



Hello and welcome to  
*our October newsletter*

**"A country is strengthened not by great men with small views but by small men with great views."**





Dear Parents, Students & Staff.

"Alone we are smart  
Together we are brilliant."

I am delighted to address you all through our school newsletter, a platform that showcases the achievements, talents and stories of our remarkable school community. It is with great pleasure that I congratulate each and every one of you for this endeavour of releasing our first " Newsletter ".

Amidst the challenges, there have been countless stories of success & triumph. Our students have shown extraordinary determination, embracing new way of learning & excelling in academics, sports, arts and various co-curricular activities.

I am proud of each and everyone for your outstanding achievements and for representing our school community, with such distinction.

So often you find that the students  
You're trying to inspire are the ones that  
end up inspiring you.

I also want to commend our teachers and staff for their tireless efforts in providing quality education with dedication, professionalism and passion for teaching which is truly commendable.

In addition to academic excellence we have strived to nurture well- rounded individuals by offering a wide range of extracurricular activities. Our students have excelled in various sports competitions, cultural events, debates, community service initiatives and more, showcasing their talents & skills. These experiences have helped shape them into confident, responsible and community compassionate individuals.

I encourage our students to continue exploring new interests, setting goals and challenging themselves academically and personally. Embrace every opportunity to learn, grow and make a positive impact on our school community and the world around us.

I am proud to announce that our school has invested in state of the art technology infrastructure, including interactive digital learning platforms, virtual classrooms and cutting edge educational resources.

To our parents, I extend my sincere appreciation for their unwavering support, trust and partnership in their child's education.

Once again, I want to express my gratitude to our entire school community for their incredible resilience, dedication and enthusiasm throughout the journey of school growth.

Together, we have demonstrated that in the face of challenges, we can emerge stronger and more determined than ever.

"Life is all about what you are creating  
And carrying forward."

Harmeet Kaur Waraich,  
Principal, Nankana Sahib Public School, Gill Park, Ludhiana



## A step forward.....

The new leaves of plants remind us that autumn is over and winter is on anvil. With air turned crisp, we have already welcomed the festive season. It symbolizes that time is full of joy, celebration and togetherness. We feel thrilled to inculcate this spirit of season among students of Nankana Sahib Public School, Gill Road Ludhiana by providing them a creative platform through School's Monthly Newsletter. Dedicated to students, it is a joint venture between students and teachers.

The very purpose of bringing it out is to showcase the hidden creativity, potential and above all brilliance of our students progressing under the able guidance of enthusiastic teachers who are being guided by the School Principal Mrs Harmeet Kaur Waraich.

This bi-lingual Monthly Newsletter will carry write-ups of students and school news. The Editorial Board comprising of Teachers & Students tried their level best to make it an interesting read. Hope you all will relish it.

With Best Wishes  
Anupam Bhargia  
Editor-In-Chief





## NSPS students got certificate of NSIC 2023

It is a matter of pride that four students of Nankana Sahib Public School Gill Park Ludhiana have been awarded with a certificate of completion of National Space Innovation Challenge (NSIC) 2023. It was an online certificate course conducted by NAVARS Edutech in partnership with AIM and ISRO. The students included Bikramjit Singh, Taranjeet Kaur, Gurveet Singh Sandhu and Gurnoor Kaur.



## ISRO's senior scientist enlightened NSPS students

It was indeed a very special day for Nankana Sahib Public School, Gill Park, Ludhiana as Dr Mahinder pal Singh, Head Mechanical Integration and Testing, ISRO and Chandrayaan-3 visited the school today and shared his enlightening experiences.

## Handball players of NSPS selected for state level tourney

Three players of U\_19 (Girls) team of Nankana Sahib Public School, Gill Road Ludhiana have been selected for the state level tournament. These players were among the district level team of Ludhiana-1. They won the final match played with the team of Ludhiana-2. The selected players for state level included Anjali Sharma, Armaan Gill and Amandeep Kaur.



## NSPS held Investiture ceremony of Proctorial Board

To officially appoint the members of the Proctorial Board for the academic session 2023-24, Nankana Sahib Public School Gill Park Ludhiana held its investiture ceremony. The newly elected leaders of house council members were bestowed with badges and sashes by the school Principal Mrs Harmeet Kaur Waraich. The newly elected Head boy Anagadveer Singh and Head Girl Sehajdeep Kaur also shared their vision and goals for the academic year ahead.

Other members of the Proctorial board included Akshpreet Singh, Vice Head Boy, Maanvi Sharma Vice Head Girl, Pawandeep kaur Discipline Incharge (Girls), Mantripti as Vice Discipline Incharge (girls), Parminder Singh as Discipline Incharge (Boys), Satnam Singh as Vice Discipline Incharge (Boys). However, Armaan Gill was selected as Sports Captain of Girls, Aman as Vice Sports Captain (Girls), Gagandeep Singh as Sports Captain (Boys) and Dhruv Sahota as Vice Sports captain.



Bhangra team of NSPS stood first

The new leaves of plants remind us that autumn is over and winter is on anvil. With air turned crisp, we have already welcomed the festive season. It symbolizes that time is full of joy, celebration and togetherness. We feel thrilled to inculcate this spirit of season among students of Nankana Sahib Public School, Gill Road Ludhiana by providing them a creative platform through School's Monthly Newsletter. Dedicated to students, it is a joint venture between students and teachers. The very purpose of bringing it out is to showcase the hidden creativity, potential and above all brilliance of our students progressing under the able guidance of enthusiastic teachers who are being guided by the School Principal Mrs Harmeet Kaur Waraich. This bi-lingual Monthly Newsletter will carry write-ups of students and school news. The Editorial Board comprising of Teachers & Students tried their level best to make it an interesting read. Hope you all will relish it. With Best Wishes Anupam Bhagri Editor-In-Chief



NSPS student got first position in declamation

Namanjot Kaur, a student of class IV of the school succeeded in scoring first position in Punjabi declamation contest of Ludhiana Sahodaya Schools Complex. The competition was organized at Atam Public Senior Secondary School. She expressed her views on "Punjab di vaar".



NSPS students excel in Sikh Martial Arts

The students of NSPS, Gill Park stood first in the thrilling competition of sikh Martial art (Under-17 category) held at Zirakhpur. The students who participated in the different events and emerged Victorious included Sahibveer Singh, Sehajdeep Singh and Samarveer Singh. However, in another event organized by Khedan Vatan Punjab diyan, Harshit Kaur of class VIII exhibited her Gatka talent in the under-14 category. She stood second.



NSPS athletes selected for state

Three budding athletes of Nankana Sahib Public School, Gill Park Ludhiana have selected for the state level tournament. These athletes competed for the various events organized by Khedan watan Punjab Diyan at Punjab Agricultural University, Ludhiana. In Under\_17 (Boys) category, Karandeep Singh, Jasnoor Singh and Arshdeep Singh stood second.



NSPS basketball team third in District

The U-19 Basketball team of Nankana Sahib Public School, Gill Park got overall third position in the Punjab School District Championship. It was held at the Basketball Hall at Guru Nanak stadium. Out of these 3 players have been selected for Punjab School State Basketball championship. The tournament has been organised by the Punjab School Education Department.

Earlier the basketball team of Under-19 Boys of Nankana Sahib Public School, Gill Park won first position in Punjab School Zonal Basketball Championship. As many as four players of the school have been selected for the Punjab School District Basketball Championship, which represented Ludhiana Zone-1.

The school Principal Mrs Harmeet Kaur Waraich congratulated the winners and the teacher behind it.



NSPS volleyball shooting team second in state

The Under-17 girls' team of Nankana Sahib Public School, Gill Park Ludhiana has got second position in state level volleyball shooting tournament held under the banner of Khedan Watan Punjab Diyan. In the state level team, as many as 10 players out of 12 were from NSPS. The final match was played at Amargarh district Malerkotla. Each of these players will get a cash award of rupees 7000.



In the age category of 41 to 55 years of Volleyball shooting tournament, the team of Ludhiana district led by a teacher of Nankana Sahib Public School, Gill Park Ludhiana has succeeded in winning second position in the state tournament. The tourney was organized under Khedan Watan Punjab Diyan. Harjeet Singh, a teacher of Nankana Sahib Public School was the captain of Ludhiana district team. The match in which Ludhiana team got second position in the state was played between Ludhiana and Bathinda.

It needs to be mentioned here that Harjeet Singh was also one of the participants of this team last year. He has been playing this game for 20 years. Last year he was the coach of the Punjab Volleyball shooting team, which participated in the 39th Senior National Championship of Volleyball Shooting held at Rajasthan.

NSPS teacher led team stood second in volleyball shooting



## NSPS students excel at G S Memorial-2023



Once again the students of Nankana Sahib Public School, Gill Park Ludhiana proved their mettle in various co-curricular and sports activities organized by Jesus Sacred Heart at G S Memorial-2023 an inter school Kids festival.

Through their scintillating performance, the students of NSPS, Gill Park succeeded in Abhiyachna-Natyam – a Group dance. In another dance event. The students who kept the audience glued were Tripatnoor Kaur, Hatel, Navjot Kaur, Khushleen Kaur and Harsimarn Kaur.

In another event of group dance, 21 students of NSPS participated and the team remained first runners up. In this event as many as teams of 15 schools participated.

In Hindi play Utsav-e- Hind, The team of NSPS stood second runners up. In this six students performed and the play was related to the freedom struggle. These included Jaspreet Kaur, Rudraksh, Arpit Kumar, Aditya Maurya, Yuvraj Sharma and Hardik Mehra.

In another event of Cooking without Fire,(Fruit Delight) the team composed of Nimrat Kaur and Mehakpreet Kaur remained second runners up.

The students also excelled in athletics. In the Relay Race, a team of four players namely Tripatveer Singh, Harmeet Singh, Japjit Singh and Jaskaran Singh succeeded in winning first position. However in the U-17 Girls event for the category of VII to X Nankana Sahib Public School remained first runner up and in U\_17 (Boys) VII to X category also the school remained first runner up.



NSPS students shine at APEX-2023

The Bhangra team of Nankana Sahib Public School Gill Park Ludhiana succeeded in winning first position in APEX\_2023 a youth festival organized by Guru Nanak Dev Engineering College. The team participated in a Folk dance event and got gold medals. In another event of Cooking without Fire, the team of two students from NSPS remained third. This included Taranvir Kaur and Jaspreet Kaur. The girls succeeded in winning the bronze medal. It needs to be mentioned here that the Bhangra team of NSPS also stood first at PCTE Turf - a mega event organized at PCTE.

The Bhangra team included six students from Plus Two Arts namely Jashandeep Singh, Jashandeep Singh, Jassnoor Singh, Jaskaran Singh Matharoo, Shahdeep Singh, Ranveer Singh, (XII ARTS), Armaandeep Singh from XI Arts and Jaswinder Singh a student of Plus One Commerce.



## NSPS athlete 3rd in Punjab state athletic meet

A budding athlete of Nankana Sahib Public School Gill Park Ludhiana won the third position in the event of 4x400 relay race of Punjab State Athletic Meet organized under Khedan Watan Punjab Diyan. The outstanding performance by School athlete Karandeep Singh Sidhu also fetched him a cash prize of Rs 5000. The School Principal of NSPS Mrs Harmeet Kaur extended her hearty congratulations to the remarkable victory of the athlete and the concerned teacher.

After having excelled in block level Badminton (Under\_11) Boys and Girls tourney organized by Primary School Education Board, the players of Nankana Sahib Public School Gill Park Ludhiana have been selected for district level tournament. The block level final match was played between NSPS and Tagore International at Govt Senior Secondary School Sahnewal. The players of NSPS displayed their prowess and clinched the first position. Both the boys as well as the girls won gold medals.

The team of girls players included Sristi (IIIB), Gurseerat Kaur (IVC), Gurmeet Kaur (V) and of boys included Rudraksh Vyas (IVD), Samardeep Singh (VE), Gurloveleen Singh (VB)



NSPS players got selected for district tourney



Four NSPS athletes selected for National

The budding athletes of Nankana Sahib Public School have added another feather in their cap by getting selected for CBSE National Athletics Championship. To reach National level, the trio completed at CBSE Cluster Athletics meet held at Partap World School, Pathankot. These include Brajesh Kumar, Jasnoor Singh Karandeep Singh Sidhu and Pawan KheepL.

Shiromani - the school magazine of Nankana Sahib Public School, Gill Park has been released today during the august gathering of office bearers and members of Nankana Sahib Education Trust. Sardar Mahesh Inder Singh Grewal member Nankana Sahib Education Trust who had also been the Political Advisor to Sardar Prakash Singh Badal, former Chief Minister of Punjab,



NSPS released School Magazine "Shiromani"

released the magazine. He congratulated the school Principal Mrs Harmeet Kaur Waraich under whose able guidance this magazine has been published. He appreciated the creativity reflected by the students along with their academic, sports and co-curricular achievements. Sardar Inderpal Singh Director of Nankana Sahib Education Trust, Sardar Iqbal Singh Chunda President Shiromani Akali Dal Sangrur, all Vice Presidents and Additional Secretaries of all the schools being run by Nankana Sahib Education Trust also marked the occasion.



The sports event took place at Saint Kabir Gurukul, Jalalabad, district Fazilka, As many as 27 teams participated in this tournament and the match for the third position was played between Nankana Sahib Public School, Gill Park and Jyoti Public School, Jagraon. The Cluster XVIII includes Jammu & Kashmir and all the districts of Punjab. The Kabaddi team of Boys also played very well and cleared their pool. In this 32 teams participated.

U-19 (girls) Kabaddi team of NSPS third in CBSE Cluster XVIII



## Creations of Ignited Minds



### Mother Nature

Nature is our mother  
Nature is our creator  
I love Nature  
It is very cheerful  
But Why do we harm to our Nature  
It is our saviour  
Nature gives us trees  
Which give us fruit and pleasant  
breeze  
Nature gives us rivers  
Which are the main source of water  
So don't harm to our Nature  
Because it is a beautiful creature.

**Delisha Verma, Class V A**

### Dreams

Hold fast to dreams  
For if dreams die  
Life is a broken winged bird  
That cannot fly.  
Hold fast to dreams  
For when dreams go  
Life is a barren field  
Frozen with snow.

**Gurnoor Singh, Class IV A**

### The Proud Rose Plant

Once upon a time, in a desert far away .There was a rose plant who was so proud of its beautiful looks and roses. Its only complaint was against the growing an ugly cactus nearby.

Everyday the beautiful roses would insult and mock the cactus on his looks .All the while the cactus remained quiet. All other plants nearby tried to make the rose plant to be sensible but it was too swayed by its own looks.

On one scorching Summer day the desert became dry and there was no water left for the plants. The rose quickly began to wilt. Its beautiful Petals dried up and losing their lush green colour and flowers.

Looking at the cactus it saw a sparrow dipped its beak into the cactus to drink water, then the rose plant felt ashamed and asked the cactus if he could have some water. The kind cactus readily agreed and helped it through the tough summer .After that they lived as friends.

Moral : Never judge the people by their looks.

**Aarav Dua VI G**



Once upon a time, in a small village, there lived a young boy named Tim. He was a bright and curious child, and he dreamed of one day attending university. But in those days, university was only for the wealthy and privileged.

Tim's family was poor, but his parents were determined to give him the best education possible. They worked hard to save up money so that he could attend the local grammar school.

At grammar school, Tim excelled in his studies. He was a talented mathematician and scientist, and he loved to learn new things. He also made many friends, and they enjoyed spending time together studying, playing sports, and just hanging out.

After grammar school, Tim was accepted to university. He was overjoyed. He knew that this was his chance to achieve his dreams.

University life was different in those days than it is today. There were no computers or the internet. Students had to rely on books and libraries to do their research. They also had to write all of their essays and assignments by hand.

But despite the challenges, Tim loved university. He was surrounded by bright and motivated people who shared his passion for learning. He also had the opportunity to participate in many extracurricular activities, such as the debating team and the student newspaper.

After university, Tim went on to have a successful career as a scientist. He made many important contributions to his field, and he inspired countless other students to pursue their dreams.

Today, student life is very different from what it was in Tim's day. Students have access to a wealth of information and resources at their fingertips. They can also communicate and collaborate with people all over the world with just a few clicks of a mouse.

But despite the changes, there are still many things that remain the same about student life. Students still need to work hard to succeed in their studies. They still need to make friends and build relationships. And they still need to find time to have fun and enjoy their youth.

Here is a short story about a student in the present day:

### A Day in the Life of a Modern Student

Jessica woke up to the sound of her alarm clock. She hit the snooze button once, but then she forced herself out of bed. She had a lot to get done today.

Jessica had a class at 9:00 AM, so she quickly showered and dressed. She grabbed a quick breakfast on the go and headed out the door. When Jessica arrived at class, she took a seat in the back row. She pulled out her laptop and started to review her notes. Her professor arrived a few minutes later and started the lecture. Jessica listened attentively to the lecture. She took notes and asked questions when she didn't understand something. After class, Jessica met up with a few of her friends to study for an upcoming exam. They studied for a few hours, and then they went to lunch together. After lunch, Jessica had another class. This class was more interactive, and Jessica participated in the discussion.

After her last class of the day, Jessica went to the library to do some research for a paper she was writing. She spent a few hours in the library, and then she headed home.

When Jessica got home, she made herself a quick dinner. Then she sat down at her computer to finish working on her paper. She worked for a few more hours, and then she finally went to bed.

Jessica's day was typical of a modern student. She had a busy schedule, but she was passionate about her studies. She knew that her education was investing in her future.

Student life has changed in many ways over the years, but there is one thing that remains the same: it is a time of great learning, growth, and discovery.



## Phenomenon of Punjabi migrations

Migration has been a significant phenomenon in the contemporary world, and the Punjabi youth is no exception to this trend. The migration of Punjabi youth to foreign countries has gained momentum over the years. One of the primary reasons for Punjabi youth to migrate abroad is the pursuit of better economic prospects, education, and improving living standards.

But there are some inevitable consequences of migration including 'Brain Drain'. Migration can result in "brain drain" as the most talented individuals leave potential impact on local industries and development. Finding suitable employment abroad is challenging. Moreover Migrating to a foreign country can lead to a cultural disconnect. Data has shown more than 4.78 lac Punjabis flew to foreign countries between 2016 and March 2021. I would like to conclude here with a poem:

The land of five rivers, rich and vibrant,  
But youth abroad, it seems so distant.  
Families fractured, communities torn,  
As the brightest minds from Punjab are drawn.  
For Punjab's land, with heritage so deep,  
Deserves to see its youth's dreams take the leap  
A cultural chasm, ever wide,  
As heritage wanes, they're on a ride.  
Migrating abroad, a bittersweet truth,  
Punjabi youth, lost in a distant youth.

Sheenu Sembhi, Plus Two Arts A

## ਪੁਸਤਕਾਂ – ਇਕੱਲਤਾ ਦਾ ਸਾਥੀ

ਪੁਸਤਕਾਂ ਗਿਆਨ ਦਾ ਸੋਮਾ, ਮਨੋਰੰਜਨ ਦਾ ਸਾਧਨ ਤੇ ਇਕੱਲਤਾ ਦਾ ਸਾਥੀ ਹਨ। ਪੁਸਤਕਾਂ ਦੀ ਦੁਨੀਆ ਬੜੀ ਨਿਰਾਲੀ ਹੈ ਇਸ ਦੁਨੀਆ ਵਿੱਚ ਪ੍ਰਵੇਸ਼ ਕਰਨ ਵਾਲਾ ਮਨੁੱਖ ਗਿਆਨਵਾਨ ਹੋ ਕੇ ਨਿਕਲਦਾ ਹੈ। ਇਹ ਪੁਸਤਕਾਂ ਉਸ ਨੂੰ ਕਿਸੇ ਨਵੇਂ ਜੀਵਨ ਉੱਤੇ ਤੋਰਨ ਵਿੱਚ ਸਹਾਈ ਹੁੰਦੀਆਂ ਹਨ। ਪੁਸਤਕਾਂ ਦੀਆਂ ਕਈ ਕਿਸਮਾਂ ਹੁੰਦੀਆਂ ਹਨ - ਇੱਕ ਪੁਸਤਕਾਂ ਤਾਂ ਉਹ ਹੁੰਦੀਆਂ ਹਨ ਜਿਹੜੀਆਂ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਪਾਠ - ਕ੍ਰਮ ਵਿੱਚ ਨਿਰਧਾਰਿਤ ਕੀਤੀਆਂ ਹੁੰਦੀਆਂ ਹਨ ਤੇ ਦੂਜੀਆਂ ਪਾਠ - ਕ੍ਰਮ ਤੋਂ ਬਾਹਰ ਵਾਲੀਆਂ ਹੁੰਦੀਆਂ ਹਨ। ਚੰਗੀਆਂ ਪੁਸਤਕਾਂ ਉਹ ਹੁੰਦੀਆਂ ਹਨ ਜਿਹੜੀਆਂ ਹਰੇਕ ਦੇ ਜੀਵਨ ਪੰਧ ਨੂੰ ਸਵਾਰਨ। ਇਹਨਾਂ ਵਿੱਚ ਮਹਾਂਪੁਰਸ਼ਾਂ, ਸੰਤਾਂ, ਗੁਰੂਆਂ, ਵਿਗਿਆਨੀਆਂ, ਡਾਕਟਰਾਂ ਆਦਿ ਦੇ ਜੀਵਨ ਜਾਂ ਇਹਨਾਂ ਵੱਲੋਂ ਲਿਖੀਆਂ ਪੁਸਤਕਾਂ ਸ਼ਾਮਲ ਹੁੰਦੀਆਂ ਹਨ। ਮਨੁੱਖ ਦੇ ਵਿਚਾਰਾਂ ਦੀ ਪਛਾਣ ਉਸਦੇ ਪੁਸਤਕਾਂ ਪੜਨ ਦੀ ਰੁਚੀ ਤੋਂ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ। ਇੱਕ ਬਹੁਤ ਸੋਹਣੀ ਕਹਾਵਤ ਹੈ ਕਿ 'ਤਲਵਾਰ ਨਾਲੋਂ ਕਲਮ ਵਿੱਚ ਜਿਆਦਾ ਤਾਕਤ ਹੁੰਦੀ ਹੈ'। ਪੁਸਤਕਾਂ ਪੜਨ ਦਾ ਆਮ ਮਨੁੱਖ ਨੂੰ ਵੀ ਬਹੁਤ ਲਾਭ ਹੁੰਦਾ ਹੈ। ਜਿਸ ਨੂੰ ਪੁਸਤਕਾਂ ਦੀ ਲਗਨ ਲੱਗੀ ਹੋਵੇ ਉਹ ਆਪਣਾ ਸਮਾਂ ਪੁਸਤਕਾਂ ਲਈ ਕੱਢ ਹੀ ਲੈਂਦੇ ਹਨ। ਉਹ ਕਦੇ ਵੀ ਆਪਣੇ ਆਪ ਨੂੰ ਇਕੱਲਾ ਨਹੀਂ ਸਮਝਦੇ, ਇਹ ਪੁਸਤਕਾਂ ਇਕੱਲ ਨੂੰ ਰੌਚਕ ਬਣਾ ਦਿੰਦੀਆਂ ਹਨ। ਮਨੁੱਖ ਭਾਵੇਂ ਉਦਾਸ ਹੋਵੇ ਜਾਂ ਸਫਰ ਦੌਰਾਨ ਇਕੱਲਾ ਪੁਸਤਕਾਂ ਮਨੁੱਖ ਦਾ ਮਨੋਰੰਜਨ ਕਰਦੀਆਂ ਹਨ ਅਤੇ ਨਾਲ ਹੀ ਗਿਆਨ ਵਿੱਚ ਵਾਧਾ ਕਰਦੀਆਂ ਹਨ। ਅੰਤ ਵਿੱਚ ਅਸੀਂ ਕਹਿ ਸਕਦੇ ਹਾਂ ਕਿ ਪੁਸਤਕਾਂ ਜੀਵਨ ਦਾ ਇੱਕ ਬਹੁਤ ਮਹੱਤਵਪੂਰਨ ਅੰਗ ਹਨ। ਜਿਨ੍ਹਾਂ ਨੂੰ ਚੰਗੀਆਂ ਪੁਸਤਕਾਂ ਦੀ ਚੋਣ ਕਰਨੀ ਆ ਜਾਂਦੀ ਹੈ ਉਹ ਜ਼ਿੰਦਗੀ ਦੇ ਸਫਰ ਵਿੱਚ ਉੱਚੇ ਮੁਕਾਮ ਹਾਸਲ ਕਰ ਲੈਂਦੇ ਹਨ।

ਕਮਲਜੀਤ ਸਿੰਘ ਧੰਨਾ  
ਜਮਾਤ - 10ਵੀਂ ਸੀ

## ਮੇਰਾ ਖੁਆਬ

ਜਦੋਂ ਮੈਂ ਛੋਟੀ ਸੀ ਤਾਂ ਮੈਂ ਹਰ ਵਾਰ ਸੋਚਦੀ ਸੀ ਕਿ ਮੈਂ ਵੱਡੀ ਹੋ ਕੇ ਆਪਣੇ ਮਾਤਾ ਪਿਤਾ ਦਾ ਹਰ ਖੁਆਬ ਪੂਰਾ ਕਰਾਂਗੀ। ਉਹ ਮੇਰੇ ਲਈ ਆਪਣੀਆਂ ਖੁਸ਼ੀਆਂ ਭੁੱਲ ਚੁੱਕੇ ਹਨ। ਮੈਂ ਆਪਣੀ ਮਾਤਾ ਪਿਤਾ ਨੂੰ ਆਪਣੀਆਂ ਅੱਖਾਂ ਤੇ ਬਿਠਾਇਆ ਹੈ। ਜਦੋਂ ਵੀ ਮੈਂ ਆਪਣੇ ਮਾਤਾ - ਪਿਤਾ ਦੇ ਕੀਤੇ ਸੰਘਰਸ਼ ਬਾਰੇ ਸੋਚਦੀ ਹਾਂ ਤਾਂ ਮੇਰਾ ਗੱਚ ਭਰ ਆਉਂਦਾ ਹੈ। ਮੇਰੇ ਮਾਤਾ ਪਿਤਾ ਮੇਰਾ ਹਰ ਇੱਕ ਕੰਮ ਵਿੱਚ ਸਾਥ ਦਿੰਦੇ ਹਨ। ਉਹ ਚਾਹੁੰਦੇ ਹਨ ਕਿ ਮੈਨੂੰ ਹਰ ਇੱਕ ਚੀਜ਼ ਦਾ ਗਿਆਨ ਮਿਲੇ ਮੈਨੂੰ ਆਪਣੇ ਤਰਕਸ਼ ਵਿੱਚ ਤੀਰ ਹੋਣ ਕਰਕੇ ਹੌਸਲਾ ਮਿਲਦਾ ਹੈ ਜੇਕਰ ਮੈਂ ਕੋਈ ਚੰਗਾ ਕੰਮ ਕਰਦੀ ਹਾਂ ਤਾਂ ਮੈਨੂੰ ਜਸ ਦਾ ਟੀਕਾ ਮਿਲਦਾ ਹੈ।

Jasleen Kaur, XI Arts B



## ਮਦਦ (ਕਹਾਣੀ)

ਇਹ ਗੱਲ ਇੱਕ ਸਾਲ ਪੁਰਾਣੀ ਹੈ ਜਦੋਂ ਮੈਂ ਮੈਂ ਤੇ ਮੇਰੇ ਮਾਤਾ ਜੀ ਪਹਾੜਾਂ ਤੇ ਘੁੰਮਣ ਗਏ ਸੀ ਉਦੋਂ ਅਸੀਂ ਟਰੇਨ ਵਿੱਚ ਸਫਰ ਕਰ ਰਹੇ ਸੀ। ਉਸ ਸਮੇਂ ਇੱਕ ਬਜ਼ੁਰਗ ਆਦਮੀ ਇੱਕ ਡੱਬੇ ਤੋਂ ਦੂਜੇ ਡੱਬੇ ਵਿੱਚ ਜਾਣਾ ਚਾਹੁੰਦਾ ਸੀ ਪਰ ਉਹਨਾਂ ਤੋਂ ਦਰਵਾਜ਼ਾ ਨਹੀਂ ਖੁੱਲ੍ਹ ਰਿਹਾ ਸੀ। ਉਸ ਸਮੇਂ ਮੈਂ ਉਹਨਾਂ ਲਈ ਦਰਵਾਜ਼ਾ ਖੋਲਿਆ, ਉਹਨਾਂ ਨੂੰ ਦੂਜੇ ਡੱਬੇ ਦੇ ਵਿੱਚ ਉਹਨਾਂ ਦੀ ਸੀਟ ਦੇ ਉੱਤੇ ਬਿਠਾ ਕੇ ਆਈ। ਉਹਨਾਂ ਨੇ ਖੁਸ਼ ਹੋ ਕੇ ਮੈਨੂੰ ਬਹੁਤ ਸਾਰੀਆਂ ਅਸੀਸਾਂ ਦਿੱਤੀਆਂ। ਮੈਨੂੰ ਬਹੁਤ ਹੀ ਵਧੀਆ ਲੱਗਿਆ ਕਿ ਮੈਂ ਇੱਕ ਬਜ਼ੁਰਗ ਦੀ ਮਦਦ ਕੀਤੀ ਹੈ। ਜਿਸ ਵਿੱਚ ਮੇਰਾ ਕੋਈ ਵੀ ਸਵਾਰਥ ਨਹੀਂ ਸੀ। ਮੇਰੇ ਮਾਤਾ ਜੀ ਨੇ ਵੀ ਮੇਰੇ ਇਸ ਕੰਮ ਦੀ ਪ੍ਰਸ਼ੰਸਾ ਕੀਤੀ ਤੇ ਅੱਗੋਂ ਵੀ ਦੂਜਿਆਂ ਦੇ ਕੰਮ ਆਉਣ ਲਈ ਕਿਹਾ।

**ਦਰਲੀਨ ਕੌਰ**  
ਜਮਾਤ - 10 ਵੀਂ ਸੀ

## ਪੰਜਾਬ ਅਤੇ ਨਸ਼ੇ

ਪੰਜਾਬ ਸੋਨੇ ਦੀ ਚਿੜੀ ਅਖਵਾਉਣ ਵਾਲਾ ਦੇਸ਼ ਨਸ਼ਿਆਂ ਨੇ ਬਰਬਾਦ ਕਰ ਦਿੱਤਾ। ਨਸ਼ਾ ਪੰਜਾਬ ਦੀ ਹਰ ਘਰ, ਪਿੰਡ ਅਤੇ ਸ਼ਹਿਰ ਵਿੱਚ ਆਮ ਹੀ ਦੇਖਣ ਨੂੰ ਮਿਲਦਾ ਹੈ। ਨਸ਼ੇ ਕਾਰਨ ਕਈ ਧੀਆਂ ਨੇ ਆਪਣੇ ਬਾਪ, ਕਈ ਭੈਣਾਂ ਨੇ ਆਪਣੇ ਭਰਾ, ਕਈ ਮਾਵਾਂ ਨੇ ਆਪਣੇ ਪੁੱਤ ਅਤੇ ਕਈ ਪਤਨੀਆਂ ਨੇ ਆਪਣੇ ਪਤੀ ਖੋਏ ਹਨ। ਨਸ਼ੇ ਕਈ ਪ੍ਰਕਾਰ ਦੇ ਹੁੰਦੇ ਹਨ - ਜਿਵੇਂ ਅਫੀਮ, ਭੰਗ, ਗਾਂਜਾ, ਕੋਕੀਨ, ਸ਼ਰਾਬ, ਤੰਬਾਕੂ, ਚਿੱਟਾ ਆਦਿ। ਪਰ ਪੰਜਾਬ ਵਿੱਚ ਆਮ ਤੌਰ ਤੇ ਸ਼ਰਾਬ, ਤੰਬਾਕੂ ਅਤੇ ਚਿੱਟੇ ਦਾ ਨਸ਼ਾ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਅੱਜ ਕੱਲ ਨਸ਼ਾ ਛੋਟੇ ਛੋਟੇ ਬੱਚੇ ਵੀ ਕਰਨ ਲੱਗ ਪਏ ਹਨ। ਆਏ ਦਿਨ ਹੀ ਸੁਣਨ ਨੂੰ ਮਿਲਦਾ ਹੈ ਕਿ ਇੱਕ ਹੋਰ ਪੰਜਾਬੀ ਨੌਜਵਾਨ ਨਸ਼ੇ ਦੀ ਲਪੇਟ ਵਿੱਚ ਆ ਕੇ ਸਦਾ ਦੀ ਨੀਂਦ ਸੌ ਗਿਆ। ਇਸ ਨਸ਼ੇ ਦੀ ਲਪੇਟ ਵਿੱਚ ਮੁੱਖ ਤੌਰ ਤੇ 11 ਸਾਲ ਤੋਂ ਲੈ ਕੇ 35 ਸਾਲ ਦੇ ਲੋਕ ਆ ਰਹੇ ਹਨ। ਹਰ ਗਲੀ-ਮੁਹੱਲੇ ਨਸ਼ਾ ਆਮ ਵਿਕਦਾ ਹੈ। ਦੁਨੀਆਂ ਵਿੱਚ ਨਸ਼ੇ ਵੇਚਣ ਤੋਂ ਇਲਾਵਾ ਹੋਰ ਵੀ ਕਈ ਧੰਦੇ ਹਨ। ਪਰ ਲੋਕ ਇਸ ਧੰਦੇ ਨੂੰ ਕਿਉਂ ਅਪਣਾਉਂਦੇ ਹਨ? ਜਦੋਂ ਵੇਚਣ ਵਾਲਿਆਂ ਦੇ ਧੀਆਂ ਪੁੱਤ ਖਾਣ ਲੱਗ ਜਾਂਦੇ ਹਨ ਤਾਂ ਉਹਨਾਂ ਦੀਆਂ ਅੱਖਾਂ ਖੁੱਲਦੀਆਂ ਹਨ। ਪੰਜਾਬ ਨੂੰ ਨਸ਼ਿਆਂ ਤੋਂ ਬਚਾਉਣ ਲਈ ਸਰਕਾਰ ਨੂੰ ਇਹ ਸਖਤ ਕਦਮ ਚੁੱਕਣ ਦੀ ਲੋੜ ਹੈ। ਹਰ ਸ਼ਹਿਰ ਵਿੱਚ ਨਸ਼ਾ ਛੁਡਾਉ ਕੇਂਦਰ ਬਣਾਉਣੇ ਚਾਹੀਦੇ ਹਨ ਤੇ ਇਸ ਵਿੱਚ ਮੁਫਤ ਇਲਾਜ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ। ਮਾਪਿਆਂ ਨੂੰ ਵੀ ਚਾਹੀਦਾ ਹੈ ਕਿ ਉਹ ਆਪਣੇ ਬੱਚਿਆਂ ਨੂੰ ਮਾੜੀ ਸੰਗਤ ਤੋਂ ਦੂਰ ਰੱਖਣ।

**ਮਨਪ੍ਰੀਤ ਕੌਰ**  
XII Arts A

## ਪੰਜਾਬ ਅਤੇ ਨਸ਼ੇ

- ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਇੱਕੋ ਨਿਯਮ ਰੱਖੋ - ਸਿੱਧਾ ਬੋਲੋ, ਸੱਚ ਬੋਲੋ ਅਤੇ ਮੂੰਹ ਤੇ ਬੋਲੇ ਜਿਹੜੇ ਆਪਣੇ ਹੋਣਗੇ ਉਹ ਸਮਝ ਜਾਣਗੇ ਤੇ ਜਿਹੜੇ ਨਾ ਹੋਣਗੇ ਉਹ ਦੂਰ ਹੋ ਜਾਣਗੇ।
- ਦੇਸਤੋ, ਭਰੀ ਹੋਈ ਜੇਬ ਤੁਹਾਨੂੰ ਕਈ ਗਲਤ ਰਸਤਿਆਂ ਤੇ ਲੈ ਕੇ ਜਾ ਸਕਦੀ ਹੈ ਪਰ ਖਾਲੀ ਜੇਬ ਤੁਹਾਨੂੰ ਜ਼ਿੰਦਗੀ ਦੇ ਕਈ ਮਤਲਬ ਸਮਝਾਉਂਦੀ ਹੈ।
- ਜੇਕਰ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਸਫਲਤਾ ਹਾਸਿਲ ਕਰਨੀ ਹੈ ਤਾਂ ਮਿਹਨਤ ਤੇ ਵਿਸ਼ਵਾਸ ਕਰੋ ਕਿਸਮਤ ਦੀ ਅਜਮਾਇਸ਼ ਤਾਂ ਜੂਏ ਵਿੱਚ ਹੁੰਦੀ ਹੈ।

**ਪਰਮਿੰਦਰ ਸਿੰਘ**  
ਬਾਰਵੀਂ ਆਰਟਸ ਬੀ