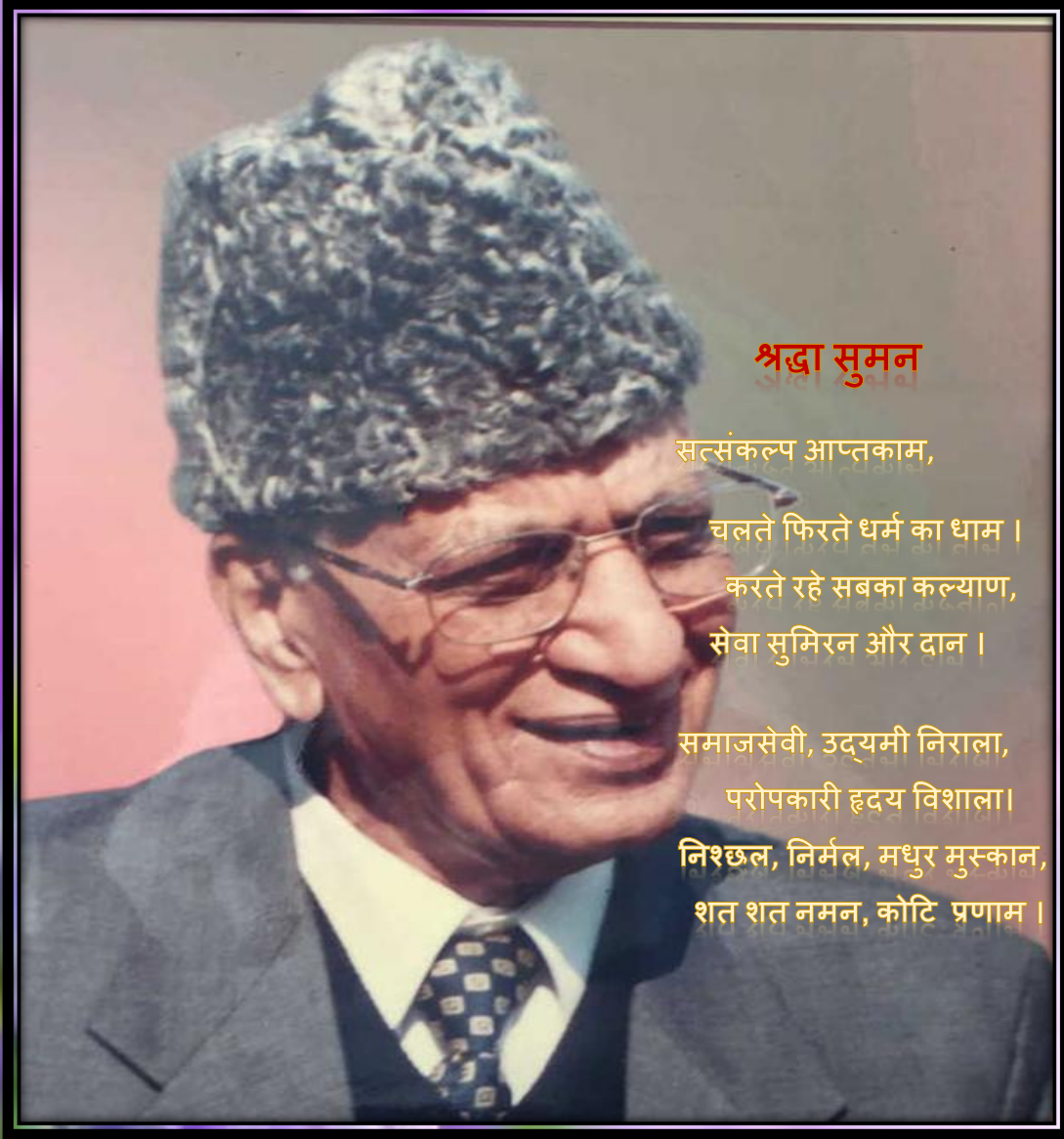




BCM *LIFELINE*

Monthly Newsletter of BCM School Chandigarh Road
April-2024

Reminiscing Mahatma Satyanand Ji Munjal



श्रद्धा सुमन

सत्संकल्प आप्तकाम,

चलते फिरते धर्म का धाम ।

करते रहे सबका कल्याण,

सेवा सुभिरन और दान ।

समाजसेवी, उद्यमी निराला,

परोपकारी हृदय विशाला ।

निश्छल, निर्मल, मधुर मुस्कान,

शत शत नमन, कोटि प्रणाम ।





2 Day **VEDA EXHIBITION** by **THE MUNJALS**

Vedas - the timeless source of spiritual wisdom and guiding principles for ethical living - are the roots of civilization and values. To spread knowledge and awareness about the Vedas among students and parents a two-day Veda exhibition was organized in BCM School, Chandigarh Road Ludhiana. Mr. Suresh Chandra Munjal and Mrs. Rama Munjal inaugurated this exhibition and also discussed relevance of Four Vedas in our life. Later on, the exhibition was made open for the students and parents. The exhibition comprised of various stands on which the gist of four vedas was printed so that everybody can understand the relevance of Vedas.

Principal DP Guleria thanked the School Management for giving the opportunity for witnessing such an event which will not only benefit students but also society. This event of Vedic language, culture and history brought spirituality into the school premises.

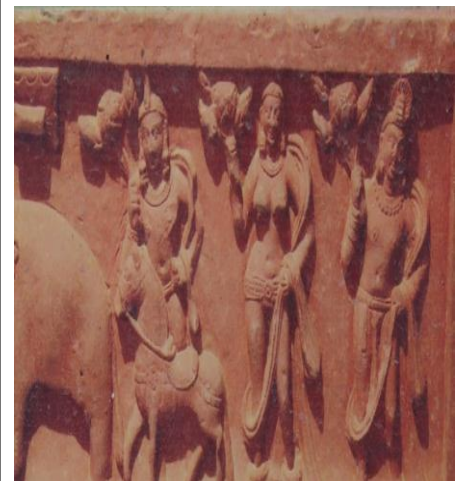
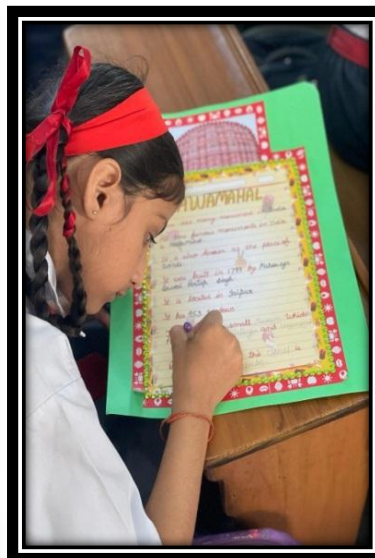


EXCURSION TO SANGHOL ARCHEOLOGICAL MUSEUM

A visit to Sanghol Buddhist Archaeological Museum - ancient site of Harappan Culture, Fatehgarh Sahib offered a glimpse into ancient culture of the region to students who were left awestruck by the fine stone carvings sculptures, jewellery pieces, coins, pottery, seals and toys of the Kushan period. Students also got insights into flourishing Buddhist culture in ancient India through Buddhist artifacts including stupas and inscriptions. Students also visited two sites from which these remains were excavated and realized how scientific and developed our ancient civilizations were. A plethora of activities – collage making, essay writing, video presentation were also conducted in classes to mark the world heritage day.



Dhammpada
(Wisdom of Buddha)
Let a man guard himself against irritability in speech; let him be controlled in speech. Abandoning verbal misconduct; let him practice good conduct in speech.



"History repeats for them who forget it."

ADIEU CLASS XII 2023-24

*“There are no goodbyes for us, wherever you are,
You will always be in our heart.”*

Mata Thakur Devi Auditorium echoed with nostalgic celebrations as the graduating class of 2023-24 received a grand farewell. The event commenced with warm welcome followed by a montage of heartfelt photos and videos, taking graduates and faculty down memory lane, showcasing their shared experiences throughout the years.

Principal DP Guleria expressed his immense pride in the graduating class, acknowledged their achievements and extended gratitude to parents and teachers. A lively cultural performance by the junior class left the audience thoroughly impressed.

Two most well-dressed students from each section of XII were honored with sashes. The farewell ceremony concluded with a memorable photo session, where graduates and faculty captured cherished memories of their time together. A sumptuous lunch provided the perfect ending to the event.



Mr. Handsome
Keshav (NM B)
Miss Elegant
Kunjal (Com A)

Ms. Farewell
Rishika Swami (Com B)
Mr. Farewell
Ravnoor Singh (Com A)





EARTH DAY ACTIVITIES

Eco-Club led the charge with awareness sessions and action projects like tree planting and "transforming trash into treasure." Students learned to reduce plastic use, reuse and recycle, and got creative with eco-friendly crafts.

Purpose: Reminding students of their environmental responsibility.

Initiatives: Go-Green, Reduce-Reuse-Recycle to involve the entire school community.

Awareness session: Eco Club and Student Council members sharing tips on saving energy, water, and reducing plastic use.

Action projects: Badge making, headgear making, poster making, transforming trash into treasure, and a tree plantation drive.

Outcomes: High participation from students, awards for best entries. Overall, the event nurtured the spirit of Earth Day with a focus on education and action.



There is no Planet 'B'

BAISAKHI AND AMBEDKAR JAYANTHI



Students learned about Baisakhi's significance and Jallianwala Bagh's history through presentations and a virtual tour. Patriotic performances and Bhangra dance filled the day with festivity.



A plethora of activities was held on theme 'Farm Grown Food', eye-catching 3D Baisakhi scenes were prepared, in Bio-Sketch writing competition students penned down life history of Baba Sahib Ambedkar. Students were also made aware of our historical and religious significance of the day, Fundamental Rights and Duties through PowerPoint Show. They were also acquainted with establishment of Khalsa Panth by Shri Guru Gobind Singh and also about Jallianwala Bagh Massacre. The celebrations aimed to educate students about both cultural heritage and historical importance. At BCM FS, Nursery kids crafted Wheat Pod, whereas LKG and UKG students prepared corn using corn paper. The little munchkins attired in Punjabi outfits and dancing on peppy songs stole every heart.



HYPERTENSION AWARENESS CAMP



PUNJABI COMPETITION



<https://online.fliphtml5.com/vgptg/egrt/index.html>

<https://online.fliphtml5.com/rotei/mhsk/index.html>

<https://online.flippingbook.com/view/917264680/>

<https://online.flippingbook.com/view/730461585/>

<https://online.fliphtml5.com/gmrdy/vpwm/index.html>

<https://online.fliphtml5.com/ghang/hntp/mobile/index.html>

<https://heyzine.com/flip-book/b9d61846e0.html>



A Sneak Peak into Culinary Books

Shakespeare's Birth Anniversary

Celebrating World Book Day, BCM School, Chandigarh Road, embraced the theme "Books Build Bridges." Students enjoyed a diverse day fostering their love of reading:

DEAR Time: Everyone dropped everything to delve into favourite books.

Creative Spark: Storytelling, Ad Mania, and Bookmark Making activities ignited creativity.

Honing Skills: Impromptu Speaking and a Shakespeare Quote Wall challenged and celebrated language.

Writing Exploration: A Biography Writing Competition explored the lives of inspiring people.

Reading Pledge: Students solidified their commitment to becoming lifelong readers.

Principal Guleria applauded the students' efforts, emphasizing the profound impact reading has on young minds. He encouraged them to develop a lifelong love of books from a young age.



By Reading
we can
have
experience
of more
than one
life.

INTERNATIONAL DANCE DAY



WORLD HEALTH DAY



BCM School Gets Healthy for World Health Day!

Promoting physical and mental well-being, BCM School's NSS Unit and Health Club rocked World Health Day.

School-wide focus: Talks, discussions, and meditation sessions addressed healthy habits.

Engaging Activities:

Class V learned about hygiene and balanced diets.

Class IV sang about healthy eating with NSS cadets.

A street play warned against drugs. Performances highlighted unhealthy lifestyles and encouraged a healthier path.

Healthy Eats: Students enjoyed nutritious snacks and lunches, sharing their knowledge about healthy foods. The day emphasized the importance of prioritizing health for a better life.



<https://www.facebook.com/share/v/zESfqQ3LLbduiwKR/?mibextid=SphRi8>

Interactive Sessions with Scholars



ACADEMIC COMMUNICATION SESSION
Dr. Tana Trivedi and Ms. Nupur Juneja from Ahmedabad

CAREER COUNSELING SESSION
Dr. Vipin Pubby, Director
Dr. Jatinder Verma, esteemed Dean Academics
Dr. Vihaang Ghalsasi, Assistant Professor
All from Shoolini University



EVOLVING LANDSCAPE OF COMMUNICATION
Thriving in an AI-Infused World
Ms. Sakshi Kharbanda, a certified adult tutor from Oxford, Barcelona

TED TALKS ON ARTIFICIAL INTELLIGENCE



SESSION BY AIESEC

FROM THE SPORTS' GROUNDS

DR. BRIJ MOHAN LALL CENTENNIAL INTER HOUSE VOLLEYBALL TOURNAMENT April 18-22, 2024

The celebration deeply rooted in the philosophy of holistic development championed by the esteemed Dr. Brij Mohan Lall Munjal resonating his vision throughout the event, emphasizing not only athletic prowess but also the nurturing of well-rounded individuals.

The tournament commenced with words of inspiration by Principal Mr. DP Guleria, setting the stage for spirited competition and camaraderie among volleyball enthusiasts from classes XI & XII.

Over the course of three action-packed days, the teams showcased their skills and determination in four thrilling league matches. In a display of resilience and excellence, the Yamuna house emerged triumphant, embodying the values of perseverance and teamwork championed by Dr. Munjal.



In a fitting tribute to the victors, all members of the winning house were adorned with medals, and a gleaming trophy was presented by the Principal and other dignitaries. The first runner-up team was honored with silver medals, acknowledging their commendable performance and sportsmanship.

Video Link-

<https://drive.google.com/file/d/16qu-dneHsEu070LKSsnIPa11RnMR4fDK/view?usp=drivesdk>

INTER-HOUSE BASKETBALL TOURNAMENT



Inter-house Basketball Tournament organized in memory of Dr. Brij Mohan Lall, marking the centennial celebration of excellence, witnessed enthusiastic participation from various houses, showcasing remarkable talent and sportsmanship. In an exciting finale, Ravi House emerged victorious, displaying exceptional teamwork and skill on the court. Principal Mr. DP Guleria extended his heartfelt congratulations to all the participants and emphasized the importance of such events in fostering teamwork, discipline, and a healthy competitive spirit. The event not only celebrated athletic excellence but also reflected school's commitment to nurturing holistic development and promoting a culture of excellence.



<https://youtu.be/p4sXlnIA-lc>

CELEBRATING TRADITIONAL GAMES



Students partook in heritage games such as Skipping, Marbles, Kho-kho, Hopscotch, One-legged tag and Gitte. The games not only provided fun but also enhanced teamwork and language skills. The day served as a festive homage to India's rich cultural legacy, creating memories of unity and joy.

Awards & Achievements

1ST SURESH SHARMA TABLE TENNIS MEMORIAL



FUTURE-TECH OLYMPIAD 2022-23

RAMAN YOUNG SCIENCE INNOVATORS NATIONAL AWARDS

*8 students from Secondary Wing
exhibited exceptional skills in the
field of technology and earned
appreciation*

Jasmeen Kaur clinched First Place in U-17 & U19 both also grabbed 3rd place in women's category

Japsirat Singh earned a 3rd place in U-17 2nd place in U-19 category

Harjas Singh, budding talent of Grade IV, secured 3rd position setting a promising tone for future



1st OPEN STATE BADMINTON TOURNAMENT

Organized by Next Level Badminton Academy
Madhav of III E secured First position in the Singles as
well as Doubles Tournament



INNOVATION, DESIGN AND ENTREPRENEURSHIP BOOT CAMP 2024

Held at Chandigarh Group of Colleges, Jhanjeri; the boot camp offered a unique blend of knowledge, creativity and scientific exploration. With a focus on practical science and design thinking, the program provided hands-on experience in tackling real-world problems. Our Students Purav Arora (10 E) and Karanveer (+2 N.M) guided by mentors Geetanjali Sharma and Ravinder Pal Singh provided insights into innovative design techniques succeeded through intricacies of starting a new venture.

BCM FOUNDATIONAL STAGE

WELCOME FIESTA

New entrants welcomed with love in Nursery



NATIONAL PET DAY



ART ACTIVITY



WORLD OF SCIENCE



TELLING TALES



WORLD PENGUIN DAY



OUTREACH ACTIVITIES



Visit to Thapar Institute of Engineering & Technology & Thapar School of Liberal Arts & Sciences

Highlights:

- *Insightful experience at Nalanda Central Library*
- *Engaging Sessions with Faculty*
- *Experiential Learning*
- *Big Five Test: an assessment tool for personality traits*



Members of Community Club at Dayanand Medical College and Hospital (DMC)



**NUKKAD NATAK
'POWER OF BALLOT'**
An enlightening experience for public at Puda Park and MIG Society Park, educating on importance of voting; Election helplines were shared democratic engagement.



"If you don't vote, you have no right to criticize the Government."

REFLECTIONS

THE PERILS OF NORMALIZING CRIMES: A SOCIETAL WAKE-UP

‘BITTER OFFICE RIVALRY LED TO MURDER IN NORTHWEST DELHI’S NARELA’

‘BLOOD SOAKED BODY FOUND INSIDE CAR IN DELHI’S GAZIAPUR’

‘4-YEAR-OLD GIRL RAPED BY POLICE OFFICIAL IN RAJASTHAN’S DAUSA’



In our fast-paced and technology driven world, headlines like these often flicker across our screens, catching our attention momentarily before fading into the background of our busy lives. These seemingly mundane news snippets however hold profound depth that we often overlook.

Indifference towards societal issues can create a false sense of normalcy, blinding us to the deeper issues that demand our collective attention. This article seeks to shed light on the danger of indifference, urging us to recognize that societal well-being is not just about “you” or “me” but about “us” as a unified force working towards a more compassionate society.

All this indifference leads to normalizing crimes which refers to the gradual acceptance of certain criminal behaviours, due to their frequency.

This trend poses a significant threat to the fabric of a civilized society as it undermines the principles of justice, morality and the rule of law.

The media play a crucial role in shaping public perceptions. The rise of social media has made information more accessible but it also has the potential to desensitize individuals to the gravity of criminal acts. As these crimes become more prevalent there is a risk that they will be normalized as a means of survival rather than condemned as societal issues. Continuous exposure to crime related content, without a balanced portrayal of its consequences, may lead people to perceive criminal activities as a mundane part of everyday life. This weakens the bonds that hold society together, leading to increased fear, suspicions and a breakdown of communal relationships.

Normalizing crimes can create a cycle where individuals are emboldened to

engage in increasingly severe criminal activities. Addressing the normalization of crimes requires a multi-faceted approach that involves media literacy, community engagement and systematic efforts to address the root cause of criminal behaviour. The society as one unit should actively work towards fostering a culture that upholds the value of justice, morality and the rule of law. Only through a collective effort can we hope to build a society where criminal activities are unequivocally condemned rather than accepted as a regrettable norm.

MANNAT SHARMA XII COM C

DREAMS [SAPNE]

The world of dreams is the world where one can become an engineer, doctor, farmer, scientist, pilot, astronaut and many more at a time without studying. I am not talking about the dreams which we see while sleeping, I am talking about the dreams which we see with eyes open. Every individual sees some dreams and tries to make his dreams reality but everyone is not accompanied with fate.

God has different plans which are better than ours. Being a child I dreamt of being a great person of my country, a person who will change the world with new inventions, make flying cars and robots, popular and respectful but with the on-going years my dreams got different. With growing age, I learnt to be

responsible and optimistic, the dream which now I try to reach is to make my parents smile, fulfil their dreams and make them feel happiness in the world. My dreams are no more just about me. If in this materialistic world money can buy happiness then my dream is to get money.

For me it is just a rectangular piece of paper with our leader's photo but for the world it has value more than their families. I dream to take next birth in a world which doesn't have materialism, a world of love not greed. It's my utopia which I think will remain imaginary as the greed cannot get perished from this world as looks like.

Good, Bad, boring or maybe unreachable the thing is these dreams belong to me. No one other has any interference in these. I don't know whether I will be able to convert my dreams into reality or not but I will never ever stop dreaming as in dreams there is no limit, one can think of unimaginable things with no hindrance.

सच्चा है या झूठा है ये सपना अपना है ।

RHYTHM PAHUJA XII ARTS B

RIDDLE IT OUT

- 1:- Which word begins with E and ends with E and full of emotions?
- 2:-Which form has no beginning, no middle and no end?
- 3:- Which object has a neck but not a head?
- 4:-Why is the obtuse angle always upset?
- 5:-I have hands but I cannot clap?
- 6:-what does one elevator say to the other?
- 7:-when a lemon is sick, what do you do?
- 8:-What type of onomatopoeia do the balloons hate?

SHREYA BHARDWAJ VIII G

*ANSWERS:-1-ENVELOPE,2-A CIRCLE,3-A BOTTLE,4-BECAUSE IT IS NEVER RIGHT,5- A CLOCK,6-GET ON MY LEVEL,7-MAKE IT A LEMONAID,8-POP



PEACE

What is peace? You may think peace is the time when no violence is there and yes it is true. Peace is something that everyone needs in life but not everyone gets it because in our daily life we face so many challenges that create some type of violence whether it is arguing or shouting.

According to me the real peace is when you give your time to God. Have you ever noticed a Monk? How quiet and calm he is! He never shouts, argues or fights with anyone. That is why a monk is considered to be a peaceful person. Nowadays people are not able to gain peace because they are not giving any appreciation to themselves. They are getting jealous of others which is the result of their aggression and need of more. I think if we learn to forgive and accept the realities, we can make our life more peaceful. If we practice forgiveness, then we would not have any anger in our mind. If we learn to accept the reality then our life would become more peaceful as well as easier. According to the Bhagwat Gita, a person who is not disturbed by the incessant flows of desire has achieved the real peace. At the end I would like to say, "Maintain peace and live a happy life."

VANSHIKA VII

INDIA OF 2047

The struggles, the sacrifices
The thousands of demises,
Came to justice on a historic date
At last India Changed its fate.

Red as Mars
We got the scars
But we bounced back
Like strings of guitar

Where we would stand
In fifteen years' time
What qualities we should expand
To see less crime

For our motherland
We need to climb
The mountain that is
High and sublime

Free of poverty
Free of corruption
Free of unemployment
Free of pollution

We shine like stars
We bloom like flowers
For the territory that is ours
We become superpowers

This is my vision,
This is my mission
For India of 2047

MOHIT VERMA XII NM A

THE SECRET OF SUCCESS

What is the secret of success?
The answer is available in my room.

“Push” said the door.

“Be cool” said the fan.

“Be up to date” said the calendar.

“Work on Time” said the clock.

“Reflect before speak” said the mirror.

“Make light your difficulties” said the
lamp.

“Stick to God” said the glue.

And that is what should be followed by
you.

So the road to success does not happen
overnight. Whether they are large or
small, your everyday actions, activities,
and encounters ultimately determine your
success. Success comes when persistence
and hard work are combined. Only
perseverance and commitment can lead
to success.

AADHYA SEHGAL III I

माँ

माँ के आँचल से बढ़कर छाया नहीं,
उसके प्रेम से बढ़कर माया नहीं।
उसी ने हमें चलना सिखाया है,
उसी में समस्त संसार समाया है।
संतान का दुख देख न सके जो,
वहीं माँ कहलाती है,
जब संतान का डर भगाना हो,
तो अपनी उपस्थिति का एहसास कराती है।
यही जन्म देही, यही पालनहार है,

माँ का तुम शुक्रिया करो, करो सौ सौ बार है।
शब्द न बयान कर सकें,
ऐसा माँ का चरित्र है,
सभी देवताओं, प्राणियों में से,
माँ अधिक पवित्र हैं

सवर
आठवीं 'बी'

संघर्ष

मुश्किलों से तुझे लड़ना है
जीत को हासिल करना है ।
क्या हुआ अगर तू अकेला है
फिर भी तू मुश्किलों का विजेता है ।
सूरज बनकर चमकना है अगर
तो चाँद बनके रात को जागना है ।
अपनी मंज़िल के कांटों को हटाकर
लक्ष्य की ओर तुम्हें भागना है !
दिवजोत
पांचवीं - आई

कर्ण

द्रौपदी के साथ जो हुआ वो गलत था
पर कर्ण के साथ जो हुआ वो भी तो अधर्म था,
एक की परिस्थिति में समाज चुप था और
दूसरे की परिस्थिति में समाज उसको धिक्कारता था,
एक के लिए लाखों को मारा गया और
कर्ण के हाथों उसके ही अंग का दान करवाया गया
एक ने जन्म लिया पवित्र अग्नि से
तो दूसरे को जन्म देते ही बहा दिया गंगा मे,
कभी कभी सोचता हूँ क्या गलती थी कर्ण की,
कि उसको मिला सिर्फ अपमान
किये बहुत संघर्ष, पायी विद्या, पाया राज्य उसने मान के लिए,
पर आखिर में मिली उसको मौत
उसके एक अधर्म के लिए।
कर्ण से बड़ा विश्व में कोई दानी नहीं
अगर न देता वो वचन तो उससे बड़ा कोई धनुर्धर नहीं
और अगर न देता वो अपना कवच तो कर्ण कभी मरता नहीं।

नितीश मंडल

कविता – रिश्ते

ये साथ तेरा निभाते हैं,
तुझे पग- पग चलना सीखते हैं।
जन्म से लेकर मृत्यु तक,
तेरे साथ ही चलते जाते हैं।
तू ये रिश्ते क्यों भूल जाता है,
क्यों इन्हें दुख पहुंचता है।
सांसों की डोरी जोड़कर,
इस धरती पर लाने वाली तेरी मां है।
अपने आंसुओं को पीकर तेरी आंखों में
खुशी की चमक जगाने वाली तेरी मां है।
ये रिश्ते बड़े अनमोल हैं,
इनके बिना न कोई तेरा मोल है।
अपनी इच्छाएं मारकर अपने बच्चों की
इच्छाएं पूरी करता वह बाप है।
बूढ़े हो जाने पर उसकी लाठी न बनकर
उसे अपशब्द बोलकर तू करता पाप है।
तू यह रिश्ते क्यों भूल जाता है,
क्यों इन्हें दुख पहुंचता है।
बड़े हो जाने पर तुम्हें,
उनके साथ रहने में आती है शर्म।
तुम्हें लगता है यही वे रिश्ते हैं
जो करने नहीं देते तुम्हें अपने कर्म।
कोई सड़क पर, कोई वृद्ध आश्रम
उन्हें छोड़कर जाता है भूल
यह वही माली हैं, जो तुम्हें
कलियों से बनाते हैं फूल।
हे मानव! ये रिश्ते क्यों जाता है भूल,
क्यों इन्हें दुख पहुंचता है।

ज्योति

टी.जी.टी हिंदी

मैं भी रोता हूँ..

कर देता सब की शिकायत पुलिस स्टेशन में,
यदि होता मैं भी मानव।
पल-पल व्यर्थ बहाते हो तुम सब मुझे,
बनकर दैत्य और दानव।
लिखे देखा है मैंने 'जल ही जीवन है',
इसी में सारा जहाँ निहित है,
कोई इन प्राणियों को समझाओ
क्या यह ज्ञान पुस्तकों तक ही सीमित है?
कुसूरवार होने पर भी,
आँखों से आंसू बहाकर अपनी सफाई देते हो,
मुझ बेकुसूर में अपने
सब गंदगी के तत्व मिला लेते हो।
क्यों करते हो इतना जुल्म,
मैं ही बुझाता हूँ सबकी प्यास,
कीमत मेरी उससे पूछो,
जलकर जिसके निकल रहे हो श्वास।
शुद्धिकरण मुझ से हो,
जब किसी मंगल कार्य के लिए जाते हो,
मंगलकरणी गंगा में, अपनी त्रुटियों से
क्यों अशुद्धियाँ फैलाते हो?
छिपता न मेरा दर्द,
यदि रंग होता आंसुओं का भी लाल,
खूनी करता सारा जहाँ,
फिर दिखाता तुम्हें अपना कमाल।
सब थक कर सो जाते हैं,
अविराम बहता मैं कभी न सोता हूँ,
'जीवनदान' हूँ, अब मुझे दान दो
जब मैं घुट घुटकर रोता हूँ।

याचना

टी.जी.टी हिंदी

ਕਾਮਯਾਬੀ

ਮਿਹਨਤ ਦੀ ਫੜ ਬਾਂਹ ਵੇ,
ਨਾ ਤੂੰ ਸਮਾਂ ਹੁਣ ਗਵਾ ਵੇ,
ਜਾਓ ਤਰੱਕੀਆਂ ਦੇ ਰਾਹ ਵੇ।
ਕਦਮਾਂ ਤੇ ਆਉਂਦੀ ਤਰੱਕੀ ਜਦ,
ਮਨ ਹੁੰਦਾ ਸਾਫ ਨੀ
ਚੜ੍ਹਦੇ ਬੰਦੇ ਤੇ ਸੜ ਕੇ,
ਸਭ ਹੇ ਜਾਂਦੇ ਖਿਲਾਫ ਨੀ।
ਡੇਰਾਂ ਜਦ ਮਾਲਕ ਦੇ ਹੱਥ,
ਆਪੇ ਹੋਊ ਇਨਸਾਫ ਨੀ
ਜੇ ਬੀਜੇਗੇ ਉਹ ਵੱਢਣਾ ਪਊਗਾ,
ਇੱਕ ਦਿਨ ਜਰੂਰ
ਸੁੱਖ- ਦੁੱਖ ਤੁਹਾਡੇ ਕਰਮਾਂ ਦੇ,
ਕੀ ਰੱਬ ਦਾ ਕਸੂਰ।

ਕਾਮਯਾਬੀ ਨਾ ਆਏ ਆਪਣੇ ਆਪ ਚੱਲ ਕੇ,
ਆਏ ਇਹ ਮੁੱਕਦਰਾਂ ਨਾਲ ਲੜਕੇ।
ਹੰਕਾਰੀ ਰੋਗ ਆਇਆ ਇਸ ਜੱਗ ਤੇ,
ਅਸਰ ਕੀਤਾ ਹੈ ਇਹ ਸਭ ਤੇ।
ਰੋਗ ਤੇ ਅਸਰ ਨਾ ਕਰੇ ਕੋਈ ਦਵਾ ਵੇ,
ਰੋਗ ਜਾਵੇ ਲੱਗ ਬੜਾ ਕੁਝ ਦਿੰਦੈ ਗਵਾ ਵੇ।
ਰਾਹਾਂ ਤੇ ਆਪ ਹੈ ਤੁਰਨਾ ਪੈਂਦਾ,
ਮੰਜ਼ਿਲਾਂ ਨੂੰ ਪਾਉਣ ਲਈ,
ਸੂਰਜ ਵੀ ਡੁੱਬੇ ਅਗਲੇ ਦਿਨ,

ਖੁਦ ਨੂੰ ਉਗਾਉਣ ਲਈ।
ਸੈਖਾ ਨਹੀਂ ਇਹ ਰਾਹ ਤੇ ਤੁਰਨਾ,
ਇਨ੍ਹਾਂ ਕਹੂੰ ਮੈ ਜਰੂਰ,
ਸੁੱਖ- ਦੁੱਖ ਤੁਹਾਡੇ ਕਰਮਾਂ ਦੇ,
ਕੀ ਰੱਬ ਦਾ ਕਸੂਰ।

ਮਨ ਵਿੱਚ ਖੇਟ ਨਾਮ ਰੱਬ ਦਾ ਜੁਬਾਨ ਤੇ
ਨੀਤਾਂ ਨੂੰ ਮੁਰਾਦਾਂ, ਸਿੱਕਾ ਚੱਲਦਾ ਜਾਹਨ ਤੇ
ਬੜੇ ਕਹਿੰਦੇ ਕੇ ਜਿੱਤਣ ਵਾਲੇ ਹੀ ਮਹਾਨ ਨੇ
ਜਿੱਤਣਾ ਨਾ ਜਰੂਰੀ,
ਨਾ ਹੀ ਹਾਰਨਾ ਮਜਬੂਰੀ ਹੈ।
ਚਾਰ ਦਿਨ ਦੀ ਜ਼ਿੰਦਗੀ,
ਖੇਡ ਖੇਡਣਾ ਜਰੂਰੀ ਹੈ।
ਕੇਸ਼ਿਸਾਂ ਦਾ ਪੱਲਾ ਫੜ ਜਿੱਤ
ਵਿਆਹ ਲਿਆਂਦੇ ਅਸੀਂ ਜਰੂਰ
ਸੁੱਖ -ਦੁੱਖ ਤੁਹਾਡੇ ਕਰਮਾਂ ਦੇ
ਕੀ ਰੱਬ ਦਾ ਕਸੂਰ
ਆਕਾਸ਼ਦੀਪ ਸਿੰਘ (X-E)



ਰਿਸ਼ਤਿਆਂ ਦੀਆਂ ਤੰਦਾਂ

ਰਿਸ਼ਤਿਆਂ ਦੀਆਂ ਤੰਦਾਂ ਰੱਬ ਐਸੀਆਂ ਉਸਾਰੀਆਂ,

ਜੀਉਣ ਦਾ ਆਸਰਾ ਜੇ, ਖੁਸ਼ੀ ਦੀਆਂ ਖੁਮਾਰੀਆਂ।

ਪਿਆਰ, ਮੇਹ, ਜਜ਼ਬਾਤ, ਭਰੋਸਾ, ਉਮੀਦਾਂ ਨਾਲ
ਸਿੰਗਾਰੀਆਂ,

ਜਿਨ੍ਹਾਂ ਚ ਸਮੇਈਆਂ ਨੇ, ਅਹਿਸਾਸਾਂ ਦੀਆਂ
ਪਟਾਰੀਆਂ।

ਪਿਆਰ ਭਰੇ ਰਿਸ਼ਤਿਆਂ ਦੇ, ਹੱਥਾਂ ਦੀਆਂ ਪੂਣੀਆਂ।

ਕਿਤੇ -ਕਿਤੇ ਮਿੱਠੀਆਂ, ਤੇ ਕਿਤੇ ਨੇ ਸਲੂਣੀਆਂ।

ਜਿੰਦਗੀ ਦੇ ਚਰਖੜੇ ਤੇ ਕੱਤਣਾ ਧਿਆਨ ਨਾਲ,

ਰੀਝਾਂ ਆਪਣੇ ਦਿਲ ਦੀਆਂ ਕਰਨੀਆਂ ਜੇ ਪੂਰੀਆਂ।

ਕਿਤੇ ਇਹ ਤਾਣਾ ਨੇ ਤੇ ਕਿਤੇ ਇਹ ਬਾਣਾ ਨੇ,

ਸੰਗ ਦੇਵੇਂ ਚੱਲਣ ਤਾਂ, ਵਸਣ ਮਹਿਲ ਮਾੜੀਆਂ।।

ਉਲਝਣ ਨਾ ਦੇਵੀਂ ਰੱਬਾ, ਤੰਦਾਂ ਨੇ ਪਿਆਰੀਆਂ।

ਇਕ ਵਾਰ ਉਲਝੀਆਂ ਜੇ, ਐਖੀਆਂ ਸੁਲਝਾਉਣੀਆਂ।

ਰਿਸ਼ਤਿਆਂ ਦੀਆਂ ਤੰਦਾਂ ਰੱਬ ਐਸੀਆਂ ਉਸਾਰੀਆਂ

ਜੀਉਣ ਦਾ ਆਸਰਾ ਜੇ, ਖੁਸ਼ੀ ਦੀਆਂ ਖੁਮਾਰੀਆਂ।

ਅਲਕਾ ਰਤਰਾ

ਪੰਜਾਬੀ ਅਧਿਆਪਕ

ਕਵਿਤਾ - ਮਾਂ

ਜੱਗ ਦੀ ਸਭ ਤੋਂ ਪਿਆਰੀ ਮੂਰਤ,

ਸਭ ਤੋਂ ਸੇਹਣੀ ਇਸ ਦੀ ਸੂਰਤ।

ਹਰ ਗੱਲ ਇਸ ਦੀ ਬੜੀ ਨਿਆਰੀ,

ਲੱਗਦੀ ਮੈਨੂੰ ਸਭ ਤੋਂ ਪਿਆਰੀ।



ਮਮਤਾ ਇਸ ਅੰਦਰ ਭਰਪੂਰ ਸਮੇਈ,

ਮਾਂ! ਤੇਰੇ ਵਰਗਾ ਹੋਰ ਨਾ ਕੋਈ।

ਮਾਂ ਮੇਰੀ ਤੂੰ ਲੱਗੇ ਮੈਨੂੰ ਰੁੱਖ ਦੀਆਂ ਠੰਢੀਆਂ ਛਾਵਾਂ
ਵਰਗੀ,

ਤੇ ਕਦੇ ਲੱਗੇ ਤੂੰ ਮੈਨੂੰ ਰੱਬ ਦੀਆਂ ਦੁਆਵਾਂ ਵਰਗੀ ।

ਰੱਬ ਤੋਂ ਵੀ ਉੱਪਰ ਦਰਜਾ ਤੇਰਾ,

ਪੂਰੇ ਜਗ ਦੀ ਜਣਨੀ ਤੂੰ ਹੀ।

ਤੇਰੀ ਕੀ ਮੈਂ ਸਿਫਤ ਕਰਾਂ,

ਤੈਨੂੰ ਹੀ ਮੈਂ ਰੱਬ ਮੰਨਾ ।

ਹਰ ਜਨਮ ਤੂੰ ਮੇਰੀ ਮਾਂ ਹੋਵੇਂ,

ਤੇਰੀ ਹੀ ਠੰਢੜੀ ਛਾਂ ਹੋਵੇ।

ਸਭ ਤੋਂ ਪਿਆਰੀ ਤੇਰੀ ਸੂਰਤ,

ਮਾਂ! ਤੂੰ ਜਗਦੀ ਸਭ ਤੋਂ ਪਿਆਰੀ ਮੂਰਤ।

ਹਰਮਨਪ੍ਰੀਤ ਕੌਰ

ਨੈਵੀਂ (ਐਫ)