱਬ ਨਾ ਆਪ ਹਰ ਥਾਂ ਪੁੱਜ ਸਕਦਾ,
ਤਾਂ ਹੀ ਉਸਨੇ ਭੇਜੀ ਮਾਂ।

ਖਵਾਹਿਸ਼ ਸੂਦ
ਪੰਜਵੀਂ 'ਏ'

ਮਾਂ ਤੇਰੇ ਰੂਪ ਅਨੇਕ

ਮਾਂ ਤਤਕ ਸਵੇਰ ਦੀ ਲਾਲੀ, ਮਾਂ ਦਿਸਦੇ ਦੀਪਕ ਦੀ ਥਾਲੀ।
ਮਾਂ ਵਗਦੇ ਸਾਗਰ ਦਾ ਪਾਣੀ, ਮਾਂ ਗੁਰੂਆਂ-ਪੀਰਾਂ ਦੀ ਬਾਣੀ।
ਮਾਂ ਬਾਰਸ਼ ਦੇ ਵਿੱਚ ਜਿਉਂ ਛਤਰੀ, ਮਾਂ ਰੁੱਖਾਂ ਤੇ ਜਿਉਂ ਧੁੱਪ ਸੱਜਰੀ।
ਮਾਂ ਮਿਹਰਾਂ ਵਾਲੀ ਇੱਕ ਲੋਰੀ, ਮਾਂ ਚੜ੍ਹਦੇ ਗੁੱਡੇ ਦੀ ਡੋਰੀ।
ਮਾਂ ਇੱਕ ਗੁਲਦਸਤੇ ਦੀ ਖੁਸ਼ਬੂ, ਮਾਂ ਬਾਗ 'ਚ ਫੁੱਲਾਂ ਦੀ ਖੁਸ਼ਬੂ।
ਮਾਂ ਸੁੱਖ ਅਸੀਸਾਂ ਦੀ ਦਾਤੀ, ਮਾਂ ਬੱਦਲਾਂ 'ਚ ਚੰਨ ਦੀ ਝਾਤੀ।
ਮਾਂ ਠੰਡੀ-ਮਿੱਠੀ ਛਾਂ ਵਾਂਗੂੰ, ਮਾਂ ਹਰ ਦਮ ਨਿਕਲੀ ਹਾਂ ਵਾਂਗੂੰ।
ਮਾਂ ਠੰਡੀ-ਮਿੱਠੀ ਛਾਂ ਵਾਂਗੂੰ, ਮਾਂ ਹਰ ਦਮ ਨਿਕਲੀ ਹਾਂ ਵਾਂਗੂੰ।

ਸੁਭਾਂਗੀ ਭਾਟੀਆ
ਚੌਥੀ 'ਸੀ'

ਦਰਦ

ਦੁਨੀਆ ਵਿੱਚ ਚਾਰ ਚੀਜ਼ਾਂ ਕਦੀ ਨਾ ਤੋੜੇ :
ਦਿਲ, ਭਰੋਸਾ, ਵਾਦਾ, ਰਿਸ਼ਤਾ।
ਇਹ ਟੁੱਟਣ ਤੇ ਅਵਾਜ਼ ਤਾਂ ਨਹੀਂ ਕਰਦੇ
ਪ੍ਰੰਤੂ ਦਰਦ ਬਹੁਤ ਦਿੰਦੇ ਹਨ।

ਦੀਆ ਜੈਨ, ਪੰਜਵੀਂ 'ਡੀ'

ਕਦੀ-ਕਦੀ ਮੈਂ.....

ਕਦੀ-ਕਦੀ ਮੇਰਾ ਦਿਲ ਕਰਦਾ, ਤਿਤਲੀ ਮੈਂ ਬਣ ਜਾਵਾਂ...
ਬਾਗਾਂ ਵਿੱਚ ਫੁੱਲਾਂ ਤੇ ਬਹਿ ਕੇ, ਪੰਖਾਂ ਨੂੰ ਫੈਲਾਵਾਂ...

ਜਾਂ ਫਿਰ ਸੁਹਣਾ ਮੋਰ ਬਣਾਂ ਮੈਂ,
ਚਾਰ-ਚੁਫੇਰੇ ਪੈਲਾਂ ਪਾ ਕੇ ਵਰਖਾ ਰੁੱਤ ਮਨਾਵਾਂ !

ਕਦੀ-ਕਦੀ ਮੇਰਾ ਦਿਲ ਕਰਦਾ, ਇੱਕ ਚਿਤੀ ਬਣ ਜਾਵਾਂ...
ਉੱਡ ਕੇ ਮੈਂ ਛੋਹਾਂ ਅਰਸ਼ਾਂ ਨੂੰ, ਥੱਕ ਜਾਵਾਂ ਤੇ ਵਾਪਸ ਆਲ੍ਹਣੇ ਆਵਾਂ...

ਕਦੀ-ਕਦੀ ਮੇਰਾ ਦਿਲ ਕਰਦਾ, ਇੱਕ ਪਰੀ ਬਣ ਜਾਵਾਂ...
ਕਦੀ ਉਦਾਸ ਤੇ ਕਦੀ ਰੌਂਦੇ ਹੋਏ ਕਿਸੇ ਬੱਚੇ ਨੂੰ ਹਸਾਵਾਂ...
ਕਾਸ਼!! ਕਦੀ ਇਹ ਸੱਚ ਹੋ ਜਾਵੇ, ਜੋ ਚਾਹਾਂ, ਬਣ ਜਾਵਾਂ !!!!!

ਪੁੰਨਿਆ ਖੁਰਾਨਾ, ਚੌਥੀ 'ਏ'



ਸੁੱਚੇ ਮੋਤੀ

ਦੇਣ ਲਈ ਕੁਝ ਹੈ ਤਾਂ ਉਹ ਹੈ ਦਾਨ
ਲੈਣ ਲਈ ਕੁਝ ਹੈ ਤਾਂ ਉਹ ਹੈ ਗਿਆਨ
ਸੁੱਟਣ ਲਈ ਕੁਝ ਹੈ ਤਾਂ ਉਹ ਹੈ ਈਰਖਾ
ਛੱਡਣ ਲਈ ਕੁਝ ਹੈ ਤਾਂ ਉਹ ਹੈ ਗੁੱਸਾ
ਬੋਲਣ ਲਈ ਕੁਝ ਹੈ ਤਾਂ ਉਹ ਹੈ ਸੱਚ
ਦਿਖਾਉਣ ਲਈ ਕੁਝ ਹੈ ਤਾਂ ਉਹ ਹੈ ਦਇਆ
ਰੱਖਣ ਲਈ ਕੁਝ ਹੈ ਤਾਂ ਉਹ ਹੈ ਇੱਜ਼ਤ
ਛੋਟਿਆਂ ਲਈ ਕੁਝ ਹੈ ਤਾਂ ਉਹ ਹੈ ਮੋਹ
ਵੱਡਿਆਂ ਲਈ ਕੁਝ ਹੈ ਤਾਂ ਉਹ ਹੈ ਆਦਰ
ਸੋਚਣ ਲਈ ਕੁਝ ਹੈ ਤਾਂ ਉਹ ਹੈ ਸਮਾਜਕ ਬੁਰਾਈ।



ਪ੍ਰੀਤ ਸਾਹਿਬ ਸਿੰਘ
ਤੀਜੀ 'ਸੀ'

ਜੀਵਨ-ਭੇਦ

ਜੀਵਨ! ਜੀਵਨ ਕੀ ਹੈ? ਜੀਵਨ ਪਰਮ ਪਿਤਾ ਪਰਮਾਤਮਾ ਦੀ ਸ੍ਰਿਸ਼ਟੀ ਦਾ
ਇੱਕ ਅਦਭੁੱਤ ਤੇ ਸੁੰਦਰ ਕਰਿਸ਼ਮਾ ਹੈ। ਪੇਸ਼ ਹਨ - ਹਾਸਿਆਂ, ਖੇਡਾਂ ਅਤੇ
ਆਫ਼ਤਾਬ ਦੇ ਰੰਗ ਵਿੱਚ ਰੰਗੇ ਜ਼ਿੰਦਗੀ ਬਾਰੇ ਕੁਝ ਵਿਚਾਰ :

ਵਿਦਵਾਨ : ਜੀਵਨ ਮਹਾਨ ਕੰਮਾਂ ਨੂੰ ਸਿਰੇ ਚੜ੍ਹਾਉਣ ਲਈ ਮਿਲਿਆ ਹੈ ਤਾਂ ਜੋ
ਮਨੁੱਖ ਆਪਣੀ ਉੱਨਤੀ ਦੇ ਰਾਹ ਖੋਲ੍ਹ ਸਕੇ।

ਕਲਾਕਾਰ : ਆਪਣੇ ਹੱਥੀਂ ਇੱਕ ਕਲਾਤਮਕ ਤਸਵੀਰ ਬਣਾਉਣਾ ਹੀ ਜੀਵਨ
ਹੈ।

ਰਾਜਨੇਤਾ : ਜੀਵਨ ਰੂਪੀ ਕਿਸਮਤ ਦਾ ਸੰਦੂਕ ਅਕਸਰ ਹੀ ਚੋਣਾਂ ਰੂਪੀ ਕੁੰਜੀ
ਨਾਲ ਖੁੱਲ੍ਹਦਾ ਹੈ।

ਪ੍ਰੇਮੀ : ਜੀਵਨ ਇੱਕ ਫੁੱਲ ਹੈ, ਪਿਆਰ ਉਸਦੀ ਖੁਸ਼ਬੂ ਹੈ।

ਮਨਜੋਤ ਕੌਰ, ਚੌਥੀ 'ਏ'



ਮਾਂ

ਮਾਂ!!
ਗਿਆਨ ਦੀ ਗੰਗਾ ਹੈ,
ਪਿਆਰ ਦੀ ਜਮਨਾ ਹੈ।
ਸੁਪਨਿਆ ਦੀ ਗੋਲਕ ਹੈ,
ਯਾਦਾਂ ਦਾ ਗਹਿਣਾ ਹੈ।
ਬਾਹਾਂ ਦਾ ਝੁਲਾ ਹੈ,
ਮਮਤਾ ਦੀ ਮਾਇਆ ਹੈ।
ਲੋਰੀ ਦੀ ਸਰਗਮ ਤੇ
ਪਿਆਰ ਦੀ ਛਾਇਆ ਹੈ।
ਇਹ ਮੇਰੀ ਮਾਂ ਹੈ, ਹਾਂ!!
ਇਹ ਮੇਰੀ ਮਾਂ ਹੈ!!

ਪ੍ਰੀਤ ਸਾਹਿਬ ਸਿੰਘ
ਤੀਜੀ 'ਸੀ'

ਬਜ਼ੁਰਗਾਂ ਦਾ ਸਨਮਾਨ

ਭਾਰਤ ਦਾ ਸੱਭਿਆਚਾਰਕ ਵਿਰਸਾ ਬਹੁਤ ਅਮੀਰ ਹੈ। ਪੁਰਾਣੇ ਸਮੇਂ ਬਜ਼ੁਰਗਾਂ ਦਾ ਬੇਹੱਦ ਆਦਰ ਸਤਿਕਾਰ ਸੀ। ਜੇਕਰ ਅਸੀਂ ਆਪਣੇ ਸਮੇਂ ਦਾ ਸਾਹਿਤ ਦੇਖੀਏ ਤਾਂ ਪਤਾ ਲਗਦਾ ਹੈ ਕਿ ਬਜ਼ੁਰਗਾਂ ਦਾ ਸਥਾਨ ਹਮੇਸ਼ਾਂ ਹੀ ਪੂਜਣ ਯੋਗ ਰਿਹਾ ਹੈ।

ਸਮਾਂ ਬਦਲਣ ਨਾਲ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਬਿਲਕੁਲ ਖਤਮ ਹੋ ਰਹੀਆਂ ਹਨ। ਅੱਜ-ਕੱਲ੍ਹ ਮਾਪਿਆਂ ਦੇ ਨਾਲ ਰਹਿਣ ਦਾ ਤਾਂ ਜਿਵੇਂ ਉਹ ਰਿਵਾਜ ਹੀ ਨਹੀਂ ਰਿਹਾ, ਅੱਜ ਕਲ੍ਹ ਬੱਚੇ ਅਜ਼ਾਦੀ ਚਾਹੁੰਦੇ ਹਨ ਤੇ ਮਾਪਿਆਂ ਨੂੰ ਬੋਝ ਸਮਝਦੇ ਹਨ। ਮਾਂ-ਬਾਪ ਆਪਣੇ ਪੁੱਤਰ ਨੂੰ ਬੜੇ ਚਾਅ-ਲਾਡ ਨਾਲ ਪਾਲਦੇ ਹਨ, ਬੜੇ ਚਾਅ-ਲਾਡ ਨਾਲ ਵਿਆਹ ਕਰਦੇ ਹਨ ਪਰ ਉਹ ਵਿਆਹ ਤੋਂ ਬਾਅਦ ਇੱਕਦਮ ਮਾਂ ਪਿਉ ਤੋਂ ਛੁਟਕਾਰਾ ਚਾਹੁੰਦਾ ਹੈ, ਉਹ ਹੌਲੀ-ਹੌਲੀ ਉਹਨਾਂ ਨੂੰ ਬੁਲਾਉਣਾ ਵੀ ਬੰਦ ਕਰ ਦਿੰਦਾ ਹੈ। ਜਦੋਂ ਘਰ ਵਿੱਚ ਬਜ਼ੁਰਗਾਂ ਨੂੰ ਕੋਈ ਬੁਲਾਉਂਦਾ ਨਹੀਂ, ਕੋਈ ਸੇਵਾ ਨਹੀਂ ਕਰਦਾ ਤਾਂ ਉਹ ਘਰ ਵਿੱਚ ਘੁਟਨ ਮਹਿਸੂਸ ਕਰਦੇ ਹਨ। ਇੱਥੋਂ ਤਕ ਕਿ ਉਹਨਾਂ ਦੀ ਬਿਮਾਰੀ ਦੀ ਵੀ ਪ੍ਰਵਾਹ ਨਹੀਂ ਕੀਤੀ ਜਾਂਦੀ।

ਭਾਰਤ ਵਿੱਚ 70% ਬਜ਼ੁਰਗਾਂ ਦੀ ਹਾਲਤ ਤਰਸਯੋਗ ਹੈ। ਪੁੱਤਰ, ਨੂੰਹਾਂ, ਧੀਆਂ ਉਹਨਾਂ ਤੋਂ ਜਾਇਦਾਦਾਂ ਤਾਂ ਲੈ ਲੈਂਦੇ ਹਨ ਤੇ ਫਿਰ ਘਰੋਂ ਧੱਕਾ ਦੇ ਦੇਂਦੇ ਹਨ। ਬਜ਼ੁਰਗਾਂ ਦੇ ਮਨ ਦੀ ਤਕਲੀਫ਼ ਬਿਰਧ-ਆਸ਼ਰਮਾਂ ਵਿੱਚ ਜਾ ਕੇ ਘਟਦੀ ਨਹੀਂ, ਉਹ ਤਾਂ ਮਜ਼ਬੂਰੀ ਵੱਸ ਉੱਥੇ ਜ਼ਿੰਦਗੀ ਬਸਰ ਕਰਦੇ ਹਨ। ਔਲਾਦ ਨੂੰ ਚਾਹੀਦਾ ਹੈ ਕਿ ਉਹ ਆਪਣੇ ਮਾਂ-ਬਾਪ ਨੂੰ ਸਹੀ ਸਤਿਕਾਰ ਦੇਣ ਕਿਉਂਕਿ ਕਿਸੇ ਨਾ ਕਿਸੇ ਦਿਨ ਉਹਨਾਂ ਨੇ ਵੀ ਇਸ ਹਾਲ ਵਿੱਚੋਂ ਗੁਜ਼ਰਨਾ ਹੈ, ਫਿਰ ਉਹਨਾਂ ਨੂੰ ਇਸ ਗੱਲ ਦਾ ਅਹਿਸਾਸ ਹੋਵੇਗਾ।

ਅਮੇਲੀਕਾ ਸੈਨੀ, ਦਸਵੀਂ 'ਏ'

ਘਪਲੇ

ਸਾਡੇ ਨੇਤਾ ਤਾਂ ਘਪਲਿਆਂ ਵਿੱਚ ਉਲਝੇ, ਹਰ ਆਦਮੀ ਦੇਖ ਪਰੇਸ਼ਾਨ ਹੋਵੇ।
ਹਰ ਬੱਚਾ, ਬੁੱਢਾ, ਜਵਾਨ ਕਰੇ ਚਿੰਤਾ, ਦੇਸ਼ ਦਾ ਜਦੋਂ ਨੁਕਸਾਨ ਹੋਵੇ।
ਬਣਨ ਵਾਸਤੇ ਰਾਤੋਂ ਰਾਤ ਅਮੀਰ, ਬੰਦਾ ਇਸੇ ਵਜ੍ਹਾ ਬੇਈਮਾਨ ਹੋਵੇ।
ਮਸਲਾ ਇਹ ਹਿੰਦੋਸਤਾਨ ਕਿਵੇਂ ਸੁੱਧੇ, ਹਰ ਇਨਸਾਨ ਦਾ ਕਿਵੇਂ ਕਲਿਆਣ ਹੋਵੇ।
ਅਮੀਰਾ ਰਾਏ, ਛੇਵੀਂ-ਏ

ਕੁਝ ਅਕਲ ਦੀਆਂ ਗੱਲਾਂ

1. ਸਫ਼ਲਤਾ ਦਾ ਅਧਾਰ ਮਿੱਠਾ ਬੋਲਣਾ ਤੇ ਧਿਆਨ ਨਾਲ ਸੁਣਨ ਦੀ ਜਾਚ ਹੋਣਾ ਹੈ।
2. ਬੁੱਧੀਮਾਨ ਵਿਅਕਤੀ ਦੂਜਿਆਂ ਦੀਆਂ ਗ਼ਲਤੀਆਂ ਤੋਂ ਸਬਕ ਲੈ ਕੇ ਆਪਣੀਆਂ ਗ਼ਲਤੀਆਂ ਸੁਧਾਰਦਾ ਹੈ।
3. ਜਦੋਂ ਵੀ ਬੋਲੇ ਇਹ ਸੋਚੋ ਕਿ ਉਹ ਆਖਰੀ ਵਚਨ ਹੈ, ਇਸ ਲਈ ਹਮੇਸ਼ਾ ਮਿੱਠਾ ਬੋਲੋ।
4. ਜਿਸ ਕੋਲ ਨਿਮਰਤਾ, ਸਹਿਨਸ਼ੀਲਤਾ ਤੇ ਸ਼ਾਂਤੀ ਨਹੀਂ, ਉਸ ਦੇ ਸਾਰੇ ਗੁਣ ਔਗੁਣ ਬਣ ਜਾਂਦੇ ਹਨ।
5. ਪੈਰ ਤਿਲਕ ਜਾਵੇ ਤਾਂ ਅਸੀਂ ਸੰਭਲ ਸਕਦੇ ਹਾਂ ਪਰ ਜੇ ਜੁਬਾਨ ਤਿਲਕ ਜਾਵੇ ਤਾਂ ਡੂੰਘਾ ਜ਼ਖ਼ਮ ਦਿੰਦੀ ਹੈ। ਇਸ ਲਈ ਸਾਵਧਾਨ ਰਹੋ।
6. ਘਮੰਡ ਦੀ ਬਜਾਏ ਨਿਮਰਤਾ ਨਾਲ ਵੱਧ ਲਾਭ ਹੁੰਦਾ ਹੈ।
7. ਇਤਿਹਾਸ ਮਨੁੱਖ ਨੂੰ ਸਿਆਣਾ, ਕਵਿਤਾ ਰੰਗੀਲਾ, ਫ਼ਿਲਾਸਫ਼ੀ ਗੰਭੀਰ, ਪਿਆਰ ਸਹਿਯੋਗੀ, ਅਤੇ ਧਰਮ ਨਿਮਰ ਬਣਾ ਦਿੰਦਾ ਹੈ।

ਜਿਵਜੋਤ ਵਾਲੀਆ
ਪੰਜਵੀਂ ਡੀ

ਮਹਿੰਗਾਈ

ਅਮਨ ਨਹੀਂ ਏਨ੍ਹਾ
ਕਿ ਢਿੱਡ ਭਰੇ,
ਐਨੀ ਪਈ
ਮਹਿੰਗਾਈ ਦੀ ਮਾਰ ਲੋਕੋ।
ਹਰ ਚੀਜ਼ ਲਈ
ਲੋਕ ਧੱਕੇ ਖਾਂਦੇ,
ਪੈਂਦੀ ਹਰ ਸਾਲ
ਠੰਢ ਦੀ ਮਾਰ ਲੋਕੋ।
ਹਰ ਥਾਂ ਮਾਫ਼ੀਆ ਹੈ ਕੰਮ ਕਰਦਾ,
ਜਾਗੀ ਨਹੀਂ ਸਾਡੀ ਸਰਕਾਰ ਲੋਕੋ।
ਸੋਚੋ ਲੀਡਰਾਂ ਨੇ ਕੀ ਸੋਚਣਾ ਏ,
ਡਿੱਗ ਇਨ੍ਹਾਂ ਦਾ ਗਿਆ ਕਿਰਦਾਰ ਲੋਕੋ।

ਮਾਲਿਕਾ
ਛੇਵੀਂ-ਏ



ਕੀ ਸਹਿਣਸ਼ੀਲਤਾ ਹੈ ਤੁਹਾਡੇ ਵਿੱਚ

ਸਹਿਣਸ਼ੀਲ ਬਣਨ ਲਈ ਤੁਹਾਨੂੰ ਦੇਖਣਾ ਪਵੇਗਾ ਕਿ ਤੁਹਾਡੇ ਵਿੱਚ ਹੇਠ ਲਿਖੇ ਗੁਣ ਹਨ ਜਾਂ ਨਹੀਂ:

1. ਵੱਡਿਆਂ ਦੀਆਂ ਗੱਲਾਂ ਦਾ ਬੁਰਾ ਨਾ ਮੰਨਣਾ।
2. ਦੂਜੇ ਦੀ ਗੱਲ ਸਮਝਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਨੀ।
3. ਆਪਣੀਆਂ ਬੁਰਾਈਆਂ ਨੂੰ ਛੱਡਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰੋ।
4. ਆਪਣੀ ਗੱਲ ਮੰਨਵਾਉਣ ਲਈ ਕਿਸੇ ਤੇ ਦਬਾਅ ਨਾ ਪਾਉ।
5. ਦੂਜੇ ਨੂੰ ਉਹ ਸਨਮਾਨ ਦਿਓ ਜੋ ਤੁਸੀਂ ਖੁਦ ਚਾਹੁੰਦੇ ਹੋ।

ਗੀਤਿਕਾ
ਦਸਵੀਂ 'ਸੀ'

ਭਾਰਤੀ ਸੰਵਿਧਾਨ

ਹਰੇਕ ਦੇਸ਼ ਦੀ ਸਰਕਾਰ, ਸਮਾਜ ਵਿੱਚ ਕਾਨੂੰਨ ਵਿਵਸਥਾ ਅਤੇ ਸ਼ਾਂਤੀ ਸਥਾਪਿਤ ਕਰਦੀ ਹੈ, ਜਿਸ ਕਰਕੇ ਉਹ ਕਾਨੂੰਨਾਂ ਦਾ ਨਿਰਮਾਣ ਤੇ ਵਿਵਸਥਾ ਕਰਦੀ ਹੈ। ਕੋਈ ਮਨਮਰਜ਼ੀ ਨਾ ਕਰੇ ਇਸ ਨੂੰ ਸੰਵਿਧਾਨ ਦੁਆਰਾ ਹੀ ਰੋਕਿਆ ਜਾਂਦਾ ਹੈ। ਸੰਵਿਧਾਨ ਦੇਸ਼ ਦੇ ਸਾਰੇ ਕਾਨੂੰਨਾਂ ਤੋਂ ਸ਼੍ਰੇਣੀ ਹੁੰਦਾ ਹੈ। ਅਜ਼ਾਦੀ ਤੋਂ ਬਾਅਦ ਸੰਵਿਧਾਨ ਤਿਆਰ ਕਰਨ ਹਿਤ ਡਾ: ਰਜਿੰਦਰ ਪ੍ਰਸਾਦ ਦੀ ਪ੍ਰਧਾਨਗੀ ਹੇਠ ਸੰਵਿਧਾਨ ਸਭਾ ਬਣਾਈ ਗਈ। ਇਸ ਸਭਾ ਦੇ ਕੁੱਲ 11 ਸਮਾਗਮ ਹੋਏ। ਭਾਰਤੀ ਸੰਵਿਧਾਨ ਨੂੰ ਨਿਯਮਿਤ ਰੂਪ ਦੇਣ ਲਈ 29 ਅਗਸਤ, 1947 ਨੂੰ ਸੱਤ ਮੈਂਬਰੀ ਮਸ਼ੌਰਾ ਕਮੇਟੀ ਬਣਾਈ ਗਈ। ਡਾ: ਬੀ. ਆਰ ਅੰਬੇਦਕਰ ਇਸ ਕਮੇਟੀ ਦੇ ਪ੍ਰਧਾਨ ਨਿਯੁਕਤ ਕੀਤੇ ਗਏ। ਉਨ੍ਹਾਂ ਨੂੰ ਭਾਰਤੀ ਸੰਵਿਧਾਨ ਦਾ ਪਿਤਾਮਾ ਕਿਹਾ ਗਿਆ ਹੈ। ਭਾਰਤੀ ਸੰਵਿਧਾਨ ਤਿਆਰ ਕਰਨ ਦਾ ਕੰਮ 9 ਦਸੰਬਰ 1946 ਨੂੰ ਆਰੰਭ ਕੀਤਾ ਗਿਆ। ਇਹ 26 ਜਨਵਰੀ 1950 ਨੂੰ ਕੀਤਾ ਗਿਆ। ਇਸ ਨੂੰ ਲਾਗੂ ਕਰਨ ਦੇ ਨਾਲ ਹੀ ਭਾਰਤ ਪੂਰਨ ਰੂਪ ਵਿਚ ਸੰਪੰਨ ਲੋਕ ਤੰਤਰੀ ਗਣਰਾਜ ਬਣ ਗਿਆ।

ਨਿਪੁੰਨ
ਛੇਵੀਂ-ਬੀ

ਪਾਣੀ ਦੀ ਮਹੱਤਤਾ

ਅੱਜ ਅਸੀਂ ਪ੍ਰਦੂਸ਼ਿਤ ਵਾਤਾਵਰਨ ਵਿੱਚ ਨਰਕ ਭਰੀ ਜ਼ਿੰਦਗੀ ਜਿਊਣ ਲਈ ਮਜਬੂਰ ਹਾਂ। ਸਾਡਾ ਪਾਣੀ ਵੀ ਸ਼ੁੱਧ ਨਹੀਂ ਰਿਹਾ। ਕੁਦਰਤ ਵੱਲੋਂ ਸਾਨੂੰ ਪਾਣੀ ਅਨਮੋਲ ਖਜ਼ਾਨੇ ਵਜੋਂ ਮਿਲਿਆ ਹੈ ਅੱਜ ਉਸਨੂੰ ਵੀ ਫੈਕਟਰੀਆਂ ਦੇ ਗੰਦੇ ਅਤੇ ਜ਼ਹਿਰੀਲੇ ਪਾਣੀ ਨੇ ਦੂਸ਼ਿਤ ਕਰ ਦਿੱਤਾ ਹੈ। ਕੁਦਰਤੀ ਬਨਸਪਤੀ ਖਤਮ ਹੋ ਰਹੀ ਹੈ, ਆਉਣ ਵਾਲੇ ਸਮੇਂ ਲਈ ਸਾਡੇ ਜੀਵਨ ਵਿੱਚ ਬਹੁਤ ਵੱਡੀ ਮੁਸ਼ੀਬਤ ਪੈਦਾ ਹੋ ਰਹੀ ਹੈ। ਸਰਕਾਰਾਂ ਨੂੰ ਕੋਸ਼ਣ ਦੀ ਬਜਾਏ ਆਉ, ਅਸੀਂ ਸਾਰੇ ਰਲ ਕੇ ਹੰਭਲਾ ਮਾਰੀਏ। ਪਾਣੀ ਅਤੇ ਕੁਦਰਤੀ ਬਨਸਪਤੀ ਨੂੰ ਬਚਾਈਏ ਤਾਂ ਜੋ ਸਾਡਾ ਜੀਵਨ ਖੁਸ਼ਹਾਲ ਹੋ ਸਕੇ।

ਮਿਹਰਜੋਤ ਕੌਰ
ਅੱਠਵੀਂ-ਏ

ਰੰਗ-ਬਿਰੰਗੇ ਫੁੱਲ

ਰੰਗ-ਬਿਰੰਗੇ ਫੁੱਲ ਸਾਰੇ ਪਾਸੇ ਛਾਏ,

ਇਨ੍ਹਾਂ ਦੀ ਨਿਰਮਲ ਸੁੰਦਰਤਾ ਸਭ ਦੇ ਮਨ ਨੂੰ ਭਾਏ।

ਨਾ ਤੋੜੇ ਫੁੱਲਾਂ ਨੂੰ, ਨਾ ਕਰੋ ਇਨ੍ਹਾਂ ਤੇ ਵਾਰ,

ਕਿਉਂ ਮਾਸੂਮ, ਬੇਜ਼ੁਬਾਨਾਂ ਨੂੰ ਰਹੇ ਹੋ ਮਾਰ ?

ਇਹ ਹਨ ਸਭ ਤੋਂ ਖੁਸ਼ਬੂਦਾਰ, ਫਿਰ ਕਿਉਂ ਰਹੇ
ਸਭ ਇਨ੍ਹਾਂ ਨੂੰ ਮਾਰ ?

ਅਨਾਹਤ ਵਤੈਚ
ਪੰਜਵੀਂ 'ਡੀ'



ਪਹਿਲਾ ਮਨੁੱਖ

ਪਹਿਲਾ ਮਨੁੱਖ ਜੰਗਲੀ ਜਾਨਵਰਾਂ ਵਰਗਾ ਸੀ। ਜਦੋਂ ਮਨੁੱਖ ਨੇ ਇਸ ਧਰਤੀ ਤੇ ਜਨਮ ਲਿਆ ਤਾਂ ਧਰਤੀ ਉੱਤੇ ਕੋਈ ਚੀਜ਼ ਨਹੀਂ ਸੀ। ਨਾਂ ਕਿਸੇ ਕੋਲ ਰਹਿਣ ਲਈ ਮਕਾਨ ਸੀ, ਨਾ ਕੋਈ ਕੰਮ-ਕਾਰ ਸੀ ਤੇ ਨਾ ਹੀ ਕੋਈ ਖਾਣ-ਪੀਣ ਦੀਆਂ ਚੀਜ਼ਾਂ ਸਨ। ਉਹ ਦਰੱਖਤਾਂ ਉੱਤੇ ਰਹਿੰਦਾ ਸੀ ਤੇ ਦਰੱਖਤਾਂ ਦੇ ਪੱਤੇ ਤੇ ਫਲ ਆਦਿ ਖਾਂਦਾ ਸੀ। ਉਹ ਜੰਗਲੀ ਜਾਨਵਰਾਂ ਵਾਂਗ ਇਧਰ-ਉਧਰ ਦੌੜਿਆ ਫਿਰਦਾ ਸੀ।

ਕੁਦਰਤ ਨੇ ਮਨੁੱਖ ਨੂੰ ਇਕ ਸੂਝਵਾਨ ਦਿਮਾਗ ਦਿੱਤਾ ਹੈ। ਉਸੇ ਦਿਮਾਗ ਦੇ ਸਹਾਰੇ ਉਸ ਨੂੰ ਸੋਝੀ ਆਈ। ਉਸੇ ਦਿਮਾਗ ਦੇ ਸਹਾਰੇ ਉਸ ਨੇ ਮਨੁੱਖ ਜੂਨੀ ਵਿੱਚ ਪੈਰ ਧਰਿਆ। ਉਹ ਢੰਗ ਦਾ ਖਾਣ-ਪੀਣ ਲੱਗਾ। ਉਸਨੇ ਰਹਿਣ ਲਈ ਮਕਾਨ ਉਸਾਰੇ। ਉਸ ਨੇ ਕੰਮ-ਧੰਦੇ ਕਰਨੇ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤੇ, ਮਨੁੱਖ ਨੇ ਬੋਲਣਾ ਵੀ ਆਪਣੇ ਦਿਮਾਗ ਦੇ ਸਹਾਰੇ ਹੀ ਸ਼ੁਰੂ ਕੀਤਾ। ਪਹਿਲਾਂ-ਪਹਿਲ ਉਸਨੂੰ ਬੋਲਣਾ ਨਹੀਂ ਸੀ ਆਉਂਦਾ। ਉਹ ਆਪਣੀ ਗੱਲ ਕਿਸੇ ਤੱਕ ਪਹੁੰਚਾਉਣ ਲਈ ਇਸ਼ਾਰਿਆਂ ਦੀ ਵਰਤੋਂ ਕਰਦਾ ਸੀ। ਉਹ ਚੀਕਾਂ-ਕੂਕਾਂ ਕੇ ਸਹਾਰੇ ਹੀ ਗੱਲ ਕਰਦਾ ਸੀ। ਸਿਆਣੇ ਕਹਿੰਦੇ ਹਨ ਕਿ ਉਸ ਦੀਆਂ ਚੀਕਾਂ-ਕੂਕਾਂ ਹੀ ਉਸਦੀ ਬੋਲੀ ਦਾ ਰੂਪ ਧਾਰ ਗਈਆਂ। ਇਸ ਤਰ੍ਹਾਂ ਉਹ ਦਿਨੋਂ-ਦਿਨ ਤਰੱਕੀ ਕਰਦਾ ਹੋਇਆ ਸਫਲਤਾ ਦੀਆਂ ਬੁਲੰਦੀਆਂ ਤੇ ਪੁੱਜਿਆ ਹੈ ਅਜੇ ਉਸਨੇ ਪਤਾ ਨਹੀਂ ਹੋਰ ਕਿਹੜੀਆਂ ਪੁਲਾਂਘਾਂ ਪੁੱਟਣੀਆਂ ਹਨ।

ਸਪਰਸ਼ ਅਰੋੜਾ
ਆਠਵੀਂ 'ਡੀ'

ਹੇਮਕੁੰਟ ਸਾਹਿਬ

ਹੇਮਕੁੰਟ ਦੀ ਯਾਤਰਾ ਲਈ ਲੋਕ ਰਿਸ਼ੀਕੇਸ਼ ਤੋਂ ਆਪਣੀ ਯਾਤਰਾ ਸ਼ੁਰੂ ਕਰ ਦਿੰਦੇ ਹਨ। ਹੇਮਕੁੰਟ ਸਾਹਿਬ ਦੀ ਯਾਤਰਾ ਕੇਵਲ ਗਰਮੀਆਂ ਵਿੱਚ ਹੀ ਕੀਤੀ ਜਾਂਦੀ ਹੈ। ਅਗਲੇ ਦਿਨ ਗੋਬਿੰਦ ਘਾਟ ਦੀ ਯਾਤਰਾ ਆਰੰਭ ਕੀਤੀ ਜਾਂਦੀ ਹੈ। ਗੋਬਿੰਦ ਘਾਟ ਤੋਂ 22 ਕਿਲੋਮੀਟਰ ਚੱਲ ਕੇ ਜੋਸ਼ੀ ਮੱਠ ਆਉਂਦਾ ਹੈ। ਜੋਸ਼ੀ ਮੱਠ ਹਿੰਦੂਆਂ ਦਾ ਪ੍ਰਸਿੱਧ ਤੀਰਥ ਅਸਥਾਨ ਹੈ। ਇਹ ਸ਼ੰਕਰਾਚਾਰੀਆ ਵਲੋਂ ਸਥਾਪਿਤ ਕੀਤੇ ਚਾਰ ਮੱਠਾਂ ਵਿੱਚੋਂ ਇੱਕ ਹੈ। ਇਸ ਤੋਂ ਅੱਗੇ ਗੋਬਿੰਦ ਧਾਮ ਆਉਂਦਾ ਹੈ। ਇਹ 13-14 ਕਿਲੋਮੀਟਰ ਦਾ ਇੱਕ ਉਬੜ-ਖਾਬੜ ਜਿਹਾ ਰਸਤਾ ਹੈ। ਹੇਮਕੁੰਟ ਸਾਹਿਬ ਦਾ ਗੁਰਦਵਾਰਾ ਇੱਕ ਪਹਾੜ ਦੀ ਚੋਟੀ ਤੇ ਬਣਿਆ ਹੋਇਆ ਹੈ। ਇਸ ਦੇ ਆਸ-ਪਾਸ ਸੱਤ ਪਹਾੜੀਆਂ ਨਜ਼ਰ ਆਉਂਦੀਆਂ ਹਨ। ਇਨ੍ਹਾਂ ਚੋਟੀਆਂ ਨੂੰ ਸਪਤਸਿੰਗ ਕਿਹਾ ਜਾਂਦਾ ਹੈ।

ਸ਼ੋਭਿਤਾ, ਦਸਵੀਂ-ਬੀ



ਤੁਸੀਂ ਸਾਰੇ ਜਾਣਦੇ ਹੀ ਹੋ ਕਿ ਭੰਗੜਾ ਪੰਜਾਬ ਦਾ ਹਰਮਨ ਪਿਆਰਾ ਨਾਚ ਹੈ। ਭੰਗੜਾ ਪਾਉਣ ਲਈ ਸਿਹਤਮੰਦ ਸਰੀਰ ਤੇ ਸਾਹਸ ਦੀ ਲੋੜ ਹੁੰਦੀ ਹੈ। ਜੋਸ਼ ਤੇ ਤਾਲ ਵਜੋਂ ਭਾਰਤ ਦਾ ਕੋਈ ਵੀ ਨਾਚ ਭੰਗੜੇ ਦਾ ਮੁਕਾਬਲਾ ਨਹੀਂ ਕਰ ਸਕਦਾ। ਪੰਜਾਬ ਵਿਚ ਭੰਗੜੇ ਦਾ ਸੰਬੰਧ ਕਿਸਾਨਾਂ ਦੀ ਕਣਕ ਦੀ ਫਸਲ ਦੇ ਪੱਕਣ ਨਾਲ ਹੈ। ਜਦੋਂ ਕਿਸਾਨ ਆਪਣੀ ਫਸਲ ਨੂੰ ਸੋਨੇ ਰੰਗੀ ਹੋਈ ਵੇਖਦਾ ਹੈ ਤਾਂ ਉਹ ਜੋਸ਼ ਵਿਚ ਆ ਕੇ ਨੱਚਦਾ ਹੈ। ਇਹ ਨਾਚ ਐਨਾ ਹਰਮਨ-ਪਿਆਰਾ ਹੋ ਗਿਆ ਹੈ ਕਿ ਹਰ ਖੁਸ਼ੀ ਦੇ ਮੌਕੇ ਤੇ ਪਾਇਆ ਜਾਂਦਾ ਹੈ।

ਭੰਗੜੇ ਦਾ ਮੁੱਢ ਪੱਛਮੀ ਪੰਜਾਬ ਦੇ ਜ਼ਿਲ੍ਹਾ ਸਿਆਲਕੋਟ ਅਤੇ ਜ਼ਿਲ੍ਹਾ ਸ਼ੇਖੂਪੁਰਾ ਵਿਚ ਮੰਨਿਆ ਜਾਂਦਾ ਹੈ। ਵਿਸਾਖੀ ਦੇ ਮੇਲੇ ਤੇ ਹਰ ਧਰਮ ਦੇ ਲੋਕ ਸ਼ਾਮਲ ਹੁੰਦੇ ਹਨ। ਹੌਲੀ-ਹੌਲੀ ਇਹ ਸਾਰੇ ਪੰਜਾਬ ਦਾ ਹਰਮਨ-ਪਿਆਰਾ ਨਾਚ ਬਣ ਗਿਆ। ਭੰਗੜਾ ਢੋਲ ਦੀ ਤਾਲ ਉੱਤੇ ਪਾਇਆ ਜਾਂਦਾ ਹੈ ਇਸ ਤੋਂ ਇਲਾਵਾ ਹੋਰ ਵੀ ਸਾਜ਼ ਵਰਤੇ ਜਾਂਦੇ ਹਨ ਜਿਵੇਂ ਤੂੰਬੀ, ਚਿਮਟਾ, ਅਲਗੋਜ਼ਾ, ਬੁਘਚੂ ਆਦਿ। ਇਹ ਸਾਰੇ ਸਾਜ਼ ਢੋਲ ਦਾ ਸਾਥ ਦੇਣ ਲਈ ਹੁੰਦੇ ਹਨ। ਅਜਕਲ੍ਹ ਸਮੇਂ ਦੇ ਬਦਲਣ ਨਾਲ ਭੰਗੜੇ ਦੀ ਸ਼ੈਲੀ ਵਿਚ ਕਾਫ਼ੀ ਤਬਦੀਲੀ ਆਈ ਹੈ। ਭੰਗੜੇ ਦੀ ਸਾਦਗੀ ਨੂੰ ਅਦਾਵਾਂ ਤੇ ਹਾਵਾਂ-ਭਾਵਾਂ ਵਿਚ ਬਦਲਿਆ ਜਾ ਰਿਹਾ ਹੈ। ਅੱਜ ਭੰਗੜਾ ਪਿੰਡਾਂ ਵਿੱਚੋਂ ਨਿਕਲ ਕੇ ਕਾਲਜਾਂ, ਸਟੇਜਾਂ ਤੇ ਥੀਏਟਰਾਂ ਦੀ ਸ਼ਾਨ ਬਣ ਚੁੱਕਾ ਹੈ।

ਅੱਜ ਭੰਗੜਾ ਦੇਸ ਦੇ ਕੌਮੀ ਸਮਾਗਮਾਂ ਜਿਵੇਂ 15 ਅਗਸਤ, 26 ਜਨਵਰੀ ਨੂੰ ਇੱਕ ਖੁੱਲ੍ਹੇ ਮੈਦਾਨ ਵਿਚ ਪਾਇਆ ਜਾਂਦਾ ਹੈ। ਇਸ ਵਿਚ ਨੱਚਣ ਵਾਲਿਆਂ ਦੀ ਗਿਣਤੀ ਕਈ ਵਾਰ 200 ਤੱਕ ਵੀ ਹੋ ਜਾਂਦੀ ਹੈ। ਅੱਜ ਪੰਜਾਬੀ ਫਿਲਮਾਂ ਵਿੱਚ ਭੰਗੜੇ ਦੀ ਸਰਦਾਰੀ ਪੂਰੀ ਤਰ੍ਹਾਂ ਕਾਇਮ ਹੈ। ਭੰਗੜੇ ਦੀ ਤਾਲ ਤੇ ਪੰਜਾਬੀ ਤਾਂ ਨੱਚਦੇ ਹਨ ਤੇ ਨੱਚਦੇ ਹੀ ਰਹਿਣਗੇ ਪਰ ਇਸ ਦੀ ਤਾਲ ਤੇ ਵਿਦੇਸ਼ਾਂ ਵਿਚ ਗੋਰੇ ਵੀ ਨੱਚਣ ਤੇ ਮਜ਼ਬੂਰ ਹੋ ਜਾਂਦੇ ਹਨ। ਅੱਜ ਪੰਜਾਬੀ ਹੋਣ ਦੇ ਨਾਤੇ ਅਸੀਂ ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਤੇ ਪੰਜਾਬੀ ਨਾਚ ਭੰਗੜੇ ਤੇ ਮਾਣ ਕਰ ਸਕਦੇ ਹਾਂ ਕਿਉਂਕਿ ਪ੍ਰਤੱਕ ਨੂੰ ਪ੍ਰਮਾਣ ਦੀ ਲੋੜ ਨਹੀਂ ਹੁੰਦੀ।

ਅਮਰੀਨ ਕੋਹਲੀ, ਦਸਵੀਂ 'ਏ'

ਕੀ ਕਹੀਏ.....?

ਘਰ ਘਰ ਦੇ ਵਿਚ ਖੁਸ਼ੀਆਂ ਜਿਹੜਾ ਵੰਡਦਾ ਸੀ,
ਰਹਿੰਦਾ ਬੜਾ ਉਦਾਸ, ਕਿਸੇ ਨੂੰ ਕੀ ਕਹੀਏ?
ਚਿੱਟੇ ਕਪੜੇ ਪਾ ਕੇ ਬੈਠ ਸਟੇਜਾਂ ਤੇ,
ਕਰਦੇ ਦੁਸ਼ ਪ੍ਰਚਾਰ, ਕਿਸੇ ਨੂੰ ਕੀ ਕਹੀਏ?

ਸਾਡੀਆਂ ਉੱਚ ਕਮੇਟੀ, ਦਸ ਗੁਰੂਆਂ ਬਾਰੇ,
ਗਲਤ ਲਿਖੇ ਇਤਿਹਾਸ, ਕਿਸੇ ਨੂੰ ਕੀ ਕਹੀਏ?
ਧੁੱਪ ਤੋਂ ਡਰਦੇ ਛਾਵੇਂ ਬਹਿੰਦੇ ਹਾਂ,
ਛਾਂ ਵੀ ਸਾਡੇ ਮਾਸ, ਕਿਸੇ ਨੂੰ ਕੀ ਕਹੀਏ?

ਮਹਿਫਲ ਦੇ ਵਿਚ ਕਾਤਲ ਵੀ ਕੁੱਝ ਬੈਠੇ ਨੇ,
ਬੰਦੇ ਨੇ ਉਹ ਖਾਸ, ਕਿਸੇ ਨੂੰ ਕੀ ਕਹੀਏ?
ਦੰਗਾ ਕਾਰੀ ਕਾਤਲਾਂ ਤੇ ਬਦਮਾਸ਼ਾਂ ਨੂੰ,
ਨੇਤਾ ਕਹਿਨ ਸ਼ਾਬਾਸ਼, ਕਿਸੇ ਨੂੰ ਕੀ ਕਹੀਏ?

ਚਾਰੇ ਪਾਸਿਉਂ ਦੁਸ਼ਮਨ ਜੇ ਕੋਈ ਘੇਰ ਲਵੇ,
ਆਪਣੇ ਛੱਡ ਜਾਣ, ਕਿਸੇ ਨੂੰ ਕੀ ਕਹੀਏ?
ਅੰਮ੍ਰਿਤਸਰ ਵਿਚ ਹੋਏ ਬੇਵਸ ਲੋਕਾਂ ਨੂੰ,
ਸਹਿਣੇ ਪੈਣ ਤਸੀਹੇ, ਕਿਸੇ ਨੂੰ ਕੀ ਕਹੀਏ?

ਖਾਲੜੇ ਵਰਗੇ ਕਰਦੇ ਗਿਣਤੀ ਲਾਸ਼ਾਂ ਦੀ,
ਖੁਦ ਬਣ ਜਾਵਣ ਲਾਸ਼, ਕਿਸੇ ਨੂੰ ਕੀ ਕਹੀਏ?
ਸੱਚੀ ਗੱਲ ਨਸ਼ਾ ਹੱਡਾਂ ਨੂੰ ਗਾਲ ਦਿੰਦਾ ਏ,
ਜਦੋਂ ਆਪ ਪਿਆਵੇ ਬਾਪ, ਕਿਸੇ ਨੂੰ ਕੀ ਕਹੀਏ?

ਸਿੱਖ ਕੌਮ ਵਿਚ ਮੰਨੇ ਜਾਂਦੇ ਸੂਰਮਿਆਂ ਦਾ,
ਵੈਦਾਂ ਵਿਚ ਵਿਸ਼ਵਾਸ, ਕਿਸੇ ਨੂੰ ਕੀ ਕਹੀਏ?
ਸ਼ਾਂਤੀ ਦਾ ਉਪਦੇਸ਼ ਸਦਾ ਜੇ ਦਿੰਦੇ ਸੀ,
ਬਣ ਗਏ ਨੇ ਬਦਮਾਸ਼, ਕਿਸੇ ਨੂੰ ਕੀ ਕਹੀਏ?

ਨਸ਼ਿਆਂ ਵਿਚ ਗਰਕ ਹੋਈ ਜਵਾਨੀ ਨੂੰ,
ਕਰਦੇ ਫਿਰਨ ਤਲਾਸ਼, ਕਿਸੇ ਨੂੰ ਕੀ ਕਹੀਏ?
ਗੱਲਾਂ ਕਰਦੇ ਲੋਕਾਂ ਦੀ, ਕੋਈ ਫਿਕਰ ਨਹੀਂ,
ਆਪਣੇ ਕਰਨ ਮਜ਼ਾਕ, ਕਿਸੇ ਨੂੰ ਕੀ ਕਹੀਏ?
ਦੂਰ ਦੂਰ ਤੱਕ ਆਪਣਾ ਨਜ਼ਰੀ ਆਵੇ ਨਾ,
ਕੰਵਰਪਾਲ ਉਦਾਸ, ਕਿਸੇ ਨੂੰ ਕੀ ਕਹੀਏ?

ਕੰਵਰਪਾਲ ਸਿੰਘ
ਦਸਵੀਂ 'ਸੀ'

ਆਈ ਬਸੰਤ, ਪਾਲਾ ਉਡੰਤ

ਸਾਡੇ ਦੇਸ਼ ਵਿੱਚ ਵੱਖ-ਵੱਖ ਸਮੇਂ ਛੇ ਰੁੱਤਾਂ ਮਾਨਣ ਨੂੰ ਮਿਲਦੀਆਂ ਹਨ। ਗਰਮੀ, ਸਰਦੀ, ਵਰਖਾ, ਪੱਤਝੜ ਅਤੇ ਬਸੰਤ ਰੁੱਤ। ਬਸੰਤ ਰੁੱਤ ਇਨ੍ਹਾਂ ਰੁੱਤਾਂ ਵਿੱਚੋਂ ਸਭ ਤੋਂ ਪਿਆਰੀ ਰੁੱਤ ਹੈ। ਇਸ ਰੁੱਤ ਦੇ ਆਉਂਦਿਆਂ ਹੀ ਡਾਲੀ-ਡਾਲੀ ਮਹਿਕ ਉਠਦੀ ਹੈ। ਰੰਗ ਬਿਰੰਗੇ ਫੁੱਲ ਚਾਰੇ ਪਾਸੇ ਖਿੜਨ ਲੱਗ ਪੈਂਦੇ ਹਨ। ਇਹ ਰੁੱਤ ਭਰ ਜੋਬਨ ਉੱਤੇ ਆ ਕੇ ਜਦ ਆਪਣੇ ਆਪ ਨੂੰ ਸ਼ਿੰਗਾਰਦੀ ਹੈ ਤਾਂ ਚਾਰੇ ਪਾਸੇ ਖੇਡੇ ਅਤੇ ਸੁੰਦਰਤਾ ਦਾ ਬੋਲਬਾਲਾ ਹੁੰਦਾ ਹੈ।

ਇਸ ਰੁੱਤ ਨੂੰ ਰਿਤੂ-ਰਾਜ ਵੀ ਕਹਿੰਦੇ ਹਨ ਅਰਥਾਤ ਰੁੱਤਾਂ ਦੀ ਰਾਣੀ। ਇਸ ਰੁੱਤ ਅੰਦਰ ਦਰੱਖਤਾਂ ਤੇ ਨਵੀਆਂ ਪੱਤੀਆਂ ਫੁੱਟਣ ਲਗਦੀਆਂ ਹਨ ਤੇ ਵੇਖਦੇ ਹੀ ਵੇਖਦੇ ਕੁਝ ਦਿਨਾਂ ਵਿੱਚ ਰੁੱਖ ਹਰੇ ਭਰੇ ਹੋ ਜਾਂਦੇ ਹਨ। ਧਨੀ ਰਾਮ ਚਾੜ੍ਹਕ ਨੇ ਇਸ ਰੁੱਤ ਬਾਰੇ ਵੀ ਖੂਬਸੂਰਤੀ ਨਾਲ ਲਿਖਿਆ ਹੈ:

ਕੇਸਰੀ ਦੁਪੱਟੇ ਨੂੰ ਬਸੰਤ ਕੌਰ ਪਹਿਨ ਜਦੋਂ

ਡੋਰੇਦਾਰ ਨੈਣਾਂ ਵਿਚੋਂ ਸੁੱਟਦੀ ਗੁਲਾਲੀਆਂ।

ਇਹ ਮਾਘ ਮਹੀਨੇ ਦੀ ਸ਼ੁਕਲ ਪੱਖ ਦੀ ਪੰਚਮੀ ਦਾ ਦਿਨ ਹੈ। ਇਸ ਦਿਨ ਨੂੰ ਉੱਤਰੀ ਭਾਰਤ ਵਿੱਚ ਬੜੀ ਧੂਮ-ਧਾਮ ਨਾਲ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ। ਇਸ ਦਿਨ ਘਰਾਂ ਵਿਚ ਪੀਲੇ ਰੰਗਾਂ ਦੇ ਪਕਵਾਨ ਬਣਦੇ ਹਨ ਅਤੇ ਲੋਕ ਇਸ ਰੰਗ ਦੇ ਕੱਪੜੇ ਪਹਿਨਣਾ ਸ਼ੁੱਭ ਮੰਨਦੇ ਹਨ। ਹਰ ਥਾਂ ਤੇ ਮੇਲੇ ਲਗਦੇ ਹਨ ਤੇ ਪੀਲੇ ਰੰਗ ਦੀਆਂ ਪਤੰਗਾਂ ਨਾਲ ਅਕਾਸ਼ ਭਰ ਜਾਂਦਾ ਹੈ। ਹਰ ਪਾਸਿਉਂ ਬੇ-ਕਾਟਾ, ਬੇ-ਕਾਟਾ ਦਾ ਰੌਲਾ ਸੁਣਾਈ ਦਿੰਦਾ ਹੈ।

ਇਸ ਤਿਉਹਾਰ ਨਾਲ ਕਈ ਇਤਿਹਾਸਕ ਘਟਨਾਵਾਂ ਵੀ ਜੁੜੀਆਂ ਹੋਈਆਂ ਹਨ। ਵੀਰ ਹਕੀਕਤ ਰਾਏ ਇਸ ਦਿਨ ਹਿੰਦੂ ਧਰਮ ਦੀ ਰੱਖਿਆ ਖਾਤਰ ਸ਼ਹੀਦ ਹੋਏ ਸਨ। ਨਾਮਧਾਰੀ ਧਰਮ ਦੇ ਬਾਨੀ ਬਾਬਾ ਰਾਮ ਸਿੰਘ ਦਾ ਜਨਮ ਵੀ ਇਸੇ ਦਿਨ ਹੋਇਆ ਸੀ। ਉਨ੍ਹਾਂ ਦੇ ਸ਼ਰਧਾਲੂ ਇਸ ਦਿਨ ਨੂੰ ਬੜੇ ਹੀ ਉਤਸ਼ਾਹ ਨਾਲ ਮਨਾਉਂਦੇ ਹਨ। ਖੁਸ਼ੀਆਂ ਅਤੇ ਖੇਡੇ ਵੰਡਦੀ ਇਹ ਰੁੱਤ ਮਨੁੱਖ ਨੂੰ ਜੀਵਨ ਪਰਿਵਰਤਨ ਲਈ ਸੁਨੇਹਾ ਦਿੰਦੀ ਹੈ।

ਇਸ਼ਮਨ ਜੋਤ ਕੌਰ ਬੈਨੀਵਾਲ

ਅਠਵੀਂ 'ਡੀ'

ਮੋਟੀ ਹੁੰਦੀ ਜਾਵੇਂ

ਸਾਡੇ ਸ਼ਹਿਰ ਦੀ ਹਰ ਔਰਤ ਹੁਣ ਫੈਸ਼ਨ ਪਿੱਛੇ ਪੈ ਗਈ।

ਰਹਿਣ-ਸਹਿਣ, ਪਹਿਰਾਵਾ ਪੰਜਾਬੀ, ਭੁੱਲ ਕੇ ਯਾਰੇ ਬਹਿ ਗਈ।

ਨਾ ਕੋਈ ਦਰੀਆਂ ਬੁਣਦੀ ਔਰਤ, ਨਾ ਕੋਈ ਚਰਖਾ ਡਾਹਵੇ।

ਨਾ ਕੋਈ ਦੁੱਧ ਰਿੜਕੇ, ਨਾ ਕੋਈ ਸੈਰ ਨੂੰ ਜਾਵੇ।

ਕੰਮ ਵਾਲੀ ਹੀ ਕੱਪੜੇ ਧੋਵੇ, ਝਾੜੂ-ਪੋਚੇ ਲਾਵੇ।

ਭਾਂਡੇ ਧੋਕੇ ਸਬਜ਼ੀ ਰੱਖੇ, ਰੋਟੀ-ਦਾਲ ਬਣਾਵੇ।

ਗੋਲ-ਗੱਪੇ, ਚਾਟ ਤੇ ਨੂਡਲ, ਖਾਵੇ ਡੋਸਾ, ਟਿੱਕੀ,

ਦਹੀਂ-ਦੁੱਧ ਨਾ ਪੀਵੇ ਉੱਕਾ, ਚਾਹ ਪੀਂਦੀ ਫਿੱਕੀ,

ਪੀਜ਼ਾ, ਬਰਗਰ, ਇਡਲੀ-ਸਾਂਬਰ, ਪੂੜੀ-ਛੋਲੇ ਖਾਵੇ,

ਫਿਰ ਵੀ ਸਮਝ ਨਾ ਆਵੇ ਮੈਨੂੰ, ਮੋਟੀ ਹੁੰਦੀ ਜਾਵੇ।

ਦਿਵਨੂਰ ਸਿੰਘ

ਬਾਰੂਵੀਂ-ਏ

ਕੀ ਫਰਕ ਪੈਂਦਾ ਹੈ ?

ਜਦੋਂ ਪੰਜ ਸਾਲ ਦੀ ਉਮਰ ਵਿੱਚ ਸਾਡੇ ਤੋਂ ਪੁੱਛਿਆ ਜਾਂਦਾ ਹੈ ਕਿ ਵੱਡੇ ਹੋ ਕੇ ਕੀ ਬਣਨਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਅਸੀਂ ਕਹਿੰਦੇ ਹਾਂ ਡਾਕਟਰ, ਸਾਈਂਟਿਸਟ... ਅਤੇ ਮੇਰਾ ਜਵਾਬ ਸੀ ਟੀਚਰ। ਦਸ ਸਾਲ ਦੀ ਉਮਰ ਵਿੱਚ ਫੇਰ ਪੁੱਛਿਆ ਗਿਆ ਕਿ ਕੀ ਬਣੋਗੇ? ਕੋਈ ਕਹੇ ਫੁੱਟਬਾਲਰ, ਨੇਤਾ ਜਾਂ ਡਿਜ਼ਾਈਨਰ... ਮੈਂ ਕਿਹਾ ਗੋਲਡ ਮੈਡਲਿਸਟ। ਕੀ ਫਰਕ ਪੈਂਦਾ ਹੈ? ਜੋ ਬਣਨ ਦਾ ਜੀਅ ਕਰਦਾ ਹੈ, ਕਹਿ ਦਵੇ।

ਪਰ ਹੁਣ ਜਦੋਂ ਅਸੀਂ ਕੁਝ ਵੱਡੇ ਹੋ ਗਏ ਹਾਂ, ਉਮਰ ਹੋ ਗਈ ਹੈ ਤੇਰਾਂ ਸਾਲ, ਤਾਂ ਸਾਨੂੰ ਇੱਕ ਠੋਸ ਜਵਾਬ ਦੇਣ ਦੀ ਲੋੜ ਹੈ ਕਿ ਅਸੀਂ ਅੱਗੋਂ ਕੀ ਪੜ੍ਹਨਾ ਚਾਹੁੰਦੇ ਹਾਂ। ਇਹ ਸਮਾਂ ਬਾਰ-ਬਾਰ ਗਲਤੀ ਕਰਕੇ ਸੁਧਾਰਨ ਦਾ ਨਹੀਂ ਪਰ ਇੱਕ ਸਹੀ ਫੈਸਲਾ ਲੈਣ ਦਾ ਹੈ। ਇਹ ਫੈਸਲਾ ਲੈਣ ਲਈ ਮੈਂ ਸੋਚਦੀ ਹਾਂ ਕਿ ਆਪਣੇ ਮਨ ਦੀ ਸੁਣਾਂ, ਜਾਂ ਮਾਤਾ-ਪਿਤਾ ਜਾਂ ਅਧਿਆਪਕਾਂ ਦੀ ਰਾਏ ਲਵਾਂ। ਮੈਂ ਜੋ ਕੋਈ ਵੀ ਰਾਹ ਚੁਣਾਂ, ਮੈਂ ਭਵਿੱਖ ਲਈ ਤਿਆਰ ਹੋਣਾ ਚਾਹੁੰਦੀ ਹਾਂ, ਪਰ ਜੇ ਗਲਤੀ ਹੋ ਗਈ ਤਾਂ ਆਪਣੀ ਗਲਤੀ ਤੋਂ ਵੀ ਕੁਝ ਸਿੱਖ ਕੇ ਅੱਗੇ ਲਈ ਤਿਆਰ ਹੋਣਾ ਚਾਹੁੰਦੀ ਹਾਂ। ਫੇਰ ਜੋ ਕੋਈ ਵੀ ਪੁੱਛੇ ਕਿ ਮੈਂ ਕੀ ਬਣਨਾ ਚਾਹੁੰਦੀ ਹਾਂ ਤਾਂ ਮੈਂ ਉਨ੍ਹਾਂ ਦੇ ਸਵਾਲਾਂ ਲਈ ਤਿਆਰ ਰਹਾਂਗੀ।

ਜਸਨੂਰ ਕੌਰ

ਅਠਵੀਂ 'ਡੀ'

ਅਜੀਬ ਦੁਨੀਆ ਦੇ ਅਜੀਬ ਜੰਤੂ

ਮੈਕਸ ਬਿੱਲੀ:-

ਇਹ ਬਿੱਲੀਆਂ ਦੀ ਅਜਿਹੀ ਜਾਤੀ ਹੈ ਜਿਸ ਦੀ ਪੂਛ ਨਹੀਂ ਹੁੰਦੀ।

ਖਰਗੋਸ਼:-

ਇਹ ਇੱਕ ਡਰਪੇਕ ਜਾਨਵਰ ਹੈ ਅਤੇ ਬਹੁਤ ਜਲਦੀ ਡਰ ਜਾਂਦਾ ਹੈ। ਕੁਦਰਤ ਨੇ ਇਸਨੂੰ ਬਹੁਤ ਵੱਡੇ ਕੰਨ ਇਸ ਲਈ ਦਿੱਤੇ ਹਨ ਤਾਂ ਜੋ ਇਹ ਧੀਮੀ ਤੋਂ ਧੀਮੀ ਅਵਾਜ਼ ਵੀ ਅਸਾਨੀ ਨਾਲ ਸੁਣ ਸਕੇ।

ਸਟੋਨਫਿਸ਼ (Stone Fish) :-

ਇਹ ਇੱਕ ਸਮੁੰਦਰੀ ਮੱਛੀ ਹੈ, ਇਹ ਇੰਨੀ ਜ਼ਹਿਰੀਲੀ ਹੈ ਕਿ ਇਸਨੂੰ ਸੁੰਘਣ ਨਾਲ ਹੀ ਮਨੁੱਖ ਮਰ ਜਾਂਦਾ ਹੈ।

ਸੀ ਹਾਰਸ (Sea Horse):-

ਇਸ ਜੀਵ ਦੀਆਂ ਦੋਵੇਂ ਅੱਖਾਂ ਇੱਕ ਹੀ ਸਮੇਂ ਦੋ ਅਲੱਗ-ਅਲੱਗ ਦਿਸ਼ਾਵਾਂ ਵੱਲ ਦੇਖ ਸਕਦੀਆਂ ਹਨ। ਇਹ ਜੀਵ ਡੂੰਘੇ ਸਮੁੰਦਰ ਵਿੱਚ ਪਾਇਆ ਜਾਂਦਾ ਹੈ।

ਮਨੀਤ

ਸੱਤਵੀਂ-ਸੀ

ਕੀੜੀ ਦੀ ਮਹਾਨਤਾ



ਕੀੜੀ-ਕੀੜੀ ਕਹਿ ਕੇ ਉਸਨੂੰ, ਐਵੇਂ ਨਾ ਦੁਰਕਾਰੇ
ਕੀੜੀ ਭਾਵੇਂ ਨਿੱਕੀ ਦਿਸਦੀ, ਪਰ ਉਸਨੂੰ ਸਤਿਕਾਰੋ।

ਨਾ ਉਸਦੇ ਵਿੱਚ ਮਾਸ ਹੈ ਲੱਗਦਾ, ਨਾ ਦਿੱਸਦੀ ਹੈ ਖੱਲ,
ਨਿੱਕਾ ਨਿੱਕਾ ਤਨ ਹੈ ਉਸਦਾ, ਵੱਡੀ ਉਸਦੀ ਗੱਲ।

ਇਕੋ ਤੌਰ ਤੁਰੀ ਉਹ ਜਾਵੇ, ਬੱਸ ਅੱਗੇ ਤੋਂ ਅੱਗੇ,
ਉਸਦਾ ਤੁਰਨਾ ਜੀਵਨ ਜਾਪੇ, ਖੜ੍ਹਨਾ ਮਰਨਾ ਲੱਗੇ।

ਹਰ ਵੇਲੇ ਹੀ ਕਿਸੇ ਕੰਮ ਵਿੱਚ, ਉਹ ਰੁੱਝੀ ਹੈ ਰਹਿੰਦੀ,
ਜੇ ਰੁੱਝ ਜਾਈਏ ਉਸਦੇ ਵਾਂਗੂੰ, ਔਕੜ ਕੁਝ ਨਾ ਕਹਿੰਦੀ।

ਉਸਦਾ ਸਾਹਸ, ਲਗਨ ਜਦ ਤੱਕੀਏ, ਜਿੰਦ ਨੂੰ ਆਏ ਹੁਲਾਰਾ,
ਡਿੱਗਦਾ-ਡਿੱਗਦਾ ਮਨ ਜੇ ਹੋਵੇ, ਫਿਰ ਤੋਂ ਹੋਏ ਕਰਾਰਾ।

ਭਾਨੂ ਪ੍ਰਤਾਪ ਸਿੰਘ
ਅੱਠਵੀਂ 'ਸੀ'

ਚੁਟਕਲੇ



ਰਾਜੂ: ਰਾਜੇਸ਼ ਤੈਨੂੰ ਪਤਾ ਹੈ ਕਿ ਸਭ ਤੋਂ ਜ਼ਿਆਦਾ ਨਸ਼ਾ ਕਿਸ ਚੀਜ਼
ਵਿੱਚ ਹੈ ?

ਰਾਜੇਸ਼ : ਦਾਰੂ ਵਿੱਚ!

ਰਾਜੂ : ਨਹੀਂ!

ਰਾਜੇਸ਼ : ਭੰਗ ਵਿੱਚ!

ਰਾਜੂ : ਨਹੀਂ!

ਰਾਜੂ : ਮੈਂ ਦੱਸਾਂ ?

ਰਾਜੇਸ਼ : ਦੱਸ।

ਰਾਜੂ : ਸਭ ਤੋਂ ਵੱਧ ਨਸ਼ਾ ਤਾਂ ਕਿਤਾਬ ਵਿੱਚ ਹੁੰਦਾ ਹੈ, ਜਿਸਨੂੰ
ਖੋਲ੍ਹਦੇ ਹੀ ਨੀਂਦ ਆ ਜਾਂਦੀ ਹੈ।



ਇੱਕ ਵਾਰ ਇੱਕ ਬੰਦਾ ਕਾਲੀ ਮਾਤਾ ਦੇ ਮੰਦਰ ਜਾਂਦਾ ਹੈ।

ਬੰਦਾ: ਕਾਲੀ ਮਾਤਾ ਜੀ ਮੈਨੂੰ ਅਮੀਰ ਬਣਾ ਦਿਓ।

ਕਾਲੀ ਮਾਤਾ - ਕਾਲੀ ਹੋਊਗੀ ਤੇਰੀ ਮਾਂ, ਮੈਂ ਤਾਂ ਫੇਯਰ ਐਂਡ ਲਵਲੀ
ਲਗਾਉਂਦੀ ਹਾਂ।

ਕਰਮਬੀਰ ਸਿੰਘ
ਪੰਜਵੀਂ 'ਡੀ'



ਇੱਕ ਵਾਰ ਇੱਕ ਲੜਕਾ ਆਪਣੀ ਮਾਂ ਨਾਲ ਅਜਮੇਰ ਮੰਨਤ ਮੰਗਣ
ਗਿਆ। ਉਸਦਾ ਵਿਆਹ ਨਹੀਂ ਸੀ ਹੋ ਰਿਹਾ ਤੇ ਉਸਨੂੰ ਆਪਣੇ ਲਈ
ਇੱਕ ਲੜਕੀ ਦੀ ਤਲਾਸ਼ ਸੀ। ਬਹੁਤ ਭੀੜ ਸੀ, ਉਸਦੀ ਮਾਂ
ਗੁਆਚ ਗਈ। ਉਹ ਫੇਰ ਦਰਗਾਹ ਤੇ ਗਿਆ ਤੇ ਬੋਲਿਆ ਰੱਬਾ ਮੈਨੂੰ
ਆਪਣੀ ਤਾਂ ਮਿਲੀ ਨਹੀਂ ਤੂੰ ਤਾਂ ਬਾਪੂ ਦੀ ਵੀ ਗੁਆ ਦਿੱਤੀ !!

ਖਵਾਹਿਸ਼ ਸੂਦ
ਪੰਜਵੀਂ 'ਏ'

ਸੂਰਜ ਦੀ ਬੇਟੀ

ਸਭ ਨੂੰ ਦੱਸੇ ਧਰਤੀ ਮਾਂ,

ਮੈਂ ਸੂਰਜ ਦੀ ਬੇਟੀ ਹਾਂ।

ਮੈਂ ਸੀ ਗੈਸਾਂ ਦਾ ਇੱਕ ਗੋਲਾ,

ਦਗਦਾ ਜਿਉਂ ਭੱਠੀ ਵਿੱਚ ਕੋਲਾ।

ਇਹ ਹੈ ਮੇਰੀ ਅਜਬ ਕਹਾਣੀ,

ਮੈਥੋਂ ਚਿੱਠ ਗੁਣਾ ਹੈ ਪਾਣੀ।

ਊਬਤ-ਖਾਬਤ ਸੀ ਮੈਂ ਪਹਿਲਾਂ,

ਹੈ ਮੈਦਾਨ ਬਣਾਇਆ।

ਲਾਲ, ਸੰਧੂਰੀ, ਚਿੱਟੀ, ਕਾਲੀ,

ਕਈ ਰੰਗਾਂ ਵਿੱਚ ਪਾਇਆ।

ਹਿੰਮਤ, ਮਿਹਨਤ ਕਰਕੇ ਮੇਰਾ,

ਸੁਹਣਾ ਰੂਪ ਸਜਾਇਆ।

ਨਾਰੰਗੀ ਵਰਗੀ ਸ਼ਕਲ ਹੈ ਮੇਰੀ,

ਰਹਿੰਦੀ ਹਾਂ ਵਿੱਚ ਘੁੰਮਣ-ਘੇਰੀ।

ਸੂਰਜ ਦੁਆਲੇ ਘੁੰਮਦੀ ਰਹਿੰਦੀ,

ਕਦੀ ਨਹੀਂ ਮੈਂ ਟਿਕ ਕੇ ਬਹਿੰਦੀ।

ਦੀਆ ਸਿੰਗਲਾ
ਚੌਥੀ 'ਡੀ'

ਰੁੱਖ ਲਗਾਉ...

ਦੇਖੋ ਇੱਕ ਰੁੱਖ,

ਸਾਨੂੰ ਦੇਵੇ ਸੌ-ਸੌ ਸੁੱਖ।

ਆਉ! ਇਕੱਠੇ ਹੋ ਕੇ ਲਾਈਏ

ਬਹੁਤ ਸਾਰੇ ਹੋਰ ਰੁੱਖ।

ਦੇਖੋ...

ਰਿਸ਼ੀਆਂ-ਮੁਨੀਆਂ ਨੇ ਵੀ

ਇਨ੍ਹਾਂ ਨੂੰ ਵਡਿਆਇਆ,

ਰਹੇ ਜੰਗਲਾਂ ਦੇ ਵਿੱਚ,

ਡੇਰਾ ਰੁੱਖਾਂ ਹੇਠ ਲਗਾਇਆ।

ਦੇਖੋ...

ਸਾਨੂੰ ਸਦਾ ਹੀ ਬਚਾਉਂਦੇ,

ਹੋਵੇ ਗਰਮੀ ਜਾਂ ਸਿਆਲ,

ਹੜ੍ਹਾਂ ਵੇਲੇ ਕੰਮ ਆਉਂਦੇ,

ਸਾਡਾ ਰੱਖਦੇ ਬੜਾ ਖਿਆਲ।

ਦੇਖੋ...

ਫੁੱਲ-ਫਲ ਸਾਨੂੰ ਦਿੰਦੇ,

ਨਾਲੇ ਕਰਦੇ ਛਾਵਾਂ,

ਸਾਨੂੰ ਪਾਲਦੇ ਨੇ ਇੰਝ,

ਜਿਵੇਂ ਪੁੱਤਰਾਂ ਨੂੰ ਮਾਵਾਂ।

ਦੇਖੋ...



ਖੁਸ਼ੀ ਸੂਦ
ਚੌਥੀ 'ਬੀ'





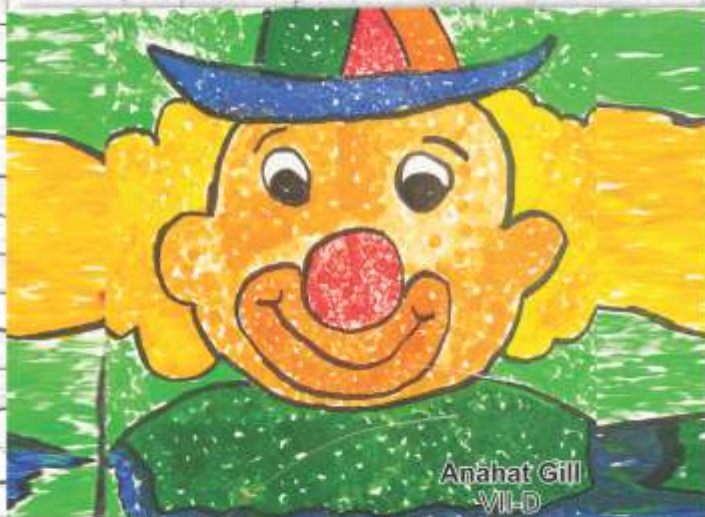




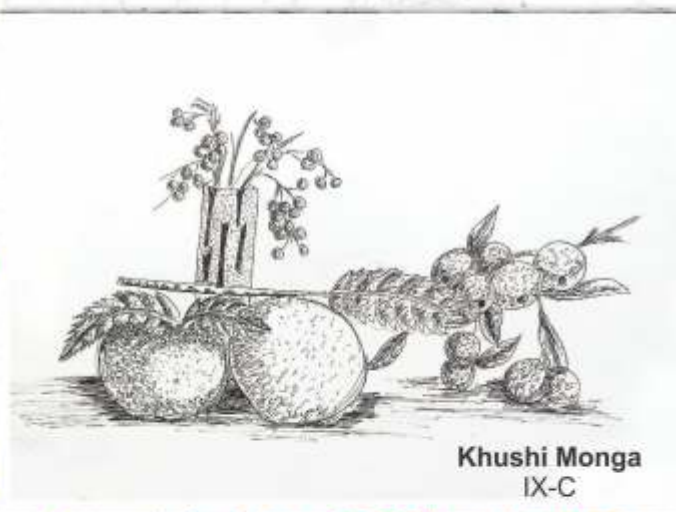
Ryna
VI-D



Ryna
VI-C



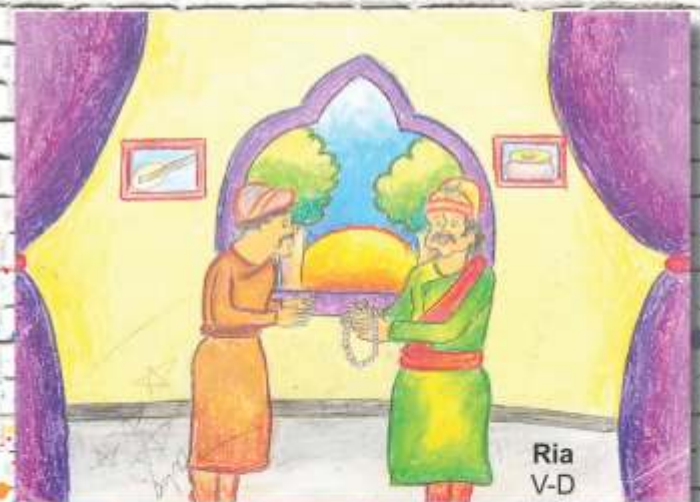
Anahat Gill
VI-D



Khushi Monga
IX-C



Bhavya Sudhakar
IX-B



Ria
V-D

Special assembly at Sat Paul Mittal School



Special assembly on generosity
Students of Sat Paul Mittal School performed during a special assembly on generosity and compassion on Saturday.

Correspondent
Ludhiana

Students of Sat Paul Mittal School performed during a special assembly on generosity and compassion on Saturday.

The assembly was anchored by the students of Class VII. The students performed a play on the theme of generosity and compassion. The play was written by the students of Class VII. The play was performed by the students of Class VII. The play was performed by the students of Class VII.

Sat Paul Mittal School holds seminar on cyber security



Sat Paul Mittal School holds seminar on cyber security
Students of Sat Paul Mittal School attended a seminar on cyber security on Saturday.

Correspondent
Ludhiana

The annual function of Sat Paul Mittal School was organised for Games II to IV at Nehru Stadium on Saturday.

Col (Retd) P.S. Choudhary, director (Education) Sri Amritnagar College of Commerce and Management was the chief guest at the function.

Inter-school debate contest held at Sat Paul Mittal School



Inter-school debate contest held at Sat Paul Mittal School
Students of Sat Paul Mittal School participated in an inter-school debate contest on Saturday.

Correspondent
Ludhiana

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Col (Retd) P.S. Choudhary, director (Education) Sri Amritnagar College of Commerce and Management was the chief guest at the function.

Sat Paul Mittal honours meritorious students



Sat Paul Mittal honours meritorious students
Students of Sat Paul Mittal School were honoured for their meritorious performance on Saturday.

Correspondent
Ludhiana

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Col (Retd) P.S. Choudhary, director (Education) Sri Amritnagar College of Commerce and Management was the chief guest at the function.

In the News

Peace & harmony theme of school annual day fest



Students of Sat Paul Mittal School taking part in a play for the annual day celebrations in Ludhiana on Saturday.

UP CORRESPONDENT
Ludhiana

The annual function of Sat Paul Mittal School was organised for Games II to IV at Nehru Stadium on Saturday.

Col (Retd) P.S. Choudhary, director (Education) Sri Amritnagar College of Commerce and Management was the chief guest at the function.

The theme of the function was peace and harmony. There were many performances by the students. The main highlight of the event was the 'Curtain Raiser' wherein, the Satyans expressed their views on

Odissi danseuse Kavita Dwivedi enthral students



Students join Odissi danseuse Kavita Dwivedi on stage for an impromptu dance performance at the Nehru Stadium in Ludhiana on Tuesday.

UP CORRESPONDENT
Ludhiana

Students of Sat Paul Mittal School took part in a play for the annual day celebrations in Ludhiana on Saturday.

The annual function of Sat Paul Mittal School was organised for Games II to IV at Nehru Stadium on Saturday.

Col (Retd) P.S. Choudhary, director (Education) Sri Amritnagar College of Commerce and Management was the chief guest at the function.

The theme of the function was peace and harmony. There were many performances by the students. The main highlight of the event was the 'Curtain Raiser' wherein, the Satyans expressed their views on

I-Day fervour high in city



Students celebrating I-Day at Sat Paul Mittal School.

UP CORRESPONDENT
Ludhiana

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DAY OF SMILES AND LOVE



Students participating in the Day of Smiles and Love event at Sat Paul Mittal School.

UP CORRESPONDENT
Ludhiana

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सतपाल मितल को बेस्ट टीम की ट्रॉफी



Students receiving a trophy for the best team at Sat Paul Mittal School.

UP CORRESPONDENT
Ludhiana

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'Thanksgiving Day' celebration



Students celebrating Thanksgiving Day at Sat Paul Mittal School.

UP CORRESPONDENT
Ludhiana

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Sat Paul Mittal School wins inter-school kids fest



Students of Sat Paul Mittal School winning trophies at an inter-school kids festival.

UP CORRESPONDENT
Ludhiana

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Chess meet ends



Students participating in a chess meet at Sat Paul Mittal School.

UP CORRESPONDENT
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Grandparents Day at Sat Paul Mittal



Students and grandparents celebrating Grandparents Day at Sat Paul Mittal School.

UP CORRESPONDENT
Ludhiana

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Students in jubilant mood after winning the first prize at G S Memorial Inter-School Competition



Students celebrating their victory at the G S Memorial Inter-School Competition.

UP CORRESPONDENT
Ludhiana

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Sat Paul Mittal School won the best team trophy at the G S Memorial Inter-School Competition held at Jesus' Sacred Heart School, South City. Nearly 1,500 participants from 25 schools of Ludhiana competed with each other.



Students of Sat Paul Mittal School winning the best team trophy at the G S Memorial Inter-School Competition.

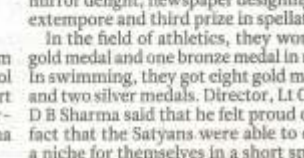
UP CORRESPONDENT
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mirror delight, newspaper designing and extempore and third prize in spellathon



Students participating in a mirror delight, newspaper designing, and extempore competition.

UP CORRESPONDENT
Ludhiana

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The Invincibles

Oh! '10 years passed by in the blink of an eye'. When I entered this school, I was a timid person, hardly able to express my views but now when I see myself in the mirror, I come across a completely opposite person. This school has given me more than I could have asked for. In these ten years, I have experienced success, failure, hardship, distress, comfort, triumph which I believe no other school could have given me. From my first declamation at 'Nehru Sidhant Kender' to the Nationals in Orissa, I have gone a long way. If I am asked to paint my favourite moment during my school life, my brush would never stop and my father might go crazy buying me art material. Believe me, in no other school will you find teachers who do so much for their students. I will be leaving this school, as a better person and I owe it all to the school and each and every one in it.

a.k.a: Maggie, 24 hr. Helpline, Rajlaxmi

Megha Singhania



When I joined this school in 2007, I was a timid, shy guy who even wept on stage. But teachers here have been so supportive and enthusiastic that they left no stone unturned to make me a better and confident person. I would especially like to thank the Sports department, my football co-mates and the ground for being an integral part in my football journey at this school. I wish you guys all the best in your school and personal life. Stay foolish! Stay Hungry!

Vaibhav

a.k.a: Koma

I have been in this school for the last eight years and I have a wonderful experience. The teachers and friends I have are indeed wonderful. The school memories are one of the best memories which I will cherish in times to come. It will be missed. I will miss my affectionate friends and adorable teachers.

a.k.a: Amu

Amandeep Kaur



"Learning without limits", the school really stands up to its motto. I have learnt a lot here and that is going to help me in future.

Love you fellow Satyans.

Manveen Singh

a.k.a: Billi

Well, this school has given me a lot of classic memories and much more. This school was one of the biggest inspirations for me. I found my best friend Eshana in Class V. The school has given me a lot of opportunities that made me come to know my true calibre. I'm going to miss the school a lot and especially the Sports day and the free time we used to get before the Annual Function. I will surely miss all my teachers and my friends.

a.k.a: Oye Bhogal!, Bhogali!

Mannat Bhogal



I have spent ten years in this school and it feels really tough to say Good Bye. Spending more than my half of my life being a Satyan means a lot. Everything about this school be it teachers, curriculum, facilities, the atmosphere, which this school provides, is commendable. I'll surely miss these days. Thank you SPM for giving me such precious memories and friends.

a.k.a: Anky

Ankita Thapar



My school life was not less than a rollercoaster. There are thousands and thousands of memories which I cherish each and every day. I came as a boy and now I am leaving as a man. I will miss each and everything about this school. The school has imbibed in me the qualities which will remain with me till the last days of my life.

Thanks SPM.

Akshay Jain

a.k.a: Jainy

It has been a great experience studying in this school. I had been a part of the school since 2004. I enjoyed dancing for the first time on the farewell party with my pals. I am very thankful to all the caring and loving teachers who stood by me through thick and thin. Remember people who are crazy enough to think they can change the world are the ones, who did.

a.k.a: Turkey

Harkirat Walia



Though it has been just two years in SPM, it seems as if I have spent years of my life in this school. I made uncountable friends for life. I had an amazing bunch of teachers and friends. The Kerala trip will always be cherished. I am going to miss every bit of SPM a lot.

Jenisha Jain

a.k.a: Jenililly

As I stand at the threshold of my life, I remember the place where I grew up. I have experienced the joys of life, made friends for life and have been nurtured by amazing teachers. I wish I could be here forever as everyday here has been special. The eight years I've spent here have been thoroughly magnificent. Thanks to everyone who loved and those who hated me as you only made me stronger. My heart weeps as I bid adieu to my Sat Paul Mittal School. The memories you have given me are unforgettable.

a.k.a: Bau

Aadvitya Gupta



I will miss SPM. The school has been instrumental in playing an important role in my life. SPM has always been a mentor and my guru. I would like to thank my teachers and my fellow classmates who made my journey in this school par above excellence. I consider myself to be a True Satyan.

Thank you SPM.

a.k.a: Vidhit

Vidhit Handa



Love yourself is the best thing that you can do and believe me, everything around you will be positive and you will enjoy each and every moment of life. I too have fond memories in this school. How can I forget that first birthday I celebrated in this school? Indeed I will miss my affectionate friends and my loving teachers.

Dolly Seth

a.k.a: Dolla

School is a time which is the best time of my life. Going to miss the school days a lot especially Gogia mam's charming, ever smiling face and adorable Geetanjali mam. The journey of a Satyan is the best journey. Opening of the tiffin boxes right in the first period, the get together that would hardly end, when birthdays are not celebrated till the time cake is not applied on the face, when water fights were the best fights, new inventions in the labs, and how can we forget our national game "The Pen Fight". Hehe I think it is the best life I could ever get. When teachers always welcomed us with open arms Going to miss such hard working teachers. Love the Satyan life ... All the best to fellow Satyans – U Rock

a.k.a: Bachhi

Vani Gupta



It had been an awesome journey in these past nine years. It couldn't have been possible without my friends. I will miss every element of the school, as this school has given me an opportunity to prove my worth by allowing me to serve the school as the Head Boy and House Captain in these past nine years. Work hard, Play Hard.

Tushar Rawat

a.k.a: Madrasi

My journey at Sat Paul Mittal began on 4th April, 2005. It has been nine years. Wow! I mean I have no words that could explain how happy I am. The time here at SPM has been memorable and enriching. I have made some great friends here whom I would always want to remain in touch with. I am indeed indebted to this institution for nurturing me as a caring gardener. I have learnt all the important lessons of my life here and have received possibly everything from this school. I pray to God for the prosperity of my alma mater always.

a.k.a: Kaju

Parasha Dhanda



The best memory that I have is of the Wonderland trip and the first 10th Board Prize Distribution. Remember Satyans don't plan anything, unplanned things are always better. Break rules, if you can get through the trouble, live the school years to the fullest and forgive quickly. Laugh uncontrollably and make every moment of your school life memorable. Enjoy every part – studies, games, troubles and bond with friends and teachers. You are going to miss and regret the times you didn't go to school.

a.k.a: Bunt

Namit Anand



I have spent nine years in this school, the best years of my life as of now. Throughout my journey in SPM, I have indeed enjoyed each and every moment. I have made many good friends. Maybe I don't know each and every individual in the school but I know that everybody knows me. I can just say that what I am today is because of this school.

Vaibhav Nayyar

a.k.a: Papa Nayyar, fun

The rich reservoir of knowledge and experience in this school has helped me to mature into a confident adult. I will always be thankful to my teachers, parents and my dear friends. All the best for future and I hope we make you proud.

a.k.a: T. J.

Tajesh Gill



Finally the school life is over! I remember the first day of my school when I came with my parents to take admission. About four years ago when I entered the school I found that it was a lovely place with lovely teachers, lovely friends and now these lovely four years. This school life getting over really fills one with beautiful memories and the dilemma of life after school. All the best Satyans.

Divnoor Singh

a.k.a: DS Publications

This big blue building means more to me than words can express. It saddens me now when I realize that I'll never be coming back here again. My first day here was almost eight years ago and I was quite nervous. I never thought I would be able to make friends here as I was an introvert all wrapped up in myself. But I met some great, great people, had great memories with them and never going to forget them. Stay strong. Be brave and always believe in yourself. Sat Paul Mittal School will always be a part of me. Cheers.

a.k.a: Buggi, Mayonnaise

Simar



Enjoy your life to the fullest, without caring about others. Be yourself and love yourself. The time spent in SPM was memorable. How can I forget the pranks I played that almost exploded the chemistry lab with Manveen and Eshana? Eating chana and groundnuts in class, with friends, when mam was teaching. I will miss SPM.

a.k.a: Pshyo Dennis/Seth Sahab

Denis Seth



I joined this school just two years ago but it seems years have passed. My experience at school was very memorable. This school has given me some of my best moments of life. I will never forget Simi, Guru, Ray, Jenny, Jugu, AK, Nayyar, Aman, the besties of my life who would not have been a part of my life if I was not a part of S.P.M. I am going to miss this school life fun badly.

Kanica Mago

a.k.a: Kanu

In these two years at SPM, I might not have known every individual at SPM but it seemed as if everyone knew me. Altogether, I made many friends and had an extravaganza of experiences. It all seemed like a book of incidents transpiring. HAVE FUN would be my final statement to the Satyans.

a.k.a: Juggu

Jugraaj Ruppel



The past six years, since I became a Satyan were the most amazing and adventurous years of my life. I remember the day I got admission, I was on cloud nine. The journey had a lot of thrill, emotion, drama, trauma and tragedy too. My journey is unforgettable and these memories will remain etched in my mind forever.

Rushank Goyal

a.k.a: RG

I have been in this school for seven years and it has surely been a rollercoaster ride for me. It has changed me from a shy and reticent girl to a confident Satyan. While writing this all the memories flash in my head like a reel of a film; throwing chalks at each other, water fights, the memories are endless.

Thank you school for giving me such precious memories and friends.

a.k.a: Ray

Raisin Saini



My journey in SPM for eight years was like a football match. Many yellow cards and some red cards but still I am able to complete this journey on time. The teachers, heads and students had great role in inculcating the traits of a good human being. At last I would say that I will definitely miss SPM.

a.k.a: Benny

Rishab Garg



I spent eight years in the school and it is very difficult to say 'Good Bye'. I came in this school as a boy and this school has turned me into a man. This could not have been possible without our lovely and supporting teachers. The journey at Sat Paul Mittal School was such a memory that would never be forgotten.

Kanishk Bansal

a.k.a: K.B.

I have spent ten years in this school...and now it's really tough to say goodbye. I am thankful to my teachers and my fellow mates for making this journey worth living every single day and every single moment. I will miss you SPM.

a.k.a: Bum, Chotu

Shubham Gupta



I am privileged to have been a part of this institution. I would like to thank my teachers and friends who have helped me to become a man of character.

Dhruv Sondhi

a.k.a: Sondhi Saab

I joined this school in 2005. It has been a wonderful nine year period that has shaped me into a strong willed individual who can look forward to the future with confidence without any fear. Thank you SPM.

a.k.a: Pasha

Penaaz Dhillon



Parting Shots [Class XII (2013-14)]

These two years in school had been totally fun for me. I cannot forget the time I have spent in this school especially with my friends who were like bros. Love you all.

a.k.a: Nippo, Nippsiy

Nikhil Kumar



Your past is history and future is mystery. Go out and do what you love. Always dream high, have no shortcuts, stay strong and respect your parents. "Good artist copies, great artist steals".

Shubhankar Gupta

a.k.a: Shubhankar

I have spent eight years in this school and it has been a memorable journey with a lot of ups and downs. The teachers have been a great support system. I will surely miss all my friends.

a.k.a: Winki

Twinkle Malhotra



The past two years since I became a Satyan were the most amazing and adventurous years of my life. I remember the day I got admission, I was on cloud nine. The journey had a lot of thrill, emotion, drama, trauma and tragedy too. My journey is unforgettable and these memories will remain etched in my mind forever.

Pranav Dawar

a.k.a: Dober

I would like to thank everyone who made my journey in school memorable and enjoyable. I am thankful to my teachers and fellow mates for making this journey worth living. The memories in this school have become sweet moments of my life.

Thanks SPM.

a.k.a: Vanik

Vanik Handa



I have uncountable memories in this school. Nine years that I have spent in this school are very special to me. I have made friends for life in this school. I wish all the Satyans a very good luck.

a.k.a: Fyushi, Dandi

Ayushi Jain



The past seven years have been pretty amazing had a lot of fun. The school gave some pretty good memories, I will surely miss all this.

Thanks SPM.

Kanishdeep Singh Baweja

a.k.a: Beep Singh

It was great being part of Sat Paul Mittal School. I am grateful to the whole Satyan family for their contribution towards the happiest moments in my life. The teachings and values taught at SPM will always be embedded in me.

a.k.a: Madhurya

Madhurya Jain



The journey at SPM has been amazing. The teachers were like our guides and showered their love and affection on us. A shot message to Juniors "Respect your teachers, give your best at everything and achieve every impossible thing in the world."

Gwrit Sahni

a.k.a: Patty, Gu, Chatur

My journey at SPM has been very memorable. I have made many friends here and I have learnt a lot from this school.

So, Thank you SPM for making my days memorable.

a.k.a: Sanz, Somu

Somya



Parting Shots [Class XII (2013-14)]

I have spent nine years at SPM, they mean a lot to me, I have turned from a shy, disorganised girl to a confident and responsible girl. I found my best years here, I am going to miss each and every day of this school. A lot of thanks to Nidhi Mam, Neha Mam and Alpna mam. I am proud to be a Satyan.

a.k.a: illeh

Gurleen Kaur



I have given 9 years of my life to SPMS. But that's nothing compared to what the school has given me. Memories that'll last a lifetime, friends who are to die for and teachers who are our guides and mentors. The journey did have its ups and downs nevertheless it has made me the person I am today. Strong, confident and most importantly happy. How many kids actually get to say that they were happy in school. SPMS has given me perspective-on friends, people and life in general. This nine year journey here is a lifetime to me and could possibly be the best part of my life so thank you SPMS for everything.

Riddhima Karwa

a.k.a: Ridhima

I had an amazing journey at Sat Paul Mittal School. It was fun to find new friends and we all had a splendid time. The last two years have been the most memorable and enriching, they will remain etched in my mind and heart forever.

a.k.a: Simran

Simran Dhawan



Just a note to say...
As you move into
a new venture...
May Luck and Success
always be with you!

Family Album



SAT PAUL MITTAL SCHOOL

**Class : X-A
2013-2014**



Sitting (L to R) : Ms. Ambika Nayyar, Ms. Ritu Bajaj, Ms. Monica Joshi, Ms. Meenu Arora (Deputy Head, Senior School), Dr. Ms. Geeta Dua (Head, Senior School), Lt. Col. Dr. D.B. Sharma (Director), Ms. Bhupinder Gogia (Principal), Ms. Radhika Dawar (Class Teacher), Ms. Charanjeet Kaur, Ms. Neha Sehgal

Standing 1st Row : Ms. Deepika Nathaniel, Guneet Singh, Jasmine Sharma, Guneev Kaur, Amreen Kohli, Deepika Batra, Amolika Saini, Medha Sahi, Disha Kapoor, Sanchit Aggarwal, Ms. G. Amandeep Kaur, Ms. Anupam Bhanot

2nd Row : Ms. Veena Kalra (Librarian), Ms. Sunanda Kasturi, Raghav Jain, Sarvesh Malaki, Vinayak O.P. Bansal, Saksham Kukreja, Kabeer Kler, Ekasmeet Singh, Angat Sagar, Mayank Sharma, Ms. Kultar Kaur

3rd Row : Mr. Bhupinder Singh, Mr. Maninderpal Singh, Mr. Sanjeev Tyagi

SAT PAUL MITTAL SCHOOL

**Class : X-B
2013-2014**



- Sitting (L to R) :** Ms. Veena Kalra, Ms. Ambika Nayyar, Ms. Monica Joshi, Ms. Meenu Arora (Deputy Head, Senior School), Dr. Ms. Geet Dua (Head, Senior School), Lt. Col. Dr. D.B. Sharma (Director), Ms. Bhupinder Gogia (Principal), Ms. Geetika Dandona (Class Teacher), Ms. Jasmit Janeja, Ms. Sunanda Kasturi
- Satnding 1st Row :** Ms. Gurjeet Kaur, Maanvi, Daarika Jain, Pratibha, Pranjali Sabharwal, Srishti Goyal, Anhad Kaur, Japin Panjraht, Shobhita Garg, Rubani Singh, Vaibhavi Arora, Malika Sood, Parthavi Madaan
- 2nd Row :** Ms. Deepika Nathaniel, Yatin Aggarwal, Sahil Kumar, Piyush Kohli, Garv Luthra, Armaan Ajrawat, Shrey Kalra, Anirudh, Arianth Joshi, Kabir Narang, Nischay Wadhwa, Ms. Anupam Bhanot, Ms. Neena Shori, Ms. Ritu Bajaj
- 3rd Row :** Karminder Singh, Ms. Charanjit Kaur, Ms. Madhuri Sharma, Mr. Bhupinder Singh, Mr. Maninder Pal Singh, Mr. Sanjeev Tyagi, Tushar Gupta, Garvinjeet Singh

SAT PAUL MITTAL SCHOOL

**Class : X-C
2013-2014**



- Sitting (L to R) :** Ms. Jaspreet Kaur, Ms. Veena Kalra, Ms. Monica Joshi, Ms. Meenu Arora (Deputy Head, Senior School), Dr. Ms. Geeta Dua (Head, Senior School), Lt. Col. Dr. D.B. Sharma (Director), Ms. Bhupinder Gogia (Principal), Ms. Puja Chopra (Class Teacher), Ms. Alpna Nehraw, Ms. Manpreet Kaur Sachdeva
- Standing 1st Row :** Gitika Bansal, Ashna Sehgal, Stuti Gupta, Jahnvi Jain, Prerika Kakkar, Yashpreet Kaur, Snigdha Kandhari, Harleen Walla, Aanya Thapar, Mahakpreet Nayyar, Anmol Anand, Ojasvi Jain, Damini Mahajan
- 2nd Row :** Parv Bajaj, Harsh Vardhan Kumar, Nishant Aggarwal, Swapnil Kalra, Kanwarpal Singh, Ayan Watts, Ramneet Narula, Harkirat Singh Jaura, Ashutosh Sharma, Jatin Khanna, Jashandeep Singh, Shubham Narang
- 3rd Row :** Ms. Ambika Nayyar, Mr. Harneet Singh, Mr. Maninderpal Singh, Mr. Bhupinder Singh, Mr. Sanjeev Tyagi, Ms. Geetika

SAT PAUL MITTAL SCHOOL

**Class : XI-A
2013-2014**



Sitting (L to R)

Ms. Jasmit Janeja, Ms. Veena Kalra, Ms. Monica Joshi, Ms. Meenu Arora (Deputy Head, Senior School), Dr. Ms. Geeta Dua (Head, Senior School), Lt. Col. Dr. D.B. Sharma (Director), Ms. Bhupinder Gogia (Principal), Ms. Kultar Kaur (Class Teacher XI-Science), Ms. Alpna Nahraw (Class Teacher XI-Humanities), Ms. Ambika Nayyar.

Standing 1st Row :

Vaibhav Kashyap, Tarika Jain, Mansi Sharma, Rageshwari Sall, Anshika Sharma, Kriti Behal, Bisman Kaur Makkar, Ginny Suri, Aaishwarya Bansal, Diksha Samsukha, Rhythm Gupta, Ms. Geetanjali Sial

2nd Row

Sarabdeep Singh, Abhaybir Singh Sidhu, Raghav Gupta, Himanshu Khullar, Aryaman Dhandra, Gursahab Singh, Nishant Dua, Sarabjot Singh Gill, Sachinmeet Singh Gill, Abhijot Singh, Chirag Nagpal, Ms. Nidhi Sidhu

3rd Row

Ms. Shikha, Ms. Geetika Dandona, Mr. Harneet Singh, Mr. Sanjeev Tyagi, Mr. Bhupinder Singh

SAT PAUL MITTAL SCHOOL

**Class : XI-B
2013-2014**



- Sitting (L to R) :** Ms. Veena Kalra, Ms. Monica Joshi, Ms. Meenu Arora (Deputy Head, Senior School), Dr. Ms. Geeta Dua (Head, Senior School), Lt. Col. Dr. D.B. Sharma (Director), Ms. Bhupinder Gogia (Principal) , Ms. Shilpi Sood Gill (Head Junior School), Ms. Geeta Bhardwaj (Class Teacher), Ms. Manpreet Kaur
- Standing 1st Row :** Sabhy Vij, Tanvi Gupta, Ripandeep Kaur, Rupali Jain, Anjli Mahandru, Misha Sandhu, Sanea Mahajan, Yashita Jain, Priyanka Kalra, Tanisha Tandon
- 2nd Row :** Abhishek Dhawan, Vidul Goyal, Subhanu Garg, Ishan Singal, Kunal Goyal, Haramrit Singh, Gurkanwal Singh, Gurmehar Singh Gogia, Naman Jain
- 3rd Row :** Sanchit Dhall, Mr. Bhupinder Singh, Mr. Sanjeev Tyagi, Ms. Ambika Nayyar, Ms. Geetika Dandona, Himanshu Jain

SAT PAUL MITTAL SCHOOL

**Class : XI-C
2013-2014**



- Sitting (L to R) :** Ms. Ambika Nayyar, Ms. Veena Kalra, Ms. Monica Joshi, Ms. Meenu Aroa (Deputy Head, Senior School), Dr. Ms. Geeta Dua (Head, Senior School), Lt. Col. Dr. D.B. Sharma (Director), Ms. Bhupinder Gogia (Principal), Ms. Manpreet Kaur (Class Teacher), Ms. Geeta Bhardwaj, Ms. Gitika Dandona
- Standing 1st Row :** Aarushi Goel, Diksha Aggarwal, Manavi Aggarwal, Tanvi Jain, Mehma Vig, Sara Garg, Tanvi S. Jain, Niharika Gupta, Dhaarna Jain, Ms. Neha Sehgal
- 2nd Row :** Bharat Talreja, Sarthak Jain, Jaivardhan Dhanda, Raghav Vatsa, Niket Shah, Sholab Arora, Biragam Chhabra, Ishan Girdhar, Anubhav Garg, Gagan Dugar, Keshav Thakur
- 3rd Row :** Mr. Bhupinder Singh, Viren Thapar, Khushraj Singh, Shubham Garg, Mr. Sanjeev Tyagi

SAT PAUL MITTAL SCHOOL

**Class : XII-A
2013-2014**



- Sitting (L to R)** : Ms. Veena Kalra, Ms. Monica Joshi, Ms. Meenu Arora (Deputy Head, Senior School), Dr. Ms. Geeta Dua (Head, Senior School), Lt. Col. Dr. D.B. Sharma (Director), Ms. Bhupinder Gogia (Principal), Ms. Jasmit Janeja (Class Teacher), Ms. Geetanjali Sial
- Standing 1st Row** : Ms. Ambika Nayyar, Vani Gupta, Ridhima Karwa, Megha Singhania, Raisin Saini, Mannat Bhogal, Ankita Thapar, Ms. Geetika Dandona
- 2nd Row** : Ms. Kulfar Kaur, Harkirat Singh Wallia, Nikhil Kumar, Manveen Singh, Denis Seth, Jugraj Singh Ruppai, Vaibhav Kumar, Vaibhav Nayyar, Tushar Rawat
- 3rd Row** : Mr. Bhupinder Singh

SAT PAUL MITTAL SCHOOL

**Class : XII-B
2013-2014**



Sitting (L to R) : Ms. Veena Kalra, Ms. Monica Joshi, Ms. Meenu Arora (Deputy Head), Dr. Ms. Geeta Dua (Head), Lt. Col. Dr. D.B. Sharma (Director), Ms. Bhupinder Gogia (Principal), Ms. Nidhi Sidhu (Class Teacher), Ms. Geetanjali Sial

Standing 1st Row : Ms. Ambika Nayyar, Madhurya Jain, Jenisha Jain, Aayushi Jain, Gurleen Walia, Dolly Seth, Parasha Dhanda, Ms. Geetika Dandona

2nd Row : Ms. Alpana Nehraw, Mr. Bhupinder Singh, Namit Anand, Aaditya Gupta, Mr. Harneet Singh, Ms. Geeta Bhardwaj

SAT PAUL MITTAL SCHOOL

**Class : XII-C
2013-2014**



- Sitting (L to R) :** Ms. Manpreet Kaur, Ms. Veena Kalra, Ms. Monica Joshi, Ms. Meenu Arora (Deputy Head, Senior School), Dr. Ms. Geeta Dua (Head, Senior School), Lt. Col. Dr. D.B. Sharma (Director), Ms. Bhupinder Gogia (Principal), Ms. Geetanjali Sial (Class Teacher), Ms. Geetika Dandona, Ms. Geeta Bhardwaj, Ms. Ambika Nayyar
- Standing 1st Row :** Vanik Handa, Karishdeep Singh Baweja, Penaaz Dhillon, Simarjeet Kaur, Somya Jain, Twinkle Malhotra, Kanika Mago, Amandeep Kaur, Shubhankar Gupta, Rishab Garg
- 2nd Row :** Shubham Gutpa, Divnoor Singh, Rushank Goyal, Kanishq Bansal, Tajeshpal Singh Gill, Akshay Jain, Gunit Sahni, Dhruv Sondhi, Pranav Dawer, Vidhit Handa
- 3rd Row :** Mr. Bhupinder Singh



Sat Paul Mittal School

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