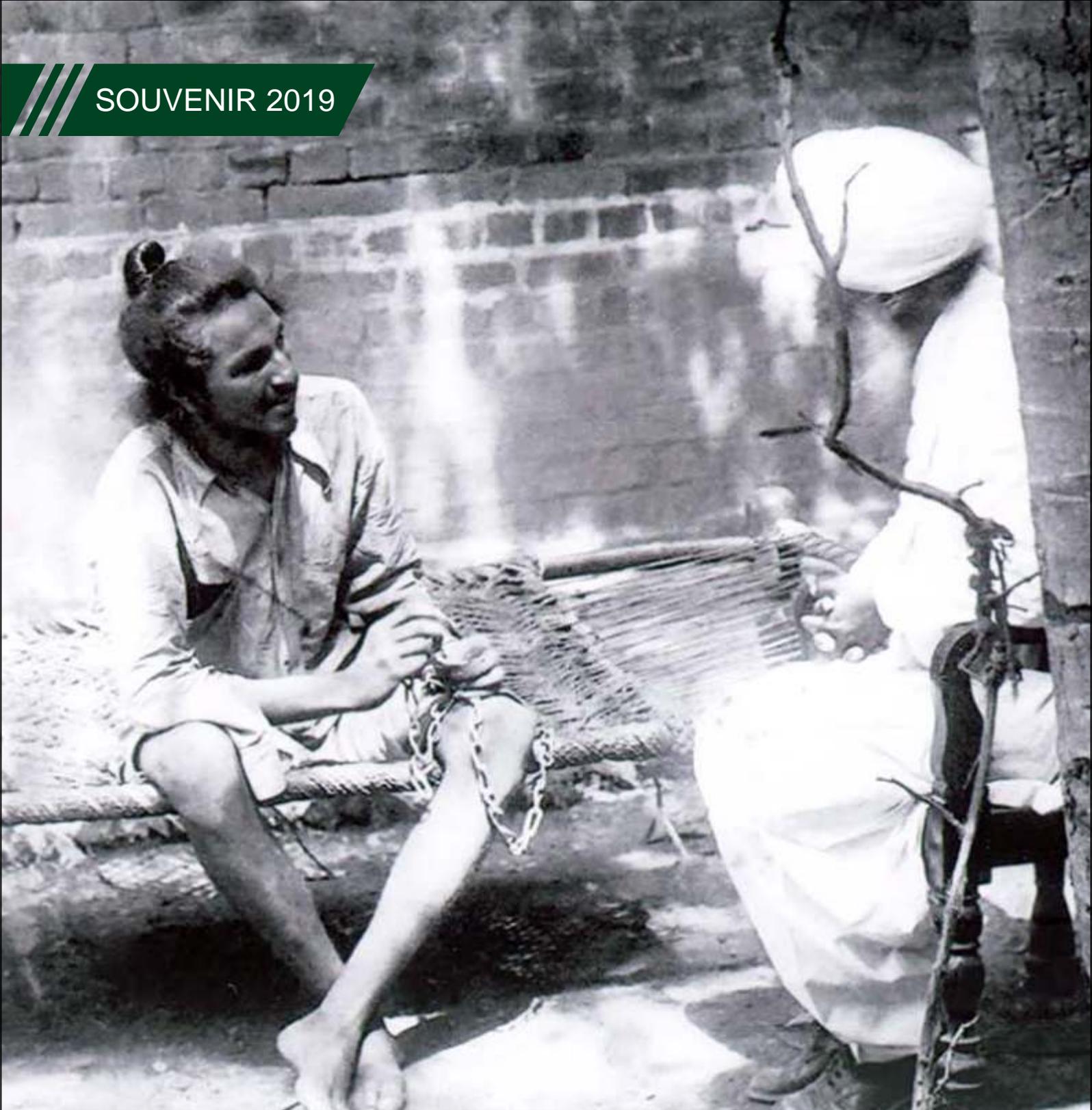


SOUVENIR 2019



DELHI PUBLIC SCHOOL KHANNA

Presents

Shaheed-e-Azam Bhagat Singh

A theatre production

Tribute to the World's Oldest Craft



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Editorial

'The art of writing is the art of discovering what you believe'

Gustave Flaubert

'Souvenir 2019' is the reflection of the students' creativity, imagination and innovative thoughts. This final and fair draft is the true outcome of hard-work put up by all the members of the editorial board who dipped their oars into the creative water of the souvenir and have sailed it successfully to the shore of presentation before you. Students have put forth their ideas and thoughts which are too deep to be expressed and too strong to be suppressed.

'Imagination is the beginning of creation. You imagine what you desire; you will what you imagine, and at last you create what you will'

George Bernard Shaw

'Souvenir 2019' unfolds the world of most precious moments and achievements in different spheres. It is to be viewed as a launch pad for the students' creative urges to blossom. Their humble initiative allows budding minds to move independently in their own world of imagination and give a desirable shape to their creativity. We hope that the enthusiastic efforts of our young writers will hold the interest and admiration of the readers.

'On résiste à l'invasion des armées; on ne résiste pas à l'invasion des idées.'

(One resists the invasion of armies; one does not resist the invasion of ideas.)

(Victor Hugo)

'History of a Crime'



Editorial Board

From L-R:- [Shivansh Tewari, Vanij Jain, Khushdeep Kaur, Savreen Kaur, Parneet Kaur, Simarpreet Kaur Kang, Gursheen Sekhon, Ms. Archana Sehgal, Mr.S. Mukherjee, Nimrat Kaur, Samreen Kaur, Ramneek Kaur, Gurleen Kaur (Editor-in-Chief), Gurtazpal Kaur, Sanya Rajput, Adeshbir Singh]



Shaheed-e-Azam Bhagat Singh a theatre production by the students of DPS Khanna

Bhagat Singh, the epitome of heroism, was one of the most passionate freedom fighters. This Inspirational icon in the Indian freedom struggle was born on 28th September 1907 at Lyallpur District (now in Pakistan) to Vidyavati and Kishan Singh, a patriot who was in jail at the time of his son's birth. Patriotism was in Bhagat Singh's blood and bones since his early childhood as his uncle, Sardar Ajit too was a great freedom fighter. A politically aware environment at home helped to sow the seeds of patriotism in the core of his heart. Bhagat Singh attended Dayanand Anglo Vedic High School and then National College in Lahore.

This revolutionary hero of Indian independence movement began protesting against the British rule in India in his youth. Jallianwala Bagh Massacre and killing of unarmed civilians shaped his strong patriotic outlook.

In 1928, Bhagat Singh plotted to kill the Superintendent of Police, James A. Scott, responsible for the death of Lala Lajpat Rai. In a case of mistaken identity, Junior Officer J.P. Saunders was killed. Bhagat Singh had to flee Lahore. In 1929, he and his associate Batukeshwar Dutt threw a bomb at the Central Legislative Assembly in Delhi shouting the popular phrase 'Inquilab Zindabad.' They said, 'If the deaf are to hear, the sound has to be loud'. Following the blasts both were arrested.

Bhagat Singh said, 'Force when aggressively applied is 'violence' and is, therefore, morally unjustifiable, but when it is used in furtherance of a legitimate cause, it has its moral justification. The elimination of force at all costs in Utopian...'

Bhagat Singh launched a hunger strike in the jail which lasted 63 days and ended with the submission of the British power. The tribunal delivered its 300-page judgement, confirming the involvement of Bhagat Singh, Sukhdev and Rajguru in the case of Saunders' murder. They were sentenced to be hanged till death.

Bhagat Singh was hanged in Lahore jail with his comrades Rajguru and Sukhdev on March 23, 1931 at 7:30 a.m. The trio was cremated at Hussainiwala on the banks of Satluj river igniting the feelings of patriotism within the souls of Indians who were aspiring, as was the great American Statesman, Daniel Webster, 'May the Sun in his course visit no land more free, more happy, more lovely than this our own country!'

Bhagat Singh galvanised the youth of the country at a time when there were no means of mass communication such as T.V. or radios. Not only in his time, even today, Bhagat Singh is the icon of all political parties which represent all shades of his opinion. He was a staunch communist in his beliefs. Bhagat Singh was also a thinker, a writer and a philosopher. He wanted to break the shackles of slavery. He yearned for something more than political freedom for every Indian. He wanted economic and social freedom for his countrymen. He demanded equality in his writings. He wanted the farmers to be free from feudal bonds. He wanted to banish poverty. A real tribute to Shaheed-e-Azam Bhagat Singh would be to implement his ideas of equality nationwide.

Sources : <https://www.culturalIndia.net> • <https://www.britannica.net>



Founders 2019



Chief Guest on the Occasion Major General Surat Sandhu





Founders Day 2019 (Juniors)



**Chief Guest on the Occasion
Dr. Amar Singh
IAS (Retd), Member of Parliament, Fatehgarh Sahib**





Speech by the Chairman, DPS Khanna Junior Founders Day 2019



Mr. D.S. Bains (IAS Retd)

It gives me great pleasure to welcome my friend and batchmate Dr. Amar Singh (Member of Parliament) to DPS Khanna today as the Chief Guest. Dr. Amar Singh is the new member of Parliament from Fatehgarh Sahib in the 17th Lok Sabha. He is also my batchmate from a batch of the IAS in the year 1981. It is indeed very kind of him to take out time from his busy schedule and join us today as the Chief Guest of the Junior Founders Day Function.

We all know that the seeds of good education and the development of an all-round personality are sown in the very early years of school. At no stage of life does learning occur so rapidly as at the pre-primary and primary stages. Development of the Child's personality and his learning curve begins long before he enters school and it develops rapidly thereafter. Therefore, infants must continually build knowledge and connect new ideas to what they already do.

The most important thing for a child at this stage is to learn how to interact socially with children of his own age group. Delhi Public School Khanna provides a safe and comforting place which focuses on love and trust.



The other day the HOD from an old established school in this area came seeking admission for her second child at DPS Khanna. I naturally asked her why she did not prefer to educate both her children (for free) in the school where she was teaching. This is what she told me-

Sir, 'I don't know what you do at DPS Khanna. The children have fun and they are happy to go to school.' She added that her elder child, who has been in DPS Khanna for a few years, feels unhappy when he has to miss school because of illness. In fact, he wants to go to school on Sundays and holidays also.

Today our children of Grade-II and Grade-III are showcasing a theatrical production 'Sustainability - Honey Bees-The Heroes of Our Planet'. These children are the citizens of tomorrow. They will have to face the complex problems of climate change, environmental pollution, food shortage and water scarcity. DPS Khanna instills the values of cooperation in their young minds to solve these intricate problems. Not only are these tiny tots giving us valuable tips today but their confidence shows how well they have grasped the issues and problems of sustainability. At this function I must give credit to Mr. Avtar Dhindsa from Beauscape Farms, Malerkotla who showed all our students (180 in number) how pollination occurs and what a laborious job the bees perform. I am sure these lessons will stay in the minds of our young learners forever. These field visits have been supplemented by teaching/learning in the Integrated Computer Room.

The school uses music, dance, poems, stories and role plays to teach kids. Doll houses and puppet theater are used extensively for enhancing the learning experiences. An indoor gym is provided for developing the motor skills of young boys and girls. Besides this, outdoor games such as swimming and horse riding make the children fond of sports at a very young age.

Recognizing that early education is most important, this year the school will enroll children in the 2 years age group in our Playway section. Our effort is to equip the learning curve with educational and development appropriate toys and activities designed to promote learning in a fun and exciting environment. The goal is to expand the imagination of the child and to promote his growth to ensure a joyful learning experience.

In the end, I would again like to thank Dr. Amar Singh for gracing the occasion and I would like to thank our parents for their continuous support to the school.



Honour Board Class XII CBSE- 2019

The students of DPS Khanna made their institution proud by producing an outstanding result in the CBSE Examinations 2019. Swati Gupta (Medical) scored 92.8% and Parveshdeep Singh Pannu (Non-Medical) scored 92.6% securing 1st position and 2nd position respectively in the school. Mannatpreet Kaur and Komalpreet Singh brought laurels by securing top positions in Commerce stream closely followed by Muskan Sharma scoring 90.4% in the same. Manpreet Kaur (Medical) secured 100% marks in Painting and Gurjashan Singh Dhummi (Humanities) scored 99% marks in Political Science.



Swati Gupta
(92.8%)



Parveshdeep Singh Pannu
(92.6%)



Mannatpreet Kaur
(91.6%)



Komalpreet Singh Chahal
(91.4%)



Muskan Sharma
(90.4%)



Jasmine Kaur Benipal
(89%)



Gurjashan Singh Dhummi
(88.6%)



Manpreet Kaur
(87.2%)



Abhishek
(86.2%)



Anuj Sharma
(85.4%)



Gurjot Kaur
(83.6%)



Jasmeen Kaur
(83%)



Satvir Singh Aujla
(83%)



Harmanjot Kaur
(81.2%)



Akashveer Singh
(80.8%)



Amrit Kaur Benipal
(79.4%)



Pratyaksha Sharma
(78.4%)



Jasmeen Kaur
(77.8%)



Aman Aggarwal
(77.6%)



Komalpreet Kaur
(76.4%)



Muskan Bansal
(76.6%)



Armaan Pandhi
(76.4%)



Tejveer Singh
(75.6%)



Jannatdeep Kaur
(74.6%)



Honour Board Class X CBSE- 2019

The students of DPS Khanna gave a stellar performance in AISSE 2019. Shachi Gupta topped Khanna city and acquired IInd position in Ludhiana district by scoring 98.6% marks closely followed by Pareekshit Sharma (97%) and Anshita (96.8%). The merit list of the school consists of 23 scholars who brought 90% and above marks. It is a matter of great honour that 74.07% students scored 80% and above marks. Shachi Gupta got 100% marks in Social Science, 99 in Science, Mathematics and Hindi making everyone feel extremely proud. Pareekshit Sharma and Anshita scored 100% marks in Mathematics and Yash Garg scored 100 in FIT.



Shachi Gupta
(98.6%)



Pareekshit Sharma
(97%)



Anshita
(96.8%)



Krish Dhiman
(96.2%)



Simarpreet Kaur Kang
(96%)



Shivika
(94%)



Ripanjot Kaur
(94%)



Sahira
(94%)



Yash Garg
(93.4%)



Jasleen Kaur Gill
(93.2%)



Kiranjot Singh Kular
(93%)



Lakshay Chatli
(92.6%)



Harshit Barhay
(92.4%)



Vasu Sharma
(92.4%)



Simar Kaur Jhaji
(92%)



Sehajpreet Singh Swatch
(91.4%)



Alka Sharma
(91.2%)



Saurabh Goyal
(91.2%)



Gurnoor Gill
(91%)



Tarun Kumar
(90.8%)



Anirudh Sharma
(90.6%)



Harkamaldeep Singh Khattrra
(90.6%)



Harnoor Randhawa
(90.4%)



Manvir Kaur Jhajj
(89.4%)



Mandeep Kaur
(88%)



Jaskaranpreet Kaur
(87.6%)



Krishna Sood
(86.8%)



Gurmehar Singh
(86.6%)



Prabhnoor Kaur
(86.6%)



Armaan Singla
(86%)



Kapish Bodh
(84.6%)



Raghav Jindal
(84.2%)



Gursimran Singh Pannu
(84.2%)



Gursimran Kaur
(83.8%)



Jasmine Kaur Mangat
(83%)



Himleen Kaur
(82.8%)



Sunrose Singh
(82.2%)



Jaismeen Kaur
(81.8%)



Prince Verma
(81.2%)



Bavneet Singh
(80.8%)



Naman Sharma
(80.8%)



Harshpreet Kaur
(80.4%)



Harshdeep Singh
(79.6%)



Puneet Singh
(79.4%)



Tanisha Maheshwari
(79.2%)



Taranpreet Singh Kalirao
(77.6%)



Manyashvir Singh
(76.8%)



Jujhar Singh
(75.6%)



School Appointments-Seniors

'A leader is someone who believes in you and gets you to believe in yourself'. anon.

Leadership is a quality that gives you an edge over others and it can easily be observed in the members of the Student Council of Delhi Public School, Khanna. The student council is the voice of the student body of the school which is organised in order to carry out school activities and service projects. They also plan events reflecting the school spirit 'Service Before Self'. It aptly serves as the inner voice for the entire student body and actively works with teachers and suggests measures to promote a better institutional environment.

Head Girl



Kismat Kaur

Head Boy



Aashutosh Shahi

Deputy Head Girl



Shachi Gupta

Deputy Head Boy



Mehtab Singh

Sports Captain



Prabhjot Kaur Randhawa

House Captain
Falcons



Gurleen kaur

House Captain
Panthers



Jobanpreet kaur

House Captain
Stallions



Jasleen Kaur

House Captain
Tuskers



Sukhmeen Kaur

Prefects



Anshita



Harpreet Kaur



Jagatpreet Kaur



Karanveer Singh



Krish Dhiman



Narinderpal Singh



Prabhjot Kaur



Rubalpreet Kaur



Sahira Malhotra



Savijeet Kaur



School Appointments-Juniors

The School Council provides opportunities for students to foster all aspects of their growth and learning like personality, morality, creativity, knowledge and skills. Keeping this in view, a Junior Council is selected in the school every year in order to make the students participate in the decision-making process. The members of Junior School Council nurture a unique bond with the students, through sharing of knowledge and service. They are the torch bearers of the school who set the goals and lead by example, embodying the school motto 'Service Before Self.'

The system inculcates values of fair play, team work, citizenship, self- discipline, initiative and perseverance among the students.



Investiture Ceremony 2019

Head Girl



Eknoor Kaur

Head Boy



Taranveer Singh

Deputy Head Girl



Shranya Gupta

Deputy Head Boy



Naman Tandon

Sports Captain



Gursimar Singh

House Captain
Falcons



Khushi Batta

House Captain
Panthers



Ranbir Kaur

House Captain
Stallions



Bhawanjot Kaur

House Captain
Tuskers



Mannat Kaur



MUN - Bringing Laurels Home

Keeping up the tradition of creating a niche in the history of MUN, the students of DPS Khanna left everyone impressed by their marvellous performance in IIMUN at Mount Litera Zee School. Abhimanyu Mukherjee bagged the Best Delegate (International Press), Shachi Gupta won Special Mention (Lok Sabha) and Gurjashan Singh Dhummi won the Verbal Mention (Lok Sabha).



Abhimanyu Mukherjee (IP Photography) and Shachi Gupta (UN Women) secured High Commendation at IIMUN Sangrur (DPS Sangrur).



IIMUN Mohali at Doon International School was also another pedestal where DIPSites proved their eloquence as Shachi Gupta achieved the Best Journalist Award and Shivansh Tewari got the award of the Best Photographer. Karandeep Gill was declared the Best Delegate (Special Session of Central Drugs Standard Control Organization). Abhimanyu Mukherjee was the proud member of the Executive Board, Head of International Press. DPS Khanna won the Best School Delegation Award.

Keeping up the good work, the students of DPS Khanna made everyone proud by clinching the title of the Best School Delegation Award amongst 430 delegates from different schools and colleges in 3rd Edition of PDAVMUN'19, Police DAV Jalandhar. Tremendous effort and endeavour led the highly focused team of 13 students towards their goal. They worked like Arjuna and they aimed at the bird's eye. Abhimanyu Mukherjee bagged the trophy for the Best Member of the International Press whereas Mehul Khullar received the Best Journalist Trophy. 'Special Mention' was won by Sahira Malhotra and Jasmine Kaur Mangat. The title of Verbal Mention and Honorary Mention was won by Harshit Barhay and Karandeep Singh Gill. Shranya Gupta, the youngest member of her committee, bagged a Verbal Mention in her committee.





Wizard of Words

Failure - the best teacher

Once upon a time, there lived a boy named Rahul. He was a careless child. Whenever his parents advised him to do his homework, he used to say, 'I will do it afterwards.'

Once he had his periodic test of English. He was supposed to prepare for it but he did not do it. After two days, he could not attempt even a single question during his test. After the test, all the students boarded their buses but Rahul sat under a tree alone and started crying.

His friend Rohan came and saw that Rahul was crying. Rahul told him about his poor performance in the test. Rahul says, 'I cannot face my mother and I do not want to go home now'.

Rohan said, 'stop crying and let's board the bus.' Rahul stopped crying and both of them ran towards their buses. Rahul was very scared. Rahul did not talk to anyone and did not eat his lunch. He kept on sitting alone thinking about his Periodic Test.

Suddenly an ice-cream hawker came. Rahul asked him to give him a mango ice-cream. The ice-cream seller gave it to him. While giving him money, he asked him, 'in such hot days how can you walk and sell ice-cream?' The ice-cream seller replied, 'all of us have to work hard in life to make a living. I am not educated so I do menial job for my children. If I would have gone to school like you, I could work in an office and earn more money'.

This made him realize his mistake. From that day onwards, Rahul does his homework promptly and prepares hard for every test. He decided to concentrate on his study and work hard.

Stuti Verma (VA)

The Right Path in Teenage

Teenage is the most confusing period of our life. Everyone gets influenced by distractions and gets diverted from their path. This age can either make your life or destroy it. There are two paths, one is the path of hard work and the other one is of wastage of time. If you go for the first one, you study, take part in co-curricular activities, respect your teachers and parents. This path demands some investment in time and it promises huge success in the future. If you go for the other one, you will have a lot of fun. You will be bullying others, disobeying your elders, breaking rules of school. This will make your parents unhappy and the money they have invested in you will be wasted. In the future you may not become a successful person. So, it depends upon you, whether you want to make your life or you want to spoil it.

Gurtaz Virk (IXB)

SCHOOL

The school is a temple of learning. We always learn something new which helps us to become successful in the future. We have teachers like our mothers and friends like our siblings in school. Teachers are our guides, mentors and gurus. The school imparts us moral values in order to make us better citizens. We learn and prepare for higher studies.

While playing in the school ground, we get a chance to keep our body fit and fine. The school playground teaches us the lessons like team spirit, co-operation, healthy competition etc. Education helps us to improve our own life but also establishes a new world with lots of positive things around us. The school also provides opportunities to students to learn new skills and gives them a chance to work as a team. The students dive deep into the sea of knowledge and broaden their vision and horizon.

Riddhi Arora (VIIA)



Physical Fitness

Being healthy and fit means taking good care of the body. We should remember that good health of both mind and body is important as it helps us to maintain the required energy level to achieve success in life. Protecting ourselves by refraining from harmful substances, doing regular exercise, eating proper food and having enough sleep are some of the most important things that define a healthy lifestyle. Being healthy and fit is not difficult if it is taken as priority. Fitness does not only mean physical well-being. It is a combination of physical and mental health of a person.

Harsimran Kaur (VIIB)

Education

Education is the process of facilitating learning, acquisition of knowledge, skills, values, beliefs and habits. It is a tool which stimulates everyone to go ahead and succeed in life. It provides the ability to overcome all challenges in life. It is the only way to acquire knowledge and improve our skills. It makes us capable of balancing our body, mind and spirit. It creates a lot of opportunities in our way to get better prospects in our chosen career. Each individual needs proper education to enhance his/her standard of life in order to become a part of the social and economic growth story of their country. The future of any person or nation depends on education and the system and strategy for academic attainment followed by the country.

Despite many awareness programmes about the need of proper education in our country, there are many villages still left which do not have proper resources for education. The condition has improved and many steps have been taken by the government to improve the status of education. The well-being of the society depends on the well-being of the people living in that society. Education brings economic and social prosperity throughout the country.

Bhavneet Kaur (VIIB)

Source: <https://www.pearson.com>

Books - nourishment for our mind and soul

Hobbies rejuvenate our life. We should develop one hobby or the other such as singing, gardening, dancing and book reading. Book reading is really beneficial as it opens new vistas of thoughts and refreshes our mind and soul.

When we read the biographies of great personalities like Dr. APJ Abdul Kalam, Mahatma Gandhi and Pandit Jawahar Lal Nehru, they provide us knowledge and they also inspire us to learn something from their experience.

Books always motivate us to move ahead in life. They broaden our way of thinking and provide new horizons. We should adopt such hobbies which make our life meaningful and lively.

Ms. Poonam Sharma (Hindi Faculty)

Hard Work - a key to success

Hard work is the most important key to success. Without hard work, one cannot achieve anything. Sitting idly and waiting for a better opportunity to come is just wasting time. One has to put one's heart and soul in the assigned task.

It is well said that money earned by the sweat of one's brow gives a greater degree of satisfaction than the earnings by a stroke of fortune.

America's famous President, Abraham Lincoln, was born in a log cabin in a forest. He could not afford a lamp but he used to read borrowed books sitting under the street light. He became successful only because of his hard work.

Work is worship. This beautiful universe is the outcome of God's hard work. God himself is a worker who maintains this world. God expects the same from his men.

Ishita Arora (VIA)



Education does not mean learning facts only

Education is the act of learning things around us and applying them in our day to day life. Einstein believed that education is not about learning facts but thinking about ideas. Learning history dates, timeline etc. cannot be called complete education. Students must be demotivated to do 'rote learning'.

Education helps us to deal with any problem and come out of it easily. It helps us to discover our ignorance and enrich our lives by enhancing our knowledge at every step. We are incomplete without education and our lives are worthless. A man without education is just like a building without foundation. Education helps us to set a goal and go ahead by working on that throughout life. Education brings maturity in our thoughts and teaches us to live in society with an ever changing environment.

Education is the first and foremost right of every human being. Every child must be given opportunity to go to school at an appropriate age as it is his/her birthright. Education has been made compulsory by the government for all children from 5 to 15. Education is important for all.

Anahatmeet Kaur (VIA)

All roads that lead to success have to go through hard-work

Someone may motivate you today, tomorrow or even for a week but at the end of the day it is you, who should have the strength and discipline to do it. You have to put efforts to achieve what you dream of. Of course it is going to make your future shine but there is no elevator to success. You have to take the stairs. Every step demands sincerity, determination, utmost concentration and hard-work.

Motivation is needed to begin the task and carry on with enthusiasm. Discipline is needed throughout the journey and the result is like a ripe fruit on the top.

According to me everything you dream of, requires hard work but more than that it requires discipline. Discipline provides nourishment to that task with a purpose to fulfill your dreams.

It is well said 'There is no failure in life ; either you win or you learn.'

So keep the spirits high, keep on working hard with utmost devotion. It will surely take you towards the zenith of success.

Prabhnoor Kaur (XI D)

9. The Political System

The political system in any country is a part of the state apparatus that is in charge of the legislature and the executive. It is the practice in democracies to elect politicians to the legislature and appoint the executives to administer the country.

The political system is one of the pillars of modern democracies. Without it, there can be no mechanism through which decisions affecting the lives of citizens can be taken. In other words, without an effective political system, the modern democracies cannot work.

In recent times, there has been an intense debate about the efficacy of political system as it has been found that democracy is in retreat all over the world.

A well functioning modern state needs the political system to be effective both to represent the will of the people and to provide constitutional checks and balances.

Finally, as the saying goes, 'As is the king so are the people, and as are the people so is the king.'

The symbiotic relationship between the people and the politicians, defines the nature of the democracy. This two-way exchange is important for a healthy society.

**Ms. Monika Ahluwalia
PGT Political Science**



A Little Song

Oh! Every time
you want a rhyme

Then let your tongue go loose
don't hold it tight
or try to bite
that won't be of any use!

Just let it go
and words will flow
from your eager tongue.
And rhymes n' all
will lightly fall
to produce a little song.

Parneet Kaur (IXB)

Shapes

Cukoo Cube

Cukoo cube is my name
all my edges measure the same.
I have got 6 faces
oh! and also 12 vertices.

Curric Cuboid

Curric Cuboid and 3d are the names for me
length, breadth and height make me
brick and match box are my friends.
Discover more examples, as there are no ends.

Cindy Cylinder

Cindy Cylinder I am called
from a rectangle I am rolled
open and closed are my forms.
You can discover me in pipes and drums.

Deepinder Kaur (VIII B)

Source: <https://www.pinterest.com>

High Achievements

There goes a red chick flying up a tree
without any stress; it is tension free

Freshly had he learnt to fly
not long ago had his first cry
when he saw a caterpillar fragile
sitting on a branch docile.

He laughed away calling him the worst
the caterpillar felt as if he was cursed
looking in a puddle of water
the caterpillar yearned to be better.

And finally a day came
that turned the game.
A change came and made him stand
in a hall of fame.

The worst one broke his ugly shell
which was just like a hell.

It turned out to be the best
the so-called little pest
became a butterfly beautiful
the pattern on which was wonderful.

Now he flew across the bird
crossing everyone in the herd
collecting nectar in all weather
flapping his spectacular feathers.

Time will come for sure my friends
the one who is laughed at,
will reap high achievements.

Adeshbir Singh (IX B)

Success Delights but Failure Creates

Success comes as a fruit
but failure is its root.
Crossing down the tough route
sometimes switches us mute.

It's not a one-day phase
you have to work until you chase.
Everyone applauds and appreciates
after you raise.
But before you are all alone
in this maze.

It's true if you want
to be a king,
work like a slave.
You have to follow the rules
and play fair in the ring.

If you are able to cross the hurdles
with determination, while facing
demotivation and frustration
you'll become successful
in this nation.

Everyone dreams to become the best
only a few get up and work
making a difference from the rest.
Optimism and hard work
help in climbing that crest.

Gurleen Kaur (XII A)
Editor-in-Chief



For You

All the mischief we used to make,
all the trouble we used to create.
Oh friend! I long for your company,
tearing us apart was nature's villainy.
You were there when no one was,
you fought for me when all alone I was.
Choosing our ways we have parted,
our bond to the heavens will remain unparted.

Harshit Barhay (XI B)

An Adieu with Heavy Heart

A day comes upsetting us all;
leaving no one to please and tease
to care and share.

We could not blame our destiny and state
as it was too late to blame our fate.

All friends, mates, companions, pals
who once behaved as shadows
as rain follows clouds.

But it's time to say goodbye
anyhow, a forced goodbye.
Though we're moving apart
but our love is deep in heart.

Our future is unsure tomorrow is unknown;
but nothing can separate us because
we're one soul.

Why came this bloody day?
rendering everyone helpless
Why came this crude day?
rendering everyone soulless

As life means going on
so we should move on
cherishing sweet memories
bidding goodbye to goodies.

Anshita (XI A)

Beacon in Loneliness

When I was lonely
there was no one to talk
or even to admonish
no one along to walk.

As I closed my eyes, I saw a shadow flying agile
he came to me with the sweetest smile
and told me he wanted to talk to me for a while.
He said Nora Granger that's what everyone calls me
you will never be lonely as me.

After that day I saw my life
storybooks were my best friends
teachers like Snape, Dumbledore were my ideals
and reading novels and poems were in my soul.

Books I love you as you are my friends
they are not only for me but for all deserted ones.

Now onwards, no one will be lonely
if there is inequality, then there will also be justice.
Oh God! only pray you that
you fill my life with books; not with crooks.

Armeen Nagra (VIII B)

A Thoughtful Idea

A pleasant day,
in summer May.
The still sun shining bright
and the morning glories blooming bright.
I am so engrossed in the flowers,
I could not hear the cars.

Enjoying the countryside
with fragrance as my guide
attracting the beautiful butterflies
to my surprise,
motivates me to be grateful,
whenever I rise.

There came a honey bee
who went disappointed
right back leaving me haunted.
It came the next day
to get me caught.

Then, flew away
giving me a thought.
Never forget yesterday
always live for today
As we never know
what nature can take away.

Simarpreet Kaur Kang (XI A)



vfhk0; fDr

fcd x,

Kku fcd x,] /; ku fcd x,
 dye fcd xbj l Eeku fcd x, A
 Nks/h Nks/h l (fo/kk/vka i j]
 cM# cM# b#ku fcd x, A
 l kp l e> dj eg l s cksy k]
 nhokj ka ds dku fcd x, A
 mu l s i n ftanxh D; k g]
 ftuds l c vjeku fcd x, A
 pksj ka dks er nks'k nhf,]
 ?kj ds gh njckj fcd x, A
 i 'kq/ka dh dher yxrh g]
 fcuk eW; ds bd ku fcd x, A
 'kq/ke xq/rk lkoeha 'l h'

ej s l oLo dh i gpk u

ej s l oLo dh i gpk u
 vi us vki py dh ns ns Nko
 ek gh ek g] g] txg
 l qg l ojs ej s fy, mBrh
 gj jkt+f[kykrh e#dks [kkuk
 ek gh ek g] g] txg
 ek tc rwigl rh g]
 rwigl l; kjh yxrh g]
 e# vi uh ek l s cgr l; kj djrh g]
 [kq kh NBh ^ch'

c#h

c#h dnrj dk vueksy mi gj g]
 fQj ekuo bl l s D; ka vutku g]
 ykx rks c#s gh pgrs g]
 c#h ds uke l s gh ?ckjrs g]
 gqk c#k rks <sy ctk; k]
 gpz c#h rks ekre Nk; kA
 fQj Hkh c#h cky dh [kq kh gh ekxrh g]
 Hkkbz dh ych vk; q ds fy, ml s jk[kh ck/krh g]
 c#h us D; k fd; k dl ij]
 ftl dh l tk ml s vkt Hkh feyrh t#jA
 i <+fy[k dj ekrk&firk dk uke jksku djrh g]
 gj xe dks oks l g yrh g]
 vkt dk ekuo c#h dks f/kDdkj]
 , d ulgha l h tku dks tle l s igys gh ekjA
 vc oDr g] s cnyus dk]
 c#h ds ifr vi uk nfmVdks k cnyus dk]
 c#h dks djks c#ka t# l; kj]
 rc ftanxh ea vk, xh [kq'k; ka dh cgkjA
 l ejhu dk] nl oha, *

ej g] ekuo

dYi uk dh l qj mMku g] e#
 Hkkoukva dk i pM rDku g] e#
 i kf. k; ka ea l cl s egku g] e#
 ij rkdr l s vi uh vutku g] e#
 fopkj ka dk cgrk nfj; k Hkh e# g]
 ml nfj; k dh us k dk f[ko# k Hkh e# g]
 e# gh cukrk g] nfu; k ds fu; e
 vk] fu; eka ea tDMk bd ku Hkh e# g]
 [kq khni dk] uoeha, *

fj 'rs

fj 'rs gkrs cM# vueksy]
 budk pDdj g] xly xlyA
 pkpk pkph] ekek ekeh]
 buds cPps jktk jkuhA
 nklrh Hkh fj 'rka dk [ksy]
 ; g g] , d&nil js dk esyA
 fj 'rka l s gh pyrk l d kj]
 ; g g] [kq'k; ka dk HkMk]A
 fj 'rs g] gj h dk xkuk]
 buds l kfk g] vxs tkuka
 fj 'rka dk djks l Rdkj]
 u djks bu dks bdkjA
 fj 'rs gkrs g] vueksy]
 budk pDdj g] xly xlyA
 j .kchj dk] NBh ^ch'

ej h i gpk u

fl rkj ka dks Nius dh relluk fny ea j [krh gj]
 D; kfd e# ulgh ij h g]
 ej s ulgs dneka l s ?j vpxu gkrk xy t:kj]
 D; kfd e# cgkj g]
 ej h ehBh e#dku eEeh&i ki k dh g] tku]
 D; kfd e# mudh pgr g]
 ek; ; 'kknk dks dN u dg dj Hkh l c dN dgrh g]
 D; kfd e# mudh /kMdu g]
 rdj kj ds ckn djrh g] nrh l s l; kj]
 D; kfd e# mudk fgl l k g]
 eEeh i ki k ds l k, dks [kq kh dh jger dgrh g]
 D; kfd ogh g] ej h i gpk u
 e# i kd : gj i kd fny] i kd # [kl kj gj]
 D; kfd e# *t# ehu* g]
 t# ehu l kroha, *

dHkh er gjks

ft#nxi cnyus ds fy,
 yMuk i M#k g]
 vk] vki ku cukus ds fy,
 l e>uk i M#k g]
 oDr vki dk g] pgs rk]
 l kuk cuk yk] pgs rk]
 l kus ea xqtkj nka
 vxj dN vyx djuk g] rk]
 HkM+ l s gV dj pykA
 HkM+ l kfk rks nrh g] ij]
 i gpk Niu yrh g]
 efty u fey] rc fgEer er gjkj]
 vk] uk gh Bgkj D; kfd]
 i gkM+ l s fudyus okyh ufn; ka us
 vkt rd jkLrs ea fd l h l s ugha i nNk
 fd l enj fdruh nj g]
 [kq kh ni oha, *

[kq kh ni oha, *

ul gk l k l; kj k l k

ul gk l k l; kj k l k
 Hkkbz ej k g]
 Qmyka l k dkey
 Okg [koc gj rk g]
 dks y ds t# s
 dw dw djrk
 eLrh ea vkdj
 l c dks gj krk g]
 [kq kh ni oha, *

ul gk l k l; kj k l k
 Hkkbz ej k g]
 Ekj dk ngykj k
 uV[kV cMk g]
 [kq kh ni oha, *

t# s miou ea Qmy
 egd vi uh fc[kjrk
 o# s l; kj l s ycdj uke ej k g]
 eu ea ej s [kq'k; kj fc[kjrkA
 [kq kh ni oha, *

ul gk l k l; kj k l k
 Hkkbz ej k g]
 Ekj dk ngykj k
 uV[kV cMk g]
 [kq kh ni oha, *

gjfl eju dk] l kroha *ch'



I çg

xje&xje yMMw l k l j t fyiV k cBk ykyh ea
 l çg&l çg j [k vk; k d'u bl s vkl eku dh Fkkyh ea
 einh vk[k [kksyh dfy; ka us fpmf; ka us xk; k xkuk
 xup&xup djrs Hkojka us f[kyrs Qmka dks i gpkukA
 rHkh vk xbz Ond&Ond dj , d frrfy; ka dh VksyHA
 e/ka efD[k; ka us e/kj j l ycdj Hkj Mkyh vi uh >ksyh
 mBk&mBks ge yxs dke ij rc vkxs c<+ i k , xA
 os D; k ik , x s thou ea tks l krs jg tk , xA
 jk?ko oekz NBh *Mh

cl r

gjh gjh [krka ea cjl jgh gâ cna
 [kq kh [kq kh l s vk; k l kou Hkj x; k ejk vkxuA
 , d k yx jgk gS tS s Eku dh dfy; k f [ky xbz os s
 , d k vk; k cl r Ykds Qmka dk t' uAA
 /ka l s l; kjh ejs ru dks cnpka us nh , d h vpxMkbz
 din i Mk ejk rueu yxrk gS ea gw , d nkeuAA
 ; g l d kj gS fdruk l çj Ykdu yxs ugha mrus vDyen
 ; gh gS , d fuonu u djks i dfr dk 'kks'k. kAA
 T; sBk ejokg NBh *ch*

ekj

?kq/uka l s j&r&j&r&dc i s ka ij [kMk gq/k
 rjh eerk dh Nkp ea tkus dc cMk gq/kA
 dkyk Vhdk] nwk&eykb] vkt Hkh l c dñ os k gS
 ea gh ea gw gj txg] l; kj ; s rjk ds k gA
 l h/k&l k/kk] Hkksy&Hkkyk] ea gh l cl s vPNk gj
 fdruk Hkh gks tkA; cMk] ekj: ea vkt Hkh rjk cPpk gA
 , 'kuhr dkj uoeha,*

i dfr

l çj : lk bl /kjk dk
 vkpy ftl dk uhyk vkdk'k
 i or ftl dk Apk elrd
 ml ij pkn l j t dh fcfn; ka dk rkt
 ufn; ka ds > juka l s Nydrk ; kbu
 l rj&h Qm yrkvka us fd; k Uk&kj
 [kr [kfygkuka ea ygykrh Ql ya
 fc[kjkrh en en efdku
 gkj ; gh rks gS i dfrA

cVh cPKVks cVh i <kvks

, 'kuhr dkj uoeha,*

vxj fdl h ?kj ea cVh gkrh gS rksog ?kj l cl sl çkh gkrk gA yfdu dblyks cFV; kadksekj nrs gâD; kfd og pgrs
 gâfd mudsfl QZcV/sgh gkA yfdu cM&gks dj yMfd; k; ekj ds l kFk l kjk dke djokrh gâvkj ?kj dks l Hkkyrh gA
 yxka dks cFV; ka dks i <us ds vf/kd l s vf/kd vol j inku dju s pfg, A tS k fd or&ku l e; ea ge ns[krs gâfd
 yMfd; k; yMka ds l kFk d&ks l s d&kk feyk dj vkxs c<+ jgh gA og gj {ks= ea tS s efMdy} bat hfu; j} f'k[kk]
 jktuhfr] [kyka ea l Qyrk i l r dj jgh gA u fl QZ l Qyrk oju-og vi usns'k dk fl j Hkh xo l s Apk dj jgh gA
 , d k og rHkh dj l drh gâvxj ml gâ vol j fn; k tk, xA bl fy, gea u fl QZcV/ka dks oju-cFV; ka dks Hkh i <us dk
 vol j nsuk pfg, A

xj uj dkj l kroha ^ch*

Xykyokfeâ

/kj rh dsc<+srki eku dk dkj . k dkcu Mkb&vkD l kbM dh c<+rh ek=k gA bl ds dkj . k tks/kj rh dk rki eku c<+jgk
 gS ml sXyky okfeâ dgrs gA bl ds dkj . k Xyky okfeâ dh cQZfi ?ky jgh gA ftl ds i fj . kke Lo: i gea l qkeh
 tS h i kdfrd vki nkvd&dk l keuk djuk i M+jgk gA o{kka dks dkVu j i mlk. k c<+kus vkj u, o{k u yxkus ds dkj . k ; g
 l c dñ gks jgk gA bl ds Qy Lo: i i 'k& i f{k; ka dh dbz i ztkfr; k; ydr gks jgh gA ge l c dks feydj o{k yxkus
 pfg, vkj okroj . k dks nfr'kr ugha djuk pfg, A ftl ds dkj . k /kj rh dk rki eku Bhd jgs vkj gear Fkk vkus okyh
 i hf<+ kadksfdl h i d&j dh i j s kkuh u gkA

djunhi fxy nl oha,*

Okk. kh dk egro

Ckr djrs l e; fdl h dseu dksekj yusdh ekfguh 'kFDr dk uke e/kj Hk'kk gA fdl h dh rkjhQ ; k i z ka k dj rsgq
 yxs dgrs gâfd vepl 0; fDr ckr dgrk gS rks ekukafel jh ?kksy n&rk gA ml j k 0; fDr , d vl; 0; fDr dh i z ka k dj rk
 gqk dgrk gSfd ml dh ok. kh l srks ekus Qm >M&sgA ; g fel jh ?kksyuk vkj Qm >M& ehBh ok. kh dsgh l d&r gA
 0; fDr nekjk cksyx, e/kj o dk&y 'kCn tgk fe=rk dk foLrkj dj rsgq ogha dVqo dBkj 'kCn 'k=qrk dk Hkko c<+krs
 gA euq; dk l c&k olr&ka dsvk/kkj ij mruk fuHkj ugha dj rk ftruk fd 'kCnka dsvknku&i nku ij dj rk gA l ; kus
 yxs dgrs gâfd ^ryokj dk ?ko l e; ij Hkj trrk gS ij ok. kh dk ?kko dHkh ugha Hkj rka

fi dly nl oha ^ch*



ਲਫਜ਼ਾਂ ਦਾ ਕਾਫਲਾ

ਮੇਰੀ ਮਾਂ

ਮਾਂ ਤੂੰ ਕਦੇ ਥੱਕਦੀ ਕਿਉਂ ਨਹੀਂ,
ਸਭ ਦਾ ਫਿਕਰ ਕਰਦੀ ਏਂ, ਤੇ ਆਪਣਾ ਕਰਦੀ ਕਿਉਂ ਨਹੀਂ,
ਮੈਂ ਕਦੇ ਤੈਨੂੰ ਥੱਕਿਆਂ ਨਹੀਂ ਦੇਖਿਆ
ਕਾਹਦੀ ਬਣੀ ਏ ਤੂੰ....?
ਤੇਰੀ ਅੱਖ ਲੱਗਦੀ ਕਿਉਂ ਨਹੀਂ,
ਦਰ ਰਾਮ ਦਾ ਨਹੀਂ ਛੱਡਦੀ, ਨਾ ਹੀ ਔਲਾ ਦਾ,
ਮੰਗਦੀ ਕੀ ਏ, ਦੱਸਦੀ ਕਿਉਂ ਨਹੀਂ?
ਤੂੰ ਠੀਕ ਏ ਤੇ ਤੈਨੂੰ ਫਿਕਰ ਨਹੀਂ,
ਇਹ ਗੱਲ ਤੇਰੇ ਮੂੰਹੋਂ ਜੱਚਦੀ ਕਿਉਂ ਨਹੀਂ।

ਦੀਪਇੰਦਰ ਕੌਰ, ਅੱਠਵੀਂ ਬੀ

ਵੱਧ ਰਹੀ ਬੇਰੁਜ਼ਗਾਰੀ

ਅੱਜ ਦੇ ਦੌਰ ਵਿੱਚ ਵੱਧਦੀ ਹੋਈ ਬੇਰੁਜ਼ਗਾਰੀ ਦੇਸ਼ ਦੇ ਲਈ ਹੀ ਨਹੀਂ ਬਲਕਿ ਦੁਨੀਆਂ ਦੇ ਬਹੁਤ ਸਾਰੇ ਦੇਸ਼ਾਂ ਲਈ ਚਿੰਤਾ ਦਾ ਵਿਸ਼ਾ ਹੈ, ਭਾਰਤ ਦੇਸ਼ ਵਿੱਚ ਬੇਰੁਜ਼ਗਾਰੀ ਦੀ ਲਾਇਨ ਲੰਬੀ ਹੁੰਦੀ ਜਾ ਰਹੀ ਹੈ। ਸਰਕਾਰਾਂ ਵਾਅਦੇ ਵੀ ਕਰਦੀਆਂ ਹਨ ਤੇ ਕੋਸ਼ਿਸ਼ਾਂ ਵੀ ਕਰਦੀਆਂ ਹਨ ਪਰ ਇਸ ਸਮੱਸਿਆਂ ਦਾ ਹੱਲ ਨਹੀਂ ਮਿਲ ਰਿਹਾ। ਨੌਜਵਾਨਾਂ ਨੂੰ ਚਾਹੀਦਾ ਹੈ ਕਿ ਉਹ ਕਿਸੇ ਵੀ ਕੰਮ ਨੂੰ ਛੋਟਾ ਨਾ ਸਮਝਣ ਸਗੋਂ ਜਿਹੜਾ ਵੀ ਰੁਜ਼ਗਾਰ ਮਿਲੇ, ਉਹੀ ਕੰਮ ਕਰ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ। ਸਵੈ-ਸੇਵੀ ਸੰਸਥਾਵਾਂ ਨੂੰ ਵੀ ਚਾਹੀਦਾ ਹੈ ਕਿ ਉਹ ਕੈਂਪ ਵਗੈਰਾ ਲਾ ਕੇ ਨੌਜਵਾਨਾਂ ਨੂੰ ਸਵੈ-ਰੁਜ਼ਗਾਰ ਲਈ ਪ੍ਰੇਰਿਤ ਕਰਨ। ਜੇਕਰ ਅਜਿਹਾ ਕੁਝ ਕੀਤਾ ਜਾਵੇ ਤਾਂ ਮੈਨੂੰ ਲੱਗਦਾ ਹੈ ਕਿ ਇਸ ਸਮੱਸਿਆ ਦਾ ਹੱਲ ਨਿਕਲ ਸਕਦਾ ਹੈ।

ਐਸ਼ਮੀਨ ਕੌਰ, ਅੱਠਵੀਂ ਬੀ

ਪਾਣੀ ਦਾ ਦਰਦ

ਇੱਕ ਵਾਰੀ ਦੀ ਗੱਲ ਹੈ ਕਿ ਮਾਤਾ ਧਰਤੀ ਅਤੇ ਪਿਤਾ ਸਮੇਂ ਦੇ ਘਰ ਪਾਣੀ ਨੇ ਜਨਮ ਲਿਆ। ਆਲੇ-ਦੁਆਲੇ ਖੁਸ਼ੀਆਂ ਛਾ ਗਈਆਂ। ਇੱਕ ਦਿਨ ਪਾਣੀ ਨੂੰ ਉਦਾਸ ਦੇਖ ਕੇ ਉਸ ਦੇ ਮਾਤਾ-ਪਿਤਾ ਨੇ ਪੁੱਛਿਆ, "ਕੀ ਹੋਇਆ? ਤੁਸੀਂ ਉਦਾਸ ਕਿਉਂ ਹੋ?" ਪਾਣੀ ਨੇ ਜਵਾਬ ਦਿੱਤਾ, "ਕੋਈ ਵੀ ਮੇਰੀ ਕਦਰ ਨਹੀਂ ਕਰਦਾ। ਸਾਰੇ ਮੈਨੂੰ ਫਜ਼ੂਲ ਸਮਝ ਕੇ ਮੇਰੀ ਨਜ਼ਾਇਜ਼ ਵਰਤੋਂ ਕਰਦੇ ਹਨ। ਜਿਸ ਦਿਨ ਮੈਂ ਖ਼ਤਮ ਹੋ ਜਾਵਾਂਗਾ, ਉਸ ਦਿਨ ਇਹ ਲਾਲਚੀ ਲੋਕ ਮੇਰੀ ਅਹਿਮੀਅਤ ਸਮਝਣਗੇ। ਪਰ ਤਦ ਤੱਕ ਬਹੁਤ ਦੇਰ ਹੋ ਜਾਵੇਗੀ।" ਸਾਨੂੰ ਪਾਣੀ ਦੇ ਦਰਦ ਨੂੰ ਸਮਝ ਕੇ ਇਸ ਦੀ ਜ਼ਾਇਜ਼ ਵਰਤੋਂ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਆਉ ਰਲ-ਮਿਲ ਕੇ ਪਾਣੀ ਬਚਾਈਏ ਅਤੇ ਇਸ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਸਮਝੀਏ ਅਤੇ ਹੋਰਾਂ ਨੂੰ ਵੀ ਸਮਝਾਈਏ।

ਗੁਰਸਿਮਰ ਸਿੰਘ, ਜੈਸਮੀਨ ਕੌਰ, ਸੱਤਵੀਂ ਏ

ਕਦਰ

ਕਦਰ ਕਰਨੀ ਹੈ ਤਾਂ ਜਿਉਂਦੇ ਜੀ ਕਰੋ,
ਮਰਨ ਤੋਂ ਬਾਅਦ ਤਾਂ ਪਰਾਏ ਵੀ ਰੋ ਦਿੰਦੇ ਹਨ।
ਅੱਜ ਸਰੀਰ ਵਿੱਚ ਜਾਨ ਹੈ, ਤਾਂ ਲੋਕ ਪਹਿਚਾਣਦੇ ਨਹੀਂ।
'ਰੂਹ' ਨਿਕਲਣ ਤੋਂ ਬਾਅਦ ਕਫਨ ਚੁੱਕ-ਚੁੱਕ ਦੇਖਣਗੇ।
ਕਿਸੇ ਸ਼ਾਇਰ ਨੇ ਇਹ ਖੂਬ ਲਿਖਿਆ,
ਸਮਾਂ ਕੱਢ ਕੇ ਗੱਲ ਕਰ ਲਿਆ ਕਰੋ ਆਪਣਿਆ ਨਾਲ।
ਸੋਚੋ ਜੇ ਆਪਣੇ ਹੀ ਨਾ ਰਹੇ ਤਾਂ ਸਮੇਂ ਦਾ ਕੀ ਕਰੋਗੇ।
ਹੰਕਾਰ ਕਿਸ ਗੱਲ ਦਾ ਜਨਾਬ,
ਰਹਿ ਨਾ ਜਾਇਓ ਕਿਤੇ ਜੱਗ ਵਿੱਚ ਇਕੱਲੇ।
ਅੱਜ ਮਿੱਟੀ ਦੇ ਉੱਪਰ, ਤਾਂ ਕੱਲ੍ਹ ਨੂੰ ਮਿੱਟੀ ਦੇ ਥੱਲੇ।

ਜਸਲੀਨ ਗਿੱਲ, ਬਾਰਵੀਂ ਡੀ

ਕਿਸਾਨ

ਇੱਕ ਕੁੜੀ ਕੁਆਰੀ ਬੈਠੀ ਜਿਵੇਂ ਕਰੇ ਉਡੀਕਾਂ ਮਾਹੀ ਦੇ ਆਉਣ ਦੀਆਂ,
ਉੱਝ ਬੈਠਾ ਅੱਜ ਕਿਸਾਨ ਦਿਲ ਮੁੱਠੀ ਵਿੱਚ ਲੈ ਕੇ, ਕਰੇ ਫਿਕਰਾਂ ਰੱਬ ਦੇ ਕੋਹਰਾਮ ਦੀਆਂ,
ਜਿਵੇਂ ਚੜ੍ਹਦੀ ਉਮਰੇ ਖੋਹ ਲਵੇ ਕੋਈ ਸੁਪਨੇ ਹੱਥਾਂ ਤੇ ਮਹਿੰਦੀ ਲਾਵਣ ਦੇ, ਵੇ ਰੱਬਾਂ ਕਿਉਂ ਖੋਹਵੇ ਜੱਟਾਂ ਤੋਂ ਆਉਂਦੇ ਵਰ੍ਹੇ ਧੀਆਂ ਦੇ ਕਾਜ ਰਚਾਵਣ ਦੇ।
ਤੂੰ ਜਦੋਂ ਹੀ ਰੱਬਾ ਕਾਲੀ ਘਟਾ ਅੰਬਰੀ ਚੜ੍ਹਾਉਂਦਾ ਏ,
ਪਤਾ ਨੀ ਕਿੰਨੀਆਂ ਮਾਂਵਾਂ ਦੇ ਪੁੱਤਾਂ ਦੀਆਂ ਨਜ਼ਰਾਂ ਸਲਫਾਸ 'ਤੇ ਟਿਕਾਉਣਾ ਏ,
ਰੱਬਾ! ਤੇਰੇ ਅੱਗੇ ਹੱਥ ਮੈਂ ਜੋੜਾ ਰੋਕ ਲਾ ਇਸ ਤਬਾਹੀ ਨੂੰ,
ਨਹੀਂ ਤਾਂ ਦੇ ਹੌਸਲਾ ਉਹਨਾਂ ਮਾਂਵਾਂ ਨੂੰ ਜਿਹਨਾਂ ਦੇ ਘਰੋਂ ਜਵਾਨ ਪੁੱਤਰਾਂ ਦੀ ਅਰਥੀ ਚਕਵਾਉਂਦਾ ਏ।

ਇਰਸ਼ੀਨ ਕੌਰ ਮੰਡੇਰ, ਅੱਠਵੀਂ ਬੀ

ਪੜ੍ਹਾਈ ਅਤੇ ਖੇਡਾਂ - ਦੋਵੇਂ ਮਹੱਤਵਪੂਰਨ

ਅੱਜ-ਕੱਲ੍ਹ ਸਾਡੇ ਜੀਵਨ ਵਿੱਚ ਪੜ੍ਹਾਈ ਅਤੇ ਖੇਡਾਂ ਨੂੰ ਇੱਕ ਸਮਾਨ ਮੰਨਿਆ ਜਾਂਦਾ ਹੈ। ਖੇਡਾਂ ਸਾਡੇ ਸਰੀਰ ਨੂੰ ਤੰਦਰੁਸਤ ਅਤੇ ਚੁਸਤ ਰਖਦੀਆਂ ਹਨ। ਚਾਹੇ ਟੀਮ ਖੇਡ ਹੋਵੇ ਜਾਂ ਫਿਰ ਵਿਅਕਤੀਗਤ, ਇਹ ਸਾਨੂੰ ਜੀਵਨ ਦੇ ਕਈ ਪਹਿਲੂ ਸਿਖਾਉਂਦੀਆਂ ਹਨ। ਇਹ ਸਾਡੇ ਮਨ ਨੂੰ ਮਜ਼ਬੂਤ ਬਣਾਉਂਦੀਆਂ ਹਨ। ਇਹ ਸਾਡੀ ਮਾਨਸਿਕ ਯੋਗਤਾ ਅਤੇ ਸਰੀਰਕ ਤੰਦਰੁਸਤੀ ਵਿੱਚ ਵਾਧਾ ਕਰਦੀਆਂ ਹਨ। ਜੇ ਬੱਚੇ ਖੇਡਾਂ ਅਤੇ ਪੜ੍ਹਾਈ ਨਾਲੋਂ-ਨਾਲ ਕਰਨ ਤਾਂ ਉਹਨਾਂ ਨੂੰ ਹਰ ਮੁਸ਼ਕਿਲ ਨੂੰ ਹੱਲ ਕਰਨ ਦੀ ਸਮਰੱਥਾ ਮਿਲਦੀ ਹੈ। ਪਰ ਇੱਥੇ ਇਹ ਗੱਲ ਧਿਆਨ ਦੇਣ ਯੋਗ ਹੈ ਕਿ ਬੱਚਿਆਂ ਨੂੰ ਖੇਡਾਂ ਮੋਬਾਇਲ ਤੇ ਨਾ ਖੇਡ ਕੇ ਸਗੋਂ ਘਰੋਂ ਬਾਹਰ ਜਾ ਕੇ ਸੈਦਾਨ ਵਿੱਚ ਖੇਡਣੀਆਂ ਚਾਹੀਦੀਆਂ ਹਨ। ਅੱਜ-ਕੱਲ੍ਹ ਦਾ ਬਚਪਨ ਤਾਂ ਮੋਬਾਇਲ ਤੱਕ ਹੀ ਸੀਮਤ ਹੋ ਕੇ ਰਹਿ ਗਿਆ ਹੈ। ਜਿਸ ਕਾਰਨ ਬੱਚਿਆਂ ਦੀ ਸਿਹਤ ਤੇ ਮਾੜਾ ਪ੍ਰਭਾਵ ਪੈਂਦਾ ਹੈ। ਉਹ ਕਈ ਬਿਮਾਰੀਆਂ ਦੇ ਸ਼ਿਕਾਰ ਹੋ ਜਾਂਦੇ ਹਨ। ਉਹਨਾਂ ਦਾ ਧਿਆਨ ਪੜ੍ਹਾਈ ਤੋਂ ਭਟਕ ਜਾਂਦਾ ਹੈ, ਅਤੇ ਪ੍ਰੀਖਿਆਵਾਂ ਵਿੱਚ ਉਹਨਾਂ ਦੇ ਅੰਕ ਘੱਟ ਜਾਂਦੇ ਹਨ। ਇਸ ਲਈ ਬੱਚਿਆਂ ਨੂੰ ਖੇਡਾਂ ਦੇ ਮਹੱਤਵ ਤੋਂ ਜਾਣੂੰ ਕਰਵਾਉਣਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂ ਜੋ ਉਹ ਪੜ੍ਹਾਈ ਵਿੱਚ ਖੇਡਾਂ ਦਾ ਲਾਭ ਲੈ ਸਕਣ।

ਸਮਰੀਨ ਕੌਰ ਧੁੰਮੀ, ਸੱਤਵੀਂ ਏ



ਕਿਤਾਬਾਂ

ਕਿਤਾਬਾਂ ਨੇ ਸਾਡੀਆਂ ਸੱਚੀਆਂ ਸਾਥੀ,
ਸਾਨੂੰ ਹਨ੍ਹੇਰੇ ਤੋਂ ਉਜਾਲੇ ਵੱਲ ਲੈ ਜਾਂਦੀਆਂ,
ਬਿੰਨ੍ਹਾਂ ਕਿਸੇ ਸ਼ਿਕਾਇਤ,
ਹਮੇਸ਼ਾ ਸਾਡਾ ਸਾਥ ਨਿਭਾਉਂਦੀਆਂ ।
ਕਿਤਾਬਾਂ ਹਰ ਵੇਲੇ ਗਿਆਨ ਵੰਡਦੀਆਂ,
ਕਦੇ ਨਾ ਕਿਸੇ ਤੋਂ ਕੁਝ ਮੰਗਦੀਆਂ,
ਹਮੇਸ਼ਾ ਸਭ ਨੂੰ ਇੱਕ ਸਮਾਨ ਮੰਨਦੀਆਂ,
ਕਦੇ ਨਾ ਕਿਸੇ ਨਾਲ ਭੇਦ-ਭਾਵ ਕਰਦੀਆਂ ।
ਕਿਤਾਬਾਂ ਸਾਨੂੰ ਸਹੀ ਰਾਹ ਦਿਖਾਉਂਦੀਆਂ,
ਸਾਨੂੰ ਮੁਸ਼ਕਲਾਂ ਦਾ ਸਾਹਮਣਾ ਕਰਨਾ ਸਿਖਾਉਂਦੀਆਂ,
ਕਿਤਾਬਾਂ ਸਾਨੂੰ ਵਿੱਦਿਆ ਪ੍ਰਾਪਤ ਕਰਵਾਉਂਦੀਆਂ ,
ਸਾਨੂੰ ਦੇਸ਼-ਵਿਦੇਸ਼ ਬਾਰੇ ਜਾਣਕਾਰ ਬਣਾਉਂਦੀਆਂ ।
ਕਿਤਾਬਾਂ ਸਾਨੂੰ ਹਰ ਵਿਸ਼ੇ ਤੇ ਜਾਣਕਾਰੀ ਦਿੰਦੀਆਂ ,
ਕਿਤਾਬਾਂ ਸਾਡਾ ਮਨੋਰੰਜਨ ਵੀ ਨੇ ਕਰਦੀਆਂ ,
ਹਮੇਸ਼ਾ ਸਾਡੀ ਮਦਦ ਹੀ ਨੇ ਕਰਦੀਆਂ ,
ਕਦੇ ਨਾ ਸਾਨੂੰ ਨਿਰਾਸ਼ ਇਹ ਕਰਦੀਆਂ ।
ਕਿਤਾਬਾਂ ਨੇ ਸਾਡੀਆਂ ਸੱਚੀਆਂ ਸਾਥੀ ,
ਸਾਨੂੰ ਹਨ੍ਹੇਰੇ ਤੋਂ ਉਜਾਲੇ ਵੱਲ ਲੈ ਜਾਂਦੀਆਂ ,
ਬਿੰਨ੍ਹਾਂ ਕਿਸੇ ਸ਼ਿਕਾਇਤ ,
ਹਮੇਸ਼ਾ ਸਾਡਾ ਸਾਥ ਨਿਭਾਉਂਦੀਆਂ ।

ਅਵਰੀਨ ਕੌਰ, ਨੌਵੀਂ ਏ

ਉਦਾਸੀ

ਅੱਜ ਫਿਰ ਚਿੱਤ ਉਦਾਸ ਹੈ
ਕੀ ਜਾਣੇ ਇਸਨੂੰ ਹੋਇਆ ਹੈ ।
ਨਾ ਰਹਿ ਸਕਾਂ , ਨਾ ਦੱਸ ਸਕਾਂ ,
ਅੰਦਰੋਂ - ਅੰਦਰ ਮੇਰਾ ਖੋਇਆ ਹੈ ।
ਮਨ ਵਿੱਚ ਖੁਸ਼ੀ ਦੀ ਪਿਆਸ ਹੈ ,
ਅੱਖਾਂ 'ਚ ਹੰਝੂ ਆਇਆ ਹੈ ।
ਨਾ ਹੱਸ ਸਕਾਂ ਨਾ ਰੋ ਸਕਾਂ ,
ਕੀ ਪਾਇਆ ਮੈਂ ਕੀ ਖੋਇਆ ਹੈ ।
ਅੱਜ ਇਕੱਲੇ ਹੋਣ ਦਾ ਅਹਿਸਾਸ ਹੈ .
ਨਾ ਕੋਈ ਮੇਰੇ ਕੋਲ ਆਇਆ ਹੈ ।
ਨਾ ਬਹਿ ਸਕਾਂ , ਨਾ ਖੜ੍ਹੇ ਸਕਾਂ ,
ਮੈਨੂੰ ਇਕੱਲੇਪਣ ਨੇ ਖਾਇਆ ਹੈ ।
ਕਿਸੇ ਦੇ ਆਉਣ ਦੀ ਆਸ ਹੈ ,
ਦਿਲ ਮੇਰਾ ਥੋਕਿਆ ਹੋਇਆ ਹੈ ।
ਨਾ ਮਰ ਸਕਾਂ , ਨਾ ਜੀ ਸਕਾਂ ,
ਰੱਬ ਜਾਣੇ ਮੈਨੂੰ ਕੀ ਹੋਇਆ ਹੈ ।

ਸ਼੍ਰੀ ਮਤੀ ਰਿਤੂ ਢੀਂਗਰਾ
ਅਧਿਆਪਕਾ (ਹਿਸਾਬ)

ਮਾਂ-ਬੋਲੀ

ਗੁਰੂਆਂ ਮੈਨੂੰ ਆਪ ਰਚਾਇਆ,
ਕਈ ਵਿਦਵਾਨਾਂ ਖੂਬ ਹੰਢਾਇਆ,
ਇਸ ਮੋਹ ਮਾਇਆ ਦੇ ਜਾਲ ਨੇ,
ਜੀਵਨ ਮੇਰਾ ਨਰਕ ਬਣਾਇਆ ।
ਅੱਜ ਮੇਰੇ ਮੂੰਹ ਤੇ ਕਈ ਜੁਬਾਨਾਂ,
ਕੀ ਬਿਆਨਾਂ ਤੇ ਜੋ ਦੁੱਖ ਮੈਂ ਹੰਢਾਇਆ ।
ਮੈਂ ਮਾਂ-ਬੋਲੀ ਪੰਜਾਬੀ ਹਾਂ,
ਜਿਹਨੂੰ ਆਪਣਿਆ ਗ਼ੈਰ ਬਣਾਇਆ ।
ਦਰਖ਼ਤਾਂ ਦੀਆਂ ਛਾਂਵਾਂ ਖੋਹ ਲਈਆਂ,
ਖੋਹ ਲਈਆਂ ਧਰਤ ਬਹਾਰਾਂ ।
ਇਹਨਾਂ ਬੇਗ਼ੈਰਤ ਲੋਕਾਂ ਕਰਕੇ,
ਮੈਂ ਦਰ-ਦਰ ਠੋਕਰਾਂ ਖਾਵਾਂ ।
ਦੂਜੀਆਂ ਕਿਤਾਬਾਂ ਥੱਲੇ ਦੱਬੀ,
ਕੀ ਗੀਤ ਖੁਸ਼ੀ ਦੇ ਗਾਵਾਂ ।
ਮੈਂ ਮਾਂ-ਬੋਲੀ ਪੰਜਾਬੀ ਹਾਂ,
ਜਿਹਨੂੰ ਚੀਰਦੀਆਂ ਸਰਦ ਹਵਾਵਾਂ ।

ਸਮਰੀਨ ਕੌਰ ਧੁੰਮੀ, ਸੱਤਵੀਂ ਏ

‘ਘਿਓ ਕਿਸਦਾ?’

ਇੱਕ ਵਾਰ ਦੀ ਗੱਲ ਹੈ, ਇੱਕ ਪਿੰਡ ਵਿੱਚ ਦੋ ਔਰਤਾਂ ਘਿਓ ਲਈ ਲੜ ਰਹੀਆਂ ਸਨ। ਫਿਰ ਉਹ ਦੋਵੇਂ ਆਪਣਾ ਝਗੜਾ ਸੁਲਝਾਉਣ ਲਈ ਉਸ ਪਿੰਡ ਦੇ ਸਰਪੰਚ ਕੋਲ ਪਹੁੰਚ ਗਈਆਂ ਅਤੇ ਪਹਿਲੀ ਔਰਤ ਬੋਲੀ-“ਸਰਪੰਚ ਸਾਹਿਬ ਇਸ ਔਰਤ ਨੇ ਮੇਰਾ ਘਿਓ ਲਿੱਤਾ ਸੀ ਅਤੇ ਹੁਣ ਇਹ ਮੇਰਾ ਘਿਓ ਵਾਪਸ ਨਹੀਂ ਕਰ ਰਹੀ” ਫਿਰ ਦੂਸਰੀ ਔਰਤ ਬੋਲੀ-“ਸਰਪੰਚ ਸਾਹਿਬ ਮੈਂ ਇਸ ਕੋਲੋਂ ਘਿਓ ਕਿਉਂ ਲਵਾਂਗੀ ਕਿਉਂਕਿ ਮੇਰੇ ਕੋਲ ਤਾਂ ਗਾਂ ਹੈ ਤੇ ਇਸ ਕੋਲ ਬਕਰੀ ਹੈ, ਤਾਂ ਮੇਰੇ ਕੋਲ ਜ਼ਿਆਦਾ ਘਿਓ ਹੋਵੇਗਾ”। ਫਿਰ ਪਹਿਲੀ ਔਰਤ ਬੋਲਦੀ ਹੈ-“ਸਰਪੰਚ ਸਾਹਿਬ ਇਹ ਝੂਠ ਬੋਲ ਰਹੀ ਹੈ, ਇਸ ਨੇ ਮੇਰੇ ਕੋਲੋਂ ਘਿਓ ਲਿੱਤਾ ਸੀ”। ਫਿਰ ਸਰਪੰਚ ਥੋੜ੍ਹੀ ਦੇਰ ਸੋਚਦਾ ਹੈ ਅਤੇ ਆਪਣੇ ਇੱਕ ਪੰਚ ਨੂੰ ਉਹਨਾਂ ਨੂੰ ਇੱਕ - ਇੱਕ ਦੀਵਾ ਪਾਣੀ ਨਾਲ ਭਰ ਕੇ ਦੇਣ ਨੂੰ ਕਹਿੰਦਾ ਹੈ ਅਤੇ ਸਰਪੰਚ ਉਹਨਾਂ ਦੋਵਾਂ ਨੂੰ ਉਸ ਪਾਣੀ ਨਾਲ ਨਹਾ ਕੇ ਆਉਣ ਨੂੰ ਕਹਿੰਦਾ ਹੈ। ਫਿਰ ਉਹ ਦੋਵੇਂ ਆਪਣੇ- ਆਪਣੇ ਘਰ ਨੂੰ ਚਲੇ ਗਈਆਂ। ਕੁਝ ਸਮੇਂ ਬਾਦ ਉਹ ਸਰਪੰਚ ਕੋਲ ਪਰਤੀਆਂ ਅਤੇ ਦੂਸਰੀ ਔਰਤ ਬੋਲੀ (ਗਾਂ ਵਾਲੀ)-“ਸਰਪੰਚ ਸਾਹਿਬ ਇੰਨੇ ਪਾਣੀ ਨਾਲ ਤਾਂ ਕੋਈ ਨਹਾ ਹੀ ਨਹੀਂ ਸਕਦਾ ਤਾਂ ਮੈਂ ਆਪਣੇ ਪੈਰਾਂ ਤੇ ਪਾਣੀ ਪਾ ਕੇ ਆਈ ਹਾਂ, ਫਿਰ ਪਹਿਲੀ ਔਰਤ ਬੋਲੀ-“ਸਰਪੰਚ ਸਾਹਿਬ ਮੈਂ ਤਾਂ ਉਨੇ ਕੁ ਹੀ ਪਾਣੀ ਵਿੱਚ ਰੂੰ ਦਾ ਫੰਬਾ ਡੋਬ ਕੇ ਪੂਰੇ ਸ਼ਰੀਰ ਉੱਤੇ ਫੇਰ ਕੇ ਨਹਾ ਕੇ ਆਈ ਹਾਂ”। ਸਰਪੰਚ ਦੂਸਰੀ ਔਰਤ ਨੂੰ ਕਹਿੰਦਾ ਹੈ, “ਤੂੰ ਇਸਦਾ ਘਿਓ ਲਿੱਤਾ ਹੈ, ਇਸ ਦਾ ਘਿਓ ਵਾਪਸ ਕਰ ਦੇ ਕਿਉਂਕਿ ਇਹ ਬਹੁਤ ਸੰਜਮ ਨਾਲ ਚੱਲਦੀ ਹੈ।”

ਸਾਰੰਸ਼ : ਸਾਨੂੰ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਸੰਜਮ ਨਾਲ ਚੱਲਣਾ ਚਾਹੀਦਾ ਹੈ

ਅਰਮਾਨਪ੍ਰੀਤ ਸਿੰਘ ਗਿੱਲ, ਸੱਤਵੀਂ ‘ਡੀ’

‘ਲੰਬੜਦਾਰੀ’

ਇੱਕ ਵਾਰ ਦੀ ਗੱਲ ਹੈ, ਗਿਦੜਾਂ ਦਾ ਝੁੰਡ ਸਲਾਹ ਕਰ ਰਿਹਾ ਸੀ। ਉਹਨਾਂ ਵਿੱਚੋਂ ਇੱਕ ਗਿੱਦੜ ਨੇ ਕਿਹਾ ਕਿ ਇਨਸਾਨ ਆਪਣਾ ਇੱਕ ਬੰਦਾ ਚੁਣਦੇ ਹਨ ਜਿਸਨੂੰ ਲੰਬੜਦਾਰ ਕਹਿੰਦੇ ਹਨ ਅਤੇ ਉਹ ਲੰਬੜਦਾਰ ਉਹਨਾਂ ਦੀ ਮਦਦ ਕਰਦਾ ਹੈ ਤੇ ਸਾਰੇ ਉਸਦੀ ਗੱਲ ਵੀ ਮੰਨਦੇ ਹਨ, ਫਿਰ ਕਿਉਂ ਨਾ ਆਪਾਂ ਵੀ ਆਪਣਾ ਲੰਬੜਦਾਰ ਚੁਣੀਏ। ਉਸ ਗਿੱਦੜ ਦੀ ਇੰਨੀ ਕੁ ਗੱਲ ਸੁਣ ਕੇ ਹੀ ਸਾਰੇ ਉਸਦੀ ਹਾਂ ਵਿੱਚ ਹਾਂ ਮਿਲਾਉਣ ਲੱਗਦੇ ਹਨ ਕਿ ਕਿਸ ਨੂੰ ਬਣਾਈਏ ਲੰਬੜਦਾਰ ? ਉਹਨਾਂ ਦੇ ਝੁੰਡ ਵਿੱਚ ਇੱਕ ਗਿੱਦੜ ਬਹੁਤ ਹੀ ਚਲਾਕ ਸੀ ਅਤੇ ਇੱਕ ਬਹੁਤ ਹੀ ਫੁਕਰਾ ਸੀ; ਤਾਂ ਚਲਾਕ ਗਿੱਦੜ ਕਹਿੰਦਾ ਹੈ ਕਿ ਦੂਸਰੇ ਗਿੱਦੜ (ਫੁਕਰੇ ਗਿੱਦੜ) ਨੂੰ ਬਣਾ ਦਈਏ ਲੰਬੜਦਾਰ, ਤਾਂ ਸਾਰੇ ਉਸਦੀ ਵੀ ਹਾਂ ਵਿੱਚ ਹਾਂ ਮਿਲਾਉਣ ਲੱਗਦੇ ਹਨ ਅਤੇ ਫੁਕਰਾ ਗਿੱਦੜ ਵੀ ਇੰਝ ਹੀ ਕਰਦਾ ਹੈ। ਫਿਰ ਚਲਾਕ ਗਿੱਦੜ ਕਹਿੰਦਾ ਹੈ ਕਿ ਲੰਬੜਦਾਰ ਦੀ ਪਛਾਣ ਲਈ ਆਪਾਂ ਉਸਦੇ ਗਲ ਵਿੱਚ ਲੰਬੜਦਾਰ ਲਿਖ ਕੇ ਫੱਟਾ ਪਾ ਦਿੰਦੇ ਹਾਂ। ਤਾਂ ਉਹ ਇੰਝ ਹੀ ਕਰਦੇ ਹਨ। ਅਜੇ ਉਹਨਾਂ ਦੀ ਗੱਲ ਚਲ ਹੀ ਰਹੀ ਸੀ ਕਿ ਅਚਾਨਕ ਕੁਝ ਕੁੱਤੇ ਗਿੱਦੜਾਂ ਦਾ ਸ਼ਿਕਾਰ ਕਰਨ ਲਈ ਆ ਜਾਂਦੇ ਹਨ। ਸਾਰੇ ਗਿੱਦੜ ਭੱਜ ਜਾਂਦੇ ਹਨ ਅਤੇ ਉਥੇ ਜਿਹੜੇ ਖੇਤਾਂ ਦੁਆਲੇ ਵਾੜ ਕੀਤੀ ਹੋਈ ਸੀ, ਉਹਨਾਂ ਵਿੱਚ ਵੜ ਜਾਂਦੇ ਹਨ ਪਰ ਗਿੱਦੜ ਲੰਬੜਦਾਰ ਉਸ ਵਾੜ ਵਿੱਚ ਫਸ ਜਾਂਦਾ ਹੈ। ਸਾਰੇ ਗਿੱਦੜ ਉਸਨੂੰ ਅਵਾਜ਼ਾਂ ਮਾਰ ਰਹੇ ਸਨ, ਪਰ ਉਸ ਤੋਂ ਨਿਕਲਿਆ ਨਹੀਂ ਜਾ ਰਿਹਾ ਸੀ ਅਤੇ ਉਹ ਕਹਿੰਦਾ ਹੈ-“ਮੈਂ ਤਾਂ ਆ ਰਿਹਾਂ ਪਰ ਲੰਬੜਦਾਰੀ ਮੈਨੂੰ ਆਉਣ ਹੀ ਨਹੀਂ ਦਿੰਦੀ” ਕਿਉਂਕਿ ਉਸਦਾ ਫੱਟਾ ਫਸ ਜਾਂਦਾ ਹੈ। ਅਜੇ ਉਹ ਇੰਨਾ ਕੁ ਹੀ ਕਹਿੰਦਾ ਹੈ ਕਿ ਕੁੱਤੇ ਉਸਦਾ ਸ਼ਿਕਾਰ ਕਰ ਲੈਂਦੇ ਹਨ। ਸਾਰੰਸ਼: ਕਦੇ ਵੀ ਉੱਚੀ ਹਵਾ ਵਿੱਚ ਨਾ ਉੱਡੋ। ਕਈ ਵਾਰ ਇਹ ਹੀ ਤੁਹਾਨੂੰ ਫਸਾ ਦਿੰਦੀ ਹੈ।

ਰੂਬਲਪ੍ਰੀ ਕੌਰ, ਦਸਵੀਂ ‘ਏ’



Are You Nomophobic?

Nomophobia is the irrational fear of being without your mobile phone or being unable to use your phone for some reason, such as the absence of a signal or running out of minutes or battery power.

The word nomophobia is portmanteau made up of No+Mobile+Phone+Phobia. Research says that users felt anxious when they were unable to use their mobile phones and over half of users never shut their phones off. Subsequent studies have found that the number has increased since then.

Plenty of studies have found correlations between higher social media use and poorer mental health, including depression, anxiety, feelings of loneliness and isolation, lower self-esteem and even suicidal tendencies.

Craig Duncan, a senior research fellow at Portsmouth University said, 'social media have been associated with all sorts of worries to do with mental health ----there is a lot of anxiety about it.'

Among daily users, young people with a disorder spend more time on social media, while females within the age group are more likely to compare themselves with others on social media

The rise of social media has meant that we as a global population are more connected than we have ever been in the history of time. However, our reliance on social media can have a detrimental effect on our mental health, with the average British Checking their phone as much 28 times a day. While social media platforms can have their benefits, using them too frequently can make you feel increasingly unhappy and isolated in the long run.

Here are six ways that social media could be negatively affecting our mental health without even making us realize.

Self-esteem- Comparing yourself to others on social media by stalking their aesthetically perfect Instagram photos or staying up to date with their status on Facebook could do little to assuage your feelings of self-doubt.

Human connection- Though it is very important to be connected to human beings but it can be hard to do so when we are glued to rectangular screens, becoming more acquainted with our friends' digital facades than their real-life persona.

Memory- Social media can be great for looking back fondly on memories. However, it can also distort the way in which you remember certain tidbits from your life.

Sleep- Many of us use our phones soon before 'hitting the hay', making it harder to doze off.

Attention span- While it is incredible to consider the amount of information readily available at our fingertips (thanks to social media)but it also means that people are becoming easily distracted and they are not able to focus on the assigned tasks.

Mental health- Not only has social media been proven to cause unhappiness, but it also creates mental health issues such as anxiety or depression when used too much or without caution.

Paramita Mukherjee
H.O.D. Social Science
DPS Khanna
Resource Person for Evaluation
DPS Society

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Emotional Intelligence (EI) Among Children

The term Emotional Intelligence (EI) defines as an ability to identify, manage, evaluate, control and express our own emotions and emotions of others in an effective and positive way. It is therefore, the capacity to create positive outcomes in relationship with others and with oneself. It is very important for each of us to have that ability.

A student with high EI is able to communicate better, lessen his/her anxiety and stress, resolve conflicts, improve relationships, empathize with others, and overcome challenges of life. A student with low emotional intelligence may struggle to focus. He/She may have imbalanced relationships with his/her peers or may even show aggression.

A student who is intellectually superior, may not lead a successful life because of his/her low level of EI. The life of a student is full of zeal and zest but still emotions (positive or negative) play a vital role irrespective of age. Therefore, it is very important to have high EI. Even when the IQ of a student is low but this EI is high, the student will be able to lead a happy and successful life.

The following factors help the students to be high on emotional intelligence :

1. Active listening
2. Appropriate vocabulary for expressing feelings and emotions
3. Developing self-awareness
4. Showing empathy as being 'with' others
5. Managing emotions
6. Self-regulation

Vivek Bhuchar
PGT Psychology



Book Fair at DPS Khanna

Keeping in view the objective of inculcating reading habits amongst students, a book fair was organized in the school premises. Enthusiastic readers of all the classes visited the fair and showed great interest. They purchased books according to their varied interests.



Innovative Idea of Celebrating Birthday

Divjot Singh Mann gave away seeds of palm trees on his birthday to all his classmates and teachers instead of sweets with the objective that these seeds will give birth to more plants and seeds. It was such an appreciable step as the chain of plants will go on till eternity and they ultimately help to maintain the ecological balance and save mother earth.



Solitary Reapers



Abhimanyu Mukherjee

Abhimanyu Mukherjee, who has already brought laurels to the school by winning high commendation in Bal Bharti School, Noida. He secured the 2nd position at Chitkara International MUN and Climate Summit'19. Keeping up his passion of photography, he secured the 2nd position in AMIMUN'19 Amity University, Noida. Abhimanyu also bagged the Best Delegate Award in IIMUN Ludhiana at Mount Litera Zee School. He secured the 2nd position at Symbiosis Law School Noida. He also secured 2nd position in IP (photography) at IIMUN Sangrur Delhi Public School, Sangrur.

Abhimanyu brought laurels to DPS Khanna and made everyone feel proud after being honoured to be the Chairperson of International Council of Investigative Journalism in IIMUN Mohali and IIMUN Kullu both. He was appointed as the Head of Photography in freedom MUN-19 at Jalandhar.

Dhruvya Sharma secured the 2nd prize in Solo Dance Competition at Sahodaya Schools Complex Ludhiana, East Khanna. His ardent passion of dancing motivated him to participate in National Natya Nritya Mahotsav 'Rang Mahotsav 2019' at Greater Noida organized by 'Natakbaz Theatre Delhi'. He secured the 2nd position in the 'Ekal Loknritya Junior Category.'



Dhruvya Sharma



Prabhjot kaur Randhawa

Prabhjot kaur Randhawa is going to be recognized at International Level in the field of shooting after clinching Gold Medal in SGFI School District Shooting Competition and Bronze Medal at Open State Shooting Competition. She is also going to represent Punjab state in ISSF and NRAI Open Nationals in Bhopal.



Prabal Dhingra

Gold Medal in Independence Day International Karate Championship at Delhi



Yuvraj Singh

Bronze Medal in Rifle Shooting North Zone Shooting Competition (Juniors)



Harnimrat Singh

Silver Medal in National Pencak Silat Championship of Marshal Arts at Bhopal



canonindia_official Hey, we absolutely loved this click! Request you to register on Canon Edge (<https://edge.canon.co.in/>) and upload the image in the gallery section. Stay tuned to our Instagram handle and watch your click being featured!

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Shivansh Tewari

Shivansh could not resist his deep passion for photography during his tour to Manali when his eyes got a glimpse of a simple orchard owner in his most ecstatic moment, watching his apple trees bearing fruits. The farmer's childlike photogenic smile captured Shivansh's attention and compelled him to put it on Instagram. Canon Inc. loved the click and requested him to register himself on Canon Edge (<https://edge.canon.co.in/>) and upload the image on their website in order to get it featured on their Instagram and other official social platforms.



Aryan Bharti won the Gold Medal in the 64th National School Games held at Ludhiana and created a milestone in the field of Golf.

Samrala's Aryan bags gold in mini golf



Aryan Bharti

IT Correspondent

LUDHIANA: Samrala's Aryan Bharti, 17, clinched gold in the under-19 mini golf competition during the 64th National School Games, that concluded here on Friday.

At least 12 competitors from all over India participated in the event for the first time, but Bharti's skills were a game-changer.

post four years.

Bharti said he had been getting golf training under coaches Manoj Singh and Vijay Datta since 2015.

"I have participated in many state and national golf events, which were held in Chandigarh and were really fun. Since mini golf was introduced for the first time in the state, I participated in the game," he said.

Bharti said he was getting full financial and moral support from

his family, which included his parents and grandparents. "My parents have been instrumental in my success in golf," he said.

On managing studies with sports, he said he studied five days a week and devoted around two hours to sports on weekends. Bharti said at the National School Games, he saw tough competition from skilled players from other states, but managed to win by giving his best.



Yuvraj Singh Hara, the Tiger Woods of DPS Khanna, won the complete series of US Kids Golf India and stayed no 1. in the year 2015-16. Then he represented India in the World Championship in Malaysia as well as Indonesia and got selected to represent India in USA World Teen Golf Championship. He also got selected to play in Scotland World Championship and Las Vegas USA World Championship. Recently he won the Indian Golf Union Feeder Junior event and got selected to play for Junior IGU Main Tour India. He won Amateur North India Feeder Tour at Jaypee Wish town Golf Course also.



Yuvraj Singh Hara



Deepinder Kaur

U-19 - Weight Lifting

- Gold Medal Punjab Distt. Competition (Ludhiana)
 - Gold Medal 65th Punjab State Inter Distt. School Games
- She got selected for Nationals.



A Day in the Life of a Principal

A memorable moment in the life of a Principal is neither an award winning day nor a day filled with appreciation or applause; but a moment when an innocent little mind hands over a letter without any fear or awe; simply putting her heartfelt feelings on a piece of paper; having a strong faith in the Principal that he is always there to solve all problems of the students.

The one who is not to be scared of
but is there to help you out.

The one who is not to create trouble
but takes you out of the trouble.

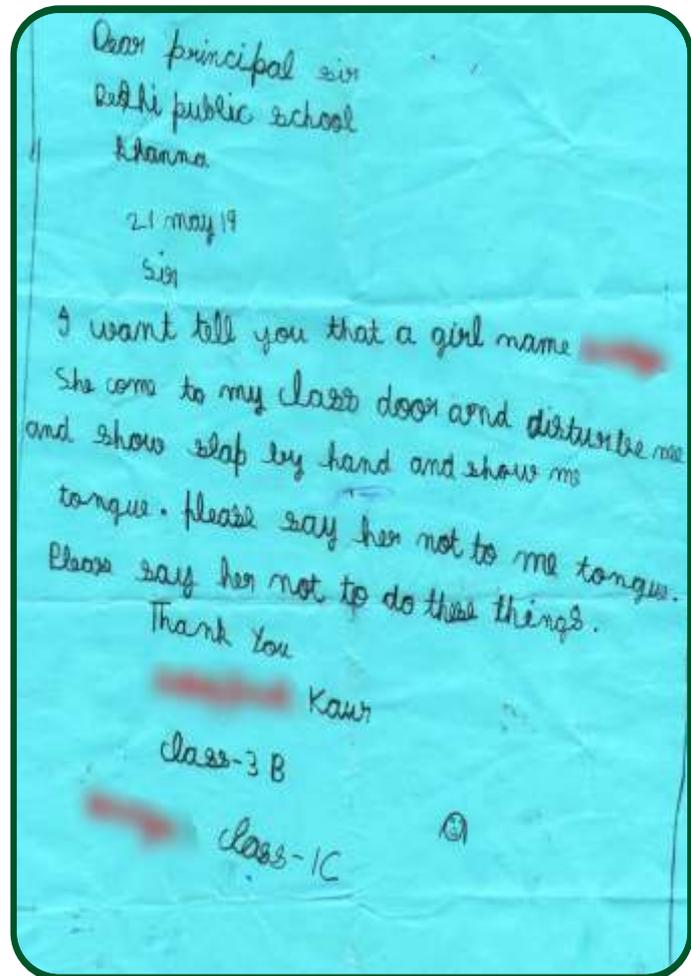
The one who is not to remind you only about your
duties and responsibilities
but to guide you always
in achieving life's beauties.

The one to whom all are always welcome,
the one whose door is always open
whether teacher or taught
all can come in with wherever he has got.

The one who encourages creativity,
builds confidence and tolerates stupidity
The one who instills a lot of learning
but decries rote learning.

The one whose heart is as pure and true
as a flake of snow or a drop of dew.

The one who touches everyone's heart,
everyone fears
while having a thought,
of getting apart.



Ms. Archana Sehgal
PGT English



DPS Society



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ASSAM	10	HIMACHAL PRADESH	02	NAGALAND	01
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ARUNACHAL PRADESH	01	JHARKHAND	06	PUNJAB	13
BIHAR	03	KARNATKA	07	RAJASTHAN	05
CHANDIGARH	01	KERALA	01	TAMIL NADU	01
CHAATTISGARH	06	MADHYA PRADESH	13	TELANGANA	08
GUJARAT	13	MAHARASHTRA	08	UTTRAKHAND	08
HARYANA	25	MEGAHLAYA	01	UTTAR PRADESH	56
				WEST BENGAL	12

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 - DARATASSALAM INTERNATIONAL DPS, RIYADH
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Primary Wing-Merry Making and Festivities



Special Assembly by Jr. Student Council

The Junior Student Council took the initiative to conduct an assembly on the theme 'Brain Games v/s Physical Education' which included reading of articles, poems and riddles. The Principal left everyone amazed when he rocked the stage through his performance by mingling amongst the students for resonating the message of abstaining from online games like PUBG.



Splash Pool Party

A pool party was organized for the kids of Pre-Primary Wing, giving them relief from the scorching heat of summer. The pool side was decorated with balloons, balls and bunting. Tiny tots were wearing colourful swimsuits. They had refreshing drinks to sip and foot tapping music added bliss and charm to the occasion.



Labour Day Celebration

International Workers' Day was celebrated with great passion and zeal for acknowledging the contribution of our work force which is an inseparable part of our life. Cultural items including a play, a melodious shabad, speeches and poems, were presented as a mark of respect to the working community.



Republic Day Celebration

Republic Day Celebrations started with the unfurling of the Tricolor. Students came attired in the tricolour presenting the feeling of national pride. The little ones added charm to the occasion by reciting patriotic poems and they did a ramp walk as well.



Primary Wing-Merry Making and Festivities



Graduation Ceremony

The students of the Kindergarten Section were facilitated with certificates and scrolls by the Chairperson of the school on their promotion to Grade One. The tiny tots were quite enthusiastic. This day was filled with activities such as little fingers playing the casio, singing a melodious bhajan and foot tapping dance performances.



Green Colour Day

Green Colour Day was celebrated with a purpose to teach the importance and recognition of green colour and imbibing love for mother nature. The campus was abuzz with various activities like role plays, public speaking and colouring activities.



Animal Kingdom

To enlighten the students about the dire need to save domestic as well as wild animals, activities around the animal kingdom were organized. The innocent souls enacted an interesting and informative role play, urging the audience to save the 'fauna of life'.



A Visit to Old Age Home

To sensitize the youth about the importance of parents and grandparents in our lives, the students of Prep class visited an Old Age Home. The students not only spent valuable time with the golden agers but they also presented a cultural programme before them.



Primary Wing-Merry Making and Festivities



Assembly on Unity is strength

The students of Grade I left everyone impressed by organizing their class assembly depicting the most desirable issue of society- 'Unity is Strength'. The young group of preachers taught everyone the great lesson of life- 'United we stand, divided we fall' through role play.



English Rhyme Recitation

Rhymes are the best method of learning. Keeping this treasured thought in mind, English Rhyme Recitation Competition was organized for the little champs of Pre-Primary School. There was enthusiastic participation. Attractive props were used to strengthen their ideas on this theme.



Activity on Shapes

Keeping the golden thought to strengthen and develop motor skills, kids of Nursery were made to learn about a variety of shapes. The students enjoyed holding attractive squares, rectangles, star shaped figures and they had a great learning experience.



Baisakhi Celebration

Baisakhi was celebrated with traditional fervor and gaiety. Students, dressed in folk attire, performed gidda and bhangra. The whole campus echoed with their melodious 'tappe' and 'bollian'. The stage, which was adorned with traditional artefacts, presented multiple facets of 'Rangla Punjab'.



Primary Wing-Tapping the Talent The Summer Camp (Juniors)

The summer camp at DPS Khanna was abuzz with enthusiasm offering a host of activities like billiards, snooker, table tennis, swimming, golf, horse riding, basketball, cricket, football, yoga, art and craft, public speaking and (flameless) cooking. It also included vocal and instrumental music, classical as well as contemporary dance forms. It captivated the students not only from DPS Khanna but the students of other schools too. The main purpose was to make optimum utilization of the summer vacation.





Inter-DPS Dance Festival-2019 Nrityanjali Sushakti-Empowered Women of Mythology 'Mahishasura Mardini'



The legend 'Mahishasura Mardini' depicts the truth of dharma that man alone cannot ensure order and regularity of the world. He needs unconditional support of woman in order to perform his duties and fight against evil. It had been proved even in the case of gods. The new born Durga led a battle against Mahishasura. Therefore she is named 'Mahishasura Mardini' meaning the killer of Mahishasura. The students of DPS Khanna presented choreography and impressed everyone by their mesmerizing performance.

(L-R Harnoor Kaur, Aishveen Kaur, Drishti, Harshpreet Kaur, Khushdeep Kaur, Manya Sharma, Himleen Kaur, Astha Jain), Jaismeen Kaur (In the centre)

DPS Commerce Festival 'VANIJYA- 2019'

With a motive to provide the students of commerce a platform to showcase their entrepreneurial skills, managerial talents and their ability to forecast business trends. The students were encouraged to participate in DPS Commerce Festival 'VANIJYA- 2019'. Many availed the opportunity to have a wider perspective of the subject.



(L-R Sahira, Ishika Bisht, Shivika, Shachi Gupta, Aashutosh Shahi)

Annual Inter-DPS National Science Festival-2019

'Science on Canvas'-Appreciating
Science through Art



(L-R Simranpreet Singh Sraw, Karman Riat, Sehajpreet Kaur, Agampreet Kaur)

'Undiscovered Luminaries'-Mera Rajya,
Mera Abhimaan



(L-R Ravi Inder Kaur Aujla, Taranpreet Kaur, Simarpreet Kaur Kang, Anshita)



Hall of Fame



Gurleen Kaur

Certificate of Merit by CBSE for scoring 100% marks in Physical Education and 98 marks in Physics. (AISSE 2017-18)



Jasmeen Kaur Grewal

Certificate of Merit by CBSE for scoring 100% marks in Physical Education. (AISSE 2017-18)



Manpreet Kaur

Scored 100% marks in Painting (AISSE 2018-19)



Shachi Gupta

Scored 100% marks in Social Science (AISSE 2018-19)



Anshita

Scored 100% marks in Mathematics (AISSE 2018-19)



Pareekshit Sharma

Scored 100% marks in Mathematics (AISSE 2018-19)



Yash Garg

Scored 100% marks in Foundation of Information Technology (AISSE 2018-19)



Activities held at DPS Khanna 2019 - a view



Hindi Debate Competition

An inter house Hindi Debate Competition was organized in the school campus. It put light on various burning issues prevailing in the society in order to provide a platform to the students for giving shape to their thoughts and emotions and to ignite a spirit of competition among them.



Art Appreciation Competition

DPS Khanna organized an Art Appreciation Competition for the purpose of enhancing oratory skills, appreciating a piece of art, explaining its theme, its historical importance, colour scheme and message given by famous paintings of Leonardo Da Vinci, Vincent Van Gogh and Rabindra Nath Tagore.



Eid Celebration

A special assembly was organized for celebrating Eid festival, promoting brotherhood, peace and virtuousness, showcasing adorable performances with skits and qawwalis. The motive was to instill secular values among our students.



Punjabi Debate Competition

An Inter-House Punjabi Debate Competition was organized where students participated enthusiastically on crucial issues such as immigration mania and the growing trend of fashion amongst youngsters. The efforts were to boost their confidence and enhance their public speaking skills.



Activities held at DPS Khanna 2019 - a view



Role Play Based on Idioms and Proverbs

An Inter-House Role Play Competition on idioms and proverbs was conducted with an aim to make these metaphorical expressions an important part of effective communication skills. Enthusiastic participants enacted various roles while looking resplendent in their costumes, using idioms and proverbs in their dialogues passionately and presented breathtaking performances.



Krishna Janamashtami Celebration

Shri Krishna Janamashtami was celebrated beginning with a bhajan sung by the school choir. Enactment of a play regarding the birth of Lord Krishna was the star attraction of the programme.



Special Assembly against Superstition

Keeping up the tradition of organizing assemblies on burning issues of society, a special assembly was conducted on the topic 'Superstition-a Great Curse'. The aim was to educate the youth against believing in and following superstitions and irrational practices.



Hindi Diwas

Hindi Diwas was celebrated with a motive to emphasize the importance of Hindi language. Students presented a plethora of items including a group song, a speech, poem recitation and a skit reflecting their love for Hindi Language.



Activities held at DPS Khanna 2019 - a veiw



Punjab Day

Punjab Day was celebrated by the students of DPS Khanna reflecting their undying love for their mother tongue. Rainbow performances captured the hearts of the audience and spread the hues and colours of 'Rangla Punjab'.



Dussehra Celebration

Dussehra Celebration depicting the victory of good over evil was presented by the students of DPS Khanna by showcasing various events from the life of Lord Rama along with a thoughtful speech, a poem and melodious hymns.



Diwali Celebration

Diwali, the festival of lights, was celebrated in DPS Khanna signifying the theme of victory of good over evil. It also reflected the theme of homecoming of Sri Hargobind Sahib Ji along with 52 kings. The Cultural Extravaganza included a skit 'No Crackers', an eloquent speech and bhajans too.



Pehla Parkash Utsav

Delhi Public School celebrated Parkash Utsav of Shri Guru Granth Sahib Ji underlining the compilation of the great epic by Baba Buddha Ji. The event comprised of an array of items like shabads, chanting of the moolmantra along with an explanation of its literal meaning and a gatka performance.



Activities held at DPS Khanna 2019 - a view

The Summer Camp (Seniors)

The Summer Camp provided a host of indoor and outdoor activities providing a relief from the heat wave. The camp was bubbling with groups of students from different schools along with an enthusiastic response from the students of DPS Khanna. The motive was to channelize youthful energy of the children and to utilize it optimally. The whole campus wore a festive look during the camp.





Independence Day Celebration 2019



Independence Day was celebrated with unprecedented patriotic spirit. A flag hoisting ceremony by the Chairperson marked the beginning of this great day. An array of cultural items like a group song, a skit based on drug addiction and a play depicting a soldier's life were presented.

Speech by the Chairperson, DPS Khanna

Mr. D.S Bains [IAS Retd]

73 years ago on this day, the 15th of August 1947, India became independent. We celebrate our freedom with joy and happiness for we became masters of our own fate from this day onwards. India was subjugated by the British systematically from 1757 when they won the Battle of Plassey. British rule was iniquitous. The rule was established to plunder the riches of the country and for enrichment of England. Indians had no rights. All the privileges were reserved for the colonial masters. Indians were grossly mistreated, humiliated, arrested and jailed without any cause. To perpetrate their rule by brute force, the British would kill innocent and peaceful Indians without any qualms. The Jallianwala Massacre stands out as the blackest day in the British Colonial rule over India.

Exactly 100 years after Plassey, Indians fought the first war of Independence and almost won it in 1857. The repressive measures of the British led to the birth of a freedom struggle and patriotic Indians started demanding 'Swaraj'.

Bal Gangadhar Tilak, Gopal Krishan Gokhale and Dadabhai Naroji awakened the conscience of the country. In 1915, Mahatma Gandhi came back to India from South Africa and he turned the freedom struggle into a mass movement. To counter the onslaught of imperial exports, he started the 'Swadeshi' movement. The whole nation was galvanized through the Non-Cooperation Movement, Satyagraha and the Quit India Movement.

There were revolutionaries like Bhagat Singh and leaders of international stature like Netaji Subhash Chandra Bose (who along with the parallel non-violent movement of Mahatma Gandhi) made it impossible for England to rule over India. The British declared India was to be independent from the 15th of August 1947. Sadly, this date saw the partition of country with widespread riots in Punjab and in Bengal.

British imperialism was a form of plunder and it was catastrophic for the traditional economy of Mughal India, depleting food and fiscal resources through the imposition of high taxes. India faced famines, as early in 1770,



which killed one third of the people of Bengal. Another famine hit Bengal in 1943, in which 2 million people died. From the late 19th Century, poverty intensified peaking in the 1920's. Famines and disease killed millions. After independence, rapid growth especially since 1991 has led to a sharp reduction in extreme poverty in India. The World Bank has estimated that based on the purchasing power parity, 23.6% of the Indian population lived below the poverty line. This number has reduced at the current date. When the poverty level falls to 10-15% of the population, it will be quite possible for government doles (Direct Benefit Transfer) to help the poor.

Before Independence, India produced only 50 m tones of food grains annually . The Green Revolution led by Punjab has ensured that India produces 250 m tones of food grains, 5 times annually the level of food, it produced before independence. Famines have been banished from the nation forever. Food security has thus been ensured.

What are our other achievements?

First and foremost, we are a democratic nation with diverse languages, religions and cultural habits. All people are represented in the government setup and their aspirations are fully met. The Government at the Central level and in each State are regularly voted out and transfer of political power is always smooth. The Indian Economy is now the 5th largest in the World measured by nominal GDP and is the third largest by purchasing power parity.

There are three fields in which Independent India has done remarkably well: -Nuclear Power, Space Research and Information Technology.

India's Nuclear Programme: India's Nuclear Programme was formulated by Homi Bhabha in the 50s to secure the country's long-term energy independence through the use of Uranium and thorium reserves found in the monazite sands of the coastal region of South India. Today India has 7 nuclear plants operating 21 reactors. 6 more reactors are under construction. India hopes to generate 63000 mw of power from them by 2032.

Nuclear Power Stations

1. Tarapur
2. Rawatbhata
3. Kundakulam
4. Kaiga
5. Kakrajra
6. Kalapakkam
7. Narora

States

- Maharashtra
Rajasthan
Tamil Nadu
Karnataka
Gujarat
Tamil Nadu
Uttar Pradesh

Four projects are under construction and 11 more are in the planning stage. India possesses both nuclear weapons and has extensive nuclear fuel cycle capabilities. We tested our first nuclear device in 1974. India has a sizeable and growing nuclear arsenal, primarily because of decades of conflict with neighbouring Pakistan, which also possesses nuclear weapons. As a policy, India has announced its commitment to 'no first use of nuclear weapons'. It has a defensive posture of 'Credible minimum nuclear deterrence'. India's nuclear power programme is largely indigenous. The government of India is committed to growing its nuclear capacity as a part of its infrastructural development programme.

Space Research- India built its first satellite in 1975. It was named after Arya Bhatt, the ancient Indian mathematician. It was launched by the Soviet Union. India has now built its own launch vehicles- SLV3, PSLV and Geosynchronous Satellite Launch Vehicle. These rockets have launched many communication satellites and earth observation satellites.



India sent a Lunar Orbiter, Chandrayan I in 2008 and Mars Orbiter Mission in November 2013 which entered the Mars orbit in September, 2014 making India the first nation to succeed on its maiden attempt to Mars.

Applications- Indian uses satellite communication network (one of the largest in the world) for many applications. The satellites provide telephone links to remote areas; data transmission for organization like the National Stock Exchange, mobile satellite service communication for private operators, railways and road transport. Broadcast satellite services are used by Indians state owned television agency; and also, commercial satellite channels. We can see that our space programme affects our daily lives intimately and it makes for a better quality of life for all Indians.

Information Technology- Information Technology Industry in India consists of 2 major components- IT services and Business Process Outsourcing (BPO). Today India is the largest exporter of IT. Exports constitute 79% of the industry's total revenue. The domestic market is also showing rapid growth. The industry's percentage share of exports increased from 4% in 1998 to 25% in 2012. Indian IT industry contributes 7.7% to the country's GDP and is expected to contribute 10% to its GDP by 2025. There is:-

- Global Footprint- Indian IT firms have delivery centers across the world and are well diversified into banking, financial services, insurance, telecom and retail.
- Low Cost Advantage- IT and ITenabled Services (ITeS) sector in India has a low-cost advantage being 1/5th or 1/6th the cost in the US.
- India is the leading sourcing destination across the world accounting for approximately 55% of the market share of the US. Indian companies have setup over 1000 global delivery centres in about 80 countries across the world.
- Today we are proudly the digital capability hub of the world with around 75% of the global digital talent being present in the country.

Independence affects us because all of us, including me were fortunate to be born in free India. We live in a country whose resources are used to make life better for all its citizens whether it is food security or our defense preparedness. Apart from that wonderful opportunities are available to our youth in space or our I.T prowess. The nation boasts world class of IITs, IIMs and Medical Institutions like the PGI and AIIMS. The world recognizes India today as a brain power. Any student who desires to work hard in Science, Technology, Engineering and Mathematics (STEM) gets a red-carpet welcome world wide. Students who can master commerce and accounts, can add to the economy of the nation. The country also needs bright and shining students to man its Civil Services where the Humanities students can excel. For all this, DPSK provides a strong foundation to all its students.

On the occasion of Independence Day, I feel happy and proud to announce that DPS Khanna's achievements have now been recognized by the CBSE. We have been chosen as the Lead School in the Hubs of Learning Programme. Through the Hubs of Learning, CBSE wants to ensure effective all-round improvement in a cluster. The mandate is to share the best practices to give all the students in the cluster, an opportunity of learning. Personally, I feel blessed that the hard work of the Principal, the Staff and all the teachers of the School has given the opportunity to share our experiences for better learning outcomes of a larger number of students. When the Athena Educational Trust decided to set up a branch of Delhi Public School at Khanna, the aim was to provide the best educational facilities to people of the hitherto under-served belt of Punjab. With the Hubs of Learning programme, I hope that DPS Khanna can multiply the success stories of our students manifold. The partner schools with us are:-

1. Planet E School, Khanna
2. Ryan International School, Dugri, Ludhiana
3. Tejas Public School, Chowkiman, Ludhiana
4. GHG Academy VPO-Khandoor, Ludhiana

On this Independence Day, let us all take a pledge to work with all the partner schools to raise the levels of academic performance in this region.

Jai Hind



'Service Before Self'

'Kind words can be short and easy to speak but their echoes are truly endless'.

Mother Teresa

The students of Delhi Public School, Khanna visited Mahant Gangapuri Badhir Vidhyalya with a purpose to enhance the teaching-learning process. The students spent quality time with the deaf and dumb students by playing with them. They shared food and spread love & happiness. Our students lived upto the motto of DPS 'Service Before Self'. Parents also donated generously in order to provide books, learning kits and toys for them. This selfless thought was initiated by the students of XII and its accomplishment gave them a sense of contentment as humanity is the first religion.





DIG Ranbir Singh Khatra

Honourable Chief Guest for Annual Sports Day 2019



Mr. Ranbir Singh Khatra IPS, DIG Ludhiana, graced the occasion of the 9th Annual Sports Day on the 12th of October 2019 as the Chief Guest of the day. A thankful nation has decorated him with the Police Medal for meritorious service and devotion towards duty. The nation salutes him for his services since 1990. His academic background includes a Masters of Arts in Police Administration and a Mid-Career Training Programme in 2015. He has served as Assistant Inspector Gen. of Police, Vigilance Bureau, Mohali. His service at Bathinda Range and Ferozepur Range as Deputy Inspector General of Police earned him the commendation of the whole police department. Mr. Khatra was also posted in Patiala as DIG of Police in the Indian Reserve Battalion. Presently he is serving as Deputy Inspector General of Police, Ludhiana Range, Ludhiana. Our students had a great experience of interacting with this great police officer.

Excerpts of the Interview

Tanmanpreet- Sir, please name the school where you studied?

Mr. Ranbir Singh Khatra- I did my schooling from Punjab Public School, Nabha.

Tanmanpreet- What difference do you find between today's youth and the youth of your time?

Mr. Ranbir Singh Khatra- Youth in today's era has better guidance which empowers them to take their own decisions independently. During our times, we had to do a graduation course after accomplishing school education and then search for job opportunities but today's youth is more aware about emerging opportunities from different fields.

Ramneek-Sir, you have a pleasant personality. Who inspired you the most?

Mr. Ranbir Singh Khatra- I belong to a family of soldiers. My grandfather and father fought in the World War II. Initially my father was in the armed forces and then he joined the Indian Police Force. All this inspired me to serve in the Indian Police.

Gurleen Kaur- What changes have taken place in the Indian Police Forces over the years?

Mr. Ranbir Singh Khatra- Well, a lot of changes have taken place in the Indian Police Forces. During the Colonial rule, police officers were considered to be 'Hakams'. After independence, all police officers became government servants. Now we serve the public and not the dictators.

Gurleen Kaur- What difference do you find between the army and the police?

Mr. Ranbir Singh Khatra- Army life is more isolated as they have to live in the cantonments. Police officers are more connected to civilians as compared to the army.

Gurleen Kaur- Which is the most difficult decision you made in your career?

Mr. Ranbir Singh Khatra- There was one such difficult moment during the days of terrorism when we had to save a young mother and her child who were kidnapped by the terrorists and held hostage in a field. Incidentally the young mother and her child were kidnapped for the third time. At the end we could neutralise the terrorists and we saved the mother and her son.

With these precious words of Mr. Khatra, the interview ended. It was such an inspirational interaction and a memorable moment which we will cherish forever.



Annual Sports Day

DPS Khanna celebrated its 9th Annual Sports Meet on the 12th of October with great zeal and zest. Mr. Ranbir Singh Khatra (DIG Ludhiana Range) graced the occasion as the Chief Guest. The well synchronized March Past by the four houses left the viewers spellbound. The most loved events were the horse-riding show, yoga asanas and the dandiya raas. The blooming buds of Pre-Primary section stole the show with their scintillating performances of Sunflower Drill and Ribbon Drill. Harshvir Singh and Simar Kaur were declared the best athletes. Tuskers House won the A.S. Mann Memorial Trophy for the Best House.





Ethics in Sports

Speech by the Chairman in the Morning Assembly (12th October 2019)

The goal in sports is not simply to win but to pursue victory with honour by giving one's best efforts. Ethics in sports require four key virtues-

- Fairness
- Integrity
- Responsibility
- Respect

All athletes and coaches must follow established rules & guidelines of the game. We must remember that participation is more important than victory.

Athletes deviate from ethics when they get involved in some bad habits eg.

- Drug abuse
- gambling
- greed
- racism
- throw temper tantrums
- disrespect of opponent or officials

Infamous Athletes

1. Lance Armstrong used illegal substances & won the Tour de France Cycling title 7 times. He was stripped off the title in 2012. He also lost sponsorship of Nike and Anheuser Busch.
2. Ben Johnson failed the drug test at the 1998 Olympics. He had set a new world record of 9.79 seconds. 24 hours later he was stripped off his title for doping.
3. Australian cricket Captain, Steve Smith and Vice Captain, David Warner were banned for one year for ball tampering in South Africa last year.

Every good sports person competes in a fair and clean manner All the ingredients of healthy competition in sports are enumerated in the Olympic Oath.

Olympic Oath

'In the name of all the competitors, I promise that we shall take part in these Olympic Games, **respecting & abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship for the glory of sport and the honour of our teams.**'

At this junction I would like to remind you of the famous words of the all time great basket ball star, Michael Jordan, who said, 'I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot & missed. I've failed over and over again in my life. And that is why I succeed.' He said, ' You have to work at the fundamentals of your game. The minute you get away from fundamentals - whether it is proper technique, work ethic or mental preparation - the bottom can fall out of your game, your schoolwork, your job, whatever you're doing.'

Conclusion

So dear Children, 'work hard at your game; work hard at studies; & above all always play fair. With all my experience I can assure you that hard work is the key to success in whatever you aspire to achieve. I am confident that all of you will aim high, work hard and succeed in life'.



Achievements in Sports

Basketball



U-19- Boys- 1st position- Punjab School Games Khanna Zone. 7 boys participated in Distt. Competition held at Ludhiana.



U-19-Girls-1st position - Punjab School Games Khanna Zone. 7 girls participated in Distt. Competition held at Ludhiana.



U-14- Girls- 2nd position - Punjab School Games Khanna Zone. 5 girls participated in Distt. Competition held at Ludhiana.



U-17-Boys-3rd position- Punjab School Games Khanna Zone. 3 boys participated in Distt. Competition held at Ludhiana.

Football



U-14- Boys-2nd position- Punjab School Games Khanna Zone. 6 boys participated in Distt. Competition held at Ludhiana.



U-11-Boys-2nd position- Punjab Primary School Games Khanna Zone. 7 boys participated in Distt. Competition held at Ludhiana and got selected for State Competition.



Table Tennis



U-19 - Girls - 2nd position - Punjab School Games Khanna Zone. **Swasti Mohan** was selected for Distt. Competition.



U-17 - Boys - 2nd position - Punjab School Games Khanna Zone. **Adeshbir Singh, Kanav Kapoor** participated and secured 3rd position in Distt. Competition held at Ludhiana.

Badminton



U-14 - Boys - 2nd position - Punjab School Games Khanna Zone. **Manav Jindal** participated in Distt. Competition held at Ludhiana.



U-11 - Girls Primary School Games **Guneet Kaur, Shranya Gupta and Guntasdeep Kaur Gurm** secured the Gold Medal in the Zonal Competition. **Guneet Kaur** got Gold Medal in District Competition and won Silver Medal in State Competition.



Lawn Tennis



U-14-Boys-**Udayveer Singh, Karman Singh Chhibber, Divyam Chopra** - 2nd position - Distt. Competition held at Ludhiana.



U-19-Girls-**Samridhi Kansal, Jiya, Harshpreet Kaur** 2nd position- Distt. Competition held at Ludhiana.

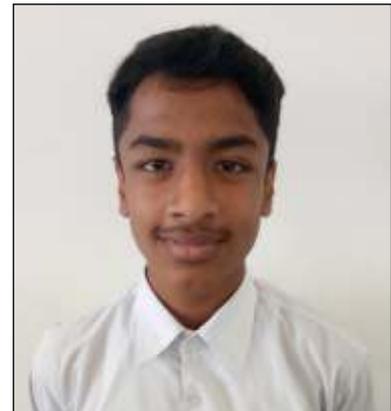
Athletics



U-14 - Boys - Punjab School Games Khanna Zone **Udayveer Singh**–Silver Medal in 200 metres and Bronze Medal in 100 metres. He was selected for District Competition.



U-14-Boys-Punjab School Games Khanna Zone-**Avneet Singh**-Bronze Medal in 400 metres.



U-17-Boys-Punjab School Games Khanna Zone-**Arjun Singla**- Bronze Medal in 1500m race.



Athletics

Shotput and Discuss Throw



U-19-Boys-Punjab School Games Khanna Zone- **Jovanpreet Singh** won Gold Medal in high jump. He was selected for Distt. Competition.



U-14-Boys-Punjab School Games Khanna Zone-**Manraj Singh** got Bronze Medal in both shotput and discuss throw.



U-19-Boys- Punjab School Games Khanna Zone- **Dilkaran Singh** won Gold Medal in shotput and discuss throw. He was selected for District Competition.



U-19-Girls-Punjab School Games Khanna Zone- **Harmanjeet Kaur** won Gold Medal in shotput and discuss throw. She was selected for District Competition.



U-19-Girls-Punjab School Games Khanna Zone-**Jaismeen Kaur** won Silver Medal in shotput and discuss throw. She was selected for District Competition.



U-17-Girls-Punjab School Games Khanna Zone-**Pradhi Khuller** won Gold Medal in shotput and Silver Medal in discuss throw. She was selected for District Competition.



Swimming



U-11-Girls- Punjab School Primary Games-**Brhamjot Kaur** Gold Medal (50m free-style) Zonal Competition. She participated in District Competition. She was selected for State Swimming Competition.



U-11-Girls- Punjab School Primary Games – **Khushmeen Kaur** Gold Medal (100m free-style) Zonal Competition Gold Medal (100m free-style) Gold Medal (50m free-style) District Competition She was selected for State Swimming Competition.



U-11-Boys-Punjab School Primary Games-**Sarbgunpal Singh** Gold Medal (100m free-style) Zonal Competition Gold Medal(100m) Silver Medal(50m) District Competition He won Bronze Medal (4x50m Relay Race) in the State Competition.

Cricket



U-11-Boys- Punjab School Primary Games-**Daksh Manro** Gold Medal (50m free-style) Zonal Competition He also participated in District Competition held at Ludhiana.



U-19- Boys -3rd position- Punjab School Games Khanna Zone. **Udayveer Singh** and **Rahul Goyal** participated in District Competition held at Ludhiana.



Shooting



U-14- **Harsimran** - 1st position- District Competition held at Ludhiana. She also participated in State Competition held at Ludhiana. She has also been selected to participate in the 63rd National Shooting Championship.



U-19-**Jaskaran Singh**-3rd position–District Competition held at Ludhiana. He also participated in State Competition.

karate



Janya Bhatia-1st position - Punjab School Primary Games District Competition held at Ludhiana. She won the Gold Medal in State Competition.



U-14 - **Prabal Dhingra** got the Gold Medal and **Lovin Dhingra** got the Silver Medal in District Competition. Prabal Dhingra was selected for Punjab School Games, State Competition.



U-11-**Vansh Bhambri**-2nd position -He participated in District Competition held at Ludhiana.



National Sports Icons of DPS Khanna



Bamul Devit, Jiya, Samridhi Kansal participated in the 64th School National Soft Tennis Games held at Dewas.(M.P)



Divyam Chopra participated in the 64th school National Soft Tennis Games held at Bhuvneshwar.(Odisha)



Deepinder Kaur participated in the 64th school National Table Soccer Games held at Raipur (Chhattisgarh)



Sukhmanveer Singh participated in the 64th school National Swimming Games held at Delhi.



Shan Singh participated in the 64th School National Mini Golf Games held at Ludhiana.



Avtar Singh participated the 64th School National Mini Golf Games held at Ludhiana.



Open Juniors Golf Tournament

DPS Khanna became the proud host of the Open Juniors Golf Tournament on 12th of May 2019. Students of various schools from Punjab and Chandigarh participated with great enthusiasm. The players were divided into different categories as per their age. **Yuvraj Singh Hara** won in Group A doing the round in 32 strokes. He was followed by **Ekam Singh** and **Aryan Bharti** who did the round in 33 and 38 respectively. **Avtar Singh, Sanampreet Singh, Gobinddeep Singh** and **Fatehveer Singh** emerged as winners in different categories amongst the boys. **Riya Dhiman** and **Seerat Dhiman** won in group A and E respectively. **Raghav** won the Pitch and the Putt Competition while **Pratham** stole the show in the Putting Competition. **Wahegurupal** was the winner in Group B.





Workshops and Seminars

In learning you will teach, and in teaching you will learn.'

Phil Collins

Learning is like a perennial river which goes on adding knowledge on its way towards its destination and prospering and flourishing every fragment of society on its way. DPS Khanna never leaves any stone unturned to streamline knowledge and skills of its teaching faculty. Attending workshops and seminars is an inseparable part of the school curriculum, whether they are organized by CBSE/ the DPS Society.

Workshop Attended By The Principal



Workshop on 'Orientation of Lead Collaborator Schools on the Hubs of Learning' by CBSE (MRA DAV Public School, Solan) was attended by **Mr. S. Mukherjee**, Principal, DPS Khanna.

Workshops Attended by Teachers



The DPS teachers at the workshop regarding CBSE Evaluation at BCM Ludhiana.

Ms. Sunita Sharma, Ms. Paramita Mukherjee, Mr. Munish, Ms. Taranpreet Kaur, Ms. Vandana Sharma, Mr. Sandeep, Mr. Talwinder Singh, Ms. Monika Ahluwalia, Mr. Gaurav Sharma



Training Programme for teachers on Artificial Intelligence (Guru Nanak International Public School, Ludhiana)

Mr. Talwinder Singh, Ms. Kamia Aneja, Ms. Mayuri Bhole attended it on behalf of DPS Khanna.



'Level 1 Development Coach & Level 2 Advanced Coach' (Police D A V Public School, Ambala) by 'The Australasian Academy of Tennis Coaches'. **Mr. Prince Kumar Sharma & Mr. Abhishek Singh** represented DPS Khanna.



Workshop on Sustaining Mathematics (DPSS-HRDC Lodhi Road, New Delhi) was attended by **Mr. Harjeet Kumar**.



Workshop on Understanding Mathematics (DPS Yamuna Nagar) was attended by **Ms. Mamta Manrow**.



Workshop on Financial Market Management (BCM Ludhiana) was attended by **Ms. Aarti Tayal**.



Workshop on 'Wonder World of Physics' (DPSS-HRDC) was attended by **Mr. Aman Arya**.



Workshop on Capacity Building Programme by CBSE Panchkula (Hansraj Public School) **Mr. Vivek Bhuchar** (Trainee as a Resource Person)



Workshop on Earthian Orientation Programme by Wipro (BCM Arya Model Sen. Sec. School, Ldh.) was attended by **Mr. Rajandeep Singh and Mr. Gaurav Sharma**.



Workshop on Teaching And Learning of English (DPSS-HRDC Lodhi Road, New Delhi) was attended by **Ms. Sunita Sharma**.



Workshop on 'The Wonder World of Chemistry' at DPSS-HRDC Lodhi Road, New Delhi was attended by **Mr. Gaurav Sharma**.



Workshop on 'English Capacity Building' at DPSS-HRDC Lodhi Road, New Delhi was attended by **Ms. Reena Sanggar, Ms. Monika Shahi**.

Business Quiz by Q Biz India



In order to enhance the quest and thirst for knowledge, a Business Quiz was conducted by Q Biz India for the classes XI & XII. The students were exposed to a high level of competition which also provided opportunity to prove their excellence. **Sahira, Shachi Gupta and Aashutosh Shahi** bagged I, II & III positions respectively during the first round and further got selected for Regional Round. They competed with the top teams in the Regional Round and had a great experience as well as exposure of the business world.

Counselling Session by Delhi Based Career Counsellors

In an endeavour to help the students choose a career in tune with their skills and job expectations, DPS Khanna organized an Annual Counselling Session by Delhi based Career Counselors, **Ms. Poonam Rawat, Ms. Kritika Malhotra and Ms. Monika Kapoor**.

This Career Counselling Session helped the students to know the pros and cons of different streams, courses and the career path it offers with a purpose to make an informed choice and to avoid the risk of change in career path later in life.

A special session was also conducted for parents with a purpose of broadening their mind so that they could help their children and guide them.





A Visit to the Science Exhibition and the Math Fair

'Individual curiosity, often working without practical ends in mind, has always been a driving force for innovation.' anon.

Keeping this golden thought in mind, DPS Khanna never misses the opportunity to take its students to visit Science Exhibitions and Math Fairs. Such visits not only satisfy the curious young minds but also broaden their vision towards life.

Math Fair at Government School, Ikolahi



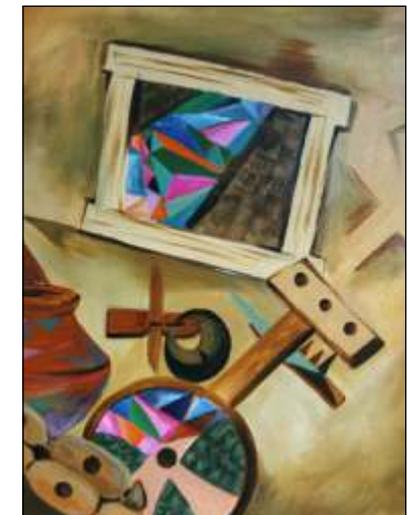
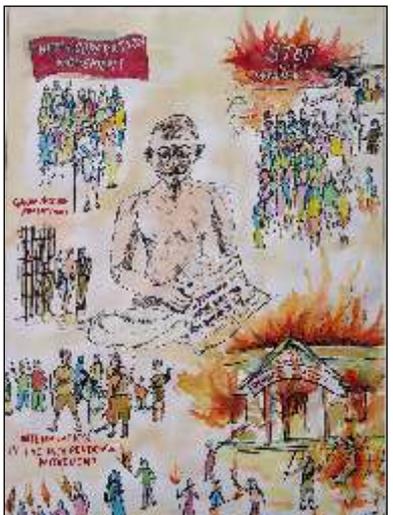
A Visit to Science Exhibition Gobindgarh Public School, Mandi Gobindgarh





Art Gallery

Art makes us breathe from the depth of heart and soul and provides us with a distinct kind of happiness. An artist paints his dreams while having a spectrum of colours in his palette and interprets the real meaning of life. Art has its own language which can be well understood by the whole human kind.





Tagores and Hussains of DPS Khanna portraying the hues and colours of nature



Ms. Nina Tangri, Member of the Provincial Parliament of Ontario (Canada), visited DPS Khanna along with her husband, Mr. Ashwani Tangri. Here they are interacting with the students of an Art Class which was held outdoors.

Art Exhibition during the Summer Camp



Art Exhibition was conducted during the summer camp where the participants showcased their talent by making diverse artefacts. The heart of the artist is reflected in every work.



A Visit to Punjab Kala Bhawan, Chandigarh



The students of DPS Khanna availed of a golden opportunity to visit 'Punjab Lalit Kala Academi' to sharpen their artistic skills. They witnessed an audio-visual presentation 'CLIMACTERIC' by the internationally acclaimed artist **Vibha Galhotra**. It comprised of photographs, films, videos and sculptures all presented in the context of today's environment. It was an appreciable effort to awaken the soul of today's youth towards rivers which are turning into sewage. The blue waters are turning brown. It was an initiative to share the concern regarding the irreversible damage to the environment due to insensitive acts of human beings.

A Visit to Vanasthali, Doraha



Students of X and XII had a great experience of visiting a stone carving workshop at Vanasthali by the sculptor Mr. Jaswinder Singh Chibber and some famous artists from Orissa. The experience made the students learn step by step the process of relief, high relief and the dimensional forms of sculpture.



Proud Alumni of DPS Khanna



Jasmeen Kaur Grewal
MBBS (Govt. Medical
College, Patiala)



Alisha Verma
BDS (Baba Jaswant Singh
Dental College, Hospital &
Research Institute, Ludhiana)



Manpreet Kaur
BDS (Lakshmi Bai Institute of
Dental Sciences and
Hospital, Patiala)



Kanisk Gupta
Electrical Engineering
(PEC, Chandigarh)



Pratham Gupta
Computer Science and Engineering
(International Institute of Information
Technology, Hyderabad)



Anuj Sharma
B. Tech.
in Computer Science
(Chandigarh University)



Tamanna Sharma
Engineering in Computer Science
(Baba Banda Singh Bahadur
Engineering College, Fatehgarh Sahib)



Prabhpreet Kaur
B. Tech.in Food Technology
(P.A.U. Ludhiana)



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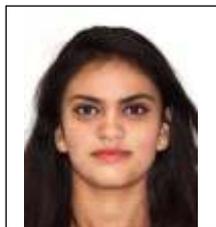
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