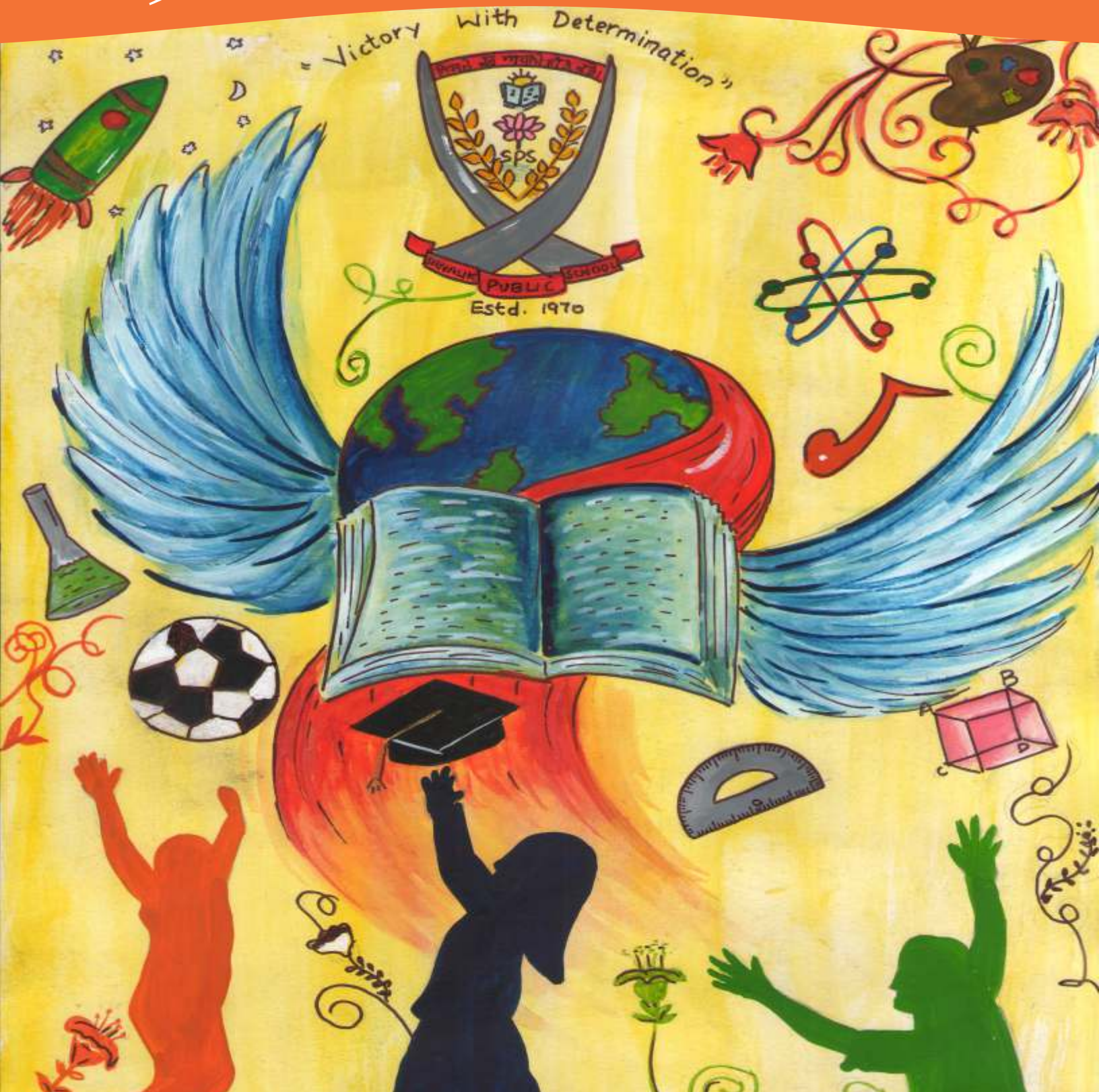


Shivalik Times

www.shivalik.org



Shivalik Public School

(Permanently Affiliated to CBSE, New Delhi)

Phase-6, (Sector 56), Mohali, Distt. S.A.S. Nagar 160055 (Punjab)

Ph.: 0172-2225486, 98725-76786, Fax: 0172-2225508

Milestones of Shivalik Voyage



Shivalik moved on vigorously



Shivalik: A Hub Of International Envoys' Visits



Valued The effectiveness of yoga



Hostel Mess



Cherished The Maintenance Of its Student's Physical Health



Mr. Bhalla IAS, Along with our reverend Director Mr. D.S. Bedi



1986
School approved by the Sports Authority of India (SAI)



Shivalik: A Hub Of International Envoy's Visits



Mr. K.S.Bains, IAS
Education Secretary, Punjab,



Shivalik-Always Concerned about the well being of the students



Shivalik-instilling zest and zeal for the nation



Mr .Khushwant Singh
Noted novelist ,lawyer,
politician and journalist



Shivalik -Nurtures the Talent



Col. Judge, President,
Chandigarh Olympic Association
Annual Athletic Meet, 1981



Mr. D.S. Bedi being honoured
in the hands of the then
Chief Minister, Punjab,
Giani Zail Singh



Gracious Moments of the gone by days



1978
School adopted by the Ministry of Human
Resource Development (MHRD)



Gracious Moments of the gone by days



From the Director's Desk...

All human beings construct their understanding of things and the most an education process can do is to provide tools and methods and settings in which children can become better at thinking things through and constructing their own understanding. Moreover, it is a known fact that education is a lifelong process which is to be nurtured with love and care. It must be built on a firm and broad foundation for students to excel in life. The turn of the millennium has constantly been throwing up various challenges to the mankind. And we must realize that we are living in a 'fast forward' age. Everything is changing at a speed. We are now exposed to the omnipresence of mass media. The growing volume of information and knowledge through various technologies "Digital World" has established the fact that access to knowledge is free and quick. In spite of the rapid progress in information technology and society at large, it is being realized that there is a gaping void with regard to holistic and integral development of an individual personality. As an educationist, I personally believe that everyone would like to move ahead for a value based system of education. We believe and accept that education is a formative process. The schools in particular have a greater role to play in the fast changing world of today to instil human values in the children and to prepare them to face life as it comes.

I am pleased to acknowledge that Sivalik Public School, Mohali lays its stress not just on academic excellence but on "character formation with academic excellence". It motivates children to "always aim high" and cultivate core values as a first place for the Divine, integrity of character and maturity in behavior, pursuit of excellence and creative genius, respect of the human person with an emphasis for elders and teachers, loyalty to the nation and a balanced understanding of the prevailing global situation.

Our students become socially conscious, intellectually competent, culturally relevant, morally upright, religiously vibrant and emotionally balanced. Dear parents/guardians, with your support together, we can achieve the dream that you have for your wards. I can foresee that every child who has entered the Temple of Shivalik Public School, Mohali, with its motto 'Victory with Determination' will certainly reach the heights of glory.

I am sure that the school will continue its sustained efforts in grooming its students to excel in all walks of life by further broadening its horizons.

Best wishes for an enriching and fruitful current academic year!

D S Bedi
Director

Editorial

If four things are followed - having a great aim, acquiring knowledge, hard work, and perseverance - then anything can be achieved.

A. P. J. Abdul Kalam

Dear students

You must make a promise to the school that through your determination, perseverance and hard work, you would undertake any task with full passion.

“In your life, never stop dreaming, but with the open eyes; what comes in your sleep is not your dream; instead, for which, you cannot sleep is your dream. Don't go after the scores and marks, rather try to be a good human being.”

What is success? Everyone seems to think about it quite differently! While some people think that money or fame equals success, there is a lot more to it than that. True success is not about things or status, but is about the kind of person you are and the positive impact you have on the world. Here are some of the many ways that success can be defined: living a life you can be proud of, doing your best, standing up for things that are right even when it's hard

and becoming the best version of you

So what does it take to become successful? Several things! A worthwhile goal, action, not just talk, hard work, preparation and practice, good habits, and perseverance.

Shivalik is helping each student to reach his/her maximum potential by providing various platforms to express and excel in all spheres of life.

Always keep in mind :

"Success comes to those who work hard and stays with those, who don't rest on the laurels of the past."

Ms. Pooja Piplani
Chief Editor

Acknowledgment

I would like to express my special thanks of gratitude to my colleagues as well as our DIRECTOR(MR DS BEDI),our worthy principal (MRS ANUP KIRAN KAUR)who gave me the golden opportunity to do this wonderful Newsletter of the school. I am really thankful to all who helped me a lot in finalizing this school newsletter within the limited time frame.

The editorial team consisting of MsKarisma, MsInderjit Kaur, Ms Pooja Piplani ,Ms Sharan , Ms Amandeep Kaur deserve a special thanks and appreciation for the commitment and diligence.

Secondly , I am thankful to and fortunate enough to get constant encouragement, support and guidance from all Teaching staffs of English, Hindi ,Punjabi departments which helped me in successfully completing our newsletter .Also, I would like to extend my sincere esteems to all staff in computer department for their timely support.



ANNUAL REPORT FOR THE SESSION 2017-18

- The foundation of Shivalik Public School that was laid in 1970 under the aegis of Shivalik Educational Society (Regd.), has transformed into a institution , with 4 senior secondary schools and a teacher training college, Shivalik Institute of Education and Research for imparting quality teacher education under the phenomenal leadership of a great visionary, the Director of the school, Mr.D.S.Bedi.
- Located in a sprawling campus of 10 acres, the digitally smart school has well-endowed Library and Lab facilities like Computer, Physics, Chemistry, Biology, Language Labs, and the latest addition of 3D lab is a pure delight, taking students into a life- like virtual world, where abstract ideas come to life.
- World class sports complex, gymnasium hall with indoor Tennis and Badminton Courts along with the fitness centre, basketball, volleyball courts well-lit with floodlit lights, Astro Turf Hockey Ground laid for six –A side Hockey have been provided to offer the best sports facilities.
- The colourful nursery block, E- Blocks for our tiny tots, the herbal garden , the school auditorium and the Open Air Theatre provides an invigorating environment.
- The school's hostel separately for boys and girls well supported with dairy and the vegetable farm provides a cosy and family atmosphere.
- It is well supported with the supply of solar energy, self sufficient for itself.
- The school buses are also monitored with CCTV and are GPS enabled.
- In the CBSE board examination, 2017, Shannaajdeep Kaur of class 10+2 Medical topped with 93.2 %marks
- Five of our students namely, Kusum, Shanaazdeep Kaur, Supinder Kaur, Tejinder Kaur and Sakshi Rana scored 100% marks in Physical Education in Class 12 Board Examination.
- In class X out of 155 students who appeared , 56 students obtained a 10 CGPA.
- Shivalik students performed exceptionally well at the international level competition. They secured maximum prizes in International Innovation Day competitions.
- Ananya of VIII, Prabhleen Kaur of Class IX and Prabhdeep Singh of Class X secured first position in 'Repurpose It' activity. Bhanvi of Class IX stood first in Slogan Writing Competition. Mansi of Class IX and Gursharan of Class XI and Rohit Kumar of Class XI secured first position in Innovative Ideas. Himanshi and Tejasvin got second position in Slogan Writing Competition. Harsh Mauyra of Class X stood second in Essay Writing Competition.
- Sarabjeet and Simranjot Kaur of Class XI secured second position in Slogan Writing Competition. Harshdeep Kaur got third position in Photography. Jasneet Kaur and



Do we not all agree to call rapid thought and noble impulse by the name of inspiration?



Sukhsehaj got special mention prize in Slogan Writing Competition. Jaskaran Singh of Class XI got special mention prize in Cartoon Art Competition. Anshul also got special mention prize in Collage Making competition.

- The team, consisting of Sabreena Dhillon, Sarabjeet Kaur and Vishalika of class X and XI, was selected in a national level report writing competition organized by Aeronautical Society of India, Bangalore.
- Mehak, of class X got first prize in 'Letter to Gandhi' competition organized by the Chief Post Master General, Punjab Circle, Chandigarh. She was felicitated with a cash prize of Rs 25000/- and merit certificate.
- Jasneet Kaur and Tejasvin of Class X stood first in Essay Writing on International Day of Older Persons organised by Mohali Senior Citizens' Association.
- Asavari and Prabhleen Kaur and Aman Yadav of the Senior School won 1st, 3rd and consolation prizes in the poetic recitation competition in Rose Festival.
- Jaskaran Singh and Dhawandeep stood 1st in the Rose Festival Quiz.
- Himanshu Setia and Jasleen Kaur stood 2nd and 3rd in the Rangoli Making Competition.
- Rajni of class X bagged third position in the Inter School Collage Making Competition.
- The team of Mohammad Ashhar Ansari, Dhawandeep Singh and Jaskaran Singh of class X, won the quiz Daak Room on 'History of Post & Philately'.
- Prabhdeep Singh of class X received a cash prize of Rs 500/- along with the trophy in an

Inter school competition on Chart making.

- Shivansh Mahajan of class XII stood first and Amandeep Kaur of XII bagged third position beating 52 competitors in the Inter School Declamation Competition on National Youth Day. Harmanjeet Singh Longia, of class XII stood second and got Appreciation Trophy in a Poster Making Competition.
- Hetal of IX stood first and Tanvir Singh of class VIII got the second position in an Inter school Declamation Competition organised by the Red Cross Society. Ananya of IX stood third in painting competition Guntaj Kaur of class IX stood second and Daya of VIII got third position in the Essay writing competition organized by the same organization.
- Ridhima and Harleen of Class X stood first in Inter School Power Point Competition. Another team of Hetal of IX and Yashvi of IX stood third.
- In an inter school scrabble competition, Dev Bhatia of XI bagged second position.
- Bhargav of VIII got Gold Medal in SOF International Maths Olympiad. He also qualified 2nd level and got merit certificate.
- Gurinderjeet Kaur of XII was honoured with the Best Student award by Bharat Vikas Parishad.
- Harman Kaur of Class-VI stood first in poetic recitation and speech and stood second in shabadgayan competition.
- Inter school competitions were conducted at Gurudwara Shri Singh Sabha Sector-70 Mohali to commemorate Baisakhi day. In a drawing competition, Ananya of Class IX made us proud by standing first.

- In Kavita Gayan Competition, Prabhleen Kaur of X stood first, Updesh Kaur of Class IX stood second, Himanshi Sharma of X stood third and Sukhpreet Kaur of IX got consolation positions respectively.
- Gurnoor Kaur of VII stood 1st in poetic recitation competition.
- Ridhima of class X stood First in the Inter school rangoli making competition and Mehak of class X secured third position in the inter school 'Kavi Sammelan' competition organized by the State Library, Chandigarh.
- Jasneet Kaur of class X secured third position and was awarded with a cash prize of Rs 500/- in On The Spot Painting Competition organised by Department of Gandhian and Peace Studies, Punjab University, Chandigarh.
- Jasneet Kaur of class X and Jasmine of class VII of our School won first prizes in their respective categories in Poster Making and Tanveer Singh of class VIII and Tamanna of class VIII won first prize in Poetic Recitation Competition organised by the Punjab Pollution Control Board. Ananya of Class IX secured third position in the poster making competition.
- The school choir stood first and won a cash prize of Rs. 1000/- in the Inter School Singing Competition at District Level organised by the Bharat Vikas Parishad.
- Abhishek of class VIII got 2 gold medals and a bronze medal in different District and State Level Taekwondo competitions.
- Yashvi Thakur of class V won 3 gold medals and Aryan Thakur of Class IX won 2 bronze medals in different Taekwondo Competitions.
- Saksham of class V won 1 Gold and one bronze medals in Taekwondo in HAANU Open Invitational Taekwondo Cup 2017
- Ishaan Kashyap of V won two bronze medals in the same competition.
- Krishna of class V stood first in Under 13 category in Inter School Badminton Tournament held at Chandigarh. He also got runners up position in another Badminton Tournament
- Dakshvir Singh of Class V got second position in Under 11 boys Badminton Tournament Held At Chandigarh.
- Sukhmanjot Singh of Class X, an ace shooter won bronze medal in inter school shooting competition and has qualified for the North Zone Shooting Championship XXI All India Inter- school Shooting Championship 2017.
- Our students made a clean sweep in Inter Shivalik one act play competition in all categories in all the three languages.
- In Inter Shivalik Hasya Kavisammelan, Sumit Yadav of Class IX and Aman of Class X stood first. Yashvi Singh of Class IX secured second position. Khushi of Class X and Ridhima of Class X stood third.
- In Inter Shivalik Kavi Darbar, Sukhreet Kaur Chahal of Class X secured first position.
- Our NCC parade contingents were adjudged as the best at the district level functions conducted on the occasions of Republic Day and Independence Day.
- The NCC cadets apprised the senior citizens with E-payments and cashless transactions and also took out a rally to create awareness



The thing always happens that you really believe in; and the belief in a thing makes it happen.



for Digital India.

- The NSS unit of the school is quite active in contributing towards social causes. Last year ,the camp was organized on the theme, Clean India, Healthy India.
- In Service Training Programmes are organized for appraising the teaching faculty with the latest 21st century teaching methodologies.
- Ms. Hardip Kaur was honoured as The Best Teacher on Teacher's Day for her dedicated services in the field of education by Senior Citizens' Asociation.
- Ms. Renu, also won the first Prize in the category of 'above 18 years' in the Letter Writing Competition organised by Department of Post, Chandigarh and was also awarded with a cash prize of Rs 25000 /- and a merit certificate .
- Mrs Inderjit Kaur was bestowed with the Best Teacher Award on Guru Vandan-Chhatra Abhinandan Day .
- Career counselling for the Senior students is provided to inspire them to put their creative minds to think wisely about making an informed choice.
- Orientation programmes for the parents are organized for the parents of students of different classes to help the parents in getting an insight about the curriculum and teaching pedagogy of the school.
- Each student of the school is assigned a house to inculcate a healthy competition.
- Every session, the student council members are bestowed ranks and honours. They assist in maintaining the splendour and discipline of the school. They were administered oath by the Director Mr. D.S Bedi.
- Exhibitions are organized in the school to develop a scientific and creative attitude in the young students.
- The School celebrated Swachhta Pakhwada pacing with the goal of clean India .A number of activities were conducted to create awareness among the students .
- Theme based assemblies are conducted to help the students to gain understanding of National and International Days.
- Educational Field trips are also an integral part of our curriculum.
- Under the School Health Programme, a dedicated team of doctors and a nurse contribute to the maintenance and improvement of health of pupils.
- We feel privileged to claim, we have the guidance of visionaries, icons and leaders par excellence - our revered Directors Mr. D.S Bedi, and Mrs. Satwant Bedi Under their sagacious judgment, sincere advice and positive approach, Shivalik Public School aspires to gauge academic heights in the forthcoming years.

**Dream lofty dreams, and as you dream, so shall you become.
Your Vision is the promise of what you shall one day be.
Your Ideal is the prophecy of what you shall at last unveil**

GLORIES TO THE SCHOOL SCINTILLATING ACHIEVERS



Yashvi Singh of Class IX (Session 2017-18) has been awarded with a trophy and the Scholarship amount of Rs 25,000 in the Hindustan Times Scholarship Program 2017-2018



Hetal Thakur and Sumit Yadav of Class IX (Session 2017-18) have been bestowed with the scholarship amount of 6000/- under Deen Dayal "SPARSH" Yojana 2017-18



Aryan Thakur of Class IX represented India in Taekwondo Friendship Games held at Texas, USA on 18 January, 2018. It was a great event as 500 contestants participated from 18 countries. Aryan Thakur showed his talent in Under 14 category and he fought six fights and eighteen rounds and won a gold medal.



Vishalika of Class 10+1 was declared First in Radio Show held on January 23, 2018 on Mera Bharat Meri Kalam Se (Season 4)



Hetal of Class IX-B got prize in Declamation Contest in Hindi on the topic "Guru Teg Bahadur Ji". It was organised by Bharat Vikas Parishad at Shastri Model School, Mohali on November 29, 2017



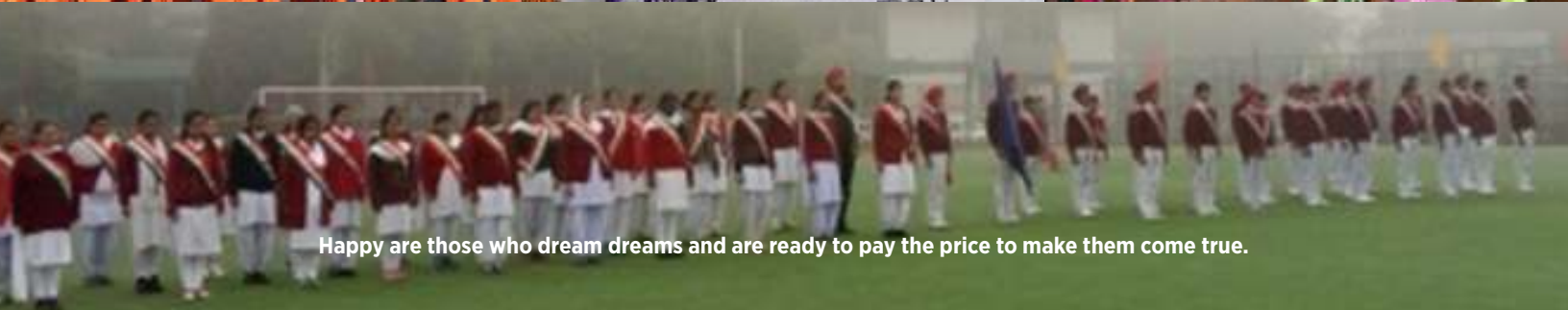
Swati and Yogita of VIII B participated in the State level Painting/ poster competition held at Inderdhanush Auditorium, Sector-5, Panchkula for the selected 50 students and got participation certificates



Yashvi Thakur class V M got Gold Medal in Taekwondo in DAV School, Derabassi, Mohali (District Level). She also got Gold Medal in Taekwondo in Guru Nanak Dev University Amritsar (State Level) and got Bronze Medal in Pdam Sports Complex Goa (18th National Art National).



Hunardeep Kaur of class V S got 3rd prize in Book Mark Making Competition organized by State Library Sec-17 Chandigarh.



Happy are those who dream dreams and are ready to pay the price to make them come true.

INTERNATIONAL INNOVATION DAY

INTELLIGENCE BOOSTER

The time is ripe today for new ideas and innovative techniques in all the fields. The 12th International Innovation Day was celebrated and varied activities were organized by City Montessori School, Lucknow. Online entries were sent in which students of Shivalik, Mohali brought medals and certificates. This was a unique opportunity to students around the world to submit their innovation in any field. Students took in extreme interest and challenge to come up to the international level. Achievers are as under:



Diya Bhardwaj
Third position
in Photography
contest



Sukhdeep Kaur
Second position
in Photography
contest



Asavri XI
Second position
in Photography
contest



Amandeep Kaur
Second position
Collage



Kiratjot Kaur
Third Position
Painting



Mishthi Piplani V
Second position
Essay writing



Sakshi IX
First position
Essay writing



Shalini Sharma XII
First position
Essay writing



Jaskaran Singh XII
Third position
Calligram

All India North Zone Competitions organized by ISRO-LPSC

The All India North zone Competitions, organized in connection with the Pearl Jubilee (30th Anniversary) celebrations of the Liquid Propulsion Systems Centre (LPSC)/ISRO, for students of schools located in Punjab and Haryana were held at Shivalik Public School, Mohali on 12th of February. Nearly, 150 contestants participated in the three events and the winners are:





In Punjabi Elocution:
Sumer Singh IX
secured
first position.



In English Elocution:
Vishalika Sharma XI and Muskan IX-S
secured first and third position



**In Science-
Space quiz:**
Shiva Goel, XI
Armaan Noor
Singh Brar, XI
got second position

This was the 6th in the series of competitions, which was earlier conducted at zones headquartered at Kollam, Thrissur, Kottayam, Kannur and Tirunelveli.

EDUACE SCHOOL QUIZ LEAGUE- Pratibha Ki Khoj:

Eduace School Quiz league was held at Shivalik Public School, Mohali. 5 teams qualified the first round and went for the second round including Shivam and Humza, Hardik and Shrut, Tanveer and Piyush, Parikshit and Kartik, Bhavneet and Jaskaran of class VIII. In the final round Jaskaran and Bhavneet secured the sixth position in the School Quiz League 2017 conducted at Rajshree Hotel, Sector-29, Chandigarh.

STATE LEVEL PAINTING COMPETITION:

Gurkaran Singh and Vishwajeet Singh of class VIII were selected for the State Level painting competition on "Water Conservation and pollution 2017-18" held at Chokhi Dhani, Panchkula. They represented Shivalik Public School, Mohali and received a cash prize of Rs. 1000, colour kits, bag, water bottle and participation certificates.

CREATIVITY TAKES COURAGE

FUNTOOT:

Shivalik has given a unique opportunity to use revolutionary learning aid "FUNTOOT". Every child is unique and so are their learning needs. Funtoot is their new personalised learning coach for understanding maths. One-on-one personal learning was taken up to consolidate the logical skills. Nikhil, Vishavjeet, Varun Bansal and Yashvi of Class IX got the appreciation certificates.



HALL OF FAME

Success comes to those who are prepared for it. You deserve all the congrats on your success because you put it in your best achieve it! Well done students you have done it.

"Two roads diverged in a wood, and I took the one less travelled by, And that has made all the difference"-Robert Frost

PROUD PRIZE WINNERS

Annual Prize Distribution is the time for the students to assess their past achievements and look towards a bright future as an award is a form of honor, a kind of recognition aimed to felicitate one's excellent contribution in a chosen field. Shivalik always believes that an award is not only a great prestige or a mark of excellence, but is also a tremendous boost for someone to strive and excel higher and aim for even bigger accomplishments in life.

First say to yourself what you would be; and then do what you have to do.

LIST OF PRIZE WINNERS (III TO V) 2017-18

FIRST IN ACADEMICS (2016-17)

1	V M	JASHANPREET SINGH
2	V S	IKSHITA
3	V A	SUSHANT GARG
4	V B	VANSHIKA
5	IV M	AMBIKA
6	IV S	AKSHITA
7	IV A	TAKDEER SINGH
8	IV B	AISHVI
9	IV C	NACHIKET PATHANIA
10	III M	HARACHNEET KAUR
11	III S	NAITIK
12	III A	KARTIK
13	III B	ANANNYA 1

SECOND IN ACADEMICS (2016-17)

14	V M	SAANVI
15		REHAAN SHARMA
16	V S	SUNAKSHI
17	V A	MEENAL
18	V B	DILPREET SINGH
19	IV M	ARYA
20	IV S	VANSH RAINA
21	IV A	HARMAN KAUR
22	IV B	SAHIL
23	IV C	ANVI
24	III M	ANSHIT SHARMA
25	III S	GURDIT SINGH
26	III A	AMANPREET KAUR
27	III B	ARNAV UNIYAL

BEST IN DRAMATICS (2017-18)

28	VM	MISHTHI PIPLANI
29	VS	KRISHNA
30	VS	KHUSHMEET KAUR
31	IIIM	VAMIKA GANDHI

BEST IN LANGUAGE ACTIVITY (2017-18)

32	IV C	NACHIKET PATHANIA
33	VM	GURKAMAL KAUR

BEST IN ART & CRAFT(2017-18)

34	IV C	GUNGUN DEY
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BEST IN PROJECT MATHS & EVS(2017-18)

35	IIIM	MANAV CHOUDHRY
36		TALEEM VINAYAK
37	IIIS	GURDEET SINGH
38	IIIA	MANMEET KAUR
39	IIIB	ANGEL SINGH
40	IVC	TANVI
41	IVM	INDERVEER SINGH
42	IV S	SNIGDHA
43	IVA	TAKDEER SINGH
44	IVB	ROOPAM GULERIA
45	VS	AKASHDEEP SINGH
46	VA	SAMRITI
47	VB	NIHARIKA SHARMA

BEST IN SPORTS (2017-18)

48	V M	YASHVI THAKUR (TAWENKONDO)
49		DAKSHVIR
50	V A	SAKSHAM
51		ISHAAN KASHYAP
52	IV B	AKSHIT BABBAR
53	III B	VINEET KUMAR GOND

BEST IN DANCE (2017-18)

54	IV C	RAVIA KAMBOJ
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AWARD OF EXCELLENCE (2017-18)

55	III A	HARNAVROOP KAUR
56	IVC	AVNI TYAGI
57	V M	HARSIRAT KAUR



**HARNAVROOP
KAUR**



AVNI TYAGI



HARSIRAT KAUR

LIST OF PRIZE WINNERS (VI TO VII) 2017-18

FIRST IN ACADEMICS (2016-17)

1	VI M	KHUSHDEEP KAUR
2	VI S	BALJOT KAUR
3	VI A	SAHIBA
4	VI B	NANDINI
5	VII S	ISHNEET KAUR
6	VII A	AVISHI
7	VII M	JASMINE KAUR
8	VII B	GURNOOR KAUR
9	VIII S	JHANVI
10	VIII S	HARMILAP SINGH
11	VIII A	KAJAL PANWAR
12	VIII M	PEARL

SECOND IN ACADEMICS (2016-17)

13	VI M	LEISHA GUPTA
14	VI S	AYUSH SHARMA
15	VI A	KAMALJEET KAUR
16	VI B	SUHANI
17	VII B	GURDAAN SINGH
18	VII S	ARNEET KAUR
19	VII S	MANYA
20	VII S	ANTAM GILL
21	VIII M	MANKAMAL KAUR
22	VIII S	DIVJOT SINGH
23	VIII B	TAMANNA
24	VIII B	GURKARAN SINGH

BEST IN DRAMATICS (2017-18)

25	VIII S	HARMILAP SINGH
26	VII S	AVISHI
27	VIII A	VARUN THAPPAR
28	VII S	SANJNA RANA

BEST IN LANGUAGE ACTIVITY (2017-18)

29	VIII A	KAJAL PANWAR
30	VIII M	SHIVANK MISHRA
31	VII B	SHUBHDEEP SINGH
32	VIII B	GAURI CHOPRA
33	VIII A	DAYA

BEST IN ART & CRAFT (2017-18)

34	VI M	HARMAN KAUR
35	VII M	JASMINE KAUR
36	VII B	ANANYA SHARMA
37	VIII M	VISHAVJIT SINGH

BEST IN PROJECT WORK (2017-18)

38	VI A	SARTHAK
39	VII M	MANASPREET
40	VI B	AMITESHWAR SINGH
41	VII S	BALPREET SINGH
42	VIII M	NANDINI
43	VI A	MUSKAN TIWARI
44	VII B	ANUSHKA
45	VIII M	SIDDHANT RAWAT

BEST IN SPORTS (2017-18)

46	VIII S	ABHISHEK DHIMAN
47	VIII S	BHARGAV
48	VI M	SUMRITA

AWARD OF EXCELLENCE (2017-18)

49	VI A	SAHIBA
50	VII B	GURNOOR KAUR
51	VIII M	TANVIR SINGH



SAHIBA



GURNOOR KAUR



TANVIR SINGH

ACADEMIC AWARDS (2016-17).

XI MED

1 AMISHA FIRST POSITION

XI NON-MED.

2 GURSHARAN SINGH FIRST POSITION

IX M

3 RIDHIMA FIRST POSITION

4 RUCHI SECOND POSITION

IX S

5 JASNEET KAUR FIRST POSITION

6 BHANVI SECOND POSITION

IX A

7 NIDHI YADAV FIRST POSITION,

8 MAHAK DAHIYA SECOND POSITION

IX B

9 SHIVAM FIRST POSITION

10 MANNAT SECOND POSITION

VIII M

11 ARYAN RAWAT FIRST POSITION

12 SIMRANPREET SECOND POSITION

VIII S

13 YASHVI SINGH FIRST POSITION

14 GURLEEN KAUR SECOND POSITION

VIII A

15 SUMIT YADAV FIRST POSITION

16 NOOR MEHTA SECOND POSITION

VIII B

17 ARSH NOOR KAUR FIRST POSITION

18 TANIYA PURI SECOND POSITION

AWARD OF APPRECIATION

CO - CURRICULAR AWARDS (2017-18)

BEST IN DRAMATICS

19 AMARJOT KAUR X M

20 YUVRAJ SINGH X S

21 SUKHREET KAUR CHAHAL X M

BEST IN LANGUAGE ACTIVITIES

22 AASTHA IX M

23 HETAL THAKUR IX B

24 TEJASVIN KAUR X S

25 UPDESH KAUR SIDHU IX B

26 JASNEET KAUR X-S

27 MAHAK DHAYIA X-A

BEST IN ART

28 ANANYA SHARMA IX A

BEST IN COMPUTERS

29 RIDHIMA X-M

30 HARLEEN KAUR X M

BEST IN PROJECT WORK

31 LOVELEEN KAUR X M

32 SIKANDER SINGH IX

BEST IN SPORTS

33 ARYAN THAKUR IX M

34 SUKHMANJOT SINGH X M

BEST NCC CADET

35 GURLEEN KAUR X A

36 AKASHDEEP SINGH X S

BEST NSS VOLUNTEER

37 AMANDEEP KAUR XII NON- MED

38 JASKARAN SINGH XII NON- MED

BEST IN LIBRARY READING

39 GURINDERJEET KAUR XII MED.

40 VISHALIKA XI NM

41 ISHITA X M

42 DIKSHA IX

BEST IN DRAMATICS

43 NIDHI YADAV X-A

44 SUMIT YADAV IX-A

45 ARMAAN NOOR BRAR XI

AWARD OF EXCELLENCE

AWARDS OF EXCELLENCE (2016-17)

46 ANISHA BHARDWAJ 10th

47 ASAVARI 10th

48 BHANVI GOYAL 10th

49 DIVLEEN KAUR 10th

50 GAGANDEEP KAUR 10th

51 JAPLEEN KAUR 10th

52 NIDHA NAAZ 10th

53 PARNEET KAUR 10th

54 AMIJOT SINGH KANWAR 10th

55 DEV BHATIA 10th

56 NAVJOT SINGH BANGA 10th

57 NIKHIL BHARDWAJ 10th

58 PARTH BRAMTA 10th

59 ARMAAN NOOR SINGH BRAR 10th

60 BALJIT SINGH DHALIWAL 10th

61 DANISH VERMA 10th

62 GURKIRAT SINGH 10th

63 MANJOT SINGH 10th

64 PARAMPREET SINGH 10th

65 SHIVA GOEL 10th

66 SUKHMAN SINGH 10th

67 SUNIL YADAV 10th

68 TANUJ SHARMA 10th

69 SHAHNAJDEEP KAUR FIRST XII Medical

70 SAKSHI RANA FIRST XII Non-Med

71 ARSHDEEP KAUR SIDHU FIRST XII Com.



COME A STEP FORWARD AND.....DREAM

Dreams indeed inspire us to work hard to materialize our goals. Dreams make a person creative, focused, attentive and innovative. H.F. Hedge aptly said

"Dreaming is an art of pure imagination, attesting in all men, a creative power, which if it were available in waking, would make every man a Dante or Shakespeare."



Dream, Dream, Dream..... are the words often quoted by Honourable Ex-President of India Shri A.P.J. Abdul Kalam for the younger generation of the country. The message he wanted to give is: *'What you want to do & what you can do is limited only by what you can dream'.*

Dreams & wishes are weak until and unless they are supported by faith. As said by Mahatma Gandhi- "Nothing great in this world was ever accomplished without a living faith".

In my opinion appreciation is one of the best ways to nurture dreams. Secondly, if someone approaches us to help them to materialize their dreams, we can show them ways to achieve it. Thirdly we need to create platforms to expose one's dreams. Moreover, one can also ask one to deviate from one goal to another. For example, someone asked Kapil Dev to take up in cricket,

instead of playing football. He excelled in cricket and won the World Cup for our country and thus he created a niche in every cricket loving Indian.

To dream rightly- Interesting aspect of dreaming is that the students' wishes and dreams mostly depend on their group rather than on their personal capability or interest.

Cultivating the dream rightly- Cultivating the dreams means to bring up the dreams; to nourish so that they can be attained. Train your mind consistently to work to be successful. The dream of a child blossoms and grows into reality when along with the child, the school, parents and teachers nurture it.



Motivation is the turbo engine that keeps determination high. Determination to succeed should be deep rooted to stop diverting from the aim.

Benefits of the latest changes- The latest change brought in the school education has provided a favourable atmosphere for the students to bring their dreams into reality.

Trust and faith have always worked wonders. You have the ability to tap your potential and that is the need of the hour. Find charm in their process of learning. One important fact should also be always kept in mind is that the winning or losing is the part of game called life.

Be Optimistic about the Future Develop resilient skills and strategies so that you know that disappointments and setbacks are temporary.

Be Encouraged The word encourage can be broken down to read "en+courage". The prefix "en" means to give the gift of courage, the courage to keep trying, to keep up the good work, to focus on next time, and not to give up. This will help you to realize that you can make mistakes and will still be loved and valued.



Cheerful habits, reading good books, good and nutritious food and the inculcation of values will help you to become physically and mentally strong.

You are the keepers of your dreams. And we, the teachers, are your guiding light. We need to just say to you all -"Y.M.T.M."- "You Matter To Me!"

Our school has grown up into an institution that provides an environment for the child to grow and dream for life and work for it.

Here I would quote-

'Let not thy winged days are spent in vain. When once gone no good can buy them back again'.

Remember, if we nurture our dreams, the world will be blessed. If we destroy them, the world will be doomed."



Ms. Hardip Kaur

Shivalik Public School, Mohali

The surest way not to fail is to determine to succeed.

Celebrating Annual Days

SHIVALIK PUBLIC SCHOOL, MOHALI CELEBRATED ITS ANNUAL DAY

A rainbow of colours unfurled on the stage as Shivalik Public School, Mohali celebrated its Annual Prize Distribution and Cultural Programmes. It has emerged as a confluence of music & drama, amidst great zest, vibrancy and elation. The programme commenced with the lighting of the Ceremonial lamp by the Hon'ble Chief Guest, Mr. D S Bedi, Director, Shivalik Public Schools, escorted by the other dignitaries and the Principal. The Cultural programme commenced with a scintillating 'Saraswati Vandana.' Next, the respected Principal, Mrs. Anupkiran Kaur, formally welcomed the gathering and read the school's annual report of the current session. It highlighted the school's achievements in both academic and co-curricular activities and presented her vision for the progress of the school. The ebullient students of the school presented a message oriented cultural programmes block wise. In overall, the programmes were a bouquet of splendid performances which left everyone filled with appreciation. Ms Hardip Kaur, Ms Maninder Kaur, Ms Amandeep Kaur, was also honoured with the best teacher award and bestowed with cash prize of Rs3100. The Director of the school, Mr D S Bedi, in the end, eloquently addressed the gathering with his views on futuristic vision and conveyed the necessity of defining one's goal in life, yet looking forward to the students' hopeful and bright future.



There is only one success--to be able to spend your life in your own way.

ANNUAL SPORTS MEET

Winners never quit and quitters never win- Vince Lombardi

Sports is all about inspiration and motivation, about hard work, leadership, perseverance, winning, losing and learning the lessons of life. Shivalik Public School gives special emphasis on sports along with academic excellence and encourages the students for their all - round development and it further envisions providing world class facilities to the students.

The school celebrated its Annual Sports Meet with great zeal and fervor. All the students were really excited about the event.

The school has a world class synthetic turf ground which added to the beauty of the function. Various drills like the laziums, dumbbell drills and aerobics remained as the main attraction of the mega event. Students displayed self-defense techniques through taekwondo.

The school acknowledged the efforts of the young students wherein the winners of various races were awarded with medals in events like 100 m races, shoe race, sack race, hockey race for boys and lemon race, skipping and other races. The students participated in the events with full enthusiasm and vigor.



NATIONAL UNITY DAY CELEBRATION

India is a secular country with diversified culture and the significances in their own kind. As an endeavor to solidify the bond of unity, the country celebrated the birth anniversary of Sardar Vallabhbhai Patel on 31 October as Rastriya Ekta Divas (National Unity Day) which coincided with the Vigilance Awareness Week being celebrated all over the week. Keeping inline with the same, the NSS volunteers of our school celebrated the day enthusiastically on the same day. Various activities were conducted in the school premises in order to extend the heartfelt appreciation for the involvement of great leader Sardar Patel for the remarkable contribution during the freedom struggle which laid the foundation of unified country.



Success is sweet: the sweeter if long delayed and attained through manifold struggles and defeats.

Special morning assembly was conducted which included the student made presentations spreading the aura of honesty, integrity and other values required for the unification of the nation. The biography of Sardar Patel was showcased to apprise the students with the struggle and incidence related to Sardar Patel. Students expressed their emotions through the poetic recitation and speeches. The occasion conveyed the message of Belief in Unity and filled them with joy and confidence.

In addition to the activities, slogan writing was very well taken up by NSS volunteers. Their heart felt expressions were eminent in their work. The proceeding culminating with the solemn resolve 'To make my contribution to ensure internal and external security of my own country.' The pledge for the oneness of the nation was administered by the school Principal Mrs. Anupkiran Kaur. She motivated the students to participate in promoting integrity. In overall it was a fruitful day for the NSS volunteers of the school for making it meaningful.

ONE NATION READING TOGETHER

“A book is a magical journey that lets you travel to far away places without even leaving your chair.”

In pursuance with the aim of promoting the habit of reading, all the students of our school became the part of “One Nation Reading Together 2017” event on November 24, 2017. To celebrate the pleasures of reading students spent 30 minutes in various activities. The event started with the administration of pledge specially written by award winning author Jerry Pinto followed by class wise activities which included silent mass reading. Students actively participated in different activities. In class 1 students made book marks, Class 2 students made colourful book covers, Class 3-6 made book marks and Class 7 and 8 made Book Jackets. To spread the enriching awareness of reading, Classes IX to XII presented presentations on importance of Reading, pleasures of reading and Quotes on books. Students who excelled in



different activities were Swati-Class VIII, Gurnoor-Class VII, Harman- Class VI, Ananya- Class V, Gungun- Class IV, Akshita- Class III, Avni- Class II, Anya- Class I. They also made interesting Graffiti Walls. In Class IX- Alish, Manpreet, Tanyia, Daksh, Yashvi Singh, Muskan, Akanksha, Kunal Kanasal, Sumit Yadav, Nikhil Garg, Chetna Sharma, Risham, Vinay Thakur, Harsh Dhiman, Geetakshi and Simranpreet Kaur. In Class X- Harleen Kaur, Khushi, Jasleen Kaur, Ridhima, Jasneet, Jaskaran Singh, Manraj, Prabhleen, Nidhi, Aman, Savdeep, Kirti, Shivam and Komal. In Class XI- Rubal and In Class XII Amisha. Students were in great euphoria to celebrate reading as pleasurable and enjoyable activity which motivated them to discover the new world.

The secret of success is to know something nobody else knows.

NATIONAL CADET CORPS DAY

Celebrating

We celebrated the National Cadet Corps Day on 28th November, 2017 commemorating 69th anniversary of NCC day. NCC aims at developing character, courage, comradeship, discipline, leadership, unity and discipline. The day started with students sharing their views on the importance of NCC through poems and speeches. The teachers gave presentations and informative talks highlighting the aims and objectives of NCC. Students gave speeches on NCC flag and took a pledge swearing to serve the nation. The school conducted a rally based on the theme – Swachh Bharat Abhiyan with students carrying posters spreading the message of a clean and green India. The school Principal also interacted with the students and discussed various NCC activities conducted in the school which benefits the students in their future.



SPECIAL ASSEMBLY ON MARTYRDOM OF CHAR SAHIBZADE & CHRISTMAS CELEBRATION



Special assembly was conducted to train the torch on valiant life of Sahibzade and play was presented on Christmas (Significance of Values taken from the holy book The Bible). Ms. Neelima highlighted the importance of Christmas Tree.

Class Assembly was presented by students of Class IX –S. Various topics of Science, Maths and English were presented to enhance speaking and listening skills.

NATIONAL YOUTH DAY

राष्ट्रीय युवा दिवस

Arise, awake and donot stop until the goal is reached.

Special assembly was conducted to celebrate the birth anniversary of Swami Vivekananda, maker of modern India. PPTs were presented to highlight his life history (biography). GK Questions were presented. Hindi skit was presented to highlight the teachings.



Failures do what is tension relieving, while winners do what is goal achieving.

GURPURAB *Celebration*

There is but one God. True is His Name, creative His personality and immortal His form. He is without fear sans enmity, unborn and self-illuminated. By the Guru's grace He is obtained.” -Guru Nanak

We celebrated Guru Nanak Dev's gurpurab with great religious fervour. It was celebrated in the form of special assembly conducted

by the students of junior, primary and senior school. The

students recited religious hymns from the holy Guru Granth Sahib which were well explained by the teachers Mr D S Bedi, the School Director, in his speech, asked the students to follow the teachings of Guru Nanak Dev Ji and congratulated the students on this occasion. He reflected on the importance of the day and said that what Guru Nanak taught is very much relevant today.



“VIGILANCE AWARENESS WEEK”

To promote integrity transparency and accountability among students “Vigilance Awareness Week” was organized in all sections of Class IX keeping in mind the theme of this year 'My vision- Corruption free India'. Competitions were organized like Inter Class Declamation Competition and Slogan Writing Competition. All students participated with full zeal. Results are as follows:

DECLAMATION COMPETITION

Class IX-A	First- Kunal Kansal	Second- Rishamdeep Kaur
Class IX-S	First- Yashvi Singh	Second- Gurleen Kaur
Class IX-M	First- Daksh	Second- Tanya Puri
Class IX-B	First- Updesh Kaur	Second- Arshnoor Kaur

SLOGAN WRITING COMPETITION

Class IX-M	First- Ekroop Kaur	Second- Noor Mehta
Class IX-B	First- Savdeep	Second- Simranpreet Kaur
Class IX-A	First- Leeza Gupta	Second- Ananya Sharma
Class IX-S	First- Sakshi	Second- Tanveer Singh

To make the students vigilant and committed 'Integrity Pledge' was administered by the respective class teachers.

VIVACIOUS PERFORMERS SHOWCASING THE INNATE TALENTS



National Voter's Day Celebrations

As a measure to enhance participation of the citizens in the democratic electoral process, the Election commission has declared 25th January, its foundation day, as National Voters Day. To commemorate the same, the NSS volunteers of XI of the our school conducted the special assembly. On this occasion, they presented their presentations, highlighting the year's National Voters' Day theme 'No Voter to be left behind' suggesting the focus on inclusiveness. A movie was also showcased emphasizing the importance of mass participation in voting in a democratic set up. Students displayed keen interest and interacted with the NSS volunteers.

While delivering her special address, the Principal of the school, Mrs Anupkiran Kaur motivated the students to make others aware of their duty to use their Right to Vote as the everyone's participation in political process would strengthen Indian Democracy. She reiterated that voter is the bedrock of the institution of democracy.



Students and staff were administered the pledge by her that they must cast their vote during elections. Armaan Noor Singh of XI, conducted the activity. Anisha, Nidha and Rubal Raina of XI were applauded for their well prepared presentations.

Before the assembly, an essay writing competition was held among the volunteers, Bhanvi got first position, second and third positions were bagged by Vishalika and Harleen Kaur. In addition, the certificates of appreciation were awarded to the cycle rally participants as well who had shown enthusiasm to create awareness about the importance of voting.

The message 'To encourage the youngsters, who have attained the age of 18 years, to participate in the political processes' was conveyed to the audience.

It is imperative for the country if young generation is made aware of the importance and the value of its votes.



NSS Camp

The 7- day NSS special camp was organized in our school . Assistant Director Youth Services , SAS Nagar, Ms. Rupinder Kaur graced the occasion with her august presence, along with Principal, Shivalik Institute of Education and Research Dr.(Ms.) Jyoti Soni and Principal of the School, Mrs. Anupkiran Kaur. The Guest Speaker S. Sukhwant Singh, District training Officer, Red Cross Society, S.A.S. Nagar apprised the NSS volunteers with 'First aid and its importance'. The student volunteers, Asavari and Bhanvi of class +1 show cased the day-wise activities through a power point presentation which included visit to traffic park, rally on swachbharat and road safety at the adopted village, Daon, visit to Guru Asra Trust, Paraplegic Rehabilitation Centre,



The ability to convert ideas to things is the secret to outward success.

Mohali and visit to Verka Milk Plant. The students also got an opportunity to interact with Mr. Rajeshwar Singh, Law Officer , State Legal Services Authority, Chandigarh on 'Cyber Crime', workshop on life skills by Ms.Urvashi Bhatia was awe inspiring and motivating. The students presented Nukkad Nataks on the themes, 'Road safety' and 'Swachh Bharat Abhyan' separately which were also the twin themes of the camp. For their excellent effort and contribution, the following students were honoured :

- | | | |
|----|-------------------------|------------------------------------|
| 1. | Best Volunteer | : AnishaBhardwaj, Arman Noor Singh |
| 2. | Best speaker | : Vishalika , Asavari |
| 3. | Best in Social work | : Tanuj Sharma |
| 4. | Best in Poster Making | : Dilpreet Singh, Sukhman Singh |
| 5. | Best Obedient Volunteer | : Shiva Goel |
| 6. | Best in Discipline | : Karman Singh, Danish Verma |



Republic Day Revealing Patriotic Fervor!

To inculcate the patriotic fervor Annual Republic Day was celebrated with immense zeal by one and all. The event was a plethora of multicultural activities to commemorate the advent of Indian Constitution and based on ideals of sovereignty, justice, equality and fraternity. The celebrations commenced with the customary unfurling of the national flag by the Respected Director Mr D S Bedi. It was followed with the cultural programme.

The entire atmosphere was filled with gusto and superiority for nation as expressions of ovation and slogans roared by the audience became louder.



The more difficulties one has to encounter, within and without, the more significant and the higher in inspiration his life will be.

National Science Day

Our school celebrated National Science Day on February 28, 2018 with a number of activities for school students. A special Assembly was conducted aimed at enlightening the students with the importance of this day. Poetic recitation, speeches were also a part of this event. An exhibition of working Science models was conducted in which students explained their exhibits. It was a great opportunity to develop students scientific outlook wherein they could practically various concept of science. Students also performed experiments to explain various concepts related to Science. Books related to Science were displayed to create interest among students. Sir C. V. Raman announced to the world his famous discovery "Raman Effect" on 28th February, 1928 and was subsequently awarded the Nobel Prize for it in 1930. To commemorate Prof. Raman's achievement, Govt. of India declared 28th February as National Science Day and the nation is celebrating this auspicious day since 1987



INTER SHIVALIK ACTIVITIES

Productivity is never an accident. It is always a result of commitment to excellence, planning and focussed effort.

Time Management is a struggle for many people these days. We have so much to do in both our work and personal lives – and so little time to make it all happen.

"Time management" is the process of organizing and planning how to divide your time between specific activities. Good time management enables you to work smarter – not harder – so that you get more done in less time, even when time is tight and pressures are high. Failing to manage your time damages your effectiveness and causes stress. It seems that there is never enough time in the day.

But, since we all get the same 24 hours, why is it that some people achieve so much more with their time than others? The answer lies in good time management.

The highest achievers manage their time exceptionally well. By using the time-management techniques, you can improve your ability to function more effectively – even when time is tight and pressures are high.

Good time management requires an important shift in focus from activities to results: ***being busy isn't the same as being effective.*** Good time management lets you work smarter – not harder – so you get more done in less time.

Time Management leads to –

- **Greater productivity and efficiency.**
- **A better professional reputation.**
- **Less stress.**
- **Increased opportunities for advancement.**
- **Greater opportunities to achieve important life and career goals.**

Ms. Malvinder Kaur



The ability to concentrate and to use your time well is everything if you want to succeed in business--or almost anywhere else for that matter.

ANNUAL EXHIBITION 2017-18

The only source of knowledge is experience.

Our school aims at creatively engaging the students in the learning process. The Annual Exhibition was held in the campus on 17th February 2018 with different exhibits displaying the Mathematical operations, scientific concepts, art, social sciences and moral stories in different languages. The models were well organized and explained by the students. The best exhibits were rewarded.

In English category Rohit, Navkaran, Mohit and Anisha of class VI-M won the first position for "Game of Chance." Gauri, Chetna, Paras and Harman of VII-B won the first position for their model on "Fire, friend and foe."

In Hindi category Sanjana Rana of VIIS, Kartikey, Prithvi and Shivank of VIII-M won the first position

In Punjabi category Lizza of VI-S, Manasmeet Singh of VII-M and Divyanshi of VIII-B won the first position.

In Social Sciences Jasleen and Khushi Goyal of VI-S, Akashvir, Arpit and Bobby of VII-A and Gurkaran Singh of VIII-B won the first positions.

In Science Harveer of VI-A, Rajdeep and Manas of VII-M and Shivam of VIII-A won the first positions.

In Maths Khwaish and Baljot Kaur of VI-S, Samaira, Sanjana and Ishneet of VII-S, Tejbir, Sidhant and Ishu of VIII-M won the first positions.

In the Art exhibits Kamaljeet Kaur of VI-A and Harman of VI-M won the first and the second positions respectively. Manya of VII-S won the first position. Yogita of VIII-A won the first position, Anmol Kaur and Pearl Goswami of VIII-M won the second and the third positions respectively.



CLASS III-V EXHIBITION RESULT

MATHS

S.NO	NAME	TEACHING AID	CLASS	POSITION
1	NAITIK GOYAL	TIME	III S	I
2	AVNEET	SHAPE AND DESIGN	III S	II
3	LOVLEEN	ASCENDING & DESCENDING	III S	III
4	GURANMOL	FRACTIONS	IV B	I
5	AVNI TYAGI	FOUR BASIC MATHEMATICAL OPERATION	IV C	II
6	MAANYA	FRACTIONS	IV S	III
7	SUKHNOOR	POLYGONS	V S	I
8	KHUSHMEET	FACTOR	V S	III
9	TAMANNA	MANY DIFFERENT SHAPES	V B	II

III RD CLASS EVS

1	GURDEET SINGH	MODELS OF TRANSPORT	III S	I
2	HARNOOR KAUR	EFFECTS OF SCARCITY OF WATER	III A	II
3	ANGEL	REAL FAST FOOD OBJECTS	III B	III

IVTH CLASS EVS

1	TAKDEER SINGH	JOINT FAMILY HOUSE	IV A	I
2	HARMANDEEP	ICESTICK HOUSE	IV S	II
3	SNIGDHA	MOUTH	IV B	III

VTH CLASS EVS

1	AKASH	CONSTELLATION	V S	I
2	AYUSH	ELECTRIC FAN	V S	II
3	SAKSHAM	DIGESTIVE SYSTEM	V	III



In everything the ends well defined are the secret of durable success.

SOF International Olympiads

The Science Olympiad Foundation is an educational and a non-profit organisation based in New Delhi, India which promotes science, mathematics, general knowledge, introductory computer education and language proficiency conducts Olympiads across the country. The foundation conducted various olympiads in Shivalik Public School. Shivalikians won laurels for the school and the school won a total of 11 medals in English, Science and Math Olympiads in School toppers category.

MATHS OLYMPIAD

1. KAMALJEET KAUR(VI) – Gold medal
2. YASH BANSAL (VII) – Gold Medal
3. ABHISHEK MAHTHA (VII) – Silver Medal
4. PRABHJOT SINGH (VII) – Bronze Medal
5. HARJASUDAY (VIII) – Silver Medal
6. TEJBIR SINGH (VIII) – Gold Medal
7. HARDIK SOOD (VIII) – Bronze Medal

Result of G.K. Olympiad by Silver Zone Foundation

Class 1: Vidshi Bhardwaj Gold, Sneha Gupta Silver, Amodita Bhardwaj Bronze

Class 2: Aditi Sharma Gold, Shivam Barwal Silver, Hariansh Khera Bronze

English Olympiad



KULJEET KAUR (VI) – Gold Medal

Science Olympiad

YUVRAJ SINGH PANESAR, Gold Medal



International Women's Day Celebrations

International Women's day is celebrated worldwide on 8th March to commemorate the wonderful progress made by women in various fields whether national, ethnic, linguistic, cultural, economic or political. The school celebrated the day with full enthusiasm and spirit of promoting a change. The teachers shared their views on gender equality and discussed solutions to the problem. Honourable Principal, Mrs. Anupkiran Kaur addressed the staff members and enlightened them about their role as educators in eradicating gender disparity and empowering the women.

Annual Educational Trips

Learning Beyond Four Walls

A break from the monotony of studies is a must, but we at Shivalik ensure that students learn even while enjoying. Educational field trips are an integral part of curriculum in our school. Children eagerly look forward to trips and excursions which provide a right combination of learning and entertainment. Students visited various places of historical and educational significance like Pinjore Garde, Chouki Dhani, and Kurukshetra. Two day Amritsar Science City Trip was organized for the students of Class X. Apart from being exposed to rich architecture of India's heritage, the children were also educated about India's advances in science and technology, etc.



The great and glorious masterpiece of man is to know how to live to purpose.

Rose Festival

The Students participated in different categories and brought name and fame to the School which held at Punjab University from 9th February to 12th February.

The winners are:

S.No	Name	Competition	Rank
1	NachiketPathania-IV C	Fancy dress (9 to 12 yr category)	1 st
2	JAskiratKaur-IV B	Dancing	2 nd
3	Tanya and -Rishita IV S	Dancing	3 rd
4	Harnavroop-III A	Fancy dress	3 rd
5	Vaibhav Sharma- IV M	Singing	1 st
6	MahiBrar IV M	Dancing	2 nd
7	Mishthi-V M	Poetic Recitation(12 to 18 yr)	Consolation
8	Karanveer Singh-V M	Poetic Recitation(5 to 12yr)	Consolation
9	Gurnoor-V B	Slogan Writing	Consolation
10	Vishalika - XI	Poetic Recitation	3 rd

Mega Spell Bee Competition

Intersection Spell Bee Competition for classes III , IV and V was conducted in Shivalik Public School, Phase 6, Mohali. The competition aimed at creating awareness of the possibilities of using varied words in oral and written expression and to add words to the active vocabulary of students. A thorough orientation was done by the English teachers. The competition helped the children to familiarize with the spellings and usage of many unfamiliar words. The quiz was taken in seven different rounds like the pronunciation of the words, the search engine, the brain booster, picture identification etc. In class III, Prishita, Aakriti and shaurya(III S) , Amrit , Atulya and Arnav(III B) stood first and second respectively. In class IV, Vansh, Akshita and tanya(IV S), Nachiket, Gungun, Suraj(IV C) stood first and second respectively and Class V M stood first(Mishthi, HarsiratKaur and Dopinder) and Class V B stood Second (Swarn, Vanshika, Niharika). The school Principal Ms. AnupKiranKaur crowned the winners. She motivated and appreciated the endeavour put in by teachers and students. She laid emphasis on the four skills namely listening, speaking, reading and writing.



Taking flight of life *Every child is like a young bird. A teacher nurses them with rightful values and wisdom.*

The students of Classes XI of Shivalik Public School Mohali bid a Fond Farewell to their seniors i.e. XII on 20th of February, 2018 in the tastefully decorated state of the art, Auditorium of the school. The students of class XI presented a colourful bonanza for their seniors. The morning progressed with the most awaited declaration of Mr. Shivalik and Ms. Shivalik 2018 amidst hopes and celebrations. The title of 'Mr. Shivalik' was conferred upon Gursharan Singh and 'Ms. Shivalik' went to Simranjot Kaur was declared as Mr Personality and Shivansh Mahajan was adjudged as Ms Charming Amandeep Kaur. The Director of the school, Mr D S Bedi wished them good luck and encouraged them to do their best in the approaching board exams.

Finally the function ended with a sumptuous lunch and fond memories that will be cherished by every Shivalikian forever in life.



CHILDREN “A GIFT OF THE LORD”

Children are the most valuable assets for the parents. They are the gift of God. They are innocent and unique. They make our lives blissful. They spread happiness in the universe. We as parents want to fulfill all the needs and desires of our children. A healthy growth of the children needs to be satisfied with certain psychological needs. To understand and promote the growth of our child we need to understand his/her psychological needs which will help us in better parenting.

Children need our love, time and attention. There is no substitute for us. Never let babysitters, Ipad, video games or mobiles become the parent or care taker of our child. We need to pay attention to our child. If we will ignore him he will behave negatively to attract your attention.

A child needs to be understood. This is the most important thing that we should learn as parent. It helps very effectively in nurturing the child as they grow. We can understand child by just observing them as they sleep, eat or play.

We should accept our child unconditionally. A child is happy when he is accepted by his parents. He knows how to behave in order to get the approval of his parents.

These day's children are very sensitive towards their self respect. He needs to be respected. When your child is not being respected his self esteem becomes low and he feels helpless and hopeless. He loses all his confidence.

Raising children is not easy. At times we may not have faith in what they say. Our belief in our children determines their belief in themselves.

All children need is love. Love is simple, it is non materialistic and is the feeling we give our children of complete acceptance. Talk to your children, show your love and respect towards them and snuggle them, so they shall become stronger and more confident in life. Which in turn will help them to become great human beings.

Ms. Sharan Sidhu

PANAROMIC VIEW OF ACTIVITIES OF CLASSES I AND II

Train Your Brain Day- On this day, In order to encourage the importance of maths, various puzzles related to maths were given to students like lollipop maths puzzle & fruit challenge.



Diwali Celebrations- Special assembly was held for Diwali celebrations. Children brought candles & diyas from home & decorated them in classroom. History behind diwali & safety measures during diwali were told to students. Pledge was taken to celebrate green diwali this year.

Guru Nanak Dev Jayanti- Special assembly was held. PPT on teachings of Guru Nanak Dev Ji was shown, students recited different poems & Stories were told to students about Guru Nanak Dev Ji.

Intersection English Calligraphy- In order to improve the writing skills & formation of letters, Intersection English calligraphy competition was conducted in class 2.

Winners: 1ST Ridhima Singh (IIC) | 2ND Sahibpreet Singh (IIS) & Meet Brar (IIB) | 3RD Himanshu (IIA) & Prachi (IIM)

Intra-section English Calligraphy Competition- In order to improve the writing skills & formation of letters, Intra-section English calligraphy competition was conducted for class 1.



Results

IM: 1ST - JAANVI

IS: 1ST - GAURAV

IA: 1ST - SHIVANSH

IB: 1ST - SEHAJPREET

2ND - PALAK

2ND - JAANVI

2ND - ARSHPREET

2ND - DHRUV

3RD - VIDUSHI

3RD - JASKIRAT SINGH

3RD - RITIKA

3RD - DEEPAL

A failure is a man who has blundered, but is not able to cash in on the experience.

Martyrdom Day of Shri Guru TegBahadaurJi- On this day, PPT on the life & teachings of Shri Guru TegBahadurJi was shown on smart boards.

Children Day Celebration – On Children Day, drawing competition, fun games, quiz related to PT. Jawaharlal Nehru was organized. Students enjoyed singing, dancing & community lunch.

Inter-section Drawing Competition- In order to encourage the creativity among students, Intersection drawing competition was held. Theme of the competition was Santa.

Winners:

1. Anshika (IIS) & Anvi Saini (IIM)
2. Jaspreet Kaur (IIC) & Aanya (IIM)
3. Manpreet Kaur (IIA) & Agam Sharma (IIA)

Canteen Day: In order to make children understand the concept of money and to make them more confident about buying things on their own of their own level, Canteen day is organized on a regular basis. Students visit the school Canteen & buy eatables for themselves.

G.K. Quiz- On the theme food of India & Capital Cities, a quiz competition was held in class II.

Winners:

IIM:	1. Avni	2. Aanya	3. Anshika
IIS:	1. Shiven	2. Hariansh	3. Aditi
IIA:	1. Himanshu	2. Tejomani	3. Gurnoor Kaur
IIB:	1. Ishaan	2. Arnav	3. Tajveer
IIC:	1 Sukhmanjot Singh	2. Harseerat Kaur	3. Vishwas



Craft Activity- On the Occasion of Christmas, various craft activities were conducted. Students made beautiful stockings, bells, angels & Santa masks and decorated them.

Christmas Assembly- On the Occasion of Christmas. Special assembly was organized in which speech was given by student, students recited poems, sang carols & dance was performed by students.

Gift Exchange Activity- To inculcate the values of sharing & caring, gift exchange activity was held. Students brought gifts & exchanged it with their friends.

Card making activity- Card making activity on New Year was held in classes. Students were told to give these cards to their parents & friends.

Lohri Celebrations- On this day, videos on Lohri were shown on smart boards. Students recited poems & sang songs on Lohri. Paper bags were made & popcorns, groundnut & sweets were filled in bags & given to students.

Show & Tell Competition- Show & tell competition was held on the theme famous Personality of India & my favourite cartoon character. In the activity students showcased their famous personality & spoke a few lines on it.

A wise man will make more opportunities than he finds.



Winners

IIM	1. Avni	2. Aanya	3. Yashnoor	4. Adhiraj
IIS	1. Hariansh	2. Anshveer	3. Shiven	4. Anshika
IIA	1. Advika	2. Avneetkaur II	3. Gurshan	4. Eshant
IIB	1. Shaina	2. Garmia	3. Gurleen	4. Arnav
IIC	1. Sukhmanjot Singh	2. Ridhima Singh	3. Bhavya	4. Shaurya Chauhan

REPUBLIC DAY

Shivalik Public School , phase-vi, Mohali held pre-republic day celebrations on 24rd of jan, 2018 for classes I and II. Special Assembly on Republic day- Special assembly on Republic day was organized in which intersection dance competition & poetic recitation competition was held. The children seemed full of patriotic fervor and excitement. All the children participated in the celebrations with full vigour. The afternoon was lit with colourfull dances and patriotic poems. Children payed homage to the great heroes of the nation through their poems- dedicated to the motherhood. The celebrations culminated with the Principal's address- encouraging and appealing the children and teachers to step forward for building a better nation.

Winners of Intersection Poetic Recitation

CLASS I

1ST ANMOL CHAUDHRY I-B

2ND ALISHA SHARMA I - M

3RD PUNYA PRATAP I-M

4TH JISHANT I-A

CLASS 2

1ST Avni (IIM) – Republic Day

2ND Anshveer Singh (IIS) – I love my India

3RD AvneetKaur(IIA) – Incredible India

4TH Arnav (IIB)- Aye Vattan

Winners of Intersection Dance Competition

Class 2 – 1st II - S

Class 1 – 1st I - B

Annual Sports Day- Annual sports day is an important event in the life of every school. With the purpose to instill sportsmanship spirit among students and to enhance their physical and social skills. Shivalik Public school organized its Annual sports Day for classes' nursery to IInd with lot of enthusiasm.

The school playground was filled with frolic some atmosphere. The students displayed a wide array of colourful events such as yoga, march past, races, dance and drills. Prizes and medals were given for excellence in 50 meters race, relay race, frog jump etc. The most colourful event of the function was aerobics where

kindergarten classes colourfully dressed showcased their talents and performed with full zeal and enthusiasm. The school principal Ms. Anupkiran Kaur landed the efforts of the students and teachers for making the event a success.

Demonstration & Evaluation (SA2)- An interactive learning programme for class II was held. In this function budding stars showcased their skills in front of parents. Shivalik Public School, Mohali organized “demonstration and evaluation an Interactive Learning” programme for the students of class II. In this fun and frolic exercise the budding stars showcased their skills in front of parents. It was a theme based programme.

Activities like recognition of nouns; articles ; adjectives ; addition ; space; riddles on vegetables. Identification of different sounds of animals, Spell



bee, G.K Quiz-know thy India were taken up in a very interesting yet instructional manner. Students showcased their different skills through various plays. The programme ended with foot tapping dance performances.

Worthy Director Mr. D.S. Bedi and Mrs. Anupkiran Kaur, principal, SPS, Mohali graced the occasion and their kind presence uplifted the morale of the students. The whole function culminated with the blessings of the mentors with the hope that such learning would bring a remarkable revolution in the future.

World Reading Day- In order to inculcate reading habits among students, World reading day was celebrated in which students covered their notebooks.

A trip to rose garden



FANCY DRESS COMPETITION HELD AT ROSE FEST AT PANJAB UNIVERSITY ON 11 FEB 2018



- Alisha Sharma and Vidushi Bhardwaj of class 1-M stood first and second respectively in 6 to 9 years category
- Ravneet of class 1 – S stood first in 3 to 6 years category.
- Gurnoor Kaur of class II-A and Pratyush Piplani of class II-M stood 1st and consolation prizes in the 6 to 9 years category respectively.



WHOSE CHILD IS THIS?

"Whose child is this"? I asked one day
Seeing a little one out at play
"Mine," said the parent with a tender smile
"Mine to keep a little while
To bathe his hands and comb his hair
To tell him what he is to wear
To prepare him that he may always be good
And each day do the things he should".

"Whose child is this? I asked again
As the door opened and someone came in
"Mine," said the teacher with the same tender smile
"Mine to keep just for a little while
To teach him how to be gentle and kind
To train and direct his dear little mind
To help him live by every rule
And get the best he can from school".

"Whose child is this? I asked once more
Just as the little one entered the door
"Ours", said the parent and the teacher as they
smiled
And each took the hand of the little child



"Ours to love and train together
Ours this blessed task forever".

Childhood, the first stage after infancy is truly the formative period for children. They are very soft, receptive and tender at this impressionable age. Their mind is very similar to a potter's clay, which needs to be shaped in the right way to make it useful. It is the age where constant support and guidance along with care are needed the most for wholesome development.

Every child is special. Every child is unique.

If we compare them, they will start losing their confidence. Make children love themselves by identifying their personal attributes and by appreciating them individually. Love them for what they are and let them know how important they are to you.

Ms. Inderjeet Kaur

Welcome to the Colourful World of Blooming Buds



NAILS CHECKING



HAND WASH ACTIVITY

TOOTH BRUSH ACTIVITY



DEMONSTRATION AND EVALUATION

DIWALI



GURUPURAB

CANTEEN DAY



ANNUAL FUNCTION

SANDWICH ACTIVITY



SHOW AND TELL

CHRISTMAS



LOHRI



REPUBLIC DAY

SPORTS DAY



OUTING

From The Counselor's Desk

Dear parents

A very warm welcome to the new session 2018 -19 ,As we enter the threshold of a new year I would like to initiate a healthy approach , routine and habits to enhance your wards growth with enthusiasm and sense of fulfilment children look up to us for cheerful , interesting and encouraging directions we all need to break our own old behaviour patterns and step into the realistic and progressive approach Nothing can be a better method than setting an example ourselves so,

1. Avoid criticising the child in front of others
2. Unhealthy comparison is depictive , your child is different by birth, feel proud of his/her individuality
3. Life is very simple and making mistakes is a natural process to maturity avoid complicating matters for social prestige
4. There is no perfect child, performance or situation in life
5. It is very important to make him self sufficient, handle situations and understand problems
6. Personal supervision , fun time together and asking the child to solve a problem you have, will help him to develop self esteem, confidence faith and trust qualitative approach leads to quantitative out put
7. Children must face the consequences of their actions, don't fume and fret in front of them just take a stand and consistently stick to mutual decisions repetitive words, contradiction of statements, and giving up gives wrong message to the child
8. Be yourself as you want your child to be
Behaviour and work earns respect not money alone
Please get back to the counsellor whenever in doubt

Thank you

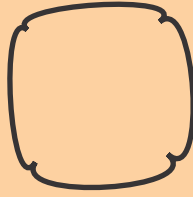
Neelima Chaudhry

MAGIC OF YOUR EYES

Dedicated to a very small child of Tripura
whose mother sold him for mere 200
rupees.

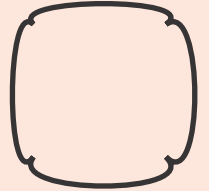
Speaking loudly but very silent
Walking fast but still in my heart
That first sight always reminded me
The magic of your eyes
Always marked your presence
Even in the clamor of the greedy crowd
Overwhelmed me always
The magic of your eyes
Disguised the world's filth
And maintained my good health
The thing which enriched me inside was,
The magic of your eyes
Time came and went away
All the memories swept away
But what was embedded in my heart was
The magic of your
Unpredictable, uninformed
Usually called the deadly storm
That day something made me realize
What fooled me always was
The magic of your eyes

HETAL THAKUR
X-B



TEENAGE

When we become 13,
We are called a teen,
Independent we are,
Yet on elders we lean.



Attractions are more,
And study is bore,
Results are great fear,
Still the efforts are there.

After that the year of passion,
As approaches 10th examination,
There's lot's of burden,
Apart from fun in garden.

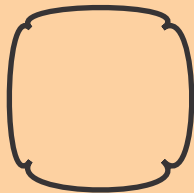
Fantasy is our world,
In which we are toiled,
Our style, fun and fair,
The most we tend to care.

There is music in friends blare,
Ignoring the teachers flare,
Like the flowers of valley,
Teenage also blooms as the lilly,
Such a short period that flies,
Which nobody can realise.

Never forget that,
All storms will clear,
Always remember,
Brighter tomorrow will be there.

Geetakshi
10th B

Dreaming big, a bigger dream
Now no excuses and screams
It will not stop till I quit
For my dreams, I am fully fit



Yes it's not a glorious start
But I am too with a strong heart
The worries will not make me bend
My dreams will surely have a good end



I am not going to lose hope
My dilemmas can't tie me in a rope
I know I am on the better way
On my choices, my trust lay



Of course, it depends on hard work
Sometimes 'too much' gives me a jerk

But the people worship the rising sun
And to become one is not a fun

Its not about the 'Luck Game'
For me, I am to be blame
Its just like I will try
On my capabilities my hopes lie



For me I'll be the best
For others I'll be different from rest
I promise that I will 'play on'
I'll fight back with the courage I own



As I am not going to disappoint myself
And my loving ones who helped thyself...

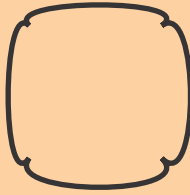


Anisha Bhardwaj

PEER PRESSURE

When you are in life's younger sphere,
And your decisions are swayed by your peers,
When you want to move away from
Truth and right,
Honesty and insincerity are having inner fight,
Before moving to a conclusion,
Always remember! You are a free bird
Sent by the almighty,
All infused with an independent mind,
To think, reason and to redefine,
When having a problem with this
Journey's ride,
God has sent parents and teachers
As your guides,
So without any pressure of peer
And any kind of fear,
Like a bird fly with bright colours,
High and high
As for you, the limit is endless
Sky.

Sumit Yadav
Class X



जीवन मूल्य

- जीवन मूल्यों का पतन न होने देना,
वरन् हर तरफ हो जाएगा विराना।
कुछ लोग मरे हुए ज़मीर लिए फिरते हैं,
वे समाज का सिर शर्म से झुकाते हैं।
देवालय हो, गाँव या कोई सुनसान स्थान,
हर जगह पाप का परचम लहराते हैं।
आत्मा को खंडित कर पशुता अपनाते हैं,
उन्हें किसी ने नहीं दिए जीवन मूल्य हैं।
तभी तो मरे हुए ज़मीर लिए फिरते हैं।
- जीवन मूल्यों का पतन न होने देना,
वरन् हर तरफ हो जाएगा विराना।
धर्म के नाम की लकीर पीटने वाले,
क्या जाने धर्म किस चिड़िया का नाम है?
आपस में लड़ाना - भिड़ाना उनका काम है,
बदले में नेतागिरी करना इनका ईमान है।
भोले - भाले लोग धर्म के लिए मर मिटते हैं,
धर्म के ठेकेदार छिपकर तमाशा देखते हैं।
इन्हें किसी ने जीवन मूल्य नहीं दिये हैं,
तभी तो मरे हुए ज़मीर लिए फिरते हैं।
- बच्चों, जीवन मूल्यों का पतन न होने देना,
वरन् हर तरफ हो जाएगा विराना।
हम और तुम मिलकर कर सकते कमाल हैं,
पापियों को कर सकते बेहाल हैं।
क्योंकि हमारी शिक्षा बेमिसाल है।
आओ मिलकर हम सब कदम बढ़ाएँ।
पाप, धोखा, भ्रष्टाचार, अन्याय की अग्नि बुझाएँ।
जाति - पाति, उँच - नीच का बंधन तोड़ें,
मन, कर्म, वचन से देश की बागडोर संभालें।
लो शपथ, जीवन मूल्यों का पतन न होने देंगे,
हर बुराई को जड़ से मिटाकर ही दम लेंगे।

Ms. Renu
Shivalik Public School,
Mohali

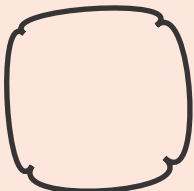
RIDDLES

1. I am a month. I have 28 days. Which month I am?
2. Scientists are trying to find what is between earth and heaven. What am I? Can you find me?
3. What in the world travels faster? Heat or cold.
4. I am a fish that can't swim? What am I?
5. I cut beard 5-6 times a day. Yet I support beard? Who am I?

Answer key:

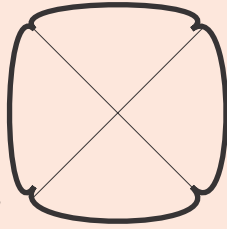
1. Every month. Every month have at least 28 days.
2. And. 'and' lies between earth and heaven.
3. Heat. Everyone catches cold easily, so it is slower than cold.
4. Dead fish. A dead fish can't swim.
5. Barber. Barber wouldn't mind to earn by doing his job

Kunal Kansal
Class X



आज का युवा

दर - दर की ठोकरे खाता,
भूख से करहाता,
जो सबकी नज़रों में हैं बेकार,
या वो जो हैं बेरोज़गार,
क्या वहीं युवा है?



जेल जिसका घर हैं,
बुर्जुगो के वचन जिस पर बेअसर हैं,
नेकी से जिसका ना कोई वासता,
जिसने अपनाया जुर्म का रास्ता,
क्या वहीं युवा हैं?

जिसके रग - रग में बस गया नशा,
जिसने कर दिया खुद ही का जीवन फनाह,
क्या वहीं युवा हैं?

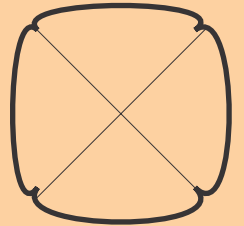
नहीं, युवा तो जलता हुआ चिराग हैं,
जिसके हृदय में चिंगारी नहीं आग हैं,
जिसके नेत्रों में वे स्वपन हैं -
जो, करने उसे साकार हैं,
जिसके सामने सूरज और कदमों में चाँद हैं?
वहीं हैं आज का युवा,
हाँ, वहीं हैं आज का युवा।

- यशवी सिंह

XS

- माँ मेरा कसूर नहीं था,
एक अंकल से चॉकलेट ही तो ली थी - -
पापा सा वह लगता था
मुझे बोला तुम बेटी हो मेरी
उसके पहलू में बैठ गई मैं
चॉकलेट खाती, बातें करती - - - हाथ मेरे
सिर पर जो फेरा - -
मैं समझी थी इंसान ही होगा - - - उसकी भी कोई बेटी होगी
शायद इसलिए गले लगाया मुझको - - -
मैं भी खुश होकर गले से लग गयी
माँ - - - - -

- 10 का नोट भी पकड़ाया था, मुझको जैसे पापा याद - आये
खुशी से सोचा मैंने, अंकल के पैसे से
2 रूपए की चॉकलेट ओर भी लेनी है मैंने
- - - 3 रूपए भईया को दूंगी
5 रूपए की गुड़िया भी लेनी है मैंने
ऐसे में वह बातें करता दूर ले आया मुझे
माँ - - - - -



- मुझको कुछ समझ न आया - - - - -
उसने अचानक व्यवहार बदला
मुझे बांधा, मुँह मेरा जो बंद किया तो - - -
मुझे फिर मालूम नहीं था
चिल्लाकर तुझको बुलाना चाहा ऐ माँ
माँ, मेरे मासूम जिस्म को अंकल ने माँस
का टुकड़ा समझा, बाघ की तरह वो देख
रहा था - - - - -

- माँ अब मैं सह ना पायी - -
आज तेरी कली मुरझा गयी।
माँ मेरे हाथ में देखो - -
एक चॉकलेट तो खा ली थी मैंने - -
और एक हाथ में और होगी।

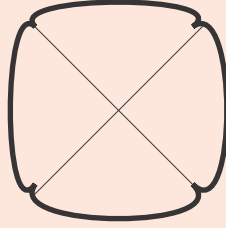
- माँ अबकी बार अगर पैदा होऊँ मैं - -
मुझको खुद से दूर ना करना
माँ सुनो सुनो मैं माँस का टुकड़ा थी क्या?
मैंने क्या मांगा था?
एक चॉकलेट के बदले?
माँ जो जान गंवाकर आयी मैं -

मैं मेरा कसूर नहीं था
एक अंकल से चाकलेट ही तो ली थी।

Taniya
XS

सफ़र

जानवर से इंसान और
इंसान से हैवान तक का सफ़र
एक मासूम सी गुड़िया
और उस की जान तक का सफ़र



आठ साल की वो नन्ही बच्ची
जिसे मंदिर में ले गये छल से
'आसिफा' नाम ही ज़हन में बस गया
मैंने खबर देखी जिस पल से

जिसकी गोद में बैठ चिल्लाई वो
'कठुआ' में बसे उस भगवान तक का सफ़र
एक मासूम सी गुड़िया और उसकी जान तक का सफ़र

तड़पता देख बेचारी को
क्यों दिल उनका घबराया नहीं?
ऐसा काम करते हुए,

क्यों अपनी बेटी का ख्याल उन्हे आया नहीं?

जिसकी आस लगाए बैठे हैं
उस सज़ा-ऐ-फ़रमान तक का सफ़र
एक मासूम सी गुड़िया और उसकी जान तक का सफ़र

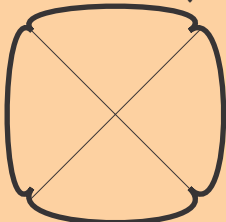
क्या हो गया है लोगों को?
ये सब ने कैसा मोड़ लिया?
अरे मसला तो कुछ और था
इस में भी धर्म जोड़ लिया।

कहीं बच्ची को ही ना भूल जाएँ
वो हिंदू-मुस्लमान तक का सफ़र
एक मासूम-सी गुड़िया और उसकी जान तक का सफ़र

Noor
X-M

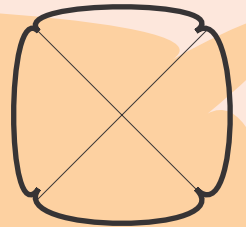
ज़िंदगी की किताब

काश, ज़िंदगी तुम सचमुच किताब होती
पढ़ सकती मैं तुमको की आगे क्या होगा?
क्या खोऊँगी मैं और क्या पाऊँगी कल
कब रोऊँगी मैं और कब खुश हो जाऊँगी
काश ज़िंदगी तुम सममुच किताब होती।
फाड़ सकती मैं उन पृष्ठों को जो मुझ अच्छे
न लगते।
जोड़ सकती उन पन्नों को जिसमें मैं खुश होती
काश - - - - - किताब होती
काश मुझे पता होता कि मैं कल क्या बनूँगी
तो आज मैं उसी लक्ष्य पर चल पाती
काश - - - - - किताब होती
आज के सपनों से हमने कल सँवरना हैं।
कल क्या होगा काश तुम बता पाती
काश ज़िंदगी तुम सचमुच किताब होती।
काश ज़िंदगी तुम सचमुच किताब होती



- आस्था
X - M

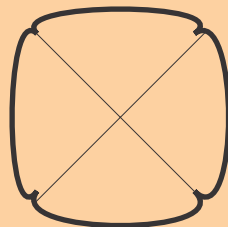
सुविचार



- सच वह दौलत है जिसे पहले खर्च करो और ज़िंदगी भर आनंद करो, किंतु झूठ वह कर्ज है जिससे क्षणिक सुख पाओ पर ज़िंदगी भर चुकाते रहो!!
- कुछ करने के लिए फायदे की नहीं, इरादे की ज़रूरत होती है।
- हम अपने मन पर जीत हासिल करके दुनिया पे जीत हासिल कर सकते हैं।
- स्त्री का सम्मान करना, हर पुरुष का कर्तव्य होता है क्योंकि, शक्ति होती है, होता नहीं। प्रकृति होती है, होता नहीं, सत्ता होती है, होता नहीं।
- सब्र एक ऐसी सवारी है जो अपने सवार को कभी भी गिरने नहीं देती, न किसी के कदमों में, न किसी के नज़रों में।

Bhargav
IX-S

कुशल प्रबंधन और समय नियोजन



मानव जीवन में प्रबंधन और समय नियोजन का बहुत ही महत्व होता है। इन दोनों के सामंजस्य के बिना सफलता पाना असंभव होता है। यह बात सभी जीवधारियों पर लागू होती है, चाहे वह मनुष्य हो या पशु हो। एक दिन एक कुत्ता जंगल में रास्ता भूल जाता है। घूमता-घूमता वह थक कर एक पेड़ के नीचे बैठ जाता है। अचानक उसने देखा कि एक शेर उसकी ही तरफ आ रहा है। कुत्ता डर गया कि आज तो उसकी मौत निश्चित है। उसने साहस से काम लिया। अपने समीप ही उसने सूखी हुई हड्डियों का ढेर देखा। वह शेर की तरफ पीठ करके बैठ गया और सूखी हुई हड्डियों को चूसने लगा तथा जोर-जोर से चिल्ला कर कहने लगा। वाह! आज तो शेर का मांस खाने में मजा ही आ गया है यदि ऐसी ही दावत और मिल जाए तो जीवन ही सफल बन जाएगा।

शेर उसकी बात सुनकर डर गया और सोचने लगा कि यह कुत्ता तो बहुत ही भयानक है इससे तो जान बचाकर भागना ही उत्तम है और वह चुपके से वहाँ से भाग जाता है। उधर पेड़ पर बैठा एक बंदर यह सब दृश्य बहुत ही उत्सुकता से देख रहा था। उसने सोचा कि कुत्ते से प्रतिशोध लेने का यह अच्छा अवसर है इसी बहाने शेर से भी मित्रता हो जाएगी। वह चुगली करने के लिए शेर के पास पहुंच जाता है। उसने कहा हे जंगल के महाराज! छोटा मुह बड़ी बात। आपको इस कुत्ते ने मूर्ख बनाया है। वह इस कुत्ते को बहुत ही अच्छा तरह से जानता है यह बहुत ही धूर्त और चालाक है। यह सुनकर शेर जोर से दहाड़ा। उसने बंदर से कहा कि चल उसके साथ, अभी उसका काम तमाम कर देता हूँ।

कुत्ते ने दोनों को अपनी तरफ आते देखा तो, फिर उनकी तरफ पीठ करके बैठ गया और जोर-जोर से चिल्लाकर कहने लगा यह बंदर भी बहुत ही आलसी और काम चोर है। इसे भेजे एक घंटा हो गया अभी तक एक शेर को फंसा कर नहीं ला सका। भूख से बेहाल होता जा रहा हूँ। यह सुनकर शेर ने बंदर को वही पटक दिया और वापिस जंगल की तरफ भाग गया।

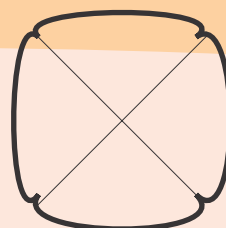
यही बात हमारे जीवन में भी घटित होती है। पग-पग पर अनेक बाधाएं हमारा रास्ता रोक कर खड़ी हो जाती है। समाज में कुछ ऐसे भी लोग होते हैं, जो हमें अवनति के रास्ते पर ले जाने के लिए प्रयास करते हैं। ऐसी स्थिति में हमारा विश्वास, साहस, समय नियोजन और आत्म विश्वास ही हमारी सहायता करता है। अतः इससे हमें यह शिक्षा मिलती है कि शिक्षा - (1) मनुष्य को मुश्किल के समय में अपना धैर्य और आत्म विश्वास नहीं खोना चाहिए।

शिक्षा - (2) हार्ड वर्क (कठिन परिश्रम) की अपेक्षा स्पोर्ट वर्क (कुशल कार्य) करके ही असली सफलता का मूल मंत्र है।

शिक्षा - (3) आपके जीवन में आपकी ऊर्जा, समय और ध्यान भटकाने के लिए कई बंदर आपका रास्ता रोकने की कोशिश करेंगे, उनके पहचानिए और उनसे सावधान रहिए।

ओंकार सिंह
हिंदी अध्यापक

नारी का अस्तित्व



भूल से मत कीजिये, नारी का अपमान,
नारी जीवन दायिनी, नारी है वरदान।

माँ बनकर देती जन्म, पत्नी बन संतान,
जीवन भर छाया करे, नारी वृक्ष समान

नारी अपने देश की, रखती अलग, पहचान,
ले आई यमराज से, वापस पति के प्राण

नारी कोमल निर्मला, होती फूल समान
वक्त पड़े तो थाम ले, बरछी तीर कमान

नारी के अंदर बसे, सहनशीलता आन
ये है मूरत त्याग की, नित्य करे बलिदान

नारी को मत मानिये, दुर्बल अबला धान
दुर्गा काली कालिका, नारी है तूफान

युगीं युगीं से ये गत, ठहरा पुरुष प्रधान
कदम कदम पर रोकता, नारी का उत्थान

जितना गाओ कम लगे, नारी का गुणगान
जी चाहे कण कण करे, नारी का सम्मान।

Tanisha Sharma
IX -A

बुराई पर अच्छाई की जीत



सच्चाई सच्चा और ईमानदार होने की स्थिति को दर्शाती है। सच्चाई: तुमने जो दूसरों के बारे में बताया था, जो वास्तव में हुआ था। हर बार सच्चाई बताना मुश्किल है। एक सच्चा इंसान न केवल सच्चाई बताता है बल्कि अपने कार्यों, शब्दों, प्रकृति आदि में सच्चाई भी लेता है।

सच्चाई बोलना एक कर्तव्य है, और हमें इसे से कभी नहीं हटना चाहिए सच्चाई से कोई गुण नहीं है। सत्य भगवान की सर्वोच्च विशेषता है! सच्चाई पर, पूरे ब्रह्मांड का निर्माण किया गया है।”

भारतीय पौराणिक कथाओं के अनुसार, सच्चे लोग स्वर्ग में परमेश्वर के द्वारा पुरस्कृत हैं। रामायण में श्री रामचंद्र को एक सच्चा राजा कहा जाता था। उसने न केवल अपने पिता का सम्मान किया बल्कि अपने माता - पिता के सभी आदेशों का पालन किया। जब उनके पिता ने उन्हें 14 साल से अपनी पत्नी सीता के साथ जंगल में रहने के लिए निर्देश दिया, तो उन्होंने विरोध नहीं किया और 14 साल तक जंगल में चले गए।

भारत में, महात्मा गांधी ने सच्चाई का एक जीवंत उदाहरण दिया है। ब्रिटिश शासकों द्वारा हिंसा के खिलाफ लड़ाई करते हुए उन्होंने सच्चाई और अहिंसा की नीति अपनायी थी। उसे कभी भी मृत्यु का डर नहीं था, क्योंकि एक सच्चे इंसान का भय और चिंता से कभी भी प्रभुत्व नहीं हो सकता। अपनी सच्चाई से, भारत के लोगों ने उसे समर्थन दिया और अंग्रेजों से हमारे देश के लिए स्वतंत्रता जीती। महात्मा गांधी का सच्चाई अमर है। दुनिया भर में उसके कार्यों और सच्चाई के बारे में पता चला।

अतः सच्चाई, अतीत और समृद्ध जीवन के सभी दुखों को खुशियों से परिपूर्ण कर सकती है।

छंडम रू क्पसरवजैपदही
ब्सैं रू ग.।

आदर्श नागरिक और हमारी भूमिका

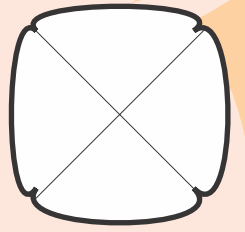


आदर्श नागरिक, किसी भी राष्ट्र की सबसे बड़ी संपत्ति होती है। आदर्श नागरिक, वह होता है जो समाज को समृद्ध, सुखी, शांत और संगठित बनाने में अपना योगदान देते हैं। ऐसा नागरिक स्थानीय स्तर पर रहकर वैश्विक स्तर की सोच रखता है। हमारी शिक्षा का प्रमुख लक्ष्य हमें आदर्श नागरिक बनाना होता है। इस के लिए कुछ आसाधारण नहीं करना पड़ता पर हमेशा से सिखाई जाने वाली विनम्रता और अनुशासन को कायम रखना ही पर्याप्त होता है। उदाहरण के रूप में, हम सब बचपन से पढ़ते आ रहे हैं कि कूड़ा - करकट उचित स्थान पर ही फेंकना चाहिए पर कितने ही ऐसे होते हैं जो इसका पालन नहीं करते। आम तौर पर जब कहीं सड़क दुर्घटना होती है तो कितने व्यक्ति सहायता के लिए आगे आते हैं। एक आदर्श नागरिक अपनी सीखी हुई चीजों को भूलता नहीं तथा उन्हें अपनाता भी है। देश के लिए, राष्ट्रहित में कार्य करना अपना लक्ष्य होना चाहिए। अपने हितों को छोड़कर परोपकारी रूप में कार्य करना हमारा उद्देश्य होना चाहिए। हम अपनी सकारात्मक और प्रगतिशील विचारधारा के साथ दुनिया बदलने की ताकत रखते हैं। ऐसी ताकत अगर हर नागरिक में हो तो समाज में बदलाव लाया जा सकता है। हमें हमेशा ही एक आदर्श नागरिक बनने की ओर कार्य करना चाहिए। ऐसा जीवन जहाँ आपको हर मुश्किल का सामना करना पड़े, वह कठिन तो है पर संतुष्टि से भरपूर है। ऐसे हम तभी बन सकते हैं जब हम अपना जीवन अनुशासन और नैतिक मूल्यों के सहारे व्यतीत करें।

Sumit Yadav
Class : X-A

शिक्षा - एक शस्त्र, महान।
 उठो चलो सब करें पढ़ाई,
 यही असली धन है भाई।
 जीवन की जोत जलाती,
 अज्ञानता को दूर भगाती।
 आत्म विश्वास को और बढ़ाती
 इंसान को मेहनती बनाती
 बहुत जरूरी होती शिक्षा
 पापी को भी मनुष्य बनाती।
 उठो चलो सब करें पढ़ाई।
 यही असली धन है भाई ॥

पाठ को पढ़ना सिखाती,
 कुदरत की सुंदरता दिखाती।
 शिक्षा वह साधन, जो बोलते हैं वही लिखते हैं
 मन के भाव सही उमड़ते हैं
 शिक्षा ने हमें शिक्षित बनाया
 किसी को अध्यापक तो किसी को इंजीनीयर बनाया
 जिंदगी में कुछ करना है, जो हमें शिखर तक पहुँचना है।
 दुनिया में महान हमारे देश को बना देगी।
 अतः उठो चलो सब करें पढ़ाई
 यही असली धन है भाई।



Sakshi
 X- S

ਰੁੱਖ

ਰੁੱਖ ਆਖਦਾ ਮੇਰੇ ਉੱਤੇ ਜ਼ੁਲਮ ਨ ਕਰੇ
 ਸਦਾ ਯਾਦ ਰੱਖੋ ਰੁੱਖਾਂ ਦੀ ਕੁਰਬਾਨੀ ਨੂੰ
 ਸਾਰਾ ਕੁਝ ਮੈਂ ਦਿੰਦਾ ਤੁਹਾਨੂੰ
 ਫੇਰ ਵੀ ਤੁਸੀਂ ਮੈਨੂੰ ਪੁੱਟ ਸੁੱਟਦੇ ਹੋ
 ਆਪਣੇ ਸਵਾਰਥ ਲਈ, ਅੱਗੇ ਪੈਰ ਪੁੱਟਦੇ ਹੋ
 ਕਦੋਂ ਤੋਂ ਮਨੁੱਖ ਇੰਨਾ ਥੱਲੇ ਗਿਰ ਬੈਠਾ
 ਜਿਸ ਕਾਰਨ ਜੀਵਨ ਉਸਦਾ ਉਸਨੂੰ ਹੀ ਭੁੱਲ ਬੈਠਾ
 ਮੈਨੂੰ ਪੁੱਟ ਕੇ ਕਿਉਂ ਪੰਛੀਆਂ ਦਾ ਘਰ ਰੋਲ ਦੇ ਹੋ
 ਅੱਗੇ ਜਾਕੇ ਇਸ ਪਾਪ ਦਾ ਫਲ ਵੀ ਭੋਗਦੇ ਹੋ
 ਕਿਉਂ ਨਹੀਂ ਮਨੁੱਖ ਰੁੱਖ ਰਿਹਾ ਹੈ।
 ਕਿਉਂ ਹਰ ਇੱਕ ਪੱਤਾ ਸੁੱਕ ਰਿਹਾ ਹੈ।
 ਜੇ ਰੁੱਖ ਨਾ ਹੁੰਦੇ
 ਕਿਵੇਂ ਰਹਿੰਦੇ ਤੁਸੀਂ ਜਿਉਂਦੇ
 ਕੁਝ ਤਾਂ ਸੋਚ ਵਿਚਾਰ ਕਰੋ
 ਰੁੱਖ ਲਾਉਣ ਲਈ ਪ੍ਰਚਾਰ ਕਰੋ
 ਕਦੇ ਵੀ ਕਿਤੇ ਰੁੱਖ ਦੇ ਪੱਤੇ ਸੁੱਕ ਗਏ
 ਸਮਝੋ ਮਨੁੱਖ ਦੀ ਜ਼ਿੰਦਗੀ ਦੇ ਦਿਨ ਰੁਕ ਗਏ
 ਰੁੱਖ ਬਚਾਉਣਗੇ
 ਤਾਂ ਹੀ ਹਰ ਪਾਸੇ ਖੁਸ਼ੀਆਂ ਪਾਉਂਗੇ
 ਮਨੁੱਖਾਂ ਰੁੱਖ ਲਗਾਉਣ ਵਾਲਾ ਬਣ
 ਨਾ ਕਿ ਰੁੱਖ ਵੱਢਣ ਵਾਲਾ
 ਕੁਝ ਤਾਂ ਸੋਚ ਵਿਚਾਰ ਕਰ
 ਕੁਝ ਤਾਂ ਸੋਚ ਵਿਚਾਰ ਕਰ।



ਗੁਰਲੀਨ ਕੌਰ
 X-S

ਕੁਦਰਤ ਦਾ ਨਜ਼ਾਰਾ

ਕੁਦਰਤ ਦਾ ਇਹ ਅਜਬ ਨਜ਼ਾਰਾ,
 ਲਗਦਾ ਸਾਰੇ ਜੱਗ ਤੋਂ ਪਿਆਰਾ।
 ਕਿਤੇ ਅਸਮਾਨ ਛੂੰਹਦੇ ਪਹਾੜ ਨੇ ਦਿਖਦੇ,
 ਸ਼ਿਕਾਰ ਲਈ ਕਦੇ ਜਾਨਵਰ ਨੇ ਭਿੜਦੇ।
 ਬਹਾਰ ਲੈ ਕੇ ਜਦ ਆਉਂਦਾ ਸਾਵਣ,
 ਠੰਡੀਆਂ ਹਵਾਵਾਂ ਮਨ ਨੂੰ ਭਾਵਣ।
 ਮੀਂਹ ਨਾਲ ਲੁਕ ਜਾਂਦੀ ਗਰਮੀ ਸਾਰੀ,
 ਧਰਤੀ ਦੀ ਟੈਂਕੀ ਹੋ ਜਾਂਦੀ ਭਾਰੀ।
 ਗਰਮੀ ਦੀ ਰੁੱਤ ਹੋਸ਼ ਉਡਾਵੇ,
 ਹਰ ਰੋਜ਼ ਪਸੀਨਾ ਚੜ੍ਹਾਵੇ।
 ਸਰਦੀ ਸਾਡਾ ਸੀਨਾ ਠਾਰੇ,
 ਕੱਪੜੇ ਅਸੀਂ ਪਾਉਂਦੇ ਹਾਂ ਸਾਰੇ।
 ਠੰਡੀ-ਠੰਡੀ ਬਰਫ ਖੇਡਣ ਲਈ ਬੁਲਾਵੇ,
 ਸੁਮੰਦਰ ਕਿਨਾਰੇ ਹਰ ਕੋਈ ਨਹਾਵੇ।
 ਹਰੇ-ਭਰੇ ਜੰਗਲ ਹਰ ਥਾਂ ਮਿਲਦੇ,
 ਇਨ੍ਹਾਂ ਵਿੱਚ ਪੰਛੀ ਆਲ੍ਹਣਾ ਬਣਾਉਂਦੇ।
 ਰੁੱਖ, ਫੁੱਲ-ਬੂਟੇ ਰੱਬ ਦੀ ਦੇਣ,
 ਸੁਸਤੀ ਵਿੱਚ ਨਾ ਦਿੰਦੇ ਪੈਣ।
 ਕੁਝ ਵੀ ਹੋਵੇ, ਕੁਦਰਤ ਹੈ ਮਹਾਨ,
 ਇਸਤੋਂ ਮਿਲਦਾ ਸੁੰਦਰ ਜ਼ਿੰਦਗੀ ਜਿਉਣ ਦਾ ਵਰਦਾਨ।



Updesh Kaur
 X-B

ਕੁਝ ਨਵਾਂ ਕਰਨ ਦਾ ਸੁਪਨਾ ਦੇਖੋ

ਪਰ.....

ਇਬਰਾਹਿਮ ਲਿੰਕਨ ਨੇ ਆਪਣੇ ਅਧਿਆਪਕ ਨੂੰ ਇੱਕ ਪੱਤਰ ਲਿਖਦਿਆਂ ਲਿਖਿਆ ਕਿ 'ਬੱਚੇ ਨੂੰ ਬੇਈਮਾਨ ਹੋਣ ਤੋਂ ਜ਼ਿਆਦਾ ਇੱਜ਼ਤਦਾਰ ਬਣਨਾ ਸਿਖਾਉ; ਬੇਸ਼ਕ ਉਸਨੂੰ ਕੋਈ ਗਲਤ ਕਹਿ ਰਿਹਾ ਹੋਵੇ। ਨਰਮ ਲੋਕਾਂ ਨਾਲ ਅਤੇ ਕਠੋਰ ਲੋਕਾਂ ਨਾਲ ਪੇਸ਼ ਆਉਣ ਦਾ ਢੰਗ ਸਿਖਾਉ, ਉਸਨੂੰ ਏਨਾ ਦ੍ਰਿੜ ਬਣਾਉਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰੋ ਕਿ ਜਦੋਂ ਹਰ ਕੋਈ ਸਫਲਤਾ ਪਿੱਛੇ ਭੱਜ ਰਿਹਾ ਹੋਵੇ ਤਾਂ ਉਹ ਭੀੜ ਪਿੱਛੇ ਨਾ ਭੱਜੇ।' ਅਸੀਂ ਸੁਪਨੇ ਜ਼ਰੂਰ ਦੇਖੀਏ ਤੇ ਸੁਪਨਿਆਂ ਨੂੰ ਸਾਕਾਰ ਕਰਨ ਦਾ ਯਤਨ ਕਰੀਏ। ਆਪਣੀ ਸਮੱਰਥਾ ਨੂੰ ਪਹਿਚਾਣੀਏ। ਆਪਣੇ ਅੰਦਰ ਆਤਮ-ਵਿਸ਼ਵਾਸ, ਭਰੋਸਾ ਅਤੇ ਸਮਰੱਥ ਸੋਚ ਪੈਦਾ ਕਰੀਏ, ਜਿਸ ਨਾਲ ਅਸੀਂ ਮੁਸ਼ਕਿਲਾਂ ਨੂੰ ਪਾਰ ਕਰ ਸਕੀਏ।

ਇਬਾਦਤ ਕਰ ਇਬਾਦਤ ਕਰਨ ਦੇ ਨਾਲ ਗੱਲ ਬਣਦੀ ਏ,

ਕਿਸੇ ਦੀ ਅੱਜ ਬਣਦੀ ਏ, ਕਿਸੇ ਦੀ ਕੱਲ੍ਹ ਬਣਦੀ ਏ।

ਕਹਿੰਦੇ ਬੂਹੇ-ਬਾਰੀਆ ਦੀਆਂ ਭਿੱਤਾਂ ਚੋਂ ਦੁਨੀਆਂ ਨਜ਼ਰ ਆਉਂਦੀ ਏ ਕਿਹੜੀ ਦੁਨੀਆਂ? ਲਿਫਾਫੇ ਬਾਜੀ ਵਾਲੀ ਦੁਨੀਆਂ, ਚਾਲਬਾਜ਼ ਦੀ ਦੁਨੀਆਂ, ਸਮਾਜ ਨੂੰ ਨਰਕ ਬਣਾਉਣ ਵਾਲੀ ਦੁਨੀਆਂ, ਵੱਡਿਆਂ ਦਾ ਨਿਰਾਦਰ ਕਰਨ ਵਾਲੀ, ਬੰਦੇ ਨੂੰ ਬੰਦਾ ਨਾ ਸਮਝਣ ਵਾਲੀ, ਧੀਆਂ ਨੂੰ ਨਿਲਾਮ ਕਰਨ ਵਾਲੀ ਦੁਨੀਆਂ- ਕਿਹੜੀ ਦੁਨੀਆਂ ਨੂੰ ਤੁਸੀਂ ਦੇਖਣਾ ਚਾਹੁੰਦੇ ਹੋ? ਜਿੱਥੇ ਮਨੁੱਖ ਮਨੁੱਖ ਨੂੰ ਦੇਖ ਕੇ ਸ਼ਰਮਸਾਰ ਹੋ ਜਾਵੇ, ਜਿੱਥੇ ਬੰਦਾ-ਬੰਦੇ ਦੀ ਮਦਦ ਕਰਨੇ ਦੀ ਸੋਚ ਵਿਚਾਰ ਵਿੱਚ ਪੈ ਜਾਵੇ?

ਸਾਡੇ ਅੰਦਰੋਂ ਮਰ ਗਈ ਸੰਵੇਦਨਾ ਅਸੀਂ ਅਸਲ,

ਜ਼ਿੰਦਗੀ ਨਾਲੋਂ ਬਨਾਵਟੀ ਜ਼ਿੰਦਗੀ ਜਿਊਣ ਦੇ ਆਦੀ ਹੋ ਗਏ।

ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਹੀ ਪਰਦਾ ਹੁੰਦਾ ਹੈ ਪਰ ਅਸੀਂ ਪਰਦਿਆਂ ਤੋਂ ਬਾਹਰ ਤੁਰੇ ਫਿਰਦੇ ਹਾਂ, ਭਰਮ-ਭੁਲੇਖੇ ਦੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਜਦੋਂ ਮਨੁੱਖ ਨਿਕਲਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਦੇ ਹਨ ਤਾਂ ਰੋਸ਼ਨੀਆਂ ਅੱਖਾਂ ਅੱਗੇ ਹਨੇਰਾ ਵਧਾ ਦਿੰਦੀਆਂ ਹਨ। ਆਉਂ ਕੁਝ ਨਵਾਂ ਕਰੀਏ, ਚੰਗਾ ਕਰੀਏ, ਕੁਝ ਇਸ ਤਰ੍ਹਾਂ ਦਾ ਕਰੀਏ ਕਿ ਸਾਨੂੰ ਆਪਣੀਆਂ ਹੀ ਅੱਖਾਂ ਨੂੰ ਖੁਕਾਉਣਾ ਨਾ ਪਵੇ, ਆਪਣਿਆਂ ਸਾਹਮਣੇ ਸ਼ਰਮ-ਸਾਰ ਨਾ ਹੋਣਾ ਪਵੇ।

ਜੀਵਨ ਦਾ ਕਰਮ ਖੇਤਰ ਬੜਾ ਵਿਸ਼ਾਲ ਹੈ। ਦੁਨੀਆਂ ਨੂੰ ਸੁੰਦਰ ਅਤੇ ਸਫਲ ਬਣਾਉਣ ਵਿੱਚ ਕਲਾਕਾਰਾਂ ਚਿੱਤਰਕਾਰਾਂ, ਬੁੱਤ-ਤਰਾਸ਼ਾ, ਡਾਕਟਰਾਂ ਅਤੇ ਇੰਜਨੀਅਰਾਂ ਆਦਿ ਸਭ ਦਾ ਭਰਪੂਰ ਹੱਥ ਹੈ।

ਬੱਚੇ ਵੀ ਇੱਕ ਮੂਰਤ ਦੀ ਤਰ੍ਹਾਂ ਹਨ ਜਿਵੇਂ ਇੱਕ ਮੂਰਤੀਕਾਰ ਹਥੋੜੀ ਅਤੇ ਛੈਣੀ ਦਾ ਪ੍ਰਯੋਗ ਕਰਕੇ ਪੱਥਰ ਵਿੱਚ ਵੀ ਜਾਨ ਪਾ ਦਿੰਦਾ ਹੈ ਉਸੇ ਤਰ੍ਹਾਂ ਬੱਚਿਆਂ ਵਿੱਚ ਉਹਨਾਂ ਦੀ ਰੁਚੀ ਪਛਾਣਨ ਤੇ ਤਰਾਸਣ ਦੀ ਲੋੜ ਹੁੰਦੀ ਹੈ। ਉਸ ਨੂੰ ਮਨਪਸੰਦ ਦੇ ਖੇਤਰ ਵਿੱਚ ਉਡਾਣ ਭਰਨ ਦੀ ਪ੍ਰੇਰਨਾ ਦੇਣੀ ਚਾਹੀਦੀ ਹੈ। ਅਜਿਹਾ ਕਰਨ ਨਾਲ ਬੱਚਾ ਨਵੀਆਂ ਬੁਲੰਦੀਆਂ ਛੁਹੇਗਾ ਅਤੇ ਆਪਣੇ ਮਾਤਾ-ਪਿਤਾ ਦੇਸ਼ ਤੇ ਕੌਮ ਦੇ ਮਾਣ ਦਾ ਪਾਤਰ ਬਣੇਗਾ ਅਤੇ ਜੀਵਨ ਨੂੰ ਸੁੰਦਰ ਬਣਾ ਦੇਵੇਗਾ।

ਅਮਨਜੋਤ ਕੌਰ ਢਿੱਲੋਂ
(ਪੰਜਾਬੀ ਟੀਚਰ)



ਬਜ਼ੁਰਗਾਂ ਦਾ ਸਮਾਜ ਵਿੱਚ ਸਥਾਨ

ਮੰਦਰ ਮਸਜਿਦ ਡੇਰੇ ਗੁਰਦੁਆਰੇ
ਲੱਭਣ ਸ਼ਾਂਤੀ ਉੱਥੇ ਜਾ ਕੇ ਸਾਰੇ
ਸੀਸ ਨਿਵਾਉਣ ਮਾਂਜਣ ਭਾਂਡੇ
ਕਰ ਸੇਵਾ ਧੰਨ ਧੰਨ ਕਰਵਾਉਂਦੇ।



ਘਰ ਬੈਠੇ ਉਹਨਾਂ ਨੇ ਬਜ਼ੁਰਗ ਉਡੀਕਣ
ਲਾਚਾਰ ਵਿਚਾਰੇ, ਕਰਨ ਗੁਜ਼ਾਰਾ ਕੀਕਣ?
ਭੁੱਖ-ਤਿਹਾਏ ਨਾ ਰੋਟੀ ਪਾਣੀ
ਪੀੜ ਉਹਨਾਂ ਦੀ ਕਿਸੇ ਨਾ ਜਾਣੀ।

ਔਲਾਦਾਂ ਲਈਆਂ ਲੱਖ ਪੀਰ ਧਿਆ ਕੇ
ਕੀਤੇ ਵੱਡੇ ਆਪਣੀ ਰੱਤ ਪਿਆ ਕੇ
ਪੜ੍ਹਾਏ, ਲਿਖਾਏ ਫਿਰ ਵਿਆਹੇ,
ਚਾਅ ਪੂਰੇ ਕੀਤੇ ਉਹਨਾਂ ਦੇ ਮਨ ਆਏ।

ਪਰ ਦੇਖੋ ਜ਼ਮਾਨੇ ਦਾ ਕੌੜ,
ਮਾਂ-ਬਾਪੂ ਬੱਚਿਆਂ ਨੂੰ ਲੱਗਣ ਬੋੜ
ਭੁੱਲੇ ਸਭ ਉਹਨਾਂ ਦੇ ਅਹਿਸਾਨ,
ਅਹਿਸਾਨ ਫਰਾਮੋਸ਼ ਬਣ ਗਈ ਸੰਤਾਨ।

ਰੱਖਣਾ ਮਾਂ-ਬਾਪੂ ਨੂੰ ਲੱਗਦਾ ਔਖਾ,
ਸ਼ੈਤਾਨ ਦਿਮਾਗਾਂ ਰਾਹ ਲੱਭਿਆ ਸੌਖਾ।
ਬਜ਼ੁਰਗਾਂ ਲਈ ਬਿਰਧ ਆਸ਼ਰਮ ਬਣਾਏ
ਸਭ ਕੁਝ ਹੁੰਦੇ ਵੀ ਮਾਂ-ਬਾਪੂ ਉੱਥੇ ਬਿਠਾਏ।

ਬੁੱਢੜਾ ਬਾਪੂ ਦੁੱਖ ਕਿਸਨੂੰ ਸੁਣਾਏ
ਮਾਂ ਦੀ ਮਮਤਾ ਅੱਜ ਕੀਰਨੇ ਪਾਏ
ਜਿਹੜੇ ਗਿੱਲੇ ਸੌ ਕੇ, ਸੁੱਕੇ ਸਵਾਏ
ਅੱਜ ਉਹਨਾਂ ਕੁਰਬਾਨੀਆਂ ਦੇ ਤੁਸਾਂ ਕੀ ਮੁੱਲ ਪਾਏ?

ਕਿਉਂ ਅੱਜ ਹੋ ਗਏ ਨੇ ਖੂਨ ਇਹ ਚਿੱਟੇ?
ਐਸੀ ਔਲਾਦ ਦੇ ਦੂਰ ਮੂੰਹ ਫਿੱਟੇ।
ਸੁਣ ਲਓ ਲੋਕੋ 'ਨੂਰ' ਦਾ ਇਹ ਕਹਿਣਾ,
ਬਜ਼ੁਰਗ ਹੁੰਦੇ ਨੇ ਘਰ ਦਾ ਗਹਿਣਾ।

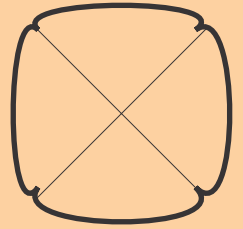
ਇਹਨਾਂ ਜਿਹਾ ਜੱਗ ਤੇ ਕੋਈ ਤੀਰਥ ਨਾ ਹੋਣਾ,
ਤੁਰ ਜਾਣ ਮਾਪੇ ਤਾਂ ਪਿੱਛੋਂ ਕੀਕਣ ਰੋਣਾ
“ਧਰਮ ਦੁਆਰੇ ਨੂੰ ਪੈਣੀ ਫਿਟਕਾਰ,
ਜੇਕਰ ਬਜ਼ੁਰਗਾਂ ਦਾ ਨਾ ਕੀਤਾ ਸਤਿਕਾਰ।”

ਆਓ ਰਲ ਕੇ ਕਸਮ ਇਹ ਖਾਈਏ,
ਜੱਗ 'ਤੇ ਬਜ਼ੁਰਗਾਂ ਦਾ ਸਤਿਕਾਰ ਵਧਾਈਏ।
ਇਹਨਾਂ ਪ੍ਰਤੀ ਆਪਣੇ ਫਰਜ਼ ਨਿਭਾਈਏ।
ਸਗਲੇ ਸੁੱਖ ਸੰਸਾਰ ਦੇ, ਇਹਨਾਂ ਦੇ ਚਰਨੀ ਪਾਈਏ।

“ਮੇਰੀ ਅਵਾਜ਼ ਮੇਰੀ ਕਲਮ ਤੋਂ!!”

ਪੁੱਤਰਾਂ ਵਲੋਂ ਘਰ ਵਿੱਚੋਂ ਕੱਢ ਦਿੱਤੇ ਮਾਪਿਆਂ ਤੋਂ ਪੁੱਛਿਆ,
ਤਾਂ ਪਤਾ ਲੱਗਾ ‘ਧੀ’ ਸ਼ਬਦ ਦਾ ਸਹੀ ਅਰਥ।
ਰੱਖੜੀ ‘ਤੇ ਭਰਾ ਦੇ ਸੂਨੇ ਗੁੱਟ ਤੋਂ ਪੁੱਛਿਆ,
ਤਾਂ ਪਤਾ ਲੱਗਾ ‘ਭੈਣ’ ਸ਼ਬਦ ਦਾ ਸਹੀ ਅਰਥ।
ਸਕੂਲ ਜਾਂਦੇ ਇਕ ਛੋਟੇ ਜਿਹੇ ਬਿਨਾਂ ਮਾਂ ਦੇ ਬੱਚੇ ਤੋਂ ਪੁੱਛਿਆ
ਤਾਂ ਪਤਾ ਲੱਗਾ ‘ਮਾਂ’ ਸ਼ਬਦ ਦਾ ਸਹੀ ਅਰਥ।
ਅਸੀਂ ਅਕਸਰ ਕਹਿੰਦੇ ਹਾਂ,
ਭਾਰਤ ਤਰੱਕੀ ਕਰ ਰਿਹਾ ਹੈ, ਅੱਗੇ ਵੱਧ ਰਿਹਾ ਹੈ,
ਪਰੰਤੂ ਕੱਲ ਦਾ ਮੇਰੇ ਮਨ ‘ਚ ਇੱਕ ਸਵਾਲ ਉੱਠ ਰਿਹਾ ਹੈ,
ਕੀ? ਉਹ ਭਾਰਤ ਤਰੱਕੀ ਕਰ ਰਿਹਾ ਹੈ, ਜਿੱਥੇ
ਕੁੜੀਆਂ ਦੇ ਘਰ ਤੋਂ ਅੱਠ ਵਜੇ ਤੋਂ ਬਾਅਦ ਬਾਹਰ ਜਾਣ ਤੇ ਮਨਾਹੀ ਹੋਵੇ?
ਕੀ ਉਹ ਭਾਰਤ ਅੱਗੇ ਵੱਧ ਰਿਹਾ ਹੈ?
ਹੈ ਕੋਈ ਜਵਾਬ?
ਹਾਂ-ਹਾਂ ਜਾਣਦੀ ਹਾਂ
ਤੁਸੀਂ ਕਹੋਗੇ ਮਾਹੌਲ ਦੇ ਹਿਸਾਬ ਨਾਲ ਢਲਣਾ ਪੈਂਦਾ ਹੈ,
ਪਰੰਤੂ ਉਹ ਮਾਹੌਲ ਬਣਾਉਣ ਤੇ ਵਿਗਾੜਨ ਵਾਲਾ
ਇਕ ਸਮਾਜ ਹੀ ਹੈ।
ਹਜ਼ਾਰ ਮਾਪੇ ਕੁੜੀ ਨੂੰ ਕੁੱਖ ‘ਚ ਮਾਰਨ ਦੀ ਗੱਲ ਕਰਦੇ ਨੇ
ਪਰੰਤੂ ਆਪਣੇ ਬੁੱਢੇ ਹੋਣ ਅਤੇ ਪੁੱਤਰ ਦੇ ਵੱਡੇ ਹੋਣ ਤੇ ਕਿਉਂ ਘਬਰਾਉਂਦੇ ਨੇ?
ਉਨ੍ਹਾਂ ਮਾਪਿਆਂ ਨੂੰ ਮੇਰੀ ਇੱਕ ਦਰਖਾਸਤ ਹੈ,
ਇੱਕ ਵਾਰ ਕੁੜੀ ਨੂੰ ਜਨਮ ਦੇ ਕੇ ਤਾਂ ਵੇਖਦੇ।
ਆਪਣੀ ਜਿੰਦ ਕੁਰਬਾਨ ਕਰ ਦਿੰਦੀ,
ਸਭ ਕੁਝ ਤੁਹਾਡੇ ਨਾਮ ਕਰ ਦਿੰਦੀ,
ਪਰ ਤੁਹਾਡਾ ਸਾਥ ਕਦੇ ਨਾ ਛੱਡਦੀ।

ਅੱਜ ਮੈਂ ਦਾਜ ਪ੍ਰਥਾ ਅਤੇ ਬਾਲ-ਵਿਆਹ ਤੇ ਗੱਲ ਕਰਨ
ਨਹੀਂ ਆਈ ਹਾਂ,
ਪਰੰਤੂ ਉਸ ਸੋਚ ਨੂੰ ਵੰਗਾਰਣ ਲਈ ਆਈ ਹਾਂ,
ਜਿਨ੍ਹਾਂ ਨੇ ਕੁੜੀ ਨੂੰ ‘ਬੇੜ’ ਸ਼ਬਦ ਦਿੱਤਾ,
ਜਿਨ੍ਹਾਂ ਨੇ ਕੁੜੀ ਨੂੰ ‘ਖਰਚਾ’ ਸ਼ਬਦ ਦਿੱਤਾ।
ਆਖਿਰ ਇੱਕ ਮੁੰਡਾ ਵੀ ਮਾਂ ਤੋਂ ਹੀ ਹੁੰਦਾ ਹੈ,
ਮਾਂ ਬਾਰੇ ਦੱਸਣ ਜਾਵਾਂ ਤਾਂ ਸ਼ਾਇਦ ਰਾਤ ਹੋ ਜਾਵੇਗੀ,
ਪਰ ਦੋ ਸ਼ਬਦ ਜ਼ਰੂਰ ਕਹਾਂਗੀ,
ਹਰ ਪਲ, ਹਰ ਛਿਣ ਜੋ ਆਪਣੇ ਬੱਚੇ ਬਾਰੇ ਸੋਚੇ,
ਜਿਸ ਦੀ ਸਵੇਰ ਆਪਣੇ ਬੱਚੇ ਦਾ ਮੁੱਖ ਵੇਖ
ਤੇ ਰਾਤ ਆਪਣੇ ਬੱਚੇ ਨੂੰ ਸੁਵਾਉਣ ਤੋਂ ਬਾਅਦ ਹੋਵੇ
ਉਹ ਭਗਵਾਨ ਮੇਰੇ ਲਈ ਮੇਰੀ ‘ਮਾਂ’ ਹੈ।
ਅੰਤਿਮ ਖਵਾਇਸ਼ ਇਹ ਹੀ ਰੱਖਾਂਗੀ,
ਹਰ ਜਨਮ ‘ਚ ਕੁੜੀ ਹੋਵਾਂ?
ਹਰ ਜਨਮ ‘ਆਪਣੇ ਮਾਪਿਆਂ ਦਾ ਸਾਥ ਦੇਵਾਂ,
ਹਰ ਜਨਮ ‘ਚ ਕੁਝ ਕਰ ਦਿਖਾਵਾਂ ਤਾਂ ਕਿ
ਲੋਕੀ ਕਹਿਣਾ-“ਮੇਰਾ ਸੁਪਨਾ, ਮੇਰਾ ਸਹਾਰਾ, ਮੇਰੀ ਧੀ।
ਕਹਿੰਦੇ ਬਾਬਲ ਰੱਬ ਵਰਗਾ ਤੇ ਮਾਵਾਂ ਛਾਵਾਂ ਹੁੰਦੀਆਂ ਨੇ,
ਫਿਰ ਕਿਉਂ ਧੀਆਂ ਕਤਲ ਕਰਨ ਦੀਆਂ ਰੋਜ਼ ਸਲਾਹਾਂ ਹੁੰਦੀਆਂ ਨੇ?
ਕਿੰਨੀ ਛੋਟੀ ਸੋਚ ਲਿਆ ਧੀ ਨੂੰ ਕਿਵੇਂ ਵਿਆਹੋਗੇ,
ਇਹ ਨੀ ਸੋਚਿਆ ਵੀਰ ਮੇਰੇ ਨੂੰ ਰੱਖੜੀ ਕਿੰਝ ਬੰਨ੍ਹਾਵੋਗੇ,
ਕੰਜਕਾਂ ਘਰ -ਘਰ ਹੁੰਦੀਆਂ ਨੇ, ਫਿਰ ਵੀ ਧੀਆਂ ਨੂੰ ਮਾਰਨ ਦੀਆਂ ਗੱਲਾਂ ਹੁੰਦੀਆਂ ਨੇ,
ਮੇਰੀ ਇਸ ਗੱਲ ਨੂੰ ਬਹਿ ਕੇ ਕਦੇ ਵਿਖਾਇਓ,
ਆਪਣੀ ਇਸ ਸੋਚ ਨੂੰ ਆਪ ਹੀ ਤੁਸੀਂ ਵੰਗਾਰਿਓ॥



ਅਸਾਵਰੀ
XII-Medical

ਗਿਆਨ-ਪ੍ਰਾਪਤੀ ਦਾ ਹੁਨਰ

ਲੋੜ ਗਿਆਨ ਇੱਕਠਾ ਕਰਨ ਦੀ ਨਹੀਂ ਬਲਕਿ ਪ੍ਰਾਪਤ ਗਿਆਨ ਨੂੰ ਅਮਲ ਵਿੱਚ ਲਿਆਉਣ ਦੀ ਹੈ। ਭਾਵੇਂ ਝਾਂਜਰਾਂ ਬੰਨ੍ਹ ਲਈਏ ਪਰ
ਜੇ ਨੱਚਣ ਦਾ ਚਾਅ ਅਤੇ ਯਤਨ ਨਾ ਹੋਵੇ ਨੱਚਿਆਂ ਨਹੀਂ ਜਾ ਸਕਦਾ। ਇਸ ਵਿੱਚ ਕੋਈ ਸੰਦੇਹ ਨਹੀਂ ਕਿ ਗਲਤੀਆਂ ਨਾਲ ਮਨੁੱਖ
ਸਿੱਖਦਾ ਹੈ ਪਰ ਇਸ ਦਾ ਅਰਥ ਇਹ ਵੀ ਨਹੀਂ ਉਹ ਜੀਵਨ ਭਰ ਗਲਤੀਆਂ ਹੀ ਕਰਦਾ ਰਹੇ ਤੇ ਬਾਦ ਵਿੱਚ ਕਹਿ ਦੇਵੇ ਕਿ ਮੈਂ ਸਿੱਖ ਰਿਹਾ
ਹਾਂ। ਸੋ ਕਹਿਣ ਤੋਂ ਭਾਵ ਹੈ ਕਿ ਜ਼ਿੰਦਗੀ ਨੂੰ ਉਦਮ ਅਤੇ ਉਤਸ਼ਾਹ ਨਾਲ ਜੀਵੋ। ਕੰਮ ਕੋਈ ਵੀ ਹੋਵੇ ਉਹ ਛੋਟਾ ਜਾਂ ਵੱਡਾ ਨਹੀਂ ਹੁੰਦਾ।
ਸ਼ੁਰੂਆਤ ਛੋਟੇ ਕੰਮਾਂ ਤੋਂ ਵੀ ਹੋ ਸਕਦੀ ਹੈ ਕਿਉਂਕਿ ਕਈ ਵਾਰ ਛੋਟੇ-ਛੋਟੇ ਕੰਮ ਵੀ ਵੱਡੇ ਹੋ ਨਿਭੜਦੇ ਹਨ। ਲੋੜ ਹੈ ਖੂਬਸੂਰਤ ਸ਼ੁਰੂਆਤ
ਦੀ ਲੋੜ ਹੈ ਜਜ਼ਬੇਦਾਰੀ ਲੋੜ ਹੈ ਉਤਸ਼ਾਹ ਦੀ, ਦ੍ਰਿੜਤਾ ਦੀ ਲੋੜ ਹੈ। ਜਦੋਂ ਤੁਸੀਂ ਸਫਲ ਹੋ ਜਾਂਦੇ ਹੋ ਤਾਂ ਉਹ ਸਿਰਫ ਤੁਸੀਂ ਹੀ ਨਹੀਂ ਹੁੰਦੇ
ਬਲਕਿ ਤੁਸੀਂ ਆਉਣ ਵਾਲੀ ਪੀੜ੍ਹੀ ਲਈ ਸਫਲਤਾ ਦੇ ਮਿਆਰ ਸਥਾਪਤ ਕਰਦੇ ਹੋ। ਯੋਗਤਾ ਸਭ ਵਿੱਚ ਹੁੰਦੀ ਹੈ ਮੇਰੇ ਅੰਦਰ ਤੁਹਾਡੇ
ਅੰਦਰ ਸਭ ਕੋਲ ਯੋਗਤਾ ਹੈ। ਯੋਗਤਾ ਜਿਸਨੂੰ ਅਸੀਂ ਸਮਰਥਾ ਵੀ ਕਹਿ ਸਕਦੇ ਹਾਂ, ਯੋਗਤਾ ਕੁਝ ਕਰਨ, ਕੁਝ ਸਮਝਣ, ਕੁਝ ਸਮਝਾਉਣ, ਕੁਝ ਕਹਿਣ, ਕੁਝ ਸੁਣਨ
ਅਤੇ ਕੁਝ ਸੋਚਣ ਦੀ। ਸਾਡੀ ਇਸ ਯੋਗਤਾ ਨੂੰ ਵਿਕਸਤ ਕਰਨ ਵਿੱਚ ਸਾਡੇ ਮਾਪੇ, ਅਧਿਆਪਕ, ਪੁਸਤਕਾਂ ਸਾਡਾ ਆਲਾ-ਦੁਆਲਾ ਮਹੱਤਵਪੂਰਨ ਹਿੱਸਾ ਪਾਉਂਦੇ
ਹਨ। ਪੰਜਾਬੀ ਦੇ ਮਹਾਨ ਸਾਹਿਤਕਾਰ ਨਰਿੰਦਰ ਸਿੰਘ ਕਪੂਰ ਨੇ ਲਿਖਿਆ ਹੈ ਕਿ ‘ਯੋਗਤਾ ਨੂੰ ਪ੍ਰਗਟਾਉਣ ਦੀ ਲੋੜ ਨਹੀਂ ਪੈਂਦੀ, ਲੋਕ ਆਪੇ ਪਛਾਣ ਲੈਂਦੇ ਹਨ।’
ਜਿੰਦਗੀ ਜ਼ਿੰਦਾਦਿਲੀ ਦਾ ਨਾਮ, ਹੌਸਲੇ ਦਾ ਨਾਮ, ਕੁਝ ਕਰ ਗੁਜਰ ਬਸ ਲੋੜ ਹੈ ਆਪਣੇ-ਆਪ ਦੀ ਪਹਿਚਾਣ ਕਰਨ ਦੀ। ਹੌਸਲੇ ਬੁਲੰਦ ਕਰਨ ਦੀ। ਬਹਾਦਰ ਹੋ ਕੇ
ਲੜਣ ਦੀ। ਜਦੋਂ ਅਨੰਦਪੁਰ ਸਾਹਿਬ ਦੇ ਮੈਦਾਨ ਵਿੱਚ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਨੇ ਚਮਕਦੀ ਤਲਵਾਰ ਨਾਲ ਸਿਰਾਂਦੀ ਮੰਗ ਕੀਤੀ ਸੀ ਤਾਂ ਵਿਸ਼ਾਲ ਇੱਕਠ ਵਿੱਚ
ਪੰਜ ਹੀ ਸਨ ਜਿਨ੍ਹਾਂ ਨੇ ਆਪਣੀ ਮੌਤ ਵਿੱਚ ਵੀ ਸਦੀਵੀ ਜੀਵਨ ਦੇਖਿਆ ਸੀ। ਉਹ ਸੀ ਯੋਗਤਾ, ਉਹ ਸੀ ਬਹਾਦਰੀ। ਉਹ ਅੰਮ੍ਰਿਤ ਛੱਕ ਕੇ ਬਹਾਦਰ ਨਹੀਂ ਸਨ ਬਣੇ
ਬਲਕਿ ਬਹਾਦਰ ਬਣ ਕੇ ਅੰਮ੍ਰਿਤ ਛਕਿਆ ਸੀ। ਸੋ ਲੋੜ ਹੈ ਕਿ ਮਨੁੱਖ ਆਪਣੀ ਯੋਗਤਾ ਨੂੰ ਦੇਖੇ, ਸਮਝੇ ਤਾਂ ਉਹ ਜ਼ਿੰਦਗੀ ਦਰ ਕੋਈ ਵੀ ਮੁਕਹਮ ਹਾਸਿਲ ਕਰ
ਸਕਦਾ ਹੈ।

ਮਨ ਤੂੰ ਜੋਤ ਸਰੂਪ ਹੈ ਆਪਣਾ ਮੂਲ ਪਛਾਣ॥



ਜਸਪ੍ਰੀਤ ਕੌਰ ਭੰਗੂ
(ਪੰਜਾਬੀ ਟੀਚਰ)

ਚਾਨਣ ਮੁਨਾਰੇ



ਵਿੱਦਿਆ ਦਾ 'ਦੀਵਾ' ਸ਼ਬਦ ਸੁਣਦੇ ਹੀ ਸਾਡੇ ਦਿਮਾਗ ਵਿੱਚ ਅਧਿਆਪਕ ਦਾ ਨਾਂ ਆਪਣੇ-ਆਪ ਉੱਭਰ ਆਉਂਦਾ ਹੈ। ਜਿਵੇਂ ਸੂਰਜ ਸੰਸਾਰ ਨੂੰ ਚਾਨਣ ਵੰਡਦਾ ਹੈ ਇਵੇਂ ਹੀ ਇਕ ਚੰਗਾ ਅਧਿਆਪਕ ਆਪਣੇ ਗੁਣਾਂ ਨਾਲ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਗਿਆਨ ਦਾ ਚਾਨਣ ਵੰਡ ਕੇ ਉਹਨਾਂ ਦੀ ਸ਼ਖਸ਼ੀਅਤ ਨੂੰ ਨਿਖਾਰਦਾ ਹੈ। ਤਾਂ ਜੋ ਉਹ ਅੱਗੇ ਭਵਿੱਖ ਦੇ ਚੰਗੇ ਉਸਰੀਏ ਬਣ ਸਕਣ। ਭਾਵੇਂ ਅੱਜ ਟਕਨੋਲੋਜੀ 'ਚ ਵਾਧਾ ਆਇਆ ਹੋਵੇ, ਪਰ ਅਧਿਆਪਕ ਦੀ ਥਾਂ ਦੁਨੀਆਂ ਦੀ ਕੋਈ ਵੀ ਚੀਜ਼ ਨਹੀਂ ਲੈ ਸਕਦੀ। ਅਧਿਆਪਕ ਨੂੰ ਵਿੱਦਿਆ ਦੀ ਜੋਤ ਇਸ ਲਈ ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿਉਂਕਿ ਇਹ ਹਰ ਪਾਸੇ ਗਿਆਨ ਦਾ ਚਾਨਣ ਫੈਲਾਉਂਦੇ ਹਨ। ਸਾਨੂੰ ਹਮੇਸ਼ਾ ਇਹਨਾਂ ਦੀ ਇੱਜ਼ਤ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਕਿਉਂਕਿ ਇਹਨਾਂ ਦੀਆਂ ਦੁਆਵਾਂ ਦਾ ਸਾਡੇ ਉੱਤੇ ਬਹੁਤ ਵੱਡਾ ਅਸਰ ਹੁੰਦਾ ਹੈ। ਸਾਲਾ! ਅਧਿਆਪਕ ਇਸ ਤਰ੍ਹਾਂ ਹੀ ਸਾਨੂੰ ਸੇਧ ਦਿੰਦੇ ਰਹਿਣ, ਰੁਸ਼ਰਾਉਂਦੇ ਰਹਿਣ ਸਾਡੀ ਜ਼ਿੰਦਗੀ ਦਾ ਹਰ ਪਲ। ਅਮੀਨ।

ਜਮਕਿਰਨ ਕੌਰ
X-M

ਤਵਾਜਨ ਨ ਖੋਇਆ ਕਰ

ਚੁੱਪ ਸਾਧ ਲੈ ਮਿੱਤਰਾ ਐਵੇਂ ਰੋਣੇ ਜਿਹੇ ਨ ਰੋਇਆ ਕਰ
ਪੁੱਗੇ ਖਿਆਲਾਂ ਦੇ ਚੀਖੜੇ ਗੰਧਲੇ ਪਾਣੀ ਨ ਖੋਇਆ ਕਰ।
ਪਹਿਲਾਂ ਹੀ ਹਵਾ ਪਾਣੀ ਦੂਸ਼ਤ ਹੈ ਐਵੇਂ ਰੋਣੇ ਰੋਇਆ ਨ ਕਰ
ਗੁੱਸੇ ਦੀ ਲਹਿਰ ਬਹਿਰ ਵਿੱਚ ਤਵਾਜਨ ਨ ਖੋਇਆ ਕਰ।
ਸਮੇਂ-ਸਮੇਂ ਦੀ ਖੇਡ ਹੈ ਖੰਭ ਬਣੇ ਉਡਾਣ ਭਰਨ ਲਈ।
ਮੁਸਕਰਾ ਲਿਆ ਕਰ ਬੰਦਸ਼ਾਂ ਦੇ ਹਾਰ ਨ ਪਰੋਇਆ ਕਰ।
ਹਰ ਮੱਛੀ ਪੱਥਰ ਚੱਟ ਕੇ ਹੀ ਮੁੜਦੀ ਹੈ, ਮਿੱਤਰਾ
ਐਵੇਂ ਬੋਲ-ਕਬੋਲਾਂ ਦੀ ਲਾਲ ਭੱਠੀ ਨ ਝੋਇਆ ਕਰ।
ਗੰਧਲਾ ਪਾਣੀ ਤਾਂ ਪਹਿਲਾਂ ਹੀ ਖੜ੍ਹਾ ਹੈ ਕਾਲਖ ਸੁੱਟਣ
ਮਾਰ-ਮਾਰ ਪੱਥਰ ਉਜਲੇ ਕੰਢੇ ਨ ਡਬੋਇਆ ਕਰ।
ਹੀਰੇ ਦੀ ਪਰਖ ਲਈ ਉਡੀਕੇ ਸਮੇਂ ਦੀ ਕੁਠਾਲੀ
ਇਸ਼ਾਰਾ ਜਿਹਾ ਕਰਕੇ ਪਾਸਾ ਵੱਟ ਖੜੋਇਆ ਨਾ ਕਰ।
ਅੱਜ ਕੱਲ੍ਹ ਤੇ ਕੱਲ੍ਹ ਦੀ ਪਰਸੋਂ, ਸਦਾ ਕਰੇ ਉਡੀਕ
ਇਹ ਵੀ ਬੀਤ ਜਾਣਾ ਦਾ ਤਰਕ ਨਾ ਖੋਇਆ ਕਰ।

ਅਮਨਜੋਤ ਕੌਰ ਢਿੱਲੋਂ
(ਪੰਜਾਬੀ ਅਧਿਆਪਕ)



ਮਾਂ-ਬੋਲੀ

ਸਾਰੇ ਕਰੋ ਮਾਂ ਬੋਲੀ ਨੂੰ ਪਿਆਰ,
ਸਾਰੇ ਇਸ ਨੂੰ ਦਿਉ ਸਤਿਕਾਰ।
ਸਾਥੀਉਂ ਇਹ ਪੰਜਾਬ ਦੀ ਰਾਣੀ,
ਪੱਲੇ ਬੰਨ੍ਹ ਲਉ ਗੱਲ ਸਿਆਣੀ।
ਵੇਖਿਉਂ ਇਹ ਨਾ ਦਿਉ ਵਿਸਾਰ,
ਮਾਂ ਬੋਲੀ ਨੂੰ ਕਰੋ ਪਿਆਰ।

ਗੁਰੂਆਂ ਦਿੱਤਾ ਰੁਤਬਾ ਭਾਰ
ਇਸੇ ਵਿੱਚ ਗਿਆਨ-ਭੰਡਾਰ।
ਕਰਕੇ ਵੇਖੋ ਸੋਚ-ਵਿਚਾਰ,
ਮਾਂ ਬੋਲੀ ਨੂੰ ਕਰੋ ਪਿਆਰ।

ਸਿੱਖੀਏ ਭਾਵੇਂ ਹੋਰ ਭਾਸ਼ਾਵਾਂ,
ਮਾਂ-ਬੋਲੀ ਨੂੰ ਸੀਸ ਝੁਕਾਵਾਂ।
ਕਰੋ ਕੋਈ ਨਾ ਇਸ ਤੇ ਵਾਰ,
ਮਾਂ ਬੋਲੀ ਨੂੰ ਕਰੋ ਪਿਆਰ।

ਇਹ ਸ਼ਇਦ ਤੇ ਗੁੜ ਤੋਂ ਮਿੱਠੀ,
ਵਿੱਚ ਦੁਨੀਆਂ ਦੇ ਹੋਰ ਨਾ ਡਿੱਠੀ।
ਮੋਤੀਆਂ ਵਰਗਾ ਸ਼ਬਦ-ਭੰਡਾਰ,
ਮਾਂ ਬੋਲੀ ਨੂੰ ਕਰੋ ਪਿਆਰ।

ਰਾਗਸਿਮਰਨ ਸੇਖੋਂ
IXth M



Milestones of Shivalik Voyage



Shivalik-instilling zest and zeal for the nation



Virtual world- 3D lab



Virtual world- 3D lab



Spirit of sportsmanship and achievement



Shivalik-Utilizing Solar Energy



Shivalik -Nurtures the Talent



Shivalik moved on vigorously



Cherished The Maintenance Of its Student's Physical Health



Valued The effectiveness of yoga



VALUE CENTRICITY in Shivalik



E-blocks 21st Century Learning Tool



Fully Air Conditioned School Auditorium



Shivalik never loses its charm year after year



Hi-tech Language Labs Of Shivalik



Shivalik Alumni's Visit: Back To The Roots



Smart Class



Shivalik Concerned About Its Students' Health



Multimedia Rooms

Science Laboratories



Hostel Mess



Emergenced as The 21st Century School...

Shivalik-Always Concerned about the well being of the students



Hi-tech Language Labs Of Shivalik



Basket Ball Dust free Courts



Ramkishan



Shamsher Singh



Balvart Singh



Sandeep Singh



Balwinder Singh



Rukmini Riar



Gurinder Singh

CREATIVE EXPRESSION



Bikram (VI-B)



Rajdeep Singh (VII-M)



Shiwani (VII-A)



Gurkaran Singh (VIII-B)



Swati (VIII-A)



Gungun (IV-C)



Vibhavjit Singh (VIII-M)



Jasmeen Kaur (VII-M)



Kamaljeet Kaur (VI-A)



Sneha (VIII-M)



Shiny (VII-A)



Bhargav (VIII-S)



Ananya Sharma (IX-A)