

The
Satyan
2013



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Learning without Limits

The Annual School Magazine of
SAT PAUL MITTAL SCHOOL

Ludhiana (India)

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Editorial

The year 2012-13 has been an eventful year packed with a plethora of activities and spectacular achievements. One that has definitely raised the bar for years to come has been the visit of the Honourable President of India, Sh. Pranab Mukherjee, to the school campus. It was indeed a momentous occasion and would unquestionably go down in the annals of the history of the school as an important milestone and a feather in the cap for the Satyan fraternity. In his speech, the President said, "When I visited my own school as an ex-student, students asked me to give them a simple advice. All I told them was 'love your school, believe in your teachers and obey them' because it is the only thing which will give you every success in life." He added that right teacher-student ratio was very important for excellence in education as personal touch of a teacher matters the most for a child. The President was gratified to know that Sat Paul Mittal School has carved a niche for itself among the top educational institutions of India.

While browsing over the pages of 'The Satyan', the readers will come across interesting articles, stories and some useful information penned down by the Satyans. The section 'About the School' reveals the coming up of the state-of-the-art auditorium and the launch of ERP software, proving thereby that the school is constantly innovating and transforming for the best. The 'Ace' section highlights the laudable achievements of the students' and teachers' in the field of academics and extra-curricular activities. The 'Satyan Chronicle' gives a peep into the activities and events organised by the school to provide a platform to the students to hone their skills. The school leaves no stone unturned to help the students to imbibe core sterling values like empathy, respect, kindness etc. by organizing visits to institutions like Aashirwad schools and Satya Bharti schools, which has been vividly presented in the 'Humane Satyans'. The 'Expressions' section boasts of the writing abilities of the teachers and parents and provides much food for thought. The 'Writer's Pen' features the contributions made by the Satyans and exhibits their flair for writing. The magazine clearly demonstrates the firm resolve of the school to accomplish its Vision and Mission and to turn the Satyans into responsible citizens and empowered leaders of tomorrow.

The Satyan 2013 like an all-encompassing mirror reflects the school's ethos and its very essence in letter and spirit. The contributions made by the students manifest their insatiable quest for knowledge and display their creativity. Dear readers, savour the flavours and recollections of the days gone by and applaud the energy and efforts put in by the students, teachers and parents.

Happy Reading!!!

Ms. Neha Sehgal
Editor-in-Chief

Two years back, when I was appointed as the first Student Editor, we started preaching the philosophy of being '*run by ideas, not hierarchy*'. We changed the look-and-feel of every paper we printed. I guess we did a pretty good job, right? Just like my first day as the Editor, this is unbelievable. Bidding adieu to the Spartans last year, I didn't quite realize that my time was near. It's ironical that when we have time, we want it to pass away, we want the year to end, get over with it, and when it finally does, we wish it had stayed still.

"Life: Every minute is borrowed time." Every moment you waste procrastinating, is a moment lost. All the same, I've also realized that, "We all want to grow up. We're desperate to get there, to grab all the opportunities we can... to live. We're so busy trying to get out of that nest... We don't think about the fact that it's going to be cold out there... really cold. Because growing up sometimes means leaving people behind. And by the time we stand on our own two feet... we're standing there alone." Sometimes in life, we are so desperate to climb up, that we leave behind the support that brought us there. We forget to live!

We don't necessarily have to do this, because *"Apne goals ko pane ki khushi tabhi hoti hai jab use bitantne ke liye koi hota hai."* So that's it, my story ends well, till the next chapter...

Anhad Arora
Student Editor



Shri Pranab Mukherjee
Honourable President of India

The President Speaks.....

Hon'ble Shri Shiv Raj Patil, Governor, Punjab, Sardar Parkash Singh Badal, distinguished Chief Minister of State of Punjab, Shri Rakesh Bharti Mittal, Chairman, Governing Council, Sat Paul Mittal School, Shri Bipin Gupta, Vice-Chairman, Governing Council, Sat Paul Mittal School, distinguished guests, ladies and gentlemen, dear children.

I am extremely happy to be amidst you this afternoon. I am happy more so because this institution is named after a person with whom I had a very long association. Shri Sat Paul Mittal was an outstanding figure, he was the President of the Punjab Pradesh Congress Committee for a very long period of time. He had a passion to build up this organization. He was an M.P for a very long period of time and was my colleague in Parliament. He was not only a politician; he was essentially an institution builder and a visionary leader. He was associated with United Nations Family Planning programme and certain other social initiatives. He devoted both time and energy to build up the systems and spread awareness on these issues particularly on family planning, which was simply remarkable. He established Nehru Sidhant Kender Centre which was essentially an institution to bring thinkers and actors together. It is appropriate that this centre has become an institution which aims to be an institute of excellence and is named after Shri Sat Paul Mittal. Shri Rakeshji was telling you about my old involvement in education because I started my career as a teacher. I was a teacher, I was a lecturer in a college and I came to politics, somehow accidentally. I was born in a political family but my choice was to be a teacher and there is a saying that once a teacher, always a teacher. Despite being in other activities for a very long period of time, sometimes, I indulge and allow myself to play the role of a teacher and particularly when I come across the young and receptive minds, it reminds me that I am addressing the future of my nation, future of my country and also the future of the world. When I look around and find bright young men and women imbibe these ideologies, full of emotions and activities and at the same time conditioned by rational thinking, I feel confident that the future of India is safe.

Rakeshji was telling you that while establishing Satya Bharti Schools, why did I choose it? Not only my association with Shri Sat Paul Mittal but also I came to know the activities of this group of institutions where they lay emphasis on not only teaching the students by feeding some information to them but this institution strives to build up their character. They truly imbibe the ideals of

Swami Vivekananda. He said that by education it does not mean that you simply transfer some information to a mind but provide proper stimulation which causes a turnaround in your thought process.

Therefore, when the world change is going to be towards knowledge and the concept of knowledge based society, it is no longer in the area of Utopia but it is in the area of reality. Today's every economic thinker and social thinker believes that knowledge is going to be ingredient of building up the new economy. Therefore we ought to build up informed citizens and this can be done only through the schools. The constituency I represented when I was in active politics, from where I have voluntarily retired, was a very backward area and I wanted to create an atmosphere of excellent education system. I was able to establish the campus of a university, the campus of a good Management Institute but I found that the local young boys and girls were hardly able to get chances there because there are admissions based on merit and because the education which they received from those schools and colleges available was not of an equal standard. Then, I looked at the Satya Bharti Schools System. I requested them as to how they can help. With their help, I was able to establish ten Primary schools because I believe that if I lay emphasis on primary level then the basic foundation will be prepared then it could be possible to build up right type of persons and with ten such good primary schools, they have been able to create a model secondary school. Also the teacher student ratio is at a manageable or an ideal level. Each and every individual student gets the attention of the teacher. We shall have to keep in mind that the most important influence which a receptive student's mind will have will be that of a teacher. Whatever the teacher says to a student is the gospel truth. He accepts it as 100% truth.

Therefore, the personal touch of a teacher is a very crucial ingredient to develop the character and personality of the student. Therefore, the teacher student ratio is not merely a mechanical or arithmetical number; it is the essence of education system. The second aspect on which we shall have to emphasize is that we can solve our educational problems. The country which was once considered as a cradle of civilization, has now become one of the poorest country in terms of education, literacy and knowledge. A large number of illiterate people of the world reside in India. We are trying to catch up. Sarv Siksha Abhiyan, Right to Education, these are providing the basic fundamental rights with which we can build up the educational system of our country while we can achieve what we had, what we endeared once. The dawn of civilization took place in the land of five rivers, the texts of the supreme knowledge were composed here, we lead the world in ancient period, even during the Middle Ages, we had some of our excellent education centres where people from all over the world used to come and have their lessons. I am not merely talking about Taxila or Nalanda, even in the Middle Ages, Bologna or all of them, they were the centres of excellent education. Therefore, we shall have to achieve that. I am glad to have this opportunity of being amongst a few to have visited my old school from where I passed my schooling, after the completion of my 10th Class examination, in those days it was called school final.

When I visited the school as an ex-student sometimes back, the present students asked me to please give them a simple advice. I gave them all a simple advice and I believe in it.

“Love your school, love your institution, believe your teacher, obey your teacher, you will achieve everything.”

Thank you my dear young children.

JAI HIND



Principal's Message

"Every block of stone has a statue inside it and it is the task of the sculptor to discover it."

Michelangelo

If we were to apply this visionary concept to education, all the energy would be focused on chipping away the stone, getting rid of whatever stands in the way of each child's development skills and unraveling its potential.

We at Sat Paul Mittal School apply this approach very firmly as we move forward with fervour and enthusiasm towards realization of our vision of being an institution of excellence where every Satyan is a responsible citizen and empowered leader of tomorrow. Together, our Vision, Mission and Values represents our collective passion, dreams and aspirations and guide us as to how we work with our students, parents and community to realize the full potential of our students.

The session 2012-13 has been an exciting one as we have made an earnest endeavour to improve our students' learning standards. Extra care has been taken to foster strong bonding among all the stakeholders-parents, teachers and students with a firm conviction that this emotional connect is paramount for the development of the students.

In the pursuit of excellence and creativity, "The Satyan 2013" is another endeavour to showcase the immeasurable talent and inventiveness of the talented students, teachers and parents. Enjoy reading and delve deep into the reverie of this vast treasure house of knowledge and thoughts. Who knows you may be inspired to write something yourself? Congratulations to the Editorial Board for achieving this amazing feat!!!

Bhupinder Gogia

Principal



About the School

Crowning Achievements

Sat Paul Mittal School, a unique temple of learning built brick by brick, inch by inch with loving, tender and gentle hands into an edifice which today is the standard against which all other schools are measured. The school has the reputation of being the best amongst the best. The environment of this temple of learning is a unique synthesis of cosmopolitan and traditional values. With the march of time, we have to re-invent ourselves with a new look. Education being gadget savvy and visualistic, Sat Paul Mittal School aims to make learning more pleasurable and memorable. Every person who enters these walls, students or teachers, will learn many a lesson. The whole essence of this campus stands on the fact that apart from scholastic learning, each individual leaves behind a tradition of something new and genuine for everyone to learn.

Sat Paul Mittal boasts of having a well-equipped Multipurpose hall, high tech elevators and ERP software as it believes that a good quality infrastructure is a key ingredient for sustainable development.

Multipurpose Hall

In June 2012, Mr. Rakesh Bharti Mittal, Chairman, Governing Council, Sat Paul Mittal School, performed the earth breaking ceremony of the Multipurpose Hall of the school. The project is very unique with regard to its standard and is a masterpiece of architecture. The ceremony was also witnessed by the members of the Nehru Sidhant Kender Trust, members of the Governing Council, Academic Advisory Council, Scholarship Committee and Parent School Association of Sat Paul Mittal School. The school has taken the initiative to construct the Multipurpose hall with a view of providing state-of-art auditorium and additional sports facilities to the students. The construction of the hall will enrich the corporate life of the students. The air-conditioned Multipurpose hall would accommodate about 800 people. Special space has been earmarked for the musicians and P.A. system and will have a well-designed ramp. Facility for games like Basket Ball, Badminton, Table Tennis, and Skating are some of the striking features of the hall. A Squash Court would also be built adjoining the hall. The layout of the hall reflects the thought and concern of the School Management to contribute to the holistic development of the students. The sports and co-curricular activities shall certainly get a boost with the construction of the hall.



Unveiling the Plaque

In November 2013, His Excellency, Shri Pranab Mukherjee laid the foundation stone of Mittal Auditorium in the school. President Pranab Mukherjee lauded the success of Sat Paul Mittal School in various fields and acclaimed the dedicated and selfless services of the school staff in empowering the students to be leaders of tomorrow. He further added that in a short span of eight years, the school has carved out a niche for itself in the field of education and has evolved into a premier institution providing excellent education to the children.



Elevators

Another addition to the infrastructure was made in the form of two elevators in the school building. Mr. Rakesh Bharti Mittal, Chairman, Governing Council, Sat Pal Mittal School inaugurated the elevators. The elevators have been installed in the Junior as well as the Senior wing of the school. The pleasant addition to the school infrastructure shall definitely benefit the students in more than one way.



ERP Software

The School launched an online ERP Software (Enterprise Resource Planning), the latest high-end solution, information technology has lent to business application. The ERP solutions seek to streamline and integrate operation processes and information flows in an organization which will reduce the paper work. Moreover, miscellaneous functions of a school like administrative management, profile management, fee management, timetable maintenance, exam management, library management, attendance, grades, updates, etc. are automated by an Educational ERP. Through this mechanism, the parents and students can be attached with the school campus through the Parent and Student logins provided to them, which will help in tracking the details of student's personal profile, examination, library, fee details and all the important circulars. Transparent and instant communication between the teacher-child-parent is facilitated by the educational ERP system. It is user friendly and has broken the time bound shackles by providing its access to all its users 24x7.





A

A C E

Achievers in Academics

Sat Paul Mittal School once again stole the limelight by emerging victorious in its Board performance. The first batch of Class XII and the third batch of Class X showed excellent results in the ISC and ICSE Board Examinations respectively.

Class Toppers

Class XII (Science)



Nyamat Chadha
94.75%



Simardeep Bhalla
85.75%



Jujhar Singh
80.75%

Class XII (Commerce)



Grisha Aggarwal
92.5%



Shivangi Jain
91.25%



Rahul Thapar
90.5%

Subject Toppers



Nyamat Chadha
97% in Env Edu.
94% in English
94% in Phy. Edu.
94% in Chemistry
91% in Biology
86% in Physics



Rahul Thapar
96% in Mathematics



Shivangi Jain
95% Accounts



Grisha Aggarwal
92% in Economics



Jujhar Singh
94% in Phy. Edu.



Simardeep Bhalla
94% in Phy. Edu.



Anuj Jain
94% in Commerce



Mugdha Jain
94% in Commerce
90% in Art

Class X



Eshana Ghuman
95.4%



Mannat Sareen
95.2%



Megha Singhania
94.8%



Priayesha
94%



Riddhima Karwa
96.7%



Tushar Rawat
94%



Akshay Jain
93.8%



Manveen Singh
93.6%



Gurkirat Singh
92.6%



Amandeep Kaur
91.6%



Gurleen Walia
89.6%



Gunit Sahni
89.6%

Subject Toppers



Eshana Ghuman
100% in Env. Edu.
95% in Punjabi



Mannat Sareen
100% in Commercial App.
92% in English



Manveen Singh
95% in Punjabi



Megha Singhania
100% in Env. Edu.



Shubham Gupta
99% in Mathematics



Gurkirat Singh
98% in Computer App.



Tushar Rawat
98% in Phy.Edu.



Divnoor Singh
95% in Punjabi



Riddhima Karwa
94% in Science

Class Toppers VI to IX (2011-12)



Tarush Goyal
VI-B
96.38%



Hitika Sabharwal
VII-D
93.73%



Pratibha
VIII-C
90.06%



Diksha Samsukha
IX-A
92.2%

Achievers in Academic Examinations

11th National Cyber Olympiad Second Level Examination, 2011



Kanav Jain
Class VII-C
1st State Rank
& 7th International Rank



Ishaan Bajaj
Class IV-B
1st State Rank &
2th International Rank



Bhavya Sudhakar
Class VIII-C
3rd State Rank



Arihant Joshi
Class IX-B
3rd State Rank

14th National Science Olympiad Second Level Examination, 2011



Kanav Jain
Class VII-C
1st State Rank
& 7th International Rank



Tarush Goyal
Class VI-B
3rd State Rank



Tarush Goyal
Class VII-B
2nd State Rank



Ananya Aggarwal
Class III-C
3rd State Rank

15th National Science Olympiad, 2012

5th International Mathematics Olympiad, 2011



Tarush Goyal
Class VI-B
3rd State Rank

5th International Mathematics Olympiad Second Level Examination



Aiman Jain
Class II-B
1st State Rank



Tarush Goyal
Class VII-B
3rd State Rank

IAIS

High Distinction in Science IAIS Exam 2011



Kanav Jain
Class VII-C



Sarabdeep Singh
Class IX-A

High Distinction in Computers IAIS Exam 2011



Ishaan Bajaj
Class IV-B

17 distinctions in Science, 21 distinctions in English, 26 distinctions in Maths and 19 distinctions in Computer Skills were achieved by our meritorious Satyans in IAIS Exam 2011.

UCMAS Competition



Janisa Kaur
Class III-D

Janisa Kaur of Class III-D won the First Runner's Up position in UCMAS competition organised by Wholistic Brain Education Pvt. Ltd. and UCMAS (India) Pvt. Ltd. on 28th April, 2012 held at Jalandhar.



Bhanvi Bhatia
Class VII -B

Bhanvi Bhatia of Class VII -B secured the Second position in Challengers National Level ABACUS Competition Term I Category 'C' of Level 1 on 14th October, 2012.

ABACUS

Achievers in Co-Curricular Activities

Oration



Amreen Kaur
IX-A (English)



Jassimran Saluja
XII-B (English)



Saiyam Kalia
XII-A (Hindi)



Khushi Monga
VIII-D (Punjabi)



Manvi Bansal
VIII-C (Punjabi)

Calligraphy



Bhavya Sudhakar
VIII-C (English)



Prabhseerat Kaur
VII-D (Hindi & Punjabi)

Performing Arts



Vansh Arora
VI-A (Best Dancer)



Amolika
IX-A (Best Singer)



Arsh Gupta
VII-A (Best Singer)



Akshita Sethi
XII-B (Best Artist)



Ryna Kalra
Class V-C (Clay Modelling)

All Round Best



Tarush Goyal
Class VII-B
Group A (Classes VI-VIII)



Jassimran Saluja
Class XII -B
Group B (Classes IX-XII)

Public Speaking



Jassimran Saluja
Class XII -B



Amreen Kohli
Class IX-A

Saiyam Kalia of Class XII-A bagged the Third prize in Hindi language category in 19th Inter School Declamation Contest organized by Nehru Sidhant Kender Trust on 4th May, 2012 and Jassimran Saluja of Class XII-B was awarded a Special prize in English language category for her outstanding oratory skills.



Saiyam Kalia
Class XII-A



Jassimran Saluja
Class XII -B



Amreen Kohli
Class IX-A



Kriti Behl
Class X-B

Frank Anthony Memorial All India Debate Competition, Junior Category, Round 2 was held at St. Peter's College, Agra on 17th August, 2012. Amreen Kohli of Class IX-A and Kriti Behl of Class X-B participated in the above mentioned competition. The team was declared the Second Runners Up.



Tanya Khurana
Class VIII-D

Tanya Khurana of Class VIII-D won the Second prize in the Inter-School Declamation Contest (Northern Region) held on 18th August 2012, at St. Joseph's School, Phagwara.



Simone Gill
Class II-D

G.S. Memorial Kids Festival was organized by Jesus Sacred Heart Convent School, Ludhiana on 12th and 13th October, 2012. Diva Gill of Class IV-C bagged the First position in the Declamation Contest and Simone Gill of Class II-D secured the First position in Story Narration Competition.



Divya Gill
Class IV-C



Ose Singh Bansal
Class VI-B

Ose Singh Bansal of Class VI-B participated in the Extempore Competition held at Guru Nanak International Public School on 25th January, 2013. She was awarded a Consolation prize.

Quiz

Sachinmeet Singh Gill and Sarabdeep Singh of Class X-B, Vani Saggar of Class X-C and Amreen Kohli of Class IX-A participated in a Quiz Competition organized by LIC Dugri, Phase II on 3rd September, 2012. They made the school proud by winning the Second position.



Sachinmeet Singh Gill
X-B



Sarabdeep Singh
X-B



Vani Saggar
Class X-C



Amreen Kohli
Class IX-A

Arts



Nandika Aulakh
Class II-C



Bhavya Sudhakar
Class VIII-C



Vasundhara
Class VIII-B



Shobhita Garg
Class IX-B

Nandika Aulakh of Class II-C stood Second in category B and Bhavya Sudhakar of Class VIII-C stood First in category D in 'On The Spot Painting Competition' held on 21st April, 2012 at Kundan Vidya Mandir School, Ludhiana.

Vasundhara of Class VIII-B bagged the First prize and Shobhita Garg of Class IX-B won a Distinguished prize for the Best Stamp in the Stamp Making Competition organised by The Philatelic Congress of Punjab on 22nd April, 2012.



Parthavi Madan
Class IX-B



Pratibha
Class IX-B



Shobhita Garg
Class IX-B



Bhavya Sudhakar
Class VIII-C

Parthavi Madan, Pratibha and Shobhita Garg of Class IX-B and Bhavya Sudhakar of Class VIII-C made the school proud by winning the 'Commendable Award of Appreciation' and a cash prize award of ₹500 in Title-The Butterfly 2012 National Art Competition held on 11th August, 2012. The prize winning pieces were selected for the exhibition held at Indian Habitat Centre, New Delhi on 18th August, 2012.



Aamani
Class II-B



Ameera Jain
Class IV-A



Divyam
Class V-B



Reeti
Class V-B

Aamani of Class II-B and Ameera Jain of Class IV-A secured the First position in Book Mark Making Competition at G.S. Memorial Kids Festival organized by Jesus Sacred Heart Convent School, Ludhiana on 12th and 13th October, 2012.

Divyam and Reeti of Class V-B also made the school proud by winning the Second prize in Comic Strip Competition.



Mehtab
Class IV-A



Guradesh
Class IV-B



Divya Gill
Class IV-C



Gulnaaz
Class IV-C



Sanshika
Class IV-C



Joshbir
Class V-A



Nipun
Class V-B



Khushi
Class V-D

Mehtab of Class IV-A, Guradesh of Class IV-B, Divya Gill, Gulnaaz and Sanshika of Class IV-C, Joshbir of Class V-A, Nipun of Class V-B and Khushi of Class V-D secured the First position in Fashion Show Competition. The team was declared the Best Team in competition.

Akshita Sethi of Class XII-B bagged the First prize in senior category in ICSE/ISC ZONAL LEVEL DRAWING AND PAINTING COMPETITION held at St. Joseph Boys' Convent School, Jalandhar on 17th August, 2012. She also participated in Inter Zonal Drawing and Painting Competition held at St. Joseph Boys' Convent, Jalandhar on 30th August, 2012. She won the First prize in the competition. Akshita made the school proud by winning the Second prize in ASISC National Painting Competition held at Lakshmi School, Madurai on 1st and 2nd November, 2012.



Akshita Sethi
Class XII-B

The results for the SCHOOLS INDIA 12th Hope Talent Contest were declared in the month of January, 2013. In the Art Competition, Ameya Jain of Class UP-C won a silver medal and Komal Gupta of Class UP-D and Amaira Kadd of Class II-A were awarded Consolation prizes.



Komal Gupta
Class UP-D



Amaira Kadd
Class II-A



Ameya Jain
Class UP-C



Ryna Kalra
Class V-C



Ameera Rai
Class V-A



Gobind Singh Bhatti
Class III-D



Iva Dhooria
Class III-C



Vallari Adya
Class IV-B



Dashmeet Sachdeva
Class V-D

In Essay Writing Competition, Gobind Singh Bhatti of Class III-D, Iva Dhooria of Class III-C, Ameera Rai of Class V-A and Dashmeet Sachdeva of Class V-D made the school proud by winning one Silver and three Bronze medals, respectively.

Ryna Kalra of Class V-C and Vallari Adya of Class IV-B won two bronze medals.



Srishti Duggal
Class II-B



Shobita Garg
Class IX-B



Gulnaaz
Class IV-C



Snehal Jindal
Class V-C

The results for the NATIONAL LEVEL DRAWING, HANDWRITING AND COLOURING COMPETITION 2012 were declared in February, 2013. Srishti Duggal of Class II-B and Shobita Garg of Class IX-B won the Drawing Competition.

Gulnaaz of Class IV-C and Snehal Jindal of Class V-C were declared the winners in Handwriting Competition.

Ananya Chaudhary of Class I-A and Vasundhra of Class VIII-B made the school proud by winning the Colouring Competition. The competition was organized by the Student Development Society, Pune.



Ananya Chaudhary
Class I-A



Vasundhra
Class VIII-B

Achievers in Sports

Karate



Namrata Mangal
Class VII-B



Jai Singh
Class IV-D



Namrata Mangal
Class VII-B



Mansi Sharma
Class X-B

Namrata Mangal of Class VII-B brought laurels to the school by winning Green Belt in the Karate Belt Test which was held at GMT Public School, Ludhiana on 13th May, 2012.

Jai Singh of Class IV-D, Namrata Mangal of Class VII-B and Mansi Sharma of Class X-B made the school proud by winning one Gold, one Silver and one Bronze medal, respectively in Nick National Open Karate Championship held on 11th and 12th August, 2012 organized by Nick Indian School of Marital Arts and North India Karate Federation at Balmiki Bhawan, Chandigarh Road, Ludhiana.

Athletic Meet

Penaaz Dhillon of Class XI-C participated in the Athletic Meet for Senior Girls ISC ZONE held at Sacred Heart Convent School, Jamalpur on 30th August, 2012. She won a Gold medal in Shot put and a Silver medal in Discus throw, respectively.



Penaaz Dhillon
Class XI-C

Punjab School District Swimming Championship

Our school team participated in Swimming Contest of Punjab Schools at District level held at P.A.U. on 30th and 31st August, 2012 and made the school proud by winning 2 Gold, 6 Silver and 6 Bronze medals, respectively. The participants were: Mehtab Kaur of Class VIII-C, Prisha Thapar of Class VII-D, Guneet Singh of Class IX- A, Dharna Jain of Class X-C, Udaybir Bhullar of Class X-B, Aastha Jain and Sanika Jain both of Class XII-B.



Mehtab Kaur
Class VIII-C



Prisha Thapar
Class VII-D



Guneet Singh
Class IX- A



Dharna Jain
Class X-C



Udaybir Bhullar
Class X-B



Aastha Jain
Class XII-B



Sanika Jain
Class XII-B



Sanika Jain
Class XII-B



Amolak Singh
Class XII-B



Aastha Jain
Class XII-B

Sanika Jain, Amolak Singh and Aastha Jain of Class XII-B participated in ISC Regional Swimming Contest held on 31st August 2012 at Chandigarh. They made the school proud by winning one Gold, one Silver and one Bronze medal, respectively.

Rutva Seth and Ria Khosla of Class IV-B, Jasraj Singh of Class V-A, Aakash Jain of Class V-B, Dashmeet Singh of Class V-D, Bikramjeet Singh of Class VI-B, Pravar Jain of Class VII-B, Mehtab Kaur of Class VIII-C, Guneet Singh of Class IX-A and Dharna Jain of Class X-C participated in Open Distt. Swimming Championship held at M.C. Road, Ludhiana on 8th and 9th September, 2012. They won 2 Gold, 11 Silver and 11 Bronze medals, respectively.



Rutva Seth
Class IV-B



Ria Khosla
Class IV-B



Jasraj Singh
Class V-A



Aakarsh Jain
Class V-B



Dashmeet Singh
Class V-D



Bikramjeet Singh
Class VI-B



Pravar Jain
Class VII-B



Mehtab Kaur
Class VIII-C



Guneet Singh
Class IX-A



Dharna Jain
Class X-C

Rutva Seth of Class IV-B, Jasraj Singh of Class V-A and Kavya Jain of Class III-D brought laurels to the school by winning 1 Gold, 3 Silver and 2 Bronze medals in the Punjab Schools District Swimming Championship held on 5th October, 2012.



Rutva Seth
Class IV-B



Jasraj Singh
Class V-A



Kavya Jain
Class III-D



Sanika Jain
Class XII-B



Amolak Singh
Class XII-B



Jasraj Singh
Class V-A



Kavya Jain
Class III-D

Sanika Jain and Amolak Singh of Class XII-B represented the school in ASISC NATIONAL AQUATIC CHAMPIONSHIP held at Atul Vidyalaya, Valsad on 8th and 9th October, 12 (U-19 mts. Freestyle). They were awarded the Certificates of Participation.

Kavya Jain of Class III-D and Jasraj Singh of Class V-A bagged one Silver and one Bronze medal in Punjab School State Swimming Championship held from 10th to 13th October, 2012 at Jalandhar.



Rutva Seth
Class IV-B



Ria Khosla
Class IV-B



Bani
Class IV-C



Jasraj Singh
Class V-A



Japleen
Class III-A

Rutva Seth and Ria of Class IV-B, Bani of Class IV-C and Jasraj of Class V-A won Gold medals and Japleen of Class III-A won a Silver medal in Swimming Competition held at G.S. Memorial Kids Festival organized by Jesus Sacred Heart Convent School, Ludhiana on 12th and 13th October, 2012.

Yoga

Our school Yoga Team took part in 2nd Inter school Yoga Championship 2012-13 held on 3rd September, 2012 organized by Five Star Welfare & Sports Club. Varun of Class IV-D, Amer of Class IV-D and Aakarsh of Class V-B (in Under-10 boys category), Khushi of Class V-D, Prisha of Class IV-D, Pushti of Class IV-B and Abbhya Kapoor of Class V-C (in Under-10 girls category), Pravar Jain of Class VII-B and Uday Karan of Class VI-C (in Under-14 boys category) and Damini Mahajan of Class IX-C brought laurels to the school by winning 3 Gold, 3 Silver & 4 Bronze medals, respectively.



Varun
Class IV-D



Amer
Class IV-D



Aakarsh
Class V-B



Khushi
Class V-D



Prisha
Class IV-D



Pushti
Class IV-B



Abbhya Kapoor
Class V-C



Pravar Jain
Class VII-B



Uday Karan
Class VI-C



Damini Mahajan
Class IX-C



Alroy Singh
Class II-D



Manit Garg
Class II-A



Vinayak Bhanot
Class II-B



Nandika Aggarwal
Class II-C



Shea Mago
Class II-A

The First Yoga State Championship was held at Girls College, Alamgir District, Ludhiana on 18th November, 2012. Alroy Singh of Class II-D, Manit Garg of Class II-A and Vinayak Bhanot of Class II-B secured the First, Second and Third position, respectively in the Under 5-8 boys category, Nandika Aggarwal of Class II-C and Shea Mago of Class II-A bagged the Second and Third position in the Under 5-8 girls category, respectively.



Ronit Malik
Class V-A



Ishaan Bajaj
Class IV-B



Prisha Juneja
Class IV-D



Varun
Class IV-D

Ronit Malik of Class V-A and Ishaan Bajaj of Class IV-B secured the Second and the Third position in Under 8-12 boys category, respectively, Prisha Juneja of Class IV-D secured the Third position in girls category. In Under 12-15 boys category, Varun Garg of Class IV-D, Uday Karan of Class VI-C and Amer Beri of Class IV-D secured the First, Second and Third position, respectively and in the girls category Vishakha Bhanot of Class VI-B secured the Second position.



Uday Karan
Class VI-C



Amer
Class IV-D



Vishakha Bhanot
Class VI-B

Table Tennis

Jannat Narula of Class V-B won the Third position in Open District Table Tennis Championship held at Sports Complex, Chandigarh from 16th to 18th April 2012. Jannat also secured the Third position in Table Tennis Championship held at Nirmal Complex, Chandigarh Road, Ludhiana in July, 2012.



Jannat Narula
Class V-B

Zonal Level Table Tennis Tournament

Zonal Level Table Tennis Tournament was held at B.C.M School, Shastri Nagar, Ludhiana from 10th to 13th September, 2012. Karaj Narula, Jaiditya Singh, Arsh Gyan Singh all of Class VIII-B and Vinayak Modgill of Class VIII-D, Jannat Narula of Class V-B, Sayesha Aggarwal and Tanya Khurana both of Class VIII-D won the First and Second position in Under-14 boys and girls category, respectively. Jashandeep Singh and Parv Bajaj of Class IX-C, Yatin Aggarwal of Class IX-B, Angat Sagar and Vinayak Bansal of Class IX-A secured the First position in Under-17 boys category. Saiyam Kalia, Piyush Thapar of Class XII-A, Vaibhav Nayyar of Class XI-A, Vidhit and Vanik Handa of Class XI-C and Ridhima Karwa, Ankita Thapar of Class XI-A, Penaz Dhillon of Class XI-C won the Second and Third position in Under-19 boys and girls category, respectively.



Karaj Narula
Class VIII-B



Jaiditya Singh
Class VIII-B



Arsh Gyan Singh
Class VIII-B



Vinayak Modgill
Class VIII-D



Jannat Narula
Class V-B



Sayesha Aggarwal
Class VIII-D



Tanya Khurana
Class VIII-D



Jashandeep Singh
Class IX-C

Zonal Level Table Tennis Tournament



Parv Bajaj
Class IX-C



Yatin Aggarwal
Class IX-B



Angat Sagar
Class IX-A



Vinayak Bansal
Class IX-A



Saiyam Kalia
Class XII-A



Piyush Thapar
Class XII-A



Vaibhav Nayyar
Class XI-A



Vidhit
Class XI-C



Vanik Handa
Class XI-C



Ridhima Karwa
Class XI-A



Ankita Thapar
Class XI-A



Penaaz Dhillon
Class XI-C



Jaiditya Singh
Class VIII- B

Jaiditya Singh of Class VIII-B bagged the Second position in Punjab Schools Table Tennis District Championship held from 2nd to 4th October, 2012 at B.V.M. School, Kitchlu Nagar, Ludhiana.

Skating



Harshit
Class III-A

Harshit of Class III-A brought laurels to the school by winning one Bronze medal in Open District Skating Championship held at Leisure Valley, Sarabha Nagar on 27th and 28th October, 2012.

Rifle Shooting



Krisha Mehra
Class V-C

Krisha Mehra of Class V-C won a Gold medal in Rifle Shooting Competition organized by District Air Rifle Club Chamba from 4th July - 8th July, 2012.

Best Athlete GROUP A/B/C

Jasraj Singh Dhillon of Class V-A and Harnoor Kaur Dhillon of Class V- D were declared the Best athletes in Group Class IV to V category. Avranpreet Singh of Class VIII-A and Muskan Bakshi of Class VIII-D, Viren Thapar of Class X-B and Mehma Vig of Class X-A, Shubhankar Gupta of Class XI-C and Mannat Bhogal of Class XI-A were declared the Best athletes in Group A,B and C category, respectively.



Jasraj Singh Dhillon
Class V-A



Harnoor Kaur Dhillon
Class V- D



Avranpreet Singh
Class VIII -A



Muskan Bakshi
Class VIII-D



Viren Thapar
Class X-B



Mehma Vig
Class X-A



Shubhankar Gupta
Class XI-C



Mannat Bhogal
Class XI-A

Mentors

The School Management leaves no stone unturned to honour and recognise the exemplary services of the teachers, admin and support staff. For the session 2012-13 :

Best Teacher of the Year



Ms Amar Nain



Ms Pooja Yadav



Ms Maninder Kaur



Ms Neha Sehgal



Ms Jaspreet Kaur



Ms Anupam Banot

Best Employee of the Year



Mr. Rajiv Behl

Best Worker of the Year



Mr. Deep Singh

The
Satyan

Chronicle



Freshers' Party

Jovial smiles and high spirits marked the welcome for the Freshers' as the Fresher's party was organised in the school premises on 28th April, 2012. The Freshers' Party manifested youth and enthusiasm in its full flow. With pulsating ambience, flashing lights and foot tapping music, the Fresher's party began with a difference. The excitement augmented to a joyful high when the students of Class XI and XII set the stage on fire. Rocking beats, high voltage music and a euphoric crowd comprising both the batches set the party ablaze as everyone interacted and familiarized with each other. The function provided a wonderful platform to Class XI students to mix up with Class XII students. The party commenced with the welcome speech followed by a stupendo fantastic dance performance by Class XII students. The mind boggling performance was followed by a Ramp Walk for Class XI, wherein the students dressed elegantly and outshined each other with their charm and style. The performances like solo song performances, group dance performances and a special display of football skills by Manveen Singh dazzled and wowed the onlookers. Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School acknowledged the relentless effort and commitment put in by the students and the teachers for organising this memorable day and urged the Freshers' to abide by the ideals of the school in letter and spirit. She gave away the titles to the winners, Mr. Akshay Jain was declared as Mr. Fresher 2012, Ms. Parasha Dhanda was adjudged as Ms. Fresher 2012, the titles of Mr. Confident and Ms. Confident were conferred upon Mr. Rishab Garg and Ms. Simran Dhawan. The magic in the air turned into the chords of pulsating rhythmic hearts and strengthened the bond among the students for the year ahead. The aim of the party was fulfilled as the freshers felt like an integral part of the school.



Annual Function

(II-V)



Sat Paul Mittal School organized Annual Day for the Satyans of Classes II-V on 18th May, 2012 at Nehru Sidhant Kender. The theme of the function was "Brave New India-the Satyan Way". The function showcased the Satyans endeavour to convey India's capacity to be a superpower if we develop a positive attitude. Also, it emphasized on stretching our limits and making the most of our resources. The function began with lighting of the lamp amidst the sound of mantras that reverberated in the auditorium. Mrs. K.P. Brar, Deputy Commissioner, Excise and Taxation was the Chief Guest. Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School extended a warm and hearty welcome to everyone and apprised the parents with the theme of the function. The show was compered by the Satyans who personified India's past, present and future. The Satyans invoked the blessings of Mother India through a divine "*Bharat Ma Stuti*". Through "*Rail Gaadi*", the Satyans showcased the different phases of India's journey since

Independence and portrayed its march ahead into the future. Green India—a play in English by the Satyans of Class-II focused on the role of Indians from the lower strata of society in making India green and eco-friendly. Through the dance item 'Patriotic Wish', the students of Class III wished to follow the footsteps of the freedom fighters of India and become a real Indian indeed. The foot tapping dance by the students of Class IV to the tune 'Young Lions of India' gave the message that united we will forge ahead to bring the revolution. The Hindi Play offered food for thought to the audience. It juxtaposed proud Indians with those who mock at their nation's shortcomings. Through '*Qawwali*' the students of Class V portrayed the progressive thinking of the youth of India that promises to bring in the desired change to make India, the India of our dreams. The choreographic presentation "Brave New India" emphasized that the need of the hour is to present the solution to the already existing problems of the society and witness the Satyans



take a vow to break the shackles binding the feet of progress and working together to take India to the pinnacle of glory. The Monoacting "Yamraj knows Brave New India", "The Flag Act" and the songs "Never Give up" and "Khawab Ko Rang De" motivated everyone to forsake laid back attitude and work to change the existing sorry state of affairs. The Chief Guest was impressed with the enthusiasm, confidence and exemplary dedication the Satyans possess. She was delighted to see the budding Satyans marching hand in hand to touch the zenith of glory. Mrs. K.P. Brar appreciated the school authorities for instilling patriotic feelings in the Satyans. She said that the Satyans are indeed "Brave New Indians" in the making. The audience took along with them the fond memories of the grand day and the message of "Brave New India" that would continue to flow through years to come. In the end, Mrs. Shilpi Sood Gill, Head, Junior School proposed the vote of thanks.



PRIZE DISTRIBUTION CEREMONY





Satyans believe in the saying, "Genius is nothing but an infinite capacity to accept challenges." And they have aptly proved this by achieving an outstanding result in the tenth and twelfth Board examinations. To honour the meritorious students of Class XII and X, a Prize Distribution Ceremony was conducted on 23rd May, 2012. The school management offered prizes and incentives to the deserving students. An Achievement Award of ₹10,000/- was awarded to the students who had secured above 89.6% marks and of ₹5000/- for the students who had secured 85% to 89.4% marks. An Achievement Award of ₹5000/- was also awarded to the students scoring hundred percent marks in various subjects.

After a warm welcome by Mr. Bipin Gupta, Vice Chairman, Governing Council and General Secretary, Nehru Sidhant Kender Trust, the Chief Guest for the day, Mr. Rakesh Bharti Mittal, Chairman, Governing Council, presented awards to the meritorious students. He congratulated the first batch of Class XII and the third batch of Class X for achieving this miraculous feat. He owed this great success to the integrated efforts of the students, teachers and parents. The outstanding results achieved by the Satyans reflect the competence of the students and the teachers. He motivated the students to work hard with more zeal and commitment and strive for better results in the future and make a mark for themselves in the history of the school. He wished the outgoing students of Class XII all the best for their future and urged them to become good human beings who could convert weakness into strength, obstacles into opportunities and failures into triumphs. He said, "The Satyans have proved their mettle and they are ready to rule the global front with their remarkable achievements and the values taught in the school."

There was a cultural extravaganza presented by the talented Satyans wherein a prayer dance, a medley on various songs and an electrifying dance performance "*Juon*" was presented to celebrate this great accomplishment. Awards were presented to the Class XII and X teachers for the good performance of the students in the Board Examinations. The Prize Distribution Ceremony indeed proved to be a culmination of hard work, dedication and commitment of students, teachers and parents in unison.

8TH ANNUAL ATHLETIC MEET

Sat Paul Mittal School celebrated its 8th Annual Athletic Meet on 20th October, 2012 with great zeal and fervour. The Chief Guest for the function was Shri Ishwar Singh, IPS, Commissioner of Police, Ludhiana. The oath taking ceremony came in the wake of the ceremonial relay of the Athletic Meet torch, by the best athletes of the school. The meet was declared open by Shri Bipin Gupta, Vice-Chairman, Governing Council, Sat Paul Mittal School. The Chief Guest unfurled the school flag and took salute from the marching



contingents of the Satluj, Ravi, Beas and Chenab House. The Yoga demonstration by young yogis was a treat for the spectators. The fabulous display of well coordinated and rhythmic movements of the young Satyans in the form of the Drills performed by the students of PV,



Upvan and Class I was followed by an amazing show of rings, laziums and dumbbells by the students of Class II, III and IV. The viewers were enthralled by the Aerobics performed by Class V students. Satyans had a gala time enjoying the 8th Athletic Meet. The Satyans who had brought laurels to the school at District, State and National level were also rewarded and recognized by the school for the great achievements attained by them. The Satyans displayed their strength and stamina as they essayed hard to win 100 mts, 200 mts and 4X100 mts races. The event ended with a close contested Inter House baton relay which brought about a wave of cheer and enthusiasm among the audience. The parents were thrilled with the performance of their children and participated very sportingly in the fun races organized for them. The pique of the show was the announcement for the House Trophy winner. Satluj House was declared the Cock House. Avranpreet Singh of Class-VIII-A, Viren Thapar of Class X-B and Shubhankar Gupta of Class XI-C were declared the Best Athletes in Group A, B and C boys categories respectively. Muskaan Bakshi of Class VIII-D, Mehma Vij of Class X-A and Mannat Bhogal of Class XI-A were declared the Best Athletes in Group A, B and C Girls categories respectively. Jasraj Singh Dhillon of Class V-A and Harnoor Kaur of Class V-D were declared the best athletes in Class IV-V Category. In his address, the Chief Guest appreciated the school for providing a platform for holistic education and excellence in developing the overall personality of the students. Mrs. Shilpi Sood Gill, Head, Junior School, Sat Paul Mittal School, proposed the vote of thanks. The grand finale, a cultural extravaganza in the form of Bhangra by the multifaceted Satyans was an apt conclusion to this great festival of talent, skill and energy.



Principals'

St Paul Mittal School had the honour of playing host to the 4th Annual General Body Meeting of the Association of ISCE and ISC Schools, Northern Region (ASISC) at Hotel Maharaja Regency, Ludhiana on 7th and 8th September, 2012. ASISC is committed to serve the affiliated schools and the nation's children by empowering them with high quality educational endeavours. The conference was inaugurated by Hon'ble Chief Guest, Rt Rev Dr. Anil Couto, Bishop of Jalandhar on 7th September, 2012 and Dr. Baldev Singh Dhillon, Vice Chancellor, PAU on 8th September, 2012. Rev Fr Dr. Jose Alkara, Chairman, CISCE, Mr. Gerry Arathoon, Chief Executive and Secretary, CISCE and Dr Emmanuel, Secretary -Treasurer, ASISC were the Guests of Honour who graced this occasion. The conference aimed at providing a forum to network and exchange ideas among the Principals of more than 100 schools who participated in this prestigious event. The conference proved successful in providing leading edge sessions on a wide variety of education related issues like leadership in schools, pedagogy, curricula and assessment. The dignitaries presented thought provoking speeches which provided the participating schools with an awareness and motivation to build rich learning and sensitive environments in their schools which would benefit not only the children but the society also. In his message to the delegates, Rt Rev Dr. Anil Couto, Bishop of Jalandhar said, "ASISC is a good forum to provide opportunities to all the stakeholders to evolve right kind of policies and goals setting. The need of the hour is to instill moral values and an environmental consciousness among the students in the present challenging educational scenario." In his message to the delegates, Dr. Baldev Singh Dhillon, Vice Chancellor, PAU said, "School leadership seems to be becoming more vital than ever and we as a community need to raise the level of discussions and view our schools and our roles with a progressive vision. The schools



Meet

Should be enriched enough to become a catalyst for excellence."

There was a presentation on Emotional Intelligence by Ms. Avneet Kaur, an Educational Psychologist and certified Trainer & Facilitator. She stressed on the need to incorporate it as a core curricular component, in order to create more circumspect decision makers and more successful, creative students and problem solvers.

The event progressed with the address by Mr. Stanley, President, Association of ICSE and ISC Schools, Northern region and the presentation of report of the Association by Sr. Rita Marla, Secretary Treasurer of Association of ISC and ICSE Schools. It was followed by the elections for the Executive Committee of the Association and finalization of the venue for the next zonal competitions. The Principals from various schools discussed various issues they faced throughout the academic year and shared their concerns and recommendations with the Association. The conference proved successful in providing cutting edge sessions on a wide variety of education related issues like leadership in schools, teaching-learning processes, curricula and evaluation. It was followed by an open session with Mr. Gerry Arathoon, Chief Executive and Secretary, CISCE who answered the queries of the Principals and busted myths related to ICSE and ISC.

A splendid cultural extravaganza presented by the students of Sat Paul Mittal School, Ludhiana and Sacred Heart Convent School, Jamalpur showcasing the rich cultural heritage left the audience spell bound.

This conference provided the much needed platform for all the schools to unite, learn, discuss and Integrate the thoughts and





Annual function (VI-XII)



To mark the Annual Day Celebrations, the multi-talented Satyans performed at Guru Nanak Bhavan on the theme "We the Change" on 1st December, 2012. The mood was upbeat and josh had certainly imbued in the veins of the heroic and courageous Satyans who are marching ahead with giant strides to change the face of mankind.

The event epitomized the daring, patriotic and determined Satyans who firmly believe that their voice will make the difference and will bring the change. The event showcased the extraordinary talent of the Satyans, ensuring hundred percent participation, in a series of high energy performances.

Lt. Gen. (Retd.) R.S. Sujlana, Chairman, Punjab Pradesh Service Commission graced the occasion as the worthy Chief Guest. The floral welcome was followed by the lighting of the ceremonial lamp accompanied by a holy chant of Ved Mantra. The esteemed guest was welcomed by Mr. Bipin Gupta, Vice-Chairman, Governing Council, Sat Paul Mittal School and was introduced to the audience by Lt. Col. Dr. D.B. Sharma, Director, Sat Paul Mittal School.

The cultural programme started with the Annual Report presented by the Satyans highlighting the laudable achievements of the Satyans during the session 2011-12. It was followed by the magical presentation of soul stirring invocation to seek the blessings of God, the Almighty. The sprawling hall of Guru Nanak Bhavan reverberated with loud applause when the *Maharatis*, the worshippers of truth, presented a choreographic presentation of the young achievers from all aspects of society. The mesmerizing peacock dance juxtaposing the beautiful green earth in the past with the earth facing the adverse effects of global warming was an embodiment of grace and poise. The Earth Warriors spread the message of a Greener and safer Earth and inspired the audience to adopt steps and changes to contribute their bit to help save the Mother Earth.

The mood of the audience was further elevated as the melodious Satyans captivated everyone with their song "Never Give Up" in English motivating them to always march ahead dauntingly with determination and "*Phir Subah Hogi*" which induced the feelings of courage and hope to dream and act and become a master of one's own destiny.

The fun, thrill and energy seemed to grow endlessly when the Satyans took the audience for a laughter ride through a play in which Shah Jahan, the great Mughal emperor was acquainted with 21st century love which is about responsibility and giving space and to live and let live. The great wonder "Taj Mahal" inspires us and spreads the message of change, change for the best.

The lyrical extravaganza showcased a Robotics dance portraying the journey of the students from usage of obsolete methods to the technologically savvy citizens who are smart surfers and responsible cyber citizens. Our technologically conscious citizens have definitely created a technologically advanced society that is fully balanced with the natural world and is an empowering vision and a constant guide and mentor for the future generations.

The change bearers, the Satyans presented the grand finale—a fusion of Bharatnatyam, Kathak, Zumba, Flamenco, Bhangra and contemporary dances which was purely a treat to the eyes and souls. The confluence of various cultures from all across the world enthralled the audience and left everyone spellbound.



Lt. Gen. (Retd.) R.S. Sujlana, Chairman, Punjab Public Service Commission, the Chief Guest for the day, appreciated and praised the scintillating performances put up by the ardent Satyans and inspired them to imbibe true values and become an invaluable asset to the nation. He was impressed by the concept of change presented by the Satyans with a cosmopolitan outlook. He remarked, "The Satyans are the new face of a glorious future and represent the hopes and desires of the nation. Sat Paul Mittal School is surely leaving no stone unturned to hone and chisel the skills and talent of the students by providing an international platform and a conducive learning environment to prepare the Satyans to overcome every difficulty and challenge with triumph." The Management also honoured Mrs. Bhupinder Gogia, Principal and Mrs. Shilpi Gill, Head, Junior School for their exemplary service and dedication to the school. The function ended with a vote of thanks proposed by the worthy Principal. The event marked the beginning of a global initiative taken up the Satyans to build a better world.

Annual

Adhering to its motto of "a school with a difference", Sat Paul Mittal School unveiled yet another feat of glory, "The Magical World of Gratitude", a cultural extravaganza on 16th December, 2012 at Nehru Sidhant Kender. The tiny tots of classes PV to I presented a scintillating show. The celebration commenced with the lighting of the lamp amidst the sounds of mantras which echoed in the arena. The function was graced by Dr. (Mrs.) Ramanpreet Grewal, General Secretary, Parent School Association, Sat Paul Mittal School. The Members of the Governing Council, Members of the Academic Advisory Council, Members of the Nehru Sidhant Kendra Trust and other dignitaries from all walks of life were accorded a warm welcome by Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School. The show was compered by the talented and confident Satyans of Class V. The Annual Report read out by the Satyans of Class V gave an insight to the academic, extra-curricular and sports achievement of the school throughout the session. The Report evinced that Sat Paul Mittal is indeed, a perfect school. God is our creator and has given us all the things in our life including our life itself.



Function

(PV-I)

To thank God for bestowing His choicest blessings upon us, the Satyans of Class I took off with the Invocation, 'God is good all the time'. The Satyans thanked their parents for blessing them with a wonderful life. The rough virtuosic display of talent in the act, 'It's a beautiful life' where the three forces of nature-land, water and air come together to see one another's world. The performance left the audience spell bound. After this, entered the Happy Boys and Happy Girls of Sat Paul Mittal School who had forgotten all the tensions and worries of school and studies and were enjoying on a beach. They conveyed the message that gratitude draws happiness into our life and left the audience mesmerised with their innocence and happiness. The Satyans then expressed their gratitude for their friends who are the charming gardeners and make our souls blossom, through a dazzling dance performance '*Hum Rahen Ya Na Rahen Ka!*'. The audience thoroughly enjoyed the 'Lazy song', with the Satyans of Pravesh Vatika who wanted to lay back and were in no mood to work. Through their 'lazy Song' they expressed their belief that gratitude enables us to live our life our way, which indeed is the greatest of all success. A magical spell was cast by the Krishnas and Radhas of Upvan who amazed the audience with their stunning '*Rasleela*'. They proved that, though, living in the modern age, they are still connected to the roots of their culture; this was their way of showing gratitude to their motherland. The aspiring Satyans were not ready to leave a single stone unturned; so, they stepped upon the stage to 'Colour the World' and captivated the audience with their candid and honest thoughts that they are thankful to God for all shades whether grey or pink. The show moved further with the showers of the Monsoon Season which seemed to be the most enjoyable time for the Satyans. Drenched in rain, they thanked God for bounties of nature. It was followed by the little 'Fireworks' which crackled on the stage and spread their spark in the world. This was another endeavour of thanking parents for accepting them with all their faults and inabilities and loving them unconditionally. The audience seemed to be under a spell as they could not stop applauding the captivating and glittering fireworks of Sat Paul Mittal School. The fusion of Bhangra and Hip-hop marked the grand finale. It indeed was the grand finale for it was packed with energy and enthusiasm. The Chief Guest for the day, Dr.(Mrs.) Ramanpreet Grewal, was full of praise for the Satyans and congratulated them and the faculty for putting up such a flawless and enthralling show. She appreciated the efforts put in by the school and ascertained that, it is indeed, 'A School With A Difference'. In the end, Mrs. Shilpi Sood Gill, Head, Junior School proposed the vote of thanks.







PARENTS' THANKS GIVING DAY

"Teachers who educate children deserve more honour than parents who merely gave birth; for bare life is furnished by the one, the other ensures a good life."

Proving these words of the great Aristotle true, the Parent School Association of Sat Paul Mittal School organised a cultural extravaganza on 22nd December, 2012 in the school premises. To acknowledge the endeavour of the teachers, the parents prepared a special function highlighting the theme of our multi-coloured Punjabi Culture. The function was graced by Dr. Rakesh Bharti Mittal, Chairman, Governing Council, Sat Paul Mittal School and President of Nehru Sidhant Kender Trust. The Members of the Governing Council, Members of the Academic Advisory Council, Members of the Nehru Sidhant Kender Trust, Members of Parent School Association and other dignitaries from all walks of life were accorded a warm welcome by Lt. Col. (Retd.) Dr. D.B. Sharma, Chairman, Parent School Association. The show was compered by Mrs. Ritu And Mr. Smit Jindal. It was followed by a beautiful portrayal of Lord Krishna's unconditional love for all, through a beautiful ballet, *Rasleela*, by the enthusiastic parents. The show enthralled everybody and its magic was contagious. It was followed by a spectacular display of talent through the '*Punjabi Tappe*' sung by Mr. Tejwant, where the audience was left mesmerised. They concluded that our culture is indeed flamboyant and can make the feet tap and has the power to enliven any occasion. After this Mrs. Shilpa Mittal and Mrs. Kelly Kapoor expressed their gratitude through a speech which left the audience spellbound. Then entered the parents with a wonderful dance performance incorporating the different eras from

past till present which helped the audience forget all their tensions and mesmerised them. The teachers gave their full support to the parents and joined them on the stage in reminiscing our opulent Punjabi roots through Punjabi folk songs. A magical spell was cast on the audience through this stunning performance. They proved that, though, living in the modern age, they are still connected to the roots of their culture. The parents were not ready to leave a single stone unturned, so, they stepped upon the stage to show the audience their firm belief in righteousness by enacting a thought provoking play "*Kukh Wichon Dhi Da Tarla*" based on the malevolent practice of female foeticide. With their candid and honest thoughts, they stirred everyone present at the occasion. The show moved further with the showers of gratitude with a speech by Mr. Vineet Jain. It was followed by the song '*Agar Tum Na Hote*' by Mr. Rajesh. The audience seemed to be under a spell as they could not stop applauding. This atmosphere was further upheld by Mrs. Ishita who in her captivating voice presented a Ghazal for the gathering. The Grand finale was marked by an energetic Punjabi dance performance by parents and teachers in unison. It indeed was the Grand finale for it was packed with energy and enthusiasm. The Chief Guest for the day, Dr. Rakesh Bharti Mittal, was full of praise and congratulated the parents and faculty for putting up such a flawless and enthralling show. He appreciated the efforts put in by the Parent Student Association. Soon after Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School addressed the gathering. In the end, Dr. (Mrs.) Ramanpreet Grewal, General Secretary, Parent School Association proposed the vote of thanks.



8th Graduation Ceremony of



22nd of February, 2013 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 8th Graduation Ceremony held at Nehru Sidhant Kender, Ludhiana. The annual prize distribution function for the senior students was also a part of the day's events. Dr. Vani Thapar, Consultant, Suman Hospital, Ludhiana was the Chief Guest. The ceremony started with the lighting of the lamp by the honourable Chief Guest, Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School accorded a very warm and hearty welcome to the Chief Guest. The invocation of the muse through the song "*Rahein Bakshda Tu Kete Hoyal Kasoor*" was indeed a treat to the soul. The dainty little ones clad in their graduation gowns and caps impressed the audience with their poise as they marched gracefully into the arena. The tiny tots took the 'Oath of Allegiance' to the school flag as a solemn affirmation to speak the truth and abide by their duties. The Satyans enchanted everyone with their lovely song, 'First Grade, First Grade' illustrating their desire to begin a new journey in Class I. The Chief Guest presented the scrolls as the respective class teachers





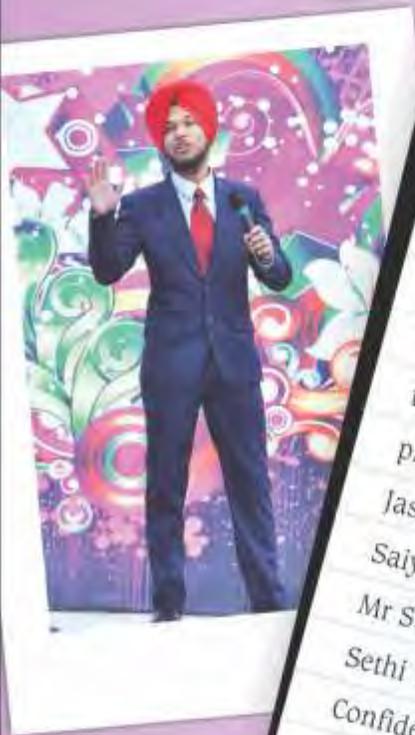
introduced the children to the august gathering. The audience was filled with awe on seeing the smartly dressed Satyans accepting the scrolls with pride. The Satyans of Class I presented a dance performance to celebrate the graduation of tiny Satyans and welcome them to Class I which mesmerized everyone. The audience was mesmerized by their spectacular Western dance performance 'Heaven is a place on earth', 'Sur ke Ghungroo' another spectacular dance performance by the Satyans left the audience spell bound. The proud Satyans displayed poise and confidence while receiving their prizes from the Chief Guest amidst loud applause. The Chief Guest congratulated the students for stepping towards new horizons and motivated them to face the upcoming challenges. Dr. Vani Thapar, Consultant, Suman Hospital, Ludhiana stated that Sat Paul Mittal School prepares the children to carve a niche for themselves in this highly competitive world and leaves no room for fear and apprehension in their minds. 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 a hope and belief that the Satyans of Upvan would bloom into confident human beings equipped with all life skills.



Farewell Party



The Satyan Wizards, the outgoing batch of 2012-13, got an opportunity to bid their final goodbyes to the institution that has nurtured them at the Valedictory Ceremony held on 30th January, 2013 in the school premises. It was a day filled with fun and frolic. The ceremony was fantabulous in all ways and gave an opportunity to the Satyans to savour the valuable moments before heading towards a challenging and eventful journey ahead. The students of Class XI prepared a special cultural extravaganza to entertain their seniors. The ceremony through a comic act, thought provoking speeches, mellifluous songs and vibrating and pulsating dances offered the seniors an assortment of emotions to feel and express. It was followed by the suave boys and charming damsels of Class XII setting the ramp on fire with their dynamism and poise. The question and answer round ascertained that the Satyans have no dearth of confidence and talent. The function witnessed some emotional moments as a sense of nostalgia gripped the seniors as they recollected some fond memories of the life spent in the school. The ceremony progressed further with the declaration of Saiyam Kalia as Mr Satyan 2012-13 and Jassimran Kaur Saluja as Ms Satyan 2012-13. The other titles conferred were - Mr Stylish, Piyush Thapar as Mr Popular, Khusboo as Ms Crowning Glory, Akshita Sethi as Ms Beautiful Smile, Aastha Jain as Ms Stylish and Sanika Jain as Ms Confident. It was followed by the students alighting on the dance floor amidst frenzy and enthusiasm. Mrs Bhupinder Gogia, Principal presented souvenirs to the outgoing students and wished them all the best in the journey of life ahead. The sumptuous lunch and the photo session brought the grand day to an end on a solemn note. With a promise to shine wherever they go and do the school proud, yet another batch closed its chapter at Sat Paul Mittal School.



The Satyan Wizards
2012-13



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 10th May, 2012. It was an occasion wherein the school authorities, by appointing a Students House 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, confidence level etc. 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, Principal, Sat Paul Mittal School. The new House Council Members took their oath with the promise that they would carry out their duties with integrity, faith and excellence. Lt. Col. Dr. D.B.

Sharma, Director, Sat Paul Mittal School presented badges to the Head Boy, Tushar Rawat, Head Girl, Eshana Ghuman, Deputy Head Boy, Viren Thapar and Deputy Head Girl, Vani Saggar. Mrs. Bhupinder Gogia presented badges to the Captain and Vice Captain, Megha Singhania and Arham Jain of Satluj House respectively. This was followed by Mrs. Shilpi Sood Gill presenting the badges to the Captain and Vice Captain, Vani Gupta and Gurmehr Singh Gogia of Ravi House respectively. Thereafter, Dr. Geeta Dua presented badges to the Captain and Vice Captain, Mannat Bhogal and Kriti Behal of Beas House respectively. Mrs. Gurprit Kaur and Mrs. Meenu Arora presented badges to Captain Manveen Singh and Vice Captain Sanchit Dhall 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 the 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.





Investiture Ceremony

(Junior School)

Discipline is the bedrock on which every institution is built, the teachers and students of the Junior section of Sat Paul Mittal School have joined hands to create a self-disciplined and morally strong society through the formation of the Student Council. The Investiture Ceremony of Junior School Council of Sat Paul Mittal was held on 27th April, 2012. The Student Council was appointed to involve the students in maintaining discipline in the school. The installation induced a sense of responsibility among the members and provided them a representation in the working of the school.

The sharing of responsibilities between the teachers and the students marked a milestone in the future of the school. The criteria of selection were the students' academic performance, participation in co-curricular activities, confidence level etc. All the children were interviewed by the Principal and the Heads, before they were selected to be the members of the Junior School Council.

The ceremony began 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.

Lt. Col. Dr. D.B. Sharma presented badges to the Head Boy, Dashmeet Sachdeva and the Head Girl, Diva Arora. Mrs. Bhupinder Gogia presented badges to the Captain and Vice Captain, Ameera Rai and Ishaan Bajaj of Satluj House respectively. This was followed by Mrs. Shilpi Sood Gill, presenting the badges to the Captain and Vice Captain Jasraj Singh and Diya Jain of Ravi House respectively. Thereafter, Dr. Geeta Dua presented badges to the Captain and Vice Captain Saksham Thakur and Diva Gill of Beas House respectively. Mrs. Gurprit Kaur and Mrs. Meenu Arora presented badges to Captain Suvidhi Jain and Vice Captain Sanshika Garg of Chenab House respectively. The Oath ceremony was facilitated by Mrs. Bhupinder Gogia. The oath was solemnly taken by the Junior Student Council who swore to uphold the virtues and ideals of their school.

Lt. Col. Dr. D.B. Sharma enlightened the audience with his motivational ideas and infectious enthusiasm. He emphasized on developing emotional intelligence in children to ensure their holistic development. Mrs. Shilpi Sood Gill, Head, Junior School, proposed the vote of thanks and congratulated the elected students and inspired them to reflect on the year gone by and to approach the coming year with a renewed vigour, purpose and direction.

Donning the mantle of responsibility, the Council pledged to dispense their duties to the best of their ability. Finally, the Student Council marched out with utmost pride and gusto, as they looked forward to achieve the vision they possess to uphold the tradition and ideas of Sat Paul Mittal School and transmit the same to their fellow students. It was a heart whelming experience for everyone and left behind memories to be cherished forever.

Shri Pranab Mukherjee, President of India

Sat Paul Mittal School created history by playing a host to the President of India, Shri Pranab Mukherjee on 27th November, 2012. The President unveiled the foundation stone of the Mittal Auditorium, amidst wide applause and cheer. Shri Pranab Mukherjee was highly impressed by the demeanour of the Satyans and the positive aura of the school campus. He congratulated the school Management, Principal and the staff for making Sat Paul Mittal School a school par excellence. He further added that in a short span of eight years, the school has carved out a niche for itself in the field of education and has evolved into a premier institution providing excellent education to the children. President Pranab Mukherjee lauded the achievements of Sat Paul Mittal School in various fields and appreciated the selfless services of the school staff in empowering the students to be leaders of tomorrow. He emphasised on the importance of the holistic development and stressed upon the role of education in inculcating civic sense among the students. In his address to the students, he said, "The students constitute the backbone of the nation as well as the pillar on which the national edifice is built. The Satyans have tremendous responsibility on their shoulders as they are the beacon of future for the nation." He motivated the Satyans to be successful frontrunners in the great wave of transformation, with a vision to travel and explore uncharted territories, courage to combat the problems faced by India today and become true and empowered citizens. It was followed by an interactive session with the Satyans. The students were highly inspired by his words. It was definitely a dream come true for the staff and the students of Sat Paul Mittal School. Mr. Rakesh Bharti Mittal, Chairman, Governing Council apprised the audience with the activities of the school and as to how the vision of the founding fathers is being translated into reality. He thanked the honourable President, Shri Pranab Mukherjee, for sparing his precious moments from his busy schedule and gracing the occasion. He also thanked other notable dignitaries for honouring the event. It was indeed a momentous occasion that would be cherished by the Satyans for the years to come.





Smt. Sheila Dikshit, Chief Minister, Delhi.

Sat Paul Mittal School had the proud privilege of being visited by Smt. Sheila Dikshit, Chief Minister of Delhi on 17th November, 2012. The esteemed guest was given a rousing reception by Lt. Col. Dr. DB Sharma, Director, Sat Paul Mittal School and Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School. The other luminous dignitaries who accompanied her were Dr. S.S. Badrinath, Founder Chairman, Sanskara Nethralya and Mr. Virendra Singh, President, Pardada and Pardadi Educational Society. It was indeed a momentous occasion for the school to have in its midst such stars from the galaxy of luminaries and achievers.

Smt. Sheila Dikshit was impressed by the modern infrastructure, spacious and well ventilated classrooms fitted with digiboard and the state-of-the-art Science, Social Studies, Maths and Computer Labs. The high-tech Robotics and English Language Lab were the centre of attraction. She lauded the efforts of the school Management in providing wholesome and quality education to the students and helping them to become caring and responsible citizens. The class strength limited to 25 students and child centric and activity oriented teaching methodologies won the appreciation of the guest. She appreciated the fearless and positive attitude of the Satyans. All the guests were full of praise for the confident Satyans who conducted themselves with great poise. Commenting on school's accomplishments, Honourable Chief Minister said, "The school is well on its way to be able to accomplish its mission of delivering world class citizens, not just for India but for the whole globe. The school is a definitely a role model for other schools to follow." Indeed, such interactions with eminent personalities from various walks of life serves as a driving force for the Satyans to work hard to develop their scholarly capabilities and become effective, sensitive and empowered human beings.



Mr. Shravin Bharti Mittal

Sat Paul Mittal School was abuzz with enthusiasm when Mr. Shravin Bharti Mittal, son of Sunil Bharti Mittal visited the school campus. He was impressed with the pleasing atmosphere of the school, the efforts put up by the teachers, the poise, grace and the promising confidence of the students. He said, "The conducive atmosphere and wholesome education being provided in Sat Paul Mittal School is sure to produce global citizens."



Rev. Fr. Dr. Jose Aikara and Mr. Gerry Arathoon

Sat Paul Mittal School had the proud privilege of being visited by the stalwarts from the world of education. Rev. Fr. Dr. Jose Aikara, Chairman, Council for the Indian School Certificate Examinations, Mr. Gerry Arathoon, Chief Executive and Secretary, Council for the Indian School Certificate Examinations, and Dr. Emmanuel, Secretary Treasurer, Association of schools for the Indian School Certificate visited the school campus on 7th September, 2012. They were impressed to see the endeavour of the School's Governing Council in achieving the vision and mission of the school. The dignitaries walked around the school campus and complimented the state-of-the-art infrastructure of Sat Paul Mittal School. They applauded the efforts and the hard work done by each and everyone to make Sat Paul Mittal School outshine other schools of Punjab in such a short span of time. The dignitaries were

all in praise for Sat Paul Mittal School for integrating technology with education in the form of Smart Classrooms, Computer Labs, Robotic Lab and ERP Software. Lt. Col. Dr. D B Sharma briefed the dignitaries about the use of inquiry method for teaching students. The dignitaries witnessed the latest teaching practices being put to use in the classrooms. They appreciated the competence of the faculty. Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School told them how the campus is used effectively for all sort of activities. She also discussed how opportunities for the holistic development are provided to every Satyan in the school. The guest complimented the approach and the attitude of Sat Paul Mittal School and reiterated that Sat Paul Mittal School is certainly empowering its students to become well integrated and empowered leaders of tomorrow.



Ms. Kalpana Morparia,
Chief Executive Officer, JP Morgan, India



The members of the Governing Board of the Bharti Foundation, the philanthropic arm of Bharti Enterprises paid a visit to Sat Paul Mittal School on 16th February, 2013. The esteemed dignitaries included Mr Rakesh Bharti Mittal, Vice Chairman and Managing Director, Bharti Enterprises, Ms. Deepika Mittal, Mr Badri Aggarwal, Former President, Bharti Foundation, Mr. Niranjan Ajwani, Director, Ajwani Group, Mr. Vinod Dhall, Head, Dhall Law Chambers, Prof. VS Raju, Former Director, IIT

Delhi and Prof. IIT Madras and Ms. Kalpana Morparia, Chief Executive Officer, J.P. Morgan, India. The Members of the Governing Board took a round of the campus and interacted with the students and the teachers. They were impressed that school had successfully integrated technology with education through the state-of-the-art Robotics Lab and E-blocks. It was followed by a sumptuous lunch with the members of the Governing Council, Sat Paul Mittal School.

In an exclusive interview with the Satyans, Ms. Kalpana Morparia, Chief Executive Officer, JP Morgan, India, named as one of 'The 100 Most Powerful Women' by Forbes magazine, shared her experience as a successful Investment Banker. Excerpts from interview with Ms. Kalpana Morparia:

Q1. Irrespective of huge FDI investment in last year, the Indian rupee is depreciating against dollar. Why?

Indian rupee is depreciating because imports are more than exports, imbalance between imports and exports and largest current account deficit this quarter.

Q2. Can you identify any strong and weak points about Indian banking system?

I think Indian banking system is very sound and has good liquidity ratio. But the scale of operation of the banking system is small as compared to the other economies of the world.

Q3. As an investment banker, what do you think can be done to improve the education system in India?

The main focus in present education system should be the practical experience. The experience of a management school should be taken up at this stage.

Q4. In your opinion, which country has a strong balance sheet, India or China and why?

Of course! China's balance sheet is stronger as there is no deficit and it is the largest investor in U.S. market. But the managerial ability and skills of Indians are better.

Q5. Can you elaborate venture capital and how does it help an entrepreneur?

Venture capital helps the entrepreneur as he has full access to his resources.

Q6. Where do you see JP Morgan in next 5 years?

JP Morgan is committed to India. With 18000 people at the back office support, we shall continue to grow with India.

Q7. How does it feel to be one of the most powerful women in Indian Business?

I don't believe in power. I feel fulfilled with being a banker. I enjoy what I do. In my next life, I would like to be born as an Indian woman and a banker.

Q8. What is your message for the Satyans?

I wish I could be at your place looking at the opportunities offered by your school. Today, opportunities are more as compared to the opportunities in 70's. Stay focused and take advice from your elders. Always believe that nothing is impossible.

CELEBRATIONS



Earth Day

Sat Paul Mittal School celebrated Earth Day on 21st April, 2012 with educational and fun activities. A Special Assembly was held in the school campus and a power point presentation was shown to spread the awareness about environment and to protect Mother Earth. The Satyans expressed their views and concerns through their emphatic speeches delivered in Hindi and English. A Tree plantation Drive was organized wherein the students planted saplings taking it as their moral responsibility and responding to the widespread environmental degradation. An Inter House Poster Making Competition was also conducted for the Classes PV-IX wherein the students participated enthusiastically and expressed the plight of the Mother Earth by painting thought provoking posters. The Satyans reaffirmed that it is the need of the hour to understand our roles as responsible global citizens to make Earth a peaceful, green and safe place to live in.





Labour Day

Honour lies in honest toil. The Satyans have always believed that the first test of a truly great man is his humility and humanity. International Labour Day was celebrated on 1st May, 2012 at Sat Paul Mittal School to make the support staff feel special and to uphold the values like modesty and benevolence and to educate the students about dignity of labour. A Special Assembly was held in the school premises. The celebrations were marked with thought provoking speeches, which made the audience ponder over the tireless effort that the support staff puts in to make the working of the institution smooth. As a token of appreciation, the support staff was honoured by presenting them flowers for their contribution which is neither insignificant nor indispensable yet is unsung. Ms. Bhupinder Gogia, Principal, Sat Paul Mittal School, expressed her gratitude to the support staff for their endless endeavours. The celebration concluded with a tea party hosted by the Management to make them feel special. The support staff was overwhelmed with this pleasant gesture.



Hindi Diwas

Sat Paul Mittal School celebrated Hindi Diwas on 14th September, 2012. A Special Assembly was conducted with great fervour to give our 'Matra Bhasha' its due respect and honour. The function started with the school song and a pledge. Shubhangi of Class III-C presented the thought of the day and the major headlines. Gopika of Class III-C recited a thought provoking poem. A beautiful enactment "*Kaun Banega Bhashapati*" presented by Dhairya and Aiman of Class III-A, Shaurya of Class III-B stole the limelight. Ms. Shilpi Sood Gill, Head, Junior School urged and motivated the students to love their Matra Bhasha. She described Hindi as our cultural identity and a symbol of love and unity for the people of India.

Independence Day



Sat Paul Mittal dazzled with a new aura as it was totally immersed in the patriotic fervour to mark the Independence Day Celebrations. A Special Assembly was organized to commemorate the 67th anniversary of India's Independence which was presided over by Mr. Bipin Gupta, Vice Chairman, Governing Council, Sat Paul Mittal School. Glowing tributes were paid to our freedom fighters who sacrificed their lives for our nation through thought provoking speeches and poems in English and Hindi. The entire campus resounded with the echoes of 'Jai Hind' and 'Vande Matram'. The chief guest encouraged the Satyans to build the edifice of the modern India on the foundation of hard work and commitment. The Satyans resolved to build a brighter, greener and progressive India.



Children's Day

Sat Paul Mittal School celebrated Children's Day to commemorate the birth anniversary of Pandit Jawaharlal Nehru, fondly remembered as Chacha Nehru. The school campus rocked with excitement as the students participated in a number of competitions organized class wise. Not only this, the Satyans of Class XI-XII impressed everybody with their marvellous culinary skills and their innovative salads, puddings and pies. The entire school beamed with the sound of rejoicing children who displayed zeal and enthusiasm. Lt. Col. Dr. D.B. Sharma, Director, Sat Paul Mittal School, greeted the children on this special day and wished them all the best in future. He urged the students to believe in their dreams and work consistently to materialize them.



Teacher's Day

Sat Paul Mittal School celebrated Teacher's Day to thank the teaching faculty for their contributions they make in moulding the personality of a child by instilling values in him. A small cultural programme was organized to celebrate the day. The programme started with a welcome address by Lt. Col. Dr. D.B. Sharma, Director, Sat Paul Mittal School. Dr. Sharma congratulated the teachers and appreciated them for the earnest efforts put by them for the holistic development of the students. He inspired them to continue working hard in the same vein.

'The Teacher of the Year' for session 2012-2013 was awarded to:

Ms. Amar Nain Ms. Pooja Yadav Ms. Maninder
Ms. Neha Sehgal Ms. Jaspreet Ms. Anupam Bhanot

The service of Mr. Rajiv Behl was acknowledged and Mr. Deep Singh was also rewarded for his exemplary work.



Diwali



The school campus reverberated with zeal and enthusiasm as an Inter-House Rangoli Competition, Card Colouring Competition and Diya Decoration Competition for Classes PV-XII marked the Diwali celebrations wherein the students showcased their creativity by making beautiful and colorful rangolis with intricate designs. The corridor gleamed with rangoli and decoration. The school brimmed with gaiety and mirth as the vibrant hues spread the message of goodwill.

Lt. Col. Dr. D.B. Sharma offered his warm wishes to the Satyans and urged them to follow the true spirit of Diwali—the victory of good over evil. He also motivated them to vouch for a green and clean Diwali and refrain from bursting crackers.



Christmas

Adhering to the real spirit of Christmas, the students of Sat Paul Mittal School celebrated the festival of Christmas with great delight and vehemence on 24th December, 2012 in the school premises. The function was compered by students dressed up as Santa, his elves and reindeers, depicting the story of Rudolph the Red Nosed Reindeer. It was accompanied by captivating carols. The show enthralled everybody and the magic of Christmas was evident. It was followed by a spectacular display of talent through the play "CHRISTMAS CAROL" by Charles Dickens. The audience was left mesmerised and stirred to think about the true connotation of this day. This was followed by a speech on the occasion by Jaskaran of Class V-D, he left the audience spellbound and more erudite about the true sense of Christmas. Then the audience were enthralled through beautifully narrated poems by Saksham of Class V-C and Snehal of Class V-B. Through this function, the students proved that they respect all religions and though living in a modern era, they revere all cultures and their pedigree. In the end, Mrs. Bhupinder Gogia, Principal, admired the students and wished the staff and students a Merry Christmas and a prolific New Year.



Special Assemblies



Staying Healthy

With the objective of teaching the young generation the value of staying healthy, a Special Assembly was organised by the tiny-tots of Pravesh Vatika. The Satyans, through their play, made the audience aware of the fact that healthy eating is the key to a healthy living. With a stunning dance performance, the Satyans spread the message that improving your eating habits will contribute in maintaining a healthy weight and thus, a healthy life.



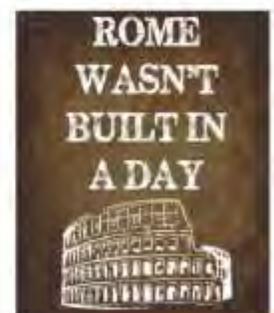
Slow and Steady



Satyans are always concerned for their fellow beings. In an endeavour to spread the message of staying calm and focused in life, the little masters of Class Upvan presented an extravaganza through a Special Assembly 'Slow and Steady'. A play was staged by the young Satyans in which they urged everyone to stay attentive and be ready for every opportunity. The little angels mesmerised the audience with their song and a mind-boggling dance performance.

Rome Wasn't Built In A Day

Everyone wants to achieve success in life, but it's easier said than done. The Satyans of Class I shared their success mantra with a theme 'Rome Wasn't Built In A Day'. Stressing upon the values of persistence, patience, determination and planning, a one-act play was staged addressing this very important issue. The Satyans accentuated the need to inculcate these values through their amazing dance performance which set the stage ablaze.









Special Assemblies



Prevention Is Better than Cure

The Satyans of Class II brought into the notice, a very important concept, 'Prevention Is Better than Cure' through their Special Assembly. The students through their dances, speeches and a thoughtful play laid stress on the fact that instead of looking for remedies later on, one should nip the evil in the bud. A dazzling dance performance was the Grand Finale of the assembly. The parents appreciated the efforts of both teachers and the students.



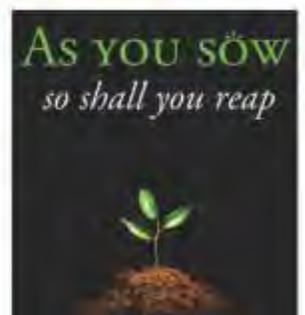
A Stitch in Times Saves Nine

"A Stitch in Times Saves Nine" is a well known proverb. It is frequently used in conversation. It passes on from one hand to another. It means a cloth which is torn must be stitched at once for otherwise the torn portion would increase in size and many more stitches would be required and the students of Class IV proved it through a beautifully presented function in which they showcased that in every walk of life things must be set right in the very beginning in order to avoid much future trouble and expenditure.



As you sow so shall you reap

'As you sow so shall you reap' was the theme on which Class III students showed their mettle. Through a comic play, they proved that a man bears fruit of his deeds. There were dances in which the children had put in all the effort to spread the message of humanity through entertainment. Their hardwork paid off when they were appreciated and applauded by all.





Special Assemblies



Hope Sustains Life

In an endeavour to inculcate positivity and hope in the life, the students of Class V conducted a Special Assembly on the theme 'Hope Sustains Life'. Spreading the message of optimism, the Satyans stressed that hope is a marvelous object that adds possibility to the object of desire. It is hope through which everything becomes possible for us. To depict this notion, a play was staged portraying man's immortal connection with God through the cord of hope.



Kitaaben karti hai baatein

The Satyans of Class VI through a Special Assembly conveyed the message that reading can transform one's life. It highlighted the fact that every man, who knows how to read has in him the power to magnify himself, to multiply the ways in which he exists, to make his life full, significant and interesting. The students presented a one act play emphasizing the importance of education in a student's life and the need to realize that they are so fortunate to be receiving the light of education, thus eradicating the darkness of ignorance. A book is the only place where you can examine a fragile thought without breaking it, or explore an explosive idea without fear. This was the message conveyed by the Satyans through the wonderful composition in Hindi, '*Kitaaben karti hai baatein*'.





Special Assemblies



JOSH

A Special Assembly based on the theme 'JOSH' was conducted by Sat Paul Mittal School for the students of Class VII. The assembly provided the Satyans a platform to exhibit their inner enthusiasm and zeal. It started with an emphatic poem 'Psalm of Life' recited by Alamnoor which was highly appreciated by the audience. It was followed by the melodious group songs presented by the students which were a real feast to the ears. The audience was captivated by the mellifluous voices of the budding singers of Sat Paul Mittal School and a one act play in Hindi tried to bring home the idea that tough times don't last but tough people do. It was an inspiring act which motivated the students to face adversities in life with a smile, strong determination and courage. The assembly projected the idea that it is the youth of our country that it is the golden future of India. The efforts put in by the Satyans and the teachers were commendable. The assembly presented the true spirit and fervour with which the Satyans perform any task that comes their way.



World Heritage Day

Heritage is our legacy from past, what we live with today and what we pass on to future generations. Our cultural and natural heritage is both irreplaceable sources of life and inspiration. They are our touchstones, our point of references and our identity. To honour our rich and diverse legacy, the Satyans of Class VIII celebrated the World Heritage Day wherein they apprised the people with the need to join hands in the protection of the Earth's unique and rich heritage. The Special Assembly aimed at making everyone recognize that to harm the world heritage is to harm the human spirit and the world's inheritance. Through their emphatic speech and inspiring poem, the students highlighted the efforts required to protect and preserve heritage and to underscore its vulnerability. The students presented a one act play, which emphasised on the need to safeguard natural and cultural sites of global significance as they highlight the zenith of human achievement. Cultural diversity is the common heritage of humanity and should be recognized and affirmed for the benefit of present and future generations. The Satyans sang a wonderful composition in Hindi, '*Ek duniya, Ek duniya*'. The audience also witnessed a renowned dance form -Salsa, enthusing every heart and soul. The Satyans reaffirmed that cultural diversity is the common heritage of humanity and should be recognized and affirmed for the benefit of present and future generations.



Workshops

Workshops for the Teachers

The school undertakes rigorous teachers' training programmes and workshops to empower them with the latest advancements in pedagogical and technological skills. A host of teacher training workshops were organized during the session 2011-2012. To name a few:

- ⌘ National Summit on Quality Education workshop was attended by Ms. Bhupinder Gogia, Principal, Sat Paul Mittal School and Ms. Geeta Dua, Head, Senior School on 14th and 15th September, 2012 at Bangalore. This workshop showcased Quality Education to all the sections of society with the aim 'Education – Reach All'.
- ⌘ School Excellence Conclave workshop was attended by Ms. Shilpi Sood Gill, Head, Junior School and Ms. Meenu Arora, Deputy Head, Senior School on 10th October, 2012 at CII, NR Headquarters, Chandigarh aiming on Quality Education to prepare Next Generation School Leadership.
- ⌘ A workshop on Exploring Sciences, Exploring Worksheets and Discipline to Classroom Management was conducted by Mrs. Archana Thakur and Ms. Charu Bajaj of Perspectives, Delhi on 25th and 26th May, 2012 to empower the teachers to develop higher order thinking skills in children and contribute to their moral make-up.
- ⌘ A School Excellence Programme for the teachers was conducted by Dr. A. Senthil Kumaran, Principal, Counsellor–Education Excellence and Ms. Uma Srinivasan, Counsellor–Education Excellence of CII Institute of Quality from 28th June to 1st July, 2012.
- ⌘ Two more workshops were conducted by CII Institute of Quality in the month of July and September, 2012 to apprise the teachers with appropriate teaching learning processes which is the heart of any school organization.
- ⌘ A two-day workshop on Emotional Intelligence was conducted by Ms. Avneet Kaur, a renowned psychologist from Delhi on 5th and 6th July, 2012 to help the teachers understand the significance of emotional intelligence in the holistic development of the students.
- ⌘ A workshop on Quality Circle Time was conducted by Mrs. Maya Menon of Teachers Foundation, Bangalore on 26th and 27th October, 2012 to help the teachers build emotional connection with their students in the classroom.



Workshops for the Parents

Parents are an integral part of the Satyan family and the school makes every effort to organize a series of workshops every year to empower them in dealing with the emotions of their children and help them raise morally upright children.

Workshops on 'Parenting with Emotional Intelligence' were conducted for the parents by Ms. Avneet Kaur, the school Counsellor. She gave tips to the parents on 'Effective Parenting' and talked about the child's growth in the home environment. She also guided the parents to cater to their anxieties and changing needs with decreased expectations.



Workshops for the Satyans



Various workshops were organized during the session for the Satyans to equip the Satyans with the necessary skills and information. To name a few:

- ◆ A one-day workshop 'Healthy Mind, Healthy Body' was conducted by Dr. Shikha Sharma, a renowned nutritionist and health programmer from New Delhi at Nehru Sidhant Kender on 25th April, 2012 for Classes VI–XII. She interacted with parents and students, provided valuable information and also helped in cracking many health related myths.
- ◆ A series of workshops on 'Emotional Intelligence' was conducted by Ms. Avneet Kaur, an eminent psychologist from Delhi to acquaint the Satyans with the importance of feelings and emotions and how to validate them.
- ◆ Workshop on 'Coping with the Change' was conducted on 14th March, 2013 for Class VI.
- ◆ Workshops on 'Emotional Awareness' were conducted from 2nd April to 20th April for Classes VI to XII.
- ◆ Workshops on 'Recognizing Patterns' were conducted on 16th and 17th May for Class VII and on 6th, 7th and 8th August for the Classes VI, VIII and IX.
- ◆ A Creative Writing workshop was conducted for Classes VI–IX on 21st March, 2012 by Ms. Neha Sehgal and Ms. Jaspreet Kaur to enhance the writing skills of the students.



Sat Paul Mittal School has always believed in imparting education beyond the realm of academics and in inculcating skills of an all rounder in the Satyans. With an aim to channelize the energy of the Satyans and to make them set goals and beat them, an Adventure Capsule was organized in the school campus on 27th and 28th March, 2012 for the students of Classes II- IX and on 6th and 7th April, 2012 for the students of Classes X- XII respectively. The Satyans enjoyed the plethora of activities like Flying Fox, Rappelling, Hamster Wheel, Blind Folded Tent pitching, and many other energizers. The leadership programme was one of its kind in Ludhiana and was a great learning experience for the Satyans. It taught them persistence, tenacity, team spirit, self-expression and responsibility.

An excursion to Kufri was organized for the Satyans of Classes X-XII on 12th April to 15th April, 2012 as a part of International Award For Young People. The Satyans showed full enthusiasm and enjoyed River Crossing, Burma Bridge Crossing, Grafting etc. Many more exciting and fun filled activities were organized for the students. It was an amazing experience for the Satyans. They had fun and the memories of the trip will surely be etched in their minds forever.

Sat Paul Mittal School organized an educational trip to Delhi, Agra and Jaipur for the Classes IV-VI from 29th September to 7th October, 2012. The Golden Triangle provided a perspective which was quite different from the classroom experience.

A trip to Kerala and Kanyakumari was organized from 30th September to 6th October, 2012 in which a group of 96 students along with 8 teachers went to experience and enjoy the rich cultural heritage and explore the delectable cuisines. The students had a great time watching the Dutch Palace at Kochi, the Tea Gardens at Munnar, the Backwaters at Alipi, the beaches at Kovalam, etc. The trip offered joyous learning experience and made them realize the comfort of home and family.

A one day trip to F-2 was organized in the month of February for the students of Classes PV-V. The Satyans were on cloud nine and their happiness knew no bounds as they feasted on sumptuous food and enjoyed Shooting, Zorbing, Car Racing and were thrilled to watch 3-D movie. Classes VII-IX also got an opportunity to go to F-2 which was indeed a thrilling and fun packed experience for them as they enjoyed every moment of the trip. A one day trip to Beetel Teletech Limited was organized on 20th December, 2012 for the students of Class IX. It was a learning experience at Beetel, a leading distribution company in India which offers a wide range of innovative products in the fixed line telephone, Enterprise solutions and IT peripherals segments. Here the Satyans were apprised about the details of manufacturing, assembling and testing of the various parts of the telephone.

A trip to Wonderland was also organized for the Classes VI and X wherein the Satyans, be it the teachers or students couldn't stop themselves from swaying in the momentum and enjoying thoroughly. On the way, they also went to Oswal factory. They saw various machines for making socks, sweaters and blazers.

It was indeed a rejuvenating experience for the students and the memories that they carried along would be cherished forever.

Travelogues



Travelogues





We

COMPASSION

AWARENESS

RESPECT

EMPATHY



Satyans

Everyone can be great because anyone can serve. You don't have to have a college degree to serve. You don't even have to make your subject and your verb agree to serve... You only need a heart full of grace. A soul generated by love...

The Humane

Without community service in our society many people would not know the meaning of usefulness, or importance of charity. Community service provides the critical missing link for many students, an opportunity to apply academic learning to real human needs and to make the knowledge gained usable in one's thinking beyond the situation in which the learning occurred.

Satya Bharti School Program is more than just a Literacy Drive. The Satya Bharti School Program, launched in 2006, is the flagship initiative of Bharti Foundation and delivers free quality education for underprivileged children, with a special focus on the girl child and children from marginalized sections of society. It focuses not only on conceptual learning but also stresses on helping students emerge as change agents. The program aims to develop its students into educated and responsible citizens of tomorrow with a sense of commitment to their own society. Currently 245 Satya Bharti Primary Schools and five Satya Bharti Senior Secondary Schools are operational across six states of India, reaching out to over 34,000 children. With an emphasis on experiential learning and holistic development of children, one of the unique facets of the Satya Bharti School Program is the development of students as the spearheads of change in their own local communities/villages. Encouraging them to undertake community development programs, the curriculum ensures that students play an active role in identifying and addressing social evils that affect the communities in which they live. Thus, over the years, the students of the Satya Bharti School Program have undertaken programs such as Education Drives, Campaign against Child Marriage, Drives against Alcoholism and Substance Abuse, Campaigns against Global Warming etc. The Satya Bharti School Program is a commendable endeavour of Bharti Foundation for delivering free quality education to underprivileged children across rural pockets with special emphasis on education for the girl child and children from marginalized communities.

The Satyans had a wonderful opportunity to visit Satya Bharti Schools, wherein the students put in their heart and soul and conducted an assembly for those children. They recited stories, sang melodious songs, displayed various *asanas* of yoga, made beautiful cards, bookmarks and *rangoli's* and gave them the *diyas* they had made in school for their less privileged counterparts. The Satyans were all glad to see the young minds innovating creative drawings during the drawing sessions, students participating actively in the interactive learning sessions and being involved while learning how to make a PPT. The students of Satya Bharti School appreciated the efforts of the Satyans whole-heartedly. The Satyans even helped the staff at the Satya Bharti School to serve the mid-day meal to the students. After this visit, the Satyans realized how privileged they are to study in such a great school. Satyans had a great emotional experience and promised to be grateful to God for everything they have. The Satyans respect and honour this effort of Bharti Foundation and are very thankful for this opportunity to see this transformation in our Indian rural society being brought about by Bharti Foundation by the Satya Bharti School Program.



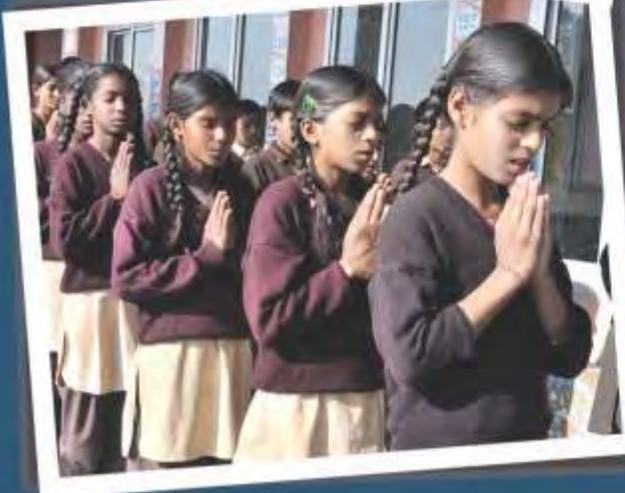
Dr. Rakesh Bharti Mittal

A Grand Salute!

Congratulations to Dr Rakesh Bharti Mittal, Co-Chairman of the Bharti Foundation and Chairman, Governing Council, Sat Paul Mital School for being awarded an Honorary Doctorate of Civil Law Degree from Newcastle University (UK) for his outstanding contributions to the social and economic renewal of India. Dr. Rakesh Bharti Mittal clearly believes that philanthropy is his duty. It is clearly something close to his heart. He envisions to add more schools until the target of 100,000 children in Bharti schools is reached.

The Satyans salute this great visionary and philanthropist and Kudos to the Bharti Foundation for bringing about a visible and positive change in India.

A field trip was also organized on 3rd March, 2012 for the students of Class X to Aashirwad School in order to make them aware about the hardships faced by the intellectually challenged children. The Satyans interacted with these special children. It was an effort to make Satyans even more sensitive and emphatic to the needs of such children. It was a great experience for all of them.





A Resplendent Deed

The students of Sat Paul Mittal School visited the Orphanage Centre and interacted with the children there. The only reason behind these visits is to arouse the feelings of empathy and concern among the Satyans and make them realize how blessed they are as God has given them a family and other luxuries of life. Thus we need to thank God for what all He has given us.

Furthermore, "Each One Teach One" activity was given to the students as a part of their Summer Holiday Project. The students took pride in teaching their maids and servants at home and making them literate. Indeed it was a fruitful endeavour and a wonderful experience for the Satyans as the school firmly believes in giving back to the society what it takes.



"Each One, Teach One", someone has rightly said this. Sure, I wanted to teach the servant in my house. Just one day before our holidays, I started with it and I was very happy to see the same homework. It was really a great experience. My servant was also very happy and excited. He had a very quick ear and was good at grasping things. I found a drastic change in him because now he had learnt to write his name, English alphabets and to join them also. I was very happy.

Vidushi Jindal
VII-B



During my summer vacation, I taught my maid many English words like her name, her nick name and few other common words. It was a difficult task but finally I was able to teach her. I felt proud that I have not wasted my holidays and made an illiterate person literate.

Tarush Goyal
VII-B



Imparting knowledge was a great experience for me. Making someone to read and write is like planting a sapling in the soil which will bear fruit in future. I have contributed my efforts in improving the future of my country.

Bhanvi
VII-B



I felt very proud. It was a great feeling. My maid was also very happy. I taught her some words like Thank you, Excuse me etc. Whenever someone asks her that who has taught her, she takes my name. I feel very proud at that time. I wish everybody should contribute their bit to wipe out illiteracy.

Vasundhara
VIII-B



Our maid Ms. Meera, is an illiterate lady from Lucknow. I helped her to read and write during my summer vacations. I gave her my old notebooks, pen, pencils and Hindi books. After 15 days, she was able to read Hindi and can now do simple calculations based on addition and subtraction. Now, she can even do her signatures in English. This gave me immense pleasure.

Meharjot
VII-D



After spending some time with children in the orphanage, I felt happy as well as sad. Sad as they didn't have their parents to love and take care of them. Happy as they were facing the adverse circumstances bravely and living happily like a family with other children and staff.

Misaal Karan Singh
II-B



I was touched with pity to see so many children who did not have the love of their parents or family. They do not have the warmth, safety and comfort of a home. Few children could not speak while few could not walk. I thank God for giving me a family, healthy and a sound body.

Jasjit Singh
IV-D



During this summer vacation, I really enjoyed teaching Meena and Reena, two illiterate maids working at my place. To some extent it satisfied my aim of becoming a teacher. Their desire to learn more, always gave me a feeling of joy and satisfaction. I also learnt many things from them. Although it was not an easy task to teach, yet it was a great experience.

Namrata
VII-B



I had mixed feelings in my mind when I came back home after visiting the Orphanage Centre. At first, I felt sad to see the children with no parents. I also thanked God for providing me my parents. Then I decided to become a very good girl in future and fulfil their dreams.

Srishti Duggal
II-B



After coming back from orphanage, I felt very sad. I thought I am so lucky to have such loving and caring parents. They fulfill all my wishes. Every year, I celebrate my birthday with my friends and family. I have all facilities and luxuries of life. But those orphans are so unlucky and unfortunate that they don't even have their parents. I pray to God that they may have a healthy and happy life.

Gulnaaz
IV-C



I felt sad for the children at the orphanage centre. They were so lonely without their parents. God took their responsibility and provided food and shelter, otherwise their life would have been ruined. I am grateful to God that they are living happily and all their requirements are being fulfilled to some extent.

Sara
IV-C



After meeting the children, I felt very sad as they were living without their parents. I am thankful to God for giving me loving and caring parents. I pray to God that these children should always remain happy and achieve some valuable goals in their life.

Vardhan
III-B

I was over whelmed when I reached home after visiting the orphanage. I really wondered how these children were living without their parents as I myself cannot live without my parents for a single day. I pray to God that no child should be without his parents in this world.

Palak Jain
V-A





The Satyans Speak...

Has Q.C.T. period made the student-teacher bond stronger?



Should International trips be organised?



Should 100% participation be mandatory for Annual Function?



Should fete be organised in the school?



Should there be a zero period everyday for comprehensive reading and other activities?



Expressions.

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Awareness

A man sat at a metro station in Washington DC and started to play the violin; it was a cold January morning. He played six Bach pieces for about 45 minutes. During that time, since it was rush hour, it was calculated that 1,100 people went through the station, most of them on their way to work. Three minutes went by, and a middle aged man noticed there was musician playing. He slowed his pace, and stopped for a few seconds, and then hurried up to meet his schedule.

A minute later, the violinist received his first dollar tip: a woman threw the money in the till without stopping, and continued to walk. A few minutes later, someone leaned against the wall to listen to him, but the man looked at his watch and started to walk again. Clearly he was late for work.

The one who paid the most attention was a three year old boy. His mother tagged him along, hurried, but the kid stopped to look at the violinist. Finally, the mother pushed hard, and the child continued to walk, turning his head all the time. This action was repeated by several other children. All the parents, without exception, forced them to move on.

In the 45 minutes the musician played, only 6 people stopped and stayed for a while. About 20 gave him money, but continued to walk their normal pace. He collected \$32. When he finished playing and silence took over, no one noticed it. No one applauded, nor was there any recognition.

No one knew this, but the violinist was Joshua Bell, one of the most talented musicians in the world. He had just played one of the most intricate pieces ever written, on a violin worth \$3.5 million dollars. Two days before his playing in the subway, Joshua Bell sold out at a theatre in Boston where the seats averaged \$100.

This is a real story. Joshua Bell playing incognito in the metro station was organized by the Washington Post as part of a social experiment about perception, taste, and priorities of people. The purpose to do this experiment in a commonplace environment at an inappropriate hour was to understand some basic patterns of people, do we perceive beauty? Do we stop to appreciate it? Do we recognize the talent in an unexpected context?

The conclusion drawn from this experience was that we, the people of the world, have become so busy in leading a mechanical and materialistic life that we have no time to appreciate the thing of beauty. And if we do not have a moment to stop and listen to one of the best musicians in the world playing the best music ever written, how many other things are we missing?

Ms. Meenu Arora
Deputy Head (Senior School)

SLEEP FACTS

"Sleep my little baby-oh
Sleep until you waken
When you wake you'll see the world
If I'm not mistaken..."

— Neil Gaiman, author of *The Graveyard Book*

Sleep is an important part of our daily routine and we spend one third of our lifetime in sleeping. Isn't it interesting? But, have you ever thought why we sleep. Well, if you have not ever pondered over it, then tickle your grey matter and try to find an answer to this question. Scientists have made some guesses. Some believe that sleep gives the body a chance to recover from the day's fatigue. However, the amount of energy saved by an eight-hour sleep is only 50 kcal-just as much as a piece of toast! Others try to emphasize on the essential parts of sleep to maintain normal levels of cognitive skills such as speech, memory, innovative and flexible thinking. Sleep plays an important role in brain development. There are various stages of sleep that we go through.

Stage 1

This is a period of light sleep when we can easily be woken. Our eye and body movements slow down during this stage.

Stage 2

After about ten minutes of light sleep, we tend to move into Stage 2 where the brain-wave move slower and eye movements cease. The heart rate slows down and the body's temperature decreases.

Stage 3

The period of deep sleep begins. During this stage, the brain-wave alternate between very slow and faster movements. Exercise during the day helps to promote this stage of sleep. This is the rejuvenating stage of sleep that helps us to feel refreshed when we wake up in the morning. This stage of sleep also releases the growth hormones in children.

Stage 4

This is the period of deepest sleep when the brain produces slow moving delta waves. During deep sleep, the cortex, which is the largest part of the brain, enters a stage of recovery. The cortex helps to govern thought and action.

If we miss out on this stage of deep sleep, we are liable to wake up feeling grumpy, forgetful and irritable. Our concentration will be poor and we will be unable to give proper attention to tasks. Sleepwalking, bed wetting and "sleep terror" may begin from this stage of sleep.

Stage 5

This is the period of REM sleep when dreaming occurs. It starts about 90 minutes after we fall asleep. During this period, we breathe faster and our eyes begin to move rapidly (hence the name Rapid Eye Movement sleep). Our brain activity intensifies and our muscles become motionless. Dreams during the REM sleep stage tend to be very visual with the most vivid dreams occurring during the early hours of the morning. REM sleep takes up about 20-25% of our sleeping time.

We should pass through the non-dream and dream stages of the sleep cycle about five times a night, although this varies from individual to individual.

Have a nice sleep!

Ms. Jasmit Janeja
Facilitator of Science

How are HURRICANES named?

What's in a name? Lots, if you're a tropical storm. Those storms that graduate to hurricanes could end up with their names etched in history, for all of the wrong reasons, if they're violent and lethal enough. Others, of course, would disappear from the news without a whimper as they either break apart before landfall or do very little damage. In either case, naming them isn't as trivial as it sounds. While the monikers of current hurricanes — including Earl and Fiona — may seem simple, the system of naming hurricanes has a long and complicated history.

Originally, hurricanes were given names of Catholic saints upon whose day it made landfall. Later on, the latitude-longitude positions of a storm's formation was used as a name. This was a little too cumbersome to use in radio communication. Military meteorologists started giving female names to storms during World War II, and in 1950 the World Meteorological Organization adopted this method. In the late-1970s, the system was given a dose of political correctness: male names were added to the Atlantic hurricanes list, as were French and Spanish names, reflecting the languages of the nations affected by the storms.

Today, the World Meteorological Organization (WMO), an agency of the United Nations, is in charge of naming the Atlantic tropical storms that become hurricanes. The WMO took over for the National Hurricane Center, which had named storms since 1953. The organization uses fixed list of names arranged alphabetically (omitting the letters Q, U, X, Y and Z) for a given year. For example, the first Atlantic tropical storm of 2011 was named Arlene, the next was Bret and so on. Successive storms for a year simply go down the list of names. There are six years of lists in place, and each list is reused every six years. The National Hurricane Center created these six lists of hurricane names that are maintained and updated by the WMO through an International Naming Committee. The lists contain French, Spanish, Dutch and English names because hurricanes affect other nations and are tracked by the public and weather services of many countries. Interestingly, while each yearly list of names is reused every six years, a name can be retired and replaced on a list if it was used for a storm that was particularly deadly, costly and generally devastating like 2005 Katrina.

Thus, weather officials name tropical storms and hurricanes in order to classify them, as well as to better report on them to the public.

Ms. Alpna Nehraw
Facilitator of Geography

Be on a Treasure Hunt of Books With Your Child

Bacon says, "Books can never teach the use of books, the student must learn by commerce with mankind to reduce his speculations to practice. No man can think so highly of himself as to suppose he can receive but little light from books, nor so meanly as to believe he can discover nothing but is to be learned from them."

Books are treasure of knowledge, the most important means to enhance vocabulary, an escape to the world of imagination, an opportunity to come face to face with your emotions and analyse them. Inculcate in your child love for reading books, for as long as your child likes to explore through books, he will never be short of knowledge and happiness.

Research says that exposure of books should begin as early as when the child is in womb. At the age of 6 months, a child can actually recognize faces of characters in the books. Introduce your child to the world of books as early as possible. Begin with books with large illustrations and simple language. You may give your child touch and feel of books. Make facial expressions while reading. With time, you may move onto complex languages and deep meanings.

The best time to read to your child is bedtime because the child can concentrate better. Moreover, reading has a relaxing effect. When your child grows up, encourage him to reserve a certain amount of time when he can indulge in reading his favourite books. Books don't mean knowledge only. Let your child buy books of his own choice from fact to fiction, from encyclopedias to comics. Motivate him to have a library just like he has a collection of toys. Take him to book fairs and exhibitions. Show your child the rewards of reading. Hold reading sessions at home with family members and friends. Reading out to them will give him a sense of pride. Show him how books can help him solve quiz in the newspaper or TV. When he'll enjoy the fruits of reading, he'll understand what role books play in his life.

Books are the quietest and most constant of friends. They are the most accessible and wisest of counsellors and the most patient of teachers. Books are treasure that will enrich your child forever.

Ms. Veena
Librarian



The Trojan horse of Imperialism

The Trojan horse is the universally accepted symbol of treachery and deceit. Nowadays, it has been replaced by money or Direct Foreign Investment. In the name of globalization, the developed nations of the world are establishing their hegemony over the third world countries, Economic Imperialism, as it can be explained in the simpler terms. The world level organizations like United Nations, League of Nations etc. which were once formed to support the poor nations, have simply become puppets in the hands of the Capitalist nations. These nations are behaving like vultures relishing the dead animals. With their military powers, they force the weaker countries to open their markets and then flood them with money. Foreign money is like drug-addiction, once a person gets into the habit, and then it is very difficult to get rid of it. Best example of this type of Imperialism is that in India. With the force of power, India was forced to open up its markets, and then intoxicating money was pumped into the veins of the Indian economy and was paralyzed.

John Sullivan, who was the President of Board of Revenue, Madras had once rightly said, "Our (British) system acts very much like a sponge, drawing up all the good things from the banks of the Ganges and squeezing them down on the banks of the Thames."

The world has witnessed three forms of imperialism. The first was the merchant imperialism. Then came the Free trade imperialism and the latest is the finance imperialism. The only way to check this is simply to develop a feeling of nationalism among the masses. The slumbering countrymen have to be aroused and awakened against this imperialism. The people should not get carried away by the pomp and show. The countrymen need to understand that 'All that glitters is not gold'. We should not be foolish like the Trojans. We must remember one thing – there are no free lunches in this world. Everything comes with a price tag, and if it is imposed, it will not only carry its price tag but also the blood stain of the indigenous craftsmen.

Mr. Harneet Singh
Facilitator of History

The Little Angels

Messy hair, sticky hands, all confused that's how you look.
 Little midgets 3 feet tall, having a ball, that's how you look.
 Why this happened? Why is the earth round? Why is the sun so big?
 Why is pink the colour for girls? Why for boys its blue?

Why is it when I chase those birds, they always fly away.
 That is what you seem to us when we first see you smile,
 listening to those doubts you have, willing to go an extra mile.
 Then you think you've grown so big, and grown are your problems too.

And you think we've become too naive to understand what you go through.
 But patient as we have always been, we promise to shelter you.
 Your doubts, your problems, those demons that grow,
 We promise to handle with you.

Now years pass and so do you, into those new realms of voodoo,
 new mysteries cloud your mind for sure,
 Allures you to that world of fantasies so pure.
 Why the world is confusing? Why do people lie?

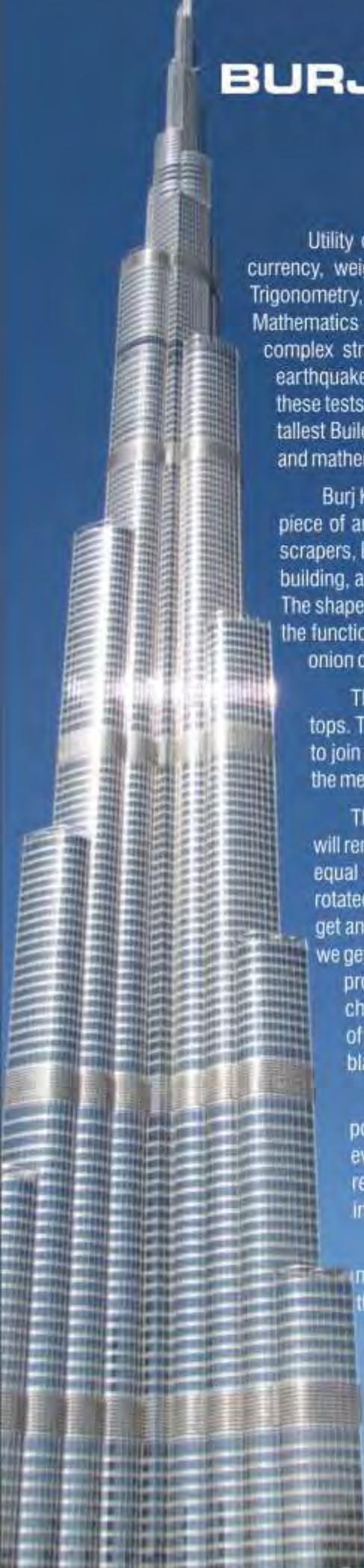
Why does the clock tick so fast? Why don't the tears dry?
 Why does the smile come and go?
 Why is it a slave to someone else's woe?
 The questions grow along with you; the answers are but always a few.

Our hands will still be holding you tight,
 Never letting you fall, never missing a flight.
 Your dreams we would believe in forever,
 Being by your side would be our only endeavour.

Believe in yourself like we trust you,
 Like mothers we'll nurture that hope in you.
 So this day we hereby make a vow,
 You children will remain etched in our hearts till the time flows.

Ms. Neha A. Bhalla
 Facilitator of English

BURJ KHALIFA & MATHEMATICS



Utility of mathematics for a layman is usually in performing various calculations, i.e. calculation of currency, weighting, using percentages to calculate interest, etc. People are ignorant about the use of Trigonometry, integration, differentiations in our daily life as they simply cannot correlate. Whereas, Mathematics play a greater role in our daily life. Architects and Civil Engineers rely on mathematics to design complex structures and to gauge its durability and strength. In today's world buildings are tested for earthquakes, storms, high velocity winds, in simulated environment and mathematics plays a crucial role in these tests. There are a lot of architectural marvels and BURJ KHALIFA a modern marvel of architecture, the tallest Building of world, situated in Dubai talks all about the use of mathematics. How the beauty of nature and mathematics is elegantly incorporated into the sky scraper of the 21st century?

Burj Khalifa, the tallest man-made building in human history, standing at 828m, is certainly a beautiful piece of artwork, combined with the precision in Mathematics and engineering. Different from other sky scrapers, Burj Khalifa is characterised by an entirely distinctive facade, with a pointed spire on the top of the building, accompanied by 26 helical levels. The onion dome is an essential element in Islamic architecture. The shape of an onion dome can be easily obtained by drawing cubic functions, and limiting the domains of the function. With the onion dome created, we can find out the cross-sectional area and the volume of an onion dome by calculus.

The inner parts of the cross-section in the building are basically onion domes without the pointed tops. The area of the inner parts can be estimated by changing the limits of the definite integral. In order to join the inner part to the outer part of the onion-shaped cylinders, they must have the same width at the merging point.

The cross-section of some floors possesses a 3-fold rotational symmetry, meaning that the shape will remain the same every time it is rotated by 120° or $2\pi/3$ radians. In this building, there are 3 wings of equal length stretching out from the central core part of the building, and each one of them can be rotated by 120° or $2\pi/3$ radians to obtain another wing. By connecting the end points of the 3 wings, we get an equilateral triangle. The angle between two wings is 120° and since they are of the same length, we get a 30° angle between one wing and one line connecting two wings. By repeating the same process, we get three angles of 60° that forms an equilateral triangle. As they possess the characteristic of 3-fold symmetry, we can also inscribe the whole shape into a circle, and the centre of the circle represents the centroid and the ortho-centre of the triangle, and the ratio of the length of black line to the length of grey line is 2:1 as a property of the centroid.

The structure of the porous surface resembles that of a Menger sponge, which is a cube with pores formed by dividing each face of the cube into 9 equal portions, removing the centre cubes on every face and repeating the same process again and again. Theoretically, as the number of times repeated approaches infinity, the volume approaches zero whilst the surface area approaches infinity.

The pointed shape of the building is also more stable than the traditional cuboid buildings. By modeling Burj Khalifa as a triangle and a cuboid building as a rectangle in 2 dimensions, each with the same vertical height, h , and base width, w , we can see that it is easier for the cuboid building to topple over. With the black dots being the centre of weight, we can see that the minimum angle of toppling for a rectangle is smaller than that for a triangle, with the difference determined by the height and base width of the building, assuming that the weight is the sole force acting on the building. Therefore, in order to construct as table sky scraper like Burj Khalifa, it is better to have a shape like a triangle than that of a rectangle, as the building can lean at a larger angle before falling over.

आस और अहसास

आज अचानक मेरे ज़हन में गूँज उठे हैं कुछ सवाल,
 क्या सचमुच अब तक थे, जीवन के इस पहलू से हम अनजान?
 जी रहे थे किस भुलावे में हम?
 अपनी ही कल्पनाओं में डूबे।
 अपनी ही इच्छाओं का ताना-बाना बुनते,
 और उन्हें पूरा करने की तमन्ना लिए, जद्दोजहद करते।
 सिर्फ अपने सपनों को साकार करने के लिए सुबहो-शाम एक करते,
 बने रहे उस सच से अनजान।
 या फिर यँ कहें -
 कि खुली आँखों से करते रहे इस सच को हम नज़रंदाज़।
 जिए आज कुछ पल मैंने उनके बीच,
 उनकी चमकती आँखों में डूब,
 किया है उनके सपनों को महसूस।
 करीब बैठ, जानी है उनकी,
 साँसों की जोषीली गरमाहट।
 रू-ब-रू हुए हैं आज हम उनकी धड़कनों से,
 जो धड़क रही है किसी आस में।
 जाना है उनकी कुछ पाने की ललक को,
 समझा है उनका जज़्बा कुछ कर दिखाने का।
 बढ़ते हुए दिखाई दिए हैं कई अदद हाथ,
 हाथ, हाथ में लिए जो हैं तैयार,
 हमारे साथ ज़िन्दगी में कुछ आगे बढ़ जाने के लिए,
 हमें अपनाने के लिए।
 क्या दोश है उनका?
 क्यों वंचित हैं वे, उन सुविधाओं से?
 क्या वे हमारी तरह, एक ही ईश्वर की संतान नहीं?
 क्या उनके सीने की धड़कन हमारे समान नहीं?
 क्या उनकी आँखों में उभरते-डूबते अक्स कुछ-कुछ हमारे समान नहीं?
 अगर यह सब सच है
 तो, एक सच यह भी है -
 कि उन्हें उबारने वाला कोई और नहीं, हम ही हैं।
 ज़रूरत है आज, अपनी सोई हुई आत्मा को जगाने की,
 सुप्त चेतना को सचेत करने की।
 आशाओं के चित्रफलक पर, सपनों की तरखीर रख,
 उसे दृढ़ इच्छा व विश्वास से रंग,
 हकीकत के परिवेष में उभारने की,
 साकार करने की.....!!

Ms. Rashmi Asthana
 Facilitator of Hindi

All of us are loving and well-meaning parents but how many of us are CONSCIOUS PARENTS....

One of the best learning events I have attended recently was a workshop on Conscious Parenting. The take home value was immense in terms of being a parent of a rapidly growing nine year old and a naughty six year old.

The speaker was the very illustrious -Dr. Shefali Tsabary. Shefali has received her doctorate in Clinical Psychology from Columbia University, New York. Her early exposure to eastern philosophy and integration with the learning in western psychology has allowed her to reach out to an international audience thereby establishing her as one of a kind, in mind-full psychology.

Her talk put aside the 'age-old' conditioned parenting styles and made me realize that the process of parenting is more about parents rather the children. The essential premise of Dr. Tsabary's talk was that our children are born to us to create deep internal transformation within us. She challenged the parents to teach through mind-full actions and to be conscious of their spoken language. She taught us simple techniques to apply to change destructive patterns and rejuvenate our parent-child connection. The session was quite interactive. Later, at the session, many parents discussed their predicaments and got some meaningful points to ponder over from Dr. Tsabary. The session ended with her autographed books being handed over. The book is called 'The Conscious Parent'. I have read my copy and I would like to say that it is filled with truth and well-illustrated by very recognizable anecdotes. I found myself nodding at most of it throughout the book. I truly am looking forward to imbibing these values to elevate my relationship with my children and evolve as a parent.

Ms. Gunjan Adya
Mother of Valari Adya
Class IV-B

Modernization : boon or bane?

As time passed, India has gone through considerable changes. At the positive end, where the social evils like sati, child marriage, slavery of women, etc. have been shed off, we Indians are also facing negative ends due to the continuous adaptation of western culture. In the name of modernization, we are losing our identity and our traditional values. Earlier women were forced to be in *purdah*, then the trend shifted to a culmination of western and traditional costumes and today women are seen in modern and western outfits. The concept of nuclear families is increasing, and kids today are hardly aware of joint families and close relations. Today no one can compromise with his/ her privacy. Its consequences are devastating for the children. They are unaware of family bonds, close relations, moral virtues of love, sacrifice, adjustments, compromises etc. As a result they are becoming stubborn and sometimes violent. On the top, we should not forget about the increasing effect of technology. Children are exposed to many electronic gadgets. Due to this, they face many problems like weak eyesight in early age, early exposure to matured stuff, lesser involvement in games and other physical exercises. The tendency to stay alone is increasing which can also further result in frustration and depression. It should be the duty of parents to decide the quantity and quality of facilities they should provide to their child. Their love today should not be at the expense of their child's future.

Ms. Ripan Makhija
Mother of Gopika Makhija
Class III-C

How to win success in **LIFE**

Success in life comes not through lethargy and procrastination, but through labour and persistence. Nothing is ever achieved without hard work, perseverance, commitment and enthusiasm. What sometimes appears to be an overnight success has actually taken so many long years. Here is a poem

Row, row, row your boat,
Gently down the stream.
Merrily, merrily, merrily, merrily
Life is but a dream.

We understand the moral of this poem only when we step into the competitive world. We have to row the boat of our life gently in the right direction to cross the streams of struggles and reach the final destination. We have to overcome all the ups and downs of life to emerge a winner. Ability, Boldness and Courage are the ABC of success. These are the core qualities required to be an achiever.

H. W. Longfellow has rightly said, "Art is long, time is fleeting."
We must not waste even a second in idle dreams. Be a hero in the strife!

Life is very strange. Most of the people take life as it comes to them. It is difficult for such people to rise above the crowd. Life is like a game. Play the game with sportsmanship not only on the ground but in life too. One of the aims of man in his life is to know what he is able to do i.e. his ability. Ability is the human quality of being able to perform. Nobody is perfect in all the activities. All other qualities like perseverance, focused mindset and sincerity come to play if one is having the ability for accomplishment of some kind of work in a better manner than others, if one has ability in oneself then one should explore it and show it to the world, instead of hiding it. One should be enthusiastic about one's ability and spread the infectious enthusiasm in all directions of life. Life is full of opportunities and in case one wants to catch a big fish and go up in life, one should create such a platform from where he can really take off.

An Italian by origin and not very comfortable with the Hindi language, Ms. Sonia Gandhi led the Congress Party to great height and set a new precedent in Indian politics. With her 'never-say-die' spirit, she has been named in the list of bold and powerful women of the world. Like her, we have to be bold to take tough decision in life when needed. Dhirubhai Ambani would not have developed the Reliance Empire if he had not taken tough and right decision in business. Boldness comes from within when we have confidence in our ability to accomplish a goal, when we are honest to our soul and when we are ready to take challenges in our stride.

Dr. D.V. Jindal
Grandfather of Vidhushi Jindal
Class VII-B

Shape *Your* **ATTITUDE**

Most of us keep on cursing our tough times and only a countable few praise and thank God for whatever they have been given by the Almighty. Psychologists say that our attitude is formed when we are at a tender age. The research also shows that like our behaviour, our attitude is also never constant. It keeps on changing and moulding according to our education, contacts, dealings and the literature we read. Everyone should always learn like a student. Everybody's life is full of dark patches. But, the one who ignores the dark patches and focuses on the aspiring aspects only reaches the top of the career.

Each one of us must have heard the story of two twins, who were born and brought up by same parents. Yet, one of them would always look at prison's bars, while the other would always gaze at bright and beautiful stars in the sky. This is how a person develops his or her attitude at their tender age. What you see, feel and focus upon makes tremendous impact on your life and career. A poor self-image and poor attitude walks hand in hand. A person with negative attitude would never give up the gloomy mask that he wears. But a person with the positive attitude would see scenes of glory, grandeur and eminence even while looking through the prison like bars.

We all know that Demosthenes was the greatest orator of the ancient Greece. But, very few of us know that he even suffered from speech impediments. Demosthenes would recite verses with pebbles in his mouth and became the best orator with the regular practice. So, with positive attitude, one can make all the difference.

Ms. Sukanya Bhatia
Mother of Bhanvi Bhatia
Class VII-B

Are Parents of today *more equipped than of* **YESTER YEARS?**

The question itself is ambiguous as no parent at any time of history would do anything but to the best of his or her capacity for the upbringing of his or her child.

We cannot deny that the modern day parents have never been better equipped to bring the best out of their child. They are lot more sensitive to the slightest need of their child. They are better prepared and have much better aids to look after any weakness or shortcoming that their child may have. Obviously, technology also plays a big role in parenting in the 21st century. Things like career counselling at the mid-level school; practically unheard of even 20 years ago has become an order of the day. But one of the great ironies of our time is that today's parents, with more professional resources at their disposal than ever before, are experiencing more and greater problems in the area of discipline. Today's kids are surly, rude, disrespectful, ill-mannered, petulant, and openly defiant. This is all because modern day parents are spending lesser quality time with their children. With both the parents working, time has become a scarce resource. Most of the parents feel that their virtual contact with their children through the new age technologies such as cell phone, SMS, Facebook or Email is good enough for them. Sadly, these virtual conversations have replaced the 'real contact'. Deteriorating quality of relationships due to lack of time is the new age problem faced by the modern parents.

On the other hand, the parents of olden days, though less equipped, concentrated their energies on shaping the character of their child. Yesterday's parents valued good manners. They used to give their children an example or model of submissiveness and obedience. They instilled the value system in the young minds which remained etched in their thoughts for lifetime. In fact, it is the value system that is the biggest differentiator between the parenting of today and that of yesteryears.

Mr. Gagandeep Singh
Father of Arshdeep Swani
Class VII-A

Parent VS Teenagers

None of us can stay tied to the apron strings forever. You didn't, I didn't, and our kids won't either. Growing up is about learning to live without mom and dad, but we parents, unfortunately, think that it means the child's looking up at mom and dad for help while he is desperately seeking new and better ways of doing things for himself.

The tragedy for us, of course, is that while the child's purpose in life is to learn to live without us, our purpose in life is to go on being needed. We're wired to care, while they're wired to move on and because of all this, conflict is an almost inevitable part of parenting an adolescent.

But, however aware you are of the theory, the practice of living with teenagers is almost a roller coaster ride. Teenagers – not any teenager, of course, but your teenager – will plunge you to depths you never thought existed before. He, or she, has the potential to make you angrier than you ever imagined you could be, more depressed than you could have contemplated, and more than anything more frustrated than you'd have believed possible.

Raising a teenager requires a lot of hard work, and anyone who tells you otherwise is either lying, or isn't doing the job of raising them very thoroughly. But at times, the moments spent with your teens can be funnier, noisier, more fulfilling and more exacting than any other experience.

The vital thing to know about parenting teenagers is that even when they want their space and should be given some liberty to take their decisions, they still need us, their moms and dads. They're learning to live without us, but as they travel down that path, softly whisper where you are because they actually need us more than ever. In the long term, naturally, they will learn to do everything they need to do without us, but right now, in the learning phase, we have a tremendous influence to bring to bear and a huge amount to offer.

While adolescents might pretend that they can conduct well on a situation and that they don't care for what you or their dad thinks about anything, the truth is that your reaction matter a lot to them. Don't expect them ever to admit to it, but knowing it is fundamental to everything you do as a parent.

Ms. Manit Kaur
Mother of Jaskaran Singh,
Class VI-B

THIS IS THE WAY!!

This year, as I was sitting and watching a hurdle race being run by some athletes, a thought struck me. Well, isn't our life like a hurdle race only? Each hurdle is like an adverse situation which has to be crossed to lead ahead. But, to complete the race, we must remember: THIS IS NOT IN THE WAY, THIS IS THE WAY!!

It is a hurdle which makes you shine, which makes you realize your true strength, which makes you let loose of your wings and let you spread your colours. Along the race track, there will be some people to cheer you up, some will be there with a glass of juice for extra support and of course, some people will be there hooting for your opponents.

At the end of the race, there awaits your goal, your award. Similarly, in life also destiny is waiting for you with your rewards and achievements but remember, running has to be done by YOU AND YOU ONLY!!

Dr. Mohanjeet Kaur
Mother of Amreen Kohli,
Class IX-A

KNOW THE POWER OF **RESPONSE**

Have you ever reacted to a person or situation-and just a moment later, or maybe several hours later wondered why on earth you said that? Or did that?

Imagine having the magic power that could freeze time long enough to choose the most appropriate response in any given situation. Wouldn't it be great if you had that power?

Well, actually you do.

Viktor E Frankl, author of Man's Search for Meaning has rightly said, "Between stimulus and response there is a space. In that space is our power to choose our response. In our response lie our growth and our freedom."

There is always a space between the stimulus and response. We just need to be aware of this space, use it wisely making it into our considerate decision. Without the awareness of the gap, we become the products of our learned and unquestioned behaviour. We then automatically allow ourselves to respond to the same old feelings of anger, fear, sadness or jealousy that can only further cause disharmony and misunderstandings. When we think and give ourselves sometime before we respond, we remove the guilt or self-accusation we have when we hurt someone's feelings. The time before we respond help us to reflect before acting. We can stop ourselves from uttering out those defensive words, delivering those sarcastic retort or replying immediately to some annoying message. The space also helps us to be aware of the reason why we said 'yes' or why we said 'no' to a particular remark. Acting correctly and providing a right response can make our life more meaningful and pleasant.

So, decide not to always want to 'win the argument' or 'to be right', or feel so personally wounded that all you want to do is to hurt right back. If you reflect before you respond and commit to these golden rules, you will find accord in life and better relationships.

Dr. Paramjeet Singh

Father of Kanwaraj Singh
Class VIII-D

This is the year of the girl child,
But improvement is quite mild.
People still prefer to have boys,
As they only can give them joys.
They regret a girl's birth,
As if she was a load on earth.
They don't give her proper care,
For parents, she is like a nightmare.
The conditions of girls can be improved,
If only this discrimination is removed.
Women themselves are responsible for this stage,
For they want to have a son at any rate.

Ms. Goldy Monga

Mother of Geet Monga
Class II-B

YEAR OF THE GIRL CHILD

Value of Reading Books

It is rightly said, *"Today a reader, tomorrow a leader"*.

Researches have proved that the language skills start developing at the age of two years. Though, it is a very early age for the child to start reading all by himself, the parents can start the process for the child by reading aloud to him. This is also a great way to develop strong emotional bonding.

Children who start reading at an early age show higher levels of creativity and are better able to synthesize information and grasp concepts for themselves. These children are better communicators and eventually are truly more confident people. Grown-ups who read more are able to keep themselves abreast with newer technology. Reading is an excellent way to reduce stress and a healthy mean of escapism.

Reading is important for everyone. Few months back Forbes claimed, **"If you want to succeed in business, read more novels"**. Many writers have been writing about relationship between novels, emotional intelligence and the brain for several years. The habit of reading acts as a blessing in old age. After all, books are man's best friends. Reading books has many benefits mentally & morally.

Reading habit is on decline in modern world, simply because of other hi-tech sources of entertainment. Plethora of information is easily available on internet. Though technology advancements have its own importance but basic habit of reading should not be overlooked.

Dear children, reading does not mean making it through your school texts to clear the cycle-tests. Neither is it restricted to educational purposes only. You can read almost anything including daily newspaper, encyclopedia, novels, dairies, magazine, etc. The list is pretty long, but that hardly matters as long as you like doing it.

Joseph Brodsky has beautifully written, *"There are worse crimes than burning books, one of them is not reading them"*.

Ms. Kavita Aggarwal
Mother of Aradhya and Khwaish
Class III-B and I-A

Writer's Pen.....



Colour Me Happy

If I were the colour Blue,
I would sing songs for you.
If I were the colour Yellow,
I would be a happy fellow.
If I were the colour Red,
I would like me when I bled.
If I were the colour Green,
I would grow like a big string bean.
If I were the colour Brown,
I would be a chocolate town.
If I were the colour Pink,
I would be a lemony drink.
If I were the colour Purple,
Nothing would rhyme with me.

Nandika Aggarwal
II-C

WHY MOM IS "SPECIAL"?

When I came in the rain,
Brother asked,
"Why don't you take an umbrella?"
Sister advised,
"Why don't you take an umbrella?"
Dad angrily warned,
"When you'll get a cold, you will realize."
But Mom, drying my hair said,
"Stupid rain!
Could not it wait, till my child came home"
That's Mom !!

Chirag Prakash Gupta
II-D



THIS IS FOR YOU

I will give you my treasure I have kept
For a long time.

I will give you a petal
That falls from a rose.
I will give you the first golden leaf
That falls in autumn.
I will give you the diamond
That shines more than the sun.
I will give you my last treasure,
The seashell that echos like the ocean.

Sanansh Garg
II- C



CHILD LABOUR

One day I was playing outside my house.
I saw a little boy working like a mouse.
"Who are you and where are you born?"
He said, "I have no dad and mom."
And he started to mourn.
"I want to study and go to school."
Somebody inside the house yelled,
"Come inside you little fool."
May be it's yours or the house of neighbour
Let's pledge to stop Child Labour.



Udai Batta
II- D

WHY DO I LOVE SPORTS?

I love to play sports because I enjoy playing and I want to be a sportsman. I play cricket and lawn tennis. I also watch sports on television. It is a great source of entertainment. Playing sports help us to achieve a good physical and mental health. Sports also teach us the importance of rules and regulations, spirit of teamwork and mental strength. Playing and watching sports should not be at the cost of your studies. We have to try to maintain a healthy balance. We must eat well, play and study well and enjoy whatever we do.

Aradhya Aggarwal
III- B



SOLDIER

If I die in war zone,
Box me up and send me home.
Put my medals on my chest,
Tell my mom I did my best.
Tell my dad not to feel low,
He won't get tension from me now.
Tell my brother to study perfectly,
Keys of my bike will be his permanently.
Tell my sister not to be upset,
Her brow will not raise after the sunset.
And tell my love not to cry,
Cause I am a soldier, born to die.



Vanya Mehra
IV-A

PLANTS

In the heart of a seed
Buried deep, so deep,
A dear little plant lay fast asleep!
"Wake!" said the sunshine,
"And creep to the light!"
"Wake!" said the voice of the raindrops bright
The little plant arose to see,
What the wonderful outside world might be!



Daksheesh Singhania
III-A

L I F E

Life is to love, but not to hate
Life is to utilize, but not to waste
Life is to be patient, but not to haste
Life is to live, but not to taste
Life is to be happy, but not to be nasty.
Life is to struggle, but not to wriggle
Life is to give and not to take.
Life is to sacrifice, not to expect.

Ronita Handa
IV-A



Computer You Are Really Great!

Computer, you are really great!
You are always first and never late.

You can't think, yet the work is done,
You can please everyone.

Your protection is a must,
From moisture, dirt and dust.
Why are you so delicate, dear?
Don't fear, your instructions are clear.

You can work without a brain,
Remember things without any strain.
You can work day and night
But you just fail without light.

Iva Dhooria
III-C

The Beauty of Nature

The beauty of nature is God's gift to all of us. When we are tired or sad, nature's beauty brings peace and comfort to us. It also inspires man to create beautiful things like paintings and to compose poetry. The lush green field, the snow-capped mountains and the stars twinkling like diamonds in the night sky are just some of them. The ocean seems to reflect every colour of human life. It can be quiet and soothing as well as frightening. The display of nature's beauty is at its best in the mountains and hills. Tiny rivers make their way over rocks and also through the dense forests. Snowy white clouds pass lazily over deep blue skies. We can see nature's beauty even in the cities. The brilliant red flowers of the Gulmohar tree, a rainbow, the dew drops in the grass are gems or beauty that can be seen anywhere. We just need eyes to appreciate nature. We can make our own lives beautiful by watching the beauty of the skies and mountains. We can learn the secrets of love, peace and oneness with God from Nature.

Fatehbir Singh

IV-C 101

Magical 9

1. Take any four digit number (E.g. 7694)
2. Reverse the digits of the number (4967)
3. Subtract 4967 from 7964
4. The result is 2727
5. Add these digits (2+7+2+7)
6. We get the number 18
7. Again we add 1 and 8
8. The result is 9.

We can apply the above method with any four digit number. The result will always be 9.

So, 9 is a magical number.

Vinayak
V-A

ONE LIE, LEADS TO ANOTHER

One Lie,
That makes you cry,
And leaves you wondering
Why, why did I say that lie.
Weeping does not work
Neither does a sorry help
And you wonder!
Why, why did I say that lie.
You lose your reputation,
And love of all those who care for you.
You lose their trust
And then you wonder
Why, why did I say that lie.
Helplessly, you sit and ponder
How, I wish I had never said that lie.

Aryan Chopra
VI-B

Importance of Teachers



Teachers are in-charge of building the children of the society as the future citizens of the country. They teach us all the subjects. They make the students the useful members of a nation. So, if the teachers are neglected, the country cannot advance. On the Teacher's Day, the whole nation gets a chance to think about the teachers. People think of how to give the teachers their due place in the society and how to respect them. They also think what should be done in the coming years to make others realize the importance of teachers in their lives. Our school also

celebrates Teacher's Day and appreciates the teachers. We should love and respect our teachers for their motherly affection and their true concern for us.

Anandi
IV-D

RIDDLES

- ⊙ What goes around the world but stays in a corner?
- ⊙ If a rooster laid a brown egg and a white egg, what kind of chicks would hatch?
- ⊙ What has to be broken before it can be used?
- ⊙ The more there is, the less you see.
- ⊙ Jack and Jill are lying on the floor inside the house, dead. They died from lack of water. There is shattered glass next to them. How did they die?
- ⊙ If you have it, you want to share it. If you share it, you don't have it. What is it?
- ⊙ Light as a feather, there is nothing in it; the strongest man can't hold it for much more than a minute.



Jaskaran Singh, (VI-B)
Danish, (VI-A)

MY FAVOURITE CHARACTER

My Favourite Character is Po, the panda and he appears in the movie Kung Fu Panda. In the movie he plays the role of a dragon warrior. He is the main character of the movie. The things that I like about him are that he is humorous and skilled in kung-fu. He is very generous and wise. He loves to help everybody and everyone likes him. He is fat and cuddly and looks very adorable. With his good sense of humour and pleasing personality, he is able to appeal to everybody. From being a normal Panda to becoming a dragon warrior has been a long journey for him. With determination and hard work he actually has learned kung fu. He has taught me that with hard work and determination we can achieve anything. So, we should try again and again until we succeed. No matter what the circumstances are, one should always be positive and focussed.

Rishabdev Karwa

VI-D



MATHS

Who knew Maths could be so much fun? You have to just remember to use your head - your BRAIN is the best problem machine ever! So, what are you waiting for? Just get started!

1. **What did the acorn say when he grew up?**

Ans. Gee, I'm a tree (Geometry)

2. **What did the King do in honour of the circle?**

Ans. He gave him the title 'SIR CUMFERENCE' (CIRCUMFERENCE)

3. **How did 8 feel when he lay down?**

Ans. He felt infinitely better!

4. **Why are 1998 paisa worth almost ₹20?**

Ans. 1998 paisa has a value of ₹19.98-almost ₹20.

5. **Two boys play five games of checkers. Each boy wins the same number of games. There are no ties. How can this be?**

Ans. The two boys were not playing against other.

6. **A woman builds a square house. Every side of the house faces south. A bear walks by. What colour is the bear? Why?**

Ans. White. The bear is a polar bear. The house is built in the North Pole. All sides face south.



Saloni Rani Kumar

VII-A

Hard Work

Life is a struggle. One must fight the battle of life boldly. Work is the most important duty of man. One should make the best use of life. Time at our disposal is very short, those who do not act but go on hesitating and postponing things achieve nothing in life.

Work is worship. An idle man cannot lead a happy life. Man works for the comforts of life. He has to work hard to support his family. Sometimes he works to earn fame and name. Work and man are two inseparable things. Some people think that hard work affects man's health. Hard work is not injurious to health but it makes our body active and smart. Without work man becomes lazy and life monotonous.

A man lives in deeds and not in years. Our body and mind both need hardwork. The mental work makes our mind sharper. If we do not allow our mind to work, it becomes dull and inactive.

Hard work determines the value of man in society. To make our life easy yet valuable, we should work hard. Hard work gives us internal happiness. God wants all of us to work. God lives with the peasants, labourers and toilers.

An idle man's brain is a devil's workshop. Those who work hard get glory and success in their life. Hard work gives peace to mind. A man who works hard enjoys a sound sleep. Hard work pays in the long run. We can spread sweet fragrance and be a source of joy for all. One has rightly said, "One crowded hour of glorious life is worth an age without a name".

Vidushi Jindal

VII-B

School Life

School life is very important part of one's life because it provides opportunity for study and discipline. Besides these, the school life is a preparatory stage for entering public life.

School plays an important role in widening the outlook of students. Virtues such as perseverance, sincerity, truthfulness, tolerance, discipline and obedience have to be developed in pupils. School provides an opportunity for the students to be disciplined. They imbibe discipline in class room, play ground, hostel, library and at other places.

School is a meeting place for the students and the teachers. From here, a student learns how to adjust himself in the society at later part of life.

The school life is generally a period of youth. In school, all the students read in a spirit of togetherness. They forget their joys and sorrows. They read together, play together and sit together.

School is the right place for the fulfillment of the youthful desires. Students take part in games and sports, drama, essay writing competition, song and debate competitions etc. School also builds the foundation for the budding poets, scientists, writers, doctors, engineers, painters and musicians. It is in the school that the students enjoy the affection of their teachers.

Teachers act as the guides and guardians to guide them on the right path. In school, teachers try to remove the evils from the society by sowing the seeds of good qualities in their students.

In library, debate class and in competitions, students get proper scope to improve their knowledge and style. Above all, in examinations they try to show their brilliant performance. Thus they get an opportunity to expand their horizon. School has definitely a healthy influence upon students. But, some students indulge in bad company and get away from the impact of their teachers. Those students miss the charm of their school life.

Tarush Goyal

VII- B



BAD IMPACT OF TELEVISION ON CHILDREN

Should a child watch television or not? How much should he watch? Is it helpful or harmful? These are some of the questions a mother asks for the betterment of her child. Well, television has both good and bad impacts but the bad impacts can be very harmful. On television many things are shown that should not be watched by a child. There are some programmes that show what you can't get, steal it. This way the idea of stealing gets embedded in the brain of the child. Some programmes also popularize the idea that revenge is better than justice. So, when a school going child fights with someone, instead of going to the teacher he hits him back. Some programmes show brutal ways of killing which affects the delicate mind of the child. Some shows show how to cheat people and fulfill your motive. If a child observes a show that shows aggression all the time, the child also becomes violent. A child becomes a couch potato, always sitting on the sofa and eating, drinking etc. The word 'Sports' just vanishes from his brain. Except school his world is only his house. His eyesight becomes weak. He gets spectacles and ruins his fitness. He stops studying. All his concentration is toward the TV and the shows he is watching. If the child is asked about his subjects, he knows nothing but if he is asked about the TV shows he is watching or has watched, he can give every detail.

So, in this way the television becomes an addiction. If a child is kept away, he shouts, cries, fights, and does everything to watch television. Thus, TV is harmful if watched all day.

Jawteshwar Singh

VII-B

Pictuizing the Genetic Revolution

The genetic revolution has challenged the very notion of what it is to be a human being. Until the eruption of genetic engineering techniques in the late twentieth century, it was not possible to blend the genes of one species with those of another. When pigs mated, they gave birth to pigs; when humans mated they produced other human beings. Species lines have now become blurred. It is possible to transplant pig genes into ailing humans to produce a protein in which the human is deficient. The technology promises to save lives and diminish suffering. But if a pig-to-human gene transposition is possible, so is the transfer of human genes into, say, our nearest genetic relative, the chimpanzee. Chimps are already highly intelligent creatures : even without human intervention, they learn from each other and even have primitive cultures. Scientists might one day be able to mix the genes of chimpanzees and other animals with those of humans. The result would be new species that are neither completely animal nor human. The resulting creature would be part human, but would it be human in the eyes of the law? Conversely, what if the genes that give cheetahs their speed and stamina were implanted into humans. The result would be a human-cheetah hybrid, a creature that is not fully a cheetah, but not fully a human either. Genetic engineering gives people the capacity to leap species barriers, with the consequence that the concept of humanity would have to change. "If we take the new technologies to their ultimate conclusion . . . then we will end up redesigning humanity." "Human beings, as we know them, will be superceded."



Genetics is transforming the way in which people look at the world and at themselves. Never before have had humans had the ability to intervene in the processes of life at such a basic level. The benefits, such as feeding the hungry and fighting disease, are obvious. The dangers—increased social inequality and maybe even the creation of a new species that will be stronger, smarter, healthier, and longer-lived than human beings—are equally apparent. The Age of Genetics is full of both promise and peril.

Aditi Jain

XII-A

Moral Mathematics

$$\begin{matrix} -ve & & +ve & = & -ve \\ \text{(not to do)} & \times & \text{(do)} & & \text{(negative)} \end{matrix}$$

If we do what we are not supposed to do, result is negativity. E.g. We are not supposed to watch TV whole day but we do it, the result is negative - time wastage.

$$\begin{matrix} +ve & & -ve & = & -ve \\ \text{(to do)} & \times & \text{(not do)} & & \text{(negative)} \end{matrix}$$

If we do not do what we are supposed to do, the result is negative. E.g. We are supposed to finish our homework but we do not finish it, the result is negative - punishment.

$$\begin{matrix} -ve & & -ve & = & +ve \\ \text{(not to do)} & \times & \text{(not do)} & & \text{(positive)} \end{matrix}$$

If we do not do what we are not supposed to do, the result is positive. E.g. We are not supposed to eat much junk food and we do not eat it, the result is positive - good health.

$$\begin{matrix} +ve & & +ve & = & +ve \\ \text{(to do)} & \times & \text{(do)} & & \text{(positive)} \end{matrix}$$

If we do what we are supposed to do, the result is positive. E.g. We are supposed to respect elders and we do it, the result is positive - earn their love.

Kanav Jain
VIII-C

TENSION

The moment you are in tension
You will lose your attention
Then you are in total confusion
And you will feel irritation
Then you'll spoil personal relation
Ultimately, you won't get cooperation
Then your BP may also rise caution
& you may have to take medication
Instead, understand the situation
& try to think about the solution
Many problems will be solved by discussion
Which will work out later in your profession
Don't think it's my free suggestion
It is only for your prevention
If you understand my intention
You'll never come again to tension !!!

Rageshwari
X-B

BOOKS & READING



"Books are the bees which carry the quickening pollen from one to another mind."

Books have always been considered as the best friends of a man and it is so very true. Books are something which are with us both in times of sorrow and happiness. Books enrich us with knowledge. They are not miser in terms of giving us knowledge.

It is generally seen that all successful people are voracious readers. Books provide us with immense knowledge. So, reading books is important for everyone in life and not only for the children. Books are crucial to read if we have to clear examinations like IIT, NTSE, and AIEEE etc. Lucky is the man who has acquired the habit of reading. The habit of reading books is a great jewel which adorns not only our personality but also our life. It increases our knowledge, widens our outlook and sharpens our intellect. Reading makes us cultured and refined. People consider reading books as the best occupation as it relaxes our mind.

So friends, I would say that a person in possession of a book can never be lonely. Companionship of books makes a man a complete man. Books are a source of immense pleasure. Reading of books has a great impact on minds of children. They also guide us to the right path of life. In short, reading is an ever bubbling fountain of joy.

Bhavya Sudhakar

VIII-C

The Importance of Moral Education

When asked the question today "What is the most important thing in life?" The most common answers would be 'money', 'name & fame' and 'a luxurious life'. But if the same question was asked to our elders, the answer would have been 'character', 'values' and 'respect towards others and your own self'. Why is it that the answers vary so much? The reason is quite simple, people today have changed but not for the good.

Today technology is so advanced that one can do the toughest of tasks without much exertion but it takes such massive effort for people today to show respect to others. In schools, subjects like mathematics and science are considered important but the subject of moral education is deeply neglected. Today's common motto has become 'rules are made to be broken' and this motto is followed very seriously today by our generation. This motto has led to all kinds of malpractices among the people. The newspapers today flash with headlines of college kids involved in drug dealings and murder. The suicides rate hikes as ragging in schools and colleges gets off the limit.

And it is not that following rules or learning values is very difficult. All that is required is an open mind and good listening and observing skills. We are privileged to have such a rich history decorated with such great people like Mahatma Gandhi and Bhagat Singh and many such more who were humble to the very core in their lives. They have taught us that it is our values, our character that make us successful. We can gain knowledge of their great views by reading more about them. And it is not only these national heroes whom we can take inspiration from; there are people in our everyday lives who are living examples of morally upright people. We should listen to our teachers while they teach us about these necessary values. Awareness should be generated among people about moral values.

Why should we stick to values? Because they represent who we are. They help us gain the admiration and respect of others which is very important. So, we should all work towards being morally upright and it does not just mean that you be nice one day of the week and rude all the other days. It means we have to stick to our values every second of our lives. That is what is required to be truly successful in life.

Muskan Bakshi

VIII-D

Amazing Science Facts

- ⊙ The temperature on the surface of Mercury exceeds 430 degrees centigrade during the day, and, at night, plummets to minus 180 degrees centigrade.
- ⊙ The oceans contain enough salt to cover all the continents to a depth of nearly 500 feet.
- ⊙ Polar Bears can run at 25 miles an hour and jump over 6 feet in the air.
- ⊙ A single rye plant can spread up to 400 miles of roots underground.
- ⊙ There are 62,000 miles of blood vessels in the human body – laid end to end they would circle the earth 2.5 times.
- ⊙ Fleas can jump 150 times higher than their own height. In human terms this is equal to a 6ft. person jumping 780 ft. into the air.
- ⊙ The largest telescope in the world is currently being constructed in northern Chile. The telescope will utilize four - 26 ft. 8 in. (8.13 meters) mirrors which will gather as much light as a single 52 ft. 6 in. (16 meters) mirror.
- ⊙ The heaviest human brain ever recorded weighed 5 lb. 1.1 oz. (2.3 kg.)
- ⊙ The female Tarantula Hawk wasp paralyzes a large spider with her sting. She then lays her eggs on the motionless body so that her developing young ones have a fresh supply of spider meat to feed on.

Manoj Sharma

XIX

How to Reduce Math Test Anxiety

Math anxiety is a tricky thing to conquer, because unlike other forms of anxiety, you can't necessarily teach someone to completely avoid anxiety if they are struggling to solve a problem. Some level of anxiety is natural, and some people believe that overconfidence (i.e., no anxiety) may cause issues as well. Clearly the best way to reduce that anxiety is studying, because the more the student is used to solving a problem, the less intimidating the problem becomes. However, there are strategies that teachers and parents can implement to reduce math test anxiety even further, including:

Create a Personal Test Taking Strategy

What should the student do when they don't know a question? Most kids go into a test with no strategy, and when they start to struggle with a problem or worry about an answer, they have no idea what to do next. Teach children a strategy for test taking, such as "If you don't know a problem or you're worried about your answer, immediately move on to the next question and come back to it later." Each child can use his own strategy, but these strategies will help ensure they don't feel lost when they start to struggle.

Teach a Personal Relaxation Technique

It's much harder to get children to perform the same relaxation strategies many adults use, like deep breathing or progressive muscle relaxation. But you can help the child find some technique that reduces their stress. As soon as they start to feel themselves getting frustrated, have them stop and perform an activity that helps them feel better, such as tapping their finger against the table or singing a song they like to themselves. These little things won't decrease the pressure completely, but they'll help stop it from becoming overwhelming.

Make Extra Credit Available

Not every student is going to be able to solve every problem, and if they simply don't know an answer, anxiety is to be expected. What will help is reducing the pressure of the test itself. Let the students know that there are extra credit assignments available so that the test isn't the only way they can receive a good grade. The assignments should be difficult (so that students don't want to do them), and certainly shouldn't make up for an entire test, but they will at least relieve some of the pressure the students feel about the test itself, and hopefully allow them to focus more on the questions.

Tushar Gupta

IX-B

THE IMPORTANCE OF EXAMINATION

Examination is a necessary evil, one may not agree to it but it is a time-tested and true statement. They are an essential part of education. They are an important tool to judge the knowledge and calibre of students. During examination, students get an opportunity to express their thoughts and ideas.

I must say that examination help us in many ways, so for the same reason, their importance should never be reduced. They help to inculcate healthy competitive spirit among students. They help in the exercise of mind. With the help of examination, students come to know about their strengths and weaknesses. Some people say that examination should be abolished because they test only the memory and not the originality of thoughts. Yet, I believe that periodic examination are a must as they assess the power of reasoning, mental ability and comprehension of the subject.

If exams are there, everybody studies and burns the midnight oil. If exams are not there, some students do not take much stress. Examination instills many qualities in students which help to attain the goals of life. They instill qualities like regularity and time management and keep students abreast with the subject. They create an urge to learn more and more. They help students to cope up with difficult situations in life. Success in examination gives the students a sense of accomplishment.

Hitika Sabarwal

VIII-D

IS PEER PRESSURE HARMFUL OR BENEFICIAL ?

In today's era, it is an ostentatious necessity to have a competitive spirit in order to survive as a distinctive person. Peer pressure is an important experience through which we all come across in our lives. It gives us the spirit to spontaneously work hard as to obtain the best results.

In my opinion, peer pressure is beneficial because it prepares us for the challenges that we face ahead in life. It gives us the inspiration to always put our best efforts in any task we perform. It does not exemplify blind imitation, but it is more about our capability to work hard. Through peer pressure we are encouraged to be motivated by our companions.

When we compete with our classmates and friends we make ourselves more firm towards achieving our targets. It plays a great role in polishing our skills and developing a unique thought of working beyond our capabilities. For the students in schools and universities, peer pressure is a matter of proving their capability and intelligence. It entails a series of circumstances which is crucial for improving ourselves. Few times, it brings a capricious or a gradual change in the attitude of a person but it forms an integral part in the overall development of a child. The lack of peer pressure results in stagnancy in the growth of a child. This decreases a child's interest in activities and even results in demoralization and demotivation. It is important to experience and go through peer pressure because it helps us to face the world with dignity.

As said, 'Life is not a bed of roses'. In life nothing could be achieved without hardship and struggle. Famous people like Nissam Ezekiel and Roald Dahl faced much opposition but they continued to be determined towards their goals. What generated confidence and determination in them? The answer of which is the everlasting spirit of putting their best efforts in their work. Similarly, the ability to perform our best and to prove that we are no less than others comes from the peer pressure.



Deepika
IX-A

Laughter Is The Best Medicine

- A distraught man ran into the doctor's office. "Doc!" The man screamed, "I've lost my memory!" "When did this happen?" asked the doctor. The man looked at him and said, "When did what happen?"
- Three old men are at the doctor's office to take a memory test. The doctor says to the first old guy, "What is three times three?" "274," was his reply. The doctor worriedly says to the second old man, "It's your turn. What is three times three?" "Tuesday", replies the second man. The doctor sadly says to the third one, "Okay, your turn. What's three times three?" "Nine" says the third old man. "That's great!" exclaims the doctor. "How did you get that?" "That was easy, Doc. I just subtracted 274 from Tuesday".
- A guy is walking past a big wooden fence at an insane asylum and he hears all the residents inside chanting, "Thirteen! Thirteen! Thirteen! Quite curious about this, he finds a hole in the fence, and looks in. Someone inside pokes him in the eye. Then everyone inside the asylum starts chanting, "Fourteen! Fourteen! Fourteen!"
- Old Dr. Gupta still made house calls. One afternoon he was called to the Bakshi house. Mrs. Bakshi was in terrible pain. The doctor came out of the bedroom a minute after he'd gone in and asked Mr. Bakshi, "Do you have a hammer?" A puzzled Mr. Bakshi went to the garage, and returned with a hammer. The doctor thanked him and went back into the bedroom. A moment later, he came out and asked, "Do you have a chisel?" Mr. Bakshi complied with the request. In the next ten minutes, Dr. Gupta asked for and received a pair of pliers, a screwdriver and a hacksaw. Mr. Bakshi asked him, "What are you doing to my wife?" "Not a thing," replied old doctor Gupta. "I can't get my instrument bag open."



Manveen Singh
XI-A

Story Of The **Jumping Frog**



One day after sleeping badly, an anatomist went to his frog laboratory and removed from a cage one frog with white spots on its back. He placed it on a table and drew a line just in front of the frog. "Jump frog, jump!" he shouted. The little critter jumped two feet forward.

In his lab book, the anatomist scribbled, "Frog with four legs jumps two feet." Then, he surgically removed one leg of the frog and repeated the experiment. "Jump, jump!" to which, the frog leaped forward 1.5 feet. He wrote down, "Frog with three legs jumps 1.5 feet." Next, he removed a second leg. "Jump frog, jump!" The frog managed to jump a foot.

He scribbled in his lab book, "Frog with two legs jumps one foot." Not stopping there, the anatomist removed yet another leg. "Jump, jump!" The poor frog somehow managed to move 0.5 feet forward.

The scientist wrote, "Frog with one leg jumps 0.5 feet. Finally, he eliminated the last leg. "Jump, jump!" he shouted, encouraging forward progress for the frog. But despite all its efforts, the frog could not budge. "Jump frog, jump!" he cried again. It was no use; the frog would not respond. The anatomist thought for a while and then wrote in his lab book, "Frog with no legs goes deaf."

Ankita Thapar

XI-A

Delhi Sultanate

Delhi Sultanate, refers to the various Muslim dynasties that ruled in India (1210–1526). It was founded after Muhammad of Ghor defeated Prithvi Raj and captured Delhi in 1192. In 1206, Qutb ud-Din, one of his generals, proclaimed himself Sultan of Delhi and founded a line of rulers called the Slave dynasty, because he and several of the Sultans who claimed succession from him were originally military slaves. Iltutmish (1210–35) and Balban (1266–87) were among the dynasty's most illustrious rulers. Constantly faced with revolts by conquered territories and rival families, the Slave dynasty came to an end in 1290. Under the Khalji dynasty (1290–1320), the conquests of Alla-ud-Din Khilji brought Muslim dominion in India to its greatest height until the Mughul empire. Early in the reign of Muhammad Tughluq, founder of the Tughluq dynasty (1325–98), the power of Delhi was acknowledged even in the extreme South of India. His eccentric rule and ferocious temperament provoked a series of revolts, notably that of the Hindu Vijayanagar kingdom in the south, and a steady loss of territory; by his death (1351) the Hindu south had recovered its independence and the Deccan had become a separate Muslim state, the Bahmani kingdom. Under Tughluq's successors, the Sultanate of Delhi began to disintegrate into several small states. With the sack of Delhi by Timur in 1398, the once great Sultanate fell, although local rulers lingered on at Delhi until the invasion of Babur which led to the foundation of one of the most popular and greatest empire, The Mughals.



Looking into the Past

Nimar Chaudhary

Class VI-C

My Experience at the Annual Function

Right after the Sports day got over, rehearsals for the Annual function commenced. I had been informed well in advance that I had been chosen to enact a role in the English play. I had been longing to get an opportunity to participate in the play. When we were called for the rehearsals, the script had not yet been finalised. Our item in-charges were still working on the script. We were given a script depicting the scenario of a family but it was cancelled and a new script was finalized. The script was revolving around Shah Jahan – the great Mughal Emperor, encountering the 21st century love, in search of his Mumtaz.

Well, the atmosphere was full of curiosity, so as who would be person, chosen to play the role of Shah Jahan. I had made many new friends in the beginning of the rehearsals and we all were waiting for the verdict. Who knew that this role was to be played by me? I, at first felt very nervous and funny. But I got a lot of encouragement from my friends and family. The play began with my entry on the song 'Teri Meri' wherein I was looking for my Mumtaz. Another important and marvellous scene was my 'Hindi Hero' style performance on the song 'Jo Wada Kiya'. Though I started the practices at quite a low note but I was being constantly motivated and encouraged by our item in-charges. Yet this role was pretty hard for me to master but with all the encouragement I received from everyone, I was able to play this role with utmost perfection.

Then, came the day to dub the play. We all went to the recording studio. We all had to give three to four takes for each dialogue. But finally, after all the hard work and practice, everything was finalized and finished. The final show, on which all the hopes were set, approached – the Annual Function. I knew I had to give my best and live up to everyone's expectations. I gave my level best and this turned out to be my best annual function experience ever.

I would like to express my gratitude to Mrs. Jaspreet and Mrs. Neena for constantly supporting me and for transforming me into a completely different individual.

Aalamnoor Singh
Class VII-A

The Journey As the Head Girl Of The Junior School

Wouldn't it be great if you were appointed as the Head Girl of the Junior School? I know, I had the same feeling. A few days after the session's beginning, I was thinking about the new House Council and just then, we were called to the Principal's office. All the students who were sitting there had no idea about why were we there. We were told that we were called to give the interview for the new House Council. We were nervous but also excited. Some days later, some children were called again to the office, but this time there was a difference that we knew why we went there. Yes, that's right, we were the new members of the Junior School House Council. When we reached the Principal's office, Shilpi ma'am, Gurprit ma'am and our Principal, Gogia ma'am congratulated us and informed us about our positions. I took pride in myself when I got the badge from the Director of our school, Lt. Col. Dr D.B. Sharma Sir. I also had to give a speech. The next day, when I went to the school, everybody respected me and I started loving myself as the leader of the Junior School. I became a role model for the Satyans and I felt very proud of myself when I was made the Incharge of giving duties to everybody and to monitor the class. I will never forget those days of my life even though I faced hardships while doing my duties. I will always cherish those days as the Head Girl of the Junior School.

Divya Arora
Class V-A

LIFE WITHOUT MATHEMATICS

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 used; 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, how much money you make in a job, 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.

Living a life without knowing 'Maths' would be like living in null and void. Mathematics is used as a problem solver in every walk of life. In fact it is involved directly or indirectly wherever we go and everything that we may use.

We can conclude 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.

Roger Bacon has rightly said "Mathematics is the gate and key of the Sciences. ...Neglect of Mathematics works injury to all knowledge, since he who is ignorant of it cannot know the other Sciences or the things of this world."

Pratham Garg
VII-D

London Olympics 2012

The 2012 Summer Olympic Games, officially the Games of the XXX Olympiad, also known informally as London 2012, took place in London, United Kingdom from 27th July to 12th August, 2012. The Opening ceremony of the 2012 Summer Olympics was held on 27th July, 2012 and was called "The Isles of Wonder". Over 10,000 athletes from 204 National Olympic Committees (NOCs) participated, surpassing the 1948 Summer Olympics in London and the 2002 Commonwealth Games in Manchester as the largest multi-sport event ever to be held in the United Kingdom. The Indian government spent over 250

crores in preparing for the games, including around 20 crores on foreign coaches for various events. Ajit Pal Singh was the **Chef de mission** of the Indian contingent by the IOA. India sent an 83-member athlete team to London; this was India's largest contingent ever at the games. India won 6 medals including 2 silver and 4 bronze which is by far the best performance by Indians in terms of number of medals won at any single Olympic games. Gagan Narang won the country's first medal at the Games, a bronze in the 10 metre air rifle event. Vijay Kumar won a silver medal in men's 25 metre rapid fire pistol event and became the third man ever representing India to win an individual silver medal after Norman Pritchard and Rajyavardhan Singh Rathore. And not to forget the breathtaking finale by Sushil Kumar who won the silver medal at the final event, freestyle 66kg category in wrestling. We wish to win many more medals in the coming Olympics. Amen!!!!



Swraj Singla
VIII-A



Book Reviews

The Diary of a Young Girl

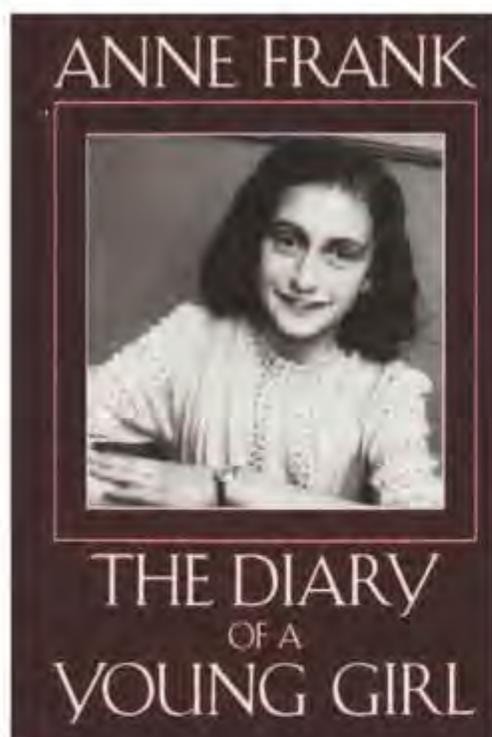
“The Diary Of A Young Girl” is the story of Anne Frank, a girl who lost her childhood during the Second World War. Her story is a heart rending story of innocence and the longing for freedom. The book was basically the diary of Anne Frank, where she recorded her experiences. Her story made me realize that every moment in life is precious. Even though Anne Frank knew that there were meagre chances of her escape, she always had an optimistic approach towards her life while living in the annexe.

Anne Frank's diary begins on her thirteenth birthday, June 12, 1942 and ends abruptly after her fifteenth birthday. In the annexe, the diary was the best friend of Anne. She expressed her feelings of loneliness, isolation and frustration towards the war in the diary. Anne Frank made me realize that life is a puzzle. No matter how hard we try to solve it, we can never succeed.

When the book comes to an abrupt end, it leaves the readers in tears, involuntary tears. The readers can feel Anne's pain through her diary. The diary depicts her struggle to lead a normal life despite of being in an annexe.

The book is definitely an eye opener, teaching the readers how to live life and enjoy life despite of the obstacles that stand in our way. The book is much better than the self-help books, which teach you how to live because this book is not designed to teach us how to live but the story printed on the pages itself makes the readers understand the importance of life. I am not a critic neither do I have the potential to rate a book. All I can say is that this book is a MUST READ. It is a marvellous book, each word dipped in emotions of a young twelve year old girl held in captivity.

Amreen Kohli
Class IX-A





The Present

Johnson's megaselling 'Who Moved My Cheese?' helped the readers cope with changes beyond their control. The author now proffers another easily digestible parable encompassing a related, but broader, topic: how to attain happiness and success in life. Johnson lays out a tale of a man who learns a valuable lesson about living in the present from a wise old gentleman. Stuck in a rut in his job and personal life, the young man learns about **The Present**, a three-fold way of living and working. Bit by bit, the old man explains how it works: in order to achieve bliss in life, it's important to pay equal attention to the past (learn from mistakes), the present (live in the moment) and the future (plan for it as best as possible, but don't "lose yourself in worry or anxiety"). The common-sense knowledge and concentration on living in the now lends a Zen feel to the story, ("The Present is a gift you give to yourself. Only you have the power to discover what it is").

There were so many worthwhile ideas presented that I almost ran out of paper writing them down; for example:

- It is hard to let go of the past if you have not learned from the past. As soon as you learn and let go, you improve the present.
- The more you learn from the past, the fewer regrets you have.
- Only two things can rob you from joy of the present: your negative version of the past or your negative version of the future.
- You can't change the past, but you can learn from it.
- It is important to plan for the future if you want the future to be better than the present.

In this book, Spencer Johnson tells a story of an old man and his relationship and communication with a young boy that lasts throughout his life to that of a grown man.

The old man has offered the young boy **A Present**. The boy who is busy playing and then busy with chores listens and then goes on with his life. He thinks of **The Present** frequently as he grows older. One day, the thought of **The Present** brings him back to the old man where they talk about The Present and what it means. Throughout this book, '**The Present**' is explored in many ways. It is not a physical thing but a feeling, a thought, a memory, a decided method to help focus on what is important, what is necessary to help make you happy and successful. We need to fully understand how our actions play in our life. By focusing on '**The Present**', what is right now, and using purpose to respond to what is important right now we can become happy and successful. We often need to look at what happened in the past to learn something valuable from it, so that we can do things differently in '**The Present**'. And when we want to make the future better than '**The Present**', we need to see what a wonderful future would look like. We need to make plans to help this happen, and put our plan into action in '**The Present**'. All of these moments that we reflect upon can be used to help us understand where we came from, what we want and where we are right now. As I said we need to be ready to fully understand these simple truths. Some are skeptics, but the truth is there and available for them when they need it and are open to it. The Past and the Future depend upon '**The Present**'.

Harpreet.K Vachher
Mentor - Class-II

हिन्दी का सम्मान

सं पाठ्यपुस्तक

गूँज उठी दुन्दुभी विश्व में, हिन्दी के सम्मान की।
कौन कह रहा हिन्दी भाषा, केवल हिन्दुस्तान की॥
आज कनाडा, अमरीका में हिन्दी ज्ञान कराते हैं।
हिन्दी ग्रन्थों पर विदेश में शोध कराए जाते हैं॥
लंदन, जर्मन, रूस, फ्रांस से हिन्दी ने आदर पाया।
मारीशस में गली-गली रामायण, गीता गाते हैं।
टिक न सकेगा तिमिर ज्ञान किरणों के उगे विहान की।
कौन कह रहा हिन्दी भाषा, केवल हिन्दुस्तान की॥
समय आ गया उठो, राष्ट्रभाषा हिन्दी का मान करो।
भारतीय प्रचलित भाषाओं का, मिलकर उत्थान करो॥
तमिल, तेलगु, उड़िया, असमी, बंगाली सब सगी बहन।
पंजाबी, गुजराती और मराठी का सम्मान करो॥
हिन्दी एक सूत्र की माला, बात हमारे मान की।
कौन कह रहा हिन्दी भाषा, केवल हिन्दुस्तान की॥

हिन्दी भाषा के इसी सम्मान के लिए हम आभारी हैं हमारे विद्यालय के निर्देशक डा० डी.बी. शर्मा जी एवं हमारे विद्यालय की प्रधानाचार्या महोदया श्रीमती भूपिन्द्र गोगिया जी के जिन्होंने विद्यालय की इस "वार्षिक पत्रिका" में छात्रों एवं अध्यापकों द्वारा किए कार्य को सराहा। हिन्दी विभाग के प्रयासरत लेखनकार्य को सम्मानीय स्थान दिया जिसके लिए मैं - डॉ. सीमा जुनेजा, तहदिल से शुक्रगुजार हूँ।

हिन्दी अध्यापिका
डॉ. सीमा जुनेजा

पानी

पानी, पानी, पानी,
सब माँगते हैं पानी।
पानी बिन जीवन है अधूरा,
पानी करे जरूरतों को पूरा।
पानी की हर बूँद बचाओ,
धरती पर हरियाली लाओ।
यदि खत्म हो गया यह पानी,
तो होगी बहुत परेशानी।
पड़ जाएगा, अकाल और सूखा,
हर जीव मरेगा भूखा।
ऐसी स्थिति न आने पाए,
इसलिए हम पानी बचाएँ।



रहमत
दूसरी 'सी'

तीन नौकर

एक बार की बात है कि एक घर में
अपने मालिक के साथ तीन नौकर रहते थे।
उनके नाम थे - टूटी, बासी, और पैचरा।
एक दिन उनके घर मेहमान आया तो
मालिक ने आवाज़ लगाई, "टूटी, कुर्सी
लाना"। मेहमान बोला, "जी नहीं, मैं खड़ा
ही ठीक हूँ।" फिर मालिक ने कहा, "बासी,
खाना लाओ।" मेहमान ने घबराकर जवाब
दिया, "जी नहीं, मैं खाना खा कर आया
हूँ। अब मुझे चलना चाहिए।" मालिक बोला,
"पैचर, गाड़ी लाना।" यह सुनते ही मेहमान
वहाँ से भाग गया।

दिव्यम
पाँचवी 'वी'



हम भारत के बच्चे हैं



हम भारत के बच्चे हैं,
वीर बहादुर सच्चे हैं।
करते हैं आज्ञा-पालन,
नहीं कान के कच्चे हैं।
गुरु की शिक्षा मान रहे,
दया-धर्म पहचान रहे।
मानव की सेवा करनी है,
सेवा के पथ का ज्ञान रहे।
बाल दिवस जब आता है,
हमको यह बतलाता है।
सारी दुनियाँ अपनी है,
मधुर सभी से नाता है।

अमीरा राय
पाँचवी 'ए'

उफ़! ये पढ़ाई किसने बनाई

उफ़! ये पढ़ाई किसने बनाई,
कहाँ से जन्मी कहाँ से आई?
पापा कहते पढ़ो CHEMISTRY,
याद करो EQUATION,

MUMMY कहती पढ़ो HISTORY,
रटो CIVILIZATION,
भैया कहते पढ़ो MATHS तुम,
सीखो CALCULATION,

आ रहे हैं EXAMINATION,
बढ़ने लगा TENSION,
खत्म परीक्षा का मौसम हो,
करें मैं RELAXATION,

प्रभु तुम हम को शक्ति देना,
डर को मन से हर लेना,
हम को पास जरूर कर देना,
करें हम CELEBRATION!



ईषान बजाज
चौथी 'वी'



विद्या

विद्या है एक ऐसा गहना,
जो सदा है पास रहना।
विद्या है एक ऐसी पहचान,
जो आदमी को बनाती महान।

विद्या से ही आदमी मंज़िल पा जाता है,
विद्या का हर आदमी से कोई न कोई नाता है।
विद्या अनपढ़ता को दूर करने का रास्ता है।
विद्या बच्चों के मन का उजाला है।

रहमत
दूसरी 'सी'

सत्य

सत्य एक वृक्ष की तरह है। आप जितना उसका पोषण करेंगे, उतने ही ज्यादा फल यह देगा। सत्य की शान को जितना ही गहरा खोदेंगे, सेवा के नए से नए मार्गों के रूप में, यह उतने ही अधिक हीरे जवाहरात देगा।

मेरे विचार में, इस संसार में निश्चितताओं की आशा करना गलत है। यहाँ ईश्वर अर्थात् सत्य के अलावा सब कुछ अनिश्चित है। बस एक ही सर्वोच्च सत्ता यहाँ है जो गोपनीय है, किंतु निश्चित है, और वह व्यक्ति भाग्यशाली है, जो इस निश्चित तत्व की एक झलक पाकर उसके साथ अपनी जीवन नैया को बांध देता है। इस सत्य की शोख जीवन का परमार्थ है। किसी ने सच ही कहा है:-

“मो राम कौन कुटिल शाल कामी।

जेहि तनु दियो ताहि बिसरायो
पुझे नमकहरामी।”

युवराज सिंह एवं तारुण गोयल
सातवीं 'बी'

जन्हीं जल की बूँदें

प्यारी-प्यारी जल की बूँदें
बरसातों में खेलें-कूदें।

ऊपर से गिरकर मिट जाएँ,
सभी बच्चों का दिल बहलाएँ।
सारी बूँदें जब मिल जाएँ,
तब मानव की प्यास बुझाएँ।
पानी को हम चलो बचाएँ,
बिना वजह इसे न बहाएँ।

आस्मित गुप्ता
तीसरी 'डी'

फिर भी दिल है हिन्दुस्तानी

Coke पीते Pepsi पीते

भूल गए नींबू पानी,
फिर भी दिल है हिन्दुस्तानी।

M.T.V. Channel, स्टार प्लस Cool Hai

भूल गए आकाशवाणी,
फिर भी दिल है हिन्दुस्तानी।

Ideas हैं नए नए

Problem वही पुरानी,
फिर भी दिल है हिन्दुस्तानी।

Hong Kong में सैर सपाटा

New York में मेरी नानी,
फिर भी दिल है हिन्दुस्तानी।

पाँच साल में 4 Government

देखी सुनी ना जानी,
फिर भी दिल है हिन्दुस्तानी।

कपड़े हैं अमरीकी

गाड़ियाँ हैं जापानी,
फिर भी दिल है हिन्दुस्तानी।

गुरुजाप सिंह
छठी 'बी'

रोज़ सुबह मिलते हैं इनसे, क्या हमको करना है, ये बतलाते हैं।
ले के तस्वीरें इन्सानों की, सही गलत का भेद हमें, ये बतलाते हैं।
कभी डाँट तो कभी प्यार से, कितना कुछ हमको, ये समझाते हैं।
है भविष्य देश का जिन में, उन सबका भविष्य, ये बनाते हैं।
है रंग कई इस जीवन में, रंगों की दुनिया से पहचान, ये करवाते हैं।
कोशिश करते रहना हर पल, जीवन का अर्थ हमें, ये बतलाते हैं।
देते हैं नेक मंज़िल भी हमें, राह भी बेहतर हमें, ये दिखलाते हैं।
देते हैं ज्ञान जीवन का, काम यही सब है इनका, ये शिक्षक कहलाते हैं।

ऋषित महाजन
छठी 'बी'



मित्रता की कसौटी

दो बड़े घनिष्ठ मित्र थे। एक बार दोनों किसी काम के लिए निकले। कई दिन का लम्बा सफर था और वह लम्बा रास्ता उन्हें पैदल ही चलना था। दोनों मित्र रास्ते में बातें करते हुए जा रहे थे, तभी उन दोनों में किसी बात पर बहस छिड़ गई। बात ही बात में कुछ उत्तेजना आ गई। तभी एक मित्र ने दूसरे मित्र के मुँह पर तमाचा जड़ दिया। मार खाने वाला दूसरा मित्र कुछ बोला नहीं। उसने अपनी अंगुली से रेत पर लिखा, आज मेरे मित्र ने मेरे मुँह पर तमाचा मारा। दोनों बिना कुछ कहे आगे बढ़ गए।

अचानक चलते-चलते उन्हें रेगिस्तान में नखलिस्तान मिला। भरपूर पानी देखकर दोनों मित्रों का मन नहाने का हुआ। वह दूसरा मित्र जिसके मुँह पर तमाचा लगा था वह पहले पानी में उतर गया। पता नहीं कैसे उसके पैरों के नीचे से रेत धँस गई और वह डूबने लगा। यह देखकर पहले मित्र ने पानी में उतर पर किसी तरह उसकी जान बचाई। बाहर आकर तथा कुछ आश्वस्त होकर आगे बढ़ने से पहले उसी दूसरे मित्र ने जो मित्र द्वारा तमाचा खा चुका था, पत्थर पर खोदकर लिखा, "आज मेरे मित्र ने मेरी जान बचाई, मित्र हो तो ऐसा हो।" पहला मित्र, बड़ी हैसानी से उसकी ओर देखते हुए बोला। मित्र तुमने दो बार भिन्न-भिन्न तरह की भिन्न-भिन्न माध्यम से बातें लिखीं, ऐसा क्यों? दूसरा मित्र बोला, जब कभी तुम्हें कोई दुःख पहुँचाये तो उस घटना को रेत पर लिखना चाहिए, ताकि क्षमा रूपी हवाएँ उस घटना की स्मृति को मिटा दें, भुला दें। लेकिन जब कभी कोई तुम पर उपकार करे तो उस घटना को पत्थर पर उकेर देना चाहिए, ताकि यही उपकार और स्मृति की कसौटी बने।

अविराज सिंह
छठी 'बी'

फूलों की सीख

फूलों से लदी एक गाड़ी पर एक नन्ही सी चिड़िया आकर बैठी थी। इधर-उधर फुदक कर अनाज के दाने चुगती रही। जब पेट भर गया तो वह फूल से बोली, "फूल, तुम भी निरे मूर्ख हो। जितना शहद पैदा करते हो, वह सारा इन मधुमक्खियों को खिला देते हो। बदले में तुम भी कुछ लिया करो।"

फूल मुस्कुराया, बोला, "चिड़िया रानी, कुछ देकर कुछ लेना तो सौदा है। कुछ पाने की आशा किए बिना देना ही सेवा है। यही हमारे छोटे से जीवन का उद्देश्य है। हमारे पास सुगंध है, मधु है, मुस्कुराहट है, कोमलता है। यह सब बाँट कर ही हम जन का स्नेह और प्यार पाते हैं। यही हमारे जीवन की सार्थकता है।"

अविराज सिंह
छठी 'बी'

सहेज कर रखें सच्चे मित्रों को

एक सामान्य मित्र ने आपको कभी रोते हुए नहीं देखा होगा, लेकिन एक सच्चा दोस्त आपकी आँखों में आँसू देखकर इस तरह से विचलित हो जाता है, मानो उसकी जिंदगी खाली-खाली हो गई हो।

एक सामान्य मित्र को आपके पिता का नाम तक मालूम नहीं होता, लेकिन एक सच्चे दोस्त के पास उसकी डायरी में उनके फोन नंबर तक दर्ज होते हैं और उनसे परिवार के पूरे हालात का पता होता है।

एक सामान्य दोस्त आपकी पार्टी में एक मेहमान की तरह आता है, लेकिन एक सच्चा दोस्त काफी पहले हाज़िर होता है और आपकी तैयारी में पूरी मदद करता है और देर रात तक आपके कार्य में साथ देता है।

एक सामान्य मित्र आपसे आपकी समस्याओं के बारे में बातें करने में डूबा रहता है और सच्चा मित्र आपकी समस्या का हल निकालने की बातें और कोशिश करता है।

एक सामान्य मित्र आपको आपके बुरे वक्त में पहचानने से भी इन्कार कर देता है, मगर एक सच्चा मित्र आपके बुरे वक्त में हर कदम पर आपके साथ होता है।

एक सामान्य मित्र की मित्रता आपकी अच्छी नौकरी, अच्छे वेतन और आपकी समृद्धि व प्रतिष्ठा का फायदा उठाने के लिए हर वक्त तक में रहती है और इन सबके जाते ही उसकी मित्रता गायब हो जाती है। मगर एक सच्चे मित्र की मित्रता सिर्फ आपके व्यवहार और सोच व लगाव से होती है और वह आपका साथ कभी नहीं छोड़ता।

एक साधारण मित्र हमेशा आपसे अपने लिए हाज़िर रहने की उम्मीद करता है, लेकिन एक सच्चा मित्र आपके लिए पहले से ही हाज़िर रहता है और पूछता रहता है कि 'क्या आपको उसकी मदद की जरूरत है।'

एक सामान्य मित्र आपके साथ थोड़े से विवाद पर आप पर दोषारोपण करने लगता है तथा अपनी सारी समस्या के लिए आपको दोषी ठहराने लगता है। वह दोस्ती का अंत समझ लेता है, लेकिन एक सच्चा मित्र साधारण विवादों को दिल पर नहीं लेता और इसे अपनी मित्रता को मजबूती प्रदान करने के अवसर के रूप में लेता है।

समझने योग्य बात यह है कि आप सच्चे मित्र की बारीकी से पहचान करें और फिर किसी भी हालत में बाहरी दुनिया के बहकावे में आकर उसे न खोएँ। आखिरकार एक सच्चा मित्र आज की भीड़ भरी और अनजान दुनिया में मुश्किल से मिलता है और उसे खो देने के बाद आप पछताने के अलावा कुछ नहीं कर पाएँगे। वह अगर आपको कुछ दे नहीं सकता तो आपसे कुछ लेगा भी नहीं।

संयम कालिया
बारहवीं 'ए'



कागज और पेड़

दो अक्षर लिखकर क्यों,
फाड़ दिया पन्ना सारा,
भुल हुई है तुमसे लेकिन,
भुगत रहा है यह बेचारा।

क्यों हड़बड़ में गड़बड़ कर दी,
कुछ तो सब किया होता,
लिख लेते कुछ देर बाद में,
भुगत रहा है पन्ना बेचारा।
तुम क्या जानों बेकसूर पेड़,
खुद को घायल करता है,
बरसों रहता सड़ा-गला,
तब पन्ना एक सँवरता है।

दो अक्षर पर पन्ना फाड़ना,
पड़ता है महँगा कितना,
एक-र है पेड़ कीमती,
धरती का सुन्दर गहना।
पेड़ कटे तो आँधी-पानी,
वन जाता है यह मौसम,
पड़ने लगती गर्मी भारी,
रिमझिम का संगीत खत्म।

कोयल गीत कहीं गाएगी,
कैसे महकेंगी कलियाँ?
तेज़ धूप में ज़रा छाँव को,
तरसेंगी सूनी गलियाँ।
अध्यापिका मेरी बतलाती है,
जब भी कोई पन्ना फटा,
सोच समझ लो सारे बच्चे,
बेकसूर एक पेड़ कटा।

ये अन्याय न होने देंगे,
व्यर्थ फटे ना कोई पन्ना,
अब तो पेड़ लगाएंगे हम,
हरा-भरा और घना-घना।

विदुषी जिंदल
सप्तमी 'व'

माँ की ममता

घुटनों से रेंगते-रेंगते,
कब पैरों पर खड़ा हुआ,
तेरी ममता की छाँव में,
जाने कब बड़ा हुआ,
काला टीका, दूध-मलाई,
आज भी सब कुछ वैसा है,
मैं ही मैं हूँ हर जगह,
प्यार यह तेरा कैसा है?
सीधा-साधा, भोला-भाला,
मैं ही सबसे अच्छा हूँ,
कितना भी हो जाऊँ बड़ा,
माँ! मैं आज भी तेरा बच्चा हूँ ।



आयना लोहिया
छठी 'ए'

दोस्ती

किसी के अगर दोस्त बनो तो उसको
दोस्ती जैसा प्यार दो॥

अगर प्यासी हो दोस्त की जिंदगी तो उसे
प्यार की फुहार दो॥

अगर बिगड़ गई दोस्ती तो उसको
समझदारी से सँवार दो॥

दोस्तों की दोस्ती में अपनी तुम
नफरत को निकाल दो॥

दोस्त को इतना प्यार दो कि सबको
अपनी दोस्ती की मिसाल दो॥

अगर दुश्मन भी दोस्त बनना चाहे
तो उसे भी प्यार दो।
तो उसे भी प्यार दो॥



सोहेल सिंह
छठी 'डी'

वृक्ष कटा, जीवन मिटा

वृक्ष हैं जीवन देने वाले
बनना है हमको इनके रखवाले।

हमारे जीवन में वृक्षों का बहुत महत्व है। आदिकाल में मानव ने वृक्ष के मीठे-मीठे फल खाए और उसकी छाल से अपना तन ढका। वृक्ष कार्बन-डाइ-ऑक्साइड लेकर ऑक्सीजन देते हैं जो हमारे जीवन के लिए आवश्यक है। जैसे-जैसे सभ्यता बढ़ती गई, जनसंख्या बढ़ती गई। वृक्ष की उपयोगिता भी बढ़ती गई। वृक्षों का उपयोग लकड़ी के घर, कुर्सी, मेज़ कारखाने तथा औषधि के लिए भी होने लगा। वृक्ष न सिर्फ जड़ी-बूटियों की खान है बल्कि वह प्रकृति के वातावरण को संतुलित बनाए रखने के लिए अति आवश्यक है। वृक्ष वर्षा का निमंत्रण दाता है, प्रकृति का रक्षक है, हरियाली का उद्गम है और प्रदूषण का नाशक है। जहाँ वृक्ष अधिक होंगे वहाँ वर्षा अधिक होगी, वर्षा होगी तो पृथ्वी की उर्वरा शक्ति बढ़ेगी, खेती फलेगी-फूलेगी, मुरुस्थल फैलने से रुकेगी, सरिता सरोवर के जल लहलहा उठेंगे।

चिंता की बात यह है कि वृक्ष आज उतनी मात्रा में नहीं पाए जाते जितनी मात्रा में पहले पाए जाते थे, जिस कारण हमारे पर्यावरण में स्वच्छ हवा की कमी आ चुकी है और प्रदूषण बढ़ता जा रहा है। प्रदूषण बढ़ने के कारण विषाणुजनित रोगों से होने वाली मौतों की संख्या में भारी बढ़ोतरी हो रही है। वृक्षों के कटने के कारण कई पक्षियों की जातियाँ समाप्त होती जा रही हैं। जैसे कोयल की सुरीली आवाज़ पहले आम सुन जाया करती थी, कहीं अब कोयल देखने को भी नहीं मिलती। इस कारण भी वृक्ष अधिक लगाने चाहिए। अनेक प्रकार के फल वृक्ष की लताओं में फलते हैं जो हमारे स्वास्थ्य के लिए प्राकृतिक औषधि हैं। वृक्षों के न होने पर हम तो जीवन से ही वंचित हो जाएँगे। इसका संहार, काटना दण्डनीय अपराध माना जाता है।

आओ मिलजुल कर वृक्ष लगाएँ
पर्यावरण का संतुलन बढ़ाएँ
अपने जीवन की प्रगति को सुमंगल बनाएँ।

सार चावला
छठी 'बी'

मन की इच्छा

मन की इच्छा पूरी होगी,
हर एक इंसान की।
हर कोई पढ़ा-लिखा होगा
इस नए जहान का।
सर्व-शिक्षा अभियान से
कोई किसी से डरेगा नहीं,
कोई किसी से लड़ेगा नहीं,
कोई किसी से दवेगा नहीं,
इस नए जहान का।
मन की इच्छा पूरी होगी
हर एक इंसान की।
हर एक अपने सपने साकार करेगा,
हर एक अपना जीवन,
खुल के जिएगा,
हर एक आजादी को महसूस करेगा,
इस नए जहान का।
मन की इच्छा पूरी होगी
हर एक इंसान की।

ईशान ठाकुर
छठी 'बी'

आदरणीय गुरु

गुरुवर के चरणों में रहकर,
हमने शिक्षा पाई है।
गलत रास्ते पर चलें जब हम,
तो गुरुवर ने ही राह दिखाई है।
गुरु और गोविंद में भी,
गुरु ही सबसे भारी है।
गुरु की महिमा न्यायी है.....।

ओस
छठी 'बी'

समय अनमोल



पल-पल को तुम यूँ न गँवाओ,
हर पल को उपयोग में लाओ।
सही समय पर तुम उठ जाओ,
सही समय तैयार हो जाओ।
सही समय पर पूजा करके,
सही समय पाठशाला जाओ।
सही समय पर खेलने जाकर,
सही समय पर पढ़ने बैठो।
सही समय पर भोजन खाकर,
सही समय पर तुम सो जाओ।
सही समय तो है अनमोल,
इसका तुम जानो अब मोल।
हर पल उपयोग में लाओ,
सही समय पर सब कर पाओ।
जीवन को खुशहाल बनाओ,
तुम अच्छे बच्चे बन जाओ।

नम्रता मंगल
सातवीं 'बी'

आँखों का रहस्य

माँ की आँखों में	-	ममता
पिता की आँखों में	-	कर्तव्य
बहन की आँखों में	-	स्नेह
भाई की आँखों में	-	प्यार
गुरु की आँखों में	-	ज्ञान
सज्जन की आँखों में	-	नम्रता
अमीर की आँखों में	-	अभिमान
गरीब की आँखों में	-	आशा
मित्र की आँखों में	-	सहयोग
दुश्मन की आँखों में	-	प्रतिशोध

आधीश
छठी 'बी'

हमारी शिक्षिका

ऋतु मैम की बात निराली,
एक मिनट न जाने दें खाली।
'जी.के.' मैम की क्या करनी बात,
हर मुश्किल में देते हैं साथ।
'जोग्यप्पी' को पढाएँ सुनंदा मैम,
ये भी बताएँ क्या करते हैं डैम।
'इंग्लिश' लैंगवेज के सैन्टेंसिज़,
पढ़ के आ जाएँ सारे सैसिज़।
'कैमिस्ट्री' के सप्ताह में पीरियड तीन,
पूछो जितनी मर्जी बार,
समझ ना आए एक बार।
सीमा मैम की निराली 'हिन्दी',
सक्षमता से समझाते हैं,
कहाँ लगानी है चन्द्रविन्दु
और बिन्दी।

जवतेश्वर
सातवीं 'बी'

मेश प्रणाम

मैं एक छोटा बच्चा हूँ,
अभी उम्र का कच्चा हूँ।
रोज़-रोज़ मैं पढ़ता हूँ,
कभी नहीं मैं लड़ता हूँ।
आगे बढ़ता जाऊँगा,
अच्छा बन दिखलाऊँगा।
मैडम मुझको अच्छी लगती,
दिल की मुझको सच्ची लगती।
सदा करूँगा अच्छे काम,
सब गुरुजन को मेश प्रणाम।



धैर्य कपूर
तीसरी 'ए'

दो हाथ

दो हाथ मिले हैं मेहनत करने को,
दो हाथ मिले हैं, गिरते को उठाने को।
दो हाथ ही थे जिन्होंने कुतुब मीनार,
लाल किला और ताजमहल बनाए।
दो हाथ मिले हैं कमजोरों की रक्षा करो,
दो हाथ मिले हैं मेहनत के लिए,
भीख मँगाकर इनको बदनाम मत करो,
मेहनत करके इनका मान बढ़ाओ।
इज़्ज़त होती है इनकी काम से,
शोभा होती है इनकी काम से,
इन हाथों को मज़बूत बनाओ,
किसी के आगे मत हाथ फैलाओ,
काम से इनकी इज़्ज़त बढ़ाओ।
इनसे तुम क्या नहीं हो कर सकते,
मन में है हौसला अगर तो बढ़ो आगे,
आगे बढ़ने का रास्ता है ये दो हाथ,
इन हाथों में ही हमारी है कामयाबी।
दो हाथों से ही काम करो,
काम से इनका मान बढ़ाओ।

हरिंता
सातवीं 'बी'

वन्दना

देश की माटी, देश का जल,
हवा देश की, देश का फल,
सरस बनें, प्रभु सरस बनें!
देश के घर और देश के बाट,
देश के वन और देश के घाट,
सरल बनें, प्रभु सरल बनें!
देश के तन और देश के मन,
देश के भाई और देश की बहन,
विमल बनें, प्रभु विमल बनें!



नवदीप सिंह
सातवीं 'बी'

आदमी होने का अहसास

क्यों न हम धीरे चलें
और जो यह सब
दमतोड़ आगे से आगे
की दौड़ में लगे हैं
इन्हें अनन्त पाना है
वह अनन्त जो
किसी का होता नहीं
किसी को मिलता नहीं
निश्चित है
इन्हें भी नहीं मिलेगा
और हमें?
हमें तो एक बीज बोना है
क्यों न हम उल्टे चलें
और जो हमें चलना ही है
चलना 'बनाम जीवन' के
सफर यह तय तो वैसे भी करना है
चलेंगे पीछे की ओर
चलेंगे क्योंकि
हमें तो छूना है
सुनहरा झरना
और जीना है
आदमी होने का अहसास
पाने से ज्यादा
खोने का है।

आस्था अस्थाना
आठवीं 'बी'

वरदान

हे भगवान, दो वरदान
काम देश के आऊँ मैं।
वीर बनूँ और धीर बनूँ मैं
जग में यश फैलाऊँ मैं।
उस से पहले मैं अच्छा
इन्सान बन जाऊँ,
ऐसा इन्सान बन जाऊँ के
जग में नाम कमाऊँ मैं।
जग में नाम कमाऊँ मैं।

नंदिनी कोहली
सातवीं 'बी'

माँ

सबसे प्यारी, सबसे न्यारी
कितनी भोली-भाली माँ।
मुझ को देख हमेशा मुस्कुराती,
मेरी उदासी सहन न कर पाती,
आदर सभी बड़ों का करना,
सच्चा रह दिखाती माँ।
सबसे प्यारी, सबसे न्यारी
कितनी भोली-भाली माँ।
सूर्य की तेज धूप में जैसे,
शीतल छाया वाली माँ,
काँटों की बगिया में सुंदर,
फूलों को बिखराती माँ।
सबसे प्यारी, सबसे न्यारी
कितनी भोली-भाली माँ।
माँ का दिल ना कभी दुखाना,
हरदम इस को शीश झुकाना,
सबसे प्यारी, सबसे न्यारी
कितनी भोली-भाली माँ।
सुवत जैन
छठी 'वी'



EXAM TENSION

मैं कभी बतलाता नहीं.... पर
exams से डरता हूँ मैं माँ...
यूँ माँ मैं दिखलाता नहीं...
Result की परवाह करता हूँ मैं माँ...
तुझे सब है पता ... है न माँ॥
Chapters के नाम भी न बतला पाऊँ माँ
वह भी तो... इतने सारे हैं...
याद भी अब तो आ न पाएँ माँ...
क्या इतना गधा हूँ मैं माँ...
जब भी कभी... invigilator मुझे...
जो गौर से... ऑखों से घूरता है माँ...
मेरी नजर... ढूँढे question paper... सोचूँ यही...
कोई सवाल तो बतला जायेगा...॥
उनसे मैं... यह कहता नहीं... दिल ही दिल में
घबराता हूँ माँ॥
तुझे सब है पता... है न माँ...
तुझे सब है पता... है न माँ...॥
मैं कभी बतलाता नहीं.... पर exams से डरता
हूँ मैं माँ...
यूँ माँ मैं दिखलाता नहीं... result की परवाह
करता हूँ मैं माँ...

ईषान बजाज
चौथी 'वी'

भारत में हिंसा आखिर क्यों

भारत माँ के चार बेटे,
देखो क्या-क्या करते हैं।
देश की सेवा न करके,
आखिर क्यों यूँ लड़ते हैं।
पहला मन्दिर, दूसरा मस्जिद,
तीसरे का गुरुद्वारा है,
चौथे ने 'गॉड' को लेकर,
चर्च में ईश्वर पुकारा है।

ईश्वर तो है कण-कण में,
फिर कैसा ये नारा है,
क्यों तुमने धर्म के नाम पर
झूठा लिया सहारा है।
हिन्दू, मुस्लिम, सिक्ख, ईसाई,
कहने में सब भाई-भाई,
लेकिन जब धर्म की बात हो,
तब करते आपस में लड़ाई ही लड़ाई।

सलोनी
सातवी 'ए'

ਸੰਪਾਦਕੀ

ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਨਕਲ ਦਾ ਰੁਝਾਨ

ਅੱਜ ਨਕਲ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇੱਕ ਕੋਝੂ ਦੀ ਤਰ੍ਹਾਂ ਚੰਬੜੀ ਹੋਈ ਹੈ। ਇਸ ਨਕਲ ਦੀ ਬੀਮਾਰੀ ਨੇ ਉਨ੍ਹਾਂ ਦੇ ਦਿਮਾਗਾਂ ਨੂੰ ਖੋਖਲਾ ਕਰਕੇ ਰੱਖ ਦਿੱਤਾ ਹੈ। ਉਨ੍ਹਾਂ ਦੇ ਸੋਚਣ-ਸਮਝਣ ਦੀ ਸ਼ਕਤੀ ਹੀ ਖਤਮ ਕਰ ਦਿੱਤੀ ਹੈ। ਨਕਲ ਇਕ ਅਜਿਹਾ ਕੀੜਾ ਹੈ ਜੋ ਸਿਉਂਕ ਦੀ ਤਰ੍ਹਾਂ ਦਿਨੋ-ਦਿਨ ਵਧਦਾ ਹੀ ਜਾ ਰਿਹਾ ਹੈ। ਨਕਲ ਦੇ ਵੱਧਣ ਨਾਲ ਵਿਦਿਆਰਥੀ ਮਾਨਸਿਕ ਤੌਰ ਤੇ ਵਿਕਸਤ ਹੋਣ ਦੀ ਬਜਾਏ ਕਮਜ਼ੋਰ ਹੋਏ ਹਨ। ਇਸ ਨਕਲ ਦੇ ਮਹੌਲ ਵਿਚ ਹੁਸ਼ਿਆਰ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਬਹੁਤ ਨੁਕਸਾਨ ਹੁੰਦਾ ਹੈ। ਵਿਚਾਰੇ ਦਿਨ-ਰਾਤ ਇਕ ਕਰਕੇ ਪੇਪਰ ਦੀ ਤਿਆਰੀ ਕਰਦੇ ਹਨ ਪ੍ਰੰਤੂ ਪ੍ਰੀਖਿਆ ਕੇਂਦਰ ਵਿਚ ਜਾ ਕੇ ਉਠ-ਗਧਾ ਸਭ ਇਕ ਬਰਾਬਰ ਹੋਣ ਵਾਲੀ ਗੱਲ ਹੈ। ਉਹ ਆਪਣੀ ਕਾਬਲੀਅਤ ਨੂੰ ਦਿਖਾਉਣਾ ਚਾਹੁੰਦੇ ਹੋਏ ਵੀ ਨਹੀਂ ਦਿਖਾ ਸਕਦੇ।

ਨਕਲ ਦੀ ਰੁਚੀ ਵਿਦਿਆਰਥੀਆਂ ਵਿਚ ਇਰਾਦੇ ਬੁਲੰਦ ਕਰਨ ਦੀ ਥਾਂ ਉਨ੍ਹਾਂ ਵਿਚ ਹੀਣ ਭਾਵਨਾ ਲਿਆਉਂਦੀ ਹੈ। ਕਈ ਵਿਦਿਆਰਥੀ ਨਕਲ ਦੇ ਰੁਝਾਨ ਕਰਕੇ ਮਸਾਂ ਦਸਵੀਂ-ਬਾਰ੍ਹਵੀਂ ਤੱਕ ਹੀ ਪੁੱਜਦੇ ਹਨ ਕਿਉਂਕਿ ਅੱਗੋਂ ਦੀ ਪੜਾਈ ਉਨ੍ਹਾਂ ਦੇ ਵੱਸ ਦੀ ਰਹਿ ਨਹੀਂ ਜਾਂਦੀ। ਇਕ ਨਕਲਚੀ ਭਾਵੇਂ ਨਕਲ ਮਾਰ ਕੇ ਕਿੰਨੀਆਂ ਵੀ ਪੁਜੀਸ਼ਨਾਂ ਹਾਸਲ ਕਰ ਲਵੇ, ਉਹ ਮੁਕਾਬਲੇ ਦੀਆਂ ਪ੍ਰੀਖਿਆਵਾਂ ਵਿਚੋਂ ਕਦੀ ਅੱਗੇ ਨਹੀਂ ਨਿਕਲ ਸਕੇਗਾ। ਮੁਕਾਬਲੇ ਦੀਆਂ ਪ੍ਰੀਖਿਆਵਾਂ ਵਾਸਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇਕ ਵਿਸ਼ਾਲ ਗਿਆਨ ਤੇ ਆਮ ਜਾਣਕਾਰੀ ਦੀ ਲੋੜ ਹੁੰਦੀ ਹੈ। ਨਕਲ ਕਰਨਾ ਇਕ ਘੋਰ ਪਾਪ ਹੈ। ਇਕ ਆਚਰਨਿਕ ਦੇਸ਼ ਹੈ, ਇਕ ਨਕਲ ਕਰਨ ਵਾਲਾ ਕਦੀ ਕੋਈ ਚੰਗੀ ਪੁਜੀਸ਼ਨ ਹਾਸਲ ਨਹੀਂ ਕਰ ਸਕਦਾ। ਬੱਚਿਆਂ ਨੂੰ ਰਹਿਣ-ਸਹਿਣ ਤੇ ਦਿਖਾਵੇ ਵਿਚ ਕਿਸੇ ਦੀ ਨਕਲ ਨਹੀਂ ਕਰਨੀ ਚਾਹੀਦੀ। ਸਾਨੂੰ ਆਪਣੇ ਦੇਸ਼ ਦੇ ਸਭਿਆਚਾਰ, ਰਸਮਾਂ ਰਿਵਾਜਾਂ ਤੇ ਬੋਲੀ ਤੇ ਮਾਣ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।

ਚਰਨਜੀਤ ਕੌਰ
ਪੰਜਾਬੀ ਵਿਭਾਗ

ਸੇਵਾ

ਮਾਤਾ ਪਿਤਾ ਦੀ ਸੇਵਾ ਕਮਾਓ,
ਦੁਨੀਆ ਦੇ ਵਿੱਚ ਸ਼ੋਭਾ ਪਾਉ ।
ਇਹਨਾਂ ਵਰਗਾ ਹੋਰ ਨਾ ਕੋਈ,
ਜੋ ਮੰਗੇ, ਦਿੰਦੇ ਨੇ ਸੋਈ ।
ਲਾਡ ਲਡਾਉਂਦੇ, ਖੁਸ਼ੀ ਮਨਾਉਂਦੇ,
ਬੱਚਿਆਂ ਤੋਂ ਜਿੰਦ-ਜਾਨ ਵਾਰਦੇ ।
ਤੁਸੀਂ ਉਹਨਾਂ ਦੇ ਨੈਣ-ਪ੍ਰਾਣ,
ਫੁੱਲ ਹੋ, ਫੁੱਲਾਂ ਦੀ ਮੁਸਕਾਨ ।
ਫਲ ਹੋ ਤੁਸੀਂ, ਰੁੱਖ ਨੇ ਉਹ,
ਸੁੱਖ ਦਿੰਦੇ, ਸਹਿ ਕੇ ਦੁੱਖ ਉਹ ।
ਤੁਸੀਂ ਉਹਨਾਂ ਦੀ ਜਿੰਦ-ਜਾਨ ਹੋ,
ਭੂਤ, ਭਵਿੱਖ ਤੇ ਵਰਤਮਾਨ ਹੋ ।

ਗੌਰਿਕਾ ਭਾਟੀਆ

ਪੰਜਵੀਂ 'ਏ'

ਬਦਲਦੇ ਰਿਸ਼ਤੇ

ਰਿਸ਼ਤਿਆਂ ਦਾ ਤਾਣਾ-ਬਾਣਾ,
ਉਲਝਦਾ ਜਾ ਰਿਹਾ ਹੈ ਕਿਉਂ?

ਮਤਲਬ ਤੇ ਖੁਦਗਰਜ਼ੀ ਵਿੱਚ,
ਬਦਲਦਾ ਜਾ ਰਿਹਾ ਹੈ ਕਿਉਂ?

ਅਪਣਾਪਨ, ਅਹਿੰਸਾ ਤੇ ਜਜ਼ਬਾਤ,
ਹੋ ਰਹੇ ਕਿਉਂ ਬੇਮਾਨੇ?

ਹਰ ਪਾਸੇ ਹੰਕਾਰ ਦਾ ਹਨੇਰਾ,
ਪਸਰਦਾ ਜਾ ਰਿਹਾ ਹੈ ਕਿਉਂ?

ਸਾਡੇ ਦੀ ਥਾਂ ਤੁਹਾਡਾ,
ਤੇ ਅਸੀਂ ਦੀ ਥਾਂ ਮੈਂ,

ਰਿਸ਼ਤਿਆਂ ਦੇ ਅੰਮ੍ਰਿਤ ਵਿੱਚ,
ਇਹ ਜ਼ਹਿਰ ਫੈਲਦਾ ਜਾ ਰਿਹਾ ਹੈ ਕਿਉਂ ?

ਸੰਸ਼ਿਕਾ ਗਰਗ

ਚੌਥੀ 'ਸੀ'

ਮੇਰਾ ਅਰਮਾਨ

ਵਿੱਦਿਆ ਹੈ ਇੱਕ ਅਰਮਾਨ,
ਜਿਸਨੂੰ ਜਾਣੇ ਕੁੱਲ ਜਹਾਨ ।
ਹਨੇਰੇ ਜੀਵਨ ਵਿੱਚ ਚਾਨਣ ਕਰਦੀ,
ਇਹ ਉਹ ਪੁੰਜੀ, ਜੋ ਕਦੀ ਨਾ ਖੁਰਦੀ ।
ਮਾਪਿਆਂ ਦਾ ਵੀ ਇਹੀ ਅਰਮਾਨ,
ਪੜ੍ਹ ਲਿਖ ਬੱਚੇ ਬਣਨ ਇਨਸਾਨ ।
ਰੱਬ ਦੀ ਜਿਸ ਤੇ ਕਿਰਪਾ ਹੋਵੇ,
ਵਿੱਦਿਆ ਨਾਲ ਉਹ ਬਣੇ ਮਹਾਨ ।
ਵਿੱਦਿਆਰਥੀ ਜੀਵਨ ਹੈ ਅਨਮੋਲ,
ਐਵੇਂ ਨਾ ਤੂੰ ਘੱਟੇ 'ਚ ਰੋਲ ।
ਆਉ ਸਾਰੇ ਪ੍ਰਣ ਇਹ ਕਰੀਏ,
ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਕੁਝ ਕਰ ਗੁਜ਼ਰੀਏ,
ਸਕੂਲ ਦਾ ਨਾਂ ਵੀ ਰੋਸ਼ਨ ਕਰੀਏ ।

ਪ੍ਰਨਵ ਫਤਹਿਪੁਰੀਆ

ਚੌਥੀ 'ਸੀ'



ਜੇ ਨਾ ਹੁੰਦੇ ਅਸਮਾਨ ਵਿੱਚ ਬੱਦਲ,
ਸੁੱਕੀਆਂ ਹੁੰਦੀਆਂ ਨਦੀਆਂ, ਨਹਿਰਾਂ ।
ਖੇਤਾਂ 'ਚ ਨਾ ਹਰਿਆਲੀ ਹੁੰਦੀ,
ਕਿੱਥੋਂ ਪਾਣੀ ਪੀਂਦੇ ਤੋਤੇ, ਕਾਂ ?
ਗਰਮੀ ਵਿੱਚ ਨਾ ਰਾਹਤ ਮਿਲਦੀ,
ਨਾ ਝੜੀਆਂ, ਨਾ ਵਰਖਾ ਰੁੱਤ ਹੁੰਦੀ ।
ਸੀਪ ਸਮੁੰਦਰ 'ਚ ਮੂੰਹ ਖੋਲ੍ਹੇ ਰੱਖਦੀ,
ਕਿੱਥੋਂ ਬਣਾਉਂਦੀ ਆਪਣਾ ਮੋਤੀ ?

ਡੱਡੂਆਂ ਦੀ ਨਾ ਟਰ-ਟਰ ਸੁਣਦੀ,
ਅਸਮਾਨ ਵਿੱਚ ਨਾ ਬਿਜਲੀ ਚਮਕਦੀ ।
ਕੌਣ ਪਪੀਹੇ ਦੀ ਪਿਆਸ ਬੁਝਾਉਂਦਾ ?
ਕੌਣ ਜੰਗਲ ਵਿੱਚ ਮੋਰ ਨਚਾਉਂਦਾ ?

ਸ਼ੁਕਰ ਹੈ ਰੱਬਾ ਤੂੰ ਬੱਦਲ ਬਣਾਏ,
ਰਿਮ-ਝਿਮ ਰਿਮ-ਝਿਮ
ਮੀਂਹ ਲੈ ਕੇ ਆਏ ।

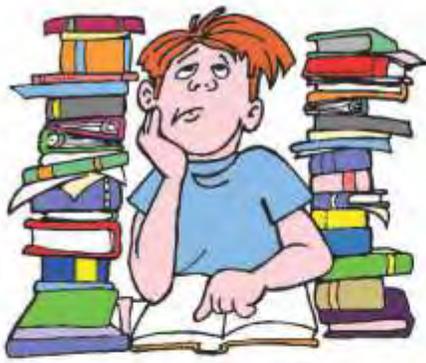
ਗੁਨਸ਼ੀਨ ਸਲੂਜਾ

ਚੌਥੀ 'ਸੀ'



ਹਾਸੇ ਦੀ ਪਟਾਰੀ

ਹਾਏ ਪੜ੍ਹਾਈ!



ਕਾਸ਼ ਇਹ ਪੜ੍ਹਾਈ ਨਾ ਹੁੰਦੀ,
ਇਹ ਸਿਰ ਖਪਾਈ ਨਾ ਹੁੰਦੀ।
ਬੱਚਿਆਂ ਵਿੱਚ ਲੜਾਈ ਨਾ ਹੁੰਦੀ,
ਸਭ ਵਿੱਚ ਪੱਕੀ ਯਾਰੀ ਹੁੰਦੀ।
ਇਹ ਮੋਟੀਆਂ ਕਿਤਾਬਾਂ ਨਾ ਹੁੰਦੀਆਂ,
ਰਾਤਾਂ ਨੂੰ ਨੀਦਾਂ ਹਰਾਮ ਨਾ ਹੁੰਦੀਆਂ।
ਕਾਸ਼ ਇਹ ਔਖੇ ਰਸਤੇ ਨਾ ਹੁੰਦੇ,
ਕਾਸ਼ ਇਹ ਭਾਰੇ ਬਸਤੇ ਨਾ ਹੁੰਦੇ।
ਬੱਚੇ ਹਸਦੇ-ਖੇਡਦੇ ਹੁੰਦੇ,
ਬੇਫਿਕਰੇ ਤੇ ਹੁਸ਼ਿਆਰ ਵੀ ਹੁੰਦੇ।

ਪਲਕਿਨ ਲੋਹੀਆ
ਪੰਜਵੀਂ 'ਡੀ'



ਮਾਂ ਦੇ ਹੰਝੂ

ਜਨਮ ਦੇਵੇ ਤਾਂ ਪੀੜਾਂ ਦੇ ਹੰਝੂ,
ਤੰਗ ਕਰਨ ਤੇ ਪਰੇਸ਼ਾਨੀ ਦੇ ਹੰਝੂ,
ਪੜ੍ਹਾਈ ਨਾ ਕਰਨ ਤੇ ਨਿਰਾਸ਼ਾ ਦੇ ਹੰਝੂ,
ਗੱਲ ਨਾ ਮੰਨਣ ਤੇ ਤਕਲੀਫ਼ ਦੇ ਹੰਝੂ,
ਵਿਦਾਈ ਸਮੇਂ ਵਿਛੋੜੇ ਦੇ ਹੰਝੂ,
ਫਿਰ ਵੀ ਕਹਿੰਦੀ ਇਹ ਤਾਂ ਨੇ
ਖੁਸ਼ੀ ਦੇ ਹੰਝੂ! ਖੁਸ਼ੀ ਦੇ ਹੰਝੂ.....!

ਆਸ਼ਨਾ ਵਦੇਰਾ
ਪੰਜਵੀਂ 'ਡੀ'

⊙ ਰਮੇਸ਼ - ਹੇ ਭਗਵਾਨ ! ਚੰਡੀਗੜ੍ਹ ਨੂੰ ਅਮਰੀਕਾ ਦੀ
ਰਾਜਧਾਨੀ ਬਣਾ ਦੇ ।
ਮਹੇਸ਼ - ਪਰ ਕਿਉਂ ?
ਰਮੇਸ਼ - ਕਿਉਂਕਿ ਮੈਂ ਪੇਪਰ ਵਿੱਚ ਇਹ ਹੀ ਲਿਖਿਆ
ਹੈ।

⊙ ਗੋਪਾਲ ਰਾਮੂ ਨੂੰ : ਯਾਰ ਤੂੰ ਰੋਜ਼ ਆਪਣੀ ਰਸੋਈ ਵਿੱਚ
ਜਾ ਕੇ ਚੀਨੀ ਦਾ ਡੱਬਾ ਵੇਖ ਕੇ ਵਾਪਸ ਆ ਜਾਂਦਾ ਹੈਂ,
ਕਿਉਂ ?
ਰਾਮੂ : ਕਿਉਂਕਿ ਡਾਕਟਰ ਨੇ ਮੈਨੂੰ ਰੋਜ਼ ਆਪਣੀ ਸ਼ੂਗਰ
ਚੈੱਕ ਕਰਨ ਲਈ ਕਿਹਾ ਸੀ।

⊙ ਸੇਨੂੰ ਅੰਗ੍ਰੇਜ਼ੀ ਦੇ ਪੇਪਰ ਵਿੱਚੋਂ ਫੇਲ੍ਹ ਹੋ ਗਿਆ। ਉਸਨੇ
ਅਨੁਵਾਦ ਜੋ ਇਸ ਤਰਾਂ ਕੀਤਾ ਸੀ :
ਮੈਂ ਆਮ ਆਦਮੀ ਨਹੀਂ ਹਾਂ ।
I am not a mango man.
ਮੈਨੂੰ ਵੀ ਇੰਗਲਿਸ਼ ਆਉਂਦੀ ਹੈ ।
English comes to me even.

ਅਧੀਸ਼ ਸਾਮਸੁਖ
ਪੰਜਵੀਂ 'ਬੀ'

ਸਭ ਤੋਂ ਜ਼ਿਆਦਾ ਨਸ਼ਾ ਕਿਸ ਵਿੱਚ ਹੈ

ਦਾਰੂ ਵਿੱਚ --- ਨਹੀਂ
ਭੰਗ ਵਿੱਚ---- ਨਹੀਂ
ਪਿਆਰ ਵਿੱਚ----ਨਹੀਂ
ਪੈਸੇ ਵਿੱਚ---- ਨਹੀਂ
ਸਭ ਤੋਂ ਜ਼ਿਆਦਾ ਨਸ਼ਾ ਕਿਤਾਬ ਵਿੱਚ ਹੈ----
ਖੋਲਦੇ ਹੀ ਨੀਂਦ ਆ ਜਾਂਦੀ ਹੈ ।

ਸ਼ਿਤਿਜ
(ਸਤਵੀਂ 'ਬੀ')

ਮੁਸੀਬਤਾਂ ਤੋਂ ਨਾ ਡਰੋ...

ਸਾਨੂੰ ਮੁਸੀਬਤਾਂ ਤੋਂ ਡਰਨਾ ਨਹੀਂ ਚਾਹੀਦਾ, ਉਹਨਾਂ ਦਾ ਸਾਹਮਣਾ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਇੱਕ ਵਾਰ ਸੁਆਮੀ ਵਿਵੇਕਾਨੰਦ ਮੰਦਰ ਤੋਂ ਪੂਜਾ ਕਰ ਕੇ ਘਰ ਵਾਪਸ ਆ ਰਹੇ ਸੀ। ਰਾਹ ਵਿੱਚ ਉਹਨਾਂ ਦੇ ਪਿੱਛੇ ਬਾਂਦਰ ਪੈ ਗਏ। ਉਹ ਤੇਜ਼-ਤੇਜ਼ ਚੱਲਣ ਲੱਗੇ। ਬਾਂਦਰ ਵੀ ਤੇਜ਼ ਹੋ ਗਏ ਅਤੇ ਉਹਨਾਂ ਨੂੰ ਡਰਾਉਣ ਲੱਗੇ। ਇੱਕ ਹੋਰ ਸੰਨਿਆਸੀ ਇਹ ਸਭ ਵੇਖ ਰਿਹਾ ਸੀ। ਉਹਨਾਂ ਨੇ ਸੁਆਮੀ ਜੀ ਨੂੰ ਕਿਹਾ ਕਿ ਤੁਹਾਨੂੰ ਰੁੱਕ ਕੇ ਬਾਂਦਰਾਂ ਦਾ ਸਾਹਮਣਾ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਇਹ ਸੁਣ ਕੇ ਸੁਆਮੀ ਜੀ ਪਲਟੇ ਅਤੇ ਬਾਂਦਰਾਂ ਵੱਲ ਅੱਗੇ ਹੋ ਕੇ ਵਧੇ। ਬਾਂਦਰ ਤੇਜ਼ੀ ਨਾਲ ਭੱਜਣ ਲੱਗੇ। ਉਹ ਇੰਨੀ ਤੇਜ਼ੀ ਨਾਲ ਵਾਪਸ ਮੁੜੇ ਕਿ ਡਰ ਗਏ ਤੇ ਮੁੜ ਉਹਨਾਂ ਨੇ ਪਿੱਛੇ ਵੇਖਣ ਦੀ ਹਿੰਮਤ ਵੀ ਨਾ ਕੀਤੀ। ਇਸ ਤੋਂ ਉਹਨਾਂ ਨੂੰ ਗੰਭੀਰ ਸਿੱਖਿਆ ਮਿਲੀ ਕਿ ਪਲਟੋ ਅਤੇ ਸਾਹਮਣਾ ਕਰੋ।

ਗੌਰਿਕਾ ਭਾਟੀਆ
ਪੰਜਵੀਂ 'ਏ'

ਸਾਡੇ ਵਿਚਾਰ

ਕੀ ਤੁਸੀਂ ਜਾਣਦੇ ਹੋ ?

ਤਿੰਨ ਚੀਜ਼ਾਂ ਤੋਂ ਡਰੋ—

ਅੱਗ, ਪਾਣੀ, ਬਦਨਾਮੀ।

ਤਿੰਨ ਚੀਜ਼ਾਂ ਤੇ ਕਦੇ ਨਾ ਹੱਸੋ—

ਹੰਝੂ, ਭਿਖਾਰੀ, ਵਿਧਵਾ।

ਤਿੰਨ ਚੀਜ਼ਾਂ ਚੁੱਕਣ ਤੋਂ ਪਹਿਲਾਂ ਸੋਚੋ—

ਕਸਮ, ਕਦਮ, ਕਲਮ।

ਤਿੰਨ ਚੀਜ਼ਾਂ ਵਾਸਤੇ ਤਿਆਰ ਰਹੋ—

ਦੁੱਖ, ਮੁਸੀਬਤ, ਮੌਤ।

ਖੁਸ਼ੀ
(ਅੱਠਵੀਂ 'ਡੀ')

- ★ ਵਿਸ਼ਵ ਦਾ ਸਭ ਤੋਂ ਵੱਡਾ ਮਹੱਲ ਇਟਲੀ ਵਿੱਚ ਹੈ ਜਿਸਦਾ ਨਾਂ ਬੇਕਰਨ ਮਿੱਟੀ ਹੈ।
- ★ ਸੰਸਾਰ ਦਾ ਸਭ ਤੋਂ ਵੱਡਾ ਰੁੱਖ ਲੰਡਨ ਦੇ ਨੈਸ਼ਨਲ ਪਾਰਕ ਵਿੱਚ ਹੈ।
- ★ ਸ਼ਹਿਦ ਦੀਆਂ ਮੱਖੀਆਂ ਦੀਆਂ ਪੰਜ ਅੱਖਾਂ ਹੁੰਦੀਆਂ ਹਨ।
- ★ ਸਵਿਟਜ਼ਰਲੈਂਡ ਵਿੱਚ ਦੇਸ਼ ਦੇ ਰਾਸ਼ਟਰਪਤੀ ਦਾ ਕਾਰਜਕਾਲ ਇੱਕ ਸਾਲ ਹੁੰਦਾ ਹੈ।

ਦ੍ਰਿਸ਼ਟੀ ਬਜਾਜ
(ਅੱਠਵੀਂ 'ਸੀ')

ਕੰਪਿਊਟਰ ਸਾਖਰਤਾ ਦਿਵਸ

ਅਜੋਕਾ ਯੁੱਗ ਕੰਪਿਊਟਰ ਦਾ ਯੁੱਗ ਹੈ। ਕੰਪਿਊਟਰ ਨੇ ਹਰ ਖੇਤਰ ਵਿੱਚ ਜਿਸ ਤਰ੍ਹਾਂ ਆਪਣੀ ਥਾਂ ਬਣਾਈ ਹੈ, ਉਹ ਬਹੁਤ ਮਹੱਤਵਪੂਰਨ ਹੈ। ਇਸ ਕਰਕੇ ਹਰੇਕ ਲਈ ਇਸ ਦਾ ਗਿਆਨ ਜ਼ਰੂਰੀ ਹੋ ਗਿਆ ਹੈ। ਇਸ ਦੀ ਜਾਣਕਾਰੀ ਤੋਂ ਬਗੈਰ ਕਿਸੇ ਵੀ ਖੇਤਰ ਵਿੱਚ ਕੰਮ ਕਰ ਸਕਣਾ ਬੇਹੱਦ ਮੁਸ਼ਕਿਲ ਹੈ। ਇਸ ਦੀ ਵਰਤੋਂ ਨੇ ਹਰ ਕੰਮ ਨੂੰ ਆਸਾਨ ਅਤੇ ਸਰਲ ਬਣਾ ਦਿੱਤਾ ਹੈ। ਹਰ ਸਾਲ ਦੋ ਦਸੰਬਰ ਨੂੰ 'ਵਿਸ਼ਵ ਕੰਪਿਊਟਰ ਸਾਖਰਤਾ ਦਿਵਸ' ਵਜੋਂ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ। ਇਸ ਦਿਨ ਵਿਸ਼ਵ ਭਰ ਵਿੱਚ ਕੰਪਿਊਟਰ ਖੇਤਰ ਵਿੱਚ ਹੋਈਆਂ ਨਵੀਆਂ ਖੋਜਾਂ ਬਾਰੇ ਪ੍ਰਦਰਸ਼ਨੀਆਂ ਲਗਾਈਆਂ ਜਾਂਦੀਆਂ ਹਨ। ਭਾਰਤ ਨੇ ਵੀ ਇਸ ਖੇਤਰ ਵਿੱਚ ਵੱਡੀਆਂ ਮੱਲ੍ਹਾਂ ਮਾਰੀਆਂ ਹਨ।



ਜਵਤੇਸ਼ਵਰ ਸਿੰਘ
ਸੱਤਵੀਂ 'ਬੀ'

ਰੁੱਖਾਂ ਦਾ ਦਰਦ

ਬਦਕਿਸਮਤ, ਬੇਜੁਬਾਨ ਅਤੇ ਲਾਚਾਰ
 ਮੈਂ ਹਾਂ ਅੱਜ ਦੇ ਜ਼ਮਾਨੇ ਦਾ ਰੁੱਖ,
 ਦੁਸ਼ਮਣ ਬਣਿਆ ਬੈਠਾ ਹੈ ਮੇਰਾ
 ਪਤਾ ਨਹੀਂ ਕਿਉਂ, ਅੱਜ ਦਾ ਮਨੁੱਖ,
 ਵੱਢ ਕੇ, ਕੱਟ ਕੇ, ਮੈਨੂੰ ਮੰਡੀ ਵਿੱਚ ਲਿਜਾ,
 ਮਾਨਣ ਲਈ ਨਿੱਘ ਕਾਗਜ਼ ਦੇ ਟੁੱਕੜਿਆਂ ਦਾ
 ਬੋਲੀ, ਰਿਹਾ ਹੈ ਮੇਰੀ ਲਵਾ।
 ਫਿਰ ਰੂਪ ਦੇਣ ਲਈ ਨਵਾਂ ਮੈਨੂੰ
 ਦਿੱਤਾ ਤਰਖਾਣਾਂ ਹੱਥੀਂ ਪਾ,
 ਤਰਖਾਣਾਂ ਨੇ ਵੀ ਕਾਰੀਗਰੀ ਪੂਰੀ ਆਪਣੀ
 ਦਿੱਤੀ ਮੇਰੇ 'ਤੇ ਦਿਖਾ।
 ਕਰ ਕਰ ਟੋਟੇ ਮੇਰੇ ਸਰੀਰ ਦੇ
 ਦਿੱਤਾ ਫਰਨੀਚਰ ਬਣਾ।
 ਕੰਮ ਮੇਰਾ ਸੀ ਹਵਾ ਅਤੇ ਛਾਂ ਵੱਡਣੀ
 ਪਰ ਕੁਰਸੀਆਂ ਅਤੇ ਮੇਜ਼ਾਂ ਦੇ ਰੂਪ ਵਿੱਚ
 ਦਿੱਤਾ ਡਰਾਇੰਗ ਰੂਮਾਂ ਵਿੱਚ ਸਜਾ,
 ਕੁਝ ਰਹਿੰਦੀ-ਖੂੰਹਦੀ ਕਸਰ ਜੋ ਬਾਕੀ
 ਦਿੱਤੀ 'ਫੋਰ ਅਤੇ ਸਿਕਸ ਲੇਨ' ਨੇ ਕਢਾ,
 ਸੜਕਾਂ ਕੰਢਿਓ ਹੋਂਦ ਮੇਰੀ ਨੂੰ
 ਦਿੱਤਾ ਜੜ੍ਹੇ ਹੀ ਮਿਟਾ।
 ਫੋਰ ਅਤੇ ਸਿਕਸ ਲੇਨ ਨੇ, ਤੇਰੇ ਲਈ
 ਕਰ ਦੇਣਾ ਮੇਰੇ ਬਾਝੋਂ, ਮੁਸ਼ਕਿਲ
 'ਮਨੁੱਖ' ਲੈਣਾ ਤੈਨੂੰ ਸਾਹ।
 ਜੇ ਰਿਹਾ ਦਸਤੂਰ, ਕੱਟਣ ਦਾ ਮੈਨੂੰ
 ਤਾਂ ਉਹ ਦਿਨ ਦੂਰ ਨਹੀਂ,
 ਜਦ ਲੈਣ ਲਈ ਤਰਸੇਗੇ
 'ਤਾਜ਼ੀ' ਅਤੇ 'ਠੰਢੀ ਹਵਾ'
 ਮੈਂ ਹਾਂ ਅੱਜ ਦੇ ਜ਼ਮਾਨੇ ਦਾ ਰੁੱਖ।

ਅਵੀਰਾਜ
 ਛੇਵੀਂ 'ਏ'

ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ



“ਸੁਣੀ ਪੁਕਾਰ ਦਾਤਾਰ ਪ੍ਰਭ,
 ਗੁਰੂ ਨਾਨਕ ਜਗੁ ਮਾਹਿ ਪਠਾਇਆ,
 ਕਲਿ ਤਾਰਨ ਗੁਰੂ ਨਾਨਕ ਆਇਆ॥”

ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਇੱਕ ਨੂਰ ਹੈ,
 ਜਿਸ ਦਾ ਨਾਂ ਲੈ ਕੇ ਦਿਲ ਤੇ ਛਾ ਜਾਂਦਾ ਸਰੂਰ ਹੈ।
 ਗੁਰੂ ਨਾਨਕ ਜੀ ਜਾਣੀ ਜਾਣਹਾਰ ਹੈ,
 ਉਹ ਸਾਰੇ ਸੰਸਾਰ ਦਾ ਪਾਲਨਹਾਰ ਹੈ।
 ਗੁਰੂ ਨਾਨਕ ਜੀ ਇਕ ਪਾਣੀ ਹੈ,
 ਜਿਸਦਾ ਰੂਪ ਲਾਸਾਨੀ ਹੈ।
 ਗੁਰੂ ਨਾਨਕ ਜੀ ਇਕ ਉਜਾਲਾ ਹੈ,
 ਜਿਸਦੀ ਸਿੱਖਿਆ ਅਨੁਭਵ ਕਰਕੇ ਬਣਦਾ
 ਜੀਵਨ ਸੁਖਾਲਾ ਹੈ।
 ਜਿਸਨੇ ਗੁਰੂ ਨਾਨਕ ਨੂੰ ਪਹਿਚਾਣਿਆ,
 ਉਸਨੇ ਸਾਰਾ ਸੰਸਾਰ ਜਾਣਿਆ।
 ਗੁਰੂ ਨਾਨਕ ਜੀ ਦੀ ਮਹਿਮਾ ਅਪਾਰ ਹੈ,
 ਜੋ ਮਨੁੱਖ ਨੂੰ ਭਵ-ਸਾਗਰ ਤੋਂ ਦਿੱਦੀ ਤਾਰ ਹੈ।
 ਜਿਸਨੇ ਉਸ ਵੱਲ ਧਿਆਨ ਲਗਾਇਆ,
 ਸਮਝੋ ਉਸਨੇ ਆਪਣਾ ਸਾਰਾ ਜੀਵਨ ਬਚਾਇਆ।
 ਜੋ ਗੁਰੂ ਨਾਨਕ ਦੇ ਚਰਨਾਂ ਨਾਲ ਜੁੜ ਜਾਂਦਾ ਹੈ,
 ਉਸ ਦਾ ਸਾਰਾ ਜੀਵਨ ਭਵ-ਸਾਗਰ ਤੋਂ ਤਰ ਜਾਂਦਾ ਹੈ।
 ਆਉ ਮਿਲ-ਜੁਲ ਕੇ ਧਿਆਨ ਲਗਾਈਏ,
 ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀ ਸਿਖਿਆ
 ਮਨ ਵਿਚ ਵਸਾਈਏ।

ਅਵੀਰਾਜ
 ਚੌਥੀ 'ਬੀ'

ਭਾਰੇ-ਭਾਰੇ ਬਸਤੇ

ਵਿੱਦਿਆ ਕੀ ਹੈ?

ਵਿੱਦਿਆ ਇੱਕ ਸ਼ਕਤੀ ਹੈ,
ਜਿਸਦੇ ਬਰਾਬਰ ਕੋਈ ਸ਼ਕਤੀਸ਼ਾਲੀ ਨਹੀਂ।
ਵਿੱਦਿਆ ਇੱਕ ਤਪੱਸਿਆ ਹੈ,
ਜਿਸਦੇ ਸਮਾਨ ਕੋਈ ਕਠੋਰ ਤਪ ਨਹੀਂ।
ਵਿੱਦਿਆ ਇੱਕ ਤਲਵਾਰ ਹੈ,
ਜਿਸਦੇ ਬਰਾਬਰ ਕੋਈ ਤੇਜ਼ ਧਾਰ ਨਹੀਂ।
ਵਿੱਦਿਆ ਇੱਕ ਅੰਮ੍ਰਿਤ ਹੈ,
ਜਿਸਨੂੰ ਪੀ ਕੇ ਇਨਸਾਨ ਅਮਰ ਹੋ ਜਾਂਦਾ ਹੈ।

ਅਮੋਲਿਕਾ
ਨੌਵੀਂ 'ਏ'



ਭਾਰੇ-ਭਾਰੇ ਬਸਤੇ, ਲੰਮੇ ਲੰਮੇ ਰਸਤੇ,
ਬੱਕ ਗਏ ਨੇ ਗੋਡੇ, ਦੁਖਣ ਲੱਗ ਪਏ ਮੋਢੇ।
ਐਨਾ ਭਾਰ ਚੁਕਾਇਆ ਏ, ਅਸੀਂ ਕੋਈ ਖੱਤੇ ਆਂ?
ਟੀਚਰ ਜੀ ਆਉਣਗੇ, ਆ ਕੇ ਹੁਕਮ ਸੁਣਾਉਣਗੇ।
“ਚਲੋ ਕਿਤਾਬਾਂ ਖੋਲੋ, ਪਿੱਛੇ ਪਿੱਛੇ ਬੋਲੋ।”
ਪਿੱਛੇ ਪਿੱਛੇ ਬੋਲੀਏ? ਅਸੀਂ ਕੋਈ ਤੱਤੇ ਆਂ?

ਅਮੋਲਿਕਾ
ਨੌਵੀਂ 'ਏ'



ਸਮੇਂ ਦਾ ਖਿਆਲ ਰੱਖੋ



- ਮਨੁੱਖ ਨੂੰ ਦੋ ਸਮੇਂ ਜ਼ਿਆਦਾ ਸਾਵਧਾਨ ਰਹਿਣਾ ਚਾਹੀਦਾ ਹੈ — ਖਾਣ-ਪੀਣ ਵੇਲੇ ਤੇ ਬੋਲਣ ਵੇਲੇ।
- ਸਮੇਂ ਦਾ ਖਿਆਲ ਕਰੋ, ਸਮਾਂ ਤੁਹਾਡਾ ਖਿਆਲ ਰੱਖੇਗਾ।
- ਤੁਸੀਂ ਕਹਿੰਦੇ ਹੋ ਸਮਾਂ ਚਲਾ ਜਾਂਦਾ ਹੈ? ਨਹੀਂ, ਸਮਾਂ ਰਹਿੰਦਾ ਹੈ - ਅਸੀਂ ਚਲੇ ਜਾਂਦੇ ਹਾਂ।
- ਮੈਂ ਸਮੇਂ ਦੀ ਬਰਬਾਦੀ ਕੀਤੀ ਹੁਣ ਸਮਾਂ ਮੈਨੂੰ ਬਰਬਾਦ ਕਰ ਰਿਹਾ ਹੈ।

ਤਮਨਵੀਰ
ਛੇਵੀਂ 'ਸੀ'

ਪੈਸੇ ਦੀ ਦੁਨੀਆਂ

ਕਹਿੰਦੇ ਹਨ ਸੱਚ ਦਾ ਬੋਲ-ਬਾਲਾ ਝੂਠੇ ਦਾ ਮੂੰਹ ਕਾਲਾ। ਪਰ ਸਮੇਂ ਦੇ ਫੇਰ ਨਾਲ ਸਭ ਕੁਝ ਬਦਲ ਰਿਹਾ ਹੈ। ਜਦੋਂ ਸਤਿਯੁੱਗ ਭਾਵ ਸੱਚ ਦਾ ਯੁੱਗ ਨਹੀਂ ਰਿਹਾ ਤਾਂ ਕਲਯੁੱਗ ਵਿਚ ਦਸਾਂ ਨਹੁੰਆਂ ਦੀ ਕਿਰਤ ਕਮਾਈ ਕਿੱਥੇ? ਅੱਜਕਲ ਸਦਾਚਾਰ ਦੀ ਥਾਂ ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਨੇ ਮੱਲ ਲਈ ਹੈ। ਹਰ ਕੋਈ ਅੱਖ ਦੇ ਫੇਰ ਵਿਚ ਲੱਖਪਤੀ ਨਹੀਂ, ਕਰੋੜਪਤੀ ਬਣਨਾ ਚਾਹੁੰਦਾ ਹੈ। ਅਜਿਹਾ ਹੀ ਸਭ ਕੁਝ ਹੈ, ਸਾਰੇ ਰਿਸ਼ਤੇ-ਨਾਤੇ ਤੇ ਏਥੋਂ ਤੱਕ ਕਿ ਰੱਬ ਤੇ ਇਮਾਨ ਵੀ ਇਹ ਹੀ ਬਣ ਚੁੱਕਾ ਹੈ। ਜਿਸ ਮਾਇਆ ਨੂੰ ਪੁਰਾਤਨ ਕਾਲ ਵਿਚ 'ਨਾਗਣੀ' ਕਹਿ ਕੇ ਨਿੰਦਿਆ ਜਾਂਦਾ ਸੀ ਅੱਜ ਉਸੇ ਨੂੰ ਰੱਬ ਮੰਨ ਕੇ ਪੂਜਿਆ ਜਾਂਦਾ ਹੈ। ਪੈਸੇ ਦੀ ਇਸ ਦੁਨੀਆਂ ਵਿਚ ਮਨੁੱਖ ਨਤਿਨੁਵੇਂ ਦੇ ਗੋੜ ਵਿਚ ਪਿਆ ਹੋਇਆ ਹੈ। ਪੁਰਾਤਨ ਕਾਲ ਵਿਚ ਜਿੱਥੇ ਆਦਮੀ ਦਸਾਂ ਨਹੁੰਆਂ ਦੀ ਕਿਰਤ ਕਰਨਾ ਤੇ ਵੰਡ ਕੇ ਛੱਕਣਾ ਆਪਣਾ ਜੀਵਨ ਉਦੇਸ਼ ਸਮਝਦਾ ਸੀ, ਉੱਥੇ ਨਵੀਨ ਕਾਲ ਵਿਚ ਦੂਜਿਆਂ ਦੀ ਕਮਾਈ ਤੇ ਪਲਣਾ, ਹਰੇਕ ਤਰੀਕੇ ਨਾਲ ਪੈਸਾ ਕਮਾਉਣਾ ਹਰ ਵਿਅਕਤੀ ਦਾ ਧਰਮ ਬਣ ਗਿਆ ਹੈ। ਇਹ ਬੇਈਮਾਨ ਲੋਕ ਸਟੇਜ ਤੇ ਖੜ੍ਹੇ ਹੋ ਕੇ ਭ੍ਰਿਸ਼ਟਾਚਾਰੀਆਂ ਨੂੰ ਨਿੰਦਦੇ ਹਨ, ਪਰ ਆਪਣੀਆਂ ਗਲਤੀਆਂ ਨੂੰ ਨਹੀਂ ਦੇਖਦੇ। ਆਪਣੇ ਕਾਲੇ ਧਨ ਨੂੰ ਉਹ ਆਪਣੀ ਅਕਲ ਦੀ ਕਮਾਈ, ਦਿਮਾਗ ਦੀ ਕਰਾਮਾਤ ਮੰਨਦੇ ਹਨ। ਕੌਣ ਨਹੀਂ ਜਾਣਦਾ ਕਿ ਇਹ ਕਾਰਾਂ, ਕੋਠੀਆਂ, ਜ਼ਮੀਨਾਂ ਤੇ ਜਾਇਦਾਦਾਂ ਮਿਹਨਤ ਦੀ ਕਮਾਈ ਨਾਲ ਨਹੀਂ ਬਣ ਸਕਦੀਆਂ, ਇਹਨਾਂ ਲਈ ਚੋਰੀਆਂ, ਯਾਰੀਆਂ ਤੇ ਠੱਗੀਆਂ ਦੀ ਜ਼ਰੂਰਤ ਹੈ। ਇਹਨਾਂ ਨੂੰ ਖੁਸ਼ਹਾਲ ਵੇਖ ਕੇ ਹਰ ਕਿਸੇ ਦਾ ਜੀਅ ਲਲਚਾ ਜਾਂਦਾ ਹੈ।



ਸਚਿਨਮੀਤ ਸਿੰਘ
ਦਸਵੀਂ 'ਬੀ'

ਪਾਣੀ ਦੀ ਮੱਹਤਤਾ

ਪਾਣੀ ਕੁਦਰਤ ਦੀ ਦਾਤ,
ਇਸ ਦੀ ਸਦਾ ਕਰੋ ਸੰਭਾਲ,
ਇਸ ਨੂੰ ਕਦੀ ਨਾ ਵਿਅਰਥ ਗਵਾਓ,
ਇਸ ਦੀ ਕੀਮਤ ਦਾ ਮੁੱਲ ਪਾਓ।
ਜੇ ਪਾਣੀ ਹੀ ਖਤਮ ਹੋ ਗਿਆ,
ਤਾਂ ਸਮਝੋ ਜੀਵਨ ਨਸ਼ਟ ਹੋ ਗਿਆ।
ਰੋਟੀ ਬਣਾਉਣੀ, ਨਹਾਉਣਾ ਧੋਣਾ,
ਪਾਣੀ ਬਿਨਾਂ ਨਹੀਂ ਕੁੱਝ ਵੀ ਹੋਣਾ।
ਸੋਨੇ ਨਾਲੋਂ ਵੀ ਮੁੱਲਵਾਨ ਪਾਣੀ।



ਮੇਰਾ ਸਕੂਲ

ਸਤਪਾਲ ਮਿੱਤਲ ਸਕੂਲ, ਮੈਨੂੰ ਲੱਗਦਾ ਬੜਾ ਪਿਆਰਾ,
ਮੇਰਾ ਇਹ ਸਕੂਲ ਲੱਗਦਾ, ਮੈਨੂੰ ਸਭ ਤੋਂ ਨਿਆਰਾ।
ਅੱਸੀ ਹਨ ਅਧਿਆਪਕ ਇੱਥੇ, ਇੱਕ ਹਜ਼ਾਰ ਨੇ ਬੱਚੇ,
ਜਿੰਨੇ ਵੀ ਹਨ ਬੱਚੇ ਇੱਥੇ, ਸਾਰੇ ਮਨ ਦੇ ਸੱਚੇ।
ਸੁਹਣੀਆਂ ਬੱਸਾਂ, ਸੁਹਣੀ ਬਿਲਡਿੰਗ ਦੇ ਨੇ ਅਜਬ ਨਜ਼ਾਰੇ,
ਖੁਸ਼ ਨੇ ਇੱਥੇ ਟੀਚਰ ਰਹਿੰਦੇ, ਖੁਸ਼ ਨੇ ਬੱਚੇ ਸਾਰੇ।
ਬੀਬੇ ਬਣ ਕੇ ਬੱਚੇ ਆਉਂਦੇ, ਵਿੱਚ ਅਨੁਸ਼ਾਸਨ ਰਹਿੰਦੇ,
ਵੱਡੇ-ਵੱਡੇ ਜਦ ਨੇਤਾ ਆਉਂਦੇ, ਜੀ ਆਇਆਂ ਨੂੰ ਅਸੀਂ ਕਹਿੰਦੇ।
ਖੇਡਾਂ ਵਿੱਚ ਵੀ ਅੱਗੇ ਹਾਂ ਅਸੀਂ ਪੜ੍ਹਨ ਵਿੱਚ ਵੀ ਅੱਗੇ,
ਸ਼ਾਲਾ! ਕਦੇ ਸਕੂਲ ਮੇਰੇ ਨੂੰ, ਨਜ਼ਰ ਬੁਰੀ ਨਾ ਲੱਗੇ।

ਜਪਜੋਤ ਸਿੰਘ
ਚੌਥੀ 'ਸੀ'

ਬੁਝਾਰਤਾਂ

- ਜਰਾ ਕੁ ਹੱਥ ਲਾਇਆ, ਡਾਹਡਾ ਸ਼ਰਮਾਇਆ।
- ਹਰੀ ਹੋਵਾਂ ਜਾਂ ਲਾਲ, ਤਾਰੇ ਦੇਵਾਂ ਵਿਖਾਲ।
- ਜਦ ਆਉਂਦੀ, ਸੁਪਨੇ ਨਾਲ ਲਿਆਉਂਦੀ।
- ਲੰਮ-ਸੁ ਲੰਮਾ ਮੈਂ, ਰਸ ਦਾ ਭਰਿਆ।



ਆਸਥਾ ਅਸਥਾਨਾ
ਅਠਵੀਂ 'ਬੀ'

ਪ੍ਰਾਪਤ 'ਬੀ' 'ਬੀ' 'ਬੀ' 'ਬੀ' 'ਬੀ' : ੧੬੬

ਜ਼ਿੰਦਗੀ ਦੀ ਪਰਿਭਾਸ਼ਾ

ਇੱਕ ਅਮੀਰ ਆਦਮੀ ਅਨੁਸਾਰ
“ਪੈਸਾ ਹੀ ਜੀਵਨ ਹੈ।”
ਇੱਕ ਗਰੀਬ ਆਦਮੀ ਅਨੁਸਾਰ
“ਸੰਘਰਸ਼ ਹੀ ਜ਼ਿੰਦਗੀ ਹੈ।”
ਇੱਕ ਪ੍ਰੇਮੀ ਅਨੁਸਾਰ
“ਪਿਆਰ ਹੀ ਜ਼ਿੰਦਗੀ ਹੈ।”
ਇੱਕ ਸਾਧੂ ਅਨੁਸਾਰ
“ਜ਼ਿੰਦਗੀ ਪਰਮਾਤਮਾ ਤੱਕ ਪਹੁੰਚਣ ਦਾ ਰਸਤਾ ਹੈ।”
ਪਿੰਜਰੇ ਵਿੱਚ ਕੈਦ ਪੰਛੀ ਅਨੁਸਾਰ
“ਜ਼ਿੰਦਗੀ ਕੈਦ ਹੈ।”

ਰੇਖਨ
ਛੇਵੀਂ 'ਬੀ'

ਗੁਦਗੁਦੀ

- ਇੱਕ ਕੀੜੀ ਸਤਕ ਤੇ ਤੇਜ਼ ਦੌੜੀ ਜਾ ਰਹੀ ਸੀ, ਦੂਜੀ ਕੀੜੀ ਨੇ ਪੁਛਿਆ, “ਕੀ ਗੱਲ ਹੈ, ਤੂੰ ਇੰਨੀ ਤੇਜ਼ ਕਿਉਂ ਦੌੜੀ ਜਾ ਰਹੀ ਹੈਂ।” ਤਾਂ ਉਸਨੇ ਜੁਆਬ ਦਿੱਤਾ, “ਮੇਰਾ ਦੋਸਤ ਹਾਥੀ ਹਸਪਤਾਲ ਵਿੱਚ ਦਾਖਲ ਹੈ, ਉਸਨੂੰ ਖੂਨ ਦੀ ਲੋੜ ਹੈ, ਮੈਂ ਉਸਨੂੰ ਖੂਨ ਦੇਣ ਜਾ ਰਹੀ ਹਾਂ।”
- ਇੱਕ ਔਰਤ (ਦੁਕਾਨਦਾਰ ਨੂੰ) “ਭਾਈ ਸਾਹਿਬ, ਜੇ ਸਬਜ਼ੀ ਠੀਕ ਨਾ ਬਣੀ ਤਾਂ ਮੈਂ ਵਾਪਸ ਕਰ ਜਾਵਾਂਗੀ।” ਦੁਕਾਨਦਾਰ, “ਭੈਣ ਜੀ, ਸਬਜ਼ੀ ਦੇ ਨਾਲ ਦੋ ਰੋਟੀਆਂ ਵੀ ਦੇ ਜਾਣਾ।”

ਮਾਨਸੀ ਸ਼ਰਮਾ, ਦਸਵੀਂ 'ਬੀ'

ਹਾਏ ਪ੍ਰੀਖਿਆ

ਪ੍ਰੀਖਿਆ! ਸ਼ਬਦ ਹਰ ਇੱਕ ਲਈ ਹਉਮਾ ਬਣ ਚੁੱਕਿਆ ਹੈ। ਈਸਾ ਮਸੀਹ ਨੇ ਕਿਹਾ ਸੀ ਕਿ “ਹੇ ਭਗਵਾਨ! ਮੈਨੂੰ ਕਿਸੇ ਪ੍ਰੀਖਿਆ ਵਿੱਚ ਨਾ ਪਾਈਂ।” ਵੈਸੇ ਤਾਂ ਅੱਜਕੱਲ੍ਹ ਦੇ ਬੱਚੇ ਵੱਡੀਆਂ-ਵੱਡੀਆਂ ਗੱਪਾਂ ਮਾਰਦੇ ਹਨ ਪਰ ਪ੍ਰੀਖਿਆ ਦੇ ਦਿਨਾਂ ਵਿੱਚ ਉਹਨਾਂ ਦੇ ਪਸੀਨੇ ਛੁੱਟਣ ਲਗਦੇ ਹਨ। ਸਾਰਾ ਸਾਲ ਬੱਚਿਆਂ ਦੇ ਚਿਹਰੇ ਖਿੱਤੇ ਰਹਿੰਦੇ ਹਨ ਪਰ ਪ੍ਰੀਖਿਆ ਭਵਨ ਵਿੱਚ ਵੜਦੇ ਹੀ ਉਹ ਇਸ ਤਰ੍ਹਾਂ ਕੰਬਦੇ ਹਨ ਜਿਵੇਂ ਉਹ ਕਿਸੇ ਭਿਆਨਕ ਬਿਮਾਰੀ ਦਾ ਸ਼ਿਕਾਰ ਹੋਣ। ਪੇਪਰ ਹੱਥ ਵਿੱਚ ਆਉਂਦੇ ਹੀ ਸਿਰ ਚਕਰਾਉਣ ਲੱਗ ਜਾਂਦਾ ਹੈ, ਅੱਖਾਂ ਅੱਗੇ ਹਨੇਰਾ ਆਉਣ ਲੱਗਦਾ ਹੈ, ਜੇ ਮਨ ਵਿੱਚ ਆਉਂਦਾ ਹੈ, ਉਹ ਲਿਖਣ ਲੱਗ ਜਾਂਦੇ ਹਨ। ਫਿਰ ਦਿੱਲੀ ਦੀ ਰਾਜਧਾਨੀ ਮਾਊਂਟ ਐਵਰੇਸਟ ਬਣ ਜਾਂਦੀ ਹੈ, ਉਠ ਨੂੰ ਭਾਖੜਾ ਡੈਮ ਦਾ ਜਹਾਜ਼ ਬਣਾ ਦਿੰਦੇ ਹਨ, ਹਵਾਈ ਜਹਾਜ਼ ਦਾ ਕਾਰਖਾਨਾ ਲੁਧਿਆਣੇ ਲੱਗ ਜਾਂਦਾ ਹੈ ਤੇ ਤਾਜਮਹਲ, ਸ਼੍ਰੀ ਨਗਰ ਵਿੱਚ ਬਣਾ ਦਿੰਦੇ ਹਨ। ਘਬਰਾਏ ਹੋਏ ਬੱਚੇ ਇੱਥੋਂ ਤੱਕ ਲਿਖ ਦਿੰਦੇ ਹਨ ਕਿ ਅਕਬਰ ਨੇ ਤਾਜਮਹਲ ਆਪਣੀ ਬੇਗਮ ਦੀ ਯਾਦ ਵਿੱਚ ਬਣਾਇਆ ਸੀ। ਕਈ ਬੱਚੇ ਲਿਖਦੇ ਹਨ ਕਿ ਭਾਂਸੀ ਦੀ ਰਾਣੀ ਭਾਰਤ ਦੀ ਪਹਿਲੀ ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਬਣੀ ਸੀ, ਲਾਲ ਕਿਲ੍ਹੇ ਤੇ ਤੰਡਾ ਮੁੱਖ ਮੰਤਰੀ ਪ੍ਰਕਾਸ਼ ਸਿੰਘ ਬਾਦਲ ਲਹਿਰਾਉਂਦੇ ਹਨ।



ਬੱਚਿਓ! ਪ੍ਰੀਖਿਆ ਵਿੱਚ ਉਹ ਹੀ ਵਿਦਿਆਰਥੀ ਸਫਲ ਹੋ ਸਕਦੇ ਹਨ ਜਿਹੜੇ ਲਗਾਤਾਰ ਮਿਹਤਨ ਤੇ ਲਗਨ ਨਾਲ ਪੜ੍ਹਦੇ ਹਨ। ਚੰਗੇ ਨੰਬਰਾਂ ਲਈ ਦਿਨ ਰਾਤ ਇੱਕ ਕਰ ਦਿੰਦੇ ਹਨ, ਫਿਰ ਉਹਨਾਂ ਨੂੰ ਕਿਸੇ ਵੀ ਤਰ੍ਹਾਂ ਦੀ ਪ੍ਰੀਖਿਆ ਦੇਣ ਤੋਂ ਘਬਰਾਹਟ ਮਹਿਸੂਸ ਨਹੀਂ ਹੁੰਦੀ।

ਅੰਸ਼ਿਕਾ ਸ਼ਰਮਾ
ਦਸਵੀਂ 'ਸੀ'

ਬਾਬਾ ਫਰੀਦ ਸ਼ਕਰਗੰਜ

ਫਰੀਦਾ ਕਾਲੇ ਮੈਂਡੇ ਕੱਪੜੇ, ਕਾਲਾ ਮੈਂਡਾ ਵੇਸੂ।
ਗੁਨਹੀ ਭਰਿਆ ਮੈਂ ਫਿਰਾ, ਲੋਕ ਕਹਿਣ ਦਰਵੇਸ਼ੁ ॥

ਬਾਬਾ ਫਰੀਦ ਜੀ ਇੱਕ ਮਹਾਨ ਸੂਫੀ ਫਕੀਰ ਸਨ। ਆਪ ਨੇ ਆਪਣਾ ਸਾਰਾ ਜੀਵਨ ਸਬਰ, ਸੰਤੋਖ ਤਿਆਗ ਅਤੇ ਮਨੁੱਖਤਾ ਦੀ ਸੇਵਾ ਕਰਦਿਆਂ ਬਿਤਾਇਆ। ਇਹਨਾਂ ਦਾ ਜਨਮ 1173 ਈ. ਵਿੱਚ ਪਿਤਾ ਜਮਾਲੁੱਦੀਨ ਤੇ ਮਾਤਾ ਮਰੀਅਮ ਦੇ ਘਰ ਹੋਇਆ। ਪੜ੍ਹਾਈ ਖਤਮ ਕਰਨ ਤੋਂ ਬਾਅਦ ਆਪ ਸੂਫੀ ਸੰਤ ਕੁਤਬੁੱਦੀਨ ਬਖਤਿਆਰ ਕਾਕੀ ਕੋਲ ਦਿੱਲੀ ਚਲੇ ਗਏ ਤੇ ਉਹਨਾਂ ਦੇ ਮੁਰੀਦ ਹੋਏ। ਆਪ ਦੀ ਪਵਿੱਤਰ ਰਹਿਣੀ-ਬਹਿਣੀ ਵੇਖ ਕੇ ਆਪ ਦੇ ਮੁਰਸ਼ਦ ਬਖਤਿਆਰ ਕਾਕੀ ਇੰਨੇ ਪ੍ਰਭਾਵਿਤ ਹੋਏ ਕਿ ਉਹਨਾਂ ਨੇ ਆਪਣੀ ਗੱਦੀ ਬਾਬਾ ਫਰੀਦ ਜੀ ਨੂੰ ਸੌਂਪ ਦਿੱਤੀ। ਬਾਬਾ ਜੀ ਦਾ ਜੀਵਨ ਬਹੁਤ ਸਾਦੇ ਢੰਗ ਦਾ ਸੀ, ਜੇ ਕੋਈ ਆਪ ਜੀ ਲਈ ਭੋਜਨ ਲੈ ਕੇ ਆਉਂਦਾ ਸੀ ਤਾਂ ਆਪ ਉਸ ਵਿੱਚੋਂ ਥੋੜ੍ਹਾ ਜਿਹਾ ਰੱਖ ਕੇ ਬਾਕੀ ਲੋੜਵੰਦਾਂ ਵਿੱਚ ਵੰਡ ਦਿੰਦੇ। ਕੱਚਾ ਕੋਠਾ, ਜੁਆਚ ਦੀ ਰੋਟੀ, ਉਬਲੇ ਛੋਲੇ ਤੇ ਇੱਕ ਸਧਾਰਨ ਜਿਹੀ ਕੰਬਲੀ ਆਪ ਦੀ ਕੁੱਲ ਜਾਇਦਾਦ ਸੀ। ਆਪ ਦਾ ਸੁਭਾਅ ਇੰਨਾ ਮਨੋਹਰ ਤੇ ਮਿੱਠਾ ਸੀ ਕਿ ਲੋਕ ਆਪ ਜੀ ਨੂੰ ਸ਼ਕਰਗੰਜ ਕਹਿ ਕੇ ਯਾਦ ਕਰਦੇ ਸਨ।



ਕਹਿੰਦੇ ਹਨ ਕਿ ਇੱਕ ਵਾਰ ਕੋਈ ਸੱਜਣ ਆਪ ਜੀ ਨੂੰ ਭੇਟ ਕਰਨ ਲਈ ਕੈਂਚੀ ਲੈ ਕੇ ਆਇਆ, ਉਸਨੇ ਕਿਹਾ ਕਿ ਇਹ ਕੈਂਚੀ ਬਹੁਤ ਤਿੱਖੀ ਤੇ ਮਜ਼ਬੂਤ ਲੋਹੇ ਦੀ ਬਣੀ ਹੋਈ ਹੈ ਤਾਂ ਫਰੀਦ ਜੀ ਉਸਨੂੰ ਸਮਝਾਂਦਿਆਂ ਕਹਿਣ ਲੱਗੇ, “ਭਲਿਆ ਲੋਕਾ, ਇਹ ਤਾਂ ਕੱਟਣ ਵਾਲੀ ਹੈ ਪ੍ਰੰਤੂ ਸਾਡਾ ਕੰਮ ਜੋੜਨਾ ਹੈ ਤੋੜਨਾ ਨਹੀਂ। ਇਸ ਲਈ ਤੂੰ ਇਹ ਕੈਂਚੀ ਲੈ ਜਾ, ਸਾਨੂੰ ਇੱਕ ਸੂਈ ਲਿਆ ਕੇ ਦੇ ਤਾਂ ਜੇ ਮੈਂ ਪਾਟਿਆ ਨੂੰ ਜੋੜ ਸਕਾਂ ਅਤੇ ਅੱਡ ਹੋਏ ਦਿਲਾਂ ਨੂੰ ਪ੍ਰੀਤ-ਪਿਆਰ ਦੀਆਂ ਤੰਦਾਂ ਵਿੱਚ ਪਿਰੋ ਸਕਾਂ।” ਬਾਬਾ ਜੀ ਨੂੰ ਧਰਮ ਦੇ ਨਾਂ ਤੇ ਪਖੰਡ ਪਸੰਦ ਨਹੀਂ ਸੀ। ਉਹ ਕਹਿੰਦੇ ਸੀ ਕਿ ਸਾਨੂੰ ਰੱਬ ਦੇ ਬੰਦਿਆਂ ਨਾਲ ਪਿਆਰ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ, ਕਿਸੇ ਦਾ ਦਿਲ ਨਹੀਂ ਦੁਖਾਉਣਾ ਚਾਹੀਦਾ, ਇਸ ਨਾਲ ਪਰਮਾਤਮਾ ਨਰਾਜ਼ ਹੁੰਦਾ ਹੈ। ਆਪ ਜੀ ਦੀ ਬਾਣੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਵਿੱਚ ਵੀ ਦਰਜ ਹੈ। ਆਪ 1265 ਈ. ਵਿੱਚ ਪਾਕਪਟਨ ਵਿੱਚ ਸਵਰਗ ਸਿਧਾਰੇ ਜਿੱਥੇ ਆਪ ਦਾ ਮਕਬਰਾ ਬਣਿਆ ਹੋਇਆ ਹੈ। ਹੁਣ ਵੀ ਉੱਥੇ ਆਪ ਜੀ ਦੀ ਗੱਦੀ ਚਲਦੀ ਹੈ ਜਿੱਥੇ ਇੱਕ ਵੱਡਾ ਧਾਰਮਿਕ ਮੇਲਾ ਲੱਗਦਾ ਹੈ, ਆਪ ਦੀ ਯਾਦ ਨੂੰ ਤਾਜ਼ਾ ਰੱਖਣ ਲਈ ਪੰਜਾਬ ਦੇ ਸ਼ਹਿਰ ਫਰੀਦਕੋਟ ਵਿੱਚ ਵੀ ਇੱਕ ਭਾਰੀ ਮੇਲਾ ਲੱਗਦਾ ਹੈ।

ਦਿਵਨੂਰ ਸਿੰਘ
ਜਮਾਤ ਗਿਆਰਵੀਂ

ਵੱਧ ਰਹੇ ਪ੍ਰਦੂਸ਼ਣ ਦੀ ਸਮੱਸਿਆ

ਅੱਜ ਭੱਜ ਦੌੜ ਦੀ ਜਿੰਦਗੀ ਵਿੱਚ ਸਾਨੂੰ ਸਭ ਤੋਂ ਜਿਆਦਾ ਵਧ ਰਹੇ ਪ੍ਰਦੂਸ਼ਣ ਸਬੰਧੀ ਜਾਗਰੂਕ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ। ਸਾਡੇ ਘਰਾਂ ਤੋਂ ਲੈ ਕੇ ਕਾਰਖਾਨਿਆਂ ਅਤੇ ਆਵਾਜਾਈ ਸਬੰਧੀ ਸਾਨੂੰ ਧਿਆਨ ਦੇਣਾ ਚਾਹੀਦਾ ਹੈ। ਸਾਨੂੰ ਆਪਣੇ ਚੌਗਿਰਦੇ ਦੀ ਸਫ਼ਾਈ ਕਰਕੇ ਉਸ ਨੂੰ ਅੱਗ ਨਹੀਂ ਲਗਾਉਣੀ ਚਾਹੀਦੀ ਅਤੇ ਸਾਨੂੰ ਗੱਡੀਆਂ ਦਾ ਪ੍ਰਦੂਸ਼ਣ ਸਮੇਂ ਸਿਰ ਕਰਵਾਉਣਾ ਆਪਣੀ ਜਿੰਮੇਵਾਰੀ ਸਮਝਣੀ ਚਾਹੀਦੀ ਹੈ। ਉਦਯੋਗਾਂ ਵਾਸਤੇ ਸਾਡੀ ਸਰਕਾਰ ਨੂੰ ਸਖ਼ਤ ਮਾਪਦੰਡ ਅਪਣਾਉਣੇ ਚਾਹੀਦੇ ਹਨ। ਤਾਂ ਕਿ ਅਸੀਂ ਇਸ ਦੌੜ ਰੂਪੀ ਵਿਨਾਸ਼ਕਾਰੀ ਪ੍ਰਦੂਸ਼ਣ ਦੀ ਮਾਰ ਤੋਂ ਬਚ ਸਕੀਏ।



ਸ਼ਗੁਨ
ਸਤਵੀਂ 'ਸੀ'

ਕਿਤੇ ਦੇਰ ਨਾ ਹੋ ਜਾਏ..

ਸਾਨੂੰ ਸਾਰਾ ਕੰਮ ਸਮੇਂ ਸਿਰ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਜੇ ਅਸੀਂ ਸਕੂਲ ਦਾ ਕੰਮ ਸਮੇਂ ਸਿਰ ਨਹੀਂ ਕਰਾਂਗੇ ਤਾਂ ਅਗਲੇ ਦਿਨ ਦਾ ਹੋਰ ਕੰਮ ਉਸ ਨਾਲ ਜੁੜ ਜਾਵੇਗਾ ਤੇ ਕੰਮ ਵਧ ਜਾਵੇਗਾ। ਫਿਰ ਅਸੀਂ ਕੰਮ ਕਦੋਂ ਪੂਰਾ ਕਰਾਂਗੇ? ਅਧਿਆਪਕ ਵੀ ਗੁੱਸੇ ਹੋਵੇਗਾ ਤੇ ਦੋਸਤਾਂ ਦੀਆਂ ਨਜ਼ਰਾਂ ਵਿੱਚ ਵੀ ਅਸੀਂ ਨਲਾਇਕ ਬੱਚੇ ਬਣ ਜਾਵਾਂਗੇ। ਜਦੋਂ ਕੰਮ ਹੀ ਪੂਰਾ ਨਹੀਂ ਹੋਵੇਗਾ ਤਾਂ ਪੇਪਰਾਂ ਵਿੱਚੋਂ ਵੀ ਅਸੀਂ ਵਧੀਆ ਗਰੇਡ ਨਹੀਂ ਲੈ ਸਕਾਂਗੇ। ਇਸ ਲਈ ਕਦੇ ਵੀ ਕੰਮ ਪੂਰਾ ਕਰਨ ਵਿੱਚ ਦੇਰ ਨਾ ਕਰੋ। ਇਸੇ ਤਰ੍ਹਾਂ ਜਦੋਂ ਅਸੀਂ ਸਵੇਰੇ ਦੇਰ ਨਾਲ ਉਠਾਂਗੇ ਤਾਂ ਅਸੀਂ ਸਮੇਂ ਸਿਰ ਨਹੀਂ ਸਕਾਂਗੇ, ਰੋਟੀ ਨਹੀਂ ਖਾ ਸਕਾਂਗੇ, ਤਿਆਰ ਵੀ ਸਮੇਂ 'ਤੇ ਨਹੀਂ ਹੋ ਸਕਾਂਗੇ। ਥੋੜ੍ਹੀ-ਥੋੜ੍ਹੀ ਦੇਰ ਕਰਦੇ ਅਸੀਂ ਆਪਣੇ ਸਕੂਲ ਵੀ ਦੇਰ ਨਾਲ ਪਹੁੰਚਾਂਗੇ। ਫਿਰ ਸਕੂਲ ਵਾਲੇ ਸਾਨੂੰ ਅੰਦਰ ਨਹੀਂ ਆਉਣ ਦੇਣਗੇ। ਫਿਰ ਵਾਪਸ ਜਾ ਕੇ, ਪੂਰਾ ਦਿਨ ਘਰ ਬੈਠ ਕੇ ਪਛਤਾਉਣਾ ਹੀ ਪਵੇਗਾ। ਇਸ ਲਈ ਮੇਰੇ ਮਿੱਠੀ ਵੀ ਮੈਨੂੰ ਰੱਜ ਸਵੇਰੇ ਕਹਿੰਦੇ ਹਨ ਕਿ ਬੇਟਾ! ਜਲਦੀ ਉੱਠ... ਕਿਤੇ ਦੇਰ ਨਾ ਹੋ ਜਾਏ...

ਸਾਇਸ਼ਾ
ਚੌਥੀ 'ਬੀ'

ਗਰੀਬੀ

ਸਾਡੇ ਦੇਸ਼ ਵਿੱਚ ਬਹੁਤ ਜ਼ਿਆਦਾ ਗਰੀਬੀ ਹੈ। ਸੱਤ-ਅੱਠ ਸਾਲ ਦੀ ਉਮਰ ਵਿੱਚ ਗਰੀਬ ਬੱਚੇ ਰੋਟੀ ਕਮਾਉਣ ਲਈ ਕੰਮ ਕਰਨਾ ਸ਼ੁਰੂ ਕਰ ਦਿੰਦੇ ਹਨ। ਉਹ ਪੜ੍ਹ ਲਿਖ ਵੀ ਨਹੀਂ ਸਕਦੇ। ਸਰਕਾਰ ਨੇ ਗਰੀਬ ਤੇ ਅਨਪੜ੍ਹ ਲੋਕਾਂ ਲਈ ਸਰਕਾਰੀ ਸਕੂਲ ਅਤੇ ਹਸਪਤਾਲ ਆਦਿ ਖੋਲ੍ਹੇ ਹਨ। ਕਈ ਬੱਚੇ ਤਾਂ ਆਪਣੀ ਭੁੱਖ ਮਿਟਾਉਣ ਲਈ ਭੀਖ ਮੰਗਣ ਤੱਕ ਤੋਂ ਵੀ ਗੁਰੇਜ਼ ਨਹੀਂ ਕਰਦੇ। ਸਾਨੂੰ ਸਮਾਜ ਦੀਆਂ ਇਹਨਾਂ ਬੁਰਾਈਆਂ, ਗਰੀਬੀ ਅਤੇ ਭੀਖ ਮੰਗਣ ਤੇ ਰੋਕ ਲਗਾਉਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਪੈਸੇ ਨਾ ਦੇ ਕੇ ਭਿਖਾਰੀਆਂ ਨੂੰ ਕੰਮ ਦੇਣਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂ ਜੋ ਉਹਨਾਂ ਦੀ ਰੋਜ਼ੀ-ਰੋਟੀ ਚਲ ਸਕੇ।



ਰੋਮਿਤਾ
ਚੌਥੀ 'ਏ'

ਤਿੰਨ ਦੋਸਤ

ਵਿੱਦਿਆ, ਧਨ ਅਤੇ ਇੱਜ਼ਤ ਤਿੰਨ ਦੋਸਤ ਇੱਕ ਸਥਾਨ ਤੇ ਇਕੱਠੇ ਹੋਏ। ਵਿਛੜਨ ਸਮੇਂ ਉਹਨਾਂ ਨੇ ਇੱਕ ਦੂਜੇ ਨੂੰ ਕੁਝ ਇਸ ਤਰ੍ਹਾਂ ਵਿਦਾਈ ਦਿੱਤੀ। ਵਿੱਦਿਆ ਨੇ ਕਿਹਾ, “ਮੈਂ ਜਾ ਰਹੀ ਹਾਂ, ਜੇ ਮੈਨੂੰ ਕਿਸੇ ਨੇ ਮਿਲਣਾ ਹੋਵੇ ਤਾਂ ਮੈਂ ਉਸ ਨੂੰ ਵਿਦਵਾਨਾਂ ਨਾਲ ਜਾਂ ਉਹਨਾਂ ਦੀਆਂ ਕਿਤਾਬਾਂ ਵਿੱਚ ਮਿਲਾਂਗੀ।” ਧਨ ਨੇ ਕਿਹਾ, “ਜੇ ਮੈਨੂੰ ਮਿਲਣਾ ਹੋਵੇ ਤਾਂ ਅਮੀਰਾਂ ਦੇ ਮਹਿਲਾਂ ਵਿੱਚ ਆ ਜਾਣਾ।” ਇੱਜ਼ਤ ਚੁੱਪ ਰਹੀ ਤਾਂ ਵਿੱਦਿਆ ਅਤੇ ਧਨ ਨੇ ਪੁੱਛਿਆ ਕਿ “ਤੂੰ ਕਿਉਂ ਚੁੱਪ ਹੈਂ? ਜੇ ਤੈਨੂੰ ਮਿਲਣਾ ਹੋਵੇ ਤਾਂ ਕਿੱਥੇ ਮਿਲੇਂਗੀ?” ਇੱਜ਼ਤ ਨੇ ਉੱਤਰ ਦਿੱਤਾ, “ਅਫ਼ਸੋਸ! ਇੱਕ ਵਾਰ ਜੇ ਮੈਂ ਚਲੀ ਜਾਵਾਂ ਤਾਂ ਮੁੜ ਕੇ ਵਾਪਸ ਨਹੀਂ ਆਉਂਦੀ।”

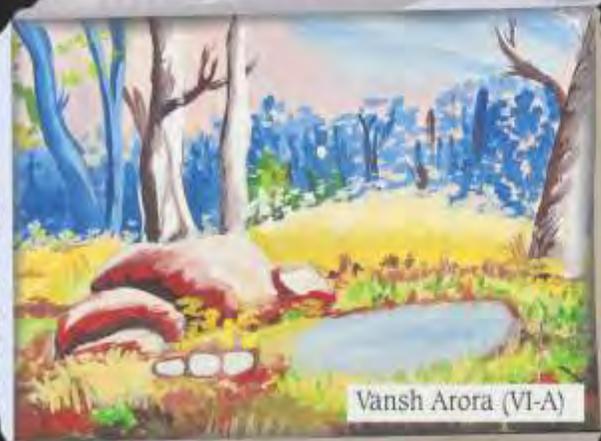
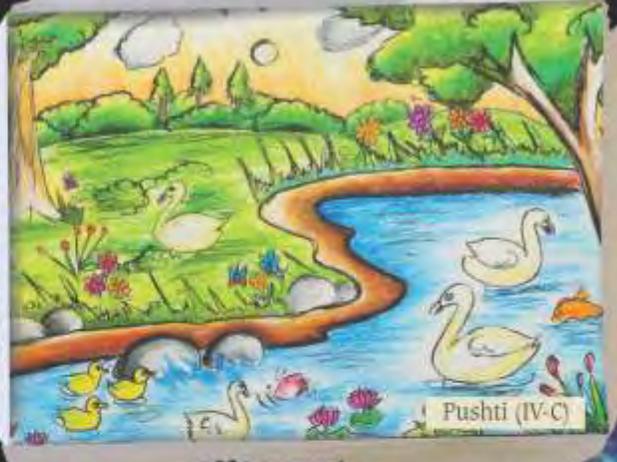
ਸੁਹਾਵੀ ਕੌਰ
ਚੌਥੀ 'ਸੀ'

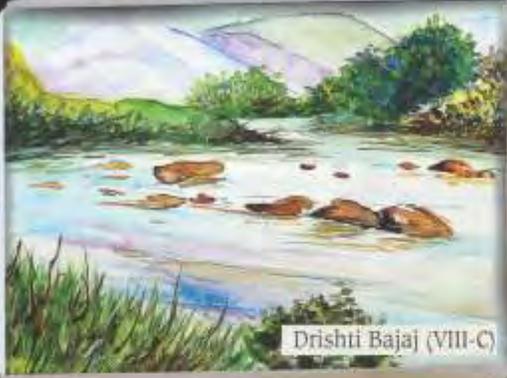


Shobhita (IX)

The Satyan **Sketchathon**







Drishiti Bajaj (VIII-C)



Riya (IV-D)



Khushnaaz (IV-B)



Manasvi (III-C)



Lishov (VI-D)



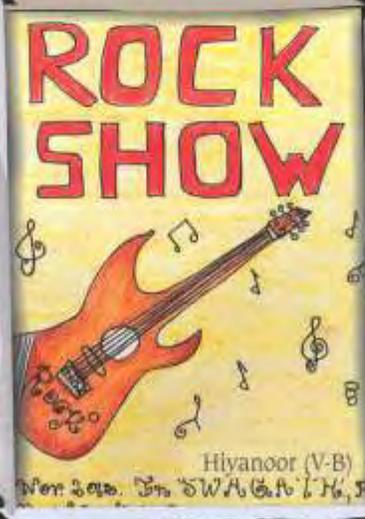
Ananya (V-A)



Manya (V-B)



Anjali (X)



Hiyanoor (V-B)

For more info. SWAGATHA



Akshita Sethi (XII)

लुधियाना

शुक्रवार, 8 नवंबर 2012

जागरण सिटी

Students learn leadership skills:

With an aim to create an environment where the students can discover and create for their own growth and emerge as quality individuals, a one-day leadership programme was organised at Sat Paul Mittal School, Dugri, for the students of classes X, XI and XII on Saturday. The main focus was to train the students on the lines of team work and to make them good decision makers.

Director's b'day celebration:



Students celebrated the 75th birthday of Lt Col Dr B B Sharma, director of Sat Paul Mittal School with gaiety and vigour. A grand party was organized at Nehru Sidhant Kender wherein the faculty and students presented bouquets and cards to the director. This was followed by a cake-cutting ceremony wherein the children sang songs and wished Sharma a happy birthday. Dr Sharma expressed his gratitude to the staff and students.

ममता मरी इप्प्यी



लुधियाना के लड़कियां शिवालय स्कूल में दो दिवसीय लीडरशिप प्रोग्राम का आयोजन कर रही हैं। लड़कियों के विकास के लिए शिवालय स्कूल में एक दिन का कार्यक्रम है। इसमें लड़कियां दो दिवसीय लीडरशिप प्रोग्राम में भाग ले रही हैं। इस कार्यक्रम के माध्यम से लड़कियां अपने-अपने क्षेत्रों में उत्कृष्टता के साथ लीडरशिप के रूप में उभर सकेंगी।

Sheila in city, says girls do better than boys in all fields

RAJESH JAINA
LUDHIANA / NOVEMBER 8

2012 is an important year in every field and every change makes us think that they are going to be better. Sheila In City is a new initiative by the Nehru Sidhant Kender. The event was held to celebrate the 121st birth anniversary of the country's first Prime Minister Pandit Jawaharlal Nehru.



Nehru a great poet: Delhi CM

Sheila In City is a new initiative by the Nehru Sidhant Kender. The event was held to celebrate the 121st birth anniversary of the country's first Prime Minister Pandit Jawaharlal Nehru.

स्कूल की मस्ती

ICSE English curriculum may change from 2013

Fourth annual general body meeting of association of ISC and CSE schools held in city



RAJESH JAINA
LUDHIANA / SEPTEMBER 8

Some changes in the curriculum of English may take place from the year 2013 onwards in ICSE schools. These points were discussed at the fourth annual general body meeting of the association of ISC schools in Ludhiana on Friday evening. Sat Paul Mittal School was the host of this meeting. The conference was presided over by Dr Anil Chahal, Head of the Department of Education, Punjab. The conference aimed at discussing the curriculum changes in ICSE schools. The main focus was to train the students on the lines of team work and to make them good decision makers.

The conference also had sessions on leadership, academic and assessment, the chief guest said. The need of the hour is to instill moral values and environmental consciousness among students in the present challenging educational scenario, apart from providing education as per the syllabus.

There was a presentation on Emotional Intelligence by Anand Kaur, an educational psychologist and certified trainer and facilitator.

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‘इंटरनेशनल सीनियर सिटीजन डे’ मनाया

भारत न्यूज़ | लुधियाना

लुधियाना के लड़कियां शिवालय स्कूल में दो दिवसीय लीडरशिप प्रोग्राम का आयोजन कर रही हैं। लड़कियों के विकास के लिए शिवालय स्कूल में एक दिन का कार्यक्रम है। इसमें लड़कियां दो दिवसीय लीडरशिप प्रोग्राम में भाग ले रही हैं। इस कार्यक्रम के माध्यम से लड़कियां अपने-अपने क्षेत्रों में उत्कृष्टता के साथ लीडरशिप के रूप में उभर सकेंगी।



इंटरनेशनल सीनियर सिटीजन डे का आयोजन शिवालय स्कूल में हुआ। इस कार्यक्रम में लड़कियों को लीडरशिप के रूप में उभरने का अवसर मिला।

इस अवसर पर लड़कियों को लीडरशिप के रूप में उभरने का अवसर मिला। लड़कियों को लीडरशिप के रूप में उभरने का अवसर मिला।

SAT PAUL SCHOOL HOSTS 5TH ANNUAL SWIMMING GALA

HT Live Correspondent
@kulfian@indiatimes.com

LUDHIANA: An electrifying atmosphere full of excitement and enthusiasm imbued on the campus of Sat Paul Mittal School as it hosted the 5th Annual Swimming Gala on Tuesday. Sat Paul Mittal School boasts a state-of-the-art swimming pool with an overhead cover augmented by experienced coaches, who regularly train and supervise budding swimmers.

The event provided a unique opportunity to promising swimmers to learn skills of speed, agility and control, and to social in team spirit, self-discipline and sportsmanship.

Satyans showcased their swimming skills and techniques and impressed the audience with their passion, vigour and stamina. Individual events were specified by length and stroke which included breaststroke, freestyle, butterfly and back stroke.

The mixed relay race was the highlight of the day with all teams receiving great support and cheer.

The final was a closely fought affair; but in the end the winning medals went to Chenab House followed closely by Satuj House and Beas House, who battled it out for second and third place.

Director Sat Paul Mittal



Sat Paul Mittal School celebrates annual day

HT Live Correspondent
@kulfian@indiatimes.com

LUDHIANA: The 121st birth anniversary of the country's first Prime Minister Pandit Jawaharlal Nehru was celebrated at Sat Paul Mittal School on Tuesday. The school celebrated the occasion with a grand party. The event was held in the school auditorium. The main focus was to train the students on the lines of team work and to make them good decision makers.

The event provided a unique opportunity to promising swimmers to learn skills of speed, agility and control, and to social in team spirit, self-discipline and sportsmanship.

Wannabe Phelps show they know their strokes

Annual swimming competition

The annual swimming competition was held at Sat Paul Mittal School on Tuesday. The event provided a unique opportunity to promising swimmers to learn skills of speed, agility and control, and to social in team spirit, self-discipline and sportsmanship.

Table tennis tourney

The table tennis tourney was held at Sat Paul Mittal School on Tuesday. The event provided a unique opportunity to promising table tennis players to learn skills of speed, agility and control, and to social in team spirit, self-discipline and sportsmanship.



Final results

1. Sat Paul Mittal School
2. Chenab House
3. Satuj House
4. Beas House

Prez: Once a teacher, always a teacher



ANOTHER STOP: Pranab Mukherjee at Sat Paul Mittal School

Rinny Jose | TNN

Dugri: As President Pranab Mukherjee took the data at Sat Paul Mittal School, teachers and around 1,000 students sat riveted, straining to hear the words of the president going down memory lane.

Mukherjee unveiled the foundation stone of the Sat Paul Mittal auditorium and talked about his association with the school founder Sat Paul Mittal. "I came into politics unintentionally while I started my career as a teacher. As the saying goes, 'once a teacher always a teacher.' Whenever I am amid students, I feel happy and content," he said. The president also underlined the role of teachers in the development of students, advising them to teach with a personal touch. As the day progressed, the president had an interactive session with seven school students. Being face to face with one of the best-known personalities in Indian politics was a memorable experience for 17-year-old Kijal Arora, "It is not something I will forget easily. I got to meet the President at a young age. The concluding bits of his speech were most inspiring."

For 11-year-old Harast Kaur, seeing the president in real life was all the motivation she would need. "Although I did not have a direct interaction with the president, but after this visit I can say I met him," she gushed.

GLIMPSES FROM SCHOOL



honours Sunil Bharti Mittal



lighter vein



1007 विद्यार्थियों को दी स्कालरशिप



TIMES OF INDIA

वैशाली में 1007 विद्यार्थियों को दी स्कालरशिप
वैशाली में 1007 विद्यार्थियों को दी स्कालरशिप... (The text is partially obscured by the newspaper masthead and other content.)

Students convey they are the 'ch'



दादा ने पूछा, क्या बनोगे बच्चों

राष्ट्रपति से मिलकर गद्गद हुए सतपाल मित्तल स्कूल के विद्यार्थी



अध्यापक की मानोगे तो सफलता सुमेगी कदम



TALENT MEETS ENERGY AT SPORTS MEET

The 10th Annual Athletic Meet was held at Sat Paul Mittal School... (The text is partially obscured by other content.)



एथ्लिटीकों का एंड प्रॉडर ने लिखा सुरक्षा प्रबंध का जवाबदा, दोपहर 2.30 बजे के करीब पीएचए ने निकले

पीएचए से सतपाल मित्तल स्कूल तक होगा ट्रैफिक डा

वैशाली में 1007 विद्यार्थियों को दी स्कालरशिप... (The text is partially obscured by other content.)

Need to strengthen RTE, says President

Advocates a boost to Sarva Shiksha Abhiyan to achieve milestones in education sec



Pranab charms school students





THE

SATIYAN

WIZARDS



I will miss SPM. The school has been instrumental in playing an important role in my life. From academics to extra curricular activities to instilling pride and values in me, I guess SPM has always been the mentor and guru.
Thanks SPM.

H. No. 239, Phase-2, Dugri, Ludhiana

Sahil Mahendru

My journey at SPM started 6-7 yrs ago. The journey has been awesome and rewarding all the while. The school and the valuable memories and moments spent here would definitely be etched in my mind and heart forever. Thanks to my alma mater for being there for me.

H. NO. 317/F, Shaheed Bhagat Singh Nagar, Ludhiana



Urveen Sukhija



SPM is style, passion, moral values and commitment to me. I am thankful to my teachers and my fellow mates for making this journey worth living every single day, every single moment. SPM defines me and completes me. May God be with you always!!!

H. No. 431/1/6, Shraman Vatika, College Road, Civil Lines, Ludhiana

Aditi Jain

I spent my 7 years in this school...and now its really tough to say good bye...but I guess this is something I knew I had to do..had a great time here.. it was fun being a part of this school.. my best wishes to the school.. and for the Satyans, well just remember what doesn't kills you..makes you.. well I'm not 'joker' so I'll go with stronger!

H. No. 1649 Urban Estate, Phase-II Dugri Ludhiana



Saiyam Kalia



Amolak Singh

How can you ever forget it? Praying PT period not being holidays, keeping quiet when the Principal passed by the classroom, eating others tiffins, praying for holidays on exams, every single day has been a perfect moment to savour and cherish. I will miss you my dear school. All the best for future and I hope we make u proud.

H. No. 81, Atam Nagar, Ludhiana

When I was told to write a parting message, all the memories flashed in front of my eyes in a jiffy. Bhupinder Sir's scoldings, Geetanjali Mam's smile, Gogia Mam's words of wisdom.. the list is endless. Time flies so quickly, its time to face the real world far away from the safe and secure environment of SPM, I know the world outside is full of challenges but I guess I am ready to face them and emerge victorious. I have the firm foundation of the values and ideals which I have learnt in this great temple of learning.

I salute you SPM

H. No. 65, Phase - I, Urban Estate Dugri, Ludhiana



Jassimran Saluja



Jaganpreet Kaur

I would like to take this opportunity to thank each and everyone who has made this journey eventful and enjoyable. I would like to thank all the teachers who have put in a lot of efforts and hard work to help the students excel in academics. I would like to congratulate the Management and staff for creating a conducive, fearless and optimum environment for learning. The school is indeed a home away from home.

H. No. 1436, Urban Estate, Phase-II Dugri, Ludhiana



Chetan Preet Singh

The school plays a crucial role in a child's growth and development. SPM has played its role well. I am proud to be a Satyan. The rich reservoir of knowledge and experiences have helped me to mature into a confident adult. The school will always be an important part of me. Thank You Sat Paul Mittal School for everything.

H. No. 629, Urban Estate, Phase-2, Dugri, Ludhiana



Asees Singh

Goodbyes are not forever. Goodbyes are not the end. They simply mean I'll miss you until we meet again. Thanks Sat Paul Mittal School for everything. Farewell is like the end, but in my heart is the memory and there you will always be, you have a special place in my heart. Dear Satyans believe in yourself! Have faith in your abilities!

H. No. 74, Model Gram, Ludhiana

When a single PT. period in the week's timetable was awaited more eagerly than the monsoons! When cricket was played with books and notebooks as bats, and neckties and socks rolled into balls! When few played football in scorching sun, while others simply played 'book cricket' in the confines of classroom! All these valuable moments will be cherished by me, they are memories for a life time.

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

H. No. 47, Palam Vihar, Pakhowal Road, Ludhiana



Kapil Singla



Aanchal

My journey at Sat Paul Mittal School has been superb. The best part about the school is the student-teacher relationship. The teachers are a continuous source of motivation. They are very co-operative, friendly, supportive and helpful. Kudos to the school for providing world class facilities.

H. No. 44-45, Central Town, Village DAD, Pakhowal Road, Ludhiana

Sat Paul Mittal School is definitely a school with a difference. The studies, sports, competitions, everything is class apart. The school has definitely carved a niche for itself in Ludhiana.

H. No. 98, Mahavir Enclave, Badewal, Ludhiana



Aastha Jain



Pallavi Garg

Life at Sat Paul Mittal School has been sour and sweet. The challenges and experiences have made me more humble, mature and confident human being. The atmosphere, the teachers, the students, I will miss everything about my school. It is indeed overwhelming that I will be leaving the portals of this great institution to pursue my future goals.

God bless SPM

H. No. 1056, Phase-II, Urban Estate, Dugri, Ludhiana

I feel a sense of nostalgia when I recall my journey in this institution par excellence. There have been many ups and downs, but I have learnt from my failures and triumphs. The school has been successful in nurturing me into a competent individual with sterling core values. I am ready to soar high and achieve success.

H. No. 390-D, Model Town Extension, Ludhiana



Shubham Garg



Puneet Chadha

I remember those good old days, asking teachers for more game periods, masti and revelry during all the functions, loads of fun during trips, the school will always remain very close to my heart. The fresher's party, farewell party, the efforts of the seniors to make us special and the juniors to bid adieu in an emotional way.

Thank you everyone.

H. No. 3, Jyoti Colony, Shastri Nagar, Ludhiana

Recess which was our favourite time period in school always seemed to be very small. The guy/girl with the tastiest food would be the most pampered one, but only till his/her tiffin was not completely finished. Today these moments have become sweet memories of our life. These moments are so beautiful that they make our eyes wet when we recall them. I promise to make my school proud. I am proud to be a Satyan.

Thapar's 658, Basant Avenue, Dugri, Ludhiana



Piyush Thapar



Shashwat Jindal

I remember vividly when we chased one another in the corridors in intervals, and returned to the classrooms drenched in sweat. When we had lunch in classrooms, when all the colours of the world decorated the campus during various celebrations. All these memories bring cheer and happiness but sadness also as now we will be entering a real world, far away from the love and concern of our teachers.

H. No. C-37, Kitchlu Nagar, Ludhiana

I consider myself a true Satyan, confident, fearless and empowered citizen. I owe a lot to the pious and conducive learning atmosphere provided in the school campus which I am sure is no where to be found. I remember all the old time spent with my friends, the Sports Day, Annual function practice, everything has just helped me to mature and grow. Thanks SPM.

H. No. 663, Urban Estate, Phase-I Dugri Ludhiana



Ojas Thakur



Anhad Arora

The most memorable moments in life are the ones we never took time to plan. I mean if I had a camera in my hand throughout my school life, I'd probably never turn it off. My message to the Satyans is that just make sure you have those friends who make you want to get up early in the morning and come to school. To summarize my life here at SPM, I'd like to quote Richard Feynmann: "People often think I'm a faker, but I'm usually honest, in a certain way – in such a way that often nobody believes me."

H. No. 264-F, Shaheed Bhagat Singh Nagar, Pakhowal Road, Ludhiana

I hope the school reaches the pinnacles of glory and becomes the no.1 school in India. I will miss everything about the school - the Sports Day, the Annual Function and the one-month long preparations for them, the stressful Quarterly, Half Yearly and Annual Exams, and the most enjoyed holidays after the exams, the time spent on the playground, the acting of teachers, the tasty food, the rebukes and love of our teachers. I will miss you SPM.

H. No. 78-G, BRS Nagar, Ludhiana



Akshita Sethi



Jasmine

I am thankful to all the teachers and my friends for making my stay so memorable and fantastic. It would not have been possible without our worthy teachers who have been a constant source of support and guidance at every step.

H. No. 124 - RL Model Town, Ludhiana

To start with I would like to say, Sat Paul Mittal School is in my heart and my heart is in Sat Paul Mittal School. I came as a boy and this school has turned me into a man. Sometimes I get emotional and think where is the good in the 'goodbye'? The school has played an important part in my life, it has made me the person that I am today.

H. No. 1108/1, Tagore Nagar, Ludhiana



Rijul Arora



Manpreet Singh

Those defining years, cut throat competitions, growing from a child to a mature adult, the journey has been self evolving and AWESOME. This could not have been possible without our lovely teachers. My heartfelt gratitude to our worthy Principal for being so affectionate yet firm, caring for us and guiding us at every step. My thanks to my partners in crime, my friends, buddies, my entire batch for making my stay in this school terrific. God bless you SPM!!!

H. No. 17, Extn 4-A, Basant Avenue, Ludhiana

I joined the school in +1. It has been a roller coaster ride for me, which I have surely enjoyed. Thanks to all my friends and esteemed teachers for accepting me as a part of this school. Coming from a Boarding school, it was a little difficult in the beginning. But I owe my thanks to the entire family of SPM for making my stay amazing.

H. No. 109, Mall Enclave, Civil Lines, Ludhiana



Sanika Jain



Upasana Prashar

Thank you SPM for nurturing and polishing us. Words cannot do justice to the feelings and the gratitude I have for this great school.

H. No. B-12, 135-Shahpur Road, Ludhiana



Anvi Kharbanda

Thank you SPM for making these last two years memorable. Love u guys!!!
Stay Blessed!!

H. No. 308, New Lajpat Nagar, Pakhowal Road, Ludhiana



Chirag Jarg

I have been a part of this school for almost 6-7 years. It's time to say goodbye and move ahead in life. I will always remember the school and I wish the school all the best for the future.

H. No. 1056, Phase-2, U.E. Dugri, Ludhiana



Khushboo Joyal

I would like to thank everyone who has made this journey of 2 years worth living in this school. It is the best school in Ludhiana.

H. No. 16-A, Tagore Nagar, Ludhiana



Megha Kharbanda

Everything about the school, be it the teachers, friends, facilities.. is great. I am going to miss my school a lot. SPM ROCKS!!!

H. No. 308, New Lajpat Nagar, Pakhowal Road, Ludhiana

Family *Album*





SAT PAUL MITTAL SCHOOL

**Class : X-A
2012-2013**



Standing 1st Row : Arham Jain, Naman Jain, Ranvi Gupta, Yashita Jain, Mannat, Misha Sandhu, Mehma Vig, Ginny Suri, Ripandeep Kaur, Lavish Chhabra, Himanshu Jain.

2nd Row : Vidul Goyal, Gurmehar Singh Gogia, Anubhav Garg, Subhanu Garg, Gurkanwal Singh, Ishan Singal, Sagar Arora, Niket Shah, Devdeep Singh, Sanyam Jain, Sumair Brar, Sanchit Dhall, Sholab Arora.

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

Sitting : Mrs. Veenu Kaira, Mrs. Neha Sehgal, Mrs. Gurpreet, Mrs. Pooja, Mrs. Meenu Arora (Deputy Head, Senior School), Lt. Col. Dr. D.B. Sharma (Director), Mrs. Bhupinder Gogia (Principal), Mrs. Geeta Dua (Head, Senior School), Mrs. Jaspreet Kaur, Mrs. Ambika, Mrs. Charanjit Kaur.



**Class : X-B
2012-2013**

SAT PAUL MITTAL SCHOOL



Standing 1st Row :

Ms. Neha Sehgal, Rhythm Gupta, Diksha Samsukha, Manavi Aggarwal, Arushi Arora, Mansi Sharma, Yashika Jain, Shipra Aggarwal, Kriti Behal, Bisman K. Makkar, Rageshwari Sall, Akshita Mahajan, Aarushi Goel, Jaivardhan Dhanda, Ms. Pooja Chopra.

2nd Row :

Vedant Mehra, Gursimran Singh, Sachinmeet S. Gill, Sarbjot Singh Gill, Akhil Gupta, Keshav Thakur, Viren Thapar, Udaybir Singh Bhullar, Parampartap Singh, Himanshu Khullar, Gagan Dugar, Aryaman Dhanda, Sarabdeep Singh.

3rd Row :

Mr. Harneet Singh, Mr. Bhupinder Singh, Mr. Maninderpal Singh, Mr. Sanjeev Tyagi.

Sitting :

Ms. Veena Kalra, Ms. Ritu Bajaj, Ms. Jaspreet Kaur, Ms. Radhika Dawar (Class Teacher), Ms. Meenu Arora (Deputy Head, Senior School), Lt. Col. Dr. D.B. Sharma (Director), Ms. Bhupinder Gogia (Principal), Ms. Geeta Dua (Head Senior School), Ms. Ambika Nayyar, Ms. Madhuri Sharma, Ms. Manpreet Sachdeva, Ms. Geetika Dandona, Ms. Alpana Nehraw.



SAT PAUL MITTAL SCHOOL

**Class : X-C
2012-2013**



Standing 1st Row : Ms. Kultar Kaur, Abhishek Dhawan, Abhaybir Singh Sidhu, Vaibhav Kashyap, Aaishwariya Bansal, Sanea Mahajan, Vani Saggar, Anshika Sharma, Anjali Mahendru, Tanvi Jain, Diksha Aggarwal, Dhaarna Jain, Raghav Gupta, Sabhy Vig, Bharat Talreja, Ms. Pooja Chopra.

2nd Row : Vasu Bansal, Ishan Girdhar, Abhijot Singh, Chirag Nagpal, Nishant Dua, Kunal Goyal, Shubham Garg, Gursaheb Singh, Gurkaran Singh Dhaliwal, Haramrit Singh, Biragam Chhabra, Sohail Singh Sodhi, Gursimar Singh Hora, Mannan Jain.

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

Sitting : Ms. Veena Kalra, Ms. Ritu Bajaj, Ms. G Amandeep Kaur, Ms. Geetanjali Sial, Ms. Jaspreet Kaur (Class Teacher), Ms. Meenu Arora (Deputy Head, Senior School), Lt. Col. Dr. D.B. Sharma (Director), Ms. Bhupinder Gogia (Principal), Ms. Geeta Dua (Head, Senior School), Ms. Jasmit Juneja, Ms. Ambika Nayyar, Ms. Charanjit Kaur, Ms. Anupam Bhanot.



SAT PAUL MITTAL SCHOOL

**Class : XI
2012-2013**



- Standing 1st Row :** Mr. Sanjeev Tyagi, Dhruv Sondhi, Tushar Rawat, Gunit Sahnii, Denis Seth, Kanishq Bansal, Jugraj Singh, Tajeshpal S. Gill, Aadvitya Jain, Akshay Jain, Vaibhav Kumar, Rushank Goyal, Divnoor Singh, Gutanmol Singh, Vaibhav Nayyar.
- 2nd Row :** Mr. Harpreet Singh, Kanishdeep Singh, Madhurya Jain, Jenisha Jain, Ankita Thapar, Megha Singhania, Soumya Jain, Gurleen Wallia, Raisin Saini, Eshana Ghuman, Mannat Bhogal, Riddhima Karwa, Dolly Seth, Vani Gupta, Parasha Dhanda, Simran Dhawan, Prabhkumar Chawla, Ms. Gurpreet Kaur.
- 3rd Row :** Ms. Kulkar Kaur, Marveen Singh, Harkirat S. Wallia, Vidhit Handa, Amandeep Grover, Simarjeet Kaur, Aayushi Jain, Penseaz Dhillon, Twinkle Malhotra, Kanica Mago, Nikhil Kumar, Rishab Garg, Shubhankar Gupta, Pranav Dawer, Vanik Handa, Shubham Gupta, Ms. Geeta Bhardwaj.
- Sitting :** Ms. Ambika Nayyar, Ms. Neha Sehgal, Ms. Geetanjali Sial, Ms. Nidhi Sidhu, Ms. Jasmit Juneja (Class Teacher XI-A), Ms. Meenu Arora (Deputy Head, Senior School), Lt. Col. Dr. D.B. Sharma (Director), Ms. Bhupinder Gogia (Principal), Ms. Geeta Dua (Head, Senior School), Ms. Alpana Nehraw (Class Teacher, XI-B), Ms. Manpreet Kaur (Class Teacher, XI-C), Ms. Veena Kalra, Ms. Geetika Dandona.



SAT PAUL MITTAL SCHOOL

Class : XII
2012-2013



Standing 1st Row :

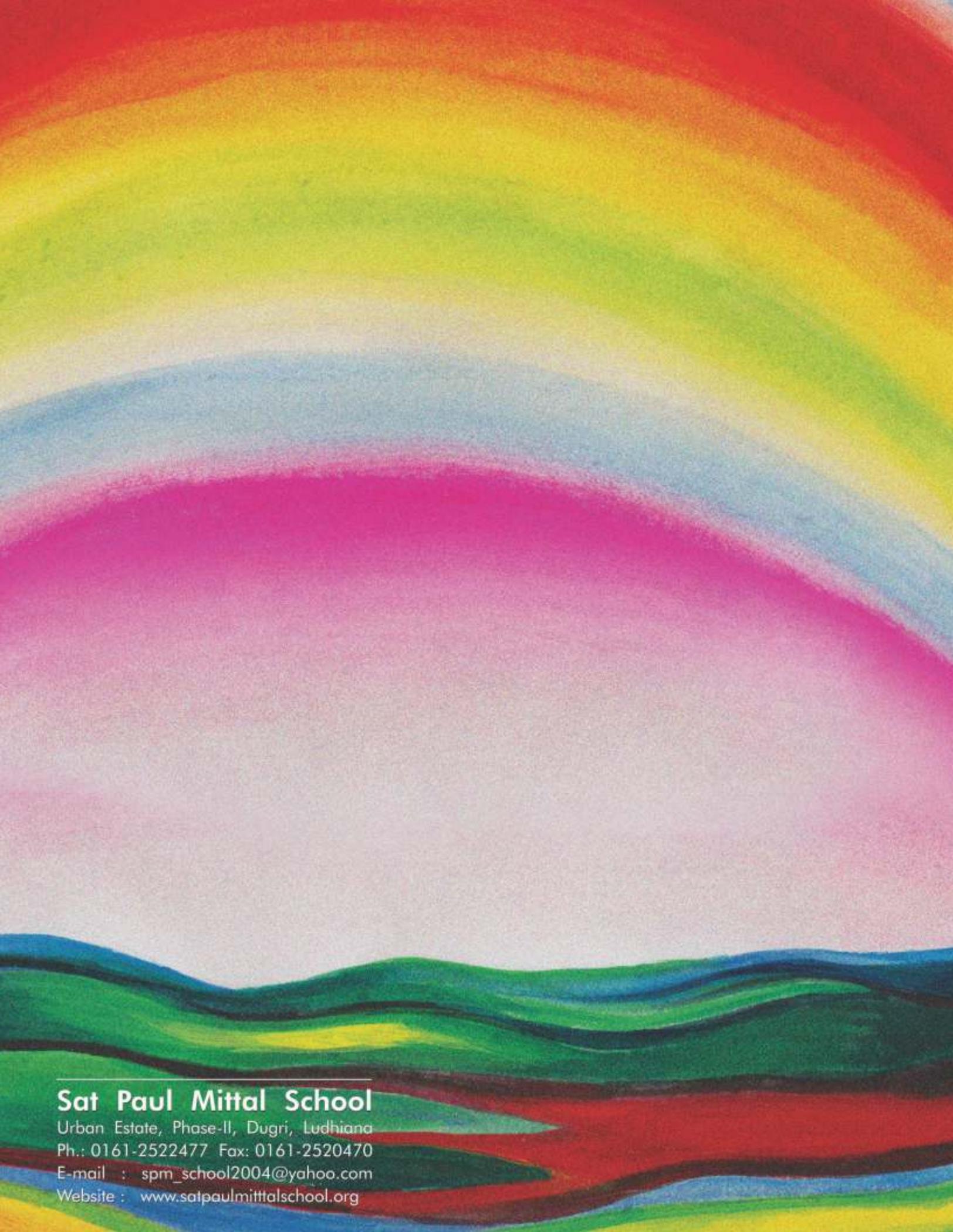
Shubham Garg, Rijul Arora, Chirag Garg, Manpreet Singh, Amolak Singh, Anhad Singh Arora, Kapil Singla, Shashwat Jindal, Chetanpreet Singh, Sahil Mahendru, Saiyam Kalia, Puneet Chadha, Ojas Thakur, Piyush Thapar, Asees Singh.

2nd Row :

Avni Kharbanda, Sanika Jain, Megha Kharbanda, Aanchal Gupta, Aastha Jain, Khushboo Goyal, Aditi Jain, Jassimran Saluja, Gaganpreet Kaur, Akshita Sethi, Upasna Prashar, Jasmine Kaur, Pallavi Garg.

Sitting :

Mr. Bhupinder Singh, Ms. Sangeeta Sharma, Ms. Geetanjali Sial, Ms. Veena Kalra, Ms. Gurpreet Kaur (Class Teacher, XII-A), Ms. Meenu Arora (Deputy Head, Senior School), Lt. Col. Dr. D.B. Sharma (Director), Ms. Bhupinder Gogia (Principal), Ms. Geeta Dua (Head, Senior School), Ms. Geeta Bhardwaj (Class Teacher), Ms. Ambika, Ms. Jasmit Juneja, Ms. Kultar Kaur, Ms. Geetika Dandona.



Sat Paul Mittal School

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