



NANKANA SAHIB PUBLIC SCHOOL

GILL ROAD, LUDHIANA



welcome to our

NEWSLETTER

NOVEMBER & DECEMBER, 2023



EVENTS

ACHIEVE
MENTS

LATEST
NEWS

From the pen of

Editor - In - Chief

2024- A year of Student Empowerment:

If the youngsters of an institution are energetic, creative and critical thinkers, it definitely progresses by leaps and bounds. Rope them in and then any uphill task becomes a piece of cake. They hit the nail on the head in any given situation.

I observed it when I saw our school's Student Council working in tandem during different functions including three days long annual athletic meet and Gurpurab celebration.

Nankana Sahib Public School Gill Park started a creative initiative of bi-monthly Newsletter in the month of October. It was very well designed by **Ms Anshpreet Kaur** (PA to Principal). All the English and Punjabi teachers motivated the students for write ups.

Now we are coming up with our second Newsletter for the month of November and December. As this is the first Newsletter of the new year, so here we thought of empowering our school students yet in another field. Following the theme of New Education Policy, we decided to give opportunity to our students to learn and grow holistically. Students Editorial Board was set up. **Harkeerat Singh**, a Plus One Arts student of the school successfully designed this newsletter. Of course, this newsletter itself speaks of his creativity bend with technical know-how. If we will empower our students, we will definitely have strong foundation of the education system.

Dr APJ Kalam rightly said, "No Sanction can stand against ignited minds." By the time this Newsletter will reach you, all of you must have entered in yet another year of your life. May everyone's dreams come true and hard work pay off. May the student community be more tolerant to each other and peace prevails everywhere!

Anupam Bhagria

Editor-in-chief

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NSPS athletes selected for state



After having excelled in Punjab School district level Athletics, the athletes of Nankana Sahib Public School, Gill Park Ludhiana have been selected for the state level tournament. These include Karandeep Singh and Jasnoor Singh.

In the district level event, in the category of U-17(Boys); Karandeep Singh Sidhu stood second on 400 meters, first in 800 meter and first position in 4x400 meter Relay. In the category of U-19 (Boys) Jasnoor Singh remained third in 200 meters. However, in 4x400 meter event Dayavir Singh, Pawan Kheepi and Jasnoor Singh clinched third position.

The investiture ceremony of Primary wing in the school was held. The newly elected leaders of house council members were bestowed with badges and sashes by the school Principal Mrs Harrmeet Kaur Waraich. The newly appointed office bearers then took an oath of office, pledging to uphold the values and traditions of the school, and to perform their duties with diligence and sincerity.

The new elected Head boy is Gursahib Singh and Head Girl is Delisha. Both shared their views. On this occasion captain, vice-captain and prefects of all the four houses of the school were also decorated with badges and sashes. The Primary In-charge of the school Mrs Jasmeen Kaur also marked the occasion.

Investiture ceremony



Punjabi declamation held

Punjabi declamation contest was organized for the senior students of the school. The students from class IX to XII showcased their oratory skills on thought-provoking subjects matters.

As many as 20 students participated in the contest. The results are as follows: Reetika and Akshpreet Singh shared first position, both Ravneet Singh and Jasmine Kaur succeeded in getting second position. However, the third position was scored by Harmanpreet Kaur and Gurvir Singh Sandhu, Sukhmanpreet Kaur got the consolation.



November 2



NSPS Student clinched

3rd prize

In a thrilling journey through DD Punjabi's "Kisme Kitna Hai Dum -TV reality show, a Student of Nankana sahib Public School, Gill Park Ludhiana succeeded in clinching third prize. Mansirat Kaur a student of class VIIC has got third position. Her unwavering talent and dedication shone brightly as she successfully navigated the audition round, quarter-final, and semi-final stages, leading her to the grand finale, held at Dhuri in Sangrur district.

Seminar on "Critical Pedagogy for the 21 Century"



Our school organized seminar on "Pedagogies for the 21 Century." The seminar was in continuation of Capacity Building Programme of Ludhiana Sahodaya Schools Complex. Teachers from as many as 40 prominent schools of the city actively attended it.

Mrs Harrmeet Kaur Waraich the school Principal of Nankana Sahib Public School, Gill who was the Resource Person spoke at length about "Pedagogy for the 21 Century."



Throwing open questions to the listeners, Mrs Waraich asked, "What do the academicians need for 21st century learners? As an academician how do we view learners, children as initiative learners or children as learning from didactic exposure?"

She said that during Covid, all teachers faced a really tough time. The pandemic threw back the education system by five years. Technology came to or rescue. She said, "As technology is going hand in hand with academics, so we teachers need to change ourselves. Otherwise, we will be in slippery ground for the future. "

Talking about the three steps model of pedagogy, Mrs Waraich said, "It is transformative, generative and transmission. The 21st century pedagogy should be connecting, owning, responding and empowering the students. This way it will not be wrong to say that the past is teaching the present for the future." She also suggested tips for effective learning.

The resource person further said," The factors which contribute to the achievement of a student is 50% students, 25 % teachers and remaining 25% are home, peers, school and principal. There is need of questioning the whole practice of schooling today as most of the schools have tools, textbooks, subjects and examinations located in 19th or 20th century pedagogies. Young people today access knowledge in fundamentally different manner than previous generations."

November 4

NSPS players clinched third Place in Kho-Kho



It is a matter of great pride that players of Nankana Sahib Public School Gill Park, Ludhiana succeeded in winning third position in Kho-Kho tournament of Ludhiana Sahodaya Schools Complex.

Students of NSPS achieved 3rd position in Kho-Kho Event for boys for the category of under -19. This event was organized at Shifaly International School.

• November 7

Student excelled in Martial Arts

A student of our school won first position in a Gatka Fight competition organized by Shaheed Baba Deep Singh Welfare Club, village Mohi.

As many as 12 participants from different schools participated in it. It is pertinent to mention that Sahibveer Singh has represented the school at the National Level too and has won first prize.



• November 8

Diwali Exhibition held

Nankana Sahib Public school Gill Road Ludhiana organised an exhibition cum sale of earthen lamps prepared by Youth with intellectual disabilities from Skill Development and Rehabilitation Center cum Production Unit of Ambuja Manovikas Kendra. This Kendra is being run by Ambuja Cement Foundation and Cipla Foundation at Village Salora, Morin district Ropar.

This Kendra currently has more than 100 special Students. Beautiful earthen lamps were prepared by these creative students which were sold like hot cakes. Showing their generosity, students and teachers from all classes purchased enough to support them.

• November 8



LSSC Kabaddi Tournament kicked off at NSPS

The two days long Under-19 Girls Kabaddi tournament of Ludhiana Sahodaya Schools Complex kicked off at Nankana Sahib Public school, Gill Park. The tournament was inaugurated by a philanthropist Sardar Gurwinder Singh, Hockey Coach of Round Grass Academy, Kila Raipur. Retired as a DP from a Government School, he is devoting his full time as well as pension on the sports of poor players.

• November 9

November 10

LSSC Kabaddi Tournament concluded at NSPS

The two days long Under-19 Girls Kabaddi tournament of Ludhiana Sahodaya Schools Complex concluded at Nankana Sahib Public school, Gill Park. Sardar Inderpal Singh, Director Nankana Sahib Education Trust and Dr Sahijpal Singh, Principal Guru Nanak Dev Engineering College were the guests. As many as 8 teams participated in this with enthusiasm. HVM Convent stood first, St. Thomas Senior Secondary School stood second and the host School i.e. Nankana Sahib Public School, Gill Park got third position.



singh House, Sahibzada Fateh Singh House, Sahibzada Jujhar Singh House and Sahibzada Jorawar Singh House made beautiful patterns. The students made eco- friendly designs using wheat flour, saw dust, flowers, and pulses of different colours, grains and rice. Trying their hands on different types of patterns including Chandeyann-3, floral, geometrical, cartoons, vehicular designs, Albert Einstein, traffic signals, tulips and patterns depicting Dhanteras and Peacock they came up with their best creations.



November 11

NSPS student stood first in poem recitation

A class V student of Nankana Sahib Public School Gill Road has come up with an outstanding achievement by winning first prize in poetry recitation competition. Gurnoor Kaur Cheema of class V secured first position in Punjabi Poem Recitation organized at Gurmat Gian Missionary College, Punjabi Bagh, Jawaddi.



November 14

Students won consolation in GK Quiz

NSPS students won consolation in GK Quiz. The school team got success in Quiz organized by Ludhiana Sahodaya Schools Complex. The quiz was organized at Kundan Vidya Mandir, Civil Lines. As many as 18 teams of different schools participated in it.

The team of Nankana Sahib Public School who got consolation award included Samardeep Kaur, Harinayat Kaur, Bikramjeet Singh and Harsimrat Kaur



• November 21



NSPS players excelled

The NSPS players played pivotal role in Basketball Championship. They represented district Ludhiana, played a pivotal role in clinching bronze medal in state level tourney of U-19 Boys Basketball Championship. It was organized by the Punjab School State Basketball Championship. The players of U-19 Boys succeeded in winning third position in the tournament held at PAU.

Two players who were included in the district level team included Gagandeep Singh and Gurmat Singh students of Plus Two Arts and Plus One Arts.

• November 21

46th annual athletic meet kicked off



The 46 annual athletic meet of NSPS kicked off. S Davinder Singh Deputy Director NSS was the chief guest. He was given guard of honour by NCC Cadets of the school.

The opening ceremony of the three days athletic meet commenced with the school Head boy presenting a floral welcome to the chief guest and the school Principal Mrs Harmeet Kaur Waraich administered the oath to the athletes. The dignitaries hoisted the school flag and declared the meet open amidst thunderous applause by releasing balloons tied with school insignia in the air.

Addressing the august gathering of students, teachers and parents, the school Principal Mrs. Harmeet Kaur Waraich spoke at length about sports and academic achievements of the students in the year 2023-2024.

• November 22

The chief guest Sardar Devinder Singh, Deputy Director NSS said," The sports are an integral part of students' life to maintain good health. Sports are a must.

The parents should give exposure to sports too. Their children instead of making them slaves of mobile phones. They should inculcate moral values among children so they can have a bright future tomorrow. "He said that it is a matter of immense pleasure that the school is also holding the athletic meet of kindergarten students. He said that they are the nursery of the institution that will further propagate into huge trees. He exhorted the girls that keeping in view the present scenario, the girls must participate in sports so that they might tackle any tough situation.

He concluded the speech with a couplet from famous Punjabi poet Surjit Patar's poem. His thought-provoking speech won a thunderous applause from the audience

S. Harcharan Singh Gohalwaria Additional Secretary School Managing Committee and S. Inderpal Singh Chadha Director Nankana Sahib Education Trust were the guests of honour.

The spectacular show of Yoga and aerobics kept the audience glued to their seats. The tiny-tots welcomed the chief guest with a scintillating performance of welcome dance. The spectacular show of yoga and aerobics kept the audience glued to their seats. On the first day, the tiny-tots of the kindergarten section participated with a lot of enthusiasm.

As many as 30 events are separately organized for boys and girls.



NSPS organized athletic meet of Primary Wing

The Athletic events of Primary Wing of the were organized during the second day of the 46 annual athletic meet. Sardar Jangjit Singh Randhawa DSP, Intelligence, Ludhiana was the chief guest. He was given guard of honour by NCC Cadets of the school.

The athletic meet was declared open by the chief guest. It was followed by a well synchronized March Past by the students from Sahibzada Zorawar Singh, Fateh Singh, Ajit Singh and Jujhar Singh House.



The school Head Girl of Primary Wing Delisha Verma in the presence of chief guest and the school Principal Mrs Harmeet Kaur Waraich administered the oath to the athletes. The dignitaries hoisted the school flag.

Addressing the august gathering of students, teachers and parents, the school Principal Mrs. Harmeet Kaur Waraich spoke at length about sports and academic achievements of the students in the year 2023-2024. She requested parents to give exposure to their wards of different sports in the school ground. She emphasized to keep children away from mobile phones otherwise it would be a challenging task to control the coming generation.

The chief guest Sardar Jangjit Singh Randhawa addressed the august gathering of students, parents and teachers. He said, "There is no shortcut to hard work. Anyone who will ignore hard work will never get success."

Endorsing the view point of Mrs Harmeet Kaur Waraich, Sardar Jangjit Singh Randhawa Who had remained seven times national champion and ten times All India police Champion in 110meter hurdles race said,"

Parents should encourage their children for outdoor games. Stop being over caring for kids. You need to make children more practical. " The chief guest who had been silver medallist in South Asian Federation Games held at Delhi said, "I had no talent in school and I lost my mother when I was in class IX. But I used to work so hard that I could become national champion at the age of 17 and get selected in Punjab Police. If my mother had been alive today, she could have been more than happy as she used to worry a lot about me."

Sardar Harcharan Singh Gohalwaria Additional Secretary School Managing Committee and Sardar Inderpal Singh Chadha Director Nankana Sahib Education Trust were the guests of honour.

The students welcomed the chief guest with a scintillating performance of bhangra. The spectacular PT Show and Gatka kept the audience glued to their seats.



On the second day, the students of the kindergarten section participated with a lot of enthusiasm. As many events were organized for boys and girls.

In March Past, Sahibzada Fateh Singh House declared first, Sahibzada Zorawar Singh House second and Sahibzada Jujhar Singh House remained third. However, Sahibzada Ajit Singh House scored fourth place.



46th Annual athletic meet of NSPS concluded

The 46 annual athletic meet of the school concluded. Athletes of the senior wing participated in different events with full Vigor and energy.

Mr Suhail Mir ADCP-II Police Commissionerate Ludhiana was the chief guest who was given guard of honour by NCC Cadets of the school.

He declared the athletic meet open. It was followed by a well synchronized March Past by the students from Sahibzada Zorawar Singh, Fateh Singh, Ajit Singh and Jujhar Singh House. Earlier the school

Headboy of senior Wing Angadveer Singh and Headgirl Sehajpreet Kaur accorded the floral welcome to the chief guest. The sports captain of girls Arman in the presence of chief guest and the school Principal Mrs Harmeet Kaur Waraich administered the oath to the athletes. The dignitaries hoisted the school flag. The most solemn part of the ceremony was the relay of the torch by the school's sports persons and the athletes.



He further said that Students don't explore possibilities in their own country. Citing his own example he said, "I belong to a very distant place and things were not easy for me when I was a student. But I never gave up. All of you must decide your aim and start progressing in that direction. Lata Mangeshkar, Sachin Tendulkar and many others could get success only after focusing on their aim and doing hard work in that direction. Students should replace screen time with sports time." He said that such a huge ground and sports activities are blessings in disguise for all of you. He also exhorted the parents to encourage their wards for sports.



Addressing the august gathering of students, teachers and parents, the school Principal Mrs. Harmeet Kaur Waraich spoke at length about sports and academic achievements of the students in the year 2023-2024. She said that parents should spend quality time with their wards. She emphasized that parents should save children from the addiction of mobile phones. She said, "This threatening challenge of cell phones is looming large over us."

While addressing the august gathering of students, parents and teachers the Chief Guest said, "I appreciate the achievements of students in sports at different levels. When I came here about four years ago, I went to attend a school function. I asked students what they want to be in their life. Majority of them said that they wanted to go abroad. Many of them indulge in criminal activities when they fail to get a good band in IELTS."

He said, "This is a tender age and students get trapped in drug- addiction and not only this they glorify drugs and put peer pressure on other students. All this doesn't make you a hero rather ruin your life. If you come across any such elements, immediately inform your school Principal and teachers. Parents should also keep a tab on the whereabouts of their children. "

Sardar Harchharan Singh Gohalwaria Additional Secretary School Managing Committee and Sardar Inderpal Singh Chadha Director Nankana Sahib Education Trust were the guests of honour. The spectacular show kept the audience glued to their seats. The students welcomed the chief guest with a scintillating performance of foot tapping giddha.

More than three dozen events were separately organized for boys and girls.

Gurpurab Celebrated

Gurpurab of Sri Guru Nanak Dev Ji was celebrated with great fervor, devotion and dedication at school. The programme started with bhog of Sri Akhand Path Sahib. It was followed by shabad gayan. Sardar Shahbaz Singh Randhawa Assistant Secretary of Shiromani Gurudwara Prabandhak Committee and Secretary of Nankana Sahib Education Trust was the chief guest of the day. While addressing the mammoth gathering of students, teachers and parents Sardar Shahbaz Singh Randhwa said "I congratulate all the students and principal madam for organizing such a nice function. It is a matter of great pride that Students are learning wonderful ragas for shabad recitation. This art of recitation is getting disappeared. It should be preserved. " He also remembered Sardar Kishan Singh in whose memory this shabad gayan competition is held every year."

While addressing the august gathering, Sardar Inderpal Singh Director Nankana Sahib Education Trust congratulated all and said, "Many classrooms of the newly constructed building have become operational. " He congratulated the school Principal and school Management for this towering project.



Mrs Harmmeet Kaur Waraich the School Principal read the academic report of the school for the year 2023-2024 and highlighted how school progressed leaps and bounds. She said, "Today is a very fortunate day when we could formally inaugurate the newly constructed centrally air conditioned five storeyed building having 70 classrooms. Each classroom will be equipped with latest technology for providing digitalised education.





"She urged the parents not to pamper the children. She asked the parents to cooperate with school and make their children learn to be tolerant. She said that parents should make their children responsibility.

On this occasion S. Kishan Singh Memorial Shabad Gayan Competition was organized. In this as many as nine teams of different branches of Nankana Sahib Public School participated enthusiastically.

The illustrious guests of the day were, Sardar Inderpal Singh Director Nankana Sahib Education Trust, Sardar Harcharan Singh Gohalwaria Additional Secretary School Managing Committee, Sardar Harbhajan Singh member School Managing Committee and trustee Nankana Sahib Education Trust, Sardar Lal Singh former Trustee of NSEd. Trust from Gill village and Sardar Gurdial Singh Nambardar Gill village.

Principals of all the branch schools also marked the occasion. Sardar Harbhajan Singh trustee Nankana Sahib Education Trust and member School Managing Committee donated rupees 25000. The school Newsletter was released.



In Shabad Gayan Competition, Nankana Sahib Public School Fatehgarh Jattan remained First, Nankana Sahib Public School Kot Gangu Rai second and Nankana Sahib Public School Kalal Majra third. However, the consolation prize was given to Nankana Sahib Public School Rampur.

The Additional Secretary of SMC Sardar Harcharan Singh Gohalwaria also gave a cash award of rupees 1100 to the two teams who stood second and third. However, he awarded cash prize of rupees 2100 to the first team. The host team was also awarded cash prize of rupees 1100 by him.



Bhangra team emerged first in LSSC

The Nankanians proved that they are not lagging behind in co- curricular activities along with sports and academics. The bhangra team of the school succeeded in winning first position in Ludhiana Sahodaya Schools Complex folk dance/tribal dance competition. The competition was held at DCM Presidency School.



As many as 17 teams from different schools participated in the competition. The scintillating performance by the bhangra team of Nankana Sahib included Jashandeep Singh, Jashandeep Singh Sandhu, Shahdeep Singh, Raanveer Singh, Jaskaran Singh Matharoo, Jassnoor Singh, Jaswinder Singh and Armaandeep Singh.



Students selected for All India computer Quiz competition

The budding learners of Nankana Sahib Public School Gill Park Ludhiana have been selected for the semifinal round of Cryptic 6.0 All India Computer Quiz Competition to be conducted at Bengaluru. It is being hosted by Vydehi School of Excellence, Bengaluru. As many as 200 teams of different schools of India participated in the preliminary round of the quiz conducted online. Two teams of Nankana Sahib Public School Gill Park also participated in it. These included Tanveer Singh Chauhan and Japneet Kaur Khurana. However, the second team was composed of Keeratdeep Singh and Gurman Kaur. All the four students were from class VIII. Out of these four, Tanveer Kaur and Japneet Singh have been selected for the semifinal round. This will be conducted at Bengaluru.

November 29



DECEMBER

DECEMBER

December 1

NSPS student clinched third prize in LSSC

Baldeep Singh, a 10th-grade student from Nankana Sahib Public School, Gill Park clinched third prize in the Sufi Song event organized by Ludhiana School Sahodaya Complex. Competing against 23 teams at DAV, BRS Nagar, Baldeep's musical prowess stood out.



December 5

NSPS Principal awarded

It is a matter of great pride that the Principal of Nankana Sahib Public School Gill Park Ludhiana has been awarded with the best Principal award by Ek Updesh Media. She was selected among top 100 Principals of the region. Mrs Waraich was awarded in a prestigious function organized at Park Plaza, Chandigarh, Zirakpur.



NSPS Basketball team second in LSSC



The under-19 team of Boys Nankana Sahib Public School, Gill Park Ludhiana succeeded in winning second position in Ludhiana Sahodaya Schools Complex tournament held recently.

The final match was played between DAV Pakhowal Road and Nankana Sahib School.

The tournament was organized at BCM School Pakhowal Road, Basant Avenue.

The team included the players namely Gagandeep Singh Virk, Khushmeen Singh, Aman Singh, Sumit Arora, Ritish Bawa, Narayan Dhand, Rudra Pratap, Hussanpreet Singh and Gurmat Singh Panesar.

December 5



NSPS player played pivotal role in Handball Championship

A budding handball player of Nankana Sahib Public School, Gill Road Ludhiana who represented district Ludhiana played a pivotal role in clinching second position for Ludhiana during the state level tourney of U-11 Boys Handball. In the 43 Punjab State Inter district Primary school Sports organized by Punjab School Education Board, Triptveer Singh a student of class IV of Nankana Sahib Public School played in Ludhiana district team.

Ludhiana district played the match with Bathinda district and won the match by 15 goals. However, Bathinda district could only score five goals.

School team second in state in Sikh martial art

Showing their valor the Sikh martial art team of Nankana Sahib Public School, Gill Park Ludhiana succeeded in winning second position in state level Gatka tournament held at Muktsar Sahib. The team of NSPS included dynamic duo Sahibveer Singh (XE) and Gurwinder Singh (XI Commerce). They spearheaded the team to success and got second position. It is worth mentioning here that Sahibveer also won second position in the Kirpan Fry - a solo competition. These events were organized by Punjab State Inter district School games.



Students excel in moral education exam

The students of Nankana Sahib Public School Gill Park Ludhiana excelled in the moral education exam conducted by Guru Gobind Singh Study Circle Ludhiana zone. Divnoor Singh (III D) succeeded in getting first position, with Amoldeep Singh (IV D) closely following in Second.



However Karampreet Kaur (XII Com) scored 10th Position, while Satpreet Kaur (VIII F) got 12 spot.

NSPS competence building training of CBSE



Nankana Sahib Public School Gill Park Ludhiana hosted two days training of the Central Board of Secondary Education for Competence Building in English language at Secondary level. On the first day the Resource Person was Mrs Supreet Kaur of Cambridge Innovative School, Jalandhar.

On the second day Mrs Gauri Chhabra former Principal and Resource Person of CBSE trained teachers on how to make cross-curricular lesson plans.

The School Principal Mrs Harmeet Kaur Waraich shared important aspects of NCF including grade system for assessing various parameters of students.



NSPS Principal awarded with FAP National award

It is a matter of great pride that Mrs Harmeet Kaur Waraich Principal of Nankana Sahib Public School Gill Park Ludhiana has been awarded with FAP National award. She has been awarded this prestigious award by the Federation of Affiliated Private Schools.

Mrs Waraich has around thirty years of experience as a renowned academican. She has been awarded this award for being a beacon of guidance.

It was presented by Dr Jagjit Singh President FAP. THE association appreciated her contribution to society by shaping the lives of the future citizens and on strengthening the foundation of the nation.

NSPS players excel in half of dozen Judo events of LSSC

The Judo players of Nankana Sahib Public School Gill Park Ludhiana have made history by making their names registered in half of dozen events of Judo Championship organised by Ludhiana Sahodaya Schools Complex. The Championship was held recently at Bhartiya Vidya Mandir Sector 39. It is a matter of great pride that the school players won six trophies in different events of Boys and girls.

In Under-11 Girls, the players remained overall second and Under-11 Boys remained overall third.



However, in U-17 Girls category the NSPS players won overall second position and U-17 Boys remained overall third, the Under-19 Girls won third position overall. However, Under-19 Boys succeeded in winning overall second position.



Vidyarthi Chetna March organized

To commemorate the great sacrifice of four Sahibzadas of Shri Guru Gobind Singh Ji and Mata Gujri, Vidyarthi Chetna March was organised under the patronage of Nankana Sahib Education Trust. The students and teachers of Nankana Sahib Public school Gill Road Ludhiana, Guru Nanak Dev Engineering college and Guru Nanak Dev Polytechnic participated in it with dedication.



NSPS players selected for National Championship

Two players of our school have been selected for the national basketball Championship. These include Gurmat Singh Panesar of Plus one Arts and Gagandeep Singh Virk of Plus Two Arts. Both of them got selected for School National Games for the Basketball Championship of U-19 Boys. It will be held at Patiala in January. The Championship is being hosted by Punjab.



The event started with Shabad Kirtan at the Gurudwara Sahib of Guru Nanak Dev Engineering College. It was followed by the path of Chaupai Sahib, Anand Sahib and Ardas.

The occasion was marked by Director of Nankana Sahib Education Trust Sardar Inderpal Singh, Principal of Guru Nanak Dev Engineering College Dr Sehajpal Singh, Principal of Guru Nanak Dev Polytechnic College Dr. Sarbjeet Kaur, Principal of Nankana Sahib Public School Gill Park Mrs Harmeet Kaur Waraich.

To make people aware about the great sacrifice, the students were holding placards in their hands. Slogans related to the life of all martyrs were written on placards. The march passed from the streets of Gill village and paid their obedience at both the Gurudwaras of Gill village. First the march was welcomed at Vadda Gurudwara Sahib, Gill village.

From here they went to Haltiwala Gurudwara of Gill village. Three students of Nankana Sahib Public School recited ballads related to the great sacrifice of Sahibzadas. Throughout the march, shabads and religious poems were recited by students. The March culminated at Guru Nanak Dev Engineering College.

English declamation held

To hone the orator skills of students Nankana Sahib Public School Gill Park Ludhiana organized an English declamation contest for the students of class VI to XII. The students expressed their views on Tough times never lost, tough people do, winners never quit, quitters never win, feminism and media representations, Artificial intelligence:

the new normal, unrest among students and Atamnirbhar Bharat. They kept the audience spellbound through their logical views expressed with confidence and intonation. About fifty students participated in the declamation contest.



The results of declamation are as follows:

Class VI to VIII:

Hardeep Kaur first, Harinayat and Simardeep Kaur remained second. However Ajay Dhiman and Harkamalpreet Singh Grewal got third Place. Aarav Dua scored a consolation prize.

Class IX to XII:

Simar Verma first, Sehajdeep Kaur and Gurleen Kaur remained second, Akshpreet Kaur and Deepinder Kaur remained third. However, Sneha got a consolation award.



Punjabi declamation held at NSPS



To strengthen the bond of students with their mother tongue and for honing their oratory skills Nankana Sahib Public School Gill Park Ludhiana organised Punjabi declamation of class third. As many as 40 students from different sections participated in it with enthusiasm.

They showcased their skills by expressing their thoughts on subjects including Mother tongue, disappearing traditional jewellery of Punjab, Punjabi culture etc.

The students shared their views with confidence merged with intonation. The judges had a tough time in passing their judgments. The results are as follows: Amayra first, Kriteen and Shubhnimrat shared second position; both Jyoti Sharma and Jasmeet remained third. However, Shabadreet and Nmrar succeeded in getting consolation.

National Mathematics Day celebrated

To mark birth anniversary of Srinivasa Ramanujan the great mathematician of India, Nankana Sahib Public School Gil Park celebrated National Mathematics Day.

A special assembly was held in which students enacted a Street Play (Nukad Natak) reflecting the importance of mathematics in daily life. Students creatively conveyed the vital role of mathematics. Students also delivered speech about Srinivas Ramanujan. The students also displayed various models related to mathematics.



NSPS student gets 298 All India rank in CLET

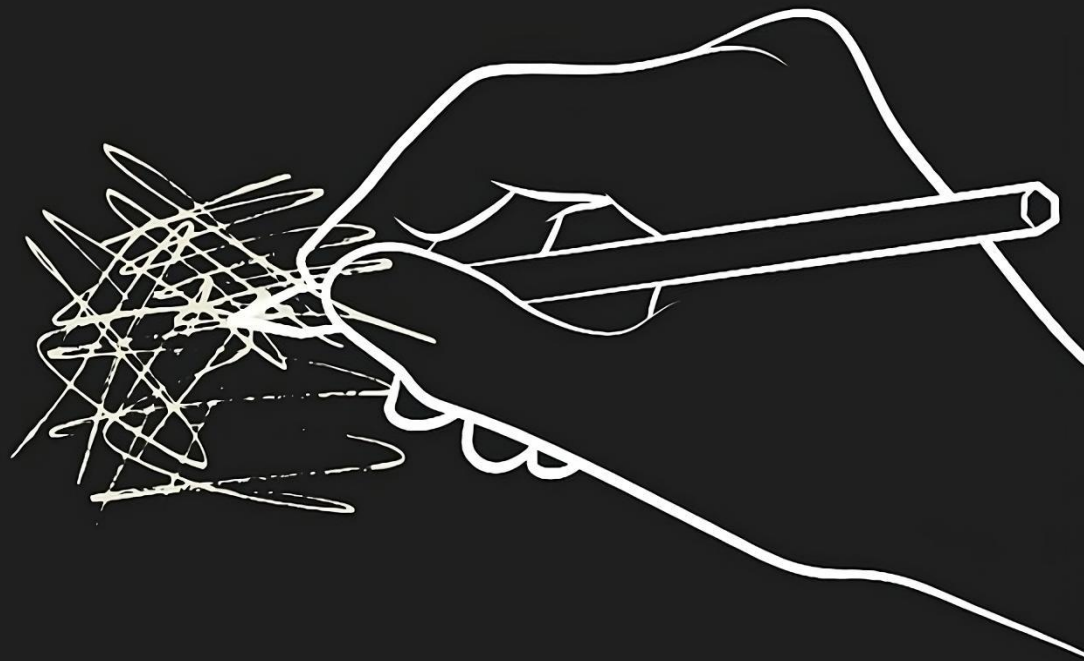
Proving her mettle in the field of academics a student of Nankana Sahib Public School Gill Park Ludhiana succeeded in scoring a very good All India rank in Common Law Entrance Test. It is Yeshmeen Kaur a student of Plus Two Arts who attained 298 All India rank in CLET. Yeshmeen achieved this with hardwork and persistent effort of two years. Sharing her splendid success the achiever said smilingly, "My much-desired dream came true. Being a regular school student, it was not an easy task for me. I daily studied for 5 to 6 hours for its preparation. And finally, I could accomplish it."

Her mother Mrs. Kamaljit Kaur is a serving woman. Her father is Mr. Maheshwer serving as Community Development Officer. She has one brother Manpreet Singh a student of class X at NSPS Gill Park.

Yeshmeen who also scored 93 percentile in class X said, "Earlier I wanted to be in the medical line. But it was in the year 2020 when one of my aunts cleared the test of being a judge in the judiciary. I got inspired by her and that was the turning point in choosing my profession."

Fond of reading books with mysterious and criminal theme, she is thankful to all the teachers and school Principal for their cooperation and guidance.

creations



*

of ignited minds



Penguins

Penguins, Penguins, Penguins!
 Found in glaciers ruin.
 You are the king of Antarctica,
 Are you also found in America?
 You have a big black back,
 Which you use to prevent your track.
 Have a big feather with oily trim,
 Do you use it in water to swim?
 You have big white bellies;
 You have a beak that looks like orange lilies.
 Bellies help you to snow slides,
 Which looks like an amazing glide.
 Penguins, Penguins, Penguins!
 Found in glacier's ruins.
 You have a good nature,
 I hope to see you in the future.

Harman Singh, Class VI - E

Wake Up to reality

This world's full of greed,
 Wanted to fulfil their needs
 Needs are not which they require,
 These are just human desires.
 Where you see light and modernity in this world
 There will also be intriguing shadow
 That will destroy you without you know
 The wrong trust is like a product sold by the vendors
 You will have to pay it back to the greedy lenders
 'So, leave this virtual dream, And recover from silent screams.

Tanishqpreet Singh , 10 - C

Moral principles

Moral principles are the guiding concepts who are steering the culture these serve as the foundation of

morality, in our lives. They encompass qualities such as honesty, integrity, empathy and respect for others acting as our guiding force. These principles help us perceive between right and wrong and form the basis for our choices and actions.

They are the basis of trust while honesty ensures that our beliefs align with our deeds. The ability to empathize allows us to understand and share the emotions of others fostering compassion and a sense of unity, within the society. Respecting others irrespective of their backgrounds promotes harmony in a world.

In a society that upholds values and principles individuals are more likely to act more justifiably and with decency, as we go through the choices, in life it's important to remember that our strong commitment to these principles is crucial for creating a morally upright world. Upholding these values not shapes our destinies but also has a significant impact, on the society we build together. As it is well said by Dalai lama ~ "Because of lack of moral principle, human life becomes worthless Moral principle truthfulness, is a key factor. If we lose that, then there is no future"

Soham Kainth, XII Non-Medical

The Power of Discipline

Discipline can be seen as the bridge that connects our goals and aspirations to the reality of our achievements. It is the cornerstone of personal development, guiding us on the path to success and fulfilment. Discipline empowers individuals to overcome obstacles, make the most of their potential, and lead a balanced life. In this article, we will explore the significance of discipline and how it can be cultivated to transform our lives.

Discipline is the ability to control our actions and thoughts in order to achieve desired outcomes. It involves setting clear goals, creating effective strategies, and consistently following through with them. Discipline requires self-control, perseverance, and a strong work ethic.

Discipline is the key ingredient for achieving success in any endeavour. Successful people like athletes, artists, and entrepreneurs credit discipline as a fundamental factor contributing to their accomplishments. It enables individuals to develop a structured approach to their tasks and responsibilities. It helps in overcoming procrastination, managing time efficiently, and completing projects effectively. By maintaining discipline, individuals can become more productive and achieve higher levels of output and efficiency.

Discipline extends beyond just external actions, it includes self-regulation of thoughts, emotions, and behaviours. By exercising discipline in managing stress, overcoming negativity, and practicing self-care, individuals can cultivate better mental and emotional well-being. It helps in building resilience, improving focus, and enhancing overall life satisfaction.

Setting clear and specific goals is the first step towards developing discipline. It is built through consistent practice and repetition of desired behaviours. Seeking support and accountability from mentors, friends, or coaches can boost discipline. Regular check-ins and feedback help in staying on track and maintaining discipline.

Akshpreet Singh, XII Arts –B

Child Labour

Child labour is a social evil which deprives children of their right to education and a healthy childhood. It can have detrimental long-term consequences on children's health. It can lead to physical injuries, chronic illnesses, and stunted growth. Additionally, children engaged in hazardous work may be exposed to dangerous substances and environments, which can have lasting health effects.

It is crucial to prioritize the well-being and safety of children by eradicating child labour. To eliminate child labour, it requires a multi-faceted approach. Some effective strategies include implementing and enforcing laws against child labour,

promoting access to quality education, providing support to families living in poverty, raising awareness about the issue, and fostering partnerships between governments, organizations, and communities.

It's important for everyone to work together to create a world where children can thrive and have a bright future. Various laws and regulations are implemented worldwide. These laws include the International Labour Organization's Convention on the Worst Forms of Child Labour and the United Nations Convention on the Rights of the Child. Additionally, many countries have their own legislation specific to child labour, setting minimum age limits for work and establishing penalties for violators.

Child labour is a serious issue that needs to be addressed. It's important to prioritize the well-being and rights of children. Let's work together to create a world where every child can enjoy their childhood and have access to education and opportunities.

Gurleen Kaur, XII Commerce

Indians Vs Indians – A food for thought

The winter season is going on and New year is on the anvil. Everyone is thinking of celebrations in his or her way. Of course, any occasion is incomplete without bursting of crackers. This reminds me of this summer vacations when I visited Canada. I found that the environment is very clean there even if it is their biggest festival. Only Government authorized people burst crackers there and common man enjoys it. And crackers are burst only one day every year i.e. On the Canada Day. The crowd stand by at a distance enjoy the beautiful fireworks.

People living in India are not ready to do any menial job or other job which they think do not match their level. But in foreign countries they earn by doing any job without embarrassment.

Another difference I found is that many people of India flout the rules with impunity but when the same people go to foreign countries, they follow each and every rule without any ruckus. Seeing this a question always arises in my mind that "Why does this happen?" I have not found any answer to this question yet. Who is at fault / Government or people? Perhaps someone said it rightly that rules are made here but to be broken. Perhaps it is said that

Amitoz kaur Rehan, XII Non – Medical

Being Head Boy

As I embark on the journey of School Head Boy, it fills me with the feeling of honour and privilege. I have been entrusted with this role by our school Principal Mrs Harmeet Kaur Waraich. I want to express my gratitude to her along with the team of teachers for believing in me. I will try my level best to come up to their expectations.

Indeed, it is a year of mixed feelings of happiness and sadness as this is the last year of my school life. With each passing day, I am approaching towards my higher studies. Getting separated from my alma mater is like getting away from my parental home, believe me it is really painful thought. But I will always remain in touch with my school in the years to come. It is just like a second home for me.

Angadveer Singh, XII Non - Medical

"KINDNESS ECHOES"

I went home today to visit my mom. It was no special occasion and I just decided to drop by for a quick cup of tea. As we were lounging on the bed, Mom asked me how my day was.

I gave her a very faint outline of what all my day entailed. She paused for a moment and quipped "We are proud of you"

She had a radiant but mild smile on her face. I was reading something at that time with my face bowed down and don't know why, I just froze.

Mom ushered out of the room to tend to some tea and snacks.

Her words resonated with me for hours to come. But why so?

We are struggling in a world that is constantly trying to bog us down, Everyone is fighting their own battle of self-worth. Kindness does not cost a dime but it is priceless. Complimenting has become scenic! etiquette but there is a certain hollowness to it. Let us all try to say good things to each other and for a change mean it too.

Manpreet Kaur (English Teacher)



ਸਾਡੇ ਹਰੇ ਭਰੇ ਦੇਸਤ

1. ਸਾਡੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਬਹੁਤ ਦੇਸਤ ਬਣ ਜਾਂਦੇ ਹਨ, ਪਰ ਪੈਂਦੇ ਅਤੇ ਰੁੱਖਾਂ ਵਰਗਾ ਕੋਈ ਦੇਸਤ ਨਹੀਂ।
2. ਇਹ ਸਾਡੀ ਸਾਰੀ ਉਮਰ ਸਹਾਇਤਾ ਕਰਦੇ ਹਨ ਅਤੇ ਸੱਚੀ ਦੇਸਤੀ ਨਿਭਾਉਂਦੇ ਹਨ।
3. ਇਹ ਸਾਡੇ ਤੋਂ ਥੋੜ੍ਹੀ ਜਿਹੀ ਸੇਵਾ ਲੈ ਕੇ ਸਾਰੀ ਉਮਰ ਤੱਕ ਅਨੇਕਾਂ ਚੀਜ਼ਾਂ ਦੇ ਭੰਡਾਰ ਦਿੰਦੇ ਰਹਿੰਦੇ ਹਨ।
4. ਇਹਨਾਂ ਤੋਂ ਸਾਨੂੰ ਖਾਣ ਲਈ ਫਲ ਤੇ ਸਬਜ਼ੀਆਂ ਮਿਲਦੀਆਂ ਹਨ।
5. ਅਨਾਜ, ਦਵਾਈਆਂ, ਕੱਪੜਾ ਅਤੇ ਰਬੜ ਤੱਕ ਇਹਨਾਂ ਤੋਂ ਹੀ ਮਿਲਦੀ ਹੈ।
6. ਗਰਮੀ ਦੀ ਧੁੱਪ ਵਿੱਚ ਛਾਂ ਕਰਦੇ ਹਨ।
7. ਸਾਹ ਸਾਹ ਲੈਣ ਲਈ ਸੁੱਧ ਅਤੇ ਠੰਡੀ ਮਿੱਠੀ ਹਵਾ ਦਿੰਦੇ ਹਨ।
8. ਇਹਨਾਂ ਦੇਸਤਾਂ ਦੇ ਗੁਣ, ਉਪਕਾਰ ਸਾਨੂੰ ਕਦੇ ਵੀ ਨਹੀਂ ਭੁੱਲਣੇ ਚਾਹੀਦੇ।
9. ਸਾਨੂੰ ਵੀ ਆਪਣੀ ਸੱਚੀ ਦੇਸਤੀ ਇਹਨਾਂ ਦੇ ਪ੍ਰਤੀ ਨਿਭਾਉਣੀ ਚਾਹੀਦੀ ਹੈ।
10. ਬਨਸਪਤੀ ਕਰਕੇ ਹੀ ਅਸੀਂ ਸੁਖੀ ਹਾਂ ਅਤੇ ਕੁਦਰਤ ਨੇ ਸਾਨੂੰ ਇਹ ਦੇਸਤ ਵਰਦਾਨ ਰੂਪ ਵਿੱਚ ਦਿੱਤੇ ਹਨ।

ਜਪਤ੍ਰਿਪਤੀ ਕੌਰ, ਜਮਾਤ - ਤੀਜੀ ਏ

ਮੇਰਾ ਰੰਗਲਾ ਪੰਜਾਬ

1. ਪੰਜਾਬ ਭਾਰਤ ਦਾ ਇੱਕ ਵਿਸ਼ੇਸ਼ ਪ੍ਰਾਂਤ ਹੈ।
2. ਪੰਜਾਬ ਦਾ ਸ਼ਾਬਦਿਕ ਅਰਥ ਹੈ-ਪੰਜ ਆਬ ਭਾਵ ਪੰਜ ਦਰਿਆਵਾਂ ਦੀ ਧਰਤੀ।
3. ਪੰਜਾਬ ਦੇ 23 ਜ਼ਿਲ੍ਹੇ ਹਨ।
4. ਪੰਜਾਬ ਦੀ ਰਾਜ ਭਾਸ਼ਾ ਪੰਜਾਬੀ ਹੈ।
5. ਪੰਜਾਬ ਦੀ ਰਾਜਧਾਨੀ ਚੰਡੀਗੜ੍ਹ ਹੈ।
6. ਪੰਜਾਬ ਦੇ ਲੋਕਾਂ ਦਾ ਮੁੱਖ ਕੀਤਾ ਖੇਤੀਬਾੜੀ ਹੈ।
7. ਅੰਮ੍ਰਿਤਸਰ ਪਟਿਆਲਾ ਲੁਧਿਆਣਾ ਜਲੰਧਰ ਬਠਿੰਡਾ ਆਦਿ ਪੰਜਾਬ ਦੇ ਪ੍ਰਮੁੱਖ ਸ਼ਹਿਰ ਹਨ ਜਿਨ੍ਹਾਂ ਦੇ ਨਾਂ ਵੱਖ ਵੱਖ ਕਾਰਨਾਂ ਕਰਕੇ ਦੇਸ਼ ਅਤੇ ਸੰਸਾਰ ਵਿੱਚ ਪ੍ਰਸਿੱਧ ਹਨ।
8. ਸਰੋਂ ਦਾ ਸਾਗ ਅਤੇ ਮੱਕੀ ਦੀ ਰੋਟੀ ਪੰਜਾਬ ਦਾ ਮੁੱਖ ਭੋਜਨ ਹੈ।
9. ਗਿੱਧਾ ਅਤੇ ਭੰਗੜਾ ਪੰਜਾਬ ਦੇ ਪ੍ਰਮੁੱਖ ਲੋਕ ਨਾਚ ਹਨ।
10. ਕਬੱਡੀ, ਖੇ-ਖੇ, ਹਾਕੀ, ਗਤਕਾ, ਰੱਸਾਕਸ਼ੀ ਪੰਜਾਬ ਦੀਆਂ ਮੁੱਖ ਖੇਡਾਂ ਹਨ।
11. ਪੰਜਾਬ ਦੇ ਮਰਦਾਂ ਦਾ ਮੁੱਖ ਪਹਿਰਾਵਾ ਕੁੜਤਾ ਪਜਾਮਾ ਅਤੇ ਔਰਤਾਂ ਦਾ ਮੁੱਖ ਪਹਿਰਾਵਾ ਸਲਵਾਰ ਕਮੀਜ਼ ਹੈ।

12 . ਪੰਜਾਬ ਸਮੁੱਚੇ ਭਾਰਤ ਦਾ ਸਰਤਾਜ ਹੈ।

ਜਪਲੀਨ ਕੋਰ, ਜਮਾਤ - ਚੌਥੀ ਜੀ

ਨਾਨਕੇ ਪਿੰਡ ਦੀ ਲੀਰਾਂ ਵਾਲੀ ਗੁੱਡੀ (ਸਫਰਨਾਮਾ)

ਗਰਮੀ ਦੇ ਦਿਨ ਸੀ ਮੈਨੂੰ ਸਕੂਲ ਤੋਂ ਗਰਮੀ ਦੀਆਂ ਛੁੱਟੀਆਂ ਹੋ ਗਈਆਂ ਸਨ। ਮੈਂ ਤੇ ਮੇਰੇ ਮਾਤਾ ਜੀ ਨਾਨਕੇ ਜਾਣ ਬਾਰੇ ਸੋਚ ਹੀ ਰਹੇ ਸਨ ਕਿ ਨਾਨਾ ਜੀ ਸਾਨੂੰ ਲੈਣ ਆ ਗਏ। ਮੈਂ ਬਹੁਤ ਖੁਸ਼ ਹੋ ਗਈ। ਨਾਨਾ ਜੀ ਨੂੰ ਮੇਰੇ ਮਾਤਾ ਜੀ ਨੇ ਪਹਿਲਾਂ ਹੀ ਦੱਸ ਦਿੱਤਾ ਸੀ ਕਿ ਸਕੂਲ ਤੋਂ ਛੁੱਟੀਆਂ ਹੋ ਗਈਆਂ ਹਨ। ਮੈਂ ਤੇ ਮੇਰੇ ਮਾਤਾ ਜੀ ਨੇ ਉਹਨਾਂ ਨਾਲ ਜਾਣ ਦੀ ਤਿਆਰੀ ਕਰ ਲਈ ਫਿਰ ਅਸੀਂ ਬੱਸ ਵਿੱਚ ਬੈਠ ਕੇ ਨਾਨਕੇ ਪਿੰਡ ਜਾਣ ਲੱਗੇ। ਹਾਲੇ ਅਸੀਂ ਪਿੰਡ ਤੋਂ ਥੋੜੇ ਦੂਰੀ ਤੇ ਹੀ ਸਾਂ ਕਿ ਕਿਸੇ ਨੇ ਮੈਨੂੰ ਮੇਰੀ ਮਾਂ ਦਾ ਨਾਂ ਲੈ ਕੇ ਬੁਲਾਇਆ। ਨਾਨਕੇ ਪਿੰਡ ਦੀ ਇਹ ਗੱਲ ਮੈਨੂੰ ਬਹੁਤ ਵਧੀਆ ਲੱਗਦੀ ਹੈ ਕਿ ਇੱਥੇ ਸਾਰੇ ਹੀ ਮੈਨੂੰ ਮੇਰੀ ਮਾਤਾ ਦੇ ਨਾਮ ਨਾਲ ਪਛਾਣਦੇ ਹਨ। ਨਾਨਕੇ ਪਰਿਵਾਰ ਵਿੱਚ ਮੇਰੇ ਮਾਮਾ ਜੀ ਅਤੇ ਮੇਰੀ ਨਾਨੀ ਜੀ ਵੀ ਰਹਿੰਦੇ ਸਨ। ਨਾਨਕ ਕੇ ਘਰ ਪਹੁੰਚ ਕੇ ਮੈਂ ਇੱਕ ਕਮਰੇ ਵਿੱਚ ਮੇਰੇ ਮਾਤਾ ਜੀ ਦੇ ਬਚਪਨ ਦੀਆਂ ਖੇਡਾਂ ਦੇਖੀਆਂ। ਉਹਨਾਂ ਖੇਡਾਂ ਵਿੱਚ ਇੱਕ ਲੀਰਾਂ ਵਾਲੀ ਗੁੱਡੀ ਸੀ, ਮੈਂ ਮਾਤਾ ਜੀ ਨੂੰ ਪੁੱਛਿਆ ਕਿ ਇਹ ਕੀ ਹੈ ਤਾਂ ਉਹਨਾਂ ਨੇ ਦੱਸਿਆ ਕਿ ਇਹ ਮੇਰੇ ਬਚਪਨ ਵਿੱਚ ਮੇਰੀ ਖੇਡ ਦਾ ਮੁੱਖ ਪਾਤਰ ਹੁੰਦੀ ਸੀ। ਲੀਰਾਂ ਵਾਲੀ ਗੁੱਡੀ ਬਾਰੇ ਦੱਸਦੇ ਹੋਏ ਉਹ ਭਾਵਕ ਹੋ ਗਏ। ਉਸ ਲੀਰਾਂ ਵਾਲੀ ਗੁੱਡੀ ਨੇ ਮੇਰੇ ਮਾਤਾ ਜੀ ਨੂੰ ਆਪਣੇ ਬਚਪਨ ਦੀ ਯਾਦ ਤਾਜ਼ਾ ਕਰਵਾ ਦਿੱਤੀ ਸੀ। ਇਹ ਸੀ ਨਾਨਕੇ ਪਿੰਡ ਦੀ ਲੀਰਾਂ ਵਾਲੀ ਗੁੱਡੀ।

ਰਿਦਮ, ਜਮਾਤ - ਚੌਥੀ ਈ

ਵਿਦਿਆ

ਵਿਦਿਆ ਹੁੰਦਾ ਉਹ ਗਹਿਣਾ,
ਜਿਸ ਨੂੰ ਕਿਸੇ ਨੇ ਖੋਹ ਨਹੀਂ ਲੈਣਾ।
ਜਿਹੜਾ ਅਗਿਆਨਤਾ ਨੂੰ ਮਿਟਾਵੇ,
ਗਿਆਨ ਦਾ ਜੋ ਚਾਨਣ ਪਾਵੇ।
ਅਧਿਕਾਰਾਂ ਦਾ ਜੋ ਗਿਆਨ ਕਰਾਵੇ,
ਸਮਾਜ ਵਿੱਚ ਮਾਣ ਵਧਾਵੇ।
ਗਹਿਣਾ ਮਿਲਦਾ ਇਹ ਵਿਦਿਆ ਦੇ ਮੰਦਰ,
ਜਗਾਵੇ ਦੀਪ ਗਿਆਨ ਦਾ ਜੋ ਮਨ ਦੇ ਅੰਦਰ।

ਲਵਲੀਨ ਕੌਰ, ਜਮਾਤ - ਤੀਜੀ ਬੀ

ਪੰਜਾਬ ਦੇ ਪੁਰਾਤਨ ਗਹਿਣੇ

ਪੁਰਾਤਨ ਪੰਜਾਬ ਵਿੱਚ ਸਿਰ ਤੋਂ ਪੈਰਾਂ ਤੱਕ ਸ਼ਹਿਦ ਹੀ ਕੋਈ ਅੰਗ ਬਚਦਾ ਹੋਵੇ ਜਿਹੜਾ ਗਹਿਣੇ ਤੋਂ ਸੱਖਣਾ ਹੋਵੇ। ਲੋਕ ਸੋਨੇ ਚਾਂਦੀ ਤਾਂਬਾ ਅਤੇ ਪਿੱਤਲ ਦੇ ਗਹਿਣੇ ਪਹਿਨਦੇ ਸਨ।

ਪੰਜਾਬੀ ਵਧੀਆ ਖੁਰਾਕ ਖਾਣ ਦੇ ਨਾਲ ਨਾਲ ਹਾਰ ਸ਼ਿੰਗਾਰ ਵੱਲੋਂ ਵੀ ਘੱਟ ਨਹੀਂ ਸਨ। ਪੰਜਾਬੀਆਂ ਲਈ ਸਿਰ ਤੋਂ ਪੈਰਾਂ ਤੱਕ ਸਰੀਰ ਦੇ ਅੰਗਾਂ ਲਈ ਵੱਖੋ ਵੱਖ ਗਹਿਣੇ ਮਿਲਦੇ ਹਨ। ਪੰਜਾਬੀ ਔਰਤਾਂ ਅਤੇ ਮਰਦ ਜਿੰਨ੍ਹਾਂ ਗਹਿਣਿਆਂ ਦੀ ਆਮ ਵਰਤੋਂ ਕਰਦੇ ਸਨ ਉਹਨਾਂ ਦਾ ਵਰਨਣ ਇਸ ਪ੍ਰਕਾਰ ਹੈ:-

- **ਸਿਰ ਦੇ ਗਹਿਣੇ:-** ਚੰਦ , ਸੱਗੀ ,ਫੁੱਲ ,ਬਗਿਆੜੀ ਟਿੱਕਾ ,ਕਲਿਪ ,ਸ਼ਿੰਗਾਰ ਪੱਟੀ ਝੂਮਰ ,ਸੁਈ ਆਦਿ।
- **ਕੰਨਾਂ ਦੇ ਗਹਿਣੇ:-** ਕਾਂਟੇ , ਬੂੰਦੇ, ਪਿੱਪਲ ਪੱਤੀਆਂ ,ਲੋਟਣ, ਸੋਨ ਚਿੜੀਆਂ, ਤੁੰਗਲ ,ਮੁਰਕੀਆਂ ,ਕੋਕਰੂ ਆਦਿ।

ਨੱਕ ਦੇ ਗਹਿਣੇ :-ਕੋਕਾ, ਮੇਖ, ਨੱਥ , ਮੱਛਲੀ ਆਦਿ।

ਗਰਦਨ ਦੇ ਗਹਿਣੇ :- ਕੰਢੀ, ਹਸ, ਹਸ ਕੰਢੀ, ਮਟਰਮਾਲਾ ,ਸਿੰਗ ਤਵੀਤ, ਬੁਗਤੀਆਂ ,ਤੱਗਾ, ਹਮੇਲ ਆਦਿ।

ਹੱਥਾਂ ਤੇ ਗੁੱਟ ਦੇ:- ਗੋਪੜ ,ਸਿੰਘਾੜੇ ਲੱਡੇ, ਘੜੀ, ਚੂੜੀ, ਕੰਗਣ ,ਪੱਟੀ, ਬਾਜੂਬੰਦ, ਗਜਰੇ ਆਦਿ।

ਹੱਥਾਂ ਦੀਆਂ ਉਂਗਲਾਂ ਦੇ ਗਹਿਣੇ :- ਮੁੰਦਰੀਆਂ, ਚਾਂਦੀ ਦੇ ਛੱਲੇ, ਹੱਥ ਫੁੱਲ, ਰਤਨ ਚੱਕ ,ਕਲੀ ਚੜੀਆਂ ਆਦਿ।

ਪੈਰਾਂ ਦੇ ਗਹਿਣੇ:- ਬਿਛੂਏ, ਛੱਲੇ ਤੇ ਛੱਲੀਆਂ ,ਗੁਸਲ ਪੱਟੀ ,ਪੰਜੇਬਾਂ, ਬਾਂਕਾ, ਕੁੰਡਲੀਦਾਰ, ਤੇੜੇ ਆਦਿ।

ਬੱਚਿਆਂ ਲਈ ਗਹਿਣੇ:- ਸਗਲੇ ,ਕੜੇ ,ਕੰਗਣ ਆਦਿ।

ਮਰਦਾਂ ਦੇ ਗਹਿਣੇ:- ਕੈਠਾ, ਮਾਲਾ, ਤਵੀਤੜੀਆਂ, ਕੜੇ, ਨੱਤੀਆਂ, ਮੁੰਦਰਾਂ, ਛਾਪਾਂ ਜੰਜੀਰੀ ਆਦਿ।

ਮਨਮੀਤ ਕੌਰ, ਜਮਾਤ- ਪੰਜਵੀਂ ਜੀ

ਬੁਝਾਰਤਾਂ

1. ਉਹ ਕਿਹੜੀ ਚੀਜ਼ ਹੈ ਜਿਹੜੀ ਸਵੇਰੇ ਚਾਰ ਪਹਿਰਾਂ ਤੇ ਸ਼ਾਮ ਨੂੰ ਦੋ ਪੈਰਾਂ ਤੇ ਅਤੇ ਰਾਤ ਨੂੰ ਤਿੰਨ ਪੈਰਾਂ ਤੇ ਤੁਰਦੀ ਹੈ।
2. ਦੋ ਕਬੂਤਰ ਮਨ ਦਾ ਜੋੜਾ ਖੰਭ ਉਹਨਾਂ ਦੇ ਕਾਲੇ ਰੇਸ਼ਮ ਵਿੱਚੋਂ ਪੈਰ ਨਾ ਕੱਢਣ ਵਿੱਚ ਹੀ ਲੈਣ ਹੁਲਾਰੇ।
3. ਮੈਂ ਹਰੀ ਮੇਰੇ ਬੱਚੇ ਕਾਲੇ ਮੈਨੂੰ ਛੱਡ ਮੇਰੇ ਬੱਚੇ ਖਾ ਲਏ।
4. ਉਹ ਕਿਹੜੀ ਚੀਜ਼ ਹੈ ਜਿਸ ਨੂੰ ਖਾ ਸਕਦੇ ਹਾਂ ਪਰ ਵੇਖ ਨਹੀਂ ਸਕਦੇ।
5. ਅੰਨਾ ਝੋਟਾ ਵੱਟਾ ਢਾਉਂਦਾ ਜਾਂਦਾ।
6. ਨਾ ਹਿਲੇ ਨਾ ਜੁਲੇ ਦਿਨ ਰਾਤ ਚੱਲੇ।
7. ਕਾਲਾ ਸੀ ਕਲੱਟਰ ਸੀ ਕਾਲੇ ਪਿਓ ਦਾ ਪੁੱਤਰ ਸੀ ਸਿਰ ਦੇ ਵਾਲ ਚਰਦਾ ਸੀ ਭਜ ਗੁੱਥਲੀ ਵਿੱਚ ਵੜਦਾ ਸੀ।
8. ਦੁੱਖ ਸੁਖ ਦਾ ਮੈਂ ਜੀਵਨ- ਸਾਥੀ ਹਰ ਦਮ ਸਾਥ ਨਿਭਾਉਂਦਾ ਹਾਂ ਇੱਕ ਪਲ ਵੀ ਮੈਂ ਜੁਦਾ ਨਾ ਹੋਵਾ ਵੱਡਾ ਛੋਟਾ ਬਣ ਜਾਂਦਾ ਹਾਂ।
9. ਹਿਲਣਾ ਹਿਲਾਉਣਾ ਤੇ ਹਿਲਾ ਕੇ ਠੰਡ ਪਾਉਣਾ ਆਖੀ ਮੇਰੀ ਮਾਂ ਨੂੰ ਮੈਨੂੰ ਹਿਲਣਾ ਪਹੁੰਚਾਉਣਾ।
10. ਖਾਣਾ ਖਾਣ ਆਪ ਗਈ ਖਾਣਾ ਬਣ ਗਈ ਆਪ ਸਖੀਆਂ ਨੂੰ ਕਹਿੰਦੀ ਜਾਂਦੀ ਇਹ ਭੋਜਨ ਹੈ ਪਾਪ।

ਉੱਤਰ - 1.ਬਚਪਨ, ਜਵਾਨੀ, ਬੁਢਾਪਾ 2. ਅੱਖਾਂ 3. ਛੋਟੀ ਇਲਾਇਚੀ ਨੇ ਜਿਹਨੇ ਨਹੀਂ ਲਿਖਿਆ 4. ਸੁੰਹ 5. ਸੁਹਾਗਾ 6. ਸੜਕ 7. ਉਸਤਰਾ 8.ਪਰਛਾਵਾ 9. ਪੱਖੀ 10. ਮੱਛੀ

ਕੌੜੀਆਂ ਯਾਦਾਂ

ਭੁਲਾ ਦਿਓ ਓਹ ਬੀਤੀਆਂ ਯਾਦਾਂ, ਜੋ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਅੱਗੇ ਵੱਧਣ ਨਾ ਦੇਵਣ।

ਮਨੁੱਖ ਦੇ ਮਨ ਦੀਆਂ ਭਾਵਨਾਵਾਂ ਉਸ ਨੂੰ ਕਿਸੇ ਨਾ ਕਿਸੇ ਰੂਪ ਵਿੱਚ ਜ਼ਰੂਰ ਪ੍ਰਭਾਵਿਤ ਕਰਦੀਆਂ ਹਨ। ਇਹ ਸਾਡੇ ਜੀਵਨ ਦਾ ਸੰਚਾਲਕ ਹੁੰਦੀਆਂ ਹਨ। ਕਈ ਵਾਰ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਅਜਿਹਾ ਕੁਝ ਵਾਪਰ ਜਾਂਦਾ ਹੈ, ਜਿਸ ਨੂੰ ਭੁਲਾਉਣਾ ਮਨੁੱਖ ਦੇ ਵੱਸ ਤੋਂ ਬਾਹਰ ਹੁੰਦਾ ਹੈ ਅਤੇ ਇਨ੍ਹਾਂ ਘਟਨਾਵਾਂ ਦਾ ਨਤੀਜਾ ਮਨੁੱਖੀ ਮਨ ਉੱਤੇ ਸਕਰਾਤਮਕ ਰੂਪ ਜਾਂ ਨਕਰਾਤਮਕ ਰੂਪ ਵਿੱਚ ਪ੍ਰਭਾਵ ਪਾਉਂਦਾ ਹੈ। ਮੁੱਢਕਦੀਮ ਤੋਂ ਹੀ ਮਨੁੱਖ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਦੀਆਂ ਕੌੜੀਆਂ ਯਾਦਾਂ ਨੂੰ ਆਪਣੇ ਨਾਲ-ਨਾਲ ਲੈ ਕੇ ਚਲਦਾ ਹੈ ਜੋ ਸਿਰਫ ਉਸਨੂੰ ਤਕਲੀਫ ਹੀ ਦਿੰਦੀਆਂ ਹਨ। ਇਹ ਸਭ ਉਸਦੇ ਨਾ ਸਿਰਫ ਅੱਜ ਨੂੰ ਹੀ ਨਹੀਂ ਸਗੋਂ ਆਉਣ ਵਾਲੇ ਸਮੇਂ ਨੂੰ ਵੀ ਤਬਾਹ ਕਰ ਦਿੰਦੀਆਂ ਹਨ। ਇਹਨਾਂ ਕੌੜੀਆਂ ਯਾਦਾਂ ਦੇ ਫਲਸਰੂਪ ਜੇਕਰ ਚੰਗਾ ਮੌਕਾ ਵੀ ਸਾਡੇ ਦਰਵਾਜ਼ੇ 'ਤੇ ਦਸਤਕ ਦਿੰਦਾ ਹੈ ਤਾਂ ਅਸੀਂ ਅਕਸਰ ਇਹ ਦਰਵਾਜ਼ਾ ਖੋਲ੍ਹਣ ਤੋਂ ਡਰਦੇ ਹਾਂ। ਸਾਡੇ ਮਨ ਦੀਆਂ ਭਾਵਨਾਵਾਂ ਵੱਖ-ਵੱਖ ਰੂਪਾਂ ਵਿੱਚ ਪ੍ਰਗਟ ਹੋਣ ਲੱਗਦੀਆਂ ਹਨ ਜਿਵੇਂ :- ਇਕੱਲੇ ਹੀ ਰਹਿਣਾ, ਕਿਸੇ ਨਾਲ ਗੱਲ ਕਰਨ ਨੂੰ ਮਨ ਨਾ ਕਰਨਾ, ਇਕੱਲੇ ਰੋਣਾ, ਚਿੜਚਿੜਾਪਣ, ਉਦਾਸੀ ਆਦਿ।

ਸੋ ਸਾਨੂੰ ਇਹਨਾਂ ਕੌੜੀਆਂ ਯਾਦਾਂ ਨੂੰ ਭੁਲਾ ਕੇ ਅੱਗੇ ਜ਼ਰੂਰ ਅੱਗੇ ਵੱਧਣਾ ਚਾਹੀਦਾ ਹੈ ਨਹੀਂ ਤਾਂ ਇਹ ਸਾਨੂੰ ਤੇ ਸਾਡੀ ਜ਼ਿੰਦਗੀ ਦੇਹਾਂ ਨੂੰ ਖਤਮ ਕਰ ਦੇਣਗੀਆਂ। ਇਹਨਾਂ ਨਾਲ ਨਜਿੱਠਣ ਲਈ ਸਾਨੂੰ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਕੁਝ ਸੁਖਮਨੀ ਸੁਨੇਹੇ ਅਪਣਾਉਣੇ ਪੈਣਗੇ। ਜਿਵੇਂ:-

ਬੀਤੀਆਂ ਗੱਲਾਂ ਨੂੰ ਸੁਪਨਾ ਸਮਝ ਕੇ ਭੁੱਲ ਜਾਓ।

- ਨਕਰਾਤਮਕ ਸੋਚ ਨੂੰ ਆਪਣੇ ਤੋਂ ਦੂਰ ਰੱਖੋ ਅਤੇ ਆਪਣੇ ਆਪ ਨਾਲ ਪਿਆਰ ਕਰੋ।
- ਆਪਣੇ ਪਰਿਵਾਰ ਦੇਸਤਾਂ ਅਤੇ ਰਿਸ਼ਤੇਦਾਰਾਂ ਨਾਲ ਸੁਖਦ ਪਲ ਬਿਤਾਉਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰੋ।
- ਜਿਨ੍ਹਾਂ ਨੇ ਤੁਹਾਨੂੰ ਦੁੱਖ ਜਾਂ ਠੇਸ ਪਹੁੰਚਾਈ ਹੈ ਉਹਨਾਂ ਨੂੰ ਮੁਆਫ ਕਰ ਦਿਓ।
- ਕਦੇ ਵੀ ਆਪਣੇ ਮਨ ਵਿੱਚ ਹੀਣ ਭਾਵਨਾ ਨਾ ਲੈ ਕੇ ਆਓ। ਜੇਕਰ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਕਦੇ ਹਾਰ ਦਾ ਸਾਹਮਣਾ ਕਰਨਾ ਵੀ ਪੈ ਜਾਵੇ ਤਾਂ ਇਹ ਨਾ ਸੋਚੋ ਕਿ ਲੋਕ ਕੀ ਕਹਿਣਗੇ?

- ਆਪਣੀਆਂ ਗਲਤੀਆਂ ਤੋਂ ਸਿੱਖੋ ਅਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਦੁਬਾਰਾ ਕਦੇ ਵੀ ਨਾ ਦੁਹਰਾਓ।

ਅਤੇ ਅੰਤ ਵਿੱਚ ਉਸ ਪਰਮਾਤਮਾ ਤੇ ਹਮੇਸ਼ਾ ਭਰੋਸਾ ਬਣਾਏ ਰੱਖੋ ਜੋ ਸਾਡੇ ਪਰਦੇ ਕੱਜਦਾ ਹੈ।

ਹਰਜਿੰਦਰ ਕੌਰ

ਧੀਆਂ ਨਿਮਾਣੀਆਂ ਨਹੀਂ ਮਹਾਰਾਣੀਆਂ ਹੁੰਦੀਆਂ ਨੇ

ਕਿਸੇ ਲਿਖਾਰੀ ਨੇ ਬਹੁਤ ਸੋਹਣੇ ਸ਼ਬਦਾਂ ਵਿੱਚ ਲਿਖਿਆ ਹੈ- ਧੀਆਂ ਤੋਂ ਬਿਨਾ ਨਾ ਵਿਹੜੇ ਸੁਹਾਉਂਦੇ ਨੇ, ਧੀਆਂ ਨਾਲ ਹੀ ਘਰ 'ਚ ਬਹਾਰ ਹੁੰਦੀ। ਮੁਰਖ ਨੇ ਲੋਕ ਜਿਹੜੇ ਕਹਿੰਦੇ ਧੀ ਭਾਰ ਹੁੰਦੀ। "ਧੀਆਂ" ਇਹ ਸ਼ਬਦ ਸੁਣਦੇ ਹੀ ਮਨ ਵਿੱਚ ਇੱਕ ਨਿੱਘੇ ਪਿਆਰ ਦਾ ਅਹਿਸਾਸ ਹੁੰਦਾ ਹੈ ਜਿਸ ਨੂੰ ਸ਼ਬਦਾਂ ਵਿੱਚ ਬਿਆਨ ਕਰਨਾ ਵੀ ਮੁਸ਼ਕਿਲ ਹੁੰਦਾ ਹੈ। ਅਜੋਕੇ ਯੁੱਗ ਵਿੱਚ ਜਿੱਥੇ ਕੁੜੀਆਂ ਹਰ ਖੇਤਰ ਵਿੱਚ ਵੱਧ ਚੜ੍ਹ ਕੇ ਆਪਣਾ ਯੋਗਦਾਨ ਪਾ ਰਹੀਆਂ ਹਨ ਉੱਥੇ ਉਨ੍ਹਾਂ ਪ੍ਰਤੀ ਕੁੱਝ ਰੂੜੀਵਾਦੀ ਸੋਚ ਰੱਖਣ ਵਾਲਿਆਂ ਨੂੰ ਵੀ ਅਣਦੇਖਿਆ ਨਹੀਂ ਕੀਤਾ ਜਾ ਸਕਦਾ। ਅੱਜ ਕੁੜੀਆਂ ਸਿਰਫ਼ ਨੌਕਰੀ ਜਾਂ ਕਾਰੋਬਾਰ ਕਰਨ ਤੱਕ ਹੀ ਸੀਮਿਤ ਨਹੀਂ ਰਹਿ ਹੋਰ ਕਈ ਅਜਿਹੇ ਖੇਤਰ ਹਨ ਜਿੱਥੇ ਉਹ ਆਪਣਾ ਭਰਪੂਰ ਯੋਗਦਾਨ ਦੇ ਰਹੀਆਂ ਹਨ। ਸੁਨੀਤਾ ਵਿਲੀਅਮਜ਼ ਅਤੇ ਕਲਪਨਾ ਚਾਵਲਾ ਵਰਗੀਆਂ ਔਰਤਾਂ ਜੋ ਪੁਲਾੜੀ ਯਾਤਰਾ ਦੌਰਾਨ ਨਵੀਆਂ ਖੋਜਾਂ ਅਤੇ ਨਵੇਂ ਰਿਕਾਰਡ ਬਣਾ ਕੇ ਆਪਣੇ ਘਰ ਦੀ ਅਤੇ ਆਪਣੇ ਬੱਚਿਆਂ ਦੀ ਹਰ ਜ਼ਿੰਮੇਵਾਰੀ ਨੂੰ ਸੰਭਾਲਣ ਯੋਗ ਹੋ ਗਈ ਹੈ। ਪਰ ਅੱਜ ਵੀ ਰੂੜੀਵਾਦੀ ਸੋਚ ਰੱਖਣ ਵਾਲੇ ਕੁੱਝ ਲੋਕ ਉਨ੍ਹਾਂ ਨੂੰ ਇਹ ਅਹਿਸਾਸ ਕਰਾਉਂਦੇ ਹਨ ਕਿ ਧੀਆਂ ਪਰਾਈਆਂ ਹਨ ਜਾਂ ਉਨ੍ਹਾਂ ਨੂੰ ਕਈ ਹੱਕਾਂ ਤੋਂ ਵਾਂਝੇ ਰੱਖਣ ਦੀ ਦਲੀਲ ਦਿੰਦੇ ਹਨ। ਮੇਰੀ ਸੋਚ ਅਨੁਸਾਰ ਧੀਆਂ ਪਰਾਈਆਂ ਨਹੀਂ ਸਗੋਂ ਦੋ ਦੋ ਘਰਾਂ ਦੀਆਂ ਮਾਲਕ ਹੁੰਦੀਆਂ ਹਨ ਫ਼ਰਕ ਬਸ ਇੰਨਾ ਹੁੰਦਾ ਹੈ ਕਿ ਵਿਆਹ ਤੋਂ ਪਹਿਲਾਂ ਉਹ ਆਪਣੇ ਪੇਕੇ ਪਰਿਵਾਰ ਦੇ ਵਿੱਚ ਆਪਣੇ ਬਚਪਨ। ਅਤੇ ਜਵਾਨੀ ਨੂੰ ਮਾਣਦੇ ਹੋਏ ਆਪਣਾ ਜੀਵਨ ਬਤੀਤ ਕਰਦੀਆਂ ਹਨ ਅਤੇ ਵਿਆਹ ਤੋਂ ਬਾਅਦ ਆਪਣੇ ਸਹੁਰੇ ਪਰਿਵਾਰ ਪ੍ਰਤੀ ਆਪਣੇ ਢਾਲਦੀਆਂ ਹਨ। ਪਰ ਇਸਦਾ ਮਤਲਬ ਇਹ ਨਹੀਂ ਕਿ ਉਹ ਪਰਾਈਆਂ ਹੋ ਗਈਆਂ। ਅਸੀਂ ਪਰਾਈਆਂ ਸ਼ਬਦ ਵਰਤ ਕੇ ਉਨ੍ਹਾਂ ਨੂੰ ਨਿਮਾਣੀਆਂ ਹੋਣ ਦਾ ਅਹਿਸਾਸ ਕਰਾਉਂਦੇ ਹਾਂ ਜੋ ਕਿ ਬਹੁਤ ਗ਼ਲਤ ਹੈ। ਅੱਜ ਉਹ ਇੰਨੀ ਸੋਚ, ਸਮਝ ਅਤੇ ਹਿੰਮਤ ਰੱਖਦੀਆਂ ਹਨ ਕਿ ਆਪਣੇ ਦੇਨਾਂ ਪਰਿਵਾਰਾਂ ਵਿਚਕਾਰ ਇੱਕ ਕੜੀ ਦਾ ਕੰਮ ਕਰਨ ਬਸ ਲੋੜ ਹੈ ਉਨ੍ਹਾਂ ਨੂੰ ਸਹਿਯੋਗ ਦੇਣ ਦੀ ਨਾ ਕਿ ਉਨ੍ਹਾਂ ਨੂੰ ਬੇਚਾਰੀਆਂ ਬਣਾਉਣ ਦੀ। ਅੱਜ ਦੇ ਦੌਰ ਵਿੱਚ ਦੁੱਖ ਅਤੇ ਸੁੱਖ ਬਹੁਤ ਘੱਟ ਸਮੇਂ ਦੇ ਰਹਿ ਗਏ ਹਨ ਕਿਉਂਕਿ ਜ਼ਿੰਦਗੀ ਦੀ ਦੌੜ- ਭੱਜ ਵੱਧ ਗਈ ਹੈ। ਸੁੱਖਾਂ ਬਾਰੇ ਸੋਚ ਕੇ ਅਸੀਂ ਬਹੁਤ ਖੁਸ਼ ਹੁੰਦੇ ਹਾਂ ਅਤੇ ਹੋਣਾ ਵੀ ਚਾਹੀਦਾ ਹੈ ਪਰ ਜੇਕਰ ਦੁੱਖ ਆ ਜਾਣ ਤਾਂ ਅਸੀਂ ਹੌਸਲਾ ਦੇਣ ਦੀ ਬਜਾਏ ਉਸ ਇਨਸਾਨ ਦੇ ਦੁੱਖਾਂ ਬਾਰੇ ਉਸ ਨਾਲ ਬਾਰ ਬਾਰ ਉਹੀ ਗੱਲਾਂ ਦੁਹਰਾ ਕੇ ਉਸ ਦੇ ਜ਼ਖਮਾਂ ਨੂੰ ਹੋਰ ਡੂੰਘਾ ਕਰ ਦਿੰਦੇ ਹਾਂ। ਚੱਲਦੇ ਰਹਿਣ ਦਾ ਨਾਂ ਜ਼ਿੰਦਗੀ ਹੈ ਅਤੇ ਖੜ੍ਹਾ ਜਾਣਾ ਮੰਤ ਦੇ ਬਰਾਬਰ ਹੈ। ਸੋ ਕੋਸ਼ਿਸ਼ ਕਰੀਏ ਕਿ ਜੇ ਸਮਾਜ ਦੀ ਕੋਈ ਵੀ ਔਰਤ ਜੋ ਕਿ ਦੁੱਖਾਂ ਵਿੱਚੋਂ ਲੰਘ ਰਹੀ ਹੈ ਉਸ ਨੂੰ ਉਸ ਦੁੱਖ ਦੀ ਘੜੀ ਵਿੱਚੋਂ ਬਾਹਰ ਕੱਢਣ ਲਈ ਉਸਦਾ ਸਹਾਰਾ ਬਣੀਏ ਨਾ ਕਿ ਨਿਮਾਣੀਆਂ ਅਤੇ ਬੇਚਾਰੀਆਂ ਕਹਿ ਕੇ ਉਨ੍ਹਾਂ ਨੂੰ ਨੀਵਾਂ ਹੋਣ ਦੇਈਏ। ਜੇਕਰ ਇੱਕ ਔਰਤ ਦੂਜੀ ਔਰਤ ਦੇ ਹੱਕ ਵਿੱਚ ਖੜ੍ਹਾ ਜਾਵੇ ਤਾਂ ਸਮਾਜ ਦੀ ਸੋਚ ਬਦਲਣ ਨੂੰ ਵੀ ਸਮਾਂ ਨਹੀਂ ਲੱਗੇਗਾ। ਕਿਉਂਕਿ ਜੇ ਔਰਤ ਕਈ ਖੇਤਰਾਂ ਵਿੱਚ ਅੱਗੇ ਵੱਧ ਕੇ ਸਮਾਜ ਨੂੰ ਅੱਗੇ ਵਧਾ ਸਕਦੀ ਹੈ ਉਸ ਔਰਤ ਦਾ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਰੁੱਕ ਜਾਣਾ ਸਮਾਜ ਦੇ ਕਈ ਖੇਤਰਾਂ ਵਿੱਚ ਰੁਕਾਵਟ ਪੈਦਾ ਕਰ ਸਕਦਾ ਹੈ। ਇਥੋਂ ਤੱਕ ਕਿ ਸ਼੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਵੀ ਆਪਣੀ ਰਚਨਾ ਵਿੱਚ ਇਸਤਰੀ ਦੇ ਮਹਾਨ ਹੋਣ ਬਾਰੇ ਲਿਖਦੇ ਹਨ - ਸੇ ਕਿਉ ਮੰਦਾ ਆਖੀਐ ਜਿਤੁ ਜੰਮਹਿ ਰਾਜਾਨ।

ਸੋ ਇਹ ਕਹਿਣਾ ਬਿਲਕੁੱਲ ਸਹੀ ਹੋਵੇਗਾ ਕਿ ਧੀਆਂ ਨਿਮਾਣੀਆਂ ਨਹੀਂ ਸਗੋਂ ਮਹਾਰਾਣੀਆਂ ਹਨ ਜਿਨ੍ਹਾਂ ਨੇ ਧਰਤੀ ਤੇ ਮਹਾਨ ਯੋਧੇ ਪੈਦਾ ਕੀਤੇ।

ਸਵੈ -ਲਿਖਤ : ਗੁਰਪ੍ਰੀਤ ਕੌਰ (ਅਧਿਆਪਕਾ), ਨਨਕਾਣਾ ਸਾਹਿਬ ਪਬਲਿਕ ਸਕੂਲ, ਗਿੱਲ ਪਾਰਕ, ਲੁਧਿਆਣਾ।

ਮਾਂ ਤੇਰੇ ਜਾਣ ਬਾਅਦ

ਤੇਰੇ ਜਾਣ ਬਾਅਦ ਪਤਾ ਚੱਲਿਆ
 ਕੁਝ ਨਹੀਂ ਪੱਲੇ ਮੇਰੇ,
 ਤੂੰ ਦੇ - ਦੇ ਹੱਲਾ - ਸ਼ੇਰੀ ਮੈਨੂੰ,
 ਅੱਗੇ ਵਧਣ ਨੂੰ ਕਹਿੰਦੀ,
 ਮੈਨੂੰ ਗੁਣ ਜਾਪਿਆ ਮੇਰੇ 'ਚ,
 ਗੁਣ ਸ਼ਾਇਦ ਕੋਈ
 ਤੇਰੇ ਜਾਣ ਬਾਅਦ ਪਤਾ ਚੱਲਿਆ,
 ਉਹ ਦੁਆਵਾਂ ਸੀ, ਕੁਝ ਨਹੀਂ ਪੱਲੇ ਮੇਰੇ।
 ਇੱਕ ਸਹਾਰਾ ਤੇਰਾ ਇੱਕ ਜਾਪੇ
 ਜਿਵੇਂ ਕੋਈ ਦੀਵਾਰ,
 ਤੇਰੇ ਬਿਨਾ ਮੈਂ ਦੁਨੀਆਂ,
 ਵਿਚ ਇਕੱਲਾ ਜਾਪਾਂ,
 ਮੈਂ ਜਾਣਦੀ ਆਂ ਤੂੰ,
 ਅੱਜ ਵੀ ਮੇਰੇ ਨਾਲ,
 ਤੇਰੇ ਜਾਣ ਬਾਅਦ ਪਤਾ ਚੱਲਿਆ
 ਉਹ ਦੁਆਵਾਂ ਸੀ, ਕੁਝ ਨਹੀਂ ਪੱਲੇ ਮੇਰੇ।
 ਤੂੰ ਡਿੱਗਦੀ ਰਹਿੰਦੀ ਉੱਠਦੀ ਹੱਸਦੀ ਥੱਕਦੀ,
 ਜਿਵੇਂ ਵੀ ਸੀ ਮੇਰੇ Positive attitude ਦੀ ਛਾਪ ਸੀ,
 ਜਦ ਇਕੱਠੇ ਬਹਿੰਦੇ ਸੀ,
 ਹਾਸੇ - ਠੱਠੇ ਨਾਲ ਖੇਡਿਆਂ ਕਰਦੇ ਸੀ,
 ਅੱਜ ਫੇਰ ਉਹ ਸਭ ਫਿੱਕੇ ਜਾਪਣ,
 ਤੇਰੇ ਜਾਣ ਬਾਅਦ ਪਤਾ ਚੱਲਿਆ,
 ਉਹ ਦੁਆਵਾਂ ਸੀ, ਕੁਝ ਨਹੀਂ ਪੱਲੇ ਮੇਰੇ।

ਕਿੰਨ ਸਮਝਾਵਾਂ ਤੂੰ ਫਿਰ ਨਹੀਂ ਮਿਲਣਾ,
 ਮੈਨੂੰ ਹਰ ਪਲ ਤੇਰੀ ਹੀ ਪਰਛਾਈ ਜਾਪੇ,
 ਗੁਰਪ੍ਰੀਤ, ਨਹੀਂ ਲੱਭਣੇ ਇਹ ਅਨਮੋਲ ਰਿਸ਼ਤੇ,
 ਜਿਥੇ ਮਾਵਾਂ ਦੇ ਨੇ ਹੱਥ ਸਿਰ ਤੇ,
 ਤੇਰੇ ਨਾਲ ਸਾਰੇ ਮੇਰੇ ਨਾਲ ਸੀ,
 ਤੇਰੇ ਜਾਣ ਬਾਅਦ ਪਤਾ ਚੱਲਿਆ,
 ਉਹ ਦੁਆਵਾਂ ਸੀ, ਕੁਝ ਨਹੀਂ ਪੱਲੇ ਮੇਰੇ।

ਗੁਰਪ੍ਰੀਤ ਕੌਰ, ਆਫ਼ਿਸ ਕਲਰਕ



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