



NANKANA SAHIB PUBLIC SCHOOL

GILL ROAD, LUDHIANA



*welcome to our*

# NEWSLETTER

APRIL, MAY & JUNE

(issue: 04/2024)



EVENTS

ACHIEVEMENTS

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NEWS

# NSPS Newsletter 2024

Edition | April , May and June 2024

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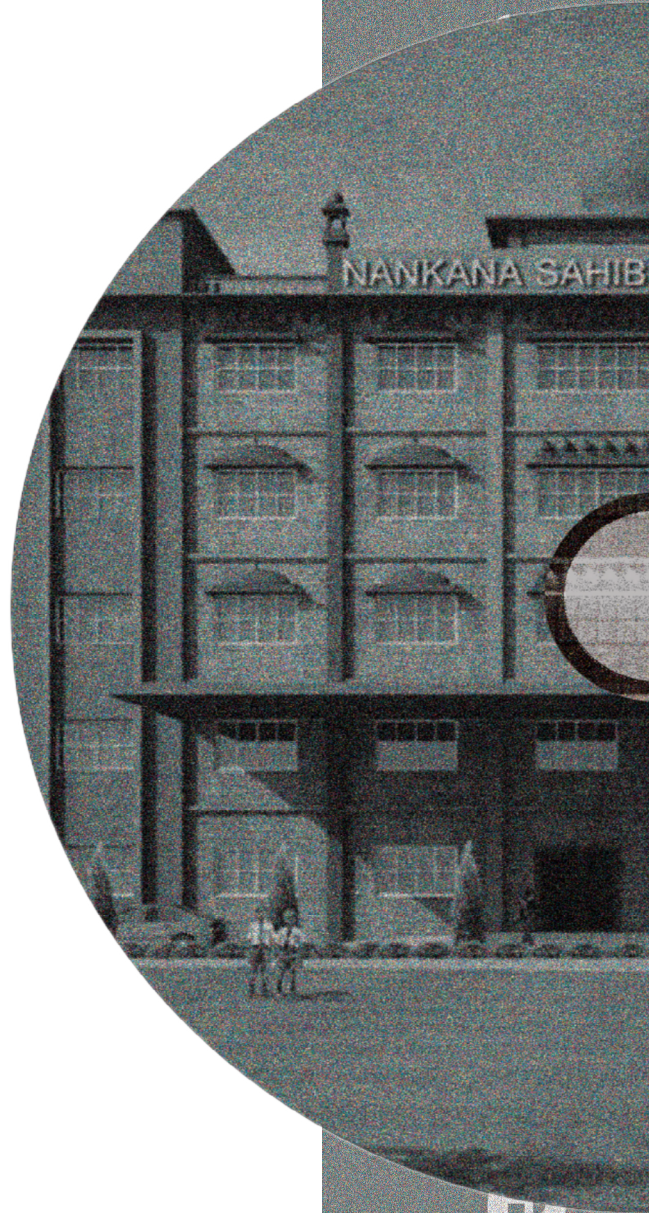
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# 2024



letter

letter



*From the pen of*

*Editor - In - Charge*

With the monsoon season on anvil the school once again is going to buzz with lot of activities. In summer vacations the students must have relaxed and braced up their brain to prepare for the Unit tests. And why not as everyone needs to grow further. All this will make you feel a bit hectic.

**DON'T WATCH**

**THE CLOCK; DO**

**WHAT IT DOES.**

**KEEP GOING.**

So to break the monotony we are presenting the fourth Newsletter of the school. Interestingly from now onwards we have also included Hindi section. The intellectual support and well -timed contribution of students deserve special appreciatory applause. Our team expects similar sort of enthusiasm from the writers in future.

**Anupam Bhagria**

**Editor - In - Chief**



# APRIL

2024





# Students learnt self-defense through Akhara on Wheels

April 5

Coach Ocean Singh a trained expert of Akhara on Wheels taught students many ways how to save themselves in case of physical attack. Ocean Singh is on a mission to empower the youth with self-defense, Shastra Vidya and Martial Arts. By 2025 he will train 1300000 youngsters by traveling 50000 kilometers across the country through Akhara on Wheels.



With the advent of new academic session the students of Nankana Sahib Public School Gill Park were trained about self-defense techniques through Akhara on wheels. The event was organized in school with the support of Guru Gobind Singh Study Circle.

## “Baisakhi Celebrated

To celebrate Dastar Bandi Diwas, the students participated in the turban tying competition. The budding youngsters displayed their skills of turban tying and preserved the age old culture of Dastar Bandi. About fifty students from class VI to XII participated with zeal in the competition.

However the tiny tots of Primary Wing also celebrated the festival of Baisakhi with enthusiasm. Five students were in the attire of Panj Pyaras. They were looking very enthusiastic and enchanted “Bole So Nihal, Sat Shri Akal”.

The students delivered soul stirring speeches, recited ballads and poems in English and Punjabi about the importance of Baisakhi and Khalsa Panth.



”

April 12

April 16



## NSPS students won in International Turban Tying Competition

It is a matter of immense pride that two students from Nankana Sahib Public School Gill Park Ludhiana have won in the International Turban Tying Competition organized at Gurudwara Singh Sabha at Sarabha Nagar. The event was organized on the occasion of Baisakhi.

Ranveer Singh a student of class VII succeeded in winning first Position in Damala competition. However Gurpreet Singh, a student of class VIII got the consolation prize in the same Competition.

Ranveer Singh was awarded a bicycle of Avon Company.



## Students succeeded in winning various Sikh Martial Art events.

Sahibvir Singh and Sehajdeep Singh of XI- Arts scored first Position in the Under-17 Gatka Competition held at Hamira, in district Kapurthala. However Sahibvir Singh of XI- Arts clinched the third position in the Open Level Fight Competition held at Jalalabad in district Fazilka.

April 18



## Budding cricketer scored highest

The budding cricketer of the school added another feather in his cap by scoring highest in Ludhiana city in the recently held M L Markan Trophy Inter district tournament. Hemant Kumar, a student of Plus One got selected as captain for this tournament of U-16 organized by Punjab Cricket Association.

He made 485 runs in this tournament. Hemant scored 22 and 80 runs in two different innings against Ropar. However he scored 109 runs against Mohali. The captain of Ludhiana team scored 22 and 87 runs respectively in two different innings against Bathinda. Whereas he succeeds in scoring 119 and 46 runs respectively



April 19

## Earth Day celebrated

In an effort to make students aware about the deteriorating planet Earth, various activities were organized at Nankana Sahib Public School, Gill Park Ludhiana to commemorate the occasion of World Earth day. The students of class VI to VIII participated in poster making. However students from class IX and X tried their hands on slogan writing. The senior students painted the faces on the theme of Save Earth.

The aim of these events was to make students aware about a clean and green environment and to alert them about climate change and Global Warming.



April 19



April 23

Big Bash League fame  
Nikhil Chaudhary inter-  
acted with cricketers

It was indeed a wonderful day when Big Bash League fame Nikhil Chaudhary visited Nankana Sahib Public School Gill Park Ludhiana. An Indian born cricketer Nikhil Chaudhary currently plays for Big Bash League in Australia.

Before that he had undergone rigorous training at Nankana Sahib Public School cricket Academy under the guidance of Mr Charanjit the Sports teacher of the school. He interacted with the budding cricketers of the school and motivated them to hone their playing skills to the best of their ability.

## Freshers' Party held at NSPS

To welcome the tiny-tots, a Fresher Party was held for the Nursery and LKG classes was organized. The tiny tots had a gala time during the party. They performed dances on various Hindi, Punjabi and English numbers.



From Nursery class, Danish won the badge of Master Fresher and Ishleen Kaur won the badge of Miss Fresher. From LKG, Yaadvir Singh and Mehnaaz Singh won the title of Master Fresher and Miss Fresher respectively



# NAY



The school celebrated Labors Day today. The day witnessed many activities organized by the students and staff of the school.

While addressing the students the school Principal Mrs Harmeet Kaur Waraich spoke at length about the importance of Labour Day. She told the students that May 1 was chosen to be the International Workers Day to commemorate the 1886 Haymarket affair in Chicago.

The school students of Primary Wing were asked to donate voluntarily for the labourers. They donated clothes, eatables, sweets etc for the needy children of the Labour Colony.

**May 3**

## Players emerge victorious in Badminton Tournament



The budding Badminton players of Nankana Sahib Public School Gill Park made a remarkable in the recently held Badminton Tournament hosted by the Punjab School Education Board. Overcoming the fierce competition, the team of NSPS demonstrated exceptional skill and succeeded in securing a

third place at the District Level. Earlier the same team scored first position at the block level tournament.

Rudraksh (Class IV), Samardeep Singh, and Gurloveleen Singh both from Class V emerged as champions, embodying the school's ethos of nurturing talent and sportsmanship.



**NSPS celebrated Labour Day**

**May 1**

**May 3**

## Students demonstrated passing of the bill in Parliament



Showcasing their true learning the students of Nankana Sahib Public School Gill Park Ludhiana performed an activity related to Parliament House in the morning assembly. They enacted a skit reflecting "How a bill is passed in the Indian Parliament."



Enthusiastic students played the roles of President, Vice President, Member Parliament and Ministers. Through appropriate dialogues and expressed how the bill passes from different stages in the House and then it becomes law. The school Principal Mrs. Harmeet Kaur Waraich applauded their efforts and encouraged them to continue learning

main preachers, spoke at length about the way of meditation. While addressing all the students in the morning assembly, he said, "We all should meditate whenever we get time. Meditation makes us strong in every situation. It is not only a recitation of moral values but it automatically gets into your personality."

**May 7**

## **NSPS held moral lecture**



**May 7**

To motivate the students to adopt better ways for leading a good life, Nankana Sahib Public School, Gill Park organized a moral lecture today. The preachers from Gurudwara Prabh Milne Ka Chao, Moga —the University of Divinity shared very valuable views for the harmonious development of students.

Sardar Gurcharan Singh, one of the

## **Best out of waste**

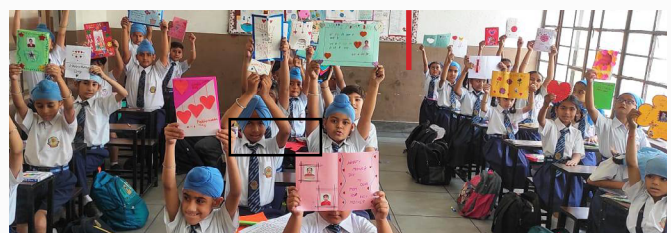


The students of Nankana Sahib Public School Gill Park Ludhiana showcased their best creativity by preparing artifacts from the waste material. The students of class VIII of all the sections prepared many things as a part of their English subject activity related to Art Integration.

By using everyday materials like tissue papers, shoe boxes, plastic bottles and ice cream sticks, students could make impressive models such as aeroplanes, cars, pen stand, wall hangings and musical instruments etc.

## **Mother's day celebrated**

**May 9**



To make students realize the contribution of mothers in their life, Nankana Sahib Public school, Gill park Ludhiana celebrated Mother's day today. The students recited songs dedicated to their mothers. They shared their deep hidden feelings about mother through speeches and made everyone spellbound.

Group students recited a group song in Punjabi and charged the whole atmosphere with emotions. Students from Class I – XII also

got 90.2% and Sheenu got 89.6%

In the commerce stream Muskan stood first within the school with 94% marks . However Ramandeep Kaur remained second with 93.4% marks and Gurleen kaur succeeded in scoring third position with 93%marks.However both Sehajdeep Kaur and Gurpreet kaur scored 92.2%

In Non –Medical, Rajnesh Kumar stood first with 93%. However both Amarvir Singh and Deepinder Singh clinched second position with 92.2% marks. The third position was scored by Amitoz Kaur Rehan who scored 91%.

## NSPS students excelled in XII and X

May 14

**S** Students of Nankana Sahib Public School, Gill Park, Ludhiana have proved their mettle once again by performing brilliantly in CBSE board examination. The result remained 100 percent. A total number of 247 students appeared in the exam and all came up with flying colours.

**T**  
**L**  
**U**  
**S**  
**E**  
**R** Harry Sharma of Arts stream stood first in school with 96% marks. However, Yeshmeen Kaur of the same stream remained second with 95.2% marks. Jaswant Rai (Arts) succeeded in fetching third position with 95% marks. He was followed by Akshpreet Singh with 94.4% marks. He remained at fourth position in the school. The other students from Arts stream included Abhijit Kumar scored 90.2%, Jasmeet Kaur got

In Medical stream, Amanpreet Kaur scored 93% and stood first, Manvi Sharma with 92.2% marks remained second. However Neha of the same stream scored 91.6%. and succeeded in getting third position. She was followed by Manpreet Kaur who scored 88% and remained fourth in medical stream.



The students also excelled in class X exam of CBSE Board. As many as 220 students appeared. The pass percentage remained 100%. Gurmanjit Singh stood first in school with 97.4%, Avneet Kaur Gill succeeded in getting second position with 96%. However both Harsimran Kaur and Rupinder Kaur got 94% marks and remained third.



## NSPS student shine at Interschool Science Fest

Students of Nankana Sahib Public School Gill Park Ludhiana succeeded in winning third prize in inter school Science Fest 2024-25. Two students Gurveer Singh and Avneet Kaur Gill, both of Plus One Science secured third place in Visual Vanguard event at the Inter School Science fest 2024-25, hosted by Guru Nanak Public School, Sarabha Nagar. Competing against 20 schools, they made a PPT on the topic "camelids products and their economic impact". This competition was organized in order to spread awareness about the role of camelids in the lives of millions as UN declared 2024 as IYC (International year of camelids).



## NSPS achiever awarded

A plus two Arts student of Nankana Sahib Public School Gill Park Ludhiana has brought laurels to the School by winning the award of best instrumental player. Prabhleen Kaur, a student of Plus Two Arts, succeeded in winning a cash award of rupees 2000 in an event organized by Jawaddi Taksal .



She also won first prize in Gurbani and Punjabi calligraphy in an event organized at Sangeet Academy Dugri. For this achievement she was awarded with a cash prize of rupees 800.

It needs to be mentioned that she has also been selected for a

movie Proud to be a Sikh '3'. This movie is directed by Sardar Manjot Singh.

**May 20**

## NSPS player participated in National Basketball Championship

A budding player our school participated in 74th Junior Bas ketball National Championship. Gurmat Singh Panesar, a student of Plus Two Arts participated in this Championship in the U-19 category for boys.

He was the only one from Ludhiana to participate in this prestigious Championship through the Punjab team and succeeded in getting fifth position.

The budding sportsperson aims to join the police department after completing his academics. He said, "I am thankful to my father Sardar Harjinder Singh and mother Kirandeep Kaur and my coach for always motivating me. Game is my passion and I want to play for my country."

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May 24





# TOPPERS LIST (2023–24)

## Nursery – A

POSITION	STUDENT NAME	FATHER'S NAME	MARKS OBTAINED	PERCENTAGE
1.	Japnoor Kaur	Amrit pal Singh	1040	100%
1.	Parneet Kaur	Pardeep Singh	1040	100%
2.	Ashnoor Kaur	Jaspinder Singh	1037	99.71%
3.	Jasneet Kaur	Narinder Singh	1036	99.61%

## Nursery – B

1.	Jasnoor Kaur	Harjit Singh	1040	100%
1.	Prabhleen Kaur	Varinderjit Singh	1040	100%
2.	Japjot Singh	Satnam Singh	1039	99.90%
3.	Agamjot Kaur	Lovedeep Singh	1038	99.8%

## Nursery – C

1.	Jasmine Kaur	Tajinder Singh	1040	100%
1.	Sehajpreet Kaur	Krishan Singh	1040	100%
2.	Sahib Singh	Talwinder Singh	1039	99.90%
3.	Prachi	Hardeep Kumar	1035	99.51%

## LKG - A

1.	Ishita Pandey	Ravi Pandey	1040	100%
2.	Japjot Singh	Sarovar Singh	1039	99.90%
3.	Gurnoor Kaur	Amandeep Singh	1038	99.80%

### LKG – B

1.	Gurasis Kaur	Harveer Singh	1028	98.84%
2.	Inderpreet Kaur	Rupinder Singh	1020	98.08%
3.	Japneet Kaur	Raju Singh	1019	97.98%

### LKG – C

1.	Dilnoor Kaur	Gurpreet Singh	1039	99.90%
2.	Joharpartap Singh	Gurdeep Singh	1032	99.32%
3.	Tanveer Kaur	Sukhwinder Singh	1032	99.32%

### LKG – D

1.	Sargun Kaur	Tarsem Singh	1033	99.32%
2.	Vihaan Anand	Harish Kumar	1023	99.36%
3.	Keeratjot Kaur	Saravjeet Singh	1022	99.26%

### LKG – E

1.	Prabhpreet Kaur	Dharamjeet Singh	1040	100%
2.	Manjot Kaur	Rajwinder Singh	1035	99.51%
3.	Prabhveer Singh	Dharamjeet Singh	1034	99.42%

### LKG – F

1.	Mansehaj Kaur	Parminder Singh	<b>1036</b>	<b>99.62%</b>
2.	Rudrapartap Singh	Gurwinder Singh	1033	99.33%
3.	Inderjeet Singh	Karamjeet Singh	1032	99.23%

### UKG – A



1.	Ekampreet Kaur	Manpreet Singh	1295	99.60%
1.	Karanjot Singh	Charan Singh	1295	99.60%
2.	Jaideep Singh	sukhraj Singh	1289	99.10%
2.	Tanvir Kaur	Amardeep Singh	1289	99.10%
3.	Mankirat Singh	Jagdish Singh	1288	99%
3.	Eknor Kaur	Amarjit Singh	1288	99%

### UKG – B

1.	Jasgun Kaur	Pritpal Singh	1300	100%
2.	Prisha Kamboj	Surinder Singh	1299	99.90%
3.	Gurfateh S. Gill	Gurpreet Singh	1298	99.80%

### UKG – C

1.	Samardeep Singh	Pritpal Singh	1300	100%
2.	Ekamveer Singh Seehra	Surinder Singh	1299	99.90%
3.	Avneet Kaur	Gurpreet Singh	1298	99.80%
3.	Mehtab Kaur			

### UKG – D

1.	Sehajveer Kaur	Iqbal Singh	1296	99.69%
2.	Jaivish Singh	Krishn Singh	1294	99.53%
3.	Japneet Kaur Gill	Parminder Singh	1293	99.40%

### UKG – E

1.	Samayra	Kulwant singh	1299	99.90%
2.	Jaisvi	Davinder singh	1295	99.60%
3.	Harmanveer singh	Rashpal Singh	1294	99.50%

### UKG – F

1.	Sarmanjot s. Panesar	Sarbjit S. Panesar	1299	99.90%
2.	Damanpreet Kaur	Gurwinder Singh	1297	99.70%
3.	Harsirat Kaur	Sandeep Singh	1293	99.4%

### UKG – G

1.	Nikhil	Rohan	1281	98.50%
2.	Yashveer Singh	Sanjeet Singh	1271	97.50%
3.	Amardeep Singh	Sukhchain Singh	1261	96.50%

### UKG – H

1.	Harjaap Singh Chahal	Harinder Singh Chahal	1296	99.69%
2.	Eknor Kaur	Satwinder Singh	1290	99.20%
3.	Devanshi Bansal	Munish Bansal	1288	99%

### CLASS 1 - A

1.	Mehroop Kaur	Prabhjot Singh	1298	99.84%
2.		Parminder Singh	1297	99.76%
3.	Gurfateh Singh	Manpreet Singh	1292	99.38%

### CLASS 1 - B

1.	Amritveer Singh	Ranjit Singh	1295	99.61%
2.		Akashdeep Singh	1293	99.46%
3.	Jasnoor Singh	Paramjeet Singh	1286	98.92%

### CLASS 1 - C

1.	Ramneet Singh	Gurdeep Singh	1298	99.84%
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2.	Ritik Chaudhary	Ashwani Kumar	1296	99.69%
3.	Deenal Verma	Jatinder Kumar	1291	99.30%

### CLASS 1 - D

1.	Bhavika	Joginder Kumar	1294	99.55%
2.	Mankirat Kaur	Baljit Singh Gagandeep	1278	98.30%
3.	Tanveer Singh Panesar	Singh Panesar	1277	98.23

### CLASS 1 - E

1.	Hargunpreet Singh	Gurpreet Singh Dharminder	1299	99.92%
2.	Birjot Singh	Singh	1287	99.00%
3.	Rajpartap Singh	Jaspreet Singh	1270	97.69%

### CLASS 1 - F

1.	Jasman Singh	Manmeet Singh	1294	99.53%
2.	Meera Sharma	Rahul Sharma	1287	99.00%
3.	Meharpreet Singh	Gurpreet Singh	1259	96.84%

### CLASS 1 - G

1.	Barleen Kaur	Jagjit singh	1278	98.30%
2.	Jaskirat Singh	Gurpreet Singh	1269	97.61%
3.	Arshveer Singh	Partap Singh	1266	97.38%

### CLASS 2 - A

1.	Ishkirat Kaur	S.Sharanjit Singh	1290	99.2%
2.	Mehak Verma	S.Amandeep Singh	1289	99.1%
3.	Rudharveer Singh	S.Amrik Singh	1279	98.3%

### CLASS 2 - B

1.	Harjap Kaur	Davinderpal Singh	1273	97.92%
2.	Agamveer Singh	Varinder Singh	1271	97.76%
3.	Samreet Kaur	Parmjit Singh	1256	96.6%

### CLASS 2 - C

1.	Manraj Singh	Surendra Singh	1297	99.76%
2.	Gavish Arora	Satish Kumar	1283	98.69%
3.	Mansirat Kaur	Gurpreet Singh	1268	97.53%

### CLASS 2 - D

1.	Hargun Kaur	Manjinder singh	1283	98.69%
2.	Jessica Kaur	Gurdeep Singh	1261	97%
3.	Jasmeet Kaur	Vipan Kumar	1254	96.46%

### CLASS 2 - E

1.	Ekamjot Singh	S.Amandeep Singh	1280	98.4%
1.	Harshaan Singh	S.Mandeep Singh	1280	98.4%
2.	Radhika Sharma	Mr.Sushil Kumar	1278	98.3%
3.	Khushkeerat Kaur	S.Gurpreet Singh	1225	94.2%

### CLASS 2 - F

1.	Shivaan Sharma	Rajinder Kumar	1273	97.92%
2.	Jugraj Singh	Iqbal Singh	1229	94.53%
3.	Sahibjot Singh	Dhanwant Singh	1228	94.46%

### CLASS 2 - G

1.	Harnimrat Kaur	Navtej Singh	1278	98.30%
2.	Tejveer Singh	Mandeep Singh	1239	95.30%
3.	Sahibdeep Singh	Amandeep Singh	1227	94.38%

### CLASS 3 - A

1.	Amyra Sohal	Karan Sohal	1645	97.91%
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2.	Varsirat Kaur	Rashpal Singh	1645	97.91%
3.	Kiratleen Kaur	Parminder Singh	1642	97.73%
4.	Eknor Singh	Simarjit Singh	1629	96.96%

### CLASS 3 - B

1.	Loveleen Kaur	Daljit Singh	1655	98.51%
2.	Mayank Sharma	Ajay Kumar Sharma	1619	96.36%
3.	Shubnimrat Kaur	Jaswant Singh	1592	94.76%

### CLASS 3 - C

1.	Mehakpreet Kaur	Manpreet Singh	1602	95.3%
2.	Hardik Vaid	Rajinder Kumar	1599	95.1%
3.	Hartaj Singh	Dalwinderjeet Singh	1585	94.3%

### CLASS 3 - D

1.	Divnoor Kaur	Harmeet Singh	1646	97.97%
2.	Nimrat Kaur	Kulbir Singh	1601	95.29%
3.	Harsirat Kaur	Karamjeet Singh	1588	94.52%

### CLASS 3 - E

1.	Nimrat Kaur	Kamaldeep Singh	1632	97.14%
2.	Siddak Kumar	Ritesh Kumar	1560	92.85%
3.	Diven Rai	Pankaj Rai	1543	91.84%

### CLASS 3 - F

1.	Avneet Kaur	Daljit Singh	1655	98.51%
2.	Mayank Sharma	Ajay Kumar Sharma	1619	96.36%
3.	Shubnimrat Kaur	Jaswant Singh	1592	94.76%

### CLASS 4 - A

1.	Taranjot Kaur	Rajinder Singh	1643	97.8%
2.	Triptveer Singh	Harmanpreet Singh	1605	95.5%

3.	Prabhleen Kaur	Jaspal Singh	1593	93.9%
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### CLASS 4 - B

1.	Sukhmandeep Kaur	Amritpal Singh	1527	90%
2.	Japjot Singh Panesar	Sarbjeet Singh	1487	88%
3.	Aditya	Harish Kumar	1446	86%

### CLASS 4 - C

1.	Gurnoor Kaur	Kartar Singh	1594	94.8%
2.	Veerinder Singh Mankoo	Amarjit Singh	1582	94.1%
3.	Rajvir Singh	Navjot Singh	1579	93.9%

### CLASS 4 - D

1.	Dilnoor Kaur	Jodhveer Singh	1642	97.73%
2.	Amoldeep Singh Ghatauray	Pritpal Singh	1632	97.14%
3.	Gurveer Singh kala	Gurpreet Singh	1611	95.89%

### CLASS 4 - E

1.	Sukhmandeep Kaur	Sukhwinder Singh	1635	97.32%
2.	Prabhgun Singh	Surjeet Singh	1544	91.9%
3.	Hardik Mehra	Rajiv Kumar	1516	90.23%

### CLASS 4 - F

1.	Gurmukh Singh	Arshdeep Singh	1641	97.67%
2.	Loveleen Kaur	Sukhdeep Singh	1641	97.67%
3.	Pukhraj Singh	Jagroop Singh	1636	97.14%
4.	Inder Tangri	Madan Mohan	1564	93.09%

### CLASS 4 - G

1.	Japleen Kaur	Jaswinder Singh	1601	95.2%
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2.	Mayra	Hemant Chhabra	1574	93.6%
3.	Kirti Verma	Ram Gopal Verma	1535	91.36%

### CLASS 5 - A

1.	Delisha Verma	Amandeep Kumar	1652	98%
2.	Paramveer Singh	Amrish Singh	1617	96%
3.	Manpreet Kaur	Sikander Singh	1614	96%

### CLASS 5 - B

1.	Jasmeet Kaur Rai	Manjinderpal Singh	1652	98%
2.	Harnoor Singh	Pawandeep Singh	1582	94%
3.	Virat	Pardeep Kumar	1567	93%

### CLASS 5 - C

1.	Gavin Sharma	Amit Sharma	1594	95%
2.	Navreet Kaur	Satwinderpal Singh	1587	94%
3.	Genica	Davinder Singh	1576	94%

### CLASS 5 - D

1.	Gurshaan Singh Guru	Gobindpreet Singh	1561	93%
2.	Ranvijay Singh	Jaspinder Singh	1559	93%
3.	Kanishka Sharma	Ajay Kumar Sharma	1547	92%

### CLASS 5 - E

1.	Harsimran Kaur	Satnam Singh	1638	97%
2.	Sukhmanpreet Kaur	Dilbagh Singh	1587	94%
3.	Rajwinder Singh	Rajvir Singh	1586	94%

### CLASS 5 - F

1.	Samarveer Singh	Amninder Singh	1518	90%
2.	Hargun Kaur	Gagandeep Singh	1516	90%
3.	Samarpratap Singh	Harpreet Singh	1487	88%

### CLASS 5 – G

1.	Sehajman Singh	Ravinder Singh	1590	95%
2.	Gursahib Singh	Harwinder Singh	1550	92%
3.	Rehaan Verma	Vinay Kumar	1542	92%

### CLASS 6 - A

1.	Karamveer Singh	Jagdeep Singh	1575	93.7%
2.	Anureet Kaur	Avinder Singh	1526	90.8%
3.	Sukveer Singh Sekhon	Jagdeep Singh	1500	89.2%

### CLASS 6 - B

1.	Sonakshi	Ravinder Singh	1534	91.3%
2.	Navdeep Singh	Tejinder Singh	1515	90.1%
3.	Avroop Kaur	Tirath Singh	1504	89.5%

### CLASS 6 - C

1.	Amandeep Kaur	Hardeep Singh	1581	94.1%
2.	Japleen Kaur	Jaideep Singh	1523	90.6%
3.	Noordeep Kaur	Sandeep Singh	1514	90.1%

### CLASS 6 - D

1.	Jasmeet kaur	Darshan singh	1579	93%
2.	Angelpreet kaur	Jadroop singh	1565	93%
3.	Aashish verma	Kushhal verma	1530	92%

### CLASS 6 - E

1.	Kritika sharma	Sushil Kumar	1583	94.2%
2.	Sahibjot singh	Parminder singh	1534	91.34%
3.	Harmaan singh	Jatinderjit Singh	1512	90%

### CLASS 6 - F

1.	Bhavnoor Kaur	Rinku Singh	1556	92.67%
2.	Jugraj Singh	Sukhdev Singh	1512	90%

3.	Ekamjot Kaur	Jagvir Singh	1478	88%
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### CLASS 6 - G

1.	Aarav Dua	Dharminderpal Dua	1467	87.3%
2.	Gurshan Singh	Mandeep Singh	1429	85.05%
3.	Siftpreet Kaur	Kuldeep Singh	1384	82.3%

### CLASS 7 - A

1.	Simleen Kaur	Mandeep Singh	1588	94.5%
2.	Jacey Bahra	Kulwinder Singh	1560	92.8%
3.	Hardeep Kaur	Gurmeet Singh	1555	92.5%

### CLASS 7 - B

1.	Abhiraj Singh	Harjinder Singh	1604	95.4%
2.	Parneet Kaur	Preet Kanwar Singh	1601	95.2%
3.	Tripatnoor Kaur	Taljit Singh	1560	92.8%

### CLASS 7 - C

1.	Ajay Dhiman	Surinder Kumar	1654	98.4%
2.	Gurkeerat Singh	Harvinderjit Singh	1630	97.02%
3.	Taranjot Singh	Manjit Singh	1629	96.8%

### CLASS 7 - D

1.	Taranjot Kaur	Rashpal Singh	1625	96.7%
2.	Gunreet Kaur	Gagandeep Singh	1579	93.9%
3.	Baldeep Singh	Ravinder Singh	1496	89%

### CLASS 7 - E

1.	Avirop Kaur	Gurpal Singh	1564	93%
2.	Simranpeet Kaur	Harjinder Singh	1523	90.6%
3.	Sehajpreet Kaur	Parminder Singh	1515	90.1%

### CLASS 7 - F



1.	Kuwardeep Singh	Sarover Singh	1526	90.8%
2.	Palakjot Kaur	Gurmukh Singh	1519	90.4%
3.	Samreet Kaur	Harjit Singh Bhangu	1505	89.5%

### CLASS 8 – A

1.	Avneet kaur gill	S. Gurmit Singh	1610	95.83%
2.	Keeratdeep kaur	S. Talwinder singh	1601	95.29%
3.	Gurman kaur	S.Amritpal singh	1590	94.67%

### CLASS 8 – B

1.	Saanvi	Nitin Sharma	1615	96.13%
2.	Simardeep Kaur	Harbans Singh	1603	95.41%
3.	Surya Pratap singh	Harpreet singh	1600	95.23%

### CLASS 8 – C

1.	Harinayat kaur	Charanpreet Singh	1619	96.38%
2.	Ekamjot kaur	Gurmeet singh	1514	90.12%
3.	Shubhdeep kaur	Mandeep singh	1496	89.05%

### CLASS 8 – D

1.	Harkirat Singh	Tejinder Singh	1549	92.2%
2.	Shivani	Sushil Kumar Dogra	1536	91.4%
3.	Anureet Kaur	Navtej Singh	1483	88.2%

### CLASS 8 – E

1.	Yashmeet Kaur	Gagandeep Singh	1605	95.53%
2.	Jashanpreet Singh	Paramjit Singh	1594	94.88%
3.	Pawanjot Singh	Kuldeep Singh	1495	88.98%

### CLASS 8 – F

1.	Anushruti Verma	Vinay Kumar	1467	87.32%
1.	Monika meena	Ratan lal meena	1467	87.32%
2.	Ranvijay singh	Amardeep singh	1444	85.95%

3.	Maninder singh	Gurjit singh	1377	81.96%
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### CLASS 9 – A

1.	HARSEHAJ SINGH	PARAMJIT SINGH	511	85.16%
2.	PRABHJOT SINGH GILL	LAKHVIR SINGH	507	84.50%
3.	JASLEEN KAUR	KRISHAN SINGH	490	81.66%

### CLASS 9 – B

1.	HARNOOR SINGH	MANDEEP SINGH	548	91.33
2.	MEHARJOT KAUR	HARPREET SINGH	544	90.66
3.	VANSHIKA MOUDGILL	NEERAJ KUMAR	541	90.16

### CLASS 9 – C

1.	BIKRAMJEET SINGH	HARDEEP SINGH	564	94.00
2.	JASMEET DHIMAN	SANJEEV KUMAR	495	82.50
3.	RIYA	HARIKESH KUMAR	478	79.66

### CLASS 9 – D

1.	JASKARAN SINGH BHANGU	JASGUR SINGH	530	88.33
2.	SMARPANDEEP SINGH	JAGPREET SINGH	525	87.50
3.	JASMEET KAUR	SURINDER SINGH	515	85.83

### CLASS 9 – E

1.	SHUBHNEET KAUR	RANDEEP SINGH	525	87.50
2.	RIYA	DHIRENDRA KUMAR	516	86.00
3.	ARSHPREET KAUR GILL	BHUPINDER SINGH	512	85.33

### CLASS 10<sup>th</sup>

1.	GURMANJIT SINGH	RANJIT SINGH	97.4%
2.	AVNEET KAUR GILL	HARMINDER SINGH	96%



		GILL	
3.	RUPINDER KAUR	CHARANJIT SINGH	93.8%
4.	HARSIMRAN KAUR	KANWALJIT SINGH	93.8%

### CLASS 11<sup>th</sup> Non – Medical

1.	Gurnoor Kaur Dhindsa	Avninder Singh Dhindsa	442	88.4%
1.	Harkirat Singh	Amardeep Singh	442	88.4%
2.	Iknoor Kaur	Gurmukh Singh	407	81.4%
3.	Ashmeet Singh	Nirbhai Singh	405	81%

### CLASS 11<sup>th</sup> Medical

1.	Gurnoor Kaur	SUKHPAL SINGH	447	89.4%
2.	PRIYALPREET SINGH	AMRITPAL SINGH	429	85.8%
3.	GURJASHAN KAUR	BIKRAMJEET SINGH	405	81%

### CLASS 11<sup>th</sup> COMMERCE (A)

1.	Gurleen Kaur	Kawalpreet Singh	447	89.4%
2.	Jashanpreet Kaur	Mangat Singh	434	86.8%
3.	Manveer Kaur	Onkar Singh	427	85.4%

### CLASS 11<sup>th</sup> COMMERCE (B)

1.	Japneet Kaur	Gurpal Singh	440	88%
2.	Ekamjot Singh	Gurtej Singh	412	82.4%
3.	Avneet Kaur	Parminder Singh	405	81%

## CLASS 11<sup>th</sup> Arts

### (A)

1.	Trish Sharma	Naveen	421	84.2%
2.	Mankirat Kaur	Jaswinder pal Singh	399	79.8%
3.	Simranjot Kaur	Gurmeet Singh	372	74.4%

## CLASS 11<sup>th</sup> Arts

### (B)

1.	Harkeerat Singh	Jatinder Singh	447	89.4%
2.	Harkirat Kaur	Jagdeep Singh	443	88.6%
2.	Harjas Kaur	Manjinder Singh	443	88.6%
3.	Bismanjot Kaur	Tanbir Singh	419	83.8%

## CLASS 12<sup>th</sup> Non –

### Medical

1.	RAJNESH KUMAR SAHNI	RAM DYAL SAHNI	93%
2.	AMARVIR SINGH	SUKHDEEP SINGH	92.2%
2.	DEEPINDER SINGH	MANJIT SINGH	92.2%
3.	AMITJOY KOUR REHAN	MANJIT SINGH REHAN	90.8%

## CLASS 12<sup>th</sup>

### Medical

1.	AMANPREET KAUR	JASPREET SINGH	93%
2.	MANVI SHARMA	PARVESH	92.2%
3.	NEHA	RAMESH KUMAR	91.6%

## CLASS 12<sup>th</sup>

### Commerce

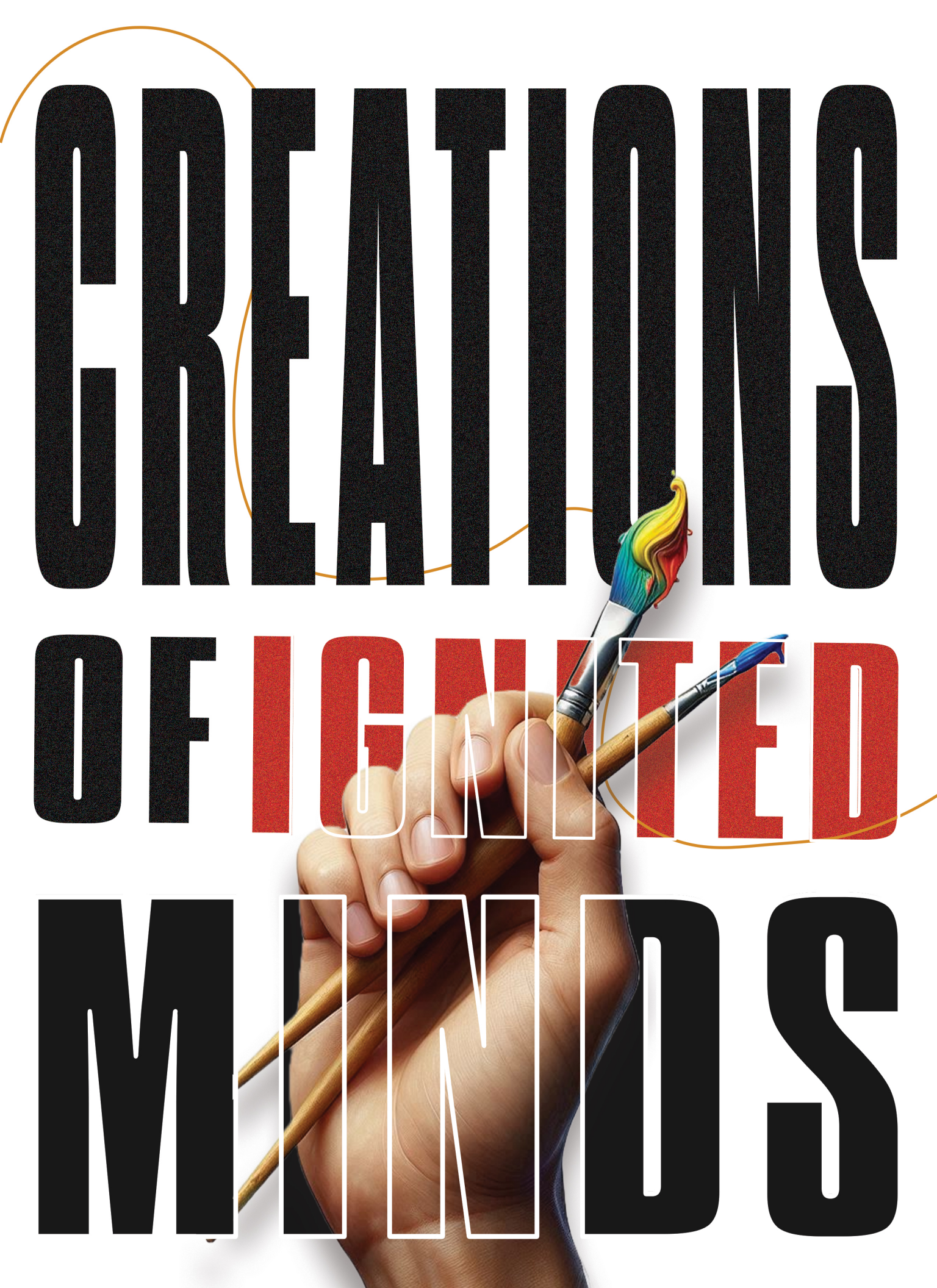
1.	Muskan	VIKRAM SINGH	94%
2.	RAMANDEEP KAUR	BHUPINDER SINGH	93.4% <sup>a</sup>



3.	GURLEEN KAUR GILL	SANDEEP SINGH GILL	92.8%
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**CLASS 12<sup>th</sup> Arts**

1.	HARRY SHARMA	RAJVINDER SHARMA	95.4%
2.	YESHMEEN KAUR	MAHESHWER	95.2%
3.	JASWANT RAI VERMA	JAGDEEP RAI	95%



CREATIONS

OF IGNITED

MINDS



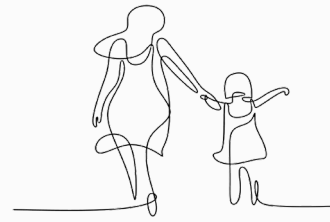
## ENGLISH SECTION

### GENERATION GAP

With changing times human beings have become more advanced and developed. It has created a generation gap. The two generations have conflict in the opinions. The youth have developed modern way of thinking. They developed a judgemental attitude. Their ideas are totally different. Parents feel that their children do not listen to them. Also the children feel that their parents don't understand them.

The children don't even want to express themselves in front of their parents. These factors causes strain in their relationship. This issue can be resolved if both the generations try to understand views and opinions of each other. The parents should take the time to understand children's view point rather than converting it to an argument. Both should communicate and must listen to each other and understand their ways of thinking. If this kind of mutual understanding gets established between parents and children one can cope with the generation gap very easily.

**Jaskomalpreet kaur**  
**Class - XII medical**



### MY MOM

Mother, life is blind without you  
You are the one I love the most in my life  
You are life  
Your sweet call begins my day.  
That sweet smile of yours that tells me  
"child get up its morning"  
The first start of my day is a little nice .  
Which starts the day in a beautiful way.  
No one understands me like you,  
This love of yours make me forget all the  
troubles of this world  
On the way of this painful life  
The words of your make the flames of my  
life much easier.  
After all over the day long hard work,  
When I get back home  
And at last after gossip you make the  
whole day.  
You are the pearl of my happiness  
I feel proud when people call me your  
daughter.  
Stay with me all life, mother  
Let no one come between us  
Life with you feels so beautiful.  
Does not seems to be a problem  
Love you Maa



**Anmoldeep kaur**  
**Class- XII Medical**

# PARENTS - OUR LOVE NOT BURDEN

We have entered this world because of our parents. It is our parents who have given us life and we must learn to love and respect them. They are the one who love us without any conditions or any compromise. A mother takes care of the child, provide emotional support and nurtures the child and whole family. Father is the one who financially supports the family. He doesn't show his love but he's the one who is always worried for our future. He provides education to the child to make him a better and successful person. But when we grow older, why do we forget our responsibilities towards our parents? As we need them in our childhood they also need our love and support in their old age. We have large homes but why we don't have a little space for our aged parents? We need to understand that aged people are like small children. We also have to love them and take care of them as they used to do in childhood days. Today's generation talks about love, relationships but doesn't love the people who have given birth to them. This is the hypocrisy of our society. Remember the story of Shraavan kumar who carried his blind parents on his shoulders for pilgrimage. We can take inspiration from him and love our parents without any baits and conditions. At last I want to say you are lucky if you have parents because there are a lot of orphans who've never got the chance to be loved by their parents. So, love your parents before it's too late.

**Harpreet Kaur**  
**XII Medical**

## Quotes

doubts"

"You have the right to do your responsibility, but don't expect specific benefit, don't let the desire for reward motivate your actions, and don't be disappointed when things don't go as planned"

"Perform your duty equipoised, abandoning all attachment to success or failure. Such equanimity is called Yoga"

"It is better to live your own life imperfectly than to live an imitation of somebody else's life with perfection"

"A person can rise through the efforts of his own mind or draw himself down in the same manner. Because each person is his own friend or enemy."



**Compiled by Aditya kumar**  
**XII Medical**

# *The Heart of a Classroom - THE BACK BENCHERS*

Who are the ones who make the classroom a lively place to be in? Though we would not like to admit it, but it's that bunch of kids who always occupy the seats at the back. Often, affectionately called "the backbenchers", these jovial, unimposing and large-hearted children, dabble in many activities. There is nothing pedantic or "bookworm-like" about them. They possess the nerve to annoy the teacher and crack jokes as they revel in the laughter of their classmates.

No doubt that in their absence, the class would surely be more peaceful and quiet, but then it would be nothing short of a dreary meeting of "deputies of the communist party". The backbenchers lead a happening student life replete with a daily dose of entertainment and excitement.

Please don't judge them by thinking that backbenchers do not want to study or do well academically. These backbenchers may be those with great minds who detest regimentation in an institution, unlike a "disciplined" student. Most of them think out of the box and eventually make it big. They become successful in life due to their unique ideas.

In fact, the backbenchers, many a times, run start-ups which employ others. These students explore other facets of their personality and become skilful dancers, footballers, musicians or even academicians. In fact, all the backbenchers in a class are indeed gems. They are the essence, the spirit and the hilarious side of the class. Dr. APJ Abdul Kalam rightly said, **"The best brains of the nation may be found on the last benches of the classroom."**

**Manpreet Kaur**  
English teacher

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## **Child Labour**

What's the fault of those little hand ?  
Who are working on those Residential land.  
The age which is of playing with toy,  
Child labour is dampening their joy .  
The innocent faces of children are having big  
vision,

But now their childhood is in prison.  
Remember child labour is a crime ,  
which will perish their precious time.

**Mehakdeep Kaur**  
10+1 Arts A



# Guiding Stars

In halls of knowledge, they reside,  
Guiding hearts with wisdom's stride.  
With patience and with loving care,  
Teachers inspire, everywhere.  
Their words like magic, they possess,  
Unlocking minds, hearts to express.  
They plant the seed of knowledge deep,  
When blossoms bloom, their joy they reap.  
They spark the flame, ignite the spark,  
Within young minds, they leave their mark.  
From A to Z, they lead the way,  
Navigating through each astray.  
They teach us numbers, letters, and  
rhyme,  
They shape us one lesson at a time.  
They mold the future, sculpt the young,  
Their influence cannot be undone.  
With stern command or gentle coax,  
They guide us past life's rocky slopes.  
They see our strengths, they mend our  
flaws,  
In their embrace, we find our cause.  
They inspire dreams, ignite our fire,  
With knowledge as their biggest desire.  
Through tests and trials, they never waver,  
Striving, guiding, though they may labor.  
Grateful are we for their embrace,  
For the lessons learned in this sacred  
space.  
In our hearts forever they'll reside,  
Teachers, guiding us far and wide.



**Pawanjot Singh**

**VIII - E**

# Anxiety & depression among youngsters



Nowadays, most of the people including youngsters are suffering from depression as there is so much pressure on them. Most of them are struggling due to their family circumstances. Family issues are increasing day by day. A student suffers for two things. One for studies and second due to family expectations. The more parents help us, the more are their expectations. While students are going for therapies and crying their whole heart out. Once students become a patient of anxiety, then their grades also start coming down. Relatives start comparing them with other children and make them look down. They don't know that they are humiliating the kids and they cry whole night without letting their parents know about this. Psychologists say the age between 16-24 is really traumatizing for kids. They don't share their feelings with anyone because people make fun of them. Their sleeping time becomes less. Physically they would be living but

mentally they are in "hell", which no one knows from what they are going through. This should not happen with youngsters as they are the future of our country.

**Avneet Kaur**  
**XII Medical**

# THE MYSTERIOUS CASE OF MAFIA MURDER

Once in a small town, there lived three best friends. They were so addicted to video games. Their names were Mac, Sam and Kaya. One day when they were playing games, suddenly the sound came from the radio. They heard carefully and came to know that the radio has announced that the son of the biggest Mafia of the city has been murdered. They were so excited because he annoyed the whole town. Few days later, they were coming back from the mall to their home. Kaya had to pass stool. Kaya asked them to stop the car in a deserted area. Kaya went a little deeper to pass stool and there he saw a dead body lying. He screamed. Mac and Sam ran fastly to see what happened. There they saw the same and were so what will happen now. Suddenly, the police saw the car in the deserted area so, they wanted to check it out and guess what!? he saw all three of them and thought that they had murdered the man. He clicked their pics and sent to the police station. The police came to know that he was the son of the Mafia. Trio became more nervous because they had done nothing but are still trapped in the murder case. Police did a lot of research and came to know that they were not involved in the case. But, a police officer named Henry was not obsessed with this. So, he planned to treat them. So he threatened them to pay 20 lakh or die. They were teens so they preferred choosing the second option. But they belonged to poor families so it was little heart to full will Henry's demand. So, as they were teens they chose the wrong way. They decided to kidnap the richest girl of their college and they did the same. After they kidnapped her they came to know that she was daughter of the officer by whom they got threatened. Ahh ! They were scared again but still demanded 20 lakh from her father. Henry fully filled their demand and then he had a doubt on three students which he had threatened earlier. Few days later, they also fulfilled Henry's demand by giving him 20 lakh to him. Few days later, the news telecasted on the t.v that The Mafia was also murdered. Now Henry wanted all three of them to be arrested in the murder case. Henry sent a police raid to their home but found nothing. Henry again became angry. On the orders of Henry police did a lot of research

THE RESEARCH CONTINUED.

2 MONTHS LATER.....

They found many clues that the murders were Mac, Sam and Kaya. When they were called to the police station the police did a lot of enquiries and got the final clue. The trio

was laughing just because they were not they murderers.yes! that's the twist the story. Sam kept saying that we are just coins the bank is standing behind you guess what! who was the bank? yeah! Henry was the main murderer.After research that was confirmed that they were telling the truth.Henry cried but no one listened to him.And then he was given a punishment for life imprisonment.  
Moral - TRUTH CAN NEVER BE ERASED.

Akashdeep Kaur

7th - A

## PUNJABI SECTION

### ਸਿਰਜਣਹਾਰ



ਸਿਫਤ ਕਰਾਂ ਕੀ ਸਿਰਜਣਹਾਰ ਦੀ  
ਜਿਸ ਦੀ ਹਰ ਇੱਕ ਅਦਾ ਨਿਰਾਲੀ ਏ।  
ਪੰਜਾਂ ਤੱਤਾਂ ਦੇ ਪੁਤਲੇ ਘੜ ਕੇ  
ਵਿੱਚ ਜਾਨ ਅਮੋਲਕ ਉਸ ਪਾਈ ਏ।  
ਵੱਖਰੀ ਸੋਝੀ ਦੇ ਵਿੱਚ ਜੜ ਕੇ  
ਅਜਬ ਜਿਹੀ ਖੇਡ ਉਸ ਰਚਾਈ ਏ।  
ਦੋ ਪ੍ਰਕਾਰੀ ਸੁੱਧ ਬੁੱਧ ਮੜ ਕੇ  
ਸੂਖਮ ਤੇ ਅਸਥੂਲ ਵੰਡ ਪਾਈ ਏ।  
ਵਿੱਚ ਗੁਰਬਾਣੀ ਦੇ ਸੋਝੀ ਦੇ ਕੇ  
ਸਭ ਵਿਖਮਤਾ ਉਸ ਮਿਟਾਈ ਏ।  
ਮਨ ਨੀਵਾਂ ਮਤ ਉੱਚੀ ਰੱਖ ਕੇ  
ਸਭ ਨੂੰ ਗੱਲ ਪਿਤਾ ਸਮਝਾਈ ਏ।  
ਉਸੇ ਦੀ ਰਜ਼ਾ ਵਿੱਚ ਹੀ ਰਹਿ ਕੇ  
ਜੀਵਨ ਜਾਂਚ ਅਮੋਲਕ ਪਾਈ ਏ।

ਰਜਿੰਦਰ ਕੌਰ ਜੀਤ

### ਰੱਬ ਦਾ ਘਰ

ਕਿਹਾ ਜਾਂਦਾ ਹੈ 'ਜਿਹੜਾ ਬੀਜ ਬੀਜੋਗੇ ਉਹੀ ਮਿਲੇਗਾ'  
ਜੇ ਅੱਜ ਆਪਾਂ ਆਸਮਾਨ ਨੂੰ ਛੂ ਰਹੇ ਹਾਂ ਤਾਂ ਇਹ ਯਾਦ  
ਰੱਖਣਾ ਚਾਹੀਦਾ ਹੈ, ਕਿ ਕੋਈ ਸੀ, ਜੋ ਪਹਿਲਾਂ ਇਥੇ  
ਸੀ ਤੇ ਕੱਲ ਕੋਈ ਹੋਰ ਵੀ ਆਵੇਗਾ, ਕਿਉਂਕਿ ਦੁਨੀਆ  
ਦਾ ਬਹੁਤ ਪੁਰਾਣਾ ਅਸੂਲ ਹੈ, ਪੁਰਾਣੇ ਫੁੱਲ ਝੜਦੇ ਨੇ  
ਤੇ ਨਵੇਂ ਫੁੱਲ ਆਉਂਦੇ ਨੇ। ਰੱਬ ਦੇ ਘਰ ਦਾ ਕੁਝ ਵੀ  
ਨਹੀਂ ਪਤਾ ਹੁੰਦਾ ਕਦੋਂ ਸਾਡੀ ਝੋਲੀ ਖੁਸ਼ੀਆਂ ਨਾਲ ਭਰ  
ਦੇਵੇ ਤੇ ਕਦੋਂ ਸਾਡੇ ਤੋਂ ਕੁਝ ਖੋਹ ਲਵੇ ਤਾਂ ਹੀ ਸਾਡੇ ਵੱਡੇ  
ਵਡੇਰੇ ਕੋਈ ਬੁਰਾ ਕੰਮ ਕਰਨ ਤੋਂ ਕਹਿੰਦੇ ਨੇ 'ਰੱਬ ਤੋਂ  
ਡਰ ਸੱਜਣਾ' ਕਿਉਂਕਿ ਉਹਨਾਂ ਨੇ ਸਾਰੀ ਜ਼ਿੰਦਗੀ ਇਹੀ  
ਦੇਖਿਆ ਹੁੰਦਾ ਹੈ, ਕਿ ਜੋ ਆਪਾਂ ਕਰਦੇ ਹਾਂ ਉਹ ਮੁੜ  
ਕੇ ਆਪਣੇ ਕੋਲ ਹੀ ਆਉਂਦਾ ਹੈ। ਇਹ ਇਸ ਗੱਲ ਤੱਕ  
ਹੀ ਨਹੀਂ ਕਿ ਜੇ ਆਪਾਂ ਬੁਰਾ ਕਰਾਂਗੇ ਜੇ ਅੱਜ ਆਪਾਂ  
ਕੋਈ ਚੰਗਾ ਕੰਮ ਕਰਦੇ ਹਾਂ ਜਾਂ ਫਿਰ ਮਿਹਨਤ ਕਰਦੇ  
ਹਾਂ ਤਾਂ ਉਸ ਦਾ ਫਲ ਵੀ ਜ਼ਰੂਰ ਮਿਲਦਾ ਹੈ। ਕੋਈ ਕੰਮ  
ਕਰਨ ਤੋਂ ਬਾਅਦ ਯਾਦ ਰੱਖਣਾ ਚਾਹੀਦਾ ਹੈ, ਇਹ ਮੁੜ  
ਕੇ ਆਪਣੇ ਕੋਲ ਹੀ ਆਉਂਦਾ ਹੈ ਰੱਬ ਦੇ ਘਰ ਕਿਸੇ ਚੀਜ਼



ਦੀ ਕਮੀ ਨਹੀਂ ਹੈ, ਜੇ ਉਹ ਚਾਹੇ ਤਾਂ ਸਭ ਦੀਆਂ ਝੋਲੀਆਂ ਖੁਸ਼ੀਆਂ ਨਾਲ ਭਰ ਦੇ ਪਰ ਸਭ ਆਪਣੇ ਕਰਮਾਂ ਤੇ ਹੈ।

**ਵਰਲੀਨ ਕੌਰ**  
**12 ਸਾਈਸ 'ਏ'**

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## ਰੱਬ ਸਦਾ ਚੰਗਾ ਕਰਦਾ ਹੈ

ਇੱਕ ਵਪਾਰੀ ਬਹੁਤ ਸਾਰਾ ਪੈਸਾ ਕਮਾ ਕੇ ਆਪਣੇ ਘਰ ਵਾਪਸ ਆ ਰਿਹਾ ਸੀ। ਉਸ ਦਾ ਰਾਸਤਾ ਜੰਗਲ ਵਿੱਚੋਂ ਹੋ ਕੇ ਜਾਂਦਾ ਸੀ। ਉਹ ਹਾਲੇ ਘਰ ਤੋਂ ਦੂਰ ਹੀ ਸੀ ਕਿ ਵਰਖਾ ਸ਼ੁਰੂ ਹੋ ਗਈ। ਤੇਜ਼ ਵਰਖਾ ਕਾਰਨ ਉਹ ਅਤੇ ਉਸ ਦਾ ਘੋੜਾ ਦੁਖੀ ਹੋ ਰਹੇ ਸਨ। ਵਪਾਰੀ ਤਾਂ ਬੁੜਬੁੜ ਕਰਨ ਲੱਗ ਪਿਆ। ਜਦੋਂ ਠੰਢੀ ਹਵਾ ਦੇ ਹੁਲਾਰੇ ਉਸ ਦੇ ਚਿਹਰੇ ਤੇ ਪੈਂਦੇ ਤਾਂ ਉਹ ਰੱਬ ਨੂੰ ਗਾਲਾਂ ਕੱਢਣ ਲੱਗ ਜਾਂਦਾ।

ਜੰਗਲ ਦੇ ਇੱਕ ਮੋੜ ਤੇ ਇਕਦਮ ਦੋ ਡਾਕੂ ਉਸ ਦੇ ਸਾਹਮਣੇ ਆ ਗਏ। ਉਨ੍ਹਾਂ ਦੇ ਹੱਥਾਂ ਵਿੱਚ ਹਥਿਆਰ ਸਨ। ਉਹਨਾਂ ਨੇ ਉਸ ਵਪਾਰੀ ਨੂੰ ਰੁਕਣ ਲਈ ਕਿਹਾ। ਪਰ ਵਪਾਰੀ ਉਥੋਂ ਭੱਜਣ ਵਿੱਚ ਕਾਮਯਾਬ ਹੋ ਗਿਆ। ਅਜਿਹਾ ਇਸ ਕਰਕੇ ਹੋਇਆ ਕਿ ਵਰਖਾ ਕਾਰਨ ਉਨ੍ਹਾਂ ਦਾ ਗੋਲੀ ਸਿੱਕਾ ਖਰਾਬ ਹੋ ਗਿਆ ਸੀ ਅਤੇ ਉਹ ਵਪਾਰੀ ਨੂੰ ਲੁੱਟਣ ਵਿੱਚ ਨਾਕਾਮਯਾਬ ਹੋ ਗਏ। ਵਪਾਰੀ ਦੀ ਜ਼ਿੰਦਗੀ ਅਤੇ ਸਮਾਨ ਵੱਢ ਗਏ। ਉਸ ਨੇ ਪਰਮਾਤਮਾ ਦਾ ਲੱਖ ਲੱਖ ਧੰਨਵਾਦ ਕੀਤਾ। ਅਤੇ ਬੰਦਗੀ ਕਰਨ ਲੱਗ ਪਿਆ। ਥੋੜੀ ਦੇਰ ਬਾਅਦ ਮੀਂਹ ਰੁਕ ਗਿਆ ਅਤੇ ਧੁੱਪ ਨਿਕਲ ਆਈ ਸੀ। ਉਸ ਨੇ ਸੋਚਿਆ ਕਿ ਪਰਮਾਤਮਾ ਜੋ ਕਰਦਾ ਚੰਗਾ ਹੀ ਕਰਦਾ ਹੈ।

**ਮਹਿਕਰੀਤ ਕੌਰ**  
**ਜਮਾਤ - ਚੌਥੀ ਸੀ**

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## ਨਿੰਮ ਦਾ ਦਰਖਤ

ਨਿੰਮ ਦਾ ਦਰਖਤ ਸਭਨਾ ਲਈ ਬਹੁਤ ਗੁਣਕਾਰੀ ਹੁੰਦਾ ਹੈ। ਇਸ ਦੀ ਛਾਂ ਬਹੁਤ ਸੰਘਣੀ ਹੁੰਦੀ ਹੈ। ਇਹ ਆਪਾਂ ਨੂੰ ਆਕਸੀਜਨ ਦਿੰਦਾ ਹੈ। ਇਸ ਦੀ ਦਾਤਣ ਮਨੁੱਖੀ ਸਰੀਰ ਲਈ ਗੁਣਕਾਰੀ ਹੁੰਦੀ ਹੈ। ਨਿੰਮ ਦੇ ਪੱਤਿਆਂ ਦੀ ਵਰਤੋਂ ਘਰਾਂ ਵਿੱਚ ਕੀੜਿਆਂ ਤੋਂ ਛੁਟਕਾਰਾ ਪਾਉਣ ਲਈ ਕੀਤੀ ਜਾਂਦੀ ਲੱਗਦਾ ਹੈ। ਇਸ ਦੇ ਫਲ ਨੂੰ ਨਿਮੋਲੀ ਆਖਦੇ ਹਨ। ਇਸ ਤੋਂ ਨਿੰਮ ਦਾ ਤੇਲ ਅਤੇ ਸਾਬਣ ਵੀ ਤਿਆਰ ਹੁੰਦਾ ਹੈ। ਨਿੰਮ ਦੀ ਲੱਕੜ ਵੀ ਬਹੁਤ ਗੁਣਕਾਰੀ ਹੁੰਦੀ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਨਿੰਮ ਦੇ ਦਰਖਤ ਦੇ ਬਹੁਤ ਲਾਭ ਹਨ।

**ਜਗਰਾਜ ਸਿੰਘ ਗਿੱਲ**  
**ਜਮਾਤ ਚੌਥੀ -ਡੀ**

## ਅਸਲ ਗਿਆਨ (ਕਹਾਣੀ)

ਜੂਨ ਦਾ ਮਹੀਨਾ ਚੱਲ ਰਿਹਾ ਸੀ ਤੇ ਬੱਚਿਆਂ ਦੀਆਂ ਛੁੱਟੀਆਂ ਦੇ ਅਖੀਰਲੇ ਦਿਨ ਵੀ ਚੱਲ ਰਹੇ ਸੀ। ਸਾਰੀਆਂ ਛੁੱਟੀਆਂ ਵਿੱਚ ਬੱਚਿਆਂ ਨੇ ਘਰ ਵਿੱਚ ਉੱਦੜ ਧੁੰਮੀ ਮਚਾਈ ਹੋਈ ਸੀ ਅਤੇ ਸਾਰਿਆਂ ਦੇ ਨੱਕ ਵਿੱਚ ਦਮ ਕਰ ਰੱਖਿਆ ਹੋਇਆ ਸੀ। ਘਰ ਵਿੱਚ ਚਾਰ ਬੱਚੇ ਸਨ। ਇਹਨਾਂ ਵਿੱਚ ਸਭ ਤੋਂ ਵੱਡਾ ਮੁੰਡਾ ਕੁਲਦੀਪ ਜੋ ਕਿ ਕੋਈ ਕੰਮ ਨਹੀਂ ਸੀ ਕਰਦਾ। ਬਸ ਸਾਰਾ ਦਿਨ ਗਲੀਆਂ ਵਿੱਚ ਖਾਕ ਛਾਣ ਦਾ ਫਿਰਦਾ ਸੀ। ਇੱਕ ਦਿਨ ਉਸਦੀ ਮਾਂ ਮਨਜੀਤ ਕੌਰ ਨੇ ਉਸਨੂੰ ਆਪਣੇ ਕੋਲ ਬਿਠਾ ਕੇ ਸਮਝਾਇਆ ਕਿ ਦੇਖ ਪੁੱਤ ਮੈਂ ਮੰਨਦੀ ਹਾਂ ਕਿ ਤੁਹਾਨੂੰ ਸਾਰੇ ਬੱਚਿਆਂ ਨੂੰ ਛੁੱਟੀਆਂ ਮਿਲੀਆਂ ਹੋਈਆਂ ਹਨ, ਪਰ ਤੁਹਾਨੂੰ ਇਹ ਵੀ ਪਤਾ ਹੈ ਕਿ ਨਾਲ ਕਰਨ ਵਾਲਾ ਕੰਮ ਵੀ ਬਹੁਤ ਹੈ ਤਾਂ ਫਿਰ ਤੂੰ ਉਸਨੂੰ ਪੂਰਾ ਕਰ ਲੈ। ਤਾਂ ਹੀ ਤੇਰੇ ਬਾਕੀ ਭੈਣ ਭਰਾ ਤੈਨੂੰ ਦੇਖ ਕੇ ਆਪਣਾ ਕੰਮ ਪੂਰਾ ਕਰਨਗੇ। ਕਿਉਂ ਤੂੰ ਸਾਰਾ ਦਿਨ ਵਿਹਲਾ ਫਿਰਦਾ ਰਹਿੰਦਾ ਏਂ। ਮਾਂ ਦੀ ਇਹ ਗੱਲ ਸੁਣ ਕੇ ਕੁਲਦੀਪ ਨੂੰ ਲੱਗਿਆ ਕਿ ਜੇਕਰ ਮੈਂ ਸਮਝਦਾਰ ਹਾਂ ਤਾਂ ਮੈਨੂੰ ਮੇਰੀ ਮਾਂ ਦੀ ਕਹੀ ਗੱਲ ਵੱਲ ਕੰਨ ਕਰਨੇ ਚਾਹੀਦੇ ਹਨ। ਉਸ ਦਿਨ ਤੋਂ ਹੀ ਕੁਲਦੀਪ ਆਪਣੇ ਕੰਮਾਂ ਵਿੱਚ ਇਹਨਾਂ ਰੁਝ ਗਿਆ ਕਿ ਉਸਨੂੰ ਸਿਰ ਖੁਰਕਣ ਦੀ ਵਿਹਲ ਨਹੀਂ ਮਿਲੀ। ਕੁਲਦੀਪ ਦਾ ਸਭ ਤੋਂ ਛੋਟਾ ਭਰਾ ਹਰਜੀਤ ਜੋ ਕਿ ਪੰਜਵੀਂ ਵਿੱਚ ਪੜ੍ਹਦਾ ਸੀ। ਉਹ ਵੀ ਆਪਣੇ ਵੱਡੇ ਭਰਾ ਵਾਂਗ ਹੀ ਕੋਈ ਕੰਮ ਨਹੀਂ ਸੀ ਕਰਦਾ। ਸਾਰਾ ਦਿਨ ਹੱਥ ਉੱਤੇ ਹੱਥ ਧਰ ਕੇ ਬੈਠਾ ਰਹਿੰਦਾ ਸੀ। ਹਰਜੀਤ ਆਪਣੇ ਸਾਰੇ ਭੈਣ – ਭਰਾਵਾਂ ਵਿੱਚੋਂ ਸਭ ਤੋਂ ਭੋਲਾ ਸੀ। ਜਿਸਦੇ ਕਾਰਨ ਹਰ ਕੋਈ ਉਸਨੂੰ ਆਪਣੀਆਂ ਉਗਲਾਂ ਤੇ ਨਚਾਉਣਾ ਜਾਣਦਾ ਸੀ। ਹੁਣ ਗੱਲ ਹੁੰਦੀ ਹੈ ਇਹਨਾਂ ਦੋਵਾਂ ਦੀਆਂ ਭੈਣਾਂ ਦੀ ਮਨਦੀਪ ਅਤੇ ਕੁਲਜੀਤ ਜੋ ਕਿ ਆਪਣੇ ਮਾਂ ਦੇ ਹਰ ਕੰਮ ਵਿੱਚ ਹੱਥ ਵਟਾਉਣਾ ਜਾਣਦੀਆਂ ਸਨ। ਇਹ ਦੋਵੇਂ ਭੈਣਾਂ ਆਪਣੇ ਮਾਂ ਬਾਪ ਦੀ ਬਹੁਤ ਇੱਜ਼ਤ ਕਰਦੀਆਂ ਸਨ। ਅਤੇ ਕਦੇ ਵੀ ਉਹਨਾਂ ਅੱਗੇ ਉੱਚਾ ਸਾਹ ਨਹੀਂ ਕੱਢਦੀਆਂ ਸਨ। ਇਹਨਾਂ ਸਾਰਿਆਂ ਵਿੱਚੋਂ ਸਭ ਤੋਂ ਸਿਆਣੇ ਕੁਲਜੀਤ ਜੋ ਕਿ ਪਹਿਲਾਂ ਕਿਤਾਬੀ ਕੀੜਾ ਹੁੰਦੀ ਸੀ ਅਤੇ ਸਾਰਾ ਦਿਨ ਸਿਰ ਸੁੱਟ ਕੇ ਕਿਤਾਬਾਂ ਪੜ੍ਹਦੀ ਰਹਿੰਦੀ ਸੀ ਜਿਸ ਦੇ ਕਾਰਨ ਨਜ਼ਰ ਵਾਲੀ ਐਨਕ ਵੀ ਲੱਗ ਗਈ ਸੀ। ਇੱਕ ਦਿਨ ਕੁਲਜੀਤ ਰਸੋਈ ਵਿੱਚ ਖਾਣ ਪੀਣ ਆਈ ਤੇ ਉਸਦੇ ਦੂਜੇ ਹੱਥ ਦੇ ਵਿੱਚ ਹੀ ਕਿਤਾਬ ਸੀ ਉਸਦੀ ਮਾਂ ਨੇ ਤੰਗ ਹੋ ਕੇ ਉਸਨੂੰ ਆਪਣੇ ਕੋਲ ਬਿਠਾਇਆ ਅਤੇ ਅਧਿਕਾਰ ਪੂਰਵਕ ਸਮਝਾਇਆ ਕਿ ਕਿਤਾਬਾਂ ਵਿੱਚੋਂ ਉਹ ਗਿਆਨ ਪ੍ਰਾਪਤ ਨਹੀਂ ਹੁੰਦਾ ਜੋ ਕਿ ਦੁਨੀਆਂਦਾਰੀ ਦੇਖਣ ਨਾਲ ਪ੍ਰਾਪਤ ਹੁੰਦਾ ਹੈ ਹਾਂ ਮੈਂ ਮੰਨਦੀ ਹਾਂ ਕਿਤਾਬਾਂ ਪੜ੍ਹਨੀਆਂ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹਨ ਪਰ ਇਹਨਾਂ ਵੀ ਨਹੀਂ ਪੜ੍ਹਨਾ ਚਾਹੀਦਾ ਜਿਸ ਦੇ ਕਰਕੇ ਅਸੀਂ ਦੁਨੀਆਂ ਵੱਲ ਧਿਆਨ ਦੇਣਾ ਹੀ ਬੰਦ ਕਰ ਦਈਏ ਕਿ ਦੁਨੀਆਂ ਵਿੱਚ ਚੱਲ ਕੀ ਰਿਹਾ ਹੈ ਕਿਉਂਕਿ ਅਸਲ ਗਿਆਨ ਸਾਨੂੰ ਦੁਨੀਆਂਦਾਰੀ ਦੇ ਜਾਂਦੀ ਹੈ ਤੇ ਸਾਡੇ ਜੀਵਨ ਦਾ ਸੱਚ ਵੀ ਦੱਸ ਜਾਂਦੀ ਹੈ।

**ਅਮਨਦੀਪ ਕੌਰ**

**+2 ਆਰਟਸ ਏ**

## ਮੇਰਾ ਰੰਗਲਾ ਪੰਜਾਬ

ਮੇਰਾ ਰੰਗਲਾ ਪੰਜਾਬ ਧਰਤੀ  
ਪੰਜ ਦਰਿਆਵਾਂ ਦੀ,  
ਸੋਹਣੇ ਗੱਬਰੂ ਤੇ ਮੁਟਿਆਰਾਂ ਦੀ |  
ਖੇਤਾਂ ਵਿੱਚ ਲਾਹਿਰਾਉਂਦੀ ਸਰੋਂ,  
ਤੀਜਾਂ ਤੇ ਤਿਉਹਾਰਾਂ ਦੀ |  
ਦਿਲਾਂ ਚ ਵਸਦੇ ਨਾਨਕ ਗੋਬਿੰਦ  
ਇਹ ਧਰਤੀ ਪੰਜ ਪਿਆਰਿਆਂ ਦੀ |  
ਦੇਸ਼ ਦੀ ਖਾਤਰ ਮਰਦੇ ਵੀਰਾਂ ਜੋਧਿਆਂ ਦੀ,  
ਜੱਲ੍ਹੀਆਂਵਾਲੇ ਸਕੇ ਦੀ ਯਾਦ ਕਰਾਉਂਦੀ |  
ਮਿਰਜ਼ਾ, ਗ਼ਲਿਬ ਦੇ ਕਿੱਸਿਆਂ ਦੀ,  
ਸੱਸੀ ਪੁੰਨੂ ਦੀ ਯਾਦ ਕਰਾਉਂਦੀ |  
ਗਿੱਦੇ ਤੇ ਭੰਗੜੇ ਦੀ ਸ਼ਾਨ,  
ਸੋਹਣੇ ਬਾਗ਼ ਬਹਾਰਾਂ ਦੀ |  
ਇਹ ਧਰਤੀ ਪੰਜ ਦਰਿਆਵਾਂ ਦੀ,  
ਸੋਹਣੇ ਗੱਬਰੂ ਤੇ ਮੁਟਿਆਰਾਂ ਦੀ |  
ਭਾਈਚਾਰੇ ਦਾ ਪਾਠ ਪੜ੍ਹਾਉਂਦੀ,  
ਹਰ ਨਫ਼ਰਤ ਨੂੰ ਦੂਰ ਭਜਾਉਂਦੀ |  
ਇਹ ਧਰਤੀ ਬਾਬੇ ਨਾਨਕ ਦੀ,  
ਸ਼ਾਂਤੀ ਦਾ ਸੰਦੇਸ਼ ਪਹੁੰਚਾਂਦੀ |  
ਇਹ ਧਰਤੀ ਪੰਜ ਦਰਿਆਵਾਂ ਦੀ,  
ਸੋਹਣੇ ਗੱਬਰੂ ਤੇ ਮੁਟਿਆਰਾਂ ਦੀ |



ਪ੍ਰਭਰੂਪ ਸਿੰਘ  
ਛੇਵੀਂ - ਈ

## ਬੀਤੀ ਰੁੱਤ

ਇਹ ਰੁੱਤ ਵੀ ਇੰਝ ਬੀਤੀ,  
ਜਿਉ ਕੋਈ ਸੁੱਚਾ ਬੋਲ ਕੁਆਰੇ,  
ਹੋਠਾਂ ਤੇ ਮਰ ਜਾਏ ਮਰ।  
ਇਹ ਰੁੱਤ ਵੀ ਇੰਝ ਬੀਤੀ,  
ਜਿਉ ਨੈਣਾਂ ਦੀ ਸੁੱਚੀ ਨੀਂਦਰ,  
ਦੂਸਿਰ - ਸੁਪਨ ਹੰਡਾਏ।  
ਇਹ ਰੁੱਤ ਇੰਝ ਬੀਤੀ,  
ਜਿਉ ਮੋਈਆ ਕਿਰਨਾਂ ਦੇ ਵਿਹਲੇ,  
ਸੂਰਜ ਨੂਰ ਖਿੰਡਾ ਏ।  
ਜੋਬਨ ਰੁਤੇ ਜਿਉ ਕੋਈ ਆਪਣੇ,  
ਸਾਹਾਂ ਨੂੰ ਤੜਪਾਏ,  
ਇਹ ਰੁੱਤ ਇੰਝ ਬੀਤੀ।

ਗੁਰਨੂਰ ਸਿੰਘ

ਜਮਾਤ - ਛੇਵੀਂ ਸੀ

## ਮਾਂ

ਸਾਡੇ ਹਰ ਦੁੱਖ ਦੀ ਦਵਾ ਹੁੰਦੀ ਹੈ ਮਾਂ,  
ਕਦੇ ਝਿੜਕਦੀ ਹੈ ਸਾਨੂੰ ਤੇ ਕਦੇ ਗਲੇ ਲਗਾ ਲੈਂਦੀ ਹੈ,  
ਸਾਡੀ ਅੱਖ ਵਿੱਚ ਹੰਜੂ ਆਉਣ ਨੀਂ ਦਿੰਦੀ ਮਾਂ,  
ਆਪਣੇ ਚਿਹਰੇ ਦੀ ਮੁਸਕਾਨ ਵੀ ਸਾਨੂੰ ਦੇ ਦਿੰਦੀ ਹੈ,  
ਸਾਡੇ ਤੇ ਕਦੇ ਵੀ ਦੁੱਖ ਆਵੇ,  
ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਚੇਤੇ ਆਉਂਦੀ ਹੈ ਮਾਂ,  
ਸਾਡੀਆਂ ਖੁਸ਼ੀਆਂ ਦੇ ਵਿੱਚ ਸ਼ਾਮਿਲ ਹੋ ਕੇ,  
ਆਪਣੇ ਗਮ ਭੁਲਾ ਦਿੰਦੀ ਹੈ ਮਾਂ |

ਪ੍ਰਭਗੁਣ ਸਿੰਘ

ਛੇਵੀਂ ਐਫ



## ਬੁਝਾਰਤਾਂ

1. ਉਹ ਕਿਹੜੀ ਚੀਜ਼ ਹੈ ਜੋ ਫਰਿਜ ਵਿੱਚ ਰੱਖਣ ਤੋਂ ਬਾਅਦ ਵੀ ਗਰਮ ਹੀ ਰਹਿੰਦੀ ਹੈ ??
2. ਸਿਰ ਤੇ ਮੁਕਟ, ਗਲੇ ਵਿੱਚ ਥੈਲਾ, ਮੇਰਾ ਨਾਮ ਹੈ, ਅਜਬ ਅਲਬੇਲਾ ??
3. ਉਹ ਜਦੋਂ ਡੁਬਦਾ ਹੈ, ਤਾਂ ਉਹਨੂੰ ਦੇਖਣ ਲਈ ਲੋਕ ਉਤਸੁਕ ਹੁੰਦੇ ਹਨ, ਦੱਸੋ ਇਹ ਕੀ ਹੈ ??
4. ਹਾਬੜ ਦਾਬੜ ਪਈ ਕੁੜੇ ,ਪਰ ਥੱਲੇ ਕਿੱਥੇ ਗਈ ਕੁੜੇ ??
5. ਰੂਪ ਹੈ ਉਹਨਾਂ ਦਾ ਪਿਆਰਾ ਪਿਆਰਾ , ਵਾਸੀ ਹਨ ਉਹ ਦੂਰ ਦੇ, ਦੂਰੋਂ ਹੀ ਲਿਸ਼ਕ ,ਰਹੇ ਹਨੇਰਾ ਉਹਨਾਂ ਤੋਂ ਦੂਰ ਰਹੇ ??



ਉੱਤਰ :- 1. ਗਰਮ ਮਸਾਲੇ 2. ਮੁਰਗਾ 3. ਸੂਰਜ 4. ਕੜਕੀ 5. ਤਾਰੇ।

**ਜਸਪ੍ਰੀਤ ਕੌਰ**  
**+1 ਆਰਟਸ ਏ**

## ਮਨ

ਮਨੁੱਖ ਦੇ ਜੀਵਨ ਦਾ ਮਨੋਰਥ ਕੀ ਹੈ ? ਇਹ ਸਵਾਲ ਆਦਿ -ਕਾਲ ਵਿੱਚ ਧਰਮ ਚਿੰਤਕਾਂ ਅਤੇ ਦਾਰਸ਼ਨਿਕਾਂ ਦੇ ਵਿਚਾਰਾਂ ਦਾ ਮੁੱਖ ਵਿਸ਼ਾ ਰਿਹਾ ਹੈ। ਗੁਰਬਾਣੀ ਅਨੁਸਾਰ ਮਨੁੱਖ ਨੂੰ ਪਰਮਾਤਮਾ ਦੀ ਸਿਫਤ - ਸਲਾਹ ਕਰਕੇ ਉਸਦੇ ਗੁਣ ਗ੍ਰਹਿਣ ਕਰਨੇ ਚਾਹੀਦੇ ਹਨ ਅਤੇ ਆਪਣੀ ਸੂਰਤ ਦਾ ਵਿਕਾਸ ਕਰਕੇ ਉਸੇ ਸੱਚ ਵਿੱਚ ਅਭੇਦ ਫਹਿਣਾ ਚਾਹੀਦਾ ਹੈ। ਪਰ ਮਨੁੱਖ ਇਸ ਪਰਯੋਜਨ ਨੂੰ ਭੁਲਾ ਕੇ ਝੂਠੇ ਧੰਦਿਆਂ ਵਿੱਚ ਉਲਝ ਕੇ ਜ਼ਿੰਦਗੀ ਦੇ ਰਸ ਨੂੰ ਗਵਾ ਲੈਂਦੇ ਹਨ। ਮਨ ਕੀ ਹੈ ? ਕੀ ਇਹ ਸਾਡੇ ਵੱਸ ਵਿੱਚ ਹੈ ਜਾਂ ਨਹੀਂ? ਕੀ ਤੁਸੀਂ ਕਦੇ ਇਸ ਬਾਰੇ ਗੰਭੀਰਤਾ ਨਾਲ ਸੋਚਿਆ ਹੈ? ਮਨ ਸਰੀਰ ਦਾ ਇੱਕ ਸੂਖਮ ਅੰਗ ਹੈ, ਜੋ ਅਦ੍ਰਿਸ਼ ਅਤੇ ਅਛੋਹ ਹੈ। ਇਸ ਦਾ ਟਿਕਾਛਾ ਦਿਮਾਗ ਵਿੱਚ ਹੁੰਦਾ ਹੈ। ਮਨ ਅੱਖਾਂ ਨੂੰ ਦੇਖਣ ਦਾ, ਕੰਨਾਂ ਨੂੰ ਸੁਣਨ ਦਾ, ਨੌਕ ਨੂੰ ਸੁੰਘਣ ਦਾ, ਹੱਥਾਂ ਨੂੰ ਕੰਮ ਕਰਨ ਅਤੇ ਪੈਰਾਂ ਨੂੰ ਤੁਰਨ ਫਿਰਨ ਦੀ ਸ਼ਕਤੀ ਦਿੰਦਾ ਹੈ। ਮਨ ਦੀ ਸੱਦੀ ਪਛਾਣ ਸਰੀਰ ਤੋਂ ਨਹੀਂ ਹੁੰਦੀ। ਮਨ ਦਾ ਇਹ ਤਰਕ ਮੈਂ ਸਤੀਰ ਹਾਂ, ਗਲਤ ਹੈ। ਇਸ ਦੀ ਸਹੀ ਪਛਾਣ ਆਤਮ - ਜੋਤ ਤੋਂ ਆਤਮ ਤੋਂ ਜੋਤ ਤੋਂ ਹੁੰਦੀ ਹੈ। ਇਹ ਜੋਤ ਦਾ ਪ੍ਰਤੀਬਿੰਬ ਹੈ ਤੇ ਇਹ ਇਸਦੀ ਅਸਲੀ ਪਛਾਣੀ ਹੈ। ਮਨ ਦੀ ਰੋਸ਼ਨੀ ਦਾ ਸਰੋਤ ਜੋਤ ਹੈ, ਜਤ ਦੇ ਪ੍ਰਜਵਲਿਤ ਹੋਏ ਨਾਲ ਇਸਦੀ ਚਿੰਗਾਰੀ ਨਾਲ ਮਨ ਸਜੀਵ ਅਤੇ ਕਿਰਿਆਸ਼ੀਲ ਹੋ ਜਾਂਦਾ ਹੈ। ਮਨ ਤੂਹਾਨੀ ਅਤੇ ਪਵਿੱਤਰ ਜੋਤ ਨਾਲ ਜੀਵਿਤ ਰਹਿੰਦਾ ਹੈ। ਇੱਕ ਪਵਿੱਤਰ ਮਨ 'ਆਤਮ ਜੋਤ ਵਿੱਚ ਵਿਸ਼ਰਾਮ ਕਰਦਾ ਹੈ। ਜਿੱਥੇ ਸਧਾਰਨ ਮਨ ਦੀ ਕਿਸੇ ਵੀ ਪ੍ਰਕਾਰ ਦੀ ਮਿਲਾਵਟ ਨਹੀਂ ਹੁੰਦੀ। ਇਹ ਆਪਣੀ ਪਛਾਣ ਆਤਮਿਕ ਜੋਤ ਜੋ ਇਸਦੀ ਅਸਲੀ ਹੋਂਦ ਹੈ। ਉਸਦੇ ਆਤਮਕ ਸ਼ਾਂਤੀ ਅਤੇ ਆਨੰਦ ਵਿੱਚ ਸਮਾ ਜਾਂਦਾ ਹੈ। ਸਾਡੇ ਮਨ ਦੀ ਸਥਿਤੀ ਦੇ ਰੂਪ ਹਨ ਦੁੱਖ - ਸੁੱਖ।

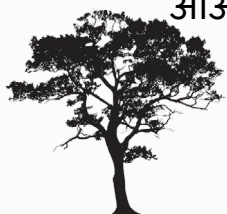
ਆਖਿਰ ਇਹ ਦੁੱਖ - ਸੁੱਖ ਕੀ ਚੀਜ਼ ਹੈ ? ਅਸਲ ਵਿੱਚ ਦੁੱਖ ਅਤੇ ਸੁੱਖ ਦੀ ਪਰਿਭਾਸ਼ਾ ਸਾਡੀ ਮਨੋ ਦਿਸ਼ਾ ਦੀ ਹੀ ਪ੍ਰਤਿਫਲ ਹੈ। ਇਹ ਦੁਖ ਸੁਖ ਸਾਡੇ ਰੀ ਕੰਮਾਂ ਤੇ ਕਲਾਪਾ ਤੋਂ ਪਦਾ ਗੰਦੇ ਹਨ। ਇਸਦਾ ਮੁੱਖ ਕਾਰਨ ਹੈ ਕਿ ਅਸੀਂ ਆਤਮ ਨਿਰਭਰ ਹੀ ਹੁੰਦੇ। ਆਤਮ ਨਿਰਭਰ ਨਾ ਹੋਈ ਹੀ ਸਾਡੇ ਸਾਰੇ ਦੁੱਖਾਂ ਅਤੇ ਪਫੇਸ਼ਾਨੀਆਂ ਦਾ ਕਾਰਨ ਹੈ ਕੀ ਕਦੇ ਅਸੀਂ ਵੀ ਦੁੱਖਾਂ ਤੋਂ ਛੁਟਕਾਰਾ ਪਾ ਸਕਦੇ ਹਾਂ ? ਕੀ ਅਸੀਂ ਵੀ ਕਦੇ ਸੁਖੀ ਰਹਿ ਸਕਦੇ ਹਾਂ? ਕੀ ਕਦੇ ਅਸੀਂ ਵੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਸਫਲ ਹੋ ਸਕਦੇ ਹਾਂ? ਕੀ ਅਸੀਂ ਕਦੇ ਆਪਣੇ ਮਨ ਨੂੰ ਸ਼ਾਂਤ ਕਰ ਸਕਦੇ ਹਾਂ?। ਦੁੱਖਾਂ ਤੋਂ ਛੁਟਕਾਰਾ ਪਾਉਣ ਤੇ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਸਫਲ ਹੋਣ ਦੇ ਲਈ ਮਨ ਤੇ ਕਾਬੂ ਪਾਉਣ ਦੀ ਲੋੜ ਹੁੰਦੀ ਹੈ। ਜਿਹੜਾ ਮਨੁੱਖ ਆਪਣੀ ਇੱਛਾਵਾਂ ਨੂੰ ਸੀਮਤ ਘੋਰੇ ਵਿੱਚ ਰੱਖਦਾ ਹੈ। ਉਹ ਹਮੇਸ਼ਾਂ ਸੁਖੀ ਰਹਿੰਦੇ ਹਨ। ਭਗਤ ਨਾਮਦੇਵ ਜੀ ਨੇ ਕਿਹਾ ਹੈ ਹੱਥਾਂ ਪੈਰਾਂ ਨਾਲ ਕੰਮ ਕਰਦਿਆਂ ਹੋਇਆਂ ਮਨ ਨੂੰ ਨਾਮ ਸਿਮਰਨ ਦੁਆਰਾ ਈਸਵਰ ਨਾਲ ਜੁੜ ਕੇ ਸ਼ਾਂਤ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।

**ਜੈਸਮੀਨ ਕੋਰ**  
**+1 ਆਰਟਸ ਬੀ**

## HINDI SECTION

### ਆओ पेड़ लगाएँ

पेड़ लगाओ, पेड़ लगाओ,  
हरा भरा जीवन बनाओ  
धरती की बस यही पुकार  
पेड़ लगाओ बारंबार।  
छाया, फल, शुद्ध हवा,  
ये हमको देते हैं।  
प्रदूषण को भी दूर भगाएं,  
बाढ़ से हमें बचाते हैं।  
पेड़ धरती की शान है,  
जीवन की मुस्कान हैं।  
जीवन सुखी बनाए हम,  
आओ पेड़ लगाएँ हम।



यादविंदर सिंह

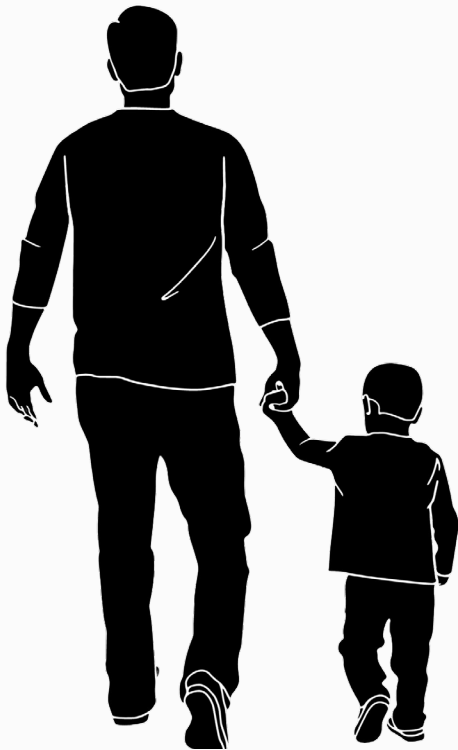
6 E

### मेरे पापा

मेरा साहस, मेरी इज्जत,  
मेरा सम्मान हैं , पापा।  
मेरी ताकत, मेरी दुनिया,  
मेरा एहसास हैं,पापा।  
घर की एक-एक ईंट में,  
शामिल उनका खून- पसीना।  
सारे घर की रौनक,  
सारे घर की शान हैं ,पापा।  
मेरी इज्जत, मेरी शोहरत,  
मेरा रुतबा, मेरा मान हैं,पापा।  
मुझको हिम्मत देने वाले,  
मेरे अभिमान हैं,पापा  
सारे रिश्ते उनके दाम से,  
सारे नाते उनसे हैं।  
सारे घर के दिल की धड़कन,

सारे घर की जान हैं ,पापा  
शायद भगवान ने देकर भेजा  
फल ये अच्छे कर्मों का,  
उसकी रहमत,उसका वरदान है, पापा।

अभीनूर कौर  
दसवीं ए



माँ

एक फरिश्ते की तरह है ,मां  
एक भगवान की तरह है, मां।  
हमें अपने आँचल में रखती है, मां  
दिन-रात हमारी देख-भाल करती है ,मां  
सारा दिन हमारे भविष्य के बारे में  
सोचती है,  
मां हमें पढ़ा-लिखा कर किसी लायक  
बनाती है ,माँ।  
हमारी सारी ख्वाइशें पूरी करती है माँ,  
हमारे सारे नखरे भी झेलती है मां,  
अधिक से अधिक प्यार करती हैं ,हमारी  
मां।  
दुनिया का सबसे अच्छा तोहफा है माँ,  
भगवान की सबसे अच्छी देन और हमारी  
पहली अध्यापक है माँ।  
अपने बच्चे के लिए सबसे सुंदर अप्सरा  
है,  
मां उसके बच्चे को पहुंचाने वाले के  
लिए काली माता है ,मां।  
सबसे प्यारी है माँ, सबसे सुन्दर है ,माँ।  
अपने बच्चे की हर तकलीफ को दूर  
करने वाली है , माँ



छाया  
7 B



# Condolence



The wheel of time keeps moving and sometimes it really proves very cruel when someone loses parents. The day of 6 February 2020 was very unfortunate for

Our student Deepak (who is presently studying in class X) when he lost his father Shri Lal Singh. And the trail of his unending vows didn't stop as on 6 April 2024 Deepak lost his mother Mrs Amarjit Kaur.

Our heartfelt condolences are with you. We support you during this most difficult time. May Almighty rest the departed soul in peace forever.

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It is very sad that Mehakpreet Kaur a student of Class VIII lost her father Jasvir Singh on April 25, 2024. He died of liver failure due to jaundice. He is survived with his wife Neelam Kumari, one younger daughter studying in class II and one elder daughter Mehakpreet

We condole the sudden demise of their father and pray to Almighty for resting the departed soul in peace forever.