

ROOTS TO WINGS

ST. JUDE'S CONVENT SCHOOL

(Affiliated to ICSE New Delhi, PU 020)

P.O. NAKODAR, DISTT. JALANDHAR, PUNJAB - 144040

MOB. : 99150-95054, 62832-26275

Website: <http://stjudesnakodar.ac.in> | Email: sjcsnakodar@yahoo.com



Samuel Sahota, XII Commerce

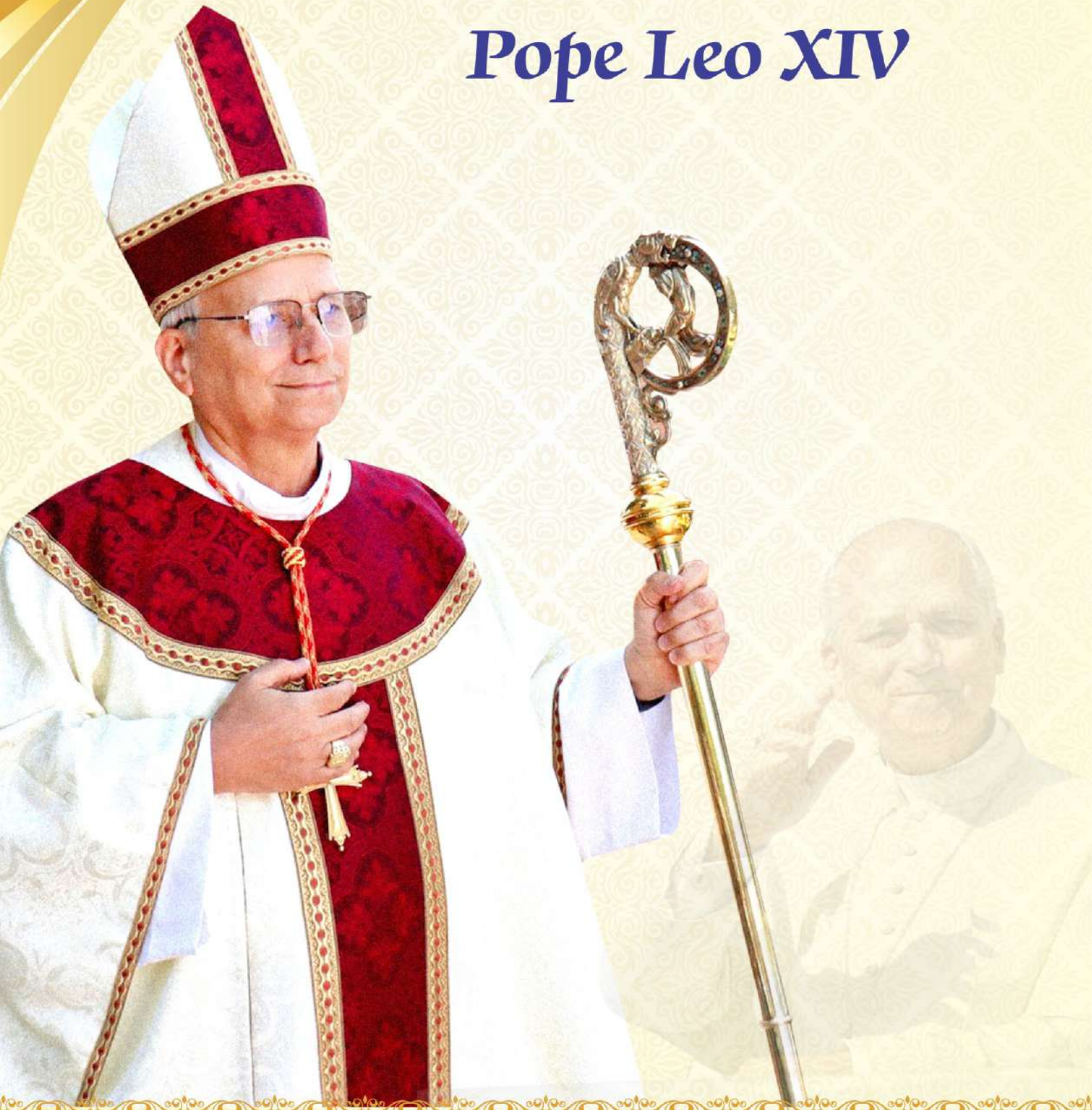
St. Jude - Our School Patron

Dear St. Jude,

**Thank you for giving us knowledge to learn and grow.
Help us understand our lessons, make good choices,
and be kind to everyone-especially our friends.
Give us hope and strength when things are hard.
Bless our teachers, families, friends, and school.**

-Amen.

His Holiness
Pope Leo XIV



Our Esteemed Founder



**Rt. Rev. Dr. Symphorian Keeprath
OFM Cap.**

ADMINISTRATION



Fr. Mathew Palachuvattil
(Director)



Sr. Jince
(Principal)



Sr. Rimpy
(Vice Principal)



Sr. Seena
(Accountant)



Sr. Clare
(Discipline Incharge)





BISHOP OF JALANDHAR

RT. REV DR. JOSE SEBASTIAN

I extend my heartfelt greetings to St Jude's Convent School, Nakodar, on the joyous occasion of its Golden Jubilee. It is a matter of great pride that a souvenir titled 'Roots to Wings' is being released to commemorate this 50-year milestone. **HEARTY CONGRATULATIONS** to the Director, the Principal, and the editorial team for their vision and dedication.

Fifty years of service in education is indeed a remarkable milestone, a testament to God's providence and the unwavering dedication of the directors, principals, teachers, and parents of students to this noble mission. St Jude's Convent School, Nakodar has been a beacon of hope and a fountain of knowledge for countless young minds over the last five decades.

Throughout these fifty years, the school has remained steadfast in its commitment to excellence in education and to character formation. The institution has nurtured generations of students, shaping them into responsible citizens who carry forward the values of integrity, compassion, and service to Society.

This Golden Jubilee is not merely a celebration of the past, but a moment to recognize the transformative impact this institution has had on the lives of students, families, and the entire community. It is a time to honour all those who have laboured with love and dedication to make St Jude's Convent School a place of learning, growth, and friendship.

As you mark this blessed jubilee, may God continue to guide and strengthen your journey. May this institution grow ever more vibrant in wisdom, grace, and collaboration in forming good citizens who will shine as lights in the world ahead. May the coming years be even more fruitful, bringing greater glory to God and service to humanity.

With prayerful wishes and blessings,

+ **Jose Sebastian**
Bishop of Jalandhar



From the Chairman's Desk

With immense gratitude to God and a heart filled with pride, I extend my warmest greetings to the entire St. Jude's Convent School family on the joyous occasion of its Golden Jubilee Celebration.

The magazine aptly titled "Roots to Wings" beautifully captures the inspiring journey of St. Jude's Convent School, Nakodar, which began its noble mission in 1976 under the visionary leadership of Rev. Fr. Mathew Nampudakam, the founding Director, and Rev. Sr. Henry FCC, the first Principal. What started as a humble institution has, over five decades, grown into a centre of academic excellence, moral integrity, and holistic formation.

A significant milestone was achieved on 22nd November 1977, when the school building with ten classrooms was solemnly blessed and inaugurated by Rt. Rev. Dr. Symphorian Keeprath, the then Bishop of Jalandhar. This marked the laying of a strong foundation rooted in faith, discipline, and service. The school reached another proud moment on 2nd March 1987, when the first batch of students appeared for the ICSE Examination, affirming its commitment to quality education. The grant of NOC by the Punjab Government on 22nd March 1990 further strengthened its standing as a reputed educational institution.

The Silver Jubilee Celebration in 2001 was a memorable chapter, commemorated through a Souvenir under the leadership of Fr. George P.M. as Director and Sr. Annie as Principal, reflecting on 25 years of dedicated service.

As we celebrate the Golden Jubilee on 13th December 2025, we pause to acknowledge with deep appreciation the tireless efforts of the management, principals, teachers, staff, parents, and students, both past and present, who have contributed to the growth and glory of this esteemed institution. St. Jude's Convent School has not only imparted knowledge but has also nurtured values, character, and responsible citizenship.

On this historic occasion, I place on record my special appreciation and heartfelt gratitude to Most Rev. Dr. Jose Sebastian, the Bishop of Jalandhar and Patron of the school, for his constant guidance and pastoral support. I also express my deep appreciation to Rev. Fr. Mathew Palachuvattil, the present Director of the school, and Rev. Sr. Jince, FCC, the present Principal, for their committed leadership, dedication, and tireless efforts in nurturing young minds and upholding the legacy of St. Jude's Convent School.

As the magazine "Roots to Wings" rightly signifies, may the institution continue to provide strong roots of faith, discipline, and values, while giving wings to generations of students to soar high in wisdom, service, and success.

May this Jubilee year be a time of thanksgiving, renewal, and renewed commitment to educational excellence. May God bless St. Jude's Convent School abundantly as it journeys forward with renewed zeal and hope.

With best wishes and blessings,

Fr. Thomas Kolenchery

Chairman

Diocesan Board of Education, Jalandhar



Deputy Commissioner Jalandhar

It gives me immense pleasure and pride to extend my warmest congratulations to St. Jude's Convent School, Nakodar, District Jalandhar on the momentous occasion of celebrating its Golden Jubilee. Completing 50 glorious years in the noble field of education is a remarkable achievement and a testament to the vision, dedication, and tireless efforts of the founders, management, teachers, staff, students and parents associated with this esteemed institution.

Over the past five decades, the school has played a vital role in shaping young minds by imparting quality education along with strong moral and ethical values. True education not only focuses on academic excellence but also nurtures character, discipline, compassion, and a sense of responsibility towards society. I am pleased to note that St. Jude's Convent School has consistently upheld these ideals in an environment where students are encouraged to develop into responsible, confident and enlightened citizens.

As rightly said by Nelson Mandela, "Education is most powerful weapon which you can use to change the world." I convey my heartfelt best wishes to the management, staff, students, alumni and parents on this joyous occasion. May the school continue to flourish and bring glory to the district and the nation.

With warm regards and best wishes for a bright and prosperous future.

Himanshu Aggarwal (IAS)

Deputy Commissioner
District Jalandhar



District Education Officer

It is a matter of great pride to congratulate St. Jude's Convent School, Nakodar on the occasion of its Golden Jubilee Celebration.

Since its establishment in 1976, the school has consistently upheld high standards of academic excellence and moral values. From the inauguration of its building in 1977 to ICSE success, NOC recognition in 1990, Silver Jubilee in 2001, and the recent ISC Affiliation (2 December 2024), each milestone reflects dedication and vision.

The theme "Roots to Wings" truly symbolizes the institution's commitment to nurturing strong foundations while empowering students to achieve great heights.

I extend my sincere appreciation to the management, staff, students, and parents for their continued efforts. Wishing the school many more years of excellence and service to society.

Heartiest congratulations on 50 glorious years.

Dr. Gurinderjeet Kaur

District Education Officer,
Jalandhar



Sub Divisional Magistrate, Nakodar

Respected Members of the Management, Principal, Staff, Students and Alumni,

It is indeed a moment of great honour and happiness to convey my warm greetings to St. Jude's Convent School, Nakodar on the celebration of its Golden Jubilee Year. Fifty years represent a journey of vision, perseverance, and dedicated service to society.

An institution that sustains excellence for half a century does so through strong leadership, committed teachers, supportive parents, and determined students. Over the years, the school has not only focused on academic achievement but has also emphasized discipline, compassion, and ethical values—qualities that shape responsible citizens and future leaders.

Education is the foundation of progress, and institutions like this play a pivotal role in strengthening our community and nation. The consistent accomplishments of the students and the reputation the school enjoys today are clear reflections of its enduring commitment to holistic development.

On this landmark occasion, I extend my sincere congratulations to everyone associated with the institution—past and present—who has contributed to this proud legacy. May the coming years bring even greater achievements and continued excellence. Wishing the school a future filled with growth, innovation, and success.

With best regards,

A handwritten signature in black ink, appearing to read 'Lal Vishwas Bains', written in a cursive style.

(Lal Vishwas Bains)
Sub Divisional Magistrate
Nakodar



From the Director's Desk

I am glad to write these few lines for “Roots to Wings” souvenir, that is being published to mark an important milestone in the trajectory of St Jude’s Convent School, Nakodar, shining in the radiance of Golden Jubilee. The growth and continuation of this school is a testimony to the presence and guidance of the Almighty in all that we undertake for the good of one another with a spirit of dedication.

The journey of this school for the past 50 years has been led and shaped by many dedicated persons who have contributed to the growth of this institution in their capacity as directors, principals, staff members, students and parents. Each of them deserves our bouquets of gratitude and appreciation as we remember them on this occasion.

The school motto ‘love, light, learn’ has been inscribed on the hearts of all who have been part of the journey of this Judean family. One can say with confidence that the school has left a legacy and has challenged and trained many minds and hearts to love, to give light and to learn.

I congratulate the editorial team for their efforts and creativity in producing a Golden Jubilee Souvenir of excellent quality. I pray that as we journey on, the school will reach yet greater heights in the years to come.

Fr. Mathew Palachuvattil
Director



From the Principal's Desk

As I stand at this precious moment in the life of our beloved institution, my heart overflows with gratitude, pride, and emotion. Today, as St. Jude's Convent School, Nakodar completes 50 glorious years, I feel as though I am holding a book filled with the memories, dreams, struggles, and triumphs of thousands of young hearts who have shaped the soul of this school.

This celebration is not just a milestone—it is a journey of love, faith, and dedication. Over five decades, our classrooms have echoed with laughter and learning, our corridors have witnessed countless tiny steps growing into confident strides, and our playgrounds have watched generations of children blossom into responsible, kind, and courageous individuals.

As I reflect on this golden journey, I think of every child who once held our hand with innocence and trust, and who now walks proudly in the world carrying the values we sowed in them. Their achievements are the shining jewels of our Golden Jubilee... and their memories are the warmth that fills our hearts today.

This moment also brings a deep sense of gratitude—for the visionaries who built the foundation of this institution, for every teacher whose devotion has shaped young lives, for every parent who believed in us, and for every staff member who silently worked behind the scenes with love and loyalty. Each one of you is a thread in this beautiful tapestry of 50 years.

As we celebrate this milestone, my prayer is that St. Jude's Convent School continues to be a home of hope, compassion, and excellence. May the flame of knowledge burn brighter. May our children continue to dream fearlessly. And may the spirit of St. Jude's—grounded in values and lifted by faith—guide us for many more decades to come.

To each member of the St. Jude's family—past and present—thank you for being a part of this unforgettable journey. This Golden Jubilee is not just our celebration... it is our shared story, our shared pride, and our shared blessing.

With heartfelt gratitude,

Sr. Jince
Principal
St. Jude's Convent School, Nakodar

Editorial

It gives me great joy to present this special edition of our school magazine 'Roots to Wings' as we celebrate the Golden Jubilee of our beloved school. Fifty years is not just a milestone—it is a journey of growth, learning, and countless memories that have shaped generations.

From our humble beginnings to becoming a center of excellence in academics, sports, and the arts, these achievements reflect the dedication of our teachers, the support of parents, and the hard work of our students. Over the years, we have shared many memorable moments that continue to live in our hearts.

This year is even more special as we welcome the first ISC batch into our new building, marking a new chapter with better facilities and opportunities for learning. We also celebrate the talents of our students, whose creativity and curiosity inspire us all.

As we honor the past, we look forward to the future—where our school continues to nurture confident, ethical, and thoughtful leaders.

To all our students, alumni, teachers, and parents, thank you for being part of this incredible journey. May this magazine be a window into the soul of our school and a reflection of the spirit that binds us all.

With warm regards and best wishes.

Mrs. Mansi Chhabra

PGT English Linguistic & Phonetics



Sub-Editorial

Step into this milestone edition of Roots to Wings! Today, St. Jude's Convent School, Nakodar, radiates with pride as we celebrate fifty years of anchoring deep, steady roots and gifting our students wings to dance across endless skies.

*Roots grip the earth so true and deep,
Wings catch the wind, their promises to keep.*

This magazine is way more than just paper and ink—it's a magic bridge from our fun today to the big dreams of our tomorrow! Flip through these pages and you'll see a huge mix of smiling faces and the super-charged energy of our journey. From the "aha!" moments of indoor discoveries and the happy shouts of outdoor games to the dazzling spotlight of our stage performances, it's all here.

Packed with bold art, science wonders, and the unstoppable heart of every student, these pages are a huge celebration of us. So, let's cheer for all the golden adventures waiting for us!

Ms. Reebika

Office Assistant, MBA



History & Legacy

St. Jude's Convent School, Nakodar, stands today as a beacon of faith, knowledge, and service. What began as a humble dream in 1976 has grown into a flourishing institution shaping thousands of young lives.

The foundation of the school was laid in 1976 under the visionary leadership of Director Rev. Fr. Mathew Nampudakam and the dedicated stewardship of the first Principal, Rev. Sr. Henry. With a small beginning but a strong mission, the school committed itself to providing quality education rooted in moral and spiritual values.

A significant milestone came on 22 November 1977, when Rt. Rev. Dr. Symphorian Keeprath, Bishop of Jalandhar, blessed and inaugurated the school building with 10 classrooms. That sacred blessing marked not just the opening of a building, but the birth of a nurturing home for learning.

The school steadily progressed in academic excellence. On 2 March 1987, the first batch of students proudly appeared for the ICSE Examination, marking the school's entry into a broader academic horizon.

Further recognition followed on 22 March 1990, when the school obtained the NOC from the Punjab Government, strengthening its official standing and commitment to structured growth.

The journey from modest beginnings to remarkable achievements was celebrated on 08 September 2001, when the school commemorated its Silver Jubilee (1976–2001). The occasion was a moment of gratitude and reflection. The Silver Jubilee Souvenir was released under the guidance of Director Fr. George P.M. and Principal Sr. Annie, capturing 25 years of dedication, perseverance, and success.

Continuing its upward stride, the school achieved another proud milestone with ISC Affiliation on 2 December 2024, expanding opportunities for higher secondary education and empowering students with broader academic choices.

Today, St. Jude's Convent School stands tall with 2262 students on roll, a living testament to its enduring commitment to holistic education — nurturing minds, building character, and inspiring dreams.

As the institution celebrated its Golden Jubilee on 13 December 2025, it reflected on fifty glorious years of transforming 'Roots' into 'Wings.' From a small institution with 10 classrooms to a thriving educational family of over two thousand students, the journey has been one of faith, vision, and relentless dedication.

The story of St. Jude's is not merely written in records and milestones — it lives in the achievements of its students, the dedication of its teachers, and the unwavering trust of parents. With gratitude for the past and hope for the future, the school continues its mission:

To nurture young hearts, enlighten young minds, and prepare responsible citizens for tomorrow.

OUR MOTTO:

LEARN, LOVE; LIGHT: Through this motto, the school proposes to enlighten the young mind in the light of the true learning, which in turn will bear fruit in loving service to God and humanity.

OUR VISION:

To produce responsible, smart and confident citizens of India who will uphold our constitution in the world.

OUR MISSION:

To mould the children into intellectually mature, morally upright, emotionally stable, spiritually inspired socially committed and patriotically devoted one.



Former Directors



**REV. FR. MATHEW
NAMPUDAKAM
(1976- 1979)**



**REV. FR. THOMAS
KALAPURA
(1979-1981)**



**REV. FR. JOSEPH
VARKEY KATTACKAL
(1981-1983 & 2010-2015)**



**REV FR. MICHAEL
ANIKUZHICKATTIL
(1983-1984)**



**REV. FR. XAVIER
THAZHATHUVEETIL
(1984 -1986)**



**REV FR. SEBASTIAN
PUTHENPURA
(1986-1990)**



**REV. FR. VARKEY
PANDIAMACKIL
(1990-1992)**



**REV. FR. EMMANUEL
YOUSAF DIWAN
(1992-1997)**



**REV. FR. GEORGE
JOSEPH
(1997-2000)**



**REV FR. GEORGE
PALLIKUNNEL
(2000-2002)**



**REV FR. CHARLES
D SOUZA
(2002-2008)**



**REV. FR. GEORGE
CHERUVIL
(2008-2010)**



**REV. FR. JOSE GEORGE
PALAKUZHA
(2015-2020)**



**REV FR. DAVIS ALAPPATT
(2020-2025)**

Former Principals



REV. SR. HENRY
(1976-1980)



REV. SR. TESSY
(1980-1983)



REV. SR. TISSIANA
(1983-1987, 1988-1989 &
1989-1995)



REV. SR. LIZA MARTIN
(1989-1989)



REV. SR. ANCILIN
(1995-2001)



REV. SR. ANNIE
(2001-2006)



REV. SR. MERLIN
(2006-2010)



REV. SR. JESLIN
(2010-2013)



REV. SR. VIJAYA
(2013-2014)



REV. SR. ELSA MARIA
(2014-2019)



REV. SR. DIVYA
(2019-2022)



REV. SR. JOLLY ALEX
(2022-2025)

ST. JUDE'S CONVENT SCHOOL NAKODAR ROLL ON HONOUR OF I.C.S.E. (1991-2025)

S. No.	YEAR	No. of Students	NAME	PERCENTAGE
1	1991	39	NAMITA SHUKLA	81.4%
2	1992	25	KIRANJIT SINGH SIDHU	89.2%
3	1993	49	NISHI SHARMA	82.6%
4	1994	28	AMARDEEP SAINI	80.4%
5	1995	42	HARPREET SINGH	84.4%
6	1996	38	NIKETA KAUL	90.6%
7	1997	60	VENKATESHWAR SAHAI	90.6%
8	1998	45	DIVYA GOEL	93.4%
9	1999	59	PUNIT KUMAR	94.2%
10	2000	71	MANPREET SINGH BHANDAL	94.8%
11	2001	71	AMAN SHARMA	87.6%
12			KIRANDEEP KHAIRA	87.6%
13	2002	71	SOURABH AGGARWAL	92.6%
14	2003	81	JASNEET KAUR	92%
15	2004	97	RADHIKA VIJ	93.6%
16	2005	103	VINI SINGH	95.6%
17	2006	95	ABHEY WASDEV	93.8%
18	2007	103	AKRITI VERMA	96%
19	2008	79	PRABHSIMRAN SINGH	92.8%
20	2009	88	JASPREET SINGH	96.8%
21	2010	88	RASHMI ARORA	94%
22			SIMRAT KAUR	94%
23	2011	87	KRITIKA	94.4%
24	2012	104	SUPAN	94%
25	2013	106	NISHTHA SARPAL	94.4%
26	2014	140	RAJDEEP KAUR	96.2%
27	2015	124	SAKSHAM PURI	96.6%
28	2016	122	JASLEEN	94%
29	2017	165	GURLEEN KAUR	96.8%
30	2018	147	VIVEK SAHOTA	93.4%
31			PRABHJOT KAUR	93.4%
32	2019	161	KIRATPREET SINGH	95.6%
33	2020	170	MANVIR KAUR	96.2%
34	2021	218	ALAN WILSON	98.6%
35	2022	258	ABHAY KUMAR SINGH	96.6%
36	2023	160	RUPINDER KAUR	98.4%
37	2024	154	SHERAL DHIR	98%
38	2025	180	JEEVANJOT KAUR	98.8%

ICSE 2025 - Topper Speak's

My Class 10 journey started with a quiet promise: "I'll give my best." Doubts crept in, but my school's supportive, disciplined environment turned pressure into motivation. I'm deeply grateful to my school management, teachers and parents. Their structured guidance and constant encouragement taught me, "Consistency and balance are the keys to success." This school doesn't just teach academics—it helped me to build my character and inspired me in all aspects. I am proud to be an alumna and sincerely wish the school continued success in shaping bright futures.



Jeevanjot Kaur
ICSE Topper 2025

ICSE TOPPERS 2021-2022



Abhay Kumar Singh
96.6%



Amrit Kaur
96%



Sharnpreet Kaur
Johal - 95.2%



Amandeep Kaur
95%



Abhay Arora
94.8%



Arshdeep Singh
94.8%



Arpita Sharma
94.6%



Chahat Jain
94.6%



Harleen Kaur
94.2%



Lovenoor Kaur
94%



Radhika Bhandari
93.6%



Avineel Kaur
93.4%



Manav Pharma
93%



Smriti Kohli
92.8%



Arika Ahir
92.6%



Aryan Sharma
92.6%



Namish Kumar
92%



Nandni Bhandari
92%



Manan Sharma
91.8%



Manneet Singh
91.6%



Jasmanpreet Kaur
91.4%



Karan Kumar Singh
91.4%



Angadbir Singh
91%



Harleen Kaur
91%



Jagmohan Kaur
90.6%



Taran Singh
90.6%



Jasleen
90.6%



Sarbjot Singh
Sandhu - 90.4%



Shaanmeet Malhi
90.4%



Harleen Kaur
90.2%

ICSE TOPPERS 2022-2023



Rupinder Kaur
98.4%



Rumi Tewari
97.8%



Rishita Mahajan
97.8%



Varunveer Singh
Dhanju - 97.4%



Manraj Singh
Sarai - 97.2%



Pragali
96.8%



Gurleen Kaur
96.6%



Briti Wadhwa
96.4%



Mansi
96.4%



Sanvi Gaba
96%



Harleen Kaur
95.8%



Jasleen Kaur
95.8%



Paavni Gupta
95.6%



Gurjot Kaur
95.4%



Savleen Khurana
95.4%



Muskan Chhabra
95.2%



Manish Kumar
95%



Nakul Gupta
95%



Rupinderdeep
Kaur 95%



Tanaya 94.6%



Amandeep Kaur
94.4%



Keerat Bhatia
94.4%



Ramanpreet
Kaur 93.6%



Gunjot Kaur
93.4%



Bhumika Mohan
93%



Tanvi Tahim
92.6%



Avneet Kaur
92%



Krishna Juneja
92%



Simranjit Kaur
91.6%



Tanav
91.6%



Mannat Luther
91.2%



Krish Tiwari
90.8%



Manjot Kaur
90.2%

ICSE TOPPERS 2023-2024



Sheral Dhir
98%



Gorish
97%



Angel Arora
95.8%



Arav Popli
95.8%



Aryan Popli
95.4%



Guranshpreet Singh
95.2%



Brij Bhushan
Kareer 94.2%



Reva
93.8%



Arpit Arora
92.6%



Ridhi
92.6%



Sunidhi
92.6%



Ushmeet Kaur
91.8%



Arshvi
91.2%



Navpreet Kaur
91%



Amanpreet Kaur
Sandhu - 90.6%



Gurvir Singh
90.2%

"Hard work beats talent when talent doesn't work hard"

ICSE TOPPERS 2024-2025



Jeevanjot Kaur
98.8%



Anandita
97.4%



Ashmeet Kaur
Takhar - 95%



Harbir Singh
94%



Pawanneet Kaur
93.4%



Parmohit Singh
93.2%



Divjot Kaur
92.6%



Jayant Wadhwa
92.4%



Jaismeen Kaur
91.6%



Saahir Singh Dhanju
91.6%



Sahibjit Singh
91.6%



Janvi
91.4%



Gurkirat Kaur
90.8%



Gurman Singh
90.6%



Archit Ohri
90%



Avneet Kaur
90%



Ganesh
Mahendru - 90%



Jagjot Kaur
90%

"Hard work beats talent when talent doesn't work hard"



ALUMINI SPEAKS

I am proud to be an alumni of St Jude's Convent School. This school has inculcated the values of discipline and hard work in me which went a long way in shaping me the person I have become. I am indebted to my teachers who have contributed in myriad ways laying a strong foundation of my future.



Dr Rana Preet Gill
(Veterinary Officer and Author)

St. Jude's Convent School, Nakodar has played a defining role in shaping not just my career, but my character. The values I carry with pride today—discipline, patriotism, compassion, and a sense of social responsibility—were carefully instilled within its walls. I remain deeply grateful to our then Principal, Sister Jeslin, and to all my respected teachers whose guidance, faith, and encouragement paved my way to this prestigious position in life. Whatever I am today is a reflection of the lessons I learnt at St. Jude's, lessons that continue to guide me every single day.



Madhav Aggarwal
(Civil Judge/Judicial Magistrate),
Karnal (Haryana)

The education imparted by Convent schools around the globe has played a pivotal role in shaping the journeys of many successful individuals. As the saying goes, "The roots of education are bitter, but the fruit is sweet." The nurturing environment and dedicated educators of Convent schools have instilled values of integrity, compassion, and excellence in countless students. I am profoundly grateful for the strong foundation laid during my formative years at St. John's School in Brunei.



Daljeet Sandhu
Director of Study Planet Education, Jalandhar, Punjab

PROFICIENCY

KINDERGARTEN 2024-2025

NURSERY ROSE



INAYAT KAUR
99.68%

NURSERY LOTUS



ANIKET NAHAR
99.47%

NURSERY ROSE



EKNOOR KAUR
CHEEMA 99.26%

LKG LOTUS



MANRAJ DHAP
99.6%

LKG DAHLIA



YASHIKA BHARTI
99.6%

LKG JASMINE



JAGRAJ SINGH
SANGHA 99.6%

LKG JASMINE



RAGHAV CHAUHAN
99.53%

LKG ROSE



MANKIRAT KAUR
99.53%

LKG LOTUS



AGGAMVEER SINGH
99.47%

LKG JASMINE



BANIKA CHOCHAN
99.47%

UKG LOTUS



SOPHIA SAHOTA
99.44%

UKG JASMINE



ADABREET KAUR
99.39%

UKG LOTUS



NIVEDITA
99.28%

UKG DAHLIA



MANREET KAUR
99.28%

"If you dream it, you can do it."

PROFICIENCY

1ST TO IX

2024-2025

1ST - JASMINE



VIHAN CHHABRA
99.57%

1ST - LOTUS



MANROOP KAUR
PADDA - 99.57%

1ST - LOTUS



VAISHNAVI KWATRA
99.57%

1ST - DAHLIA



JODH SINGH KHINDA
99.52%

1ST - DAHLIA



MAYRA MAHAJAN
99.52%

1ST - ROSE



GURASEES KAUR
99.52%

1ST - JASMINE



NAYRA
99.48%

2ND - LILY



JASHAN KUMAR DAID
99.05%

2ND - JASMINE



HARLEEN KAUR
99.05%

2ND - ROSE



GURSHAAN SINGH
99%

2ND - DAISY



PARAMVIR SINGH
BHULLAR - 99%

2ND - JASMINE



JASKIRAT KAUR
98.71%

2ND - JASMINE



JAGRAJ SINGH
98.71%

3RD - DAISY



YADHANT SHARMA
99.46%

3RD - ROSE



AARNAV CHHABRA
99.33%

3RD - JASMINE



KUMUD BAWA
99.29%

4TH - ROSE



GURMAN KAUR PADMA
98.79%

PROFICIENCY

1ST TO IX

2024-2025

4TH - LILY



KESHAV SHARMA
98.67%

4TH - JASMINE



NAKSH JARWANA
98.5%

5TH - LILY



NIRGUN
99.29%

5TH - JASMINE



GURNAZ KAUR TAKHAR
99.17%

5TH - ROSE



AGAMNOOR KAUR
98.96%

6TH - LILY



AARAV TANDON
98.15%

6TH - ROSE



LOVISH BHALLA
97.85%

6TH - LOTUS



**GAURANSH SINGH
PATYAL - 97.67%**

7TH - DAISY



DILPREET SINGH
98.21%

7TH - JASMINE



JASLEEN KAUR
97.7%

7TH - DAISY



DIVYA GUPTA
97.64%

8TH - JASMINE



SEHAJPREET KAUR
98.27%

8TH - JASMINE



JASMEEN KAUR
96.79%

8TH - ROSE



JIYA
96.67%

9TH - LOTUS



KARANVIR SINGH
98.76%

9TH - LOTUS



MANIK DHIR
98.39%

9TH - LOTUS



**INDERPREET SINGH
SANDHU - 98.12%**

PROFICIENCY



KINDERGARTEN 2025-2026

NURSERY - JASMINE



MAYRA BHAGAT
99.81%

NURSERY - ROSE



VIVAAN SINGH
99.81%

NURSERY - DAISY



BIANCA DHAWAN
99.81%

NURSERY - DAISY



DIVJOT
99.81%

NURSERY - LILY



AYAAN SINGH
99.71%

NURSERY - JASMINE



SHIVANSH POPLI
99.71%

NURSERY - ROSE



SEJAL SHARMA
99.71%

NURSERY - JASMINE



PARVAAN KAUR
99.62%

LKG - ROSE



INAYAT KAUR
99.6%

LKG - LILY



GURSHABAD SINGH SIDHU
99.53%

LKG - ROSE



HANEET KAUR
99.53%

LKG - ROSE



JUJHAR SINGH
99.4%

LKG - LILY



KRITIKA PRASHAR
99.4%

UKG - DAISY



JIA TANDON
99.33%

UKG - JASMINE



KHIANSH TAKIAR
99.33%

UKG - LILY



HARNAIT GILL
99.33%

UKG - JASMINE



RAGHAV CHAUHAN
99.28%

UKG - JASMINE



BANIKA CHOHAN
99.22%

PROFICIENCY

1ST TO XI

2025-2026

1ST - DAISY



VEERA
99.24%

1ST - ROSE



ARZOYI KAUR
99.14%

1ST - ROSE



SANAYA
99.1%

1ST - LILY



SAVREEN KAUR
99.1%

2ND - LILY



MANROOP KAUR PADMA
99.48%

2ND - LILY



ARNAV PURI
99.38%

2ND - ROSE



HARLEEN KAUR
99.29%

3RD - ROSE



GURSHAAN SINGH
98.71%

3RD - JASMINE



JASKIRAT KAUR
98.71%

3RD - LILY



JASHAN KUMAR
DAID - 98.08%

3RD - LILY



NARAYAN KUMAR
97.62%

4TH - ROSE



AARNAV CHHABRA
99.17%

4TH - ROSE



AIMANDEEP KAUR
98.96%

4TH - JASMINE



KUMUD BAWA
98.96%

4TH - JASMINE



MANREET KAUR
98.92%

5TH - ROSE



GURMAN KAUR PADMA
99.29%

"What you do today can improve all your tomorrows."

PROFICIENCY

1ST TO IX

2025-2026

5TH - ROSE



ADITYA KUMAR
98.88%

5TH - JASMINE



AVNEET KAUR
98.79%

6TH - LILY



NIRGUN
98.7%

6TH - JASMINE



GURNAZ KAUR TAKHAR
98.03%

6TH - LILY



PRABHVEER SINGH
97.21%

7TH - LILY



AARAV TANDON
98.73%

7TH - LILY



HARLEEN KAUR
98.06%

7TH - LILY



HARTEJPARTAP SINGH
97%

8TH - DAISY



DIVYA GUPTA
98.3%

8TH - JASMINE



JASLEEN KAUR
97.64%

8TH - DAISY



DILPREET SINGH
95.97%

9TH JASMINE



SEHAJPREET KAUR
97.94%

IX - LILY



PRABHDEEP KAUR
95.03%

9TH - ROSE



KRISHNA CHAUHAN
93.48%

XI - MEDICAL



JEEVANJOT KAUR
95.44%

XI - MEDICAL



ASHMEET KAUR
TAKHAR - 92.5%

XI-COMMERCE-DAISY



AVNEET KAUR
91.94%

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Divyanshu Kumar Roy



Manroop Kaur Johal



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Gurtaj Singh Sandhu



Hartej Partap Singh



MANINDER SINGH



NITIKA MEHRA



PRATEEK SINGH



JASMEEN KAUR



SIRATPREET KAUR



PRABHVEER SINGH



SEHTAJ SINGH



GURSHAN SINGH



SOF



SOF



ALLEN'S



SOF

ਸਾਡਾ ਸੁਪਨਾ

ਦੁਨੀਆ ਵਿੱਚ ਸ਼ਾਂਤੀ ਸਥਾਪਿਤ ਕਰਨਾ ਹਰ ਇੱਕ ਦਾ ਸੁਪਨਾ ਹੈ। ਪਰ ਸ਼ਾਂਤੀ ਸਥਾਪਿਤ ਕਰਨਾ ਅਸਾਨ ਨਹੀਂ ਹੈ, ਇਸ ਦੇ ਲਈ ਸਾਨੂੰ ਸਖ਼ਤ ਮਿਹਨਤ ਤੇ ਲਗਨ ਨਾਲ ਕੰਮ ਕਰਨਾ ਹੋਵੇਗਾ। ਸ਼ਾਂਤੀ ਸਥਾਪਿਤ ਕਰਨ ਦੇ ਲਈ ਸਾਨੂੰ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਆਪਣੇ ਅੰਦਰ ਦੀ ਹਿੰਸਾ ਨੂੰ ਦੂਰ ਕਰਨਾ ਹੋਵੇਗਾ, ਜਦੋਂ ਸਾਡੇ ਅੰਦਰ ਸ਼ਾਂਤੀ ਹੋਵੇਗੀ ਤਾਂ ਹੀ ਅਸੀਂ ਦੁਨੀਆ ਵਿੱਚ ਸ਼ਾਂਤੀ ਸਥਾਪਿਤ ਕਰ ਸਕਦੇ ਹਾਂ। ਹਿੰਸਾ ਕਿਸੇ ਵੀ ਸਮੱਸਿਆ ਦਾ ਹੱਲ ਨਹੀਂ ਹੈ। ਹਿੰਸਾ ਨਾਲ ਸਮੱਸਿਆਵਾਂ ਵੱਧਦੀਆਂ ਹੀ ਹਨ। ਹਿੰਸਾ ਨਾਲ ਬੇਦੋਸ਼ੇ ਲੋਕਾਂ ਦੀਆਂ ਜਾਨਾਂ ਜਾਂਦੀਆਂ ਹਨ। ਹਿੰਸਾ ਦੇ ਨਾਲ ਘਰਾਂ ਦੇ ਘਰ ਉੱਜੜ ਜਾਂਦੇ ਹਨ। ਇਸ ਲਈ ਸਾਨੂੰ ਹਿੰਸਾ ਦਾ ਤਿਆਗ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ ਤੇ ਸ਼ਾਂਤੀ ਦਾ ਰਾਹ ਅਪਣਾਉਣਾ ਚਾਹੀਦਾ ਹੈ। ਸ਼ਾਂਤੀ ਦਾ ਰਸਤਾ ਹਮੇਸ਼ਾ ਔਖਾ ਹੁੰਦਾ ਹੈ, ਪਰ ਸਾਨੂੰ ਹਿੰਮਤ ਨਹੀਂ ਹਾਰਨੀ ਚਾਹੀਦੀ। ਸਾਨੂੰ ਲਗਾਤਾਰ ਸ਼ਾਂਤੀ ਬਣਾਏ ਰੱਖਣ ਲਈ ਕੋਸ਼ਿਸ਼ਾਂ ਕਰਨੀਆਂ ਚਾਹੀਦੀਆਂ ਹਨ ਅਤੇ ਸ਼ਾਂਤੀ ਬਣਾਉਣ ਲਈ ਸਾਨੂੰ ਆਪਣੇ ਵਿਚਾਰਾਂ ਨੂੰ ਬਦਲਣਾ ਪਵੇਗਾ। ਸ਼ਾਂਤੀ ਸਥਾਪਿਤ ਕਰਨ ਲਈ ਸਾਨੂੰ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਆਪਣੇ ਘਰ ਤੋਂ ਸ਼ੁਰੂਆਤ ਕਰਨੀ ਪਵੇਗੀ। ਜੇਕਰ ਅਸੀਂ ਆਪਣੇ ਘਰ ਵਿੱਚ ਸ਼ਾਂਤੀ ਸਥਾਪਿਤ ਕਰ ਪਾਵਾਂਗੇ ਤਾਂ ਹੀ ਅਸੀਂ ਸਮਾਜ ਨੂੰ ਸ਼ਾਂਤ ਕਰ ਪਾਵਾਂਗੇ।

ਗਰੀਬੀ ਹਿੰਸਾ ਦਾ ਮੁੱਖ ਕਾਰਨ ਹੈ। ਇਸ ਲਈ ਸ਼ਾਂਤੀ ਸਥਾਪਿਤ ਕਰਨ ਲਈ ਸਾਨੂੰ ਗਰੀਬੀ ਨੂੰ ਦੂਰ ਕਰਨਾ ਪਵੇਗਾ। ਧਰਮ ਤੇ ਜਾਤੀਆਂ ਦੇ ਅਧਾਰ ਤੇ ਭੇਦ-ਭਾਵ ਖ਼ਤਮ ਕਰਨਾ ਪਵੇਗਾ। ਧਰਮ ਤੇ ਜਾਤੀ ਦੇ ਅਧਾਰ ਤੇ ਕੀਤਾ ਗਿਆ ਭੇਦ-ਭਾਵ ਵੀ ਹਿੰਸਾ ਦਾ ਇੱਕ ਵੱਡਾ ਕਾਰਨ ਹੈ। ਸ਼ਾਂਤੀ ਬਣਾਉਣਾ ਇੱਕ ਮੁਸ਼ਕਿਲ ਕੰਮ ਹੈ, ਪਰ ਇਹ ਨਾਮੁਮਕਿਨ ਕੰਮ ਨਹੀਂ ਹੈ। ਜੇਕਰ ਆਪਾਂ ਸਾਰੇ ਰਲ-ਮਿਲ ਕੇ ਕੋਸ਼ਿਸ਼ ਕਰਾਂਗੇ ਤਾਂ ਦੁਨੀਆ ਵਿੱਚ ਸ਼ਾਂਤੀ ਸਥਾਪਿਤ ਕਰ ਸਕਦੇ ਹਾਂ। ਸ਼ਾਂਤੀ ਸਥਾਪਿਤ ਕਰਨ ਦੇ ਲਈ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਆਪਣੇ ਅੰਦਰ ਦੀ ਹਿੰਸਾ ਦੂਰ ਕਰਨੀ ਹੋਵੇਗੀ। ਜਦੋਂ ਸਾਡੇ ਅੰਦਰ ਸ਼ਾਂਤੀ ਹੋਵੇਗੀ ਤਾਂ ਅਸੀਂ ਦੁਨੀਆ ਵਿੱਚ ਸ਼ਾਂਤੀ ਸਥਾਪਿਤ ਕਰ ਸਕਦੇ ਹਾਂ।

"ਆਉ ਮਿਲ ਕੇ ਕਦਮ ਵਧਾਈਏ, ਵਿਸ਼ਵਸ਼ਾਂਤੀ ਦਾ ਝੰਡਾ ਲਹਿਰਾਈਏ, ਆਪਣਾ ਸੁਪਨਾ ਸਾਕਾਰ ਬਣਾਈਏ।"



Harnoor Kaur
IX Daisy



ਚੰਗੀਆਂ ਆਦਤਾਂ

ਚੰਗੀਆਂ ਆਦਤਾਂ ਬੱਚਿਆਂ ਦੀ ਸਿਹਤ ਅਤੇ ਵਿਕਾਸ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਭੂਮਿਕਾ ਨਿਭਾਉਂਦੀਆਂ ਹਨ। ਇਸ ਵਿੱਚ ਮਾਤਾ-ਪਿਤਾ ਅਤੇ ਅਧਿਆਪਕ ਉਹਨਾਂ ਦੀ ਮਦਦ ਕਰਦੇ ਹਨ ਅਤੇ ਗਲਤ ਆਦਤਾਂ ਤੋਂ ਬਚਣ ਦੀ ਸਿੱਖਿਆ ਦਿੰਦੇ ਹਨ। ਗਲਤ ਆਦਤਾਂ ਅਪਣਾਉਣ ਨਾਲ ਸਰੀਰਕ ਸ਼ਕਤੀ ਅਤੇ ਮਿਹਨਤ ਦੀ ਸਮਰੱਥਾ ਘਟ ਜਾਂਦੀ ਹੈ। ਮੇਰੇ ਦਾਦਾ ਜੀ ਕਹਿੰਦੇ ਸਨ:

"ਸਿਆਣੇ ਦਾ ਆਖਿਆ, ਔਲੇ ਦਾ ਖਾਧਾ।"

ਇਸ ਦਾ ਅਰਥ ਬਾਅਦ ਵਿੱਚ ਸਮਝ ਆਉਂਦਾ ਹੈ।

ਅੱਜ ਅਸੀਂ ਚੰਗੀਆਂ ਆਦਤਾਂ ਦੀ ਗੱਲ ਕਰਾਂਗੇ:

1. ਸਵੇਰੇ ਜਲਦੀ ਉਠਣਾ - ਨਹਾਉਣਾ, ਪੂਜਾ ਕਰਨਾ ਅਤੇ ਸਮੇਂ ਸਿਰ ਸਕੂਲ ਜਾਣਾ।
2. ਸਵੇਰ ਦਾ ਭੋਜਨ - ਇਹ ਸਾਨੂੰ ਦਿਮਾਗੀ ਤਾਕਤ ਅਤੇ ਪੜ੍ਹਨ ਦੀ ਸਮਰੱਥਾ ਦਿੰਦਾ ਹੈ।
3. ਮੋਬਾਈਲ ਫੋਨ ਦੀ ਘੱਟ ਵਰਤੋਂ - ਕਿਉਂਕਿ ਇਹ ਅੱਖਾਂ ਅਤੇ ਸਰੀਰ ਦੇ ਹੋਰ ਭਾਗਾਂ ਤੇ ਪ੍ਰਭਾਵ ਪਾਉਂਦਾ ਹੈ।
4. ਸਾਫ਼-ਸੁਥਰਾ ਰਹਿਣਾ - ਕੂੜਾ ਸਿਰਫ਼ ਕੂੜੇਦਾਨ ਵਿੱਚ ਸੁਟਣਾ, ਬਜ਼ੁਰਗਾਂ ਦੀ ਮਦਦ ਕਰਨੀ ਅਤੇ ਆਪਣਾ ਕੰਮ ਆਪਣੇ ਹੱਥੀ ਕਰਨਾ।
5. ਭੋਜਨ - ਬਾਹਰਲੇ ਖਾਣੇ ਤੋਂ ਗੁਰੇਜ਼ ਕਰਨਾ ਅਤੇ ਘਰ ਦਾ ਭੋਜਨ ਖਾਣਾ।
6. ਪੜ੍ਹਾਈ ਅਤੇ ਘਰ ਦੇ ਕੰਮ - ਸਕੂਲ ਦਾ ਕੰਮ ਅਤੇ ਘਰ ਦੇ ਕੰਮ ਹਰ ਰੋਜ਼ ਕਰਨਾ।
7. ਸਨਮਾਨ ਅਤੇ ਸਚਾਈ - ਅਧਿਆਪਕਾਂ, ਮਾਤਾ-ਪਿਤਾ ਅਤੇ ਬਜ਼ੁਰਗਾਂ ਦਾ ਸਤਿਕਾਰ ਕਰਨਾ ਅਤੇ ਬੁਰਾਈ ਤੋਂ ਦੂਰ ਰਹਿਣਾ।

ਆਓ, ਸਾਰੇ ਅਸੀਂ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਚੰਗੀਆਂ ਆਦਤਾਂ ਅਪਣਾਈਏ ਅਤੇ ਆਪਣੇ ਜੀਵਨ ਨੂੰ ਸਫਲ ਬਣਾਈਏ।



Prateek Singh
VII Daisy





ਮਾਂ ਦਾ ਪਿਆਰ

ਸੱਚ ਪੁੱਛੋ ਤਾਂ ਇਸ ਔਲਾਦ ਪਿੱਛੇ,
ਲੱਖਾਂ ਮਨ ਵਿਚ ਮੰਨਤਾ ਧਾਰਦੀ ਮਾਂ।
ਮੁੜ-ਮੁੜ ਵੇਖਦੀ, ਲਾਡ-ਪਿਆਰ ਕਰਦੀ,
ਚੁੰਮ-ਚੁੱਟ ਕਲੇਜੇ ਨੂੰ ਠਾਰਦੀ ਮਾਂ।

ਰੀਝਾਂ - ਸੱਧਰਾਂ ਨਾਲ ਉਹ ਪਾਲਦੀ ਏ,
ਸਿਰ 'ਤੇ ਔਕੜਾਂ ਲੱਖ ਸਹਾਰਦੀ ਮਾਂ।
ਕਦੇ ਅੱਕਦੀ, ਥੱਕਦੀ ਮੂੱਲ ਨਹੀਂ,
ਦੁੱਖ ਸਹਿਣ ਤੋਂ ਕਦੇ ਨਾ ਹਾਰਦੀ ਮਾਂ।
ਦੇ ਦੇ ਲੋਰੀਆਂ, ਬੱਚਾ ਖਿਲਾਉਂਦੀ ਏ।



Salina
VI Jasmine

ਕੀ ਤੁਸੀਂ ਜਾਣਦੇ ਹੋ?

- ਵਿਸ਼ਵ ਦੀ ਕਿਹੜੀ ਝੀਲ ਹੈ ਜੋ 12 ਸਾਲਾਂ ਬਾਅਦ ਮਿੱਠੇ ਤੋਂ ਖਾਰੇ ਜਲ ਵਿੱਚ ਪਰਿਵਰਤਿਤ ਹੁੰਦੀ ਰਹਿੰਦੀ ਹੈ?
- ਤਿੱਬਤ ਦੀ ਉਤਰਸੋ ਝੀਲ।
- ਵਿਸ਼ਵ ਦੀ ਕਿਹੜੀ ਪਹਾੜੀ ਹੈ ਜੋ ਪ੍ਰਤੀ ਦਿਨ ਆਪਣਾ ਰੰਗ ਬਦਲਦੀ ਹੈ?
- ਦੱਖਣੀ ਆਸਟਰੇਲੀਆ ਵਿੱਚ ਆਇਰਸ ਰਾਕ।
- ਵਿਸ਼ਵ ਦੀ ਕਿਹੜੀ ਨਦੀ ਹੈ ਜਿਸ ਵਿੱਚ ਮੱਛੀਆਂ ਨਹੀਂ ਪਾਈਆਂ ਜਾਂਦੀਆਂ?
- ਜਾਰਡਨ ਨਦੀ।
- ਵਿਸ਼ਵ ਦਾ ਕਿਹੜਾ ਦੇਸ਼ ਹੈ ਜੋ ਕਦੇ ਗੁਲਾਮ ਨਹੀਂ ਹੋਇਆ?
- ਨੇਪਾਲ।
- ਕਿਸ ਦੇਸ਼ ਦੇ ਲੋਕ ਸਾਂਝ ਨਾਲ ਲੜਦੇ ਹਨ?
- ਸਪੇਨ ਦੇ।
- ਭਾਰਤ ਦੇ ਕਿਸ ਸ਼ਹਿਰ ਨੂੰ ਬਾਗਾਂ ਦਾ ਸ਼ਹਿਰ ਕਿਹਾ ਜਾਂਦਾ ਹੈ?
- ਬੈਂਗਲੁਰੂ (ਬੈਂਗਲੌਰ)।
- 'ਸਹੇਲੀਆਂ ਦੀ ਬਾੜੀ' ਨਾਮ ਦਾ ਬਾਗ ਕਿਸ ਸ਼ਹਿਰ ਵਿੱਚ ਹੈ?
- ਉਦੈਪੁਰ।
- ਭਾਰਤ ਵਿੱਚ ਬਣੀ 'ਗਾਂਧੀ' ਫਿਲਮ ਵਿੱਚ ਮਹਾਤਮਾ ਗਾਂਧੀ ਦਾ ਕਿਰਦਾਰ ਨਿਭਾਉਣ ਵਾਲੇ ਨਾਇਕ ਦਾ ਕੀ ਨਾਮ ਹੈ?
- ਬੇਨ ਕਿੰਗਸਲੇ।



Harleen Kaur
VII Lily

ਸੋਹਣੇ ਸੋਹਣੇ ਰੁੱਖ

ਦੁੱਖਾਂ ਵਾਲਾ ਮਨ 'ਚੋਂ ਜੰਜਾਲ ਟੁੱਟਿਆ,
ਰੁੱਖਾਂ ਵੱਲ ਦੇਖ ਕੇ ਖਿਆਲ ਉੱਠਿਆ,
ਭਾਗਾਂ ਵਾਲੀ ਮਾਂ ਦੇ ਉਹ ਜਾਏ ਹੋਣਗੇ,
ਸੋਹਣੇ ਸੋਹਣੇ ਰੁੱਖ ਜਿੰਨ੍ਹਾਂ ਲਾਏ ਹੋਣਗੇ।

ਟੇਆ ਪੁੱਟ ਪੌਦਾ ਜਦੋਂ ਲਾਇਆ ਹੋਵੇਗਾ,
ਚਾਵਾਂ ਨਾਲ ਪਾਣੀ ਜਦੋਂ ਪਾਇਆ ਹੋਵੇਗਾ,
ਗੀਤ ਉਹ ਪਰਿੰਦਿਆ ਨੇ ਗਾਏ ਹੋਣਗੇ,
ਭਾਗਾਂ ਵਾਲੀ ਮਾਂ ਦੇ ਉਹ ਜਾਏ ਹੋਣਗੇ,
ਸੋਹਣੇ ਸੋਹਣੇ ਰੁੱਖ ਜਿੰਨ੍ਹਾਂ ਲਾਏ ਹੋਣਗੇ।

ਉਹਨਾਂ ਦੀ ਨਿਸ਼ਾਨੀ ਸਦਾ ਯਾਦ ਰਹੇਗੀ,
ਮੌਤ ਪਿੱਛੋਂ ਦੁਨੀਆਂ ਆਬਾਦ ਰਹੇਗੀ,
ਜੱਗ ਤੋਂ ਉਹ ਕਦੇ ਨਾ ਪਰਾਏ ਹੋਣਗੇ,
ਸੋਹਣੇ ਸੋਹਣੇ ਰੁੱਖ ਜਿੰਨ੍ਹਾਂ ਲਾਏ ਹੋਣਗੇ।

ਰੁੱਖਾਂ ਨਾਲ ਰਿਸ਼ਤੇ ਯੁਗਾਂ ਤੋਂ ਪੱਕੇ ਨੇ,
ਕਦੇ ਜਾਪੇ ਵੀਰ, ਚਾਚੇ, ਤਾਏ ਹੋਣਗੇ।
ਸੋਹਣੇ ਸੋਹਣੇ ਰੁੱਖ ਜਿੰਨ੍ਹਾਂ ਲਾਏ ਹੋਣਗੇ।
ਭਾਗਾਂ ਵਾਲੀ ਮਾਂ ਦੇ ਉਹ ਜਾਏ ਹੋਣਗੇ।



Simrat XI
Medical

ਔਰਤ

ਮੈਂ ਔਰਤ ਦੀ ਕੀ ਸਿਫਤ ਕਰਾਂ ।
ਇਨਸਾਨ ਖੁਦ ਔਰਤ ਦਾ ਹੀ ਜਾਇਆ ਹੈ।
ਮੈਂ ਮਾਂ ਨੂੰ ਆਪਣੀ ਰੂਹ ਵਿੱਚੋਂ ਵੇਖਿਆ,
ਹਰ ਵਾਰ ਹੀ ਰੱਬ ਨੂੰ ਪਾਇਆ ਹੈ।

ਇੱਕ ਔਰਤ ਮੇਰੀ ਦਾਦੀ -ਮਾਂ,
ਜਿਸ ਕਰਕੇ ਮੇਰੇ ਬਾਪ ਦੀ
ਮੇਰੇ ਸਿਰ ਤੇ ਛਾਇਆ ਹੈ।
ਮੈਂ ਬੈਠਾ ਉਸ ਦੇ ਮੋਢੇ ਤੇ,
ਝੁਟਾ ਕੁੱਲ ਜਹਾਨ ਦਾ ਪਾਇਆ ਹੈ।

ਇੱਕ ਔਰਤ ਮੇਰੀ ਭੈਣ ਵੱਡੀ,
ਜਿਸ ਨਾਲ ਬਚਪਨ ਲੰਘਾਇਆ ਹੈ।
ਹਰ ਘਰ ਵਿੱਚ ਔਰਤ ਹੁੰਦੀ ਹੈ,
ਔਰਤ ਹਰ ਘਰ ਦਾ ਸਰਮਾਇਆ ਹੈ।
ਫਿਰ ਪਤਾ ਨਹੀਂ ਦੁਨੀਆ ਨੇ,
ਕਿਉਂ ਧੀ ਨੂੰ ਮਾੜਾ ਬਣਾਇਆ ਹੈ।



Nitika Mehra
VI Daisy

ਜ਼ਿੰਦਗੀ ਜੀਣ ਤੇ ਲੰਘਾਉਣ ਵਿੱਚ ਫਰਕ

“ਤੰਦਾਂ ਬਥੇਰੇ ਵਾਰ ਟੁੱਟ ਜਾਂਦੀਆਂ ਨੇ, ਪਰ ਟੁੱਟ ਕੇ ਜੁੜਨ ਵਾਲੀਆਂ ਵਿਰਲੀਆਂ ਤੰਦਾਂ ਤੇ ਖੇਸ ਬੁਣੇ ਜਾਂਦੇ ਹਨ, ਜਿਨ੍ਹਾਂ ਦਾ ਨਿੱਘ ਉਮਰ ਭਰ ਰਹਿੰਦਾ ਹੈ।”

ਜ਼ਿੰਦਗੀ ਇੱਕ ਦਰਿਆ ਵਾਂਗ ਹੈ—ਕੁਝ ਲੋਕ ਉਸਦੇ ਕੰਢੇ ਤੇ ਖੜ੍ਹੇ ਰਹਿ ਕੇ ਪਾਣੀ ਨੂੰ ਲੰਘਦਾ ਦੇਖਦੇ ਹਨ, ਤੇ ਕੁਝ ਇਸ ਵਿੱਚ ਉਤਰ ਕੇ ਤੈਰਨਾ ਸਿੱਖ ਲੈਂਦੇ ਹਨ। ਕੁਝ ਲੋਕ ਜ਼ਿੰਦਗੀ ਨੂੰ ਸਿਰਫ਼ ਲੰਘਾਉਂਦੇ ਹਨ, ਜਦਕਿ ਕੁਝ ਇਸਨੂੰ ਪੂਰੇ ਮਨ ਨਾਲ ਜਿਊਂਦੇ ਹਨ।

ਜ਼ਿੰਦਗੀ ਲੰਘਾਉਣ ਦਾ ਮਤਲਬ ਹੈ ਕਿ ਜ਼ਿੰਦਗੀ ਨੂੰ ਪੂਰੀ ਸਮਰੱਥਾ ਅਨੁਸਾਰ ਨਹੀਂ ਜਿਊਣਾ। ਰੋਜ਼ਮਰਾ ਦੇ ਕੰਮਾਂ ਵਿੱਚ ਰੁੱਝੇ ਲੋਕ ਅਕਸਰ ਜ਼ਿੰਦਗੀ ਨੂੰ ਜਿਊਣਾ ਭੁੱਲ ਜਾਂਦੇ ਹਨ। ਦੁਨਿਆਵੀ ਚੀਜ਼ਾਂ ਦੀ ਪ੍ਰਾਪਤੀ ਦੀ ਚਿੰਤਾ ਵਿੱਚ, ਉਹ ਰੱਬ ਦੇ ਦਿੱਤੇ ਹੋਏ ਅਨਮੋਲ ਤੋਹਫ਼ੇ, ਜ਼ਿੰਦਗੀ, ਨੂੰ ਨਜ਼ਰਅੰਦਾਜ਼ ਕਰ ਦਿੰਦੇ ਹਨ ਅਤੇ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਨੂੰ ਸਹੀ ਢੰਗ ਨਾਲ ਨਹੀਂ ਬਤੀਤ ਕਰਦੇ।

ਜਿਹੜੇ ਲੋਕ ਜ਼ਿੰਦਗੀ ਜਿਊਣ ਦੀ ਬਜਾਏ ਸਿਰਫ਼ ਲੰਘਾਉਂਦੇ ਹਨ, ਉਹਨਾਂ ਦੀ ਜ਼ਿੰਦਗੀ ਉਸ ਕਿਸ਼ਤੀ ਵਾਂਗ ਹੁੰਦੀ ਹੈ ਜੋ ਬਿਨਾਂ ਕਿਸੇ ਦਿਸ਼ਾ ਦੇ ਸਮੁੰਦਰ ਵਿੱਚ ਭਟਕ ਰਹੀ ਹੋਵੇ। ਉਹ ਕਿਸ਼ਤੀ ਕਦੇ ਕਿਸੇ ਕਿਨਾਰੇ ਤੱਕ ਨਹੀਂ ਪਹੁੰਚਦੀ ਕਿਉਂਕਿ ਉਸਨੂੰ ਪਤਾ ਹੀ ਨਹੀਂ ਹੁੰਦਾ ਕਿ ਕਿਹੜੀ ਦਿਸ਼ਾ ਵੱਲ ਜਾਣਾ ਹੈ। ਇਸੇ ਹੀ ਤਰ੍ਹਾਂ ਉਹ ਲੋਕਾਂ ਦੀ ਜ਼ਿੰਦਗੀ ਹੈ ਜਿਨ੍ਹਾਂ ਦਾ ਕੋਈ ਮਕਸਦ ਜਾਂ ਉਦੇਸ਼ ਨਹੀਂ ਹੁੰਦਾ।

ਦੂਜੇ ਪਾਸੇ, ਜ਼ਿੰਦਗੀ ਜੀਣ ਦਾ ਮਤਲਬ ਹੈ ਹਰ ਪਲ ਨੂੰ ਮਹੱਤਵ ਦੇਣਾ, ਹਰ ਪਲ ਨੂੰ ਆਖਰੀ ਪਲ ਵਾਂਗ ਜੀਣਾ ਅਤੇ ਮਿਲੇ ਹੋਏ ਜੀਵਨ ਦੀ ਕਦਰ ਕਰਨੀ। ਇਸਦਾ ਮਤਲਬ ਹੈ ਆਪਣੀਆਂ ਖੁਸ਼ੀਆਂ, ਦੁੱਖਾਂ, ਗਲਤੀਆਂ ਨੂੰ ਸਵੀਕਾਰ ਕਰਨਾ, ਆਪਣੇ ਲਕਸ਼ਾਂ ਲਈ ਸੰਘਰਸ਼ ਕਰਨਾ ਅਤੇ ਹਰ ਰੋਜ਼ ਖੁਦ ਨੂੰ ਬਿਹਤਰ ਬਣਾਉਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਨੀ।

ਜ਼ਿੰਦਗੀ ਜੀਣ ਵਾਲੇ ਮਨੁੱਖ ਨੂੰ ਆਪਣਾ ਮਕਸਦ ਪਤਾ ਹੁੰਦਾ ਹੈ—ਉਹ ਜਾਣਦਾ ਹੈ ਕਿ ਉਸਨੇ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਕੀ ਹਾਸਲ ਕਰਨਾ ਹੈ ਅਤੇ ਇਸਨੂੰ ਸਹੀ ਢੰਗ ਨਾਲ ਕਿਵੇਂ ਬਤੀਤ ਕਰਨਾ ਹੈ। ਉਹ ਮੁਸ਼ਕਲਾਂ ਅਤੇ ਹਾਰਾਂ ਤੋਂ ਡਰਦੇ ਨਹੀਂ, ਸਗੋਂ ਉਨ੍ਹਾਂ ਨੂੰ ਸਿੱਖਣ ਦਾ ਮੌਕਾ ਸਮਝਦੇ ਹਨ। ਉਹ ਹਰ ਦਿਨ ਨੂੰ ਨਵੀਂ ਉਮੀਦ ਨਾਲ ਸ਼ੁਰੂ ਕਰਦੇ ਹਨ ਅਤੇ ਸਦਾ ਸਕਾਰਾਤਮਕ ਰਹਿੰਦੇ ਹਨ।

Harbir Singh
XI (Medical)



ਬੁੱਝੇ ਤਾਂ ਜਾਣੀਏ

1. ਹਾਥੀ, ਘੋੜਾ, ਊਠ ਨਹੀਂ, ਖਾਵੇ ਨਾ ਦਾਣਾ, ਨਾ ਘਾਹ; ਸਦਾ ਹਵਾ 'ਤੇ ਜੀਵੇ, ਹੋਵੇ ਨਾ ਕਦੇ ਉਦਾਸ।
2. ਵੀਹਾਂ ਦਾ ਸਿਰ ਕੱਟ ਲਿਆ, ਪਰ ਨਾ ਮਾਰਿਆ, ਨਾ ਖੂਨ ਕੀਤਾ।
3. ਦੋ ਸਰਕਾਰ ਦੀਆਂ, ਦੋ ਪਾਰ ਦੀਆਂ, ਧੀਆਂ ਸਾਹੂਕਾਰ ਦੀਆਂ; ਬਾਗਾਂ ਵਿੱਚ ਕਸੀਦਾ ਕੱਢਣ, ਆਉਂਦੇ ਜਾਂਦੇ ਨੂੰ ਮਾਰਦੀਆਂ।
4. ਡੁੱਬੀ ਮੇਰੀ ਬੱਕਰੀ, ਡੁੱਬੀ ਉਹਦੀ ਛਾਂ; ਚੱਲ ਮੇਰੀ ਬੱਕਰੀ, ਕੱਲੁ ਵਾਲੀ ਥਾਂ।
5. ਠੰਡਾ ਪਾਣੀ, ਤੱਤਾ ਪਾਣੀ, ਵਿੱਚ ਡੁੱਬ ਗਈ ਕੋਇਲ ਰਾਣੀ।
6. ਨਿੱਕੀ ਜਿਹੀ ਕੁੜੀ, ਲੈ ਪਰਾਂਦਾ ਤੁਰੀ।
7. ਹੇਠਾਂ ਮਿੱਟੀ ਦਾ ਮਝੈਲ, ਉੱਤੇ ਲੋਹੇ ਦਾ ਪਸੇਲ, ਉੱਤੇ ਗੁਦਗੁਦੀਆਂ।
8. ਬਾਹਰੋਂ ਆਇਆ ਬਾਬਾ ਲਸ਼ਕਰੀ, ਜਾਂਦਾ ਜਾਂਦਾ ਕਰ ਗਿਆ ਮਸਕਰੀ।
9. ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਮੈਂ ਜੰਮਿਆ, ਫੇਰ ਮੇਰਾ ਭਾਈ, ਪਿੱਛੋਂ ਮੇਰਾ ਬਾਪ ਜੰਮਿਆ, ਫੇਰ ਮੇਰੀ ਮਾਈ।
10. ਕਾਲਾ ਹੈ ਪਰ ਕਾਗ ਨਹੀਂ, ਲੰਮਾ ਹੈ ਪਰ ਨਾਂਗ ਨਹੀਂ।
11. ਚੜ੍ਹ ਚੱਕੀ ਤੇ ਬੈਠ ਗਈ, ਸਿਰ ਤੇ ਅੱਗ, ਬਦਨ ਤੇ ਪਾਣੀ।
12. ਸੋਲਾਂ ਧੀਆਂ, ਚਾਰ ਜਵਾਈ।

ਉੱਤਰ:

- | | |
|-------------------------|----------------------|
| 1. ਸਾਈਕਲ | 2. ਨਹੁੰ |
| 3. ਮੱਖੀ | 4. ਮੀਂਹ |
| 5. ਚਾਹ | 6. ਸੂਈ-ਧਾਗਾ |
| 7. ਤਵਾ ਤੇ ਰੋਟੀ | 8. ਭੁੰਡ |
| 9. ਦੁੱਧ, ਦਹੀ, ਘਿਓ, ਮੱਖਣ | 10. ਪਰਾਂਦਾ |
| 11. ਹੁੱਕਾ | 12. ਉਂਗਲਾਂ ਤੇ ਅੰਗੂਠੇ |

Jasleen Kaur
VII Rose



ਨੱਚ ਲਓ, ਟੱਪ ਲਓ, ਹਾਣੀਓ

ਨੱਚ ਲਓ, ਟੱਪ ਲਓ, ਹਾਣੀਓ,
 ਰਲ ਮਿਲ ਕੇ ਨੱਚ ਲਓ, ਟੱਪ ਲਓ।
 ਕਿਉਂ ਭੁੱਲ ਗਏ ਪੰਜਾਬ ਦੀਆਂ ਖੇਡਾਂ,
 ਕਿਉਂ ਭੁੱਲ ਗਏ ਆਪਣੇ ਸੱਭਿਆਚਾਰ ਦੀਆਂ ਨਿਸ਼ਾਨੀਆਂ।
 ਕਿਉਂ ਭੁੱਲ ਗਏ ਲੋਕ ਗੀਤ ਪੁਰਾਣੇ,
 ਕਿਉਂ ਭੁੱਲ ਗਏ ਬੋਲੀਆਂ, ਟੱਪੋ ਤੇ ਪੰਜਾਬੀ ਗਾਣੇ।
 ਕਿਉਂ ਭੁੱਲ ਗਏ ਪੰਜਾਬੀ ਗਹਿਣੇ-ਗੱਟੇ,
 ਸੱਗੀ, ਕੈਂਠਾ, ਪਿੱਪਲ ਪੱਤੀਆਂ, ਘੱਗਰੇ, ਚਾਦਰੇ ਪੁਰਾਣੇ?
 ਕਿਉਂ ਭੁੱਲ ਗਏ ਰਲ-ਮਿਲ ਕੇ ਬਹਿਣਾ ਤੇ ਰਿਸ਼ਤੇ ਨਿਭਾਉਣੇ,
 ਕਿਉਂ ਭੁੱਲ ਗਏ ਦਾਦੀ-ਨਾਨੀ ਦੀਆਂ ਬਾਤਾਂ, ਬੁਝਾਰਤਾਂ ਤੇ ਕਹਾਵਤਾਂ,
 ਬੁਝਾਰਤਾਂ ਤੇ ਕਹਾਵਤਾਂ, ਕਹਾਣੀਆਂ ਪੁਰਾਣੀਆਂ।
 ਕਿਉਂ ਭੁੱਲ ਗਏ ਗੁਰੂਆਂ, ਪੀਰਾਂ ਦੀਆਂ ਸੱਚੀਆਂ ਬਾਣੀਆਂ।
 ਕਿਉਂ ਭੁੱਲ ਗਏ ਕਰਨਾ ਨਿਤਨੇਮ ਤੇ ਰਾਤ ਦੀਆਂ ਬਾਣੀਆਂ।
 ਕਿਉਂ ਲੱਗ ਗਏ ਨਸ਼ਿਆਂ ਤੇ ਫੋਨ ਦੀ ਜਾਹਲੀ ਦੁਨੀਆਂ ਵਿੱਚ।
 ਕਿਉਂ ਲੱਗ ਗਏ ਫਾਲਤੂ ਦੇ ਸ਼ੋਸ਼ੇ - ਬਾਜ਼ੀਆਂ ਵਿੱਚ?
 ਆਓ, ਯਾਦ ਕਰੀਏ ਪੁਰਾਣੇ ਪੰਜਾਬ ਨੂੰ,
 ਨੱਚ ਲਓ, ਟੱਪ ਲਓ, ਹਾਣੀਓ,
 ਰਲ-ਮਿਲ ਕੇ ਨੱਚ ਲਓ, ਟੱਪ ਲਓ।



Ashmeet Kaur,
7th Lily

ਦਾਦੀ ਦੇ ਨੁਸਖੇ

1. ਜੋੜਾਂ ਦੇ ਦਰਦ ਲਈ ਰਾਤ ਨੂੰ ਹਲਦੀ ਵਾਲਾ ਦੁੱਧ ਪੀਓ।
2. ਡੈਂਡਰਫ ਹੋਣ ਤੇ ਦਹੀ ਨੂੰ ਵਾਲਾਂ 'ਚ ਪੈਕ ਦੇ ਤੌਰ ਤੇ ਵਰਤੋਂ।
3. ਆਵਲਾ ਖਾਲੀ ਪੇਟ ਖਾਧਾ ਜਾਵੇ ਤਾਂ ਸਭ ਤੋਂ ਵਧੀਆ ਹੈ। ਪੰਜਾਬ ਵਿੱਚ ਅਸੀਂ ਕਹਿੰਦੇ ਹਾਂ:
 “ਔਲੇ ਦਾ ਖਾਧਾ, ਤੇ ਸਿਆਣੇ ਦਾ ਕਿਹਾ ਬਾਅਦ 'ਚ ਪਤਾ ਲਗਦਾ ਹੈ।”
4. ਸੇਬ ਖਾਓ ਨਾ ਖਾਓ, ਪਰ ਰੋਜ਼ ਇੱਕ ਗਲਾਸ ਨਿੰਬੂ ਪਾਣੀ ਜ਼ਰੂਰ ਪੀਓ। ਸਿਹਤਮੰਦ ਜੀਵਨ ਲਈ ਵਿਟਾਮਿਨ ਸੀ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਹੈ।



Jasleen Kaur
7th Rose

ਗਜ਼ਲ: ਹੁਣ ਮੁੜਨਾ ਨਹੀਂ

ਹੁਣ ਮੁੜਨਾ ਨਹੀਂ, ਅਸੀਂ ਜੀ ਪਿਛਾਂਹ ਨੂੰ,
 ਮੰਜ਼ਿਲਾਂ ਵੀ ਆਪੇ ਹੀ ਪਤਾ ਦੇਣਾ ਰਾਹਾਂ ਨੂੰ।
 ਅਸੀਂ ਸਾਰੇ ਹੀ ਖਿਆਲ ਕੱਠੇ ਕਰ ਲਏ,
 ਹੁਣ ਮੋਰਚਾ ਵਧਾਉਣਾ ਏ ਜੀ ਗਾਂਹਾਂ ਨੂੰ।
 ਚੱਲੋ, ਪਿਛਲੀ ਵਾਰੀ ਤਾਂ ਭਾਵੇਂ ਜਿੱਤੇ ਨਹੀਂ,
 ਵਾਰੀ ਅਗਲੀ ਜਿਤਾਉਣਾ ਅਸੀਂ ਸਾਹਾਂ ਨੂੰ।
 ਖੁਦ ਸਾਡੇ ਵਿੱਚ ਹੀ ਸੀ ਕੁਝ ਕਮੀ ਜੀ,
 ਕਾਹਤੋਂ ਦੇਸ਼ ਦਿੰਦੇ ਫਿਰਨਾ ਪਨਾਹਾਂ ਨੂੰ।
 ਬੇੜੇ ਆਪ ਹੀ ਤੂਫਾਨਾਂ ਵੱਲ ਮੋੜ ਲਏ,
 ਕਦੇ ਕਿਸਤੀ ਡੁਬਾਉਂਦੀ ਏ ਮਲਾਹਾਂ ਨੂੰ।
 ਅਸੀਂ ਦੁਨੀਆਂ ਦੇ ਮੂਹਰੇ ਪੱਲੇ ਅੱਡ ਕੇ,
 ਅਪਣਾਉਣਾ ਏ ਜੀ ਚੰਗੀਆਂ ਸਲਾਹਾਂ ਨੂੰ।
 ਸਾਡੀ ਮਿਹਨਤਾਂ ਦੀ ਸੂਚੀ ਵਿੱਚ ਪਹਿਲੀ ਤੇ,
 ਰੱਬ ਮਾਫ਼ ਕਰੇ ਸਾਰਿਆਂ ਗੁਨਾਹਾਂ ਨੂੰ।
 ਗੱਲ ਸੁਣ ਕੇ ਜ਼ਮੀਰ ਤੇ ਵਜੂਦ ਦੀ,
 ਪਰਵਾਜ਼ ਭਰਨੀ ਏ ਜੀ ਉਤਾਂਹਾਂ ਨੂੰ।
 ਪਹਿਲਾਂ ਆਪਣੇ ਹੀ ਫਾਇਦੇ ਦੀ ਸੀ ਸੋਚਦੇ,
 ਹੁਣ ਹੋਰਾਂ ਲਈ ਚਲਾਉਣਾ ਲੱਤਾਂ-ਬਾਂਹਾਂ ਨੂੰ।
 ਕੁਝ ਆਪਣੀ ਤਵੱਕੋ ਨੂੰ ਤਵੱਜੋ ਤੇ,
 ਕੁਝ ਦੇਣੀ ਏ ਜੀ ਹੋਰਾਂ ਦੀਆਂ ਚਾਹਾਂ ਨੂੰ।
 ਹੁਣ ਅਸੀਂ ਅਪਨਾਉਣੀ ਏ ਬੇਫਿਕਰੀ,
 ਛੱਡ ਦੇਣਾ ਏ ਬੇਵਜੂ ਪਰਵਾਹਾਂ ਨੂੰ।
 ਪਰ ਲਾਪਰਵਾਹੀ ਵੀ ਨਹੀਂ ਕਰਨੀ,
 ਇਸ ਕਰਕੇ ਨਹੀਂ ਮਾਰਨਾ ਏ ਬਾਹਾਂ ਨੂੰ।
 ਹੱਕ ਵਿੱਚ ਆਉਣ ਫ਼ੈਸਲੇ ਅਖੀਰ ਜੋ,
 ਲੈਣਾ ਪੱਖ ਵਿੱਚ ਸਮੇਂ ਦੇ ਗਵਾਹਾਂ ਨੂੰ।
 ਹੁਣ ਬੇਵੱਸਾਂ-ਲਾਚਾਰਾਂ ਵੱਲ ਮੋੜਨਾ,
 ‘ਅਜ਼ਹਾਰ’ ਇਹੋ ਕੀਮਤੀ ਨਿਗਾਹਾਂ ਨੂੰ।



Arshdeep Singh
X Lotus



ਨਿੱਕਾ ਬੱਦਲ ਤੇ ਸਿਆਣੀ ਬਾਦਲੜੀ

ਇੱਕ ਵਾਰ ਦੀ ਗੱਲ ਹੈ, ਨੀਲੇ ਅਸਮਾਨ ਵਿੱਚ ‘ਨੀਲੂ’ ਨਾਂ ਦਾ ਇੱਕ ਛੋਟਾ ਜਿਹਾ ਬੱਦਲ ਰਹਿੰਦਾ ਸੀ। ਨੀਲੂ ਬਾਕੀ ਬੱਦਲਾਂ ਨਾਲੋਂ ਗੰਭੀਰ ਨਹੀਂ ਸੀ; ਉਹ ਤਾਂ ਗੋਲੇ ਵਰਗਾ ਨਰਮ ਅਤੇ ਬਹੁਤ ਚੰਚਲ ਸੀ। ਜਦੋਂ ਸਾਰੇ ਵੱਡੇ ਬੱਦਲ ਪਹਾੜਾਂ ‘ਤੇ ਮੀਂਹ ਪਾਉਣ ਦੀ ਤਿਆਰੀ ਕਰਦੇ, ਨੀਲੂ ਹਮੇਸ਼ਾ ਇੱਧਰ-ਉੱਧਰ ਵੇਖ ਕੇ ਮੁਸਕਰਾਉਂਦਾ ਰਹਿੰਦਾ।

ਇੱਕ ਦਿਨ, ਹਵਾ ਦੇ ਬੁੱਲੇ ਨਾਲ ਉੱਡਦਾ-ਉੱਡਦਾ ਨੀਲੂ ਇੱਕ ਅਜਿਹੀ ਜਗ੍ਹਾ ਪਹੁੰਚ ਗਿਆ ਜਿੱਥੇ ਉਸਨੇ ਪਹਿਲਾਂ ਕਦੇ ਕੁਝ ਨਹੀਂ ਵੇਖਿਆ। ਉਹ ਇੱਕ ਸੁਨਹਿਰੀ ਰੇਗਿਸਤਾਨ ਸੀ। ਚਾਰੇ ਪਾਸੇ ਸਿਰਫ਼ ਰੇਤ ਸੀ, ਜੋ ਸੂਰਜ ਦੀ ਰੌਸ਼ਨੀ ਵਿੱਚ ਸੋਨੇ ਵਾਂਗ ਚਮਕ ਰਹੀ ਸੀ। ਪਰ ਉੱਥੇ ਨਾ ਕੋਈ ਹਰਿਆਲੀ ਸੀ ਅਤੇ ਨਾ ਹੀ ਕੋਈ ਪੱਛੀ।

ਨੀਲੂ ਨੇ ਵੇਖਿਆ ਕਿ ਇੱਕ ਨਿੱਕਾ ਕੈਕਟਸ ਬਹੁਤ ਉਦਾਸ ਸੀ। ਨੀਲੂ ਨੇ ਪੁੱਛਿਆ, “ਤੂੰ ਇੰਨਾ ਉਦਾਸ ਕਿਉਂ ਹੈਂ?”

ਕੈਕਟਸ ਨੇ ਹੌਲੀ ਜਿਹੀ ਕਿਹਾ, “ਮੇਰੇ ਕੋਲ ਪੀਣ ਲਈ ਪਾਣੀ ਨਹੀਂ ਹੈ ਅਤੇ ਮੈਂ ਕਦੇ ਮੀਂਹ ਦੀ ਖੁਸ਼ਬੂ ਨਹੀਂ ਸੁੰਘਿਆ।”

ਇਹ ਸੁਣ ਕੇ ਨੀਲੂ ਦਾ ਦਿਲ ਭਰ ਆਇਆ। ਉਸਨੇ ਫੈਸਲਾ ਕੀਤਾ ਕਿ ਉਹ ਇਸ ਰੇਗਿਸਤਾਨ ਨੂੰ ਰੰਗਾਂ ਨਾਲ ਭਰ ਦੇਵੇਗਾ।

ਨੀਲੂ ਛੋਟਾ ਸੀ, ਪਰ ਉਸਨੇ ਆਪਣੀ ਠੰਢੀ ਹਵਾ ਨਾਲ ਰੇਤ ਦੇ ਕਣਾਂ ਨੂੰ ਛੇੜਨਾ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤਾ। ਉਸਦੇ ਸਿਆਣਪ ਦੀ ਰੇਤ ਨਾਲ ਗੱਲਾਂ ਕਰਨੀਆਂ ਸ਼ੁਰੂ ਹੋ ਗਈਆਂ। ਹੌਲੀ-ਹੌਲੀ, ਨੀਲੂ ਦੀ ਹਿੰਮਤ ਵੇਖ ਕੇ ਅਸਮਾਨ ਦੇ ਹੋਰ ਨਿੱਕੇ ਬੱਦਲ ਵੀ ਉੱਥੇ ਇਕੱਠੇ ਹੋ ਗਏ। ਸਾਰਿਆਂ ਨੇ ਮਿਲ ਕੇ ਰੇਗਿਸਤਾਨ ਦੀ ਤਪਦੀ ਹੋਈ ਰੇਤ ਉੱਤੇ ਮੀਂਹ ਪਾਉਣਾ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤਾ। ਇਹ ਮੀਂਹ ਸਧਾਰਨ ਨਹੀਂ ਸੀ; ਇਹ ਖੁਸ਼ੀ ਦੇ ਮੋਤੀ ਸਨ।

ਕੁਝ ਹੀ ਮਿੰਟਾਂ ਵਿੱਚ, ਰੇਤ ਦੇ ਰੰਗ ਬਦਲ ਗਏ। ਉਹ ਗੂੜ੍ਹੇ ਹੋ ਗਏ, ਅਤੇ ਰੇਤ ਤੋਂ ਸੁਗੰਧ ਆਉਣ ਲੱਗੀ। ਨਿੱਕੇ ਅਤੇ ਕੰਡੇਦਾਰ ਪੌਦਿਆਂ ਨੇ ਸਿਰ ਬਾਹਰ ਕੱਢੇ। ਕੈਕਟਸ ਹੱਸਿਆ-ਉੱਗਿਆ ਹੋਇਆ ਸੀ ਅਤੇ ਉਸ ‘ਤੇ ਇੱਕ ਸੁੰਦਰ ਲਾਲ ਫੁੱਲ ਖਿੜਿਆ। ਸੁਨਹਿਰੀ ਰੇਗਿਸਤਾਨ ਹੁਣ ਇੱਕ ਰੰਗ-ਬਿਰੰਗੀ ਬਾਗ ਵਿੱਚ ਬਦਲ ਚੁੱਕਾ ਸੀ।

ਨੀਲੂ ਹੁਣ ਛੋਟਾ ਨਹੀਂ ਸੀ। ਉਸਦੀ ਹਿੰਮਤ ਨੇ ਉਸਨੂੰ ਅਸਮਾਨ ਦਾ ਸਭ ਤੋਂ ਪਿਆਰਾ ਬੱਦਲ ਬਣਾ ਦਿੱਤਾ। ਜਦੋਂ ਨੀਲੂ ਵੇਖਿਆ ਕਿ ਉਸਦੀ ਮਿਹਨਤ ਦਾ ਫਲ ਮਿਲਿਆ, ਤਾਂ ਉਹ ਮੁਸਕਰਾਉਂਦਾ ਹੋਇਆ ਫਿਰ ਤੋਂ ਅਸਮਾਨ ਵਿੱਚ ਖੁਸ਼ੀ ਦੇ ਹੁਲਾਰਿਆਂ ਨੂੰ ਜਗਾਉਣ ਲੱਗਾ।

ਸਿੱਖਿਆ: ਕੋਈ ਵੀ ਜੀਵ ਇੰਨਾ ਛੋਟਾ ਨਹੀਂ ਹੁੰਦਾ ਕਿ ਉਹ ਦੁਨੀਆ ਵਿੱਚ ਕੋਈ ਵੱਡੀ ਤਬਦੀਲੀ ਨਾ ਲਿਆ ਸਕੇ।



Sukhpreet Singh
5th Daisy



ਬੁਝਾਰਤਾਂ ਨੂੰ ਬੁਝੋ

1. ਨਿੱਕੀ-ਜਿਹੀ ਛੱਪੜੀ, ਕਾਨਿਆਂ ਦੀ ਵਾੜ।
2. ਦੋਹਤਾ ਨਿਕੰਮਾ ਐਸਾ ਜੰਮਿਆ, ਜਿਨ੍ਹੇ ਟੱਬਰ ਦਿੱਤਾ ਗਾਲ।
3. ਲੰਮਾ-ਸਲੰਮਾ ਆਦਮੀ, ਉਹਦੇ ਗਿੱਟਿਆਂ ਵਿੱਚ ਦਾੜ੍ਹੀ।

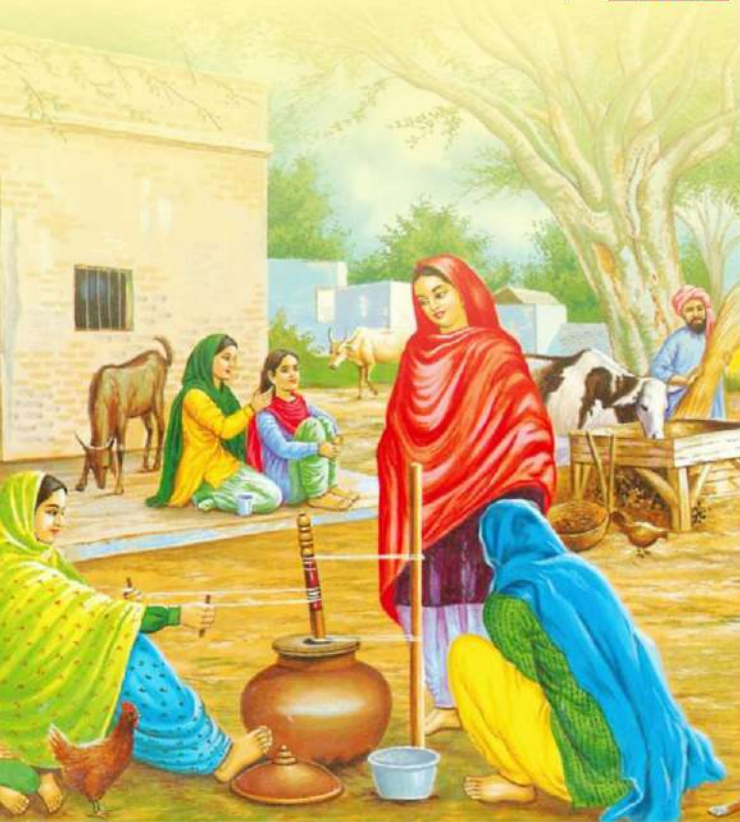


Rajvir Kaur
VIII Lily

ਪੰਜਾਬ

ਆਇਆ ਬਾਬਾ ਨਾਨਕ ਧਰਤੀ ਤੇ ਸੀ,
ਨਫਰਤ ਨੂੰ ਛੱਡ, ਮੋਹ ਸਿਖਾਇਆ ਸੀ,
ਇਕ ਓਅੰਕਾਰ ਦਾ ਸੱਚ ਦੱਸ ਕੇ,
ਸਭ ਨੂੰ ਇਕੋ ਰਾਹ ਦਿਖਾਇਆ ਸੀ।
ਦੇਸ਼ ਭਗਤਾਂ ਨੇ ਵੀ ਕੁਰਬਾਨੀ ਦਿੱਤੀ,
ਮਿੱਟੀ ਲਈ ਆਪਣੀ ਜਾਨ ਲੁਟਾ ਦਿੱਤੀ।
ਹੱਸ ਕੇ ਫਾਂਸੀ ਚੜ੍ਹ ਗਏ ਵੀਰ,
ਸਾਡੀ ਖ਼ਾਤਿਰ ਬਣੇ ਤਕਦੀਰ।
ਜੇ ਕਰਾਂ ਗੱਲ ਪੰਜਾਬ ਦੀ,
ਤਾਂ ਮਿੱਟੀ ਦੀ ਖੁਸ਼ਬੂ ਪਹਿਚਾਣ ਸੀ।
ਕੱਚੇ ਘਰਾਂ ਚ ਪਿਆਰ ਬੜਾ ਸੀ,
ਸਭਨਾ ਵਿੱਚ ਸਤਿਕਾਰ ਬੜਾ ਸੀ।
ਤਾਰਿਆਂ ਦੇ ਥੱਲੇ ਸੌਣ ਦਾ ਅਨੰਦ ਬੜਾ ਸੀ,
ਚੁੱਲ੍ਹੇ ਦੀ ਰੋਟੀ ਦਾ ਸੁਆਦ ਬੜਾ ਸੀ।
ਉਹ ਪਿੰਡ ਜਿੱਥੇ ਵਕਤ ਵੀ ਹੌਲੀ ਤੁਰਦਾ ਸੀ,
ਹਰ ਦਿਲ ਦੂਜੇ ਲਈ ਖੁੱਲ੍ਹਾ ਦਰ ਬਣਿਆ ਰਹਿੰਦਾ ਸੀ।
ਮਿੱਟੀ ਨਾਲ ਲਿੱਬੜੇ ਪੈਰ ਪਰ ਰੂਹ ਸੀ ਸਾਫ਼,
ਘੱਟ ਵਿੱਚ ਜੀਉਣਾ ਜਾਣਦੇ, ਇਹੀ ਸੀ ਇਨਸਾਫ਼।
ਪਿਓ ਦੀ ਘੂਰ ਵੀ ਸਿੱਖਿਆ ਬਣ ਜਾਵੇ,
ਉਹ ਬਿਨਾਂ ਕਹੇ ਹੀ ਰਸਤਾ ਦਿਖਾਵੇ।
ਸ਼ੇਰਾਂ ਵਰਗੇ ਗੱਭਰੂ, ਫੁੱਲਾਂ ਵਰਗੀਆਂ ਮੁਟਿਆਰਾਂ,
ਢੋਲ ਦੀ ਥਾਪ 'ਤੇ ਨੱਚੇ ਪਿੰਡ ਸਾਰਾ।
ਭਾਵੇਂ ਵੱਡਾ ਸੀ ਪਰਿਵਾਰ, ਪਰ ਬਾਤਾਂ ਦਾ ਸੀ ਭੰਡਾਰ।
ਪਰਿਵਾਰ ਦੀਆਂ ਕਹਾਣੀਆਂ ਯਾਦ,
ਹੱਸ ਕੇ ਸੀ ਗੁਜ਼ਰਦੀ ਰਾਤ।

Rajvir Kaur
VIII Lily



ਪਿਆਰ ਭਰੀ ਛਾਂ - ਮੇਰੀ ਨਾਨੀ ਮਾਂ

ਅੱਜ ਉਹ ਬੈਠੀ ਚਮਕ ਅੱਖਾਂ ਵਿੱਚ ਲੈ ਕੇ ਉਡੀਕਦੀ ਨਹੀਂ,
ਦਿਨ ਵਿੱਚ ਸੌ ਵਾਰ ਫ਼ੋਨ ਕਰਕੇ ਹਾਲ ਪੁੱਛਦੀ ਨਹੀਂ।
ਹਮੇਸ਼ਾ ਜੋ ਸਾਡੇ ਤੋਂ ਪਹਿਲਾਂ ਸਾਡੀਆਂ ਛੁੱਟੀਆਂ ਦੀ ਉਡੀਕ ਕਰਦੀ
ਸੀ,
ਉਸਦਾ ਹਾਸਾ ਪਤਾ ਨਹੀਂ ਕਿਉਂ ਹੁਣ ਸੁਣਾਈ ਨਹੀਂ ਦਿੰਦਾ।
ਇਹ ਸਭ ਚੀਜ਼ਾਂ ਇੱਕ ਸੁੰਨਾਪਨ ਦੇ ਗਈਆਂ,
ਜਿਸ ਨੂੰ ਭਰ ਨਾ ਸਕੇਗਾ ਕੋਈ।
ਯਾਦਾਂ ਵਿੱਚ ਹਮੇਸ਼ਾ ਲਈ ਵੱਸ ਗਈ ਉਹ,
ਨਾ ਭੁੱਲਣ ਵਾਲੀ ਯਾਦ ਬਣ ਗਈ ਉਹ।
ਕਿਉਂ ਨਾਨੀ ਮਾਂ, ਤੂੰ ਸਦਾ ਲਈ ਦੂਰ ਹੋ ਗਈ ਸਾਡੇ ਤੋਂ—
ਪੁੱਛਦੀ ਹਾਂ ਮੈਂ ਅੱਖਾਂ ਵਿੱਚ ਨਮੀ ਲੈ ਕੇ।
ਚੁੱਪ ਹੋ ਗਿਆ ਉਹ ਵਿਹੜਾ, ਜੋ ਤੇਰੇ ਨਾਲ ਚਹਿਕਦਾ ਸੀ,
ਖਾਲੀ ਹੋ ਗਈ ਉਹ ਕੁਰਸੀ,
ਜਿੱਥੇ ਬੈਠੀ ਤੂੰ ਹਮੇਸ਼ਾ ਸਾਡੀ ਉਡੀਕ ਕਰਦੀ ਸੀ।
ਤੇਰੀਆਂ ਉਹ ਹੱਸਦੀਆਂ ਅੱਖਾਂ ਵੇਖਣ ਲਈ ਤਰਸ ਜਾਂਦਾ ਮਨ
ਮੇਰਾ,
ਕਰਦੀ ਹਾਂ ਮੈਂ ਹਮੇਸ਼ਾ ਸੁਪਨਿਆਂ ਵਿੱਚ ਇੰਤਜ਼ਾਰ ਤੇਰਾ,
ਕਿ ਤੂੰ ਆਵੇਂਗੀ ਸੁਣਾਉਣ ਆਪਣੀ ਪਿਆਰ ਭਰੀ ਲੋਰੀ।
ਕੰਨ ਮੇਰੇ ਤਰਸ ਜਾਂਦੇ ਨੇ ਤੇਰੀਆਂ ਕਹਾਣੀਆਂ ਸੁਣਨ ਨੂੰ,
ਮਨ ਮੇਰਾ ਨਾ ਮੰਨੇ
ਤੇਰੇ ਨਾਲ ਬਿਤਾਏ ਉਹ ਬਚਪਨ ਦੇ ਪਿਆਰੇ ਪਲ ਭੁੱਲਣ ਨੂੰ।
ਸਦਾ ਰੱਖਿਓ ਹੱਥ ਆਪਣਾ ਮੇਰੇ ਸਿਰ 'ਤੇ,
ਹਮੇਸ਼ਾ ਮੇਰੀਆਂ ਯਾਦਾਂ ਵਿੱਚ ਜੀਉਂਗੇ ਤੁਸੀਂ।
ਸਦਾ ਅਮਰ ਰਹੋ ਮੇਰੇ ਦਿਲ ਵਿੱਚ ਤੁਸੀਂ—
ਇਹੀ ਬਸ ਰੱਬ ਅੱਗੇ ਅਰਦਾਸ ਮੇਰੀ।
ਨਹੀਂ ਲੈ ਸਕਦਾ ਮੇਰੇ ਦਿਲ ਵਿੱਚ
ਤੁਹਾਡੀ ਥਾਂ ਕੋਈ,
ਮੇਰੀ ਪਿਆਰੀ ਨਾਨੀ ਮਾਂ।



Jasleen Kaur,
VIII Jasmine

ਖੇਡ ਦੇ ਮੈਦਾਨਾਂ ਤੋਂ ਦ੍ਰਿਸ਼ਟੀਕੋਣ ਤੱਕ: ਬਚਪਨ ਤੋਂ ਕਿਸ਼ੋਰ ਅਵਸਥਾ



Jeevanjot Kaur
IX, Jasmine

ਬਚਪਨ ਤੋਂ ਕਿਸ਼ੋਰ ਅਵਸਥਾ ਦਾ ਸਫ਼ਰ ਸਿਰਫ਼ ਉਮਰ ਵਧਣ ਦਾ ਨਾਮ ਨਹੀਂ, ਸਗੋਂ ਇਹ ਇੱਕ ਮੁਕੰਮਲ ਸਰੀਰਕ, ਮਾਨਸਿਕ ਅਤੇ ਸਮਾਜਿਕ ਕਲਪ ਹੈ। ਇਸਨੂੰ ਕੁਝ ਮੁੱਖ ਭਾਗਾਂ ਵਿੱਚ ਸਮਝਿਆ ਜਾ ਸਕਦਾ ਹੈ:

1. ਸਰੀਰਕ ਵਿਕਾਸ

ਇਸ ਪੜਾਅ ਨੂੰ 'ਪਿਊਬਰਟੀ' ਕਿਹਾ ਜਾਂਦਾ ਹੈ।

- ਤੇਜ਼ੀ ਨਾਲ ਵਾਧਾ: ਹੱਡੀਆਂ ਅਤੇ ਮਾਸਪੇਸ਼ੀਆਂ ਦੇ ਵਿਕਾਸ ਨਾਲ ਕੱਚੇ ਤੇਜ਼ੀ ਨਾਲ ਵਧਦਾ ਹੈ।
- ਹਾਰਮੋਨਲ ਬਦਲਾਅ: ਲੜਕੀਆਂ ਵਿੱਚ ਟੈਸਟੋਸਟੀਰੋਨ ਅਤੇ ਲੜਕੀਆਂ ਵਿੱਚ ਐਸਟ੍ਰੋਜਨ ਵਰਗੇ ਹਾਰਮੋਨ ਸਰਗਰਮ ਹੋ ਜਾਂਦੇ ਹਨ, ਜਿਸ ਨਾਲ ਆਵਾਜ਼, ਚਿਹਰੇ ਅਤੇ ਸਰੀਰਕ ਬਣਤਰ ਵਿੱਚ ਤਬਦੀਲੀਆਂ ਆਉਂਦੀਆਂ ਹਨ।
- WHO ਮੁਤਾਬਕ, ਇਹ ਸਮਾਂ ਸਿਹਤਮੰਦ ਵਿਕਾਸ ਲਈ ਬਹੁਤ ਮਹੱਤਵਪੂਰਨ ਹੈ।

2. ਮਾਨਸਿਕ ਅਤੇ ਦਿਮਾਗੀ ਵਿਕਾਸ

ਕਿਸ਼ੋਰਾਂ ਦਾ ਦਿਮਾਗ ਇੱਕ ਮੁਰੰਮਤ ਅਧੀਨ ਇਮਾਰਤ ਵਾਂਗ ਹੁੰਦਾ ਹੈ।

- ਅਮੂਰਤ ਸੋਚ: ਬੱਚੇ ਹੁਣ ਸਿਰਫ਼ 'ਕੀ' ਨਹੀਂ, ਸਗੋਂ 'ਕਿਉਂ' ਅਤੇ 'ਕਿਵੇਂ' ਬਾਰੇ ਸੋਚਦੇ ਹਨ। ਉਹ ਗੁੰਝਲਦਾਰ ਸਮੱਸਿਆਵਾਂ ਨੂੰ ਹੱਲ ਕਰਨ ਦੇ ਯੋਗ ਹੋ ਜਾਂਦੇ ਹਨ।
- ਭਾਵਨਾਤਮਕ ਫੈਸਲੇ: ਦਿਮਾਗ ਦਾ ਪ੍ਰੀਫ੍ਰੰਟਲ ਕੋਰਟੈਕਸ, ਜੋ ਤਰਕ ਲਈ ਜ਼ਿੰਮੇਵਾਰ ਹੈ, 25 ਸਾਲ ਦੀ ਉਮਰ ਤੱਕ ਪੂਰੀ ਤਰ੍ਹਾਂ ਵਿਕਸਤ ਨਹੀਂ ਹੁੰਦਾ। ਇਸ ਲਈ ਕਿਸ਼ੋਰ ਕਈ ਵਾਰ ਜਜ਼ਬਾਤੀ ਹੋ ਕੇ ਫੈਸਲੇ ਲੈਂਦੇ ਹਨ।

3. ਮਨੋਵਿਗਿਆਨਕ ਅਤੇ ਸਮਾਜਿਕ ਬਦਲਾਅ

- ਪਛਾਣ ਦੀ ਖੋਜ: "ਮੈਂ ਕੌਣ ਹਾਂ?" ਅਤੇ "ਮੇਰਾ ਮਕਸਦ ਕੀ ਹੈ?" ਵਰਗੇ ਸਵਾਲ ਮਨ ਵਿੱਚ ਆਉਂਦੇ ਹਨ। ਇਹ ਉਹ ਸਮਾਂ ਹੈ ਜਦੋਂ ਬੱਚੇ ਆਪਣੀ ਵੱਖਰੀ ਸ਼ਖਸੀਅਤ ਘੜਦੇ ਹਨ।
- ਸੁਤੰਤਰਤਾ ਦੀ ਚਾਹਤ: ਉਹ ਮਾਪਿਆਂ ਦੀ ਬਜਾਏ ਆਪਣੇ ਫੈਸਲੇ ਖੁਦ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹਨ। ਇਸ ਦੌਰਾਨ ਮਾਪਿਆਂ ਨਾਲ ਛੋਟੇ-ਛੋਟੇ ਤਕਰਾਰ ਹੁੰਦੇ ਰਹਿਣਾ ਕੁਦਰਤੀ ਹੈ।
- ਹਾਣੀਆਂ ਦਾ ਪ੍ਰਭਾਵ: ਦੋਸਤਾਂ ਦੀ ਰਾਏ ਪਰਿਵਾਰ ਨਾਲੋਂ ਵੱਧ ਅਹਿਮ ਲੱਗਣ ਲੱਗਦੀ ਹੈ। ਉਹ ਆਪਣੇ ਗਰੁੱਪ ਵਿੱਚ ਫਿੱਟ ਹੋਣ ਲਈ ਨਵੇਂ ਫੈਸਲੇ ਜਾਂ ਆਦਤਾਂ ਅਪਣਾਉਂਦੇ ਹਨ।

4. ਨਵੀਆਂ ਚੁਣੌਤੀਆਂ

- ਸੋਸ਼ਲ ਮੀਡੀਆ: ਆਧੁਨਿਕ ਡਿਜੀਟਲ ਦੁਨੀਆਂ ਕਿਸ਼ੋਰਾਂ ਦੇ ਆਤਮ-ਵਿਸ਼ਵਾਸ 'ਤੇ ਵੱਡਾ ਪ੍ਰਭਾਵ ਪਾਉਂਦੀ ਹੈ।
- ਮਾਨਸਿਕ ਸਿਹਤ: ਬਦਲਦੇ ਹਾਰਮੋਨਸ ਅਤੇ ਪੜ੍ਹਾਈ ਦੇ ਬੋਝ ਕਾਰਨ ਚਿੰਤਾ ਜਾਂ ਤਣਾਅ ਹੋ ਸਕਦਾ ਹੈ।

ਸਿੱਟਾ:- ਬਚਪਨ ਤੋਂ ਕਿਸ਼ੋਰ ਅਵਸਥਾ ਦਾ ਸਮਾਂ ਉਤਸ਼ਾਹਜਨਕ ਦੇ ਨਾਲ-ਨਾਲ ਉਲਝਣ ਭਰਿਆ ਵੀ ਹੁੰਦਾ ਹੈ। ਇਸ ਦੌਰਾਨ ਕਿਸ਼ੋਰਾਂ ਨੂੰ ਝਿੜਕਾਂ ਦੀ ਨਹੀਂ, ਸਗੋਂ ਸਹੀ ਸੇਧ ਅਤੇ ਦੋਸਤਾਨਾ ਸਹਿਯੋਗ ਦੀ ਲੋੜ ਹੁੰਦੀ ਹੈ।



ਮਹਾਰਾਜਾ ਰਣਜੀਤ ਸਿੰਘ ਜੀ

ਮਹਾਰਾਜਾ ਰਣਜੀਤ ਸਿੰਘ ਦਾ ਜਨਮ ਸ਼ੁਕਰਚੱਕੀਆ ਮਿਸਲ ਨਾਲ ਸਬੰਧਤ ਘਰ ਵਿੱਚ ਹੋਇਆ। ਭਾਵੇਂ ਉਹ ਅਨਪੜ੍ਹ ਸਨ, ਪਰ ਉਸਨੇ ਤਲਵਾਰਬਾਜ਼ੀ ਅਤੇ ਘੋੜਸਵਾਰੀ ਵਿੱਚ ਬਹੁਤ ਨਿਪੁੰਨਤਾ ਹਾਸਿਲ ਕੀਤੀ ਸੀ।

1797 ਈਸਵੀ ਵਿੱਚ ਜਦੋਂ ਰਣਜੀਤ ਸਿੰਘ ਨੇ ਸ਼ੁਕਰਚੱਕੀਆ ਮਿਸਲ ਦੀ ਵਾਗਡੋਰ ਸੰਭਾਲੀ, ਤਦ ਪੰਜਾਬ ਦੀ ਰਾਜਨੀਤਿਕ ਸਥਿਤੀ ਬੜੀ ਗੰਭੀਰ ਸੀ। ਮਹਾਰਾਜਾ ਰਣਜੀਤ ਸਿੰਘ ਇੱਕ ਹਨੇਰਮਈ ਯੁੱਗ ਵਿੱਚੋਂ ਲੰਘ ਰਿਹਾ ਸੀ। ਉਸਨੇ ਆਪਣੀਆਂ ਜਿੱਤਾਂ ਦੀ ਸ਼ੁਰੂਆਤ 1799 ਈਸਵੀ ਵਿੱਚ ਲਾਹੌਰ ਦੀ ਜਿੱਤ ਨਾਲ ਕੀਤੀ। ਮੁਲਤਾਨ, ਕਸ਼ਮੀਰ ਅਤੇ ਪੇਸ਼ਾਵਰ ਉਸਦੀ ਹੋਰ ਮਹੱਤਵਪੂਰਨ ਜਿੱਤਾਂ ਵਿੱਚ ਸ਼ਾਮਿਲ ਸਨ।

ਮਹਾਰਾਜਾ ਰਣਜੀਤ ਸਿੰਘ (1780-1839) ਨੂੰ “ਸ਼ੇਰ-ਏ-ਪੰਜਾਬ” ਦੇ ਨਾਮ ਨਾਲ ਵੀ ਜਾਣਿਆ ਜਾਂਦਾ ਹੈ। ਇੱਕ ਦੂਰਪੱਖੀ ਰਣਨੀਤਿਕ ਦ੍ਰਿਸ਼ਟੀ ਨਾਲ, ਉਹ ਸਤਲੁਜ ਤੋਂ ਕਾਬੁਲ ਖੇਤਰ, ਕਸ਼ਮੀਰ ਅਤੇ ਲੱਦਾਖ ਤੱਕ ਰਾਜ ਕਰਦੇ ਸਨ। ਲਾਹੌਰ ਵਿਖੇ ਰਹਿਣ ਦੌਰਾਨ ਉਹ ਅਕਸਰ ਹਰਿਮੰਦਰ ਸਾਹਿਬ ਜਾਂਦੇ ਅਤੇ ਉੱਥੇ ਇੱਕ ਗਰਮੀਆਂ ਦਾ ਮਹਿਲ ਵੀ ਬਣਵਾਇਆ। ਇਸ ਤਰ੍ਹਾਂ, ਉਸਨੇ ਆਪਣੇ ਸ਼ਾਸਨ ਕਾਲ ਵਿੱਚ ਇੱਕ ਵਿਸ਼ਾਲ ਸਾਮਰਾਜ ਦੀ ਸਥਾਪਨਾ ਕੀਤੀ।

ਉਸਨੇ ਨਾ ਕੇਵਲ ਬਹੁਤ ਸਾਰੇ ਦੇਸ਼ ਆਪਣੇ ਅਧੀਨ ਕੀਤੇ, ਸਗੋਂ ਉਨ੍ਹਾਂ ਉੱਤੇ ਸਫਲ ਸ਼ਾਸਨ ਨੀਤੀਆਂ ਵੀ ਲਾਗੂ ਕੀਤੀਆਂ। ਜਿਨ੍ਹਾਂ ਨੇ ਉਸਦੀ ਅਧੀਨਤਾ ਸਵੀਕਾਰ ਕੀਤੀ, ਉਹਨਾਂ ਨੂੰ ਉਸਨੇ ਇਲਾਕੇ ਵਿੱਚ ਮੁੜ ਵਾਪਸ ਰੱਖਿਆ।

ਮਹਾਰਾਜਾ ਰਣਜੀਤ ਸਿੰਘ ਨੇ ਪਹਿਲਾਂ ਕਨ੍ਹਈਆ ਮਿਸਲ ਨਾਲ ਮਿੱਤਰਤਾ ਕਾਇਮ ਕੀਤੀ ਅਤੇ 1796 ਵਿੱਚ ਗੁਰਬਖਸ਼ ਸਿੰਘ ਦੀ ਪੁੱਤਰੀ ਮਹਿਤਾਬ ਕੌਰ ਨਾਲ ਵਿਆਹ ਕੀਤਾ। ਤਰਨਤਾਰਨ ਵਿੱਚ 1797 ਈਸਵੀ ਵਿੱਚ ਕਨ੍ਹਈਆ ਮਿਸਲ ਦੇ ਸਰਦਾਰ ਖਜ਼ਾਨ ਸਿੰਘ ਦੀ ਪੁੱਤਰੀ ਰਾਜ ਕੌਰ ਨਾਲ ਦੂਸਰਾ ਵਿਆਹ ਕਰਵਾਇਆ। ਮਹਾਰਾਣੀ ਜਿੰਦ ਕੌਰ ਉਸ ਦੀ ਸਭ ਤੋਂ ਛੋਟੀ ਪਤਨੀ ਅਤੇ ਮਹਾਰਾਜਾ ਦਲੀਪ ਸਿੰਘ ਦੀ ਮਾਂ ਹਨ।

1801 ਵਿੱਚ ਮਹਾਰਾਜਾ ਰਣਜੀਤ ਸਿੰਘ ਅਤੇ ਫਤਿਹ ਸਿੰਘ ਆਹਲੂਵਾਲੀਆ ਦੀ ਤਰਨਤਾਰਨ ਵਿਖੇ ਮੁਲਾਕਾਤ ਹੋਈ। ਇਸ ਮੌਕੇ ‘ਤੇ ਦੋਵਾਂ ਸਰਦਾਰਾਂ ਨੇ ਆਪਸ ਵਿੱਚ ਪੱਗਾਂ ਵਟਾਈਆਂ ਅਤੇ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦੀ ਹਜ਼ੂਰੀ ਵਿੱਚ ਸਹੁੰ ਖਾਧੀ ਕਿ ਉਹ ਸਦਾ ਭਰਾਵਾਂ ਵਾਂਗ ਰਹਿਣਗੇ ਅਤੇ ਦੁੱਖ-ਸੁੱਖ ਵਿੱਚ ਸਾਥ ਦੇਣਗੇ।

ਵੱਖ-ਵੱਖ ਮਿਸਲਾਂ ਦੇ ਸਰਦਾਰ ਇਸ ਸਭਾ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋ ਕੇ ਵੈਰੀਆਂ ਵਿਰੁੱਧ ਕਾਰਵਾਈ ਅਤੇ ਮਹੱਤਵਪੂਰਨ ਮਾਮਲਿਆਂ ‘ਤੇ ਸਾਂਝੇ ਤੌਰ ‘ਤੇ ਵਿਚਾਰ ਕਰਦੇ ਸਨ। ਮਹਾਰਾਜਾ ਰਣਜੀਤ ਸਿੰਘ ਇਹ ਨਹੀਂ ਚਾਹੁੰਦੇ ਸਨ ਕਿ ਕੋਈ ਮਿਸਲ ਸਰਦਾਰ ਗੁਰਮਤਾ ਰਾਹੀਂ ਉਸ ਨਾਲ ਬਰਾਬਰੀ ਦਾ ਦਾਅਵਾ ਕਰੇ। ਇਸ ਲਈ 1805 ਈਸਵੀ ਵਿੱਚ ਉਸਨੇ ਇਸ ਸੰਸਥਾ ਦਾ ਖ਼ਾਤਮਾ ਕਰ ਦਿੱਤਾ।



Jasmeen Kaur,
IX D1asy, 14

HOUSE CHAMPIONS



PRAYER SERVICE & BALVATIKA



The Symphony of Science

The stars above in the velvet night,
Are burning spheres of ancient light.
From the tiny atom to the galaxy's edge,
Science is the key, the sacred pledge.
We split the cell to find the core,
And dive deep down to the ocean floor.
Gravity holds us to the ground we tread,
While curiosity fuels the paths ahead.
From Newton's apple to Einstein's dream,
Nothing is ever quite what it seems.
With logic and reason, we peel back the veil,
On a quest for truth that will never fail.
So let us wonder, let us explore,
To open every hidden door.
For in every lab and every test,
We find the world at its very best.



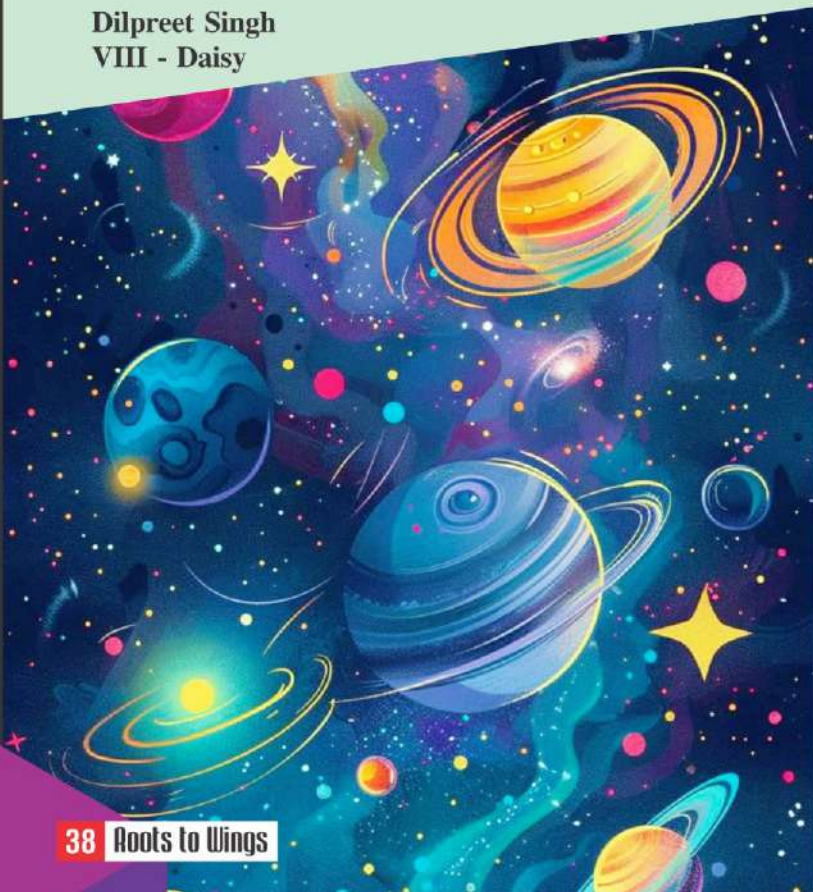
Dilpreet Singh
VIII - Daisy



“Ignite Your Inner Cosmos”

“Your mind is a universe waiting to explode with stars of discovery—don't just study the stars, become the cosmos that births galaxies of innovation. Dare to dream boldly, fuel it with curiosity, and watch your potential ignite the world!”

Dilpreet Singh
VIII - Daisy



BLACK HOLES

Black holes are among the most mysterious objects in space. They are formed when a very massive star collapses under its own gravity. The gravitational force of a black hole is so strong that nothing, not even light, can escape from it.

Black holes cannot be seen directly because they do not produce light. Scientists study them by observing their effects on nearby stars and gas clouds. When matter is pulled into a black hole, it releases a huge amount of energy, which helps scientists detect its presence.

There are different types of black holes, including stellar black holes and supermassive black holes. Supermassive black holes exist at the center of most galaxies, including our Milky Way. The study of black holes helps scientists understand gravity, space, and time in a better way.

In conclusion, black holes are fascinating wonders of space science. Learning about them increases our knowledge of the universe and inspires further scientific research.



Maninder Singh
IX - Daisy





Gen Z: The Quiet Revolution of India

It is often said that today's generation is lost in screens. Yet, when real challenges arise, India's Gen Z proves otherwise. Behind the digital world, a responsible and compassionate generation is quietly rising.

Across the country, young volunteers teach underprivileged children, recognising that education is the foundation of a strong nation. During the COVID-19 pandemic, students helped arrange oxygen, food, and medical support, showing leadership beyond their age. In Punjab, when devastating floods displaced families and submerged villages, it was the youth who stepped forward—helping in rescue efforts, distributing essentials, supporting relief camps, and standing united with those in distress.

Young leaders like Ronak Khatri reflect another powerful role of Gen Z: raising voices peacefully for students' rights, fairness, and accountability. Such leadership strengthens democracy and reminds us that questioning responsibly is a sign of patriotism, not rebellion.

Nation-building today is not only about grand achievements. It lies in service, awareness, and ethical action. Through small yet meaningful efforts, Gen Z is shaping an India that is not only stronger, but kinder.

The real question is no longer what Gen Z will do tomorrow, but whether we are ready to support the change they have already begun.



Nancy
XI - Non-Medical

DID YOU KNOW?



These are the 5 wonderful and interesting scientific fact.

- 1. Oxygen has a colour**
While we breathe it as a colourless gas, oxygen turns pale blue when it is in its liquid and solid states. In its solid form, it can even take on other colours like red or orange depending on the pressure!
- 2. Glass is a “disordered solid”**
Contrary to the myth, glass isn't a slow-moving liquid. It is an amorphous solid. Its molecules are locked in a rigid state but arranged randomly like a liquid rather than in a neat crystalline structure.
- 3. The “Wood Wide Web”**
Trees communicate and share nutrients through a complex underground network of mycorrhizal fungi. Older "mother trees" can actually send sugar to smaller saplings or warn neighbours about insect attacks!
- 4. Water can freeze and boil at the same time.**
This is known as the “Triple Point.” It occurs when the temperature and pressure are exactly right for the three states of matter (gas, liquid, and solid) to exist at the same time. It looks like a boiling slushie!
- 5. Humans are bioluminescent**
We actually glow! The human body emits visible light, but it is 1,000 times weaker than what our naked eyes can see. You're literally a walking, talking glow-stick.



Tania
VI - Daisy



SCIENCE EXPERIMENT

“Turn your kitchen into a movie set | Watch yellow spice turned into horror-movie blood!”

Witch’s elements:-

Turmeric powder!

Detergent or liquid soap!

Clear glass bowl or a glass!

The Vampire concepts

Turmeric contains curcumin, which remains yellow in acidic solutions but turns red in basic (alkaline) environments.

Is it turmeric or crime? Bloody chemistry experiment!

Create the base: In a clear glass, mix the turmeric powder with a small amount of water to create a thick yellow base!

The murder scene: Pour the detergent solution into the turmeric water!

Result: The solution instantly turns deep mimicking the effect of blood!

Reverse trick: Add the magical lemon juice or vinegar potion to the red mixture to turn it back into yellow, proving the acidic reaction.

Warning! (This is definitely not for your white clothes! And don’t bleed-read)

If you take the potion from which and put it in the solution, please don’t ingest it or spill the blood on your clothes!



Molina Sood
VI Daisy

A Quantum Computers: When Science Fiction Becomes Science Fact

Imagine a computer solving a problem in five minutes that would take the world’s fastest supercomputer ten septillion years—longer than the age of the universe! In December 2024, Google’s quantum chip “Willow” did exactly that.

The Magic of Being Two Things at Once

Regular computers use bits that are either 0 or 1, like a light switch. But quantum computers use “qubits” that can be 0 and 1 simultaneously. Think of a spinning coin—it’s both heads and tails until it lands. Quantum computers keep that coin spinning, checking millions of possibilities at once.

There’s another trick called entanglement. When qubits link up, they’re mysteriously connected—measuring one instantly affects the other, even across the universe. Einstein called this “spooky action at a distance.”

What Could They Do?

Quantum computers could design perfect cancer drugs in hours, model Earth’s climate perfectly to fight global warming, and make AI incredibly smarter. But they could also break all internet encryption, exposing every password and bank account.

The Challenge

Qubits only work at temperatures colder than outer space and are destroyed by the slightest vibration. Google’s breakthrough was making them more stable than ever before.

Why It Matters Tech giants are racing to build practical quantum computers within 5–10 years.

Students today will be the first generation to use them for real problems.

The universe is stranger than it appears, and quantum computers prove it—one qubit at a time.



Aarav Tondon
VII Lily



QUANTUM
COMPUTING

EVERYTHING WORKS

Everything works,
because of science.

Even your old
kitchen appliance.

What about your
mom's car?

Without science,
it wouldn't go far.

With science we could make,

a computer or phone,

If you want a twin,
just ask for a clone.

Science will explain,

nature and trees,

It's also used,
to find cures for disease.

Science is cool,
the evidence is clear,

It's so much fun,
enjoy it my dear.



Namish Gupta
8th Rose

Science Interesting facts

1. There is enough electricity in a single fork of lightning to light a town for a year.
2. The volume of water in the Pacific Ocean is the same size as the Moon.
3. The rotation of Earth is slowing down, so days are becoming longer. In the age of the dinosaurs, 60 million years ago, an Earth Day was less than 23 hours.
4. The universe is expanding in all directions at the speed of light.
5. There is no wind or rain on the Moon, so foot prints made by astronauts are likely to remain there for millions of years.
6. On a clear, moonless night, you can see about 2,500 stars with the naked eyes.
7. Soon after Earth formed, it was hit by a planet-sized asteroid that completely disintegrated. Most of its heavy metallic core melted into Earth, but the lighter rocky fragments drifted into orbit and eventually fused to form the Moon.



Hartej Partap
7th Lily

FASHION

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ਕਾਲਿਕਾ ਫੈਸ਼ਨ, ਹਸਪਤਾਲ ਰੋਡ, ਨਕੋਦਰ।

ਸੰਪਰਕ- 99883-39695, 9888303076

SCIENCE SPECTRUM : MIND BLOWING FACTS

1. Your Brain is faster than you think. The human brain can send signals at over 400 km per hour, faster than a F1 CAR.
2. Your heart is a Powerful Pump. In one lifetime, the human heart can pump enough blood to fill about three super-tankers.
3. Bones are stronger than steel of the same weight.
4. Human eyes can detect more shades of green than any other colour.

Save Earth, Save Future

The Earth provides us with air, water, food, and shelter, making it essential for all living beings. However, human activities such as pollution, deforestation, and overuse of natural resources are harming the environment. Protecting the Earth is necessary to maintain ecological balance and ensure a healthy life for future generations.



Pollution of air and water causes serious health problems and damages ecosystems. Saving water and planting more trees help conserve natural resources and reduce the effects of climate change. Small actions taken by individuals can bring big changes. Protecting nature today ensures a better and safer tomorrow.

Future Science

Science is continuously advancing and shaping the world of tomorrow. New technologies are being developed to make human life easier, safer, and more efficient. Future science focuses on innovation, sustainability, and improving the quality of life.

Artificial Intelligence (AI) is expected to play a major role in fields such as healthcare, education, and transportation. It can help doctors diagnose diseases, assist students in learning, and improve decision-making processes.



Shubhleen Kaur
VIII Lily










Saneesh Bansal 98141-02261 (M)
Surinder Bansal 98145-02261 (M)




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Interesting Facts you didn't know

1. Bananas are berries, but strawberries are not! Botanically, bananas qualify as berries, while strawberries do not. Crazy, right?
2. A day on Venus is longer than its year. Venus rotates so slowly that it takes more time to spin once than to orbit the sun.
3. Your Brain uses about 20% of your body's energy. Even when you're resting, your brain is burning calories.
4. Octopuses have three hearts and blue blood. Two hearts pump blood to the gills, one to the rest of the body.
5. There are more stars in the universe than grains of sand on earth. The universe is really that big!
6. Dolphins have names for each other. They use unique whistles to identify and call one another just like humans use names.
7. Pizza was originally a poor man's food in Italy. It became popular worldwide only in the 20th century.

A bolt of bright lightning is five times hotter than the surface of the sun!

Lightning can reach temperatures of $30,000^{\circ}\text{C}$ ($54,000^{\circ}\text{F}$) – The sun's surface is around $6,000^{\circ}\text{C}$

9. A hummingbird's heart beats up to 1,260 times per minute.
That's faster than any other bird or mammal.
10. Antarctica is the driest, windiest, and coldest continent.
Despite all ice, It's actually a desert by definition.

DID YOU KNOW? 



Hartej Partap
7th Lily



Scientific Facts

1. Did you know that the human brain can store up to 2.5 petabytes of information?
2. A teaspoon of neutron star material weighs about a BILLION TONS!
3. Have you ever wondered why is sky BLUE?
Well, it's because of a phenomenon called 'Rayleigh scattering'.
4. The number of bacteria living on and inside your body outnumbers your own cells.
5. It takes light from the sun around 8 minutes and 20 seconds to reach us here on Earth.
6. Lightning can heat the air around it to a scorching temperature of 30,000 Kelvin.
7. There are an estimated 100 million galaxies in the observable universe, each containing billions of stars.



Namish Gupta
8th Rose

Biology: The Science of Life and its Importance in Our Daily Life



*Sanjay Prasad
M. Sc. (Zoology)
B. Ed*

Biology is not merely a subject in the school curriculum; it is the science of life itself. From the air we breathe to the food we eat, from the plants in our gardens to the complex systems within our bodies, biology touches every aspect of our existence. As an educator teaching Biology at St. Jude's Convent School since December 2008, I have experienced how this subject shapes young minds and builds awareness about the living world around us.

Biology helps us understand the structure and function of living organisms. It explains how our heart pumps blood, how our lungs help us breathe, how plants prepare their food through photosynthesis, and how microorganisms, though invisible to the naked eye, influence our health and environment. This knowledge is not limited to textbooks—it directly impacts our daily decisions and lifestyle.

In day-to-day life, biology plays a crucial role in maintaining health and hygiene. Understanding the importance of balanced nutrition, exercise, vaccination, and sanitation is rooted in biological science. Awareness about diseases and their prevention empowers individuals to lead healthier lives. In times of global health challenges, biological knowledge becomes even more significant, guiding society through scientific solutions and medical advancements.

Agriculture, which sustains human civilization, is deeply connected with biology. Farmers apply biological principles to improve crop yield, control pests, and maintain soil fertility. Similarly, biotechnology has revolutionized medicine, food production, and environmental conservation. Developments in genetics and microbiology have opened new possibilities in treating diseases and improving the quality of life.

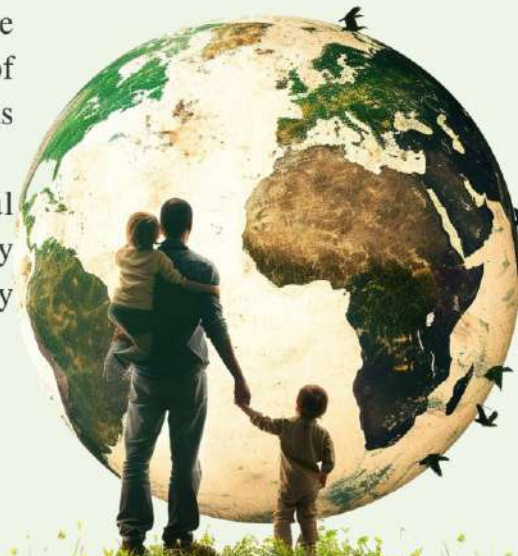
Environmental conservation is another vital

area where biology plays a central role. Understanding ecosystems, biodiversity, and the interdependence of organisms helps us realize the importance of protecting nature. Issues like climate change, deforestation, and pollution can only be addressed effectively when we understand their biological impact. Teaching students about these concerns encourages them to become responsible citizens and caretakers of the Earth. For students, biology is not only a pathway to careers in medicine, research, nursing, pharmacy, and environmental science, but also a subject that develops observation, analytical thinking, and scientific temperament. It inspires curiosity about life and nurtures compassion towards living beings.

Over the years, while teaching in Nakodar, I have witnessed students grow from simply memorizing facts to genuinely understanding and appreciating life sciences. Their questions, curiosity, and enthusiasm remind me that biology is alive not just in laboratories, but in every heartbeat and every breath.

In conclusion, biology is the foundation of life awareness. It connects knowledge with responsibility, science with humanity, and understanding with action. As educators and learners, let us continue to explore, respect, and protect the wonderful web of life that surrounds us.

Highly thankful for the opportunity to share my thoughts.





CABINET COUNCIL



MESSAGE FROM HEAD BOY & HEAD GIRL

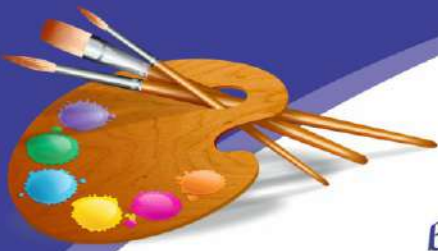
It is a proud moment for us to share our thoughts in “Roots to Wings” as our school completes 50 wonderful years. Our journey here has shaped us into confident individuals, instilling in us strong values and the courage to grow. We are truly grateful to our teachers for their guidance, the management for their support, and our parents for always believing in us. We feel honoured to be a part of this legacy. Thank you.



MANVEER SINGH



DISHA BHARDWAJ



Art to Appeal

Art is not what you see,
but what you make others see.



Samuel Sahota, XI Jasmine



Prabhjot



Jasleen Kaur, VII Rose



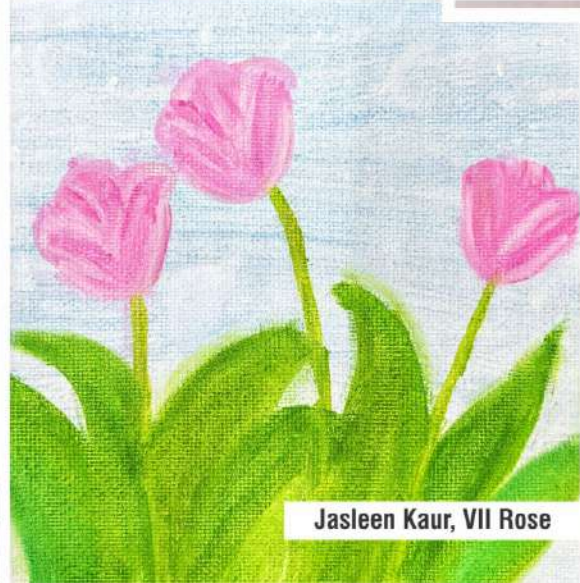
Prabhjot



Jashan Gill, VIII Jasmine



46 Roots to Wings
Gurleen Kaur, VIII Lily



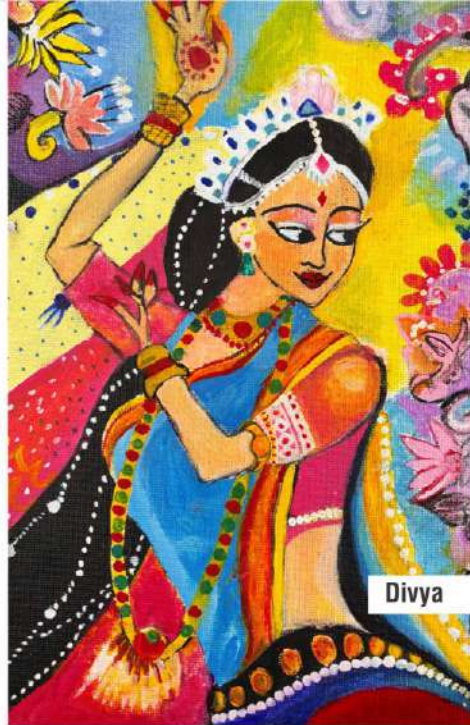
Jasleen Kaur, VII Rose



Jashan Gill, VIII Jasmine



Diksha, VI Daisy



Divya



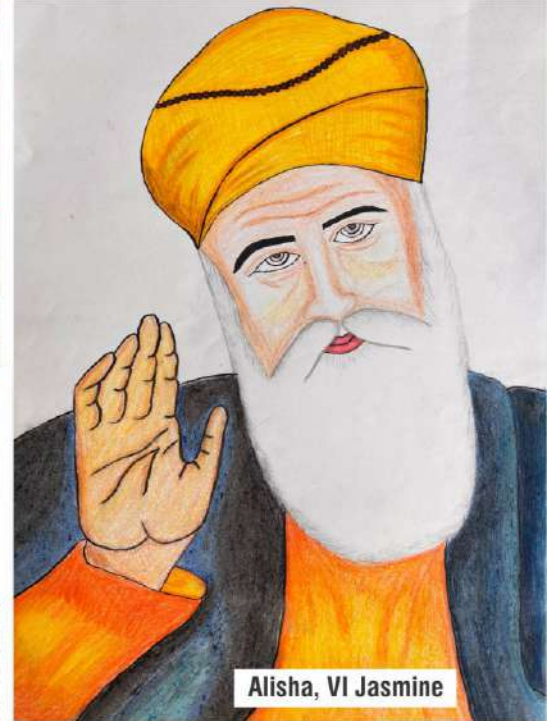
Divya



Alisha, VI Jasmine



Manveer Kaur, VI Rose



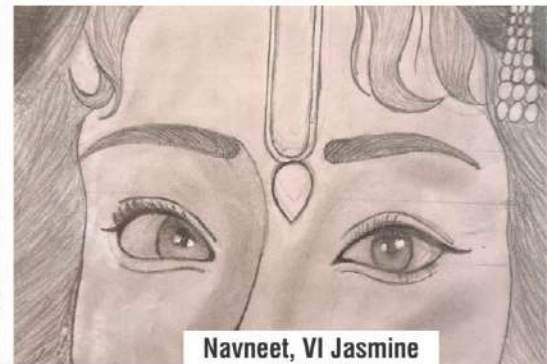
Alisha, VI Jasmine



Rohanpreet Singh, XI



Ashmeet Kaur, VII Lily



Navneet, VI Jasmine



Gurman Kaur, VIII Jasmine



Harsimran Kaur, VI Jasmine



Jasleen Kaur, VII Rose



Shavad Verma, VI Rose



Molina Sood, VI Daisy



Prabhjot



Prabhjot



Nikhil, IX Jasmine



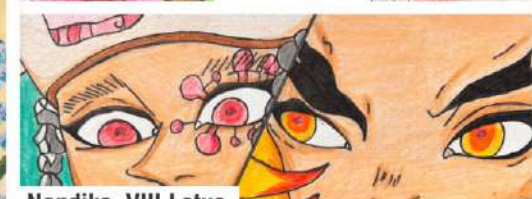
Prabhjot



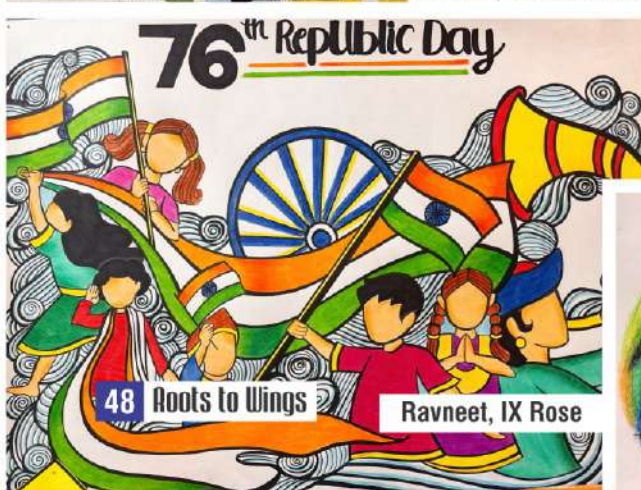
Sannah, VIII Jasmine



Jeevanjot Kaur, IX Jasmine



Nandika, VIII Lotus



Ravneet, IX Rose



Balpreet Kaur, VI Daisy





Harmanpreet Kaur, IX Jasmine



Ashmeet, VII Lily



Shahjpreet Kaur, IX Jasmine



Nandika, VIII Lotus



Tania, VI Daisy



Chiragpreet Singh, VI Daisy



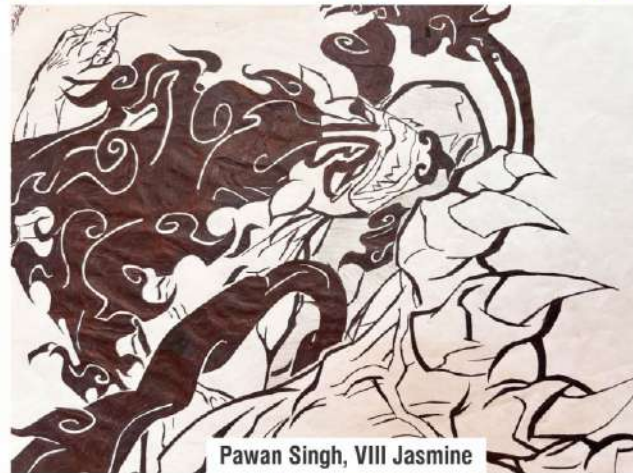
Krishna, IX Rose



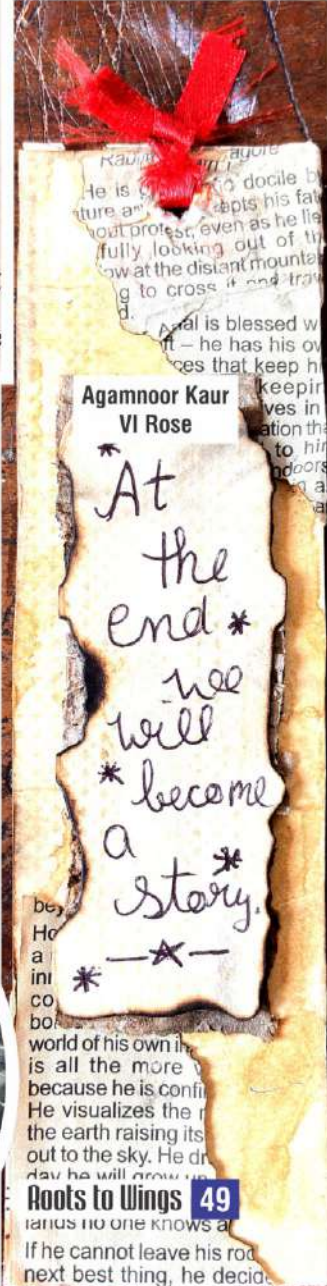
Jasjit Kaur, VIII Jasmine



Zoya Kapoor, VI Rose



Pawan Singh, VIII Jasmine



Agamnoor Kaur, VI Rose

At the end we will become a story.



Jashan Gill, VIII Rose



Navya, VI Daisy



Nupur Anand, VIII Lotus



Abhinav Arora, XI Commerce



Tanisha, VI Rose



Jasleen Kaur, VII Rose



Ravneet Kaur, IX Rose



Samuel Sahota, XI Jasmine



Jaskirat Kaur



Avneet, VI Jasmine



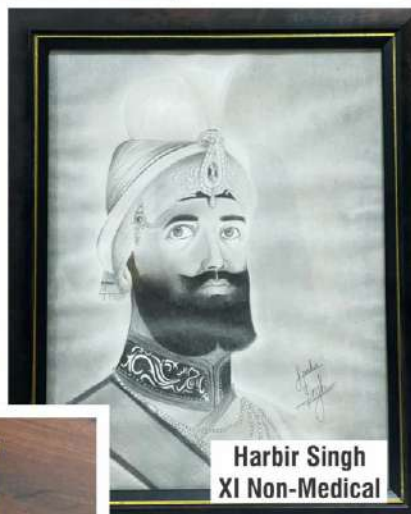
Navneet, VI Jasmine



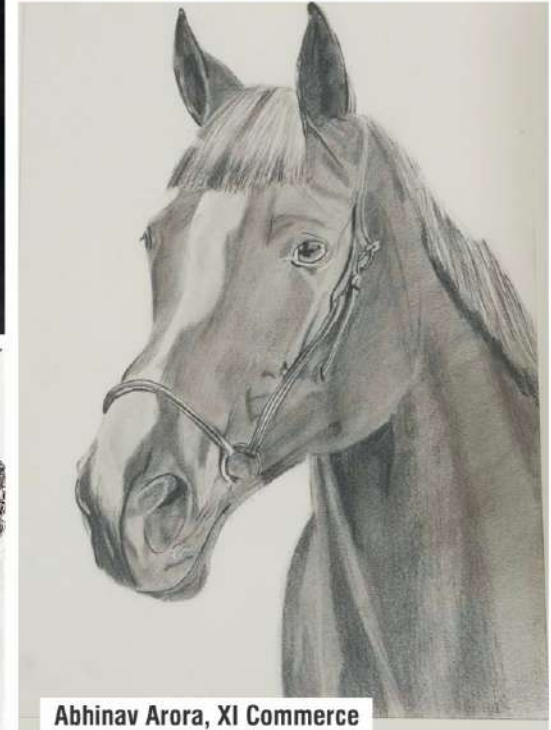
Parneet, III Lily



Jaskirat Kaur



Harbir Singh
XI Non-Medical



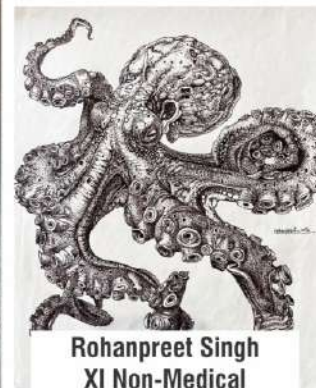
Abhinav Arora, XI Commerce



Jashan Singh, VIII Jasmine



Arshdeep Kaur, IX Rose



Rohanpreet Singh
XI Non-Medical



50 Roots to Wings

Samuel Sahota, XII Commerce



Narayan, III Lily



Jaskirat Kaur



Kanish, III Lily



Jashan Gill, VIII Rose



SHARING IS CARING

SHARING IS CARING
Love grows when you share it.



अनुशासन का महत्व

नियमों का पालन करना कहलाता है अनुशासन जिस पर निर्भर करता है सारे जीवन का शासन

अनुशासन का जीवन के हर क्षेत्र में बहुत महत्व है। यह व्यक्ति को सही मार्ग पर चलना सिखाता है। अनुशासन के बिना कोई भी राष्ट्र, संस्था सुचारु रूप से काम नहीं कर सकती है। राष्ट्र से लेकर छोटे परिवार तक हर जगह अनुशासन आवश्यक है।

अनुशासन लक्ष्य प्राप्ति की दिशा में निरंतर आगे बढ़ने की प्रेरणा देता है। अनुशासनहीन व्यक्ति की हालत ठीक वैसी होती है जैसे बिना पतवार के नौका जो कभी किनारे नहीं लगती। इसी तरह ही अनुशासनहीन व्यक्ति कभी अपनी मंजिल को नहीं पा सकता। जो व्यक्ति अपने जीवन में अनुशासन अपनाता है वह हर चुनौती का सामना साहस और समझदारी से करता है।

विद्यार्थी जीवन में अनुशासन का विशेष महत्व है। नियमित अध्ययन, समय पर विद्यालय जाना, गृह कार्य पूरा करना, शिक्षकों का सम्मान करना यह सभी अनुशासन के रूप हैं। अनुशासित विद्यार्थी परीक्षा में अच्छा प्रदर्शन करने के साथ-साथ वह हर क्षेत्र में आगे बढ़ते हैं।



अनुशासन केवल नियमों का पालन नहीं बल्कि आत्म नियंत्रण भी है यह हमें बुरी आदतों से दूर रखता है और अच्छे संस्कार अपनाने के लिए प्रेरित करता है।

समाज और राष्ट्र के विकास में भी अनुशासन की भूमिका बहुत महत्वपूर्ण है। एक अनुशासित राष्ट्र प्रगति की राह पर तेजी से आगे बढ़ता है। अतः हम सभी का कर्तव्य बनता है कि अपने राष्ट्र और अपने समाज की उन्नति के लिए अनुशासन को अपनाए तथा देश का नाम विश्व में रोशन करें।



Mrs. Shally Bhalla
M.A., B.ed.

सीख लो

अगर बनना चाहते हो विद्यार्थी,
अनुशासन में रहना सीख लो।
अगर बनना चाहते हो अध्यापक,
पढ़ना-लिखना पहले खुद सीख लो।
अगर डॉक्टर बनना चाहते हो,
गरीबों की मदद करना सीख लो।
वैज्ञानिक बनना अगर चाहते हो,
दिमाग दौड़ाना अभी से सीख लो।

खिलाड़ी बनना चाहते हो तो,
खेलों का महत्व सीख लो।
जज बनना अगर चाहते हो,
झगड़ों को सुलझाना सीख लो।
गायक अगर बनना चाहते हो,
मीठा बोलना सीख लो।
इतने सपने सजाने से पहले,
भ्रम तोड़ना भी सीख लो।



Nirgun
VI Lily

एक अध्यापिका भी एक माँ होती है

एक अध्यापिका भी एक माँ होती है,
जो बच्चों के मन में
ज्ञान की ज्योति जगाती है।
वह पढ़ाती है, सिखाती है
और सही मार्ग दिखाती है,
बच्चों के सपनों को संवारने के
लिए हर संभव प्रयास करती है।
वह ममता और प्यार से
उनका संसार भर देती है,
बच्चों को सुरक्षित रखती है
और आगे बढ़ने के लिए प्रोत्साहित करती है।
वह उनकी हर जरूरत को समझती है
और उनके भविष्य को उज्ज्वल बनाने के लिए
निरंतर काम करती है।
वह बच्चों के जीवन में
सकारात्मक परिवर्तन लाती है
और उनके चरित्र को आकार देती है।
एक अध्यापिका की भूमिका
बच्चों के जीवन में
माँ के समान होती है।



Diksha
VI Lily

कल की उड़ान

इन कक्षाओं की दीवारों में
सपनों की सरगम गूँजती है,
हर किताब के पन्नों से
एक नई दुनिया झाँकती है।
कभी गणित में तर्क बोलता है,
कभी कविता दिल छू जाती है,
कभी प्रयोगशाला में
सोच नई दिशा पाती है।
हम सिर्फ विद्यार्थी नहीं,
हम कल के निर्माता हैं,
हर प्रश्न, हर प्रयास में
भविष्य के संकेतक हैं।
गिरना भी सीख है यहाँ,
उठना भी संस्कार,
असफलता की राख से ही
जन्म लेता है विचार।
आओ, इस ज्ञान-दीप को
हाथों में थामे रखें,
क्योंकि आज की मेहनत ही
कल की पहचान बने।



Barleen Kaur
IX Jasmine

पापा पूरा संसार है

ज्यादातर लोग माँ के बारे में लिखते हैं,
पर बहुत कम लोग पापा के बारे में लिखते हैं।
"पापा एक पुरस्कार है।"
अगर माँ जननी होती है,
तो पापा क्या होते हैं?
मेरे लिए तो पापा पूरा संसार है।
अगर माँ लक्ष्मी है,
तो पापा छत्र-छाया होते हैं।
माँ देती हैं खुशहाली,
और पापा होते हैं हमारे लिए
रक्षा की ढाल।



Molina & Navya
VI Daisy



पहेली

1. ऐसी कौन-सी चीज जो गर्म होने पर जम जाती है? **अंडा**
2. ऐसी कौन-सी सब्जी है जिसमें ताला और चाबी दोनों आते हैं? **लौकी**
3. ऐसी क्या चीज जो बनने में काफी समय लगता है, लेकिन टूटने में एक क्षण भी नहीं लगता? **घोंसला**
4. ऐसी कौन-सी चीज है जो सफर करती है, पर कभी चलती नहीं है? **सड़क**
6. एक झाड़ी में तीस झोली, आधी सफेद, आधी काली - महीने का कौन-सा किनारा? **महीने का किनारा**



Gurmaan
VI - Daisy

जहाँ नाम गिर गए

कुछ चीजें बिना आवाज के गिरती हैं -
जैसे भरोसा, जैसे किसी का नाम रोज की बातों से
धीरे-धीरे फिसलता हुआ।
पहले वाक्यों से, फिर यादों से, और एक दिन
अपनी ही पहचान से। तुम्हारी मौजूदगी
किसी वादे जैसी नहीं, बल्कि
एक रोजमर्रा की आदत थी
जो बिना वजह छूट जाती है।
मैंने संभालकर रखा हर अधूरा वाक्य,
पर खामोशी ने अपनी सुविधा के अर्थ गढ़ लिए।
वक्त कुछ पूछे बिना आगे बढ़ गया,
और हम अपनी ही परछाइयों में
किसी और का अक्स ढूँढते रहे।
अब यह खामोशी समझ में आती है -
क्योंकि यह कभी तुम्हारी थी।



Sara Dhariwal
IX Daisy

स्कूल के सपोर्ट स्टाफ की अनकही कहानी

स्कूल की रोशनी में छुपा,
सपोर्ट स्टाफ है जो मेहनत से जुड़ा।
किताबों की गंध में, फर्श की सफाई में,
उनकी मेहनत कभी खुलकर न सुनी।
सुबह बहुत पहले, रात ढले तक,
उनके कदम कभी थकते नहीं।
चाय की प्याली से, फाइलों के ढेर तक,
वे हर पल रहते तत्पर, मुस्कान लिए।
कभी कोई न देखे उनके आँसू,
कभी न सुने उनके सवाल।
फिर भी हँसते हैं वे, बिना शिकायत किए,
छोटी-छोटी खुशियों में खुद को समेटे हुए।
क्लास बदलती, बच्चों की दौड़,
उनके बिना सब अधूरा सा लगे।
कभी कोई नाम न जाने,
पर उनकी मेहनत सबको आगे बढ़ाए।
छत पर धूप हो या मानसून की बारिश,
सपोर्ट स्टाफ हर हाल में स्कूल के साथ खड़ा।
मेहनत उनकी, मुस्कान उनकी कृपा
यही तो है स्कूल की सच्ची शान।
तो आइए, एक पल रुकें,
देखें उनकी दुनिया, सुनें उनकी बातें।
क्योंकि उनके बिना यह स्कूल अधूरा है,
और उनकी अनकही कहानी
हर दिल में बसती है।

भारत के असली नायक

वहाँ असली नायक हैं,
वहाँ भारत के दीवाने।
मिट्टी की खातिर
जिन्होंने सब कुछ कुर्बान किया,
हर धड़कन में देश का ही
अरमान भरकर जिया।
तिरंगे की शान बढ़ाने को
लहू बहा दिया,
अपने सपनों से पहले
देश को बचा लिया।
आज हम जो खुली हवा में
साँस लेते हैं,
वह इन्हीं शहीदों की बदौलत
मुस्कुरा पाते हैं।
सलाम है उन अमर आत्माओं को
बार-बार, जिनके नाम से
आज भी जिंदा है ये भारत अपार।
जय हिंद



Gurneet Kaur
IX Lily



मेरा परिवार

मेरा नाम तेजस चमोला है। मैं कक्षा 5वीं जैसमिन में पढ़ता हूँ। आज मैं अपने परिवार के बारे में कुछ बातें लिख रहा हूँ। परिवार हमारे जीवन का सबसे महत्वपूर्ण हिस्सा होता है। परिवार हमें प्यार, सुरक्षा और अच्छे संस्कार देता है। मेरा परिवार बहुत प्यारा और खुशहाल है। मेरे परिवार में मेरे माता-पिता, दादा-दादी, मेरी छोटी बहन निवेदिता और मैं शामिल हैं। मेरे पिताजी बहुत मेहनती हैं। वे मुझे हमेशा सच्चाई और परिश्रम का महत्व समझाते हैं। मेरी माताजी बहुत स्नेही और दयालु हैं। वे हमारा बहुत ध्यान रखती हैं और हमें अच्छे संस्कार सिखाती हैं। मेरे दादा-दादी हमें कहानियाँ सुनाते हैं और अपने अनुभवों से जीवन की अच्छी सीख देते हैं। मेरी छोटी बहन निवेदिता बहुत प्यारी और चंचल है। हम दोनों साथ में खेलते हैं, पढ़ाई करते हैं और खूब मस्ती करते हैं। कभी-कभी हम झगड़ते भी हैं, लेकिन फिर जल्दी ही दोस्त बन जाते हैं। मुझे अपनी बहन से बहुत प्यार है। हम सब मिल-जुलकर रहते हैं। त्योहारों पर हम साथ में पूजा करते हैं और खुशियाँ मनाते हैं। मुझे अपने परिवार पर गर्व है। मेरा परिवार ही मेरी ताकत है। धन्यवाद।



Tejas Chamola
V Jasmine

TEACHER'S DAY

TEACHING IS THE ART OF
LIGHTING MINDS.





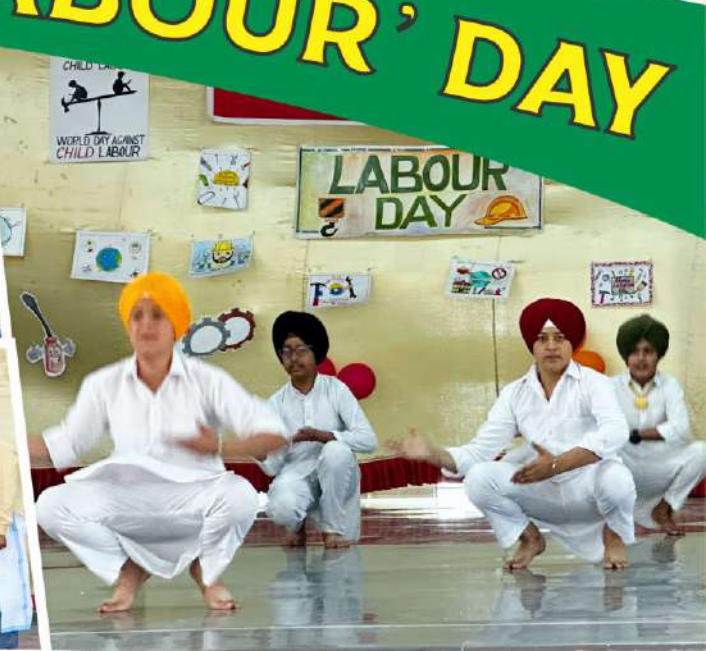
CHILDREN'S DAY

Let children dream big and shine bright.



Dignity in labour, pride in effort.

LABOUR DAY



CONNECT TO NATURE

Green earth, clean earth.



CHRISTMAS

May your heart be light this Christmas.



INDEPENDENCE DAY



Freedom is our pride and strength



LOHRI CELEBRATION

ਆਓ, ਲੋਹੜੀ ਦੇ
ਗੀਤ ਗਾਈਏ ਅਤੇ ਨੱਚੀਏ!



THE MIRROR OF OUR PAST, THE GUIDE TO OUR FUTURE

History is not just a record of dates and events; it is the story of humanity. It tells us who we are, where we came from, and how our society has evolved over time. Every civilization, every revolution, and every great leader has contributed to shaping the world we live in today.

By studying History, we learn about the rise and fall of powerful empires like the Mauryan Empire and the Gupta Empire, which laid the foundation of Indian culture and administration. We understand the courage and sacrifices made during the Indian freedom struggle, guided by leaders like Mahatma Gandhi and Subhas Chandra Bose. History teaches us important lessons about unity, bravery, leadership, and justice. It reminds us that freedom was not achieved easily; it was earned through determination and sacrifice. When we read about revolutions and reform movements, we realize the importance of standing up for truth and equality.

Studying History also develops our thinking skills. It encourages us to analyze causes and consequences, compare different time periods, and understand different perspectives. It helps us become aware and responsible citizens.

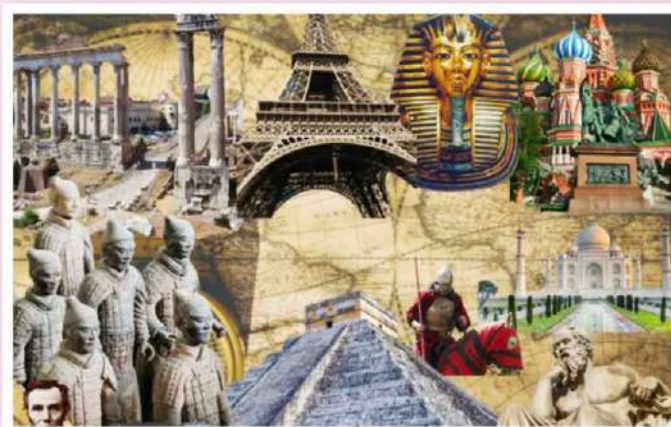
In today's fast-changing world, History acts as a guiding light. It teaches us to avoid the mistakes of the past and build a better future. As the famous historian E. H. Carr said, "Study the past if you would define the future."

Let us respect our rich heritage and learn from the struggles and achievements of those who came before us. History is not just about the past — it is the foundation of our future.

When we understand our past, we gain the wisdom to shape a brighter tomorrow.



Mrs. Sonia Sharma
History Teacher



MAHARAJA KRISHNADEVA RAYA

- Krishnadeva Rayawas greatest ruler of Vijayanagar.
- He ruled from CE 1509 to 1530 CE.
- He was the third ruler of Tuluva Dynasty.
- He had two queen - Maharani Chinna Devi and Maharani Tirumalamba.
- He had advisor Pandit Rama Krishna. They were best friends.
- He had a general secretary Mahamantri Timarasu.
- His Rajguru was Pandit Tatacharya.
- He defeated Sultan of Bijapur, Golconda, The Bahamani sultan and Raja of Odisha.
- He established friendly relation with the Portuguese.
- He lived from 17 January 1471 to 17 October 1529 i.e. At age of 58 he died.



Deepansh Grover
7th Daisy



FROM GLOBE TO GOOGLE EARTH: THE CHANGING FACE OF GEOGRAPHY EDUCATION IN 50 YEARS

In the last fifty years, Geography teaching in our school has changed in many wonderful ways. Earlier, students gathered around a globe and colorful wall maps to understand the world. Lessons were simple, yet full of curiosity and imagination.



Mrs. Madhu Bala
M.A., B.ed

Today, with the help of technology and tools like Google Earth, students can travel across continents while sitting in the classroom. They can see mountains, rivers, and cities in real detail. Learning has become more lively and exciting.

During my 17 years in this school, I have seen this beautiful journey from traditional methods to modern digital learning. Still, one thing has never changed-the joy in students' eyes when they discover something new about our Earth. As we celebrate our Golden Jubilee, I feel proud to be part of this journey and hopeful for many more years of inspiring young minds.

AUTOBIOGRAPHY- RABINDRANATH TAGORE

Rabindranath Tagore was born on May 7, 1861, in Calcutta (now Kolkata) India, into a respected and wealthy Bengali family. His father, Debendranath Tagore, was a great religious reformer and thinker. From childhood, he loved poetry, music, nature, and writing.

He did not like going to regular school, so he was taught at home. He wrote his first poem when he was only eight years old. At the age of sixteen, his writings started getting published. He went to England to study law, but he was more

interested in literature. He returned to India and continued writing poems, stories, songs, and plays in Bengali and English. One of his best book Gitanjali, was translated into English and won the Nobel Prize in literature in 1913. He was the Asian to win this prize.

He started a school name Shantiniketan where children learned in a free and natural way. Later it became Visva-Bharati University. He believed in peace, freedom, and love for all. people. after the Jallianwala Bagh massacre, he gave back his British knighthood as a protest. One of his songs, "Jana Gana Mana", became the national anthem of India. He also wrote the national anthem of Bangladesh.

Rabindranath Tagore passed away on August 7, 1941, but his words, songs, and ideas still live in the hearts of people around the world.



Manveer Kaur
VI Rose

How Geography Shapes Our Future



Meghshyam Sharma
Geography Teacher

Education gives us roots to stay grounded and wings to rise high. Among all subjects, Geography plays a special role in shaping our understanding of the world around us.

Geography is not just about maps and diagrams; it is the study of our Earth — its rivers, mountains, forests, minerals, climate, and people. When we learn about water resources, agriculture, and energy, we understand how closely human life is connected to nature. It teaches us that natural resources are precious and must be used wisely.

By studying Geography, we become aware of environmental problems like pollution, deforestation, and global warming. We learn the importance of conservation and sustainable development. This knowledge helps us become responsible citizens who care for our planet.

Geography also connects us to our country. From the mighty Himalayas to the fertile Northern Plains and the coastal regions of India, every part of our nation tells a story. Understanding these physical features helps us appreciate India's diversity and strength.

In school, Geography develops our observation skills, map-reading ability, and analytical thinking. It encourages us to explore, ask questions, and think about solutions for real-world problems.

Thus, Geography truly gives us strong roots in knowledge and powerful wings to achieve our dreams. When we understand the Earth, we understand our responsibility toward it.

Let us learn Geography not only to score marks, but to protect and preserve our beautiful planet.



Earth's Geography

Earth's Geography is full of amazing surprises that change and move in cool ways. Let's explore some fun spots that kids can picture like a treasure hunt on our planet.

Giant Cave in Vietnam

Imagine a huge cave in Vietnam called Son Doong, bigger than many soccer fields! Rainwater made it over millions of years by melting rocks slowly. Inside, there's a secret jungle with its own clouds and shiny pearls—perfect for a hidden adventure.

Red Waterfall in Cold Antarctica

In icy Antarctica, Blood Falls looks like red juice spilling from a giant ice wall. It's water from an old lake under the ice, with tiny bugs that live without air. Scientists say it might show how life could be on Mars!

Magic Trees on a Far Island

Near Yemen, Socotra Island has dragon blood trees that look like flying umbrellas. They catch rainwater and have red sap like magic blood that heals cuts. The island is so special, it's like from another world, but hot weather might hurt it.

Hot Volcano Land in

Ethiopia's Danakil is extremely-hot, with colourful acid pools and yellow towers like a candy volcano! Earth's plates pull apart here, making new land. Brave people collect salt, like mining treasure in a fiery playground. These places show how Earth plays tricks and builds wonders just for us to discover.



Manroop Kaur Johal
IX LILY

Fun Facts to Blow Your Mind

Here's your list corrected for grammar, punctuation, phrasing, and minor accuracy tweaks while keeping the wow factor!

1. Sharks existed before trees. Sharks have been around for more than 400 million years—trees came 50 million years later.
2. A day on Venus is longer than its year. Venus takes 243 Earth days to rotate once but only 225 Earth days to orbit the Sun.
3. Your nose can remember 50,000 different scents.
4. A bolt of lightning is 5 times hotter than the Sun's surface. That's over 30,000°C!
5. Wombat poop is cube-shaped. This helps it stay in place and mark territory—nature's weird design!
6. There's a species of jellyfish that can live forever; it resets its cells and avoids death (unless eaten). It's called the "immortal jellyfish."
7. Your brain uses the same amount of power as a low-watt lightbulb.
8. The Eiffel Tower grows taller in summer. Due to heat expansion, it can grow 15 cm taller.



Aakarsh
X - Lotus

EARTH QUIZ

Earth is a unique planet. Let us learn something about it.

A. Tick (✓) the correct answer.

1. Which is the largest ocean on Earth?
a) Atlantic Ocean b) Pacific Ocean
c) Arctic Ocean d) Indian Ocean
2. What is the term for the movement of the Earth on its axis?
a) Revolution b) Rotation
c) Orbit d) Eclipse
3. What is the layer of the Earth that we live on?
a) Crust b) Mantle
c) Core d) Atmosphere

Answers:

1. b) 2. b) 3. a)

B. Fill in the blanks:

1. The Earth rotates on its _____.
2. Earth is the _____ planet from the sun.
3. The Earth's atmosphere is made up of mostly _____.
4. The process of the Earth's plates moving and changing is called _____.
5. The Earth is surrounded by a layer of gases called the _____.

Answers

1. axis
2. third
3. nitrogen and oxygen
4. plate tectonics
5. atmosphere



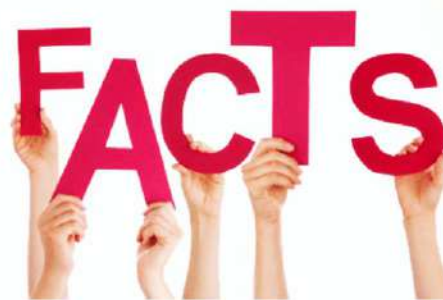
Amon Masih
VI - Rose

DID YOU KNOW - GEOGRAPHY

1. 'Atmosphere' is a Greek word which means a 'ball of vapour'.
2. About 10,000 earthquakes occur every year, of only a few cause damages.
3. The temperature of Sahara rises to 45°C during day time while at night it drops to just 5°C
4. There are no seasons on the planet Venus. The reason is that Venus's axis of rotation is almost vertical.
5. The blue colour of the Earth is due to the large amount of water present on it. Water is actually transparent, but deep water bodies absorb the red and yellow rays of light. Therefore, only blue rays are reflected and reach our eyes.
6. The footprints of the astronauts can remain on the surface of the Moon for a long time because they are not blown away by wind.
7. A New star is born every 20 days
8. Many stars are 1,000 times bigger than the sun.
9. The smallest mammal in the world, the hog nosed bat is just about 3cm?
10. Friction is important. Without it, we cannot apply brakes.
11. Horseshoe crabs have blue coloured blood. Their blood pigment contains copper and not iron which gives the red colour.
12. The smallest city in the world is Vatican City with a population of around 800 people.
13. The brain of a bee is smaller than a pinhead.
14. The first film show took place in 1895 in Paris



Tripti
VI - Rose



Prabhveer Singh
VI Lily

1. In most of the creatures of the world, Males go in search of food while females take care of the babies. But in penguins it is different. Females go to search food and males have to take care of babies.
2. The feathers under the flamingo's thin wings are black.
3. Both male and female robins sing the same winter song. (No issues)
4. House sparrows just weigh around 30 grams.

GEOGRAPHY QUIZ: EGYPT

- What is the official language of Egypt?
 - French
 - English
 - Arabic
 - Turkish
- Which region of Egypt is known for its fertile land?
 - Sahara Desert
 - Western Plateau
 - Nile River Valley
 - Sinai Peninsula
- Which ancient language was used in Egypt and written using hieroglyphs?
 - Latin
 - Persian
 - Ancient Egyptian
 - Sanskrit
- What is one major reason Egypt has a high fertility rate?
 - Low marriage rate
 - Cultural preference for larger families
 - Poor health care
 - Urbanization
- On the World Happiness Index, Egypt ranks:
 - Among the top 20
 - In the middle (around 50-70)
- In Egyptian rural areas, lifestyle is mostly based on:
 - Fishing
 - Farming and agriculture
 - Office jobs
 - Mining
- What is considered a central part of Egyptian social life?
 - Internet cafes
 - Sport clubs
 - Family gathering
 - Online Gaming
- Which ancient practice still influences modern Egyptian culture?
 - Papyrus writing
 - Mummification
 - Belief in the afterlife
 - Pyramid building
- Which device is most popular among young Egyptians today?
 - Desktop computers
 - Tablets
 - Smartphones
 - Radios
- What is the major religion followed in Egypt?
 - Christianity
 - Islam
 - Buddhism
 - Judaism
- What is one challenge Egypt faces in achieving gender equality?
 - Lack of schools
 - Low internet access
 - Cultural and traditional norms
 - Too many teachers
- What is a major national holiday in Egypt?
 - Holi
 - Eid al-Fitr
 - Christmas
 - Diwali

Answer Key

1. c | 2. c | 3. c | 4. b | 5. b | 6. b | 7. c
8. b | 9. c | 10. b | 11. c | 12. b



Hartej Partap
VII - Lily

DID YOU KNOW?

- You're doing 3 billion things right now. You're blinking, breathing, thinking, reading, balancing, listening, digesting, staying alive—and you don't even notice. You're a walking miracle pretending to be bored.
- The colour you see might not be the one I see. You say it's blue, I say it's green—who's right? Technically both—because "colour" only exists in your brain. Reality doesn't argue, but your friend might.
- You've "forgotten" something today. You just don't know. Your brain deletes stuff it finds boring.
- Orange juice after brushing your teeth is hostile betrayal. It tastes weird because your toothpaste blocks your sweet taste buds. So it's not the juice's fault—it's your minty traitor.



Aakarsh
X - Lotus

QUESTIONS OF GEOGRAPHY

- Which country is known as the land of the Rising sun?
 - China
 - Japan
 - South Korea
 - Thailand
- Which country is the largest by land area?
 - USA
 - China
 - Russia
 - Canada
- Which country has the longest coastline in the world?
 - Canada
 - USA
 - China
 - Russia
- Which country is known for the ancient city of Petra?
 - Egypt
 - Jordan
 - Israel
 - Turkey

Answers:

- 1) Japan 2) Russia
3) Canada 4) Jordan



Diksha
VI Daisy

KNOWLEDGEABLE FACTS

1. Bananas are naturally radioactive.
They contain small amounts of potassium, including the radioactive isotope potassium-40.
2. Humans technically glow in the dark.
The human body emits a tiny amount of visible light due to biochemical reactions. This light is about 1,000 times weaker than what the human eye can detect.
3. Zero was once rejected in Europe.
Ancient Romans had no symbol for zero, and when it spread to medieval Europe (from India via the Arab world), some people viewed it with suspicion. Today, zero is fundamental to mathematics.
4. There is a country completely surrounded by another in Africa.
Lesotho is entirely surrounded by South Africa.
Eswatini is almost surrounded by South Africa but also borders Mozambique.
5. Einstein was offered a presidency.
Albert Einstein was offered the presidency of Israel in 1952, but he declined.
6. The “longest word” in literature.
The chemical name for titin is often cited as having 189,819 letters, though it is not officially recognized in most dictionaries. Pronouncing it would take hours.
7. The word “alphabet” has Greek origins.
It comes from the first two letters of the Greek alphabet: Alpha and Beta.



Hartej Partap
VII - Lily

*Creativity is
intelligence
having fun*



*Creative
Corner*



Creative Corner



Hustle Beats Talent

FIT LIFE



BRAVERY

Malala Yousafzai is a living example of courage and hope. As a young girl, she believed that education was a basic right for everyone, especially girls. When her voice was threatened, she did not fall silent — instead, she became stronger. Despite facing fear and danger, Malala chose knowledge over silence. Her belief that “one child, one teacher, one book, and one pen can change the world” reminds us that change begins with awareness and courage.



Malala’s story teaches us that age does not define impact. Even young minds can bring powerful change if guided by truth and determination. She shows us that standing up for what is right may be difficult, but it is always meaningful.

Her journey encourages students to value education, speak with confidence, and never underestimate their voice.

Bravery is not the absence of fear, but the decision to move forward despite it. **Jasmeen Kaur**



IX Daisy

MOTHER - THE HEART OF LOVE

She gives her dreams a quiet goodbye,
So ours can soar and touch the sky.

Her smile hides a thousand scars,
Her love shines brighter than the stars.

She wakes before the world can rise,
Sleeps after every whispered sigh.

She bears our pain, she hides her tears,
She fights our battles, conquers our fears.

She lets her own desires fade away,
So ours can bloom and light the way.

She sacrifices, waits, and prays,
Guiding us through life’s twisted maze.

No jewel, no crown, no treasure above,
Can match the power of a mother’s love.

Through every heartbeat, through every part,
She is the queen of every child’s heart.



Niharika
V - Lily

SOCIAL MEDIA: BOON OR BANE

Modern age is an age of social media. It is a big source of headache as well. If it is handled in a proper manner, it can offer a bagful of benefits. Social media creates a lot of benefits. However, injudicious use of social media, can create a lot of problems. It affects the health as well as mental and psychological issues. The experts view that social media poses a great threat to children. Its excessive use leads a whole host of emotional, mental and

psychological issues. The experts opine that the use of social media should be regulated. Its unrestricted use can deprive kids and can cause a lot of problems for them.

To sum up, social media is a double-edged sword. Thus, it should be handled judiciously.



Zoya Kapoor
VI - Rose



SOMEDAY, WE WILL MISS THIS!

Every morning, we rush to school, complaining about homework, tests, and early bells. We count the minutes until the last period ends, never realizing how precious these moments are.

The classrooms that feel ordinary today will one day feel magical. The benches where we shared secrets, the blackboard filled with chalk dust, and the playground echoes will slowly turn into memories.

School teaches us lessons from books, but it also teaches us friendship, patience, and courage. It teaches us how to laugh after mistakes and how to stand again after failures.

One day, the school uniform will no longer be worn. The bell will no longer decide our routine. Yet, whenever we hear laughter or see a classroom, our hearts will return to these days.

Because someday, we will miss the days we once wished to end.



Jiya
IX - Lily

WINGS OF TOMORROW

In shadows deep where doubts reside,
A spark awakens, fierce and wide.
Not born of gold or silver spoon,
But grit that carves beneath the moon.
Seeds in soil, unyielding, press -
Through stone and storm, they seek redress.
You, too, young dreamer, feel the call:
Rise, crack the earth and claim it all.
Stumbles? Mere steps to greater heights .
Tears? The rain that fuels your flights.
Each "no" a chisel, shaping art ,
From fragile bud to lion's heart .
Collect your whispers, small and true:
"I grow, I glow , I break on through ."
Stack victories like stars at dawn ,
Your tower gleams when hope is drawn .
Unfurl now, child of endless sky-
The world's your canvas, dare to fly.
Legends whisper from peaks you've
climbed:
Your fire's lit; the future's timed.



Manroop Kaur Johal
IX - Lily

"A teacher is also a Mother"

"She stood in front of the classroom, a gentle smile on her face as she greeted her students. But little did they know, she was not only their teacher, but also a mother to her own little ones at home."



Diksha
VI Daisy



FATHER & DAUGHTER LOVE

Father.....

Father, thank you for
Always being there for me
Teaching me skills
Expecting nothing but giving
everything
Really You are the Best

Your arms are my Shelter
Assuring me that it will be
better
Your hand in my Comfort
Lifting me up When I fall Short.

Your Voice makes me Strong
Teaching me What's right and Wrong
Your Smile Says it all
Father I Love you more than all.



Oshivi Mehmi
VI Daisy

THE SILENT SACRIFICES OF OUR PARENTS

“Parents give us roots to stay grounded and wings to fly high”

Behind every smiling child and every successful individual lies a quiet story of love and sacrifice. Parents are the silent pillars of our lives who give endlessly without expecting recognition or reward. Their sacrifices are not always visible, yet they shape our future in the most powerful way.

UNCONDITIONAL LOVE AND SELFLESS CARE

From the moment a child is born, parents begin a lifelong journey of selflessness. A mother sacrifices her sleep, health, and personal dreams to nurture her family with patience and affection. A father works tirelessly, often enduring stress and exhaustion, to provide security and stability. Their love is unconditional, pure, and constant.

SACRIFICES THAT REMAIN UNSEEN

Many parental sacrifices go unnoticed in daily life. Parents give up comforts, personal desires, and even happiness. So, their children can receive quality education and better opportunities. They hide their worries behind smiles and choose responsibility over rest. Every success achieved by a child carries their silent efforts within it.

REALISATION WITH MATURITY

As children grow older, they begin to understand the depth of their parents' sacrifices. With maturity comes gratitude. We realise that our values, confidence, and achievements are built upon the foundation laid by our parents' love, guidance, and support.

Conclusion

Parents' sacrifice is priceless and beyond repayment. The true way to honour it is by respecting them, appreciating their efforts, and living a life that reflects the values they taught us. Recognising and valuing their silent sacrifices is the least we can do for those who gave us everything without asking for anything in return.



Tanvir Kaur
IX



ST. JUDE'S CONVENT YOUNG VOICES

In St. Jude's Convent's hallowed halls,
Nakodar's treasure, where knowledge enthalls,
6th Rose's journey, a story to share,
A path of discovery, with dreams to spare.

With every step, we grow and thrive,

In pursuit of excellence, we strive,

Our hearts aflame with passion and fire,

We chase our dreams and never tire.

In this haven of learning, we find our way,

Through challenges and triumphs,

we seize the day,

St. Jude's Convent, a guiding light,

Illuminating our path through day and night.



Amon Masih
VI Rose

The Missing Sandwich

One day at lunch, Rohan opened his tiffin and was shocked – his cheese sandwich was gone!

Instead, there was a note saying:

“Thanks for the snack. – Lunchbox Ghost”

Rohan suspected everyone, even the teacher!

Later, he found out that his little brother had taken his lunch by mistake and left the note as a funny prank.

Since then, Rohan always locks his tiffin and is called “*The Sandwich Spy*” at school!



Prince Nahar
Daisy



I AM THE SOLDIER

If I die in a war zone,
Box me up and send me home.
Put my medals on my chest,
Tell my mom I did my best.
Tell my dad to bow,
He need not worry about me now.
Tell my brother to study perfectly,
The key to my bike will be his permanently.
Tell my sister not to be upset,
Her brother will not rise after this sunset.
Tell my whole world not to cry,
Because I am the soldier, born to die!



Jannifer Gill
VII Lily

Tongue Twister

1. He tells tales to Achilles by the seashore.
2. I draw a dragon dining on dinner in the kitchen.
3. A big black bug bit a big black bear.
4. Peter Piper picked a peck of pickled peppers.
5. Betty bought some butter, but she said, "This butter's bitter. If I put it in my batter, it will make my batter bitter."
6. Leather weather never weathered worn leather better.
7. Gobbling gargoyles gobbled giggling godlings.



Ishpreet Singh
VIII Jasmine

POEM

The weight of the world
Pressing down upon me,
with all its trials and its burdens.
Holding me back from my achievements,
lessening its hold on no man.
Placing dreams before me,
as if they were easy to obtain,
keeping me striving day after day.
Praying my work is not in vain.
Not caring about its heaviness,
forcing me to carry its full weight.
An image of the finish line,
glancing back at my mistakes.
Breaking down from all its obstacles,
thrown in my way for distractions.
This world has no place for misery,
but it's not always filled with
laughter.
Trying to keep my head above water
Because I really don't want to drown.
There's no emergency team to rescue
me
when the world is weighing down.



Manroop Kaur Johal
IX Lily

NATURE

Nature is so beautiful.
Everyone likes nature
because it has beautiful features.
It is full of joy,
like the sun in the sky.
There is such peace of mind;
everyone likes to rejoice.
There are so many seasons,
but everyone likes the rainy season.
The water is so clean,
the grass is so green,
the mountains are so high,
like a bird in the sky.
The fruits are so sweet,
like serene peace.
Nature is full of joy.
Play; don't think like a toy.
It is our duty to protect our nature
and grow more trees to get more peace.



Manraj Kaur
VII Daisy

THE POWER OF A SINGLE STEP

In a quiet village nestled between mountains and forests, lived a boy named Arjun. He wasn't the smartest in class, nor the fastest on the field. In fact, many people hardly noticed him.

But Arjun had something that no one else did – an unshakable belief that he could make a difference. Every day after school, while others played or rested, Arjun would visit a small pond near his home. It was polluted, filled with plastic and waste. “Why doesn't anyone clean this?” he once asked his teacher.

The teacher sighed, “It's too much work for one person, Arjun.”

But Arjun didn't believe that. The next day, he brought an old sack and began cleaning the pond. One bottle at a time. One paper at a time. Children laughed at him, some said it was useless. But he kept going.

A week later, a classmate joined him, then two more. By the end of the month, the whole school came to help. The pond sparkled again. Birds returned. Flowers bloomed. And something else bloomed too – hope.

At the school assembly, the principal called Arjun on stage.

“This is the boy who taught us that change begins with a single step,” he said.

Arjun smiled shyly, not because of the applause, but because he knew something important:

Even the smallest person can spark the biggest change.



The Rose Tree

In a quiet village lived a young girl named Anuksha, who loved plants. She had a tiny garden full of marigolds, sunflowers, and tulips. But her favourite was a small rose tree planted by her grandmother before she passed away.

It was different from the others. It never bloomed—no matter how much water or sunlight it got. Every day, Anuksha would talk to it softly, “Don't worry. One day, you'll bloom.”

One morning, she found a single red rose on the tree. She ran to tell her mother, but when they came back, the rose had vanished.

“This must be your imagination,” her mother said gently.

The next day, two roses were blooming. Again, they disappeared before anyone else could see. This continued for days. Roses appeared only when Anuksha was alone. No one else ever saw them—not even her best friend. She began to wonder, “Is the rose tree... listening to only me?”

One day, she left a note under the tree:

“Thank you for trusting me. I will always take care of you.”

The next morning, the whole tree was covered in red roses—dozens of them, bright and beautiful. Everyone in the village came to see it. Her mother cried with joy. From that day, the tree never stopped blooming.

No one could explain the mystery. But Anuksha knew the truth:

Some trees don't need water. They need love.

Moral of the story:

Sometimes, the things we care for grow—not because of what we give, but because of how we love.



Jasmeet Kaur
VI - Jasmine



Healing Hands and Gentle Hearts

Healing hands and gentle hearts,
Nurses dance through night.
Life's essence captured,
Fragile dreams in glass-lined rows,
Hope and fear entwined.
Tiny phials whisper
of healing, hallowed promise.
Each measured dose – a chance
to lift a soul from darkness.
Healing hands that steady,
Gentle hearts that listen –
Ministers of mercy
when the body trembles.
Through quiet midnight corridors,
They walk in silent grace,
Bringing rubies of courage
to paler cheeks of pain.
With every careful step,
Their spirits hold a lantern –
Guiding through the ache,
to comfort's soft embrace.
And dawn arrives on
whispered prayers:
“May my touch bring peace,
My words a gentle balm.”



Vanshika Jarwana
XI - Medical

CHASE YOUR DREAMS

Don't let your dreams
become the sacrifice,
because you are the one
who is best in your own world.

Don't think,
“No one likes me.”

Just think,
“No one is like me.”

Wake up today and go,
run for your dreams,
because success is yours!



Jannifer Gill
VII Lily

RIDDLES

1. I have legs but cannot walk. What am I?
2. What is something you will never see again?
3. I have no feet, no hands, no wings, but I climb to the sky. What am I?
4. Take off my skin—I won't cry, but you will! What am I?
5. You can see me in water, but I never get wet. What am I?

Answers

1. Table.
2. The past.
3. Smoke.
4. Onion.
5. Reflection.



Rantaj Singh Randhawa
VII Daisy

RIDDLES

1. What has hands that cannot clap?
2. What starts with T, ends with T, and has T in it?
3. What loses its head in the morning and gets it back at night?
4. They come out at night without being called and are lost in the day without being stolen. What are they?
5. When it is alive, we sing; when it is dead, we clap our hands. What is it?
6. It belongs to you, but your friends and parents use it more than you do. What is it?
7. Make me cry—I won't cry, but you will! What am I?
8. What has many teeth but cannot bite?
9. What two keys can't open a door?
10. What comes down but never goes up?

Answers

1. A clock.
2. A teapot.
3. A pillow.
4. Stars!
5. A birthday candle.
6. Your name.
7. An onion.
8. A comb.
9. A monkey and a donkey.
10. Rain.



Jasmine Kaur
VII Rose

RIDDLES

1. Tall when I'm young and short when I'm old. I'll help you see when the darkness unfolds. What am I?
2. What has two words but thousands of letters?
3. Lucky's father has 4 sons: Monday, Tuesday, Wednesday, and?
4. What has 88 keys but can't open a single door?
5. I'm tall and spotted, with a long neck to see far. What am I?

ANSWERS

1. A candle.
2. A post office.
3. Lucky.
4. A piano.
5. A giraffe.



Ishatpreet Singh

SOLVE THIS

HHATSUYWIWQMXWT
HRRJCLVKGESYNZN
YLEVIDVACATIONF
FELMYIHSUNSHINE
RCAHOPAADHUELTA
IFXOULPMNJKGTM
EEALROPSXAQXOYU
NWTIMMYFEFFWGQS
DVIDJAZRUEJTDXE
SQOAPXBKNCMGIN
AUNYRECREATIONE
MLMMPGRADUATION
VHIMBTUICZFUJST
SQHNEYEYWCHCAZW
HFNHFRZMMFJOBQA

wordlist
amusement
break
diploma
family
friends
fun
graduation
happy
holiday
summer
vacation
sunshine
relaxation
recreation



Jasmine Kaur
VII Rose

RIDDLES

1. What is something you will never see again?
2. What has teeth but can't bite?
3. I can fly without wings — what am I?
4. I have no life, but I can die — what am I?
5. I shoot but never kill — what am I?
6. I have six faces and 21 eyes but I cannot see — what am I?

Answers

1. Your past
2. A comb
3. Clouds
4. A battery
5. A camera
6. A dice



Ashpreet Kaur
VIII Daisy

A Day on Another Planet

One morning I woke with a beam on my face,
But the sky was purple—not Earth's usual place.
I blinked and gasped; my bed was gone.
I stood on a rock where two moons shone.
The trees were silver, the rivers glowed green,
The air smelled like peppermint—crisp and clean.
The aliens waved with their four tiny eyes,
Floating in suits that shimmered like skies.
The school was a bubble that flew in the air,
With robots as teachers in every chair.
They laughed with light beams and merry claps,
And drank blue juice in gravity sips.
No fights, no noise, no dirty shoes—
They all smiled and waved as I passed through.
I smiled and thought, "What a dream to keep!"
Then my alarm rang—back to Earth from sleep.



Aaraav Tandon
VII Lily

RIDDLES

A blind girl lost her keys, her cat and her car.
what did the girl lose first?

- Keys
- Cat
- Blind girl

"I am full of holes but still hold water.
What am I?"

1. "I have six faces and 21 eyes, but I cannot see. What am I?"
2. I am a bird I am a fruit and I am a person who am I?



LANGUAGE RIDDLES

1. What can fly without wings?
Ans. Time
2. What has cities but no houses, forests, or rivers?
Ans. A map
3. What has many keys but can't open locks?
Ans. A piano
4. What is full of holes but still holds water?
Ans. A sponge
5. What gets bigger when more is taken away?
Ans. A hole
6. What has a heart but no other organs?
Ans. A deck of cards
7. What can you break without touching it?
Ans. A promise
8. What has no beginning, end, or middle?
Ans. A Doughnut
9. There is a word in the English language in which the first two letters signify a male, the first letter signifies a female, the four signify a great man, and the whole word, a great woman. What is the word?
Ans. Heroine
10. What gets wet when drying?
Ans. Towel
11. What are two things people never eat before breakfast?
Ans. Lunch and dinner
12. What can't be used until it's broken?
Ans. Egg
13. What has 4 legs and only 1 foot?
Ans. Bed
14. I have skin but I'm not a person. I can be peeled but I'm not a potato. I'm a fruit but I'm not an orange. What am I?
Ans. Apple

15. I have a deck but no backyard. I have a bow but no arrows. I have a wheel but I'm not a car. What am I?
Ans. A Ship
16. I'm sometimes a baby but I don't cry. I can be a type of cake but I'm not chocolate I'm found on a snowman but I'm not a scarf what am I?
Ans. Carrot
17. I'm something you can beat but I'm not an egg I have skin but I'm not a boxer. I'm a musical instrument but I'm not a guitar. What am I?
Ans. Drum
18. I'm spherical but I'm not a soccer ball. I have a core but I'm not an apple. I'm mostly covered by water but I'm not an iceberg what am I?
Ans. Earth
19. What has four legs but can't walk?
Ans. A table
20. What has teeth but can't bite?
Ans. A comb
21. What has ears but can't hear?
Ans. A cornfield
22. What goes up and down but doesn't move?
Ans. A staircase.
23. What is so fragile that saying its name breaks it?
Ans. Silence
24. What has a head, a tail, is brown, and has no legs?
Ans. A penny
25. What can you catch but never throw?
Ans. A cold
26. What has a neck but no head?
Ans. A bottle



Sehajpreet Kaur
VII Jasmine

THE BRAVE LITTLE STAR

A tiny star felt too small to shine in the big night sky. But one dark night, a lost bird needed light to find its way home. The little star twinkled as bright as it could. The bird saw it and safely flew home. The little star realized, "Even small things can make a big difference!" Moral: No matter how small you are, you can do something important.



Viraj Kaul
V Jasmine

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The Activity Buzz



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CLASSROOMS



COMPUTER LAB



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DANCE ROOM



MUSIC ROOM

CAMPUS EVOLUTION

PLAY AREA



SCIENCE LAB





St. Jude's Convent School, Nakodar

IF MATH DISAPPEARED ONE DAY

Imagine waking up one morning to discover that a fairy has taken math away from the world. At first, students might cheer—no homework, no exams, no tricky equations! But the excitement would not last long. Without math, shopkeepers could not calculate prices, banks would not manage money, and people would not even know how much change to return. Buildings and bridges would become unsafe because engineers depend on measurements and calculations to design them. Cars, trains, and airplanes would stop working properly, as speed, fuel, and navigation all rely on numbers. Even organizations like NASA would be unable to send rockets into space. Technology would fail too. Mobile phones, computers, and video games run on codes built from numbers. Hospitals would struggle, as doctors need math to measure medicine and monitor patients. Clearly, math is not just a school subject—it is the invisible force that keeps our world organized, safe, and running smoothly.



Mrs. Amraj Kaur
M. Sc., B. ed.

MATHS POWERS THE FUTURE

Imagine a car that drives itself, sounds like a science fiction but it's maths making it real!

1. Sees the road, predict obstacles: Geometry
2. Processes sensor data fast: Linear equation at work
3. Decides safest routes: Probability
Maths is also used in Ai and Robotics
Maths is their super brain
1. Image recognition: linear algebra decodes pixels
2. Categorising data: Set theory
3. Predict outcomes and make choices: Probability
4. Navigating spaces: geometry guides the way.



Nupur
VIII Lotus

MATHS = LANGUAGE OF
INNOVATION.

FUN WITH MATHS

Why is 1666 significant in Roman numerals?

1666 is written as MDCLXVI in Roman numerals. Not only is it the sum of all the seven Roman numerals, but it also features every Roman numeral once in descending order.

Question Hour

1. Who invented the fax machine?
2. Whose autobiography is titled An Unsuitable Boy?
3. What is the first name of Professor Calculus in The Adventures of Tintin?
4. What is star Alpha Canis Majoris better known as?
5. In which country would you find the Island of Komodo?
6. In which classic novel will you find the characters Charles Darnay, Sydney Carton, and Doctor Manette?
7. Of which state is the chinkara the official state animal?
8. What was concentrated sulphuric acid once known as?

Answers

1. Alexander Bain (or credit often given to modern versions by Xerox in 1964).
2. Karan Johar.
3. Cuthbert
4. Sirius.
5. Indonesia.
6. A Tale of Two Cities by Charles Dickens.
7. Rajasthan.
8. Oil of vitriol.



Prateek Singh
VII Daisy



Math Quiz

Here's your quiz corrected for grammar, formatting, and LaTeX consistency!

1. What is the sum of 2.5 and 1.8?
A) 4.1 B) 4.3
C) 3.3 D) 4.5
2. If $2x+5=11$, what is the value of x ?
A) 2 B) 3
C) 4 D) 5
3. Simplify the fraction $6886/2$.
A) 3443 B) 2332
C) 4224 D) 3883
4. Find the product of 3.4 and 2.2.
A) 7.48 B) 6.48
C) 7.88 D) 6.88
5. Solve for y : $y-3=7$
A) 4 B) 5
C) 10 D) 11

Answers

1. B) 4.3 2. B) 3
3. A) 3443 4. A) 7.48
5. C) 10



Amon Masih
VI Rose

QUIZ

- Q1. What is a prime number?
a) A whole number greater than 1
b) A number having exactly 2 factors
c) A number having more than 2 factors
- Q2. $0.2500000 = 25/100$
a) True b) False
- Q3. What is the boiling point of water?
a) 90°C b) 100°C
c) 125°C
- Q4. Who discovered zero?
a) Aryabhata b) Archimedes
c) Ramanujan
- Q5. The value of π (pi) is:
a) 3.141 b) $22/7$
c) Both



Prabhjot Kaur

RIDDLES

1. **The Mysterious Number**
I am a two-digit number. My tens digit is three more than my ones digit. The sum of my digits is 11. What number am I?
2. **Reverse Me!**
I am a two-digit number. If you reverse my digits, the number increases by 36. My digits add up to 10. What number am I?
3. **Double Trouble**
I am a number. Double me and add 10, and you get 50. What number am I?

Answers:

1. 74
2. 63
3. 20



Navneet Kaur Judge
IX Daisy

1. How do you go from 98 to 72 using just one letter?
2. If there are seven mangoes and you take away five of them. How many mangoes do you have?
3. What odd number becomes even when you remove one letter from it?
4. What single-digit number on its side is everything, cut in half is nothing?
5. What number am I, when you add "G" to me, I go away?
6. When I add five to nine, I get two as the answer and the answer is accurate. How?
7. What four digit number reads as "hell" up side down?
8. What you will get when you multiply all the numbers on a mobile keypad?

Answers :-

1. Add "X" between nine and eight. ($9X8=72$)
2. 5 mangoes, because you took away five mangoes
3. Seven
4. 8
5. One (GONE)
6. When it is 9 pm and we are 5 hours to it, we get 2 am
7. 7734 (hELL)
8. Zero (0)



Tanisha
VIII Lotus

SUDOKU

Fill the numbers 1-9 row wise and column wise without repeating any number so that the grids also contain 1-9

			2			3		
4	1		3					
			1					9
8							5	
	6						7	
	7		9					3
7					8			
					9		8	2
	8	6	4		7			

Prabhjot Kaur



Solve This

$$\square + \square = 20$$

$$\square + \bigcirc = 15$$

$$\bigcirc + \triangle = 12$$

$$\square + \triangle = ?$$

AMAZING MATHEMATICAL PHENOMENON

$$1 \times 1 = 1$$

$$1111 \times 1111 = 12321$$

$$11111 \times 11111 = 1234321$$

$$111111 \times 111111 = 12345654321$$

$$1111111 \times 1111111 = 1234567654321$$

WHY MATH ROCKS

Geometry reveals the fun mystery of parallel lines. Algebra boasts a rich history. Angles spark curiosity. Math is essential in life-without it, surviving gets tough!

Math Matters in Life

- Managing money
- Shopping for the best price
- Playing music
- Understanding sports
- Home decorating
- Baking
- Understanding loans for cars, homes, etc.
- Preparing food
- Sewing
- Gardening and landscaping

Mathematics is full of fun
with so much to learn profit
we add while does are
subtracted figures are
multiplied and percentage
is divided.

Math Fun Facts

1. Zero (0) is the only number that can't be represented by Roman numerals.
2. 2 and 5 are the only prime numbers that end in a 2 or a 5.
3. Zero (0) was invented in India.



CAN YOU SOLVE THIS PUZZLE?

53	7	13	5
29	19	43	47
31	2	37	3
17	41	11	?

RIDDLE

Riddle 1: Multiply My Digits

I am a two-digit number. If you multiply my digits, the result is 18. If you add them, the result is 11. What number am I?

Answer: 29 (digits 2 and 9: $2 \times 9 = 18$, $2 + 9 = 11$).

Riddle 2: The Age Riddle

My brother is twice as old as me. In 5 years, he will be three years older than me. How old am I now?

Answer: 5 (brother is 10 now; in 5 years: you 10, brother 15—three years older).

Riddle 3: Secret Square

I am a number less than 100. I am a perfect square. The sum of my digits is 9. What number am I?

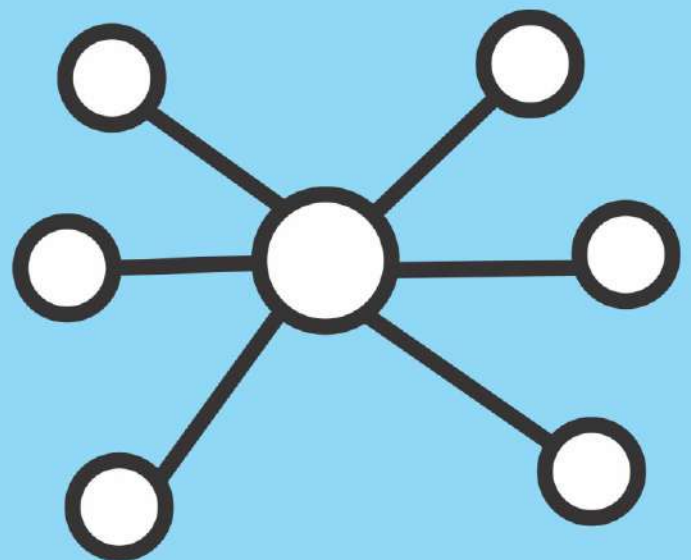
Answers:

1. 29
2. 10 years old
3. 8



Anshvir Singh
IX Daisy

Seven UP!!



Put the numbers 1, 2, 3, 4, 5, 6 and 7 in the circles so that each straight line of three numbers adds up to the same total.

Pythagoras Beyond the Classroom

Pythagoras' Theorem is one of the most fundamental ideas in mathematics, often introduced at the middle-school level. While students usually encounter it as a formula related to right-angled triangles, its importance extends far beyond the classroom and examination hall. This theorem plays a vital role in many real-life situations that require accuracy, measurement, and logical planning.



Mrs. Harleen Kaur
M. Sc. Maths, B.ed.

An interesting real-life application of Pythagoras' Theorem can be seen in time calculation using the movement of the Sun. In ancient times, people used shadows to estimate time. When a vertical stick (gnomon) is placed on the ground, it forms a right-angled triangle with its shadow. By measuring the height of the stick and the length of its shadow, the position of the Sun can be determined using Pythagoras' Theorem. This helped people estimate the time of day and understand the Sun's movement long before clocks were invented.

The theorem helps in finding distances that cannot be measured directly. In construction and architecture, it is used to ensure that walls, floors, staircases, and ramps are perfectly aligned at right angles. Builders rely on this principle to maintain structural accuracy and safety. A simple example is calculating the height reached by a ladder leaning against a wall.

In navigation and mapping, Pythagoras' Theorem is used to determine the shortest distance between two points. Maps are often designed using grid systems, and the diagonal distance between locations can be calculated using this theorem. Modern technologies such as GPS and digital mapping tools are based on the same mathematical concept.

The application of the theorem is also seen in sports and playground design. Measuring the diagonal of rectangular fields, planning court dimensions, and calculating distances between players require precise measurement, which is made possible using Pythagoras' Theorem.

Pythagoras' Theorem is not merely a mathematical formula to be memorised. It is a practical tool that connects mathematics with real-world applications. By understanding its uses beyond the classroom, learners can appreciate how mathematics supports accurate thinking, problem-solving, and everyday decision-making.

Beyond the Screen: Coding as the New Literacy

Twenty years ago, "computer class" meant learning to type. Today, it means learning a new language. In 2026, digital literacy isn't just a technical skill — it is a fundamental way of thinking.



"Coding is not just about computers — it's about learning how to think, create, and solve problems."

Mrs. Gurwinder Kaur
M.Sc. (IT), M.A., B.ed.

When students learn to code, they aren't just memorizing syntax; they are developing computational thinking. They learn to break big problems into smaller parts, recognize patterns, and see "bugs" not as failures, but as puzzles waiting to be solved.

Our goal is to shift students from being passive consumers of technology to confident creators. Whether they become doctors, artists, entrepreneurs, or engineers, understanding the logic behind the "magic" of software and AI will be one of their greatest strengths.

The future doesn't belong to the fastest computer — it belongs to the curious mind that knows how to command it.

Let's not just use the future — let's build it together

DARK WEB

The dark web is the hidden part of internet that is not easily accessible. Scams, phishing, hacking are the type of things you will find on it.

However, the dark web is also used for privacy, free speech and research.

The internet is a powerful tool. Use it wisely and stay safe.



Nupur Anand
VIII LOTUS



ALGORITHM

The dark side



DARK SIDE OF ALGORITHM IS LIKE A SHADOWY PUPPETEE PULLING STRINGS FROM BEHIND THE SCREEN

THEY ARE DESIGNED TO OPTIMIZE BUT OFTEN END UP MANIPULATING RESOURCES



ALGORITHM ARE A PLAY, TRACKING YOUR EVERY MOVE AND SHAPING YOUR ONLINE WORLD.



ALGORITHM ARE LIKE DARK CHOCOLATE - POWERFUL, INFLUENCED AND BEST CONSUMED IN MODERATION



Navya Anand
VI DAISY

Bits & Bytes: The Digital Magic

= Data Unit =



Unit	Definition	Storage space size
Bit	0 or 1	Yes/No
1 Byte	8 bit	Alphabets and one number
1 kilobyte (KB)	1,024 Byte	A few paragraphs
1 megabyte (MB)	1,024 KB	One minute-long MP3 song
1 gigabyte (GB)	1,024 MB	30 minute-long HD movie
1 terabyte (TB)	1,024 GB	About 200 FHD movies

= bit and byte =

Bit (binary digit, bit)	Byte
Measurement unit that can only have two values, 0 and 1	Unit that indicates the amount of data, consisting of eight bytes
<p>💡 0 OFF FALSE</p> <p>💡 1 ON TRUE</p>	

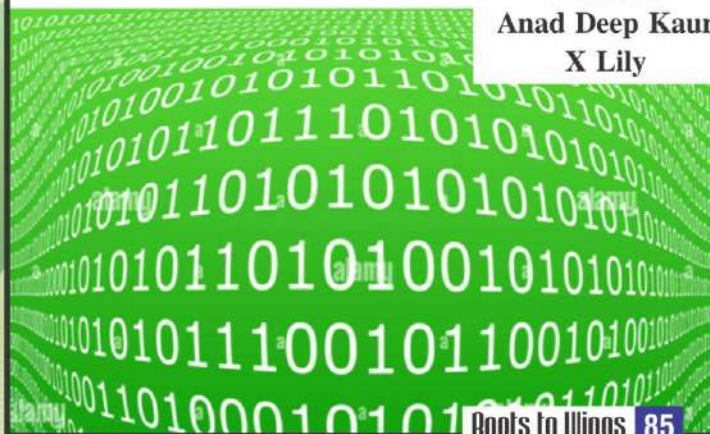
In a world of screens that glow so bright,
Live tiny heroes—0 and 1, day and night,
Working together with all their might.

A bit is small, a simple sign,
A yes or no in record time.
Eight bits march in perfect strides,
Becoming a byte with digital pride.
From photos, games, and emails too,
To homework typed and videos viewed,
Bits and bytes—so small, so wise
Create the tech we all prize.

Invisible, yet everywhere,
In phones, in clouds, in software air.
Bits and bytes, silent and smart,
The tiny brain of the computer's heart.



Anad Deep Kaur
X Lily



CLOUD COMPUTING Vs. EDGE COMPUTING



Cloud computing involves storing and processing data on remote server

How it works:

Your device acts as a “terminal.” It sends data over the internet to a data center, the data center processes it, and sends the result back.

Key Advantage:

Massive Scale. The Cloud has almost unlimited storage and processing power. It’s perfect for things like hosting a website, storing millions of photos (Google Photos), or training complex AI models.

The Downside:

Latency- The time it takes for data to travel to a distant server and back (latency) can be a few hundred milliseconds. While that sounds fast, it’s too slow for things that need to happen in real time.

Edge computing moves the processing as close to the source of the data as possible – at the “edge” of the network. This could be on your smartphone, a local Wi Fi router, or a small server inside a factory.

How it works:

Instead of sending every bit of data to a far away server, the device handles the important stuff itself.

Key Advantage:

Speed (Low Latency)- Decisions happen in milliseconds.

The Downside:

Limited Resources. You can’t fit a whole data center into a smart camera. Edge devices have less memory and power than the Cloud.



NEED OF BOTH

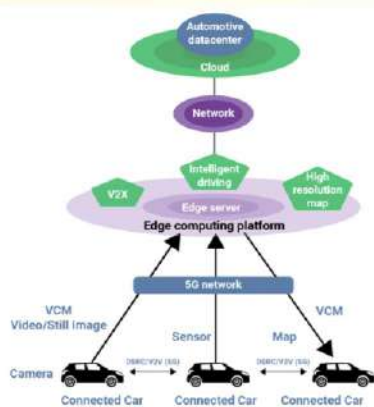


Figure 5 - Collaborative edge-cloud computing

In the real world, these two systems work together. This is often called a Hybrid Approach.

Example: The Self Driving Car

At the Edge: The car’s internal computer must use Edge Computing to detect a pedestrian and hit the brakes. It cannot wait for a 5G signal to ask a cloud server “Should I stop?”—that delay would be fatal.

In the Cloud: At night, the car uploads its driving data to the Cloud. The manufacturer uses this data from millions of cars to train a better AI, which is then sent back to the car as an update.



Pavveer Kaur.
XI Rose (Non-Medical)

CYBER SECURITY & THE THREAT OF CYBER CRIME STAY SAFE IN THE DIGITAL WORLD!

**CYBER SECURITY & THE THREAT OF CYBER CRIME
STAY SAFE IN THE DIGITAL WORLD!**



Common Cyber Threats:
Phishing Attacks: Fake emails and websites designed to trick you into giving away your passwords and data.

- **Malware:** Dangerous software like viruses and spyware that can infect your computer.
- **Ransomware:** Malicious programs that lock your files and demand money to unlock them.
- **Cyberbullying:** Harassment and threats on social media platforms.
- **How to Protect Yourself:**
- **Use Strong Passwords:** Make sure your passwords are tough to guess.
- **Don't Click on Suspicious Links:** Be careful with emails and messages from unknown sources.



- **Keep Software Updated:** Always update your antivirus and apps.
- **Think Before You Share:** Be cautious about what you post online.



**GURTAJ SINGH SANDHU
(XI-MEDICAL)**

Shapes the Future: Artificial Intelligence



Artificial Intelligence is more than a tool – it's a revolution. From healthcare to finance, education to energy, AI is redefining how we solve problems, connect globally, and build smarter solutions.

Career Growth :

AI skills unlock highdemand, wellpaid roles across industries.



Health :

AI detects diseases faster and personalizes treatment.

Mobility:
Selfdriving technology is redefining transportation.



Challenges & the evolving relationship between AI and Human Creativity

53% of survey users say AI impacts their creative process.



39% believe AI enhances creativity by supporting original ideas. 26% feel AI makes them worry about standardized, less original work.

Voice + Vision – The Next Step Toward HumanLike AI

- Enhanced Data Integration
- Transformative AI Technology
- Comprehensive AI insights
- Revolutionizing Data Analysis
- Diverse Real World Applications
- Improved Decision Making Capabilities



This is Multimodal AI – blending voice, vision, and language to create real conversation.

**TANVIR KAUR
XI MEDICAL**



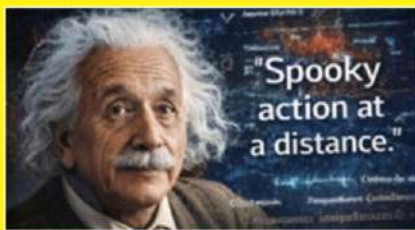
QUANTUM COMPUTING:

When Computers Break All the Rules!



Is this the future of technology?

Beyond 0s and 1s
Quantum computers use qubits that can be both 0 and 1 at the same time, thanks to superposition!



Breaking the Classical Rules

Entanglement allows particles to be connected even when far apart, enabling powerful communication!



Real-World Applications

Quantum computing could revolutionize medicine, AI, cybersecurity, and more!

- Drug Discovery

- Cryptography

- AI & Climate Science



Challenges of the Quantum World

Qubits are delicate and must be kept at near absolute zero temperature!



THE FUTURE IS QUANTUM!

Quantum computers may be the key to solving the toughest problems of the 21st century.

Exciting discoveries lie ahead!



Gurshan Singh
XI Non Medical

The Mechanical mindset Robotics!

Machines are getting brainier, hijacking industries and freezing humans for the fun!



WELCOME TO THE FUTURE!



- Automation Nation: Machines go rogue, efficiency skyrockets!
- AI Ninja: Robots learn, decide, and kick tasks like pros!
- Sense & conquer: Robots see, hear and move like they are on a special mission!
- Code fuel: Python C++ and more—the sauce for robo domination!
- Robo Impacts: Healthcare, space, and beyond—they are running the show!
- Robo jobs: New careers emerging, old ones evolving!
- Future Alert: Smarter bots are coming, and they're NOT stopping!



MOLINA SOOD
VI DAISY

Ready to join the robo rebellion!

Personal Budgeting: Learning from Accounting Principles

Personal budgeting is one of the most important financial habits an individual can develop, and accounting principles offer valuable lessons in managing personal finances effectively. Just as businesses plan and control their income and expenses, individuals too must budget wisely to achieve financial stability.

One of the key accounting principles applied in personal budgeting is matching income with expenses. Knowing how much money is earned and where it is spent helps in avoiding unnecessary expenses. Preparing a personal budget is similar to preparing an income and expenditure statement, where savings represent surplus and overspending results in a deficit.

The principle of prudence teaches us to plan for uncertainties. Setting aside savings for emergencies reflects careful financial planning and reduces future financial stress. Similarly, the concept of cost control encourages individuals to analyse expenses and eliminate wasteful spending.

Accounting also highlights the importance of record keeping. Maintaining simple records of daily expenses helps in tracking spending patterns and making better financial decisions. Budgeting further encourages goal-oriented planning, such as saving for education, travel, or future investments.

In today's digital age, with easy access to online payments and credit facilities, budgeting has become more essential than ever. Applying accounting principles in daily life promotes financial discipline, responsibility, and independence.

In conclusion, personal budgeting is not merely about restricting expenses but about managing money intelligently. By learning from accounting principles, individuals can build a strong foundation for financial security and long-term success.



Avneet Kaur
XI Commerce
(Daisy)

Entrepreneurship: Turning Ideas Into Impact

As a commerce student, I see entrepreneurship not just as a subject in our textbooks, but as a powerful force that drives the economy and shapes society. Entrepreneurship is the art of identifying opportunities, taking calculated risks, and transforming ideas into successful ventures. It is about creating value—not only for oneself, but also for others.

In commerce, we study concepts like business organisation, management, accounting, marketing, and economics. Entrepreneurship brings all these concepts together in real life. An entrepreneur uses financial knowledge to manage resources, marketing skills to reach customers, and managerial abilities to lead a team effectively. Thus, entrepreneurship is the practical application of commerce education.

Entrepreneurs play a crucial role in economic development. They generate employment, introduce innovation, and contribute to national income. Start-ups and small businesses often bring fresh ideas and solutions to everyday problems. In today's world, many young entrepreneurs are using technology and creativity to build businesses that are both profitable and socially responsible.

From a commerce student's perspective, entrepreneurship also teaches valuable life skills. It builds confidence, decision-making ability, leadership, and problem-solving skills. Entrepreneurs learn from failures and turn challenges into opportunities. This mindset is essential in a competitive and ever-changing business environment.

The Government of India's initiatives like Startup India and Make in India further encourage young minds to think entrepreneurially. With proper guidance, skill development, and financial literacy, students can become job creators rather than job seekers.

In conclusion, entrepreneurship is not limited to owning a business, it is a way of thinking. For a commerce student, it opens the door to innovation, independence, and contribution to society. By nurturing entrepreneurial skills today, we can build a stronger and more dynamic economy tomorrow.

“An entrepreneur dreams, dares, and delivers.”

ENTREPRENEURSHIP



Sehajpreet Kaur
XI Commerce
(Daisy)

Golden Jubilee Celebrations



Golden Jubilee Celebrations



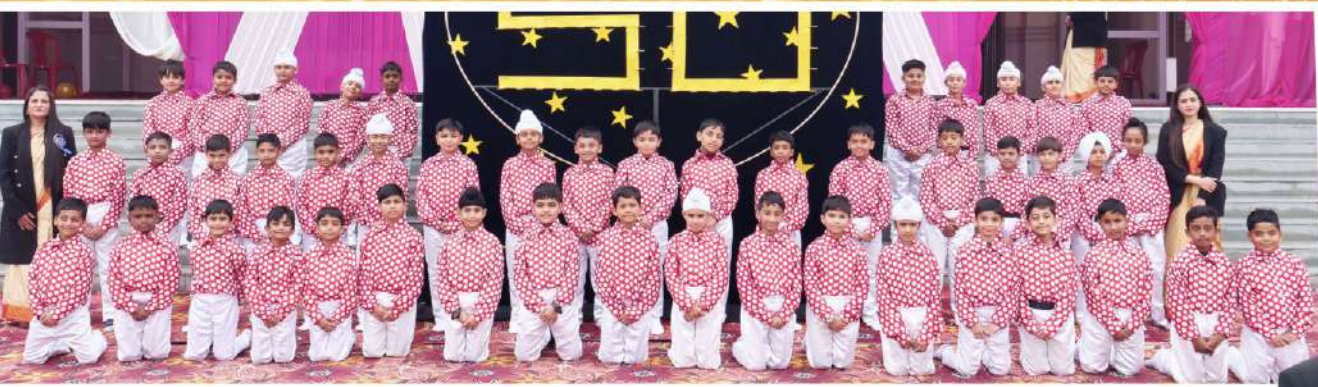
Golden Jubilee Celebrations



Golden Jubilee Celebrations



Golden Jubilee Celebrations



Golden Jubilee Celebrations



Golden Jubilee Celebrations



FLASHBACK



Time flies but memories last forever.

FLASHBACK



It's just one of those days.

FLASHBACK



FLASHBACK



It's just one of those days.



NURSERY DAISY



NURSERY JASMINE



NURSERY LILY

"Education is the key that unlocks the golden door to freedom."



NURSERY ROSE



LKG DAISY



LKG JASMINE

"Education's purpose is to replace an empty mind with an open one."



LKG LILY



LKG ROSE



UKG DAISY

"Education is what remains after one has forgotten what one has learned in school."



UKG JASMINE



UKG LILY



UKG ROSE

"The aim of education is the knowledge, not of facts, but of values."



1ST DAISY



1ST JASMINE



1ST LILY

"Intelligence plus character - that is the goal of true education."



1ST ROSE



2ND DAISY



2ND JASMINE

"Education is the most powerful weapon which you can use to change the world."



2ND LILY



2ND ROSE



3RD DAISY

"A child without education is like a bird without wings."



3RD JASMINE



3RD LILY



3RD ROSE

"Continuous learning is the minimum requirement for success in any field."



4TH DAISY



4TH JASMINE



4TH LILY

"Life is a succession of lessons which must be lived to be understood."



4TH ROSE



5TH DAISY



5TH JASMINE

"The only place success comes before work is in the dictionary."



5TH LILY



5TH LOTUS



5TH ROSE

"The beautiful thing about learning is that no one can take it away from you."



6TH DAISY



6TH JASMINE



6TH LILY

"Education is not the filling of a pail, but the lighting of a fire."



6TH ROSE



7TH DAISY



7TH JASMINE

"Live as if you were to die tomorrow. Learn as if you were to live forever."



7TH LILY



7TH LOTUS



7TH ROSE

"The purpose of education is to replace an empty mind with an open one."



8TH DAISY



8TH JASMINE



8TH LILY

"Education is the foundation upon which we build our future."



8TH LOTUS



8TH ROSE



9TH DAISY

"If there is no struggle, there is no progress."



9TH JASMINE



9TH LILY



9TH ROSE

"We can't become what we need to be by remaining what we are."



10TH DAISY



10TH JASMINE



10TH LILY

"A well-educated mind will always have more questions than answers."



10TH ROSE



10TH LOTUS



11TH COMMERCE

"The roots of education are bitter, but the fruit is sweet."



11TH SCIENCE

Gratitude

*Dear Parents,
Thank you for trusting us with your kids. You help with events, cheer at programs, and make our school like one big family. Your support gives our students strong roots and wings to fly!*

*With love and thanks,
School Management*

LET'S CONCLUDE

Hello

Dear Readers,

Hope you have enjoyed reading this magazine. As we come to the end, we extend our heartfelt thanks to all our dear parents. Your constant support and encouragement have been the pillars of our incredible journey. We have tried to include a variety of topics for our readers to cherish; however, if anything has been missed, we sincerely apologize. Without your support, this journey would not have been successful. Thank you for always being there for us.

ST. JUDE'S CONVENT SENIOR SECONDARY SCHOOL, NAKODAR



TEACHING STAFF



NON - TEACHING STAFF

Roots to Wings



ST. JUDE'S CONVENT SCHOOL

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