

# **BCM** LIFELINE

#### MONTHLY NEWSLETTER OF BCM SCHOOL CHANDIGARH ROAD

Issue: 2 Month: May Year: 2024

# INVESTITURE CEREMONY

Senior & Junior Council



# BCM SCHOOL ORANIARA CEREMONI CEREMONI

# Roll of Honour

Garv Tandon
School Captain
Upneet Kaur
Head Girl
Ahem Sachdeva
Head Boy



Principal DP Guleria Honouring the Chief Guest Prof. Deepak Chopra, Principal, Govt. College, Ludhiana (East)



Principal DP Guleria, Sh. Vijay Ji Munjal, President School Management Committee and Sh. Suresh Chandra Ji Munjal, trustee BCM Foundation honouring the Chief Guest, Mr. Sandeep Rishi, IAS Municipal Corporation Ludhiana

Senior & Junior Councils took an oath of office, pledging to uphold the values and ethos of the school; each leader adorned with epaulettes and badges, signifying their roles and responsibilities.







"A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be." -Rosalynn Carter.



Head Boy -Rachit Semwal Head Girl -Yashika Jain **Deputy Head Boy -**Sparsh Deputy Head Girl -Hamsika Language Heads -

Parth, Vamika Literary and Cultural Heads - Jasmine and Ridhi

**Discipline Heads -**Vansh and Suhani















BCM Foundation celebrated Founder's Day ie.107th Birth Anniversary of Mahatma Satyanand Ji Munjal at BCM School Chandigarh Road, Ludhiana. The day witnessed a vibrant display of school spirit, cultural performances and inspirational speeches in a magnificent ceremony held at Mata Thakur Devi Auditorium.

The program commenced with welcome greetings to the esteemed guests, followed by a heartfelt tribute and ceremonial lamp lighting. An energetic dance reception set the stage for the rest of the program. Dr. Prem Kumar -Executive Director of the Foundation delivered a captivating welcome address, highlighting the school's values and achievements. A lyrical performance brought to life the inspiring story of Mahatma Ji, enchanting the audience with its message of diligence and perseverance.

Sh. Bipin Gupta, Secretary of the DMCH Managing Society, graced the ceremony as the Chief Guest. In his address, he lauded the school's dedication to academic excellence and fostering well-rounded individuals. The gathering was further enriched by the presence of Sh. Umesh Munjal, Rama Munjal and Mr. Suresh Chandra Munjal, (Trustee BCM Foundation) who in his address emphasized importance of ethical values and social responsibility.

A significant highlight of the event was the felicitation ceremony, to acknowledge and celebrate academic success of 33 students and outstanding contribution of 15 teachers of BCM schools and BCM College of Education. A token of appreciation was also presented to the Principals for their extraordinary leadership. The program also featured a special segment dedicated to embracing Vedic culture, emphasizing the school's commitment to preserving India's rich heritage.

The ceremony concluded with a heartfelt vote of thanks by Shri Suresh Munjal Ji, leaving a lasting impression on all present. The Founder's Day celebrations served as a testament to BCM Foundation commitment to fostering a nurturing and inspiring learning environment for its students, all the while upholding the legacy and values instilled by Mahatma Satyanand Ji Munjal.





2 Day Career Fair, a collaborative event between BCM School and IC3, offered a vibrant global atmosphere with university representatives. Students gained valuable insights for their academic and career journeys.



in collaboration with GD Goenka University
by Dr. Ugur Guven, Senior Professor of Aerospace
Engineering & Chef Mayank Chopra

#### **SEMINAR ON INTERIM BUDGET -2024**



UNVEILING PARADING (MICROSOFT SWAY PRESENTATION COMPETITION)

# **MORE ORIENTATION SESSIONS**

SESSION ON	ORGANIZER/COLLABORATION
ADOBE EXPRESS SMART SCHOOL	Adobe Head Office Team
United Nations Sustainable Development Goals (SDGs)	AIESEC, In Partnership with UNICEF
Youth Parliament & MUN	MUN Club



# DAYS OF IMPORTANCE



# RED CROSS DAY



# NATIONAL TECHNOLOGY DAY







INTERNATIONAL DAY OF BIODIVERSITY

ANTI-TERRORISM DAY





Social Science Department and the NSS Wing of the school conducted an Awareness Session on the election process; involving a Special Morning assembly, Mock Elections, Interactive Presentations, discussions and other informative activities. Students were made aware of the importance of democracy in society and the importance of casting a vote. Students were introduced to the stages of elections, eligibility criteria for voting and the role of the election commission. A mock election was conducted to provide a practical understanding of the electoral process, allowing students to nominate candidates for Class Representatives.

## **Session on Food Heroes by AIESEC**





Diya has been awarded a 100% scholarship to study BBA at BML Munjal University

#### TEACHERS APPRECIATION WEEK

# PART ONE (WEEK'S ACTIVITIES)

https://drive.google.com/file/d/1Z4QxvS-zOJPF\_g8FzKTqPEVuDSm75DQO/view?usp=drivesdk PART TWO (A DAY IN A TEACHER'S LIFE)

https://drive.google.com/file/d/1gSghnFkdKqWlpRcWceRzB\_V\_pWZ8PTCx/view?usp=drivesdk PART THREE (FOUNDATIONAL STAGE)

https://drive.google.com/file/d/1W7KKB64mxACfs5\_FFKTb3caOKMRHV-aB/view?usp=drivesdk







#### **AWARDS AND ACHIEVEMENTSS**



# PUNJABI DECLAMATION CONTEST AT NEHRU SIDHANT KENDRA

Khyati of X-A clinched 2nd Prize competing with participants from 25 reputed schools of the city.

#### **SCIENCE FEST AT GNPS**

Naman Moudgil (X-F) - First Prize for his working model Niti Sohi VI E & Janaksh VII E - 2nd Consolation Prize in puppet making.

Stuti Mahajan VII C - 3rd prize in pot making.

### FIRST PRIZE AT INTER-SCHOOL GRAFFITI COMPETITION

Talented team of 5 students - Divisha (XD), Kiratpreet Kaur (XA), Prabhjot Singh (+1N.M), Manmeet Kaur (+1N.M), Simarpreet (+1Med) secured First Prize under guidance of Dr. Bhawna Sexena. The event hosted by BCM School, Basant Avenue witnessed participation of 26 schools.





ARTISTIC ACHIEVEMENTS IN CBSE EXPRESSION SERIES ART Ridhima (V), Vaishnavi Mehta (VIII), Dvisha (X-D) emerged as winners.

# **VED PRACHAR MANDAL ACTIVITIES**

# **Inter School Solo Singing Competition**

Chief Guest: Ms. Sukshama Ahluwalia, Principal Arya College,

Other Dignitaries Mr. Roshan Lal Arya, General Secretary Vedic Prachar Mandal

Ms. Meenakshi Munjal

Mr. Madan Bassi, M/s Suraj Udyog,

Ms. Riya Mittal, M/S Sharman Sweets

Judges: Ms. Amandeep Kaur, MS. Reema Sharma, MS. Lakhwinder Kaur

THE THRIVERS				
	FIRST	Yuvraj Verma	DAV Public School BRS Nagar	
<b>Junior Category</b>	SECOND	Simar	BCM School Basant City	
	THIRD	Darshleen Kaur	BCM School Lalton	
		Mishika	BCM Arya Model School	
	FIRST	Agam Jain	BCM School Chd. Rd.	
<b>Senior Category</b>	SECOND	Rahat Reet Kaur	DAV Public School BRS Nagar	
	THIRD	Shimon Baweja	BCM Arya International School	
		Shambhavi	RS Model Senior Secondary School	







Vedic Declamation Competition for Grades IX-X

Varsha (XA), Tanishka (XG), Dapinder Kaur (IXJ)

#### INTER-BCM SCHOOLS U-19 ONE-DAY VOLLEYBALL TOURNAMENT

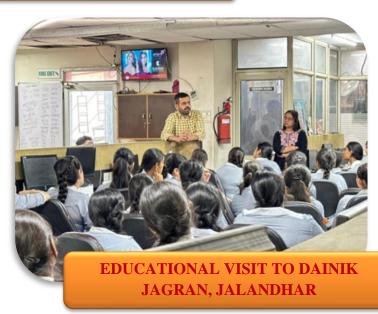


BCM School Chandigarh Road brought together young volleyball enthusiasts from BCM Schools Basant Avenue and Basant City for a thrilling competition. Three intense league matches showcased exceptional skills by the players. Renowned sports personalities Mr. Gagandeep Singh and Ms. Salma officiated the matches.

Following the matches, BCM Chandigarh Road secured the championship title, with BCM Schools Basant Avenue and Dugri taking second and third place respectively. Dr. Prem Kumar, Manager of BCM Schools, presented the awards.

#### **OUTREACH ACTIVITIES**











PARTICIPATION IN YUG PROGRAM

#### **CULTURAL ODYSSEY: SPIC MACAY'S JOURNEY OF ENLIGHTENMENT**

Five students, mentored by Ms. Kamaljeet Kaur, engaged in a rich array of workshops and performances at SPIC MACAY 9th International Convention at heart of IIT Madras. The team delved into India's heritage, with Mahabalipuram's ancient beauty marking a pivotal moment in their cultural awakening. This journey was not just an education in the arts but a transformative experience that honed their skills and deepened their cultural insight.

#### CULINARY FEST

The halls of BCM School were abuzz the school hosted a Culinary Fest. This showcase their culinary talents, with a and Western dishes.

The highlight of the fest was the delicacies. Parents and teachers were senses, relishing the tasty creations dedication.

The wide variety of Indian curries to desserts, reflected the culinary skills and Principal DP Guleria moments with the undoubtedly encouraged chefs.

Another noteworthy aspect of the fest a digitally empowered India. Students monetary transactions, demonstrating with technology. This innovative

younger generation is embracing digital solutions in their daily lives.

with delicious aromas and vibrant energy, as event provided a platform for students to delightful spread of both Indian

> student-prepared treated to a feast for the prepared with love and

dishes, from classic delectable Western students' diverse cultural influences. shared some special students. His presence and motivated the young

was the glimpse it offered into displayed QR codes for their comfort and competence approach showcased how the

The Culinary Fest proved to be a resounding success, fostering a spirit of community and showcasing the multifaceted talents of BCM School's students. The event not only celebrated culinary skills but also highlighted the school's commitment to preparing its students for a future driven by technology.

### BCM SCHOOL IS NOW DESIGNATED AS AN OFFICIAL PSAT CENTRE



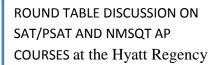


Centennial Orientation Session focused on the SAT, PSAT/NMSQT, and AP courses by Ms. Meenkashi, Senior Director & Ms. Mehak Verma, Director at the College Board (USA)









# BCM FOUNDATIONAL STAGE



#### LEARNING IS FUN









**BCM FS** is a **Safe and Secure** haven where little learners blossom! Here's what you can expect:

**Playful Learning:** We use games, songs, and hands-on activities to introduce basic skills like reading, writing, and math.

Think building block castles while learning about shapes, or singing songs to learn the alphabet.

Nurturing Environment: Teachers are like warm and encouraging guides, helping children discover their talents and interests. Whether it's painting a masterpiece or building the tallest tower, their creativity is celebrated.

Social Butterflies: Through group activities and playtime, children learn to share, make friends, and navigate social situations in a positive way.

Emotional Growth:
Kindergarten fosters
emotional well-being.
Caregivers provide a loving
and supportive space where
children feel comfortable
expressing themselves and
learning to cope with
feelings.

Confidence **Boost:** As children master new skills and make friends, their confidence soars! Kindergarten helps them develop a sense of independence and accomplishment.

Imagine a bright and colorful classroom filled with laughter and exploration. That's the magic of kindergarten!











# THANK YOU MOTHER



# **EDITOR SPEAKS**

Dear Readers Greetings!

As our population grows, competition for jobs intensifies. A degree alone is no longer a guarantee of success. The key? Skill development.

We cannot keep blaming Governments for lack of job opportunities or running out of the country. Depending on free resources isn't the option either. The only way is to recognize the ever-changing job landscape and equip our students with the skills one needs to thrive.

This is where BCM School shines. In today's "survival of the fittest" environment, BCM fosters adaptability and empowers students to navigate the evolving world of work through a series of career orientation programmes in collaboration with several universities from inside and out of India. Empower yourself with best of skills and get ready to seize the best career opportunities. The future belongs to the prepared.

Neelam Malhotra PGT English

# REFLECTIONS

#### **JOURNEY OF LEARNING**

O! Man, don't board tension and worry's train, It's the voice of every vein.

Come, join the journey of learning

The practice of the mind,

It will alter you to be kind.

The world is a vast and grand classroom, Where we learn until life ends Experience guides our journey's course And learning is the key to skilful force.

O! Man, don't board tension and worry's train,
It's the voice of every vein.
Come know the wonders of life,
Its experiential learning - the gist of life
Precisely, learning is connection to Supreme soul,
That leads you to tread on path towards the goal.

O! Man, don't board tension and worry's train, It's the voice of every vein.
It strengthens your intellect,
Through its powerful impact

It's depth of the nature,
That makes human a lovely creature.
O! Man, don't board tension and worry's train,
It's the voice of every vein.

#### I WISH TO CONQUER FEARS UNKNOWN

Why mountains keep calling me Why I yearn for a climbing spree? Is it a challenge that beckons me To push my limits to reach the sky?

Is it nature's beautiful display
Or the scenic vistas that take my breath away?
Is it the adventure that thrills me to climb?
Or I wish to conquer peaks all the times?

Do I wish to climb to find a place to hide Or to climb for clarity, to clear my mind? If I wish to climb to conquer fears Unknown Or to find myself when I feel alone?

Is climbing mountains, a dream to chase Or it's inner fire, an unquenchable grace?

Is it a sense of peace I feel
As I rise each day or is it leaving behind

Clamour of life's play?

It's a journey of self, a treasure to bind With every step forward, my true self I find It's a unique quest, a journey for me In the mountains my soul feels free.

Ms. Vandana Sahi (SST. Deptt.)



"Hard time creates hard men, Hard men create soft times. Soft time creates soft men, Soft men create hard times."

Baffled at my words?? Want to ask what I mean to say? Wait! I'll explain in a minute. Look at the history of man – right from the Stone Age. Visualize him trying to light fire rubbing two stones together and now look at the modern world where all gods of fire, water, air are standing at the service of man with folded hands.

During all these years, man made a series of inventions to meet his necessities. You know -

"necessity is the mother of invention" but tragically man didn't stop at fulfilling his needs. He got trapped into a mad race of fulfilling his greed, gain control over others and got busy in creating a comfortable haven for himself where he is completely safe. In the process he even claimed to conquer the *NATURE*.

And finally he finds himself stuck in a comfort zone which is not at all comfortable for him. In this modern developed World and of course consciousness, no matter where you are or who you are; you can get any facility by paying some printed paper with a stamp of your Country Bank.

You can get anything, anywhere on you mobile phone. You want food? Order it. You want clothes, groceries, medicines? Just command and the genie provide it.

But something still feels missing. The joy of putting in *EFFORTS!* It is the intensity of our efforts that makes the achievement enjoyable. If you get something without taking pains for it; it becomes meaningless for you.

Any of the human need can be fulfilled with minimum or no efforts. Farmers use dangerous Fertilizers in order to grow crops faster and with less effort. A work-from-home man uses AI to do his work. A child uses internet and phone to do his homework. Edible products are made by robots and machines. And thus we the humans are trapped in a vicious cycle where achievement comes even before trying.

So we just sit in our air-conditioned comfort zone with our stomachs full and continue to blame others for all the wrongs happening in the world.

This generation - scrolling social media, playing video games, abusing irresponsibly, not respecting others, falling into traps of silly emotions and then being depressed for foolish things – is a matter of great concern. Most of us even fail to appreciate sacrifices of our previous generations – our parents, leaders, teachers...

And most importantly, most of us fail to realize that some divine hands are also at work. We may feel that we have conquered the nature but the *NATURE* knows how to balance itself and knows to prove itself the *BOSS*.

These Comfort zones have made the human weak, miserable, impatient. Well! There is still hope. Thankfully these comfort zones aren't undefeatable. Don't forget. You have something within you to defeat that lazy man within who wants you to be a failure and make you dance at its whims. Don't be a slave to your lazy thoughts.

In ancient times our ancestors put their lives in danger in order to feed their families and this generation can't even manage their own thoughts. I'm not saying to put your lives in danger but to improve it. Your parents believe in you. God that created you with a purpose believes in you. Otherwise, these soft times we have created for ourselves shall put us in such hard conditions where we shall have to work really hard.

HARKIRAT SINGH XII COMM B

#### THE FUTURE WORLD

The future world is an interesting and exciting concept to think about. With advancements in technology and social awareness, the future world holds a great potential to be a better place for everyone.

Will we see flying cars, artificially intelligent robots or even a cure for all our diseases? The possibilities seem endless and while it is impossible to predict exactly what it will look like, we can just make guesses based on current trends and advancements.

One of the most exciting prospects for future is the integration of technology with every aspect of our lives. With the ever increasing power and capabilities of computers, it is not difficult to imagine a world where everyone has access to personal artificially intelligent assistant. This assistant would be capable of understanding our needs and taking care of our daily tasks.

Another aspect that may drastically change in the future is transportation. Self-driving cars could reduce accidents and congestion on roads. While we may not yet have flying cars, we are already seeing advancements in electric vehicles and autonomous driving. These technologies have the ability to make transportation cleaner, safer and more convenient.

Healthcare is another area that is bound to undergo significant changes in the future. The development of personalized medicines and improved diagnostic tools could lead to a more accurate and effective treatments.

Although the future may have numerous benefits and advancements, there are some challenges too. One major concern is greater inequality and job displacement. The automation and AI revolution may lead to job loss. The use of automation and AI raises concerns about safety, security and privacy. Policies and regulations must be put in

place in order to restrict misuse of these technologies.

In conclusion, the future holds great potential for advancements in science, technology and social progress. However, it is important to address the challenges like inequality and job displacement to make our future world bright and to have benefits of the technology.

# SAMAYRA DHINGRA IX C

#### **GLAD BITES**

Which room is used to eat?	
	Mushroom
The tea which cannot be drunk?	T-shirt
Which any is very large?	1-811111
	Elephant
Which table has two legs?	C
The ship in which we cannot travel.	Constable
omp which we common the com-	Friendship
Which Pan is famous in the world?	
Which city is very dangerous?	Japan
which city is very dangerous.	Electricity
Which key usually kicks?	
Which is the playing key?	Donkey
which is the playing key?	Hockey
Which table do we eat?	•
Which driver does not drive?	Vegetable
which driver does not drive?	Screw-driver
Which mail is illegal?	
F	Black-mail
From which plate we do not eat?	Name plate
What is yours but your friends use it?	rume piane

Anmolpreet Kaur

4th H

Your name

#### VOCAL FOR LOCAL

In a world filled with global trends and online shopping sprees, someone stood up and shouted, 'Hey, let's get vocal about our locals!' And thus began the quirky and utterly delightful journey of 'Vocal for Local.'

Imagine, you stroll into a local market with your 'I'm Vocal for Local' tote bag, feeling like a superhero championing the neighbourhood awesomeness. Forget international brands; your mission is to hunt down the quirkiest, most unique local products — because who needs a generic souvenir when you can have a handmade, locally crafted masterpiece? And who needs a complicated shopping experience when you can have the joy of haggling with the friendly local vendor?

'Vocal for Local' turns shopping into a negotiation dance where you may not get the discount you hoped for, but you'll leave with a pocketful of anecdotes and a newfound skill in the art of charming your way to a deal.

TIME IS MONEY

A famous writer Bulwer Lyttom said "Time is Money". Benjamin Franklin warned us "Remember, Time is Money". Both the writers have told half-truth only. We can save both time and money easily but if we learn to save both we are no doubt benefited. Good saving of money helps us in our rainy days and good saving of time helps us to do lots of work in short period of time. On the other hand, not spending money and time wisely, our life would be miserable. We face poverty and many other difficulties.

Still it speaks half-truth only. Time should never be compared with money. "Time is more valuable than anything else in the world." Money once spent can be earned again if one tries but time once gone goes forever.

Let's not forget the thrill of exploring local eateries. From grandma's secret recipe at the corner cafe to the quirky food truck that serves gourmet hot dogs, being vocal for local is a flavourful journey that your taste buds won't forget.

But the real heroes of 'Vocal for Local' are the local entrepreneurs who turn everyday items into extraordinary experiences. Who needs a mainstream coffee mug when you can sip your drink from a cup handmade by the potter next door? It's not just about the product; it's about the story behind it, the passion that went into creating it, and the satisfaction of knowing you're supporting a dream.

So, join the chorus of those who are proudly 'Vocal for Local' – because let's face it, life is too short for bland, mass-produced stuff. Embrace the uniqueness of your community and laugh in the face of global conformity.

AARNA, X

Who can give us back the innocent years of our childhood? Literally no one can give us back the golden memories.

In the pre-historic age, where there was no money but time. It was still very much valuable. So the time is the dearest thing one can spend ever, much dearer than money. At end I want to say that "LOST TIME NEVER COMES AGAIN SO ENJOY EVERY MOMENT OF YOUR LIFE". That's why, understand the value of time.

**KUHU VII F** 



# जीवन यात्रा

जीवन एक यात्रा है और हम सब को चलते ही जाना है | फ़र्क केवल इतना है कि कुछ लोग हँसते हुए तो कुछ रोते हुए इस यात्रा को पूरा करते हैं| मानव मन कभी संतुष्ट नहीं होता | प्रत्येक पल ऐसा लगता है कि जो हमारे पास है, वह बहुत कम है और हम ज्यादा से ज्यादा पाने की चाह में अपना सब कुछ यूँ ही गँवा देते हैं | मगर जो मानव अपने जीवन में मिले प्रत्येक क्षण को शांति से आनंद लेते हुए व्यतीत करता है, उसका जीवन ही सार्थक होता है |

यह सच है कि जीवन में आपका हर दिन अच्छा नहीं हो सकता लेकिन हर दिन में कुछ अच्छा तो हो ही सकता है ।तुम जहाँ भी जाओ ख़ुशी फैलाओ। खुशी के बिना किसी को भी कभी जाने मत दो।ख़ुद को रोशन रखो क्योंकि जो ख़ुद को रोशन रखते हैं उन्हें कोई मद्धम नहीं कर सकता । जीवन में खूब मेहनत करो और सफलता पाओ ।अगर कभी असफलता मिले तो निराश मत हों बल्कि पूरे आत्मविश्वाश से अपने सपनों का पीछा करो और उस जीवन को जिओ जिसकी आप कल्पना करते हो । केवल इतना याद रखो कि जीवन में कुछ भी आसानी से नहीं मिलता और जो आसानी से मिल जाता है वो शायद लंबे समय तक हमारे साथ न रहे।

> अच्छे कर्मों को अपनी सीढ़ी बनाकर मंज़िल तक पहुँचने का प्रयास करो माना कि रास्ता थोड़ा मुश्किल होगा मगर तय है कदमों में सारा जहाँ होगा

> > कमलजीत कौर पी.जी.टी. हिंदी



# शिक्षक

जीवन में जो राह दिखाए,
सही तरह चलना सिखाए।
मात -िपता से पहले आता,
जीवन में सदा आदर पाता।
सबको मिले प्रतिष्ठा जिससे,
सीखी कर्तव्यनिष्ठा जिससे
कभी न रहा दूर मैं जिससे
मेरा पथदर्शक है जो।

मेरे मन को भाता,
वह मेरा शिक्षक कहलाता।
कभी है शांत, कभी है धीर
स्वभाव में सदा गंभीर,
मन में दबी रहे यह इच्छा,
काश मैं उस जैसा बन पाता,
जो मेरा शिक्षक कहलाता।

प्रिशा, चौथी 'ई'

# वीर जवान

मेरे देश के वीर जवानों, धन्य तुम्हारी जवानी है गुजरे हों तूफां जितने भी, हार न तुमने मानी है जब आन पड़ी तिरंगे पर, जान देने की तुमने ठानी है परिवार से पहले देश की सेवा में, दी तुमने कुर्बानी है

गर्म सर्द हवाएँ या बर्षा, भी रोक न तुम्हें पाई हैं नदियां पर्वत हो या मरुथल, हार सभी ने मानी है। डटे रहते हो हर वक्त तुम, बनकर प्रहरी सरहदों के पल में कर दें जान न्यौछावर, मौत भी तुमसे हारी है।

जात पात का भेद भुला कर, देश सेवा को अपनाया है लगाकर जान की बाज़ी तुमने, तिरंगे का मान बढ़ाया है विक्रम बत्रा ऐसे वीर हो तुम, सीने पर गोली तुमने खाईं डटे रहे युद्ध क्षेत्र में तुम, आन देश की तुमने ही बचाई

कारगिल में जब युद्ध चला, दुश्मन से दो दो हाथ किए मन में तुमने ठान लिया था, शत्रु को धूल हमें चटानी है। खून गिरा धरती पर, गोलियों से छलनी हो गई काया है जिस तिरंगे को बचाने गया, उस तिरंगे में लिपट आया है।

पिता का सीना गर्व से फूला, मां का भी कर्ज चुकाया है बहन की राखी भीगी भीगी, पत्नी के मुख पर वीरानी है। जिस आंगन में दौड़ लगाते थे, शिथिल वहीं पर तुम पड़े हो खामोश हो गई जुबां सबकी, हर आंख में भर आया पानी है।

देश के प्रति समर्पण सिखाया, सिखाया तुमसे कर्त्तव्य निभाना देश सेवा की अविरल धारा में, अब हमने भी तारी लगानी है।







जय हिंद दिवनूर कौर, कक्षा नौंवी ए

# जिंदगी की जंग

तुम हँस लो जरा, तुम जरा झूम लो, बुरे वक्त में भी खुशियाँ ढूँढ लो। कभी तुम सुनो अपने दिल की भी, क्योंकि मेरे दोस्त यही जिंदगी। जिंदगी का तो दूसरा नाम ही है खुशी, मत समझो इसे बोझ, यह दुखदायक नहीं। क्योंकि सच तो यह है कि -जिंदगी एक जंग है, और यह जंग बस इतनी सी है, वक्त से अपने हिस्से की खुशियाँ, छीनने जितनी ही है।

तुम रहो बेफिक्र, क्यों खुद को खाए जा रहे हो?
आज-कल खुद से नजरें चुराए जा रहे हो।
क्या चिंता है तुम्हें कल की? तुम आज में रहो,
किसने कहा है तुमसे की मर-मर के जीओ?
तुम क्यों हो हताश? यह सजा नहीं।
क्योंकि सच तो यह है कि जिंदगी एक जंग है,
और यह जंग बस इतनी सी है,
वक्त से अपने हिस्से की खुशियाँ,
छीनने जितनी ही है।

अरशदीप कौर आठवीं सी



# श्री राधा नाम की लाली

वृंदावन धाम की बात ही कुछ निराली है, यहां डाल- डाल और पात-पात पर श्री राधा नाम की लाली है। बांके बिहारी की छवि मनमोहक अति प्यारी है निधिवन की गलियों में रास रचाते कुंज बिहारी हैं।

बंसी वट और यमुना तट की क्या मैं बात बताऊं सेवा कुंज में श्री राधे की सेवा करते कृष्ण मुरारी हैं। गोकुल, नंदगांव और मथुरा का भी अद्भुत नजारा है। श्री राधा श्री राधा राधा करता हर भक्त प्यारा है।

वृंदावन धाम की बात ही कुछ निराली है, यहां डाल- डाल और पात- पात पर श्री राधा नाम की लाली है।



भक्ति आठवीं-डी कुछ लोग मानते हैं कि हम अपने पूर्वजों से ज्यादा खुश हैं लेकिन कुछ लोग इसके विपरीत हैं। यह सच है कि कुछ पहलुओं में हमारे पूर्वज हमसे ज्यादा खुश थे लेकिन दूसरे पहलुओं में हम उनसे ज्यादा खुश हैं।इस विवाद का उत्तर हमारी खुशी के अर्थ में निहित है। खुशी को परिभाषित करना आसान नहीं है।यदि ऐशो आराम और धन पर विचार किया जाए तो हम अपने पूर्वजों की तुलना में कहीं अधिक खुश हैं।लेकिन अगर मन की शांति, संतुष्टि को देखा जाए तो पूर्वज हमसे कहीं अधिक खुश थे।

निःसंदेह हमारा जीवन बहुत आरामदायक हो गया है। सुख-सुविधाओं की चाह में हम प्राकृतिक सौंदर्य खोते जा रहे हैं।शहरी क्षेत्रों में हमें ताजी हवा नहीं मिल पाती। अब हम तनाव और दुखों सेभरा का जीवन जीते हैं।हम हमेशा जल्दी में रहते हैं और अपने मन की शांति खो च्के हैं।

इस प्रकार हमारी ख़ुशी हमारे विचारों पर आधारित है।भले ही आज विज्ञान ने कितनी भी तरक्की कर ली हो, हमारा जीवन कितनी भी सुविधाओं से भरा हो, परंतु पुराने दिनों को भूल पाना संभव नहीं है।

> कृष्णा पलटा दसवीं जे

# ਜ਼ਿੰਦਗੀ

ਇਨਸਾਨ ਦੀ ਜ਼ਿੰਦਗੀ ਕੀ ਹੈ? ਕਈ ਲੋਕ ਕਹਿੰਦੇ ਹਨ ਕਿ ਜ਼ਿੰਦਗੀ ਇਕ ਅਜਿਹਾ ਫੁੱਲ ਹੈ ਜਿਹੜਾ ਬੜੀ ਖ਼ੁਸ਼ਕਿਸਮਤੀ ਨਾਲ ਮਹਿਕਦਾ ਹੈ ਜਿਸਦੀ ਮਹਿਕ ਸਦਾ ਬਣੀ ਰਹਿੰਦੀ ਹੈ। ਪਰ ਕਈ ਲੋਕ ਕਹਿੰਦੇ ਹਨ ਕਿ ਜ਼ਿੰਦਗੀ ਇਕ ਜੂਆ ਹੈ, ਕੋਈ ਜਿੱਤਦਾ ਹੈ ਤੇ ਕੋਈ ਹਾਰਦਾ ਹੈ। ਜਿਹੜਾ ਜਿੱਤਦਾ ਹੈ ਓਹ ਬਹੁਤ ਕੁਝ ਕਰ ਜਾਂਦਾ ਹੈ ਤੇ ਜੋ ਹਾਰ ਜਾਂਦਾ ਹੈ, ਉਹ ਕਿਸੇ ਪਾਸੇ ਦਾ ਵੀ ਨਹੀਂ ਰਹਿੰਦਾ ਪਰ ਮੇਰੇ ਖਿਆਲ ਨਾਲ ਤਾਂ ਜ਼ਿੰਦਗੀ ਇੱਕ ਇਮਤਿਹਾਨ ਹੈ, ਜਿਸ ਵਿੱਚ ਕਈ ਤਰ੍ਹਾਂ ਦੇ ਪ੍ਰਸ਼ਨ ਆਉਂਦੇ ਹਨ। ਜਿਹੜੇ ਤਾਂ ਹਿੰਮਤ ਕਰਦੇ ਹਨ, ਉਹ ਇਹਨਾਂ ਪ੍ਰਸ਼ਨਾਂ ਨੂੰ ਹੱਲ ਕਰਕੇ ਪਾਸ ਹੋ ਜਾਂਦੇ ਹਨ। ਪਰ ਜਿਹੜੇ ਉਹਨਾਂ ਨੂੰ ਦੇਖ ਕੇ ਘਬਰਾ ਜਾਂਦੇ ਹਨ ਉਹ ਜ਼ਿੰਦਗੀ ਦੇ ਇਮਤਿਹਾਨ ਵਿਚੋਂ ਫੇਲ੍ਹ ਹੋ ਜਾਂਦੇ ਹਨ। ਪਰ ਦੋਸਤੇ ਸਾਨੂੰ ਕਦੇ ਵੀ ਹਿੰਮਤ ਨਹੀਂ ਹਾਰਨੀ ਚਾਹੀਦੀ। ਤਾਂ ਹੀ ਤਾਂ ਕਿਹਾ ਗਿਆ ਹੈ :-

"ਸਫਲ ਉਹ ਹੁੰਦੇ ਹਨ, ਜੋ ਕੁਝ ਕਰਨਾ ਜਾਣਦੇ ਹਨ, ਜਿੱਤਦੇ ਉਹ ਹਨ ਜੋ ਹਾਰਨਾ ਜਾਣਦੇ ਹਨ।

ਐਵੇਂ ਗੱਲਾਂ ਨਾਲ ਪਹਾੜ ਨਹੀਂ ਉਮਰਦੇ, ਜ਼ਿੰਦਗੀ ਉਹਨਾਂ ਦੀ ਹੈ ਜੇ ਮਰਨਾ ਜਾਣਦੇ ਹਨ।"

ਸੋਂ ਪਿਆਰੇ ਮਿੱਤਰੋ ਜਿਉਣਾ ਹੈ ਤਾਂ ਇੱਕ ਪਾਣੀ ਦੇ ਬੁਲਬੁਲੇ ਦੀ ਤਰ੍ਹਾਂ ਜੀਓ। ਜਿਹੜਾ ਜਿਉਂਦਾ ਤਾਂ ਦੇ ਪਲ ਲਈ ਹੈ, ਪਰ ਪੁਰੇ

ਖਯਾਤੀ ਗਰੋਵਰ ਨੈਵੀਂ ਏ

# ਆਪਣੇ ਪਰਾਏ

ਪਿੰਡ ਬਦਲੇ ਰੰਗ ਬਦਲੇ , ਬਦਲੇ ਤੌਰ ਤਰੀਕੇ, ਦਰਦ ਨਾ ਹੋਇਆ ਇੰਨਾ ਜਿੰਨਾ ਹੋਇਆ , ਜਦ ਮਨੁੱਖ ਬਦਲੇ।

ਲੋੜ ਪੈਣ ਤੇ ਜਿਨ੍ਹਾਂ ਨਾਲ ਖੜੇ ਸੀ, ਉਹ ਆਪਣੀ ਵਾਰੀ ਕਿਉਂ ਨਾ ਨਜ਼ਰ ਆਏ? ਬਦਲਣ ਨੂੰ ਆਪਣੇ ਰੰਗ ਕਿਉਂ ਉਹਨਾਂ ਨੇ ਮਿੰਟ ਨਾ ਲਾਏ?

ਦਿਲ ਦੇ ਵਿਚ ਇੱਕ ਦਰਦ, ਤੇ ਦੇ ਕੇ ਬੁੱਲ੍ਹਾਂ ਤੇ ਮੁਸਕਾਨ, ਖੜ ਗਏ ਸੀ ਲੋੜ ਪੈਣ ਤੇ ਨਾ ਬਦਲੇ ਜਿਵੇਂ ਬਦਲ ਜਾਂਦੇ ਨੇ ਇਨਸਾਨ।

ਹੋ ਗਏ ਸੀ ਬੰਦ ਸਾਡੇ ਲਈ ਜਿਨ੍ਹਾਂ ਦੇ ਦਰਵਾਜ਼ੇ, ਨਾ ਬੰਦ ਕਦੀ ਓਹਨਾਂ ਲਈ ਦਰਵਾਜ਼ਾ ਹੋਇਆ। ਭੁੱਲ ਕੇ ਇਹ ਗੱਲ ਕਿ ਕਿੰਨਾ ਦਰਦ ਹੋਇਆ ਜਦੋਂ ਮਨੁੱਖ ਬਦਲੇ, ਜਦੋਂ ਮਨੁੱਖ ਬਦਲੇ।

> ਭਵਯਾ ਦਸਵੀਂ (ਸੀ)

# ਧੁੰਦਲੀ ਤਸਵੀਰ

(ਕੰਨਿਆ ਭਰੂਣ ਹੱਤਿਆ) ਜੇ ਕਿਧਰੇ ਇਕ ਬਾਰ ਖੁਦਾ ਤੂੰ ਮਿਲ ਜਾਵੇ ਮੈਂ ਧੁੰਦਲੀ ਇੱਕ ਤਸਵੀਰ ਦਿਖਾਉਣੀ ਚਾਹੁੰਦਾ ਹਾਂ ਮਜਲੂਮਾਂ ਦੀ ਤਕਦੀਰ ਜਗਾਉਣੀ ਚਾਹੁੰਦਾ ਹਾਂ

ਤੇਰੀ ਮਿੱਟੀ ਵਿੱਚ ਵੰਡ ਤੇ ਨਾ ਹੀ ਤੋਲ ਕਿਤੇ ਪਰ ਫਿਰ ਵੀ ਦਬ ਕੇ ਰਹਿ ਗਏ ਉਹਦੇ ਬੋਲ ਕਿਤੇ ਮੈਂ ਘੁੱਟਵੀਂ ਜਿਹੀ ਆਵਾਜ਼ ਜੇ ਕਿਧਰੋਂ ਆ ਜਾਵੇ ਤੇਰੇ ਕੰਨਾਂ ਤੱਕ ਐ ਪੀਰ ਗੁੰਜਾਉਣੀ ਚਾਹੁੰਦਾ ਹਾਂ ਮਜਲੂਮਾਂ ਦੀ ਤਕਦੀਰ ਜਗਾਉਣੀ ਚਾਹੁੰਦਾ ਹਾਂ

ਅਜੇ ਸੱਖਣੀਆਂ ਅੱਖਾਂ ਤਨ ਕੋਮਲ ਤੇ ਬੋਲ ਨਹੀਂ ਹੈ ਮੁਰਦਾ ਦਿਲ ਵਿੱਚ ਇਸਦਾ ਕੋਈ ਮੋਲ ਨਹੀਂ ਬਣ ਤਾਰਾ ਉਸਦੀ ਰੂਹ ਕਦੇ ਪਈ ਕੁਰਲਾਵੇ ਮੈਂ ਡੁੱਬਦੇ ਦਿਲ ਦੀ ਪੀੜ ਸੁਣਾਉਣੀ ਚੰਗਾ ਹਾਂ ਮਜਲੂਮਾਂ ਦੀ ਤਕਦੀਰ ਜਗਾਉਣੀ ਚਾਹੁੰਦਾ ਹਾਂ

ਮਾਂ ਦੀ ਅੱਖਾਂ ਦਾ ਹੰਜੂ ਬਣ ਉਹ ਵਹਿ ਨਿਕਲੀ ਨਾਸੀ ਨਿਕਲੀ ਨਾ ਪੀੜ ਦੁੱਖਾਂ ਨੂੰ ਸਹ ਨਿਕਲੀ ਮਿੱਟੀ ਤੋਂ ਫਿਰ ਬਣ ਮਿੱਟੀ ਰੁਲ ਗਈ ਮਿੱਟੀ ਵਿੱਚ ਮਿੱਟੀ ਵਿੱਚ ਦੱਬੀ ਚੀਖ਼ ਗੁੰਜਾਉਣੀ ਚਾਹੁੰਦਾ ਹਾਂ ਮਜਲੂਮਾਂ ਦੀ ਤਕਦੀਰ ਜਗਾਉਣੀ ਚਾਹੁੰਦਾ ਹਾਂ

> ਲੀਨਾ ਕਸ਼ਯਪ ਪੰਜਾਬੀ ਅਧਿਆਪਕ

# ਸਿਰਲੇਖ: ਇੱਕ ਕਮਾਲ ਦਾ ਅਧਿਆਪਕ

ਸਿੱਖਿਆ ਦੇ ਖੇਤਰ ਵਿੱਚ, ਅਧਿਆਪਕਾਂ ਦਾ ਬਹੁਤ ਪ੍ਰਭਾਵ ਹੈ, ਅਤੇ ਮੈਂ ਇੱਕ ਸੱਚਮੁੱਚ ਕਮਾਲ ਦਾ ਸਾਹਮਣਾ ਕਰਨ ਲਈ ਖੁਸ਼ਕਿਸਮਤ ਰਿਹਾ ਹਾਂ। ਇਸ ਅਧਿਆਪਕ ਕੋਲ ਗੁਣਾਂ ਦਾ ਇੱਕ ਵਿਲੱਖਣ ਮਿਸ਼ਰਣ ਹੈ ਜੋ ਸਿੱਖਣ ਦੇ ਵਾਤਾਵਰਣ ਨੂੰ ਡੂੰਘਾਈ ਨਾਲ ਭਰਪੂਰ ਬਣਾਉਂਦਾ ਹੈ।

ਇੱਕ ਵਿਲੱਖਣ ਵਿਸ਼ੇਸ਼ਤਾ ਉਹਨਾਂ ਦੀ ਸਬਕ ਨੂੰ ਦਿਲਚਸਪ ਬਣਾਉਣ ਦੀ ਯੋਗਤਾ ਹੈ, ਸਿੱਖਣ ਲਈ ਇੱਕ ਸੱਚਾ ਪਿਆਰ ਪੈਦਾ ਕਰਨਾ। ਚਾਹੇ ਗਤੀਸ਼ੀਲ ਵਿਗਿਆਨ ਦੇ ਪ੍ਰਯੋਗਾਂ ਦੁਆਰਾ ਜਾਂ ਮਨਮੋਹਕ ਇਤਿਹਾਸ ਪ੍ਰੋਜੈਕਟਾਂ ਦੁਆਰਾ, ਇਹ ਅਧਿਆਪਕ ਪਾਠ-ਪੁਸਤਕਾਂ ਤੋਂ ਪਰੇ ਜਾਂਦਾ ਹੈ, ਹਰ ਕਲਾਸ ਵਿੱਚ ਵਿਸ਼ਿਆਂ ਨੂੰ ਜੀਵਿਤ ਬਣਾਉਂਦਾ ਹੈ।

ਇਸ ਤੋਂ ਇਲਾਵਾ, ਉਨ੍ਹਾਂ ਦਾ ਅਟੁੱਟ ਸਮਰਥਨ ਅਤੇ ਹੱਲਾਸ਼ੇਰੀ ਸੱਚਮੁੱਚ ਕਮਾਲ ਦੀ ਹੈ। ਹਰੇਕ ਵਿਦਿਆਰਥੀ ਦੀ ਸਮਰੱਥਾ ਵਿੱਚ ਵਿਸ਼ਵਾਸ ਕਰਦੇ ਹੋਏ, ਉਹ ਸਾਨੂੰ ਉੱਤਮਤਾ ਲਈ ਯਤਨ ਕਰਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕਰਦੇ ਹਨ। ਚੁਣੌਤੀਪੂਰਨ ਸਮਿਆਂ ਦੌਰਾਨ, ਉਨ੍ਹਾਂ ਦੇ ਮਾਰਗਦਰਸ਼ਨ ਅਤੇ ਪ੍ਰੇਰਨਾਦਾਇਕ ਸ਼ਬਦ ਸਾਨੂੰ ਅੱਗੇ ਵਧਾਉਂਦੇ ਹਨ, ਵਿਸ਼ਵਾਸ ਪੈਦਾ ਕਰਦੇ ਹਨ ਅਤੇ ਰੁਕਾਵਟਾਂ ਨੂੰ ਦੂਰ ਕਰਨ ਦੀ ਇੱਛਾ ਪੈਦਾ ਕਰਦੇ ਹਨ।

ਇੱਕ ਨਿੱਘੇ ਅਤੇ ਸੰਮਲਿਤ ਕਲਾਸਰੂਮ ਮਾਹੌਲ ਬਣਾਉਣਾ ਇੱਕ ਹੋਰ ਤਾਕਤ ਹੈ। ਵਿਭਿੰਨਤਾ ਦੀ ਕਦਰ ਕਰਦੇ ਹੋਏ, ਇਹ ਅਧਿਆਪਕ ਇੱਕ ਸਹਾਇਕ ਭਾਈਚਾਰੇ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਦੇ ਹੋਏ ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਏਕਤਾ ਨੂੰ ਵਧਾਵਾ ਦਿੰਦਾ ਹੈ। ਸਹਿਯੋਗੀ ਪ੍ਰੋਜੈਕਟ ਨਾ ਸਿਰਫ਼ ਅਕਾਦਮਿਕ ਹੁਨਰ ਨੂੰ ਵਧਾਉਂਦੇ ਹਨ ਬਲਕਿ ਟੀਮ ਵਰਕ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਵੀ ਸਿਖਾਉਂਦੇ ਹਨ।

ਅਕਾਦਮਿਕਤਾ ਤੋਂ ਪਰੇ, ਇਹ ਅਧਿਆਪਕ ਇਮਾਨਦਾਰੀ, ਸਤਿਕਾਰ ਅਤੇ ਲਗਨ ਵਰਗੇ ਜ਼ਰੂਰੀ ਮੁੱਲ ਪ੍ਰਦਾਨ ਕਰਦਾ ਹੈ, ਜਿਸ ਨਾਲ ਵਿਦਿਆਰਥੀ ਦੇ ਸੰਪੂਰਨ ਵਿਕਾਸ ਵਿੱਚ ਯੋਗਦਾਨ ਪਾਉਂਦਾ ਹੈ। ਅਕਾਦਮਿਕ ਅਤੇ ਨਿੱਜੀ ਵਿਕਾਸ ਦੋਵਾਂ ਨੂੰ ਪਾਲਣ ਲਈ ਉਨ੍ਹਾਂ ਦਾ ਸਮਰਪਣ ਸ਼ਲਾਘਾਯੋਗ ਹੈ।

ਅੰਤ ਵਿੱਚ, ਇਹ ਕਮਾਲ ਦਾ ਅਧਿਆਪਕ ਕੇਵਲ ਇੱਕ ਸਿੱਖਿਅਕ ਹੀ ਨਹੀਂ ਸਗੋਂ ਇੱਕ ਸਲਾਹਕਾਰ ਅਤੇ ਪ੍ਰੇਰਨਾ ਦਾ ਸਰੋਤ ਹੈ। ਅਕਾਦਮਿਕ ਅਤੇ ਨਿੱਜੀ ਵਿਕਾਸ 'ਤੇ ਉਹਨਾਂ ਦਾ ਪ੍ਰਭਾਵ ਡੂੰਘਾ ਹੁੰਦਾ ਹੈ, ਜੋ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਵਿਦਿਅਕ ਅਨੁਭਵਾਂ 'ਤੇ ਇੱਕ ਸਥਾਈ ਨਿਸ਼ਾਨ ਛੱਡਦਾ ਹੈ।



ਨੋਂਵੀਂ ਆਈ

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