

E-SHIVALIK VISION 2021



SHIVALIK INSTITUTE OF EDUCATION & RESEARCH

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PROSPECTIVE TEACHER'S WITH MEMBERS OF FACULTY

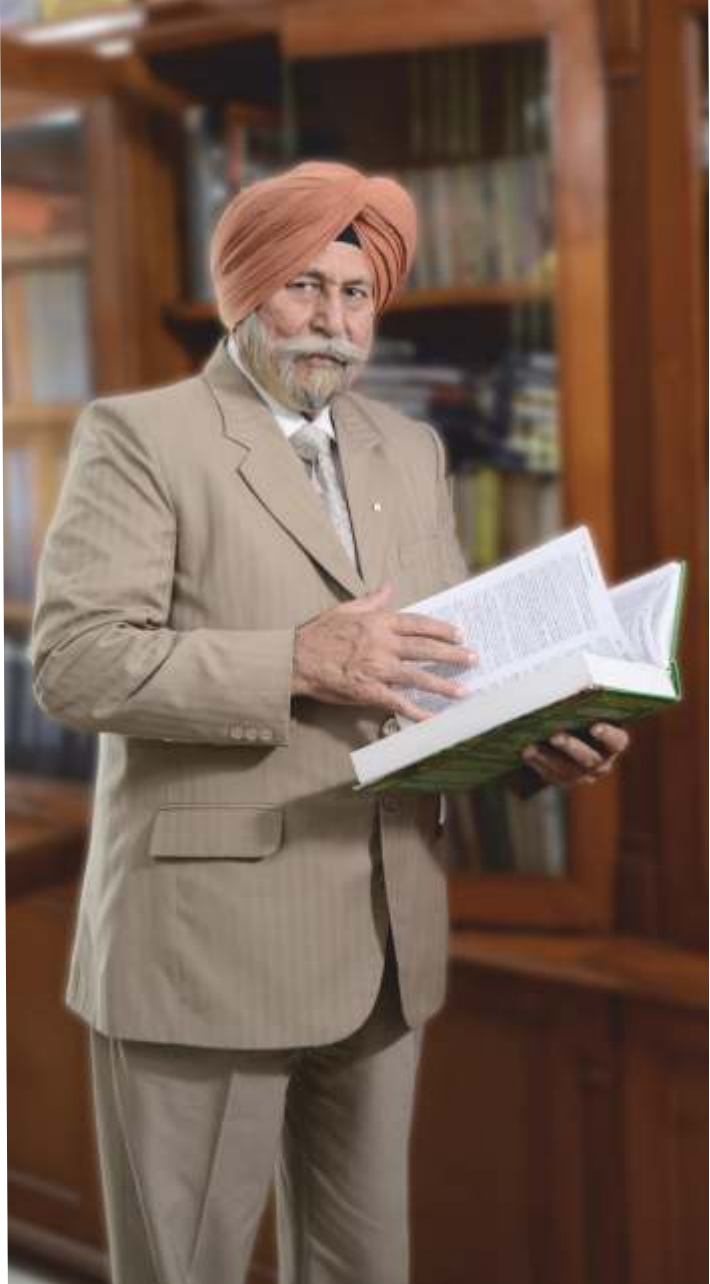


AT THE FRESHER'S PARTY



ON THE OCCASION OF 15th HERITAGE SPORTS DAY

FROM THE DIRECTOR'S DESK



It is important to be familiar with the latest and to be aware of the systemic transitions as we continue into the new decade. Today, awareness can be easily accessed by books, journals, and newspapers and more often on the web of information available on our pocket phones. An instructor of this generation must read and learn regularly to keep up with the continuous challenges and confronting times. They should not only be able to address the multiple inquiries of inquisitive minds, but also direct them to the different tools available in each subject and help them verify the validity and legitimacy of the source of knowledge. Essentially, teachers of this age must teach to differentiate the essential from the necessary, the necessary from the useful and the useful from that worth disposal. This sense of prioritization of knowledge must be the backbone of today's teaching philosophy, to truly utilize the abundance of information available at everyone's fingertips. Teachers' preparations thus need to be updated to include strategies that promote dialogical interaction and creative thinking. Although information can be interpreted as bricks from which the construction of education is designed, the building itself must have a framework and plan. On the blueprint of unity, truth, non-conformity, and inclusion, this architectural plan is created. Today, as social frictions are at their peak, the need for inculcation of values is more important. Caste, faith, race, ideology, skin colors, language, political allegiance, etc. are divided in culture. The desire to respect the point of view of others and build on one's own, to learn from several viewpoints and to place oneself in different shoes are important areas that must be stressed by the teachers.

Although catastrophic, the COVID-19 disruption may bring about a pending upheaval in the education sector in the long run. One that was important to get us all to reconsider teaching and learning and to reassess it. We ought to consider the skill sets learned by instructors and to what degree they enable students to adjust scenarios, adaptability, and lifelong learning. The appropriateness of the interactive transaction mode is a relevant concern posed today. Educators and managers need to get together and figure out crucial aspects of information sharing such as connectivity, participation, connection, and play.

Today is also a day to remember the teachers in ourselves, with more mature learners who may not have had a classroom as a sanctuary for a long, long time. It is important that we educate ourselves as lifelong learners in an ever-changing environment to objectively get the data we consume and those we disseminate. As we continue to grow in ways to know, to do, to be, and to work together, we must promise to prepare ourselves to be the best educators who inspire young minds.

"Keep the windows of the mind open" keep the mind's windows open" hold their head high with a mind without fear" hold their heads up in a brave mind.

The prestigious assignment may be challenging but is definitely not impossible.

S.D.S Bedi
Chairman



FROM THE PRINCIPAL 'S DESK

*You are what your deep, driving desire is.
As your desire is, so is your will.
As your will is, so is your deed.
As your deed is, so is your destiny.*

----- **Brihadaranyaka Upanishad IV.4.5**

The lines in the Shakespearean Play, "As You Like It"

*Sweet are the uses of adversity,
Which, like the toad, ugly and venomous,
Wears yet a precious jewel in his head."*

Adversity or misfortune has its own benefits. Though it is not always evident during the time of a crisis, like we are facing now a days of covid pandemic, there are various lessons that can be drawn from it. Tough times teach us self-reliance, determination and give us the strength to tide over them. Remember that during our darkest hours, during the deepest nights, there is always a silver lining. So, if we persevere and work towards our goal, success is just around the corner.

All of us have problems. There is no human being who can say that his life is truly a bed of roses. No matter what problems we have to

face today, there is a solution, because we have nothing to deal with but our own thoughts. We need to confront our problems with courage, boldness and action.

We learn courage when we face danger. We learn patience when we endure suffering. We learn tenderness when we taste pain. We treasure good health when disease strikes. Without trouble, we would be like a delicate plant which has been grown on a nutrient-rich soil. How can we possibly become a strong person, if we have an easy life?

Like everybody we all must be thinking of being successful in life because success gives a lot of satisfaction and joy that become the basis of a happy life. But success is possible only when we love what we are doing. Also, life is an endless unfolding and an endless process of self-discovery. It is an unpredictable dialogue between our own potentialities and the life situation in which we find ourselves. Our creator has endowed us with an alive and ever enquiring mind which is in constant search of greater challenges and new world to conquer. The potentialities of the human mind are awesome and unlimited. People rarely succeed unless they have fun in what they are doing. In other words, we ought to have conviction that the task we have undertaken is worth being carried out. It is possible only if we have self-confidence and the will to stick to our own decision. For this, we should have a positive approach to life and the faith that nothing bad can happen if we accomplish our duty in a dedicated way. We will have to keep all the negative thoughts at bay. We must have faith that we are capable of dreaming and what is important is giving shape to our dreams. The whole course of our life depends on our dreams.

It is our attitude which is going to pay dividends, so keep the right attitude. Our efforts will turn our dream into reality. Always remember that being human implies having both positive and negative traits. It is our spirit which proclaims our glory and shows how much is possible and what great achievements are within our grasp. We are at the stage of life when nothing is impossible and we must not waste ourselves in useless activities and pleasures. As Thomas Paine puts it "Take time before time takes you."

Each one of us has a secret dream and we all are capable of fulfilling it. What is required is self confidence and dedication as well as to realise that our dream is to make up and work for it. As our revered chairman sir always used to tell us that Success Lies in Mind.

All the great men could achieve great things, because they were brave enough to fight odds. The great English writer, Sir Walter Scott has rightly said, "To the timid and hesitating everything is impossible because it seems so". If you let yourself be carried away by thoughts of a setback or failure even a minor problem appears insurmountable. Similarly, if you face your problems with courage and determination, you certainly overcome them. Always remember that sky is your limit.

Wishing you a very positive attitude to ensure success.

Dr. Jyoti Soni
Principal SIER, Mohali

FROM THE CHIEF EDITOR'S PEN



The world we are living in is in a state of transition. Even a year earlier, it was hard to believe that more than 1 billion kids will be forced out of schools worldwide in 2020. The knee-jerk solution to the pandemic closures was for schools to rethink their classrooms, enabling kids to learn from their homes. Virtually COVID-19 has Sparked an unparalleled use of technology in the teaching and learning process as the most sought-after option for this continuing education initiative. Although teachers mastered the technology and discussed the logistics criteria for Interactive learning, these online classes have opened up a world of possibility to re-imagine what was left behind in the years to come. What we had expected to be a distant future, we are now living through. While the teaching method has evolved over time, the role of the teacher has largely remained the same, the facilitator of learning in the minds of the learner and a spark in the cauldrons of intelligence for the development of information.

When gardeners plant flowers. They don't sit there, stick petals on them, put leaves on them, and color them. The job of the gardener is to provide optimum environment to plants so that they evolve on its own. This is a perfect analogy that correctly explains the champion educators as learning facilitators. In body and soul, an instructor encourages the growth of ideals, behaviors and beliefs. They are the builders of the people, of culture, of the country and of mankind. All these must be sown by a teacher in today's world, and more, for future generations to harvest success in tomorrow's world. Thus, the function of the instructor can be assumed to be twofold. One is of promoting the exploration of information, including the development and use of knowledge to successfully contribute to the society. And the other is personality change, including learning how to care for oneself and become self-reliance, while becoming inclusive and empathetic.

Dr. Rupinder Brar
Chief Editor



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We are grateful to the authors and/or their families
whose couplets have been used in this publication to sprinkle a literary flavour.
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“Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desire to reach their potential”



LIFE CHANGES IN A MOMENT

Rape is the most heinous act not only against the victims but to the society at large, as it effects and injures the dignity of a women. The Records of a Rape are increasing day by day against women in India. The offenders to this crime have totally lost the fear of law from their minds. While this heinous act results in total emotional devastation and causes physical and emotional damage to the victim. The gravity of this heinous crime is not the injury to the body alone but it also causes an injury to their self-esteem and self-respect.

The victim is victimized without any reason and has to suffer and lead a traumatic life any without committing any offence. However, the act done by the

offender does not affect him. Thus, Rape is a crime/ sin which is done by the offender but the bitter fruit of that sin has to be suffered by the victims.

To control rape in India, the fear of law must be established into the minds of people, who fearlessly commit heinous offence against the women. The punishment should be more deterrent, so that person think before while committing any offence. The law must be strict towards the offender. Secondly every person must be ethically valued and must be taught to respect each and every woman .

Gagandeep Kaur

Roll No. 1839

MELANCHOLIA

Long empty corridors reeking of old lost souls. Sipping on cold water, I imagine a land without organic dirt. Where would the dying leaves find a home then? Maybe, I could carry some of them in my bag pack. Its better to lie still and do nothing than to wait for calls from ghosts. People they're called. Not to me though. One day, not far from today, there will be a reunion of those who breathed yet never lived. I don't wish to be part of it. I am made of smoke and dust and all things fragile and transient. They want to hold me but like the desert sand, away I slip from their soft fingers. Someday, I want to dance the night away in a dark room. Alone and smiling. The wine glass would swirl on my fingertips as I'd recall forgotten names under heavy breaths. That's what I want. A string of friends turned strangers fly away in mist when I look at the morning sky and just when I blink, the day drowns into the stars of the night and I find myself talking animatedly to the wind. I shiver and the wind picks up its speed. Nature becomes hostile and I am reminded of betrayals and jazz music. I walk with the crowd that seldom thinks, that never feels. My bones ache but it's

not the pain, it's the anger, perhaps fused with melancholy. They'll never know. Such a pity, really. Such base desires. I'd rather mock them and sulk alone than be a part of something so utterly meaningless. The sounds of the sea are calling my name. I'm afraid I'll drown if I go near them. They'll find their faults with the sea too. It's saltwater, they'll say. It tastes sweet, if you ask me.

Reading an old classic till my eyes hurt, I play some music for myself. It doesn't help. It doesn't help at all. These birds scream too, I've realized. Nobody who treads the earth as a mortal can truly know 'meaning'. Maybe my veins do not carry optimistic blood, but I still believe in a truth that my mind tells me.

Thoughts are my bedtime stories and chaos is a lover in disguise. The more I see, the less I know. It hurts but I shouldn't let it. There are too many things left to be seen and too many things seem to be left. I can try to find the missing pieces if not solve the puzzle itself.

Charanpreet Kaur

Roll no. - 1917

I AM A SLOW LEARNER

Hi !
I am a slow learner
I never get full marks
I fear my future is dark
I learn so slow
interaction makes my mind blow
I lack areas within me that are emotional
Concentration, not so devotional
I have got no fancy handwriting,
I am just getting closer to fighting
Ignored in class by my teachers
Inferiority complex is now my feature
Bullied, inflexible with a low morale,

All my learning just swims to the canal.
Trust me! Please stay patient,
All I need is help and a little motivation
Some nourished habits and individual attention,
Will help me enhance my retention.
Be it peer tutoring or special methods
Believe me, I too can create records.
Hi ! I am a slow learner,
So hold my hand for now,
I might become a winner
I might become a winner. !

Arshdeep Kaur
Roll no 1915

WOMEN'S EDUCATION IN INDIA

India, one of the largest democracies in the world have provided collective assertiveness of women to establish their economic and political rights with the help of education.

Women education is a crucial weapon for the development of the nation in terms of economic and social development. Moreover with the involvement of women in all the fields has increased India's growth rate along with expanding the country's literacy rate.

Since ancient times, women education was not in favour of many, people were against that women should not study and learn household chores and get married. However, from the middle age, it was women who started taking stand for themselves and education for women in India has become a matter of concern. They have started taking initiatives and proved themselves in every sphere. Without a denial, we can say that women's education is a major flashback to the success of society.

Furthermore, it has been observed that the literacy rate for women has increased to 64% while it was only 8% at the time of independence. However, there is still

work needs to be done to reach 100% of success rate. As there are a lot of other challenges which hampers women's growth.

One of the reason is a crime against women like Rape, women trafficking, due to which women cannot move out independently and freely. The other reason for the reduction in literacy rate for women is the less population of women (due to female foeticide) in the entire country. In a recent survey, for 1000 there are only 936 women. This reflects gender biasedness of our society.

Today, there is hardly any area where women have not proved their mettle, they are in space research, cockpits, multinationals and even in the military.

To promote women's education, there should be adequate awareness among people of the nation and strict actions should be taken for the criminals who commit a crime against women.

In conclusion, I would like to state that the government should try very hard to promote women education in India. Although there are various bills ,acts and to protect the fundamental rights of women.

For aborting a girl child will be a criminal act and this has helped a lot increasing the birth rate of the female child. Moreover, there are other campaigns which have changed the mind-set of people. However, alone the government cannot do much, we people of India have to support women for their rights to access

education and to help them grow and achieve success in their lives.

There is a new axiom " behind every successful woman, there is an adaptable husband/ father".

Hardeep Kaur

Roll No. 1908

I DON'T KNOW

I don't know if judging someone is right,
On the terms of clothes loose or tight.
Why only fair is pretty,
Why there are standards of beauty.
Why success is compared with money,
Why having peace of mind is funny.

I don't know why we pretend,
Act as if we comprehend.
Why treating equal is a problem,
Why define people awful or awesome.
Why we measure everyone on same scale,
Why is it bad if in case we fail.

I don't know why we compare,
Even though we know everyone is unique here.

Why being ourselves is so hard,
Why always trying to fit in is a reward.
Why layering makeup is cool,
Why looking glam is a rule.

I don't know if this is happy and perfect,
Because I have also seen happiness in dirt.
I don't know if this is beauty and grace,
Because I have also seen beauty in scarred face,
I don't know if brand is smart and rich,
Because I have also seen wealthy in rag and stitch.
I still don't know what is perfect and what is fair,
Trust me, I really don't know I swear.

Khushboo

Roll No. 1809

BELIEVE IN YOURSELF

God has given you tremendous power to shape your future. You have enormous physical and mental capabilities to achieve what you can think of. Define the purpose of living and outline your goals, channelize your energies in the right direction with positive attitude and you will find that destiny is on your side and your dreams are coming true.

Lead a purposeful life; live with objectivity; confront yourself with questions like what you want to be; what you are required to do and how you propose to get the desired results. Undertake an introspective study of your goals, opportunities, atmosphere, limitations and strengths. Overcome your limitations with a firm hand and exploit the maximum opportunities with full strength and you will see yourself succeeding. Ignite your spirit with the fuel of firm self-belief and set out on a voyage to the destiny of your dreams. For this you need to set your

goals high and then take an aim like Arjuna to achieve those goals . Purposeless living is a meaningless living. We should explore our hidden strengths and utilise them in single minded pursuit.

Problems, obstacles, failures, unfavourable circumstances etc. are the utterances made by the people who do not have faith in themselves. They have to overcome the psyche of self-disbelief. Those who suffer from the syndrome of self-disbelief cannot have belief in God as well. We need to believe that human beings are the finest creation of the God. There can be hard times and trying circumstances with all odds put against you. Even then, do not lose faith in yourself and God. Keep conviction and you will witness the dawn of happiness and success

Navneet Kaur

Roll No. 1850

LETS GIVE PEACE A CHANCE

'Liberty', 'fraternity', 'peace', 'equality' are the ideals that the 21st century has been feeding its inheritors. However the wisdom imbibed from these ideals exists in the namesake. The big wealthy nations, who boast of 'restoring peace' in the world, are the real culprits. This little nugget of information might appear to be a scandalous revelation to you but a well-informed speculation definitely lays the cards bare. The US economy has always thrived on the shoulders of its defence exports and no wonder these exports are made to the most unstable and war torn regions under the cloak of equipping and empowering the claimants of liberation from tyrannical rules and dynasties. The Syrian and the Egyptian crisis are nothing but the sour fruits of the failed attempts of the United States to tilt the political balance of power in its favour. It has been observed this world superpower that has been the progenitor of much of the unrest and misery in the Middle East.

From ISIL (Islamic State of Iraq and Levant) to ISIS (Islamic State of Iraq and Syria) to now IS (Islamic State), this jahidi organization has evolved due to the military training imparted and arms supplied.

The essential question of 'why' is absolutely inevitable. The answer is a dismal reality. Right from the Persian Gulf to the countries right above Africa adjoining the Mediterranean Sea house the richest

and maximum oil reserves. It is thus only in the favour of the superpowers to polarize this region into conflicting regimes so that these big nations can ensure constant supply of fuel for their economies using their well mastered tactics.

Shockingly, the most brutal violations of human rights are committed and hardly counter checked. It is therefore a heart rending reality that the protectors of peace are its real offenders. And in this race for political power it is the children, the women and the innocent masses who pay the price.

It is the individual co-existence that peace screams out for. Four hundred years ago, an apple fell and we learnt the lesson of gravity. Today, the wails, the cries and the groans are louder than ever.

It is time that we all understand the importance of peace and act in accordance with it. For this we need to change perceptions, our decisions and our aspirations. It is time to give humanity a chance! Until then I shall continue to wonder how many more millions will have to fail to teach the forgotten lesson of humanity.

This is my original piece of writing.

Sukhmandeep Kaur
Roll no 1835

FIGHT FOR SINGLE DROP OF WATER

In this world full of resources whether they are natural, human-made, human resources; great opportunities but grave risk co-exist. It depends on you that how you use these opportunities and how you avoid these risks. But at present in search of opportunities we start avoiding risk and today water becomes the victim of these risks, due to which $\frac{1}{4}$ of world's population faces huge water stress.

According to World Resource Institute (WRI) India is at 13th position among these 17 countries facing water stress. India has more than three times the

population of the other 16 extremely highly stressed countries combined. 12 out of 17 countries with water crisis are in Middle East and North Africa. One of the reasons of this stress is that the region is hot and dry due to evaporation and due to less rainfall, so water supply is low from beginning, but growing population added more stress on these countries. This is not only the case of countries where water stress level is high, even countries with low overall water stress, also facing extremely stressed conditions. The WRI gives the example of South Africa's Western Cape and United States' New Mexico experiencing high stress

level instead of differences in their overall rank of South Africa (48) and United State (71).

The Aqueduct tool used by the WRI ranks countries on the basis of “water risk scores”, which are determined using 13 indicators of water risk.

According to report published by WRI in August 2019, 9 Indian states and union territories are facing extremely high water crisis. These are Punjab, Haryana, Rajasthan, Uttar Pradesh, Chandigarh, Gujarat, Uttarakhand, Madhya Pradesh, Jammu and Kashmir. They all scored between 4 and 5 on scale of 0-5 and 5 is for worst. In India they found that average water withdrawn from land is 80% and out of which approximately 70% of it was used for agriculture. And not only these nine states and union territories mentioned by WRI are facing this problem recently India's sixth largest city Chennai in the south, ran out of water in July month 2019. A food and water expert from Chandigarh, Davinder Sharma said that there are 140 development blocks in Punjab and most of them are in “Dark Zone” which means you cannot recharge the depleted ground water. Usually delayed monsoon or a drought are the reason of water stress but now there are many other reasons which are contributing in increasing the water stress like Demand for water will become twice the available supply by 2030, the

UN report said; due to increasing population and urbanization urban lakes and inlets have lost; rising temperature (26.3C in 2017 from 24.6C in 2000); monsoon rainfall level falling (-5% in 2017, -9% in 2018) from average level; ground water table declined at the rate of 8cm per year from 1990-2014 due to irrigation, borewell; industries etc.

Indian government took certain steps to mitigate this problem like setting up Jal Shakti Ministry to handle certain issues- including supply, drinking water and sanitation; more efficient irrigation; conserving and restoring lakes, floodplains and groundwater recharge areas; and collecting and storing rainwater, flood water management, connectivity between perennial and non- perennial rivers, invest in grey and green infrastructure.

There are worrying trends in water. But by taking action now and investing in better management, we can solve water issues for the good of people, for our future generation, for economies and the planet.

Sources: (wri.org/aqueduct; bbc.com; indianexpress.com; thehindu.com; Indian Metrological Department; edition.cnn.com)

Ravi Bhadu
Roll No 1919

WHY TECHNOLOGY A GLOBAL ISSUE?

The word technology consists of two parts –Techno which means application, art or skill and logy which means science and learning. The more advanced technology becomes, the more it seems to have control our lives. Today technology is widely available and insistently promoted through out our society. Many people don't realise that technology negatively affects society and its considerable development has complicated life in number of ways.

Technology makes us unsociable in the real life. People spent lot of hours playing in houses instead of going out and interacting people. People started using technology to chat with their friends instead of talking to them personally, and that has started to affect our way to communicate with each other. People has started to use technology for online shopping but there is one

disadvantage, people used to go shopping and meet people but now they are using technology and becoming lazy. People started to lose their jobs as machines and robots can do work on their behalf. Use of technology has also increased so many crimes which results in stress and poor health problem. Technology has also weakened the relations in the family, members sit together but instead of talking they use their phones. Excessive use of electronic gadgets are weakening people memory, earlier people remember phone numbers and birthdays by heart but now everything is saved in phones. Technology also contributes to global warming, pollution and depletion of natural resources. Therefore there is a need to sensitize students regarding technology and its harmful effects.

Harneet Kaur
Roll No. 1929

ਪੰਜਾਬੀ ਵਿਭਾਗ

ਤਤਕਰਾ

ਲੜੀ ਨੰ	ਰਚਨਾ	ਲੇਖਕ	ਪੰਨਾ
1	ਔਰਤ ਇੱਕ ਕਲਮ	ਹਰਪ੍ਰੀਤ ਕੌਰ	12
2	ਜਿੰਦਗੀ ਇੱਕ ਕਿਤਾਬ	ਰੁਬੀਨਾ	12
3	ਦਿੱਲੀ ਦੰਗੇ	ਜਸਲੀਨ ਕੌਰ	13
4	ਬੌਣਾ ਜਾਦੂਗਰ	ਲਵਪ੍ਰੀਤ ਕੌਰ	13
5	ਪ੍ਰੀਖਿਆ	ਅਮਨਦੀਪ ਕੌਰ	13
6	ਮਾਂ	ਨੈਸੀ	14
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8	ਬੁਢਾਪਾ	ਦਵਿੰਦਰ ਕੌਰ	15
9	ਖੜਕਾ ਨਾ ਕਰਨਾ	ਰਿਆ ਸਿੰਘ	15
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16	ਚੰਗੇ ਦਿਨ	ਰਵੀਨਾ	19
17	ਸੱਚ	ਰੇਨੂ ਸ਼ੇਖਾਵਤ	20

ਔਰਤ ਇੱਕ ਕਲਮ

ਔਰਤ ਇੱਕ ਕਲਮ ਵਾਂਗ ਹੈ
ਜਿਹੜੀ ਸਦਾ ਕਿਸੇ ਹੋਰ ਦੇ ਹੱਥ ਹੈ ਹੁੰਦੀ
ਦੂਜਿਆਂ ਦੇ ਜਜ਼ਬਾਤਾਂ ਨੂੰ ਲਫਜ਼ਾਂ 'ਚ ਜ਼ਾਹਿਰ ਹੈ ਕਰਦੀ
ਪਰ ਖੁਦ ਦੇ ਜਜ਼ਬਾਤਾਂ ਲਈ ਸਦਾ ਚੁੱਪ ਹੈ ਰਹਿੰਦੀ ।

ਮੁੱਢ ਤੋਂ ਹੀ ਵੱਖ-ਵੱਖ ਲਿਖਾਰੀਆਂ ਨੇ
ਇਸ ਕਲਮ ਤੋਂ ਕਵਿਤਾ ਹੈ ਸਿਰਜੀ
ਪਿਓ ਨੇ ਸਭ ਤੋਂ ਪਹਿਲਾ ਇਸ ਕਲਮ ਤੋਂ
ਆਪਣੇ ਜਜ਼ਬਾਤਾਂ ਦੀ ਲੜੀ ਹੈ ਪਰੋਈ
ਜਿਸ ਵਿੱਚ ਮੋਤੀ ਪਾਏ ਉਹਨੇ ਆਪਣੇ ਜਜ਼ਬਾਤਾਂ ਦੇ
ਰਹਿਣੀ ਇਹ ਲੜੀ ਸਦਾ ਉਹਦੇ ਦਿਲ ਵਿਚ ਸਮੋਈ ।

ਦੂਜਾ ਲਿਖਾਰੀ ਇਸ ਨਿੱਕੀ ਕਲਮ ਦਾ
ਉਹਦਾ ਭਰਾ ਹੈ ਬਣਦਾ
ਜਿਹੜਾ ਆਪਣੀ ਭੈਣ ਦੀ ਸਦਾ ਸੁੱਖ ਹੈ ਮੰਗਦਾ
ਉਹਨੇ ਇਸ ਕਲਮ ਨੂੰ ਦੋਹਾਂ ਤੋਂ ਹੈ ਬਚਾਇਆ
ਇਸ ਨਿੱਕੀ ਕਲਮ ਨਾਲ ਉਹਨੇ ਬਚਪਨ ਹੈ ਹੰਢਾਇਆ
ਕਿਵੇਂ ਦੋਵਾਂ ਨੇ ਨਿੱਤ ਸੀ ਲੜਨਾ
ਪਰ ਹਰ ਵੇਲੇ ਭਰਾ ਦੀ ਜਿੱਦ ਲਈ ਭੈਣ ਨੇ ਹੀ ਹੈ ਖੜਨਾ ।

ਹੌਲੀ-ਹੌਲੀ ਇਹ ਕਲਮ ਥੋੜੀ ਵੱਡੀ ਹੋਣ ਲਗੀ
ਜਿਹੜੀ ਸਮਾਜ ਲਿਖਾਰੀ ਦੇ ਵੱਸ ਆਉਣ ਲੱਗੀ
ਇਸਨੂੰ ਸਮਾਜ ਦੇ ਬਦਲਦੇ
ਲਫਜ਼ਾਂ ਨੇ ਘੇਰ ਲਿਆ.....

ਕੌੜੇ ਲਫਜ਼ਾਂ ਦੇ ਘੁੱਟ ਭਰ-ਭਰ ਇਹ ਕਲਮ ਹੋਣ ਲਗੀ
ਜਦੋਂ ਇਹ ਕਲਮ ਸੌਹਰੇ ਲਿਖਾਰੀਆਂ ਦੇ ਹੱਥ ਆਈ
ਜਿਨ੍ਹਾਂ ਵਿੱਚ ਉਸਦਾ ਲਿਖਾਰੀ ਪਤੀ ਵੀ ਸੀ
ਉਸਦੇ ਜਜ਼ਬਾਤਾਂ ਦੀ ਕਦੇ ਕਦਰ ਨਾ ਪਾਈ.....
ਉਹਨੇ ਇਹ ਕਲਮ ਆਪਣੀ ਲੋੜ ਅਨੁਸਾਰ ਚਲਾਈ ।

ਆਖਿਰ ਵਿਚ ਇਹ ਕਲਮ ਆਪਣੇ ਆਖਰੀ ਸਾਹ ਤੇ ਆਈ
ਸੁੱਕਣ ਲੱਗੀ ਜਿਥੇ ਇਹਦੀ ਸਿਆਹੀ
ਆਖਰੀ ਲਿਖਾਰੀ ਇਹਦੀ ਔਲਾਦ ਸੀ ਬਣੀ
ਜਿਹਨੇ ਇਸ ਸੱਚੀ-ਸੁੱਚੀ ਕਲਮ ਦੀ ਕਦਰ ਨਾ ਪਾਈ
ਔਲਾਦ ਦੀ ਅਗੇ ਔਲਾਦ ਨੇ ਇਹ ਰੀਤ ਸਦਾ ਜੱਗ ਤੇ ਚਲਾਈ ।

ਹਰਫ਼ ਇਸ ਜੱਗ ਰੀਤ ਚ ਤੂੰ ਕਦੇ ਨਾ ਸਮਾਈ
ਕਿਉਂਕਿ ਤੇਰੀ ਹੋਂਦ ਜਗ ਤੇ ਇਸ ਕਲਮ ਤੋਂ ਹੈ ਆਈ
ਤੂੰ ਸਦਾ ਇਹਦੀ ਕਦਰ ਹੈ ਪਾਈ
ਆਪਣੀ ਕਰਨੀ ਨਾਲ ਇਸ ਰੀਤ ਨੂੰ ਨੱਥ ਤੂੰ ਪਾਈ.....

ਔਰਤ ਇੱਕ ਕਲਮ ਦੇ ਵਾਂਗ ਹੈ
ਜਿਹੜੀ ਸਦਾ ਦੂਜਿਆਂ ਨੇ ਚਲਾਈ
ਦੂਜਿਆਂ ਦੇ ਜਜ਼ਬਾਤਾਂ ਨੂੰ ਜ਼ਾਹਿਰ ਹੈ ਜੋ ਕਰਦੀ
ਪਰ ਖੁਦ ਲਈ ਜਿਸ ਤੇ ਸਦਾ ਚੁੱਪ ਹੈ ਛਾਈ ।

ਹਰਪ੍ਰੀਤ ਕੌਰ
ਰੋਲ ਨੰ: 1918

ਜਿੰਦਗੀ ਇੱਕ ਕਿਤਾਬ

ਕਾਸ਼ ਜਿੰਦਗੀ ਇੱਕ ਕਿਤਾਬ ਹੁੰਦੀ,
ਤੇ ਮੈਂ ਪੜ੍ਹ ਸਕਦਾ ਕਿ ਅੱਗੇ ਕੀ ਹੋਵੇਗਾ ?
ਮੈਨੂੰ ਕੀ ਮਿਲੇਗਾ ?
ਮੇਰਾ ਦਿਲ ਕੀ ਗੁਆਏਗਾ ?
ਤੁਹਾਨੂੰ ਕਦੋਂ ਖੁਸ਼ੀ ਮਿਲੇਗੀ, ਤੁਹਾਡਾ ਦਿਲ ਕਦੋਂ ਰੋਏਗਾ
ਕਾਸ਼ ਜਿੰਦਗੀ ਸੱਚਮੁੱਚ ਇੱਕ ਕਿਤਾਬ ਹੁੰਦੀ,
ਮੈਂ ਉਨ੍ਹਾਂ ਪਲਾਂ ਨੂੰ ਚੀਰ ਸਕਦਾ ਜਿਨ੍ਹਾਂ ਨੇ ਮੈਨੂੰ ਰੋਆਇਆ
ਕੁੱਝ ਪੰਨਿਆਂ ਨੂੰ ਜੋੜਦਾ, ਜਿਨ੍ਹਾਂ ਨੇ ਮੈਨੂੰ ਹਸਾਇਆ ਹੈ
ਕਾਸ਼.... ਕਿ ਜਿੰਦਗੀ ਸੱਚਮੁੱਚ ਇੱਕ ਕਿਤਾਬ ਹੁੰਦੀ

ਸਮੇਂ ਸਮੇਂ ਤੇ....
ਮੈਂ ਆਪਣੀਆਂ ਅੱਖਾਂ ਚੋਰੀ ਕਰ ਲੈਂਦਾ
ਵਕਤ ਤੋਂ ਅਤੇ ਮੁੜ ਪਿੱਛੇ ਚਲਾ ਜਾਂਦਾ ਕੁੱਝ ਪਲਾਂ ਲਈ...
ਕਾਸ਼.... ਜਿੰਦਗੀ ਸੱਚਮੁੱਚ ਇੱਕ ਕਿਤਾਬ ਹੁੰਦੀ
ਇਕ ਵਾਰ ਫਿਰ, ਟੁੱਟੇ ਸੁਪਨਿਆਂ ਨੂੰ ਇਛੱਵਾਂ ਨਾਲ
ਸਜਾਉਂਦਾ....

ਰੁਬੀਨਾ
ਰੋਲ ਨੰ: 1821

ਦਿੱਲੀ ਦੰਗੇ

ਕਦੇ ਸਿੱਖ
 ਕਦੇ ਹਿੰਦੂ
 ਕਦੇ ਮੁਸਲਮਾਨ
 ਦਿੱਲੀ ਤਖ਼ਤ ਦੀ ਵਹਿਸ਼ੀਅਤ ਦਾ ਸ਼ਿਕਾਰ ਹੋਏ ।
 ਲਾਸ਼ਾਂ, ਮਿੱਝ, ਹੱਡੀਆਂ, ਲਹੂ, ਹੰਝੂ ਕਬਰਾਂ, ਕਫ਼ਨ, ਸ਼ਮਸ਼ਾਨ,
 ਵੈਣ, ਕੁਰਲਾਹੜ, ਸੱਥਰ ਵਹਿਸ਼ਤ ਦਾ ਸ਼ਿਕਾਰ ਹੋਏ ।
 ਸਹਿਮ, ਖੌਫ਼, ਦਹਿਸ਼ਤ ਵਾਰ-ਵਾਰ ਦਰਵਾਜ਼ੇ 'ਤੇ
 ਦਸਤਕ ਕਰ ਰਹੀ ।
 ਡਰੀ ਇਨਸਾਨੀਅਤ, ਹੈਵਾਨੀਅਤ ਦੀ ਕਰੋਧੀ ਤੋਂ,
 ਅੱਜ ਤਿਲਕ ਤਸਬੀ ਦਾ ਦੁਸ਼ਮਣ ਬਣ ਗਿਆ ।
 ਧਰਮ ਅੱਜ ਮਾਨਵੀਅਤ ਦਾ ਸੰਦੇਸ਼ ਨਹੀਂ ਹੈ,
 ਧਰਮ ਅੱਜ ਭਰਾਵਾਂ ਦੀ ਸਾਂਝ ਦਾ ਦੁਸ਼ਮਣ ਹੋ ਗਿਆ।

ਜਸਲੀਨ ਕੌਰ
 ਰੋਲ ਨੰ: 1834

ਬੌਣਾ ਜਾਦੂਗਰ

ਇੱਕ ਬਹੁਤ ਪੁਰਾਣੀ ਗੱਲ ਹੈ । ਇੱਕ ਪਿੰਡ ਸੀ । ਜੋਕਿ ਬਹੁਤ
 ਸੋਹਣਾ ਪਿੰਡ ਸੀ । ਉਸ ਪਿੰਡ ਵਿੱਚ ਇੱਕ ਕੁੜੀ ਰਹਿੰਦੀ ਸੀ, ਉਸ
 ਦਾ ਨਾਂ ਰਮਲਾ ਸੀ । ਉਹ ਵੇਖਣ ਨੂੰ ਜਿਹਨੀ ਸੋਹਣੀ ਸੀ ਉਸਦਾ
 ਸੁਭਾਅ ਵੀ ਉਹਨਾਂ ਹੀ ਚੰਗਾ ਸੀ । ਉਸਨੂੰ ਸਾਰੇ ਹੀ ਬਹੁਤ ਪਿਆਰ
 ਕਰਦੇ ਸੀ । ਕਿਉਂਕਿ ਉਹ ਸਾਰੇ ਪਿੰਡ ਵਾਲਿਆਂ ਦਾ ਖਿਆਲ ਜਾਂ
 ਮਦਦ ਕਰਦੀ ਸੀ । ਇੱਕ ਦਿਨ ਖੇਡਦੇ-ਖੇਡਦੇ ਉਹ ਜੰਗਲ ਵਿੱਚ
 ਜਾ ਪਹੁੰਚੀ ਤਾਂ ਉਸਨੇ ਇੱਕ ਆਵਾਜ਼ ਸੁਣੀ । ਉਹ ਉਸ ਆਵਾਜ਼
 ਨੂੰ ਸੁਣ ਕੇ ਉਸ ਦਿਸ਼ਾ ਵਲ ਦੌੜੀ ਗਈ ਜਦੋਂ ਉਹ ਉਸ ਥਾਂ ਤੇ
 ਪਹੁੰਚੀ ਤਾਂ ਉਸਨੇ ਵੇਖਿਆ ਕਿ ਇੱਕ ਬੌਣਾ ਆਦਮੀ ਨਦੀ ਵਿਚ
 ਫਸਿਆ ਹੋਇਆ ਸੀ । ਉਸਨੇ ਉਸਦੀ ਮਦਦ ਕੀਤੀ ਅਤੇ ਉਸ
 ਨਦੀ ਵਿਚੋਂ ਬਾਹਰ ਕੱਢ ਲਿਆ । ਉਹ ਕੋਈ ਆਮ ਇਨਸਾਨ
 ਨਹੀਂ ਸੀ । ਉਹ ਇੱਕ ਬੌਣਾ ਜਾਦੂਗਰ ਸੀ । ਉਸਨੇ ਮਦਦ ਦੇ
 ਵਾਸਤੇ ਉਸ ਕੁੜੀ ਨੂੰ ਜਾਦੂਈ ਸੋਗਾਤ ਦਿੱਤੀ । ਪਰ ਕੁੜੀ ਨੇ ਉਹ
 ਸੋਗਾਤ ਨਹੀਂ ਲਈ ਤੇ ਉਸਨੇ ਉਸ ਬੌਣੇ ਆਦਮੀ ਨੂੰ ਕਿਹਾ ਕਿ
 ਜੇਕਰ ਤੁਹਾਡੀ ਜਗ੍ਹਾ ਕੋਈ ਹੋਰ ਹੁੰਦਾ ਤਾਂ ਮੈਂ ਉਸ ਦੀ ਵੀ ਮਦਦ
 ਕਰਦੀ ਇਨ੍ਹਾਂ ਕਹਿ ਕੇ ਕੁੜੀ ਵਾਪਸ ਘਰ ਨੂੰ ਚਲੀ ਗਈ ਤੇ ਉਹ
 ਬੌਣਾ ਆਦਮੀ ਇਹ ਦੇਖ ਕੇ ਇਨ੍ਹਾਂ ਖੁਸ਼ ਹੋਇਆ ਤੇ ਉਸ ਨੇ
 ਸੋਚਿਆ ਕਿ ਦੁਨਿਆ ਵਿੱਚ ਅੱਜ ਵੀ ਇਨਸਾਨੀਅਤ ਹੈ ।

ਲਵਪ੍ਰੀਤ ਕੌਰ
 ਰੋਲ ਨੰ: 1806

ਪ੍ਰੀਖਿਆ

ਇਮਤਿਹਾਨ ਬਹੁਤੇ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਮੁਸ਼ੀਬਤ ਵਾਲੀ
 ਸਮੱਸਿਆ ਬਣ ਗਈ ਹੈ ਕਿਉਂਕਿ ਹਰ ਵਿਦਿਆਰਥੀ
 ਇਮਤਿਹਾਸਨ ਤੋਂ ਪ੍ਰੈਸ਼ਾਨ ਹੋ ਜਾਂਦਾ ਹੈ । ਦੂਜੇ ਵਿਦਿਆਰਥੀਆਂ
 ਦੀ ਤੁਲਨਾ ਵਿੱਚ ਕਿਸੇ ਦੇ ਸਿੱਖਣ ਦੇ ਪੱਧਰ ਨੂੰ ਜਾਣਨ ਲਈ
 ਇਕ ਪ੍ਰੀਖਿਆ ਜ਼ਰੂਰੀ ਹੈ ਪਰ ਹਾਲ ਹੀ ਦੇ ਸਾਲਾਂ ਵਿੱਚ ਹੋਏ
 ਵਿਕਾਸ ਨੇ ਸਕੂਲ ਨੂੰ ਵਧੇਰੇ ਤੋਂ ਜ਼ਿਆਦਾ ਪ੍ਰੀਖਿਆ ਕੇਂਦਰਿਤ ਕਰ
 ਦਿੱਤਾ ਹੈ, ਅਤੇ ਸਿਖਲਾਈ ਬਹੁਤ ਜ਼ਿਆਦਾ ਤਣਾਅ ਅਤੇ ਬੋਝਲ
 ਬਣ ਰਹੀ ਹੈ । ਜਦੋਂ ਬੋਰਡ ਦਾ ਨਤੀਜਾ ਐਲਾਨਿਆ ਜਾਂਦਾ ਹੈ ਤਾਂ
 ਅਸੀਂ ਖੁਦਕੁਸ਼ੀਆਂ ਕਰ ਰਹੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਦੇਖ ਸਕਦੇ ਹਾਂ,
 ਇਹ ਇਕ ਖ਼ਤਰਨਾਕ ਰੁਝਾਨ ਹੈ ।

ਸਕੂਲ ਵਿੱਚ ਅਧਿਆਪਕਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਬਿਨਾਂ ਬੋਝ
 ਦੇ ਸਿੱਖਣ ਦਾ ਟੀਚਾ ਰੱਖਣਾ ਚਾਹੀਦਾ ਹੈ ਅਤੇ ਸਿਖਲਾਈ ਨੂੰ ਇਕ
 ਮਜ਼ੇਦਾਰ ਗਤੀਵਿਧੀ ਵਜੋਂ ਵੇਖਿਆ ਜਾਣਾ ਚਾਹੀਦਾ ਹੈ ਨਾ ਕਿ
 ਤਣਾਅਪੂਰਨ ਅਭਿਆਸ ਜਿਸ ਤਰ੍ਹਾਂ ਇਹ ਅੱਜ ਕੱਲ੍ਹ ਹੁੰਦਾ ਹੈ ।
 ਇਸ ਅਣਚਾਹੀ ਸਮੱਸਿਆ ਦੇ ਕਾਰਨ ਬਹੁਤ ਸਾਰੇ ਹਨ । ਸਭ ਤੋਂ
 ਪਹਿਲਾਂ ਅਤੇ ਸੱਭ ਤੋਂ ਮਹੱਤਵਪੂਰਣ ਸਿਲੇਬਸ ਅਤੇ ਪਾਠ-
 ਪੁਸਤਕ ਹੈ ਜੋ ਅਧਿਆਪਕਾਂ ਨੂੰ ਜਲਦਬਾਜ਼ੀ ਵਿਚ ਪੂਰਾ ਕਰਨ
 ਲਈ ਮਜਬੂਰ ਕਰਦੀ ਹੈ ਅਤੇ ਹਰ ਇਕ ਅਧਿਆਪਿ ਜਾਂ ਇਕ
 ਸੰਕਲਪ ਨੂੰ ਪੂਰਾ ਕਰਨ ਤੋਂ ਬਾਅਦ ਇਸਦਾ ਟੈਸਟ ਕਰਨ ਲਈ
 ਮਜਬੂਰ ਕਰਦੀ ਹੈ । ਜਿਹੜੇ ਵਿਦਿਆਰਥੀ ਸਕੂਲ ਦੀਆਂ
 ਆਪਣੀਆਂ ਕਲਾਸਾਂ ਅਤੇ ਇਮਤਿਹਾਨਾਂ ਦੀ ਯੋਜਨਾ ਬਣਾਉਣ
 ਅਤੇ ਕਰਾਉਣ ਦੇ ਤਰੀਕੇ ਬਾਰੇ ਕੁਝ ਨਹੀਂ ਕਹਿੰਦੇ, ਉਨ੍ਹਾਂ ਨੂੰ ਬਹੁਤ
 ਸਾਰੀਆਂ ਪ੍ਰੀਖਿਆਵਾਂ ਲਿਖਣ ਦਾ ਭਾਰ ਸਹਿਣਾ ਪੈਂਦਾ ਹੈ । ਦੂਜਾ
 ਸਕੂਲ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ 'ਤੇ ਮਾਪਿਆ ਦਾ ਦਬਾਅ ਹੈ ।
 ਮਾਪਿਆਂ ਨੂੰ ਉਮੀਦ ਹੈ ਕਿ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਬਹੁਤ ਵਧੀਆ
 ਪ੍ਰਦਰਸ਼ਨ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ ਅਤੇ ਪ੍ਰਮੁੱਖ ਅਦਾਰਿਆਂ ਵਿੱਚ
 ਦਾਖਲ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ । ਇਹ ਉਹਨਾਂ ਵਿਦਿਆਰਥੀਆਂ 'ਤੇ
 ਬੋਝ ਵਧਾਉਂਦਾ ਹੈ ਜੋ ਕੁਦਰਤੀ ਤੌਰ 'ਤੇ ਇਕ ਦੂਜੇ ਤੋਂ ਵੱਖਰੇ ਹਨ ।
 ਤੀਜਾ ਉਹ ਵਿਦਿਆਰਥੀ ਹਨ ਜੋ ਕਿਸੇ ਨਾ ਕਿਸੇ ਤਰੀਕੇ ਸਫਲ
 ਹੋਣ ਲਈ ਅੰਕ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਬਹੁਤ ਉੱਚੀ ਪ੍ਰਤੀਸ਼ਤ
 ਪ੍ਰਾਪਤ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹਨ । ਉਹ ਮਹਿਸੂਸ ਕਰਦੇ ਹਨ, ਨਹੀਂ ਤਾਂ,
 ਉਹ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਕੁਝ ਨਹੀਂ ਕਰ ਸਕਦੇ, ਇਹ ਗਲਤ ਧਾਰਣਾ
 ਹੈ ।

ਅਸੀਂ ਪ੍ਰੀਖਿਆਵਾਂ ਦੇ ਬੋਝ ਦੀ ਸਮੱਸਿਆ ਨੂੰ ਕਿਵੇਂ ਪਾਰ ਕਰ ਸਕਦੇ ਹਾਂ ? ਸਾਨੂੰ ਅਧਿਆਪਕਾਂ, ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਮਾਪਿਆਂ ਦੇ ਨਜ਼ਰੀਏ ਤੋਂ ਮਸਲੇ ਨੂੰ ਹੱਲ ਕਰਨ ਦੀ ਯੋਜਨਾ ਦੀ ਜ਼ਰੂਰਤ ਹੈ। ਪਾਠਕ੍ਰਮ ਅਤੇ ਪਾਠ ਪੁਸਤਕ ਲੇਖਕਾਂ ਦੇ ਨਾਲ ਇਨ੍ਹਾਂ ਤਿੰਨਾਂ ਦਾ ਇਕ ਸੰਭਵ ਹੱਲ ਮਿਲ ਰਿਹਾ ਹੈ। ਸਾਨੂੰ ਇਹ ਪ੍ਰਸ਼ਨ ਪੁੱਛਣ ਦੀ ਲੋੜ ਹੈ, 'ਕੀ ਸਾਨੂੰ ਬਹੁਤ ਸਾਰੀਆਂ ਪ੍ਰੀਖਿਆਵਾਂ ਦੀ ਜ਼ਰੂਰਤ ਹੈ?' ਪ੍ਰੀਖਿਆਵਾ ਹਮੇਸ਼ਾਂ ਇਹ ਮਾਪਣ ਲਈ ਇਕ ਸਾਧਨ

ਨਹੀਂ ਹੁੰਦੀਆਂ ਕਿ ਕਿੰਨਾ ਸਿੱਖਿਆ ਗਿਆ ਹੈ, ਪ੍ਰੋਜੈਕਟ ਦਾ ਕੰਮ, ਅਸਾਈਨਮੈਂਟ ਅਤੇ ਕਲਾਸ ਦੀ ਪੇਸ਼ਕਾਰੀ ਪ੍ਰੀਖਿਆ ਦਾ ਹਿੱਸਾ ਹੋ ਸਕਦੀ ਹੈ। ਜੇ ਸਕੂਲ ਵਿੱਚ ਪੜ੍ਹਾਉਣ ਅਤੇ ਸਿੱਖਣ ਲਈ ਅਜਿਹੇ ਤਰੀਕੇ ਅਪਣਾਏ ਜਾਂਦੇ ਹਨ, ਤਾਂ ਪ੍ਰੀਖਿਆ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਬੋਝ ਨਹੀਂ ਹੋਵੇਗੀ।

ਅਮਨਦੀਪ ਕੌਰ
ਰੋਲ ਨੰ: 181●

“ਮਾਂ”

ਤੂੰ ਇਸ ਕਲਜੁੱਗ ਵਿਚ ਵੀ ਮੈਨੂੰ ਪਾਲਿਆ,
ਦੱਸ ਕਿਵੇਂ ਮੁੱਲ ਤਾਰਾਂ ਮੈਂ ਤੇਰਾ ਨੀ ਮਾਂ,
ਲਡਾਕੇ-ਲਾਡ ਮੈਨੂੰ ਐਡਾ ਵੱਡਾ ਕੀਤਾ,
ਨਹੀਂ ਤਾਂ ਮੌਤ ਹੀ ਮਿਲਦੀ ਆ,
ਕੁੱਖ ਚ ਧੀ ਦਾ ਵੇਖਕੇ ਤੇਰੇ ਨੀ ਮਾਂ,
ਮੈਂ ਰੱਬ ਭਾਵੇਂ ਨਾ ਵੇਖਿਆ ਹੋਵੇ,
ਪਰ ਮੈਨੂੰ ਦਿਲੋਂ ਲੱਗਦੈ,
ਤੇਰੇ ਵਰਗਾ ਹੀ ਹੋਣਾ ਰੱਬ ਦਾ ਚੇਹਰਾ ਨੀ ਮਾਂ,

ਮੈਨੂੰ ਜਨਮ ਦੇਣ ਵਾਲੀ,
ਅੱਜ ਜਨਮਦਿਨ ਆ ਤੇਰਾ ਨੀ,
ਤੇ ਦੂਆ ਇਕੋ ਆ ਅਗਲੇ ਜਨਮ ਚ,
ਕੁੱਖ ਤੇਰੀ ਹੀ ਆਸਰਾ ਬਣੂ ਮੇਰਾ ਨੀ,
ਵਜੂਦ ਤੇਥੋਂ ਹੀ ਆ ਅੱਜ ਮੇਰਾ ਨੀ ਮਾਂ,
ਦੱਸ ਕਿਵੇਂ ਮੁੱਲ ਤਾਰਾਂ ਮੈਂ ਤੇਰਾ ਨੀ ਮਾਂ।

ਨੈੱਸੀ
ਰੋਲ ਨੰ: 18●7

ਸੋਸ਼ਲ ਮੀਡੀਆ ਦੀਆਂ ਗੱਲਾਂ

ਸੋਸ਼ਲ ਮੀਡੀਆ ਦੀਆਂ ਹਨ ਇਹ ਗੱਲਾਂ,
ਸਭ ਪਾਸੇ ਮਾਰੀਆਂ ਇਸਨੇ ਆਪਣੀਆਂ ਮੱਲਾਂ।
ਵਿੱਦਿਆ ਨੂੰ ਵੀ ਹੈ ਇਸਨੇ ਸਭ ਤੱਕ ਪਹੁੰਚਾਇਆ,
ਸਭ ਦਾ ਹੈ ਇਸਨੇ ਗਿਆਨ ਵਧਾਇਆ।
ਗੂਗਲ ਰਾਹੀਂ ਸੰਸਾਰ ਦੀ ਹਰ ਜਾਣਕਾਰੀ, ਸਾਨੂੰ ਇਹ ਦਿੰਦਾ,
ਇਸ ਸਾਡੇ ਵਾਟਸੈਪ, ਇੰਸਟਾ ਰਾਹੀਂ ਸਭ ਨੂੰ ਖੁਸ਼ੀਆਂ ਵੰਡਦਾ ਰਹਿੰਦਾ।
ਵਪਾਰ ਵਿੱਚ ਵੀ ਇਸਨੇ ਹੈ ਆਪਣਾ ਯੋਗਦਾਨ ਵਿਖਾਇਆ,
ਹਰ ਪਾਸੇ ਹੈ ਇਸਨੇ ਆਨਲਾਈਨ ਸ਼ੋਪਿੰਗ ਦਾ ਜਾਲ ਵਿਛਾਇਆ।
ਡਿਜਿਟਲਾਇਜ਼ੇਸ਼ਨ ਦਾ ਰੁੱਖ ਵੀ ਇਸਨੇ ਹੀ ਲਾਇਆ,
ਜਿਸ ਕਰਕੇ ਭਾਰਤ ਨੇ ਵੀ ਅੱਜ 'ਡਿਜਿਟਲ ਇੰਡੀਆ' ਦਾ ਨੁਾਰਾ ਲਾਇਆ।
ਕੁਝ ਲਈ ਇਹ ਸ਼ਰਾਪ ਅਤੇ ਕੁਝ ਲਈ ਵਿਕਾਸ ਦਾ ਸਰੋਤ ਹੈ ਇਹ ਬਣਕੇ ਆਇਆ।
ਇਸ ਮਗਰ ਲਗਕੇ ਕੁਝ ਨੇ ਜੀਵਨ ਵਿਚ ਸਫਲਤਾ ਅਤੇ ਕੁਝ ਨੇ ਆਪਣਾ ਆਪ ਹੀ ਗਵਾਇਆ।
ਜਿਵੇਂ ਹੁੰਦੇ ਨੇ ਇੱਕ ਸਿੱਕੇ ਦੇ ਦੋ ਪਾਸੇ,
ਉਝੰ ਹੀ ਸੋਸ਼ਲ ਮੀਡੀਆ ਦੇ ਹਨ
ਕੁਝ ਚੰਗੇ ਤੇ ਕੁਝ ਮੰਦੇ ਪਾਸੇ।

ਨਿਵੇਸ਼ਾ ਸਹੋਤਾ
ਰੋਲ ਨੰ: 1811

ਬੁਢਾਪਾ

ਤੈਨੂੰ ਯਾਦ ਹੈ ।
ਮੈਂ, ਤੇਰੀ ਮਾਂ, ਤੇਰੀਆਂ
ਸ਼ਰਾਰਤਾਂ ਕਰਨ 'ਤੇ
ਤੈਨੂੰ ਕੁੱਟਦੀ ਹੁੰਦੀ ਸੀ
ਫੱਟ ਲੱਗਦੇ ਸੀ ਤੈਨੂੰ
ਪਰ ਚੀਸ ਮੇਰੇ ਪੈਂਦੀ ਸੀ
ਹਰ ਚੀਜ਼ ਆਪ ਖਾਣ ਤੋਂ ਪਹਿਲਾਂ
ਤੇਰੇ ਢਿੱਡ ਵਿੱਚ ਪਾਉਂਦੀ ਸੀ

ਪਰ
ਹੁਣ ਤੂੰ ਵੱਡਾ ਹੋ ਗਿਆ
ਤੇਰੇ 'ਤੇ ਕੋਈ ਅਧਿਕਾਰ ਨਹੀਂ ਰਿਹਾ
ਤੂੰ ਲਿਆਉਂਦਾ ਹੈ ਰੋਜ਼ ਬਾਜ਼ਾਰ ਤੋਂ
ਆਪਣੇ ਬੱਚਿਆਂ ਲਈ ਤਾਜ਼ੇ ਫਲ ਫਰੂਟ

ਮੈਂਬੋ ਚੋਰੀ ਲੁਕੋ ਕੇ ਜਾਂਦਾ ਏ
ਕਿ ਇਸ ਨੂੰ ਦਿਸ ਨਾ ਪਵੇ
ਤੂੰ ਡਰਦਾ ਹੈ ਕਿ
ਕਿੱਤੇ ਇਹ ਬੁੱਢੜੀ ਨੂੰ
ਕੁਝ ਦੇਣਾ ਨਾ ਪੈ ਜਾਵੇ ।

ਤੂੰ ਸ਼ਾਇਦ ਭੁੱਲ ਗਿਆ
ਪਰ
ਮੈਨੂੰ ਯਾਦ ਹੈ
ਤੂੰ ਇੱਕ ਵਾਰ ਮੇਰੇ ਬਿਮਾਰ ਹੋਣ ਤੇ
ਕਿਹਾ ਸੀ ,
“ਹੇ ਰੱਬ ਤੂੰ ਮੈਨੂੰ ਚੁੱਕ ਲੈ
ਬਦਲੇ ਮੇਰੀ ਮਾਂ ਨੂੰ ਠੀਕ ਕਰਦੇ” ।

ਤੂੰ ਹੁਣ ਵੀ ਦੁਆ ਕਰਦੇਂ
ਪਰ
ਬਦਲੇ ਵਿੱਚ ਮੰਗਦੀਂ ਹੈ

“ਮੇਰੀ ਮੌਤ”
ਤਾਂ ਕਿ ਇਸ ਬੁੱਢੀ ਤੋਂ
ਤੈਨੂੰ ਨਿਜਾਤ ਮਿਲੇ ।

ਜੇ ਬੁਢਾਪਾ ਮੇਰੇ ਵੱਸ ਹੁੰਦਾ,
ਤਾਂ ਮੈਂ ਕਦੇ ਵੀ ਬੁੱਢੀ ਨਾ ਹੁੰਦੀ
ਤੇਰੇ ਘਰ ਦੇ ਪਹਿਲਾਂ ਵਾਗੂੰ
ਸਾਰੇ ਕੰਮ ਕਰਦੀ
ਪਰ
ਬੁਢਾਪਾ ਮੇਰੇ ਵੱਸ ਨਹੀਂ

ਇੱਕ ਗੱਲ ਹੋਰ ਪੁੱਤ,
ਜੇ ਕੁਝ ਮੇਰੇ ਨਾਲ ਕਰ ਰਿਹੈਂ
ਇਸ ਨੂੰ ਸਹਿਣ ਕਰਨ ਦੀ ਵੀ
ਹੁਣ ਤੋਂ ਆਦਤ ਪਾ ਲਵੀ
ਕਿਉਂਕਿ
ਪੁੱਤਰ ਤੇਰਾ ਵੀ ਜਵਾਨ ਹੋ ਰਿਹੈ ।

ਦਵਿੰਦਰ ਕੌਰ

ਰੋਲ ਨੰ: 1813

ਖੜਕਾ ਨਾ ਕਰਨਾ

ਮਾਵਾਂ ਕਦੇ ਨਹੀਂ ਸੌਂਦੀਆਂ
ਉਹ ਜਾਗੀਆਂ ਹੋਈਆਂ ਹੁੰਦੀਆਂ ਨੇ
ਬੁੱਧ ਪੁਰਸ਼ਾਂ ਵਾਂਗ
ਜਦੋਂ ਵੀ ਲੋੜ ਹੋਵੇ ਬਿਨਾਂ ਬੁਲਾਏ
ਅੱਧੀ ਰਾਤ ਵੀ
ਹਾਜ਼ਰ ਹੁੰਦੀਆਂ
ਘਰ ਸੌ ਜਾਂਦਾ ਹੈ
ਜਦੋਂ ਮਾਂ ਸੌਂਦੀ ਹੈ
ਕਰ ਸਕਦੇ ਹੋ ਤਾਂ ਏਨਾ ਕਰਨਾ
ਖੜਕਾ ਨਾ ਕਰਨਾ
ਜਦੋਂ ਮਾਂ ਸੌਂਦੀ ਹੈ ।

ਰਿਆ ਸਿੰਘ

ਰੋਲ ਨੰ: 1911

ਰੁੱਖਾਂ ਦੀ ਮਹਾਨਤਾ

ਅੱਜ ਸਭ ਪਾਸੇ ਇਕੋ ਹੀ ਨਾਰਾ ਗੂੰਜ ਰਿਹਾ ਹੈ, 'ਰੁੱਖ ਲਗਾਓ, ਜੀਵਨ ਬਚਾਓ।' ਇਸ ਦਾ ਅਰਥ ਹੈ ਰੁੱਖਾਂ ਨਾਲ ਹੀ ਜੀਵਨ ਹੈ। ਜੇ ਰੁੱਖ ਹੀ ਨਾ ਰਹੇ ਤਾਂ ਮਨੁੱਖੀ ਜੀਵਨ ਹੀ ਨਹੀਂ ਰਹਿਣਾ। ਜੇ ਰੁੱਖਾਂ ਦੀ ਕਟਾਈ ਇਸੇ ਤਰ੍ਹਾਂ ਹੀ ਹੁੰਦੀ ਰਹੀ ਤਾਂ ਮਨੁੱਖ ਤਾਂ ਕੀ ਪਸ਼ੂ, ਪੰਛੀਆਂ ਦੀ ਜ਼ਿੰਦਗੀ ਨੂੰ ਵੀ ਖਤਰਾ ਹੋ ਸਕਦਾ ਹੈ। ਇਸ ਕਰਕੇ ਸਰਕਾਰਾਂ, ਸਮਾਜ-ਸੇਵੀ ਜਥੇਬੰਦੀਆਂ ਵੱਧ ਤੋਂ ਵੱਧ ਰੁੱਖ ਲਗਾਉਣ ਤੇ ਰੁੱਖਾਂ ਦੀ ਕਟਾਈ ਤੇ ਰੋਕ ਲਾਉਣ ਲਈ ਦੁਹਾਈ ਪਾ ਰਹੀਆਂ ਹਨ। ਵਣ-ਵਿਭਾਗ ਨੇ ਤਾਂ ਰੁੱਖਾਂ ਦੀ ਕਟਾਈ ਨੂੰ ਕਿਸੇ ਦੇ ਕਤਲ ਕਰਨ ਦੇ ਬਰਾਬਰ ਦਾ ਦਰਜਾ ਦਿੱਤਾ ਹੈ, ਫਿਰ ਵੀ ਕਟਾਈ ਵੱਡੇ ਪੱਧਰ 'ਤੇ ਹੋ ਰਹੀ ਹੈ।

ਜੇ ਦੇਖਿਆ ਜਾਵੇ ਤਾਂ ਰੁੱਖ, ਵੇਲਾਂ, ਬੂਟੇ, ਫਲ ਸਭ ਕੁਦਰਤ ਦੀ ਦੇਣ ਹੈ। ਇਹ ਮਨੁੱਖ ਲਈ ਕੁਦਰਤ ਦਾ ਵਡਮੁੱਲਾ ਵਰਦਾਨ ਹੈ। ਰੁੱਖਾਂ ਦੀ ਛਾਂ, ਮਿੱਠੇ ਫਲ, ਝੁੰਮਦੀਆਂ ਵੇਲਾਂ ਦੇ ਨਜ਼ਾਰੇ, ਲਹਿ-ਲਹਿ ਕਰਦੇ ਹਰੇ-ਭਰੇ ਪੌਦੇ, ਸੁਗੰਧੀਆਂ ਵਿਖੇਰਦੇ ਫੁੱਲ ਸਭ ਕੁਦਰਤ ਦੀ ਦੇਣ ਹੈ, ਜਿਨ੍ਹਾਂ ਦਾ ਅਨੰਦ ਮਨੁੱਖ ਮਾਣਦਾ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਪੰਛੀਆਂ ਲਈ ਵੀ ਰੁੱਖ ਹਮਸਾਏ ਦੀ ਤਰ੍ਹਾਂ ਹਨ। ਉਹ ਇਨ੍ਹਾਂ 'ਤੇ ਆਪਣੇ ਆਲ੍ਹਣੇ ਬਣਾ ਕੇ ਰਹਿੰਦੇ ਹਨ। ਪਸ਼ੂ ਰੁੱਖਾਂ ਦੀ ਛਾਵੇਂ ਬਹਿ ਕੇ ਕੁਦਰਤ ਦੇ ਗੁਣ ਗਾਉਂਦੇ ਹਨ। ਜ਼ਰਾ ਸੋਚੋ ਜੇ ਰੁੱਖ ਨਾ ਰਹੇ ਤਾਂ ਪਸ਼ੂ-ਪੰਛੀ ਕਿੱਥੇ ਜਾਣਗੇ? ਕੀ ਇਨ੍ਹਾਂ ਦਾ ਕੋਈ ਟਿਕਾਣਾ ਰਹੇਗਾ?

ਰੁੱਖਾਂ ਦੇ ਬਹੁਤ ਸਾਰੇ ਲਾਭ ਹਨ। ਇਹਨਾਂ ਦੀ ਠੰਢੜੀ-ਮਿੱਠੜੀ ਛਾਂ ਮਨ ਨੂੰ ਸ਼ਾਂਤ ਕਰਦੀ ਹੈ। ਇਹਨਾਂ ਦੀ ਛਾਵੇਂ ਬਹਿ ਕੇ ਮਨੁੱਖ ਆਪਦਾ-ਆਪ ਭੁੱਲ ਜਾਂਦਾ ਹੈ। ਰੁੱਖਾਂ ਦੇ ਫੁੱਲਾਂ, ਜੜ੍ਹਾਂ ਤੋਂ ਦਵਾਈਆ ਬਣਾਈਆਂ ਜਾਂਦੀਆਂ ਹਨ। ਅੱਜ ਵੀ ਆਯੁਰਵੇਦ ਪੁਰੇ ਦਾ ਪੂਰਾ ਰੁੱਖਾਂ 'ਤੇ ਹੀ ਨਿਰਭਰ ਹੈ। ਸਭ ਤੋਂ ਵੱਡਾ ਲਾਭ ਜੇ ਹੈ, ਉਹ ਇਹ ਹੈ ਕਿ ਅਸੀਂ ਰੁੱਖਾਂ ਦੁਆਰਾ ਛੱਡੀ ਜਾਂਦੀ ਆਕਸੀਜਨ ਦੇ ਸਹਾਰੇ ਹੀ ਜਿਊਂਦੇ ਹਾਂ। ਅਸੀਂ ਜੋ ਕਾਰਬਨ ਡਾਇਆਕਸਾਈਡ ਛੱਡਦੇ ਹਾਂ ਰੁੱਖ ਉਸ ਨੂੰ ਆਪਣੇ ਅੰਦਰ ਜ਼ਜ਼ਬ ਕਰ ਲੈਂਦੇ ਹਾਂ। ਇਹ ਪ੍ਰਦੂਸ਼ਣ 'ਤੇ ਕਾਬੂ ਪਾਉਣ ਵਿੱਚ ਸਾਡੀ ਬਹੁਤ ਵੱਡੀ ਮਦਦ ਕਰਦੇ ਹਨ।

ਹੁਣ ਤੱਕ ਅਸੀਂ ਰੁੱਖਾਂ ਦੀ ਸੰਭਾਲ ਅਤੇ ਰੁੱਖਾਂ ਦੇ ਲਾਭਾਂ ਦਾ ਜ਼ਿਕਰ ਕੀਤਾ ਹੈ। ਉਸ ਦੇ ਨਾਲ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ ਕਿ ਰੁੱਖ ਜੋ ਸਾਡੇ ਹਮਸਾਏ ਹਨ, ਉਹਨਾਂ ਨੂੰ ਬਚਾਇਆ ਜਾਵੇ। ਜੇ ਜੀਵਨ ਨੂੰ ਹਰਿਆ-ਭਰਿਆ ਬਣਾਉਣਾ ਹੈ ਤਾਂ ਰੁੱਖਾਂ ਦੀ ਸਾਂਭ-ਸੰਭਾਲ ਕਰਨੀ ਹੋਵੇਗੀ।

ਰੁੱਖ ਲਗਾਓ

ਦੇਸ਼ ਬਚਾਓ

ਇਸ ਧਰਤੀ ਨੂੰ ਸਵਰਗ ਬਣਾਓ।

ਅਕਵਿੰਦਰ ਕੌਰ

ਰੋਲ ਨੰ: 1943

ਸਚਾਈ ਜਾਂ ਭਰਮ

ਅੱਜ ਦੀ 21ਵੀਂ ਸਦੀ ਵਿਗਿਆਨ ਤੇ ਕੰਪਿਊਟਰ ਦੀ ਸਦੀ ਹੈ। ਮਨੁੱਖ ਬਹੁਤ ਤਰੱਕੀ ਕਰ ਚੁੱਕਾ ਹੈ। ਮਨੁੱਖ ਚੰਦਰਮਾ ਤੱਕ ਜਾ ਪੁੱਜਾ ਹੈ ਪਰ ਭਾਰਤ ਵਿੱਚ ਲਿੰਗ ਭੇਦ ਅਜੇ ਵਿਦਮਾਨ ਹੈ। ਪਰ ਪਰਿਵਾਰ ਕਹਿੰਦਾ ਹੈ ਕਿ ਅਸੀਂ ਮੁੰਡੇ-ਕੁੜੀ ਵਿੱਚ ਵਿਤਕਰਾ ਨਹੀਂ ਕਰਦੇ ਪਰ ਅਸਲ ਗੱਲ ਇਹ ਹੈ ਕਿ ਜੇ ਇੱਕ ਮਨੁੱਖ ਇਸ ਗੱਲ ਦੀ ਹਾਮੀ ਭਰਦਾ ਹੈ ਤਾਂ ਦੂਜਾ ਇਸ ਗੱਲ ਦਾ ਵਿਰੋਧ ਕਰਦਾ ਹੈ। ਸਾਡੀ ਪੁਰਾਣੀ ਪੀੜ੍ਹੀ ਕੁੜੀ-ਮੁੰਡੇ ਦੇ ਵਿਤਕਰੇ ਨੂੰ ਅੱਜ ਵੀ ਖਤਮ ਨਹੀਂ ਕਰਨਾ ਚਾਹੁੰਦੀ ਹੈ। ਮਾਂ-ਪਿਉ ਚਾਹੁੰਦੇ ਹਨ ਕਿ ਦੋਵੇਂ ਲਿੰਗ ਬਰਾਬਰ ਪੜ੍ਹ-ਲਿਖ ਕੇ ਡਾਕਟਰ, ਇੰਜੀਨੀਅਰ ਜਾਂ ਪ੍ਰੋਫੈਸਰ ਬਣਨ। ਪਰ ਕੁਝ ਤਾਂ ਘਰ ਦੇ ਜੀਅ, ਕੁਝ ਸਮਾਜ ਤੇ ਕੁਝ ਅਜੋਕਾ ਮਾਹੌਲ ਇਸ ਭੇਦ ਨੂੰ ਖਤਮ ਨਹੀਂ ਕਰਨ ਦਿੰਦੇ। ਘਰ ਦੇ ਸਿਆਣੇ ਬਜ਼ੁਰਗ

ਹਮੇਸ਼ਾਂ ਹੀ ਮੁੰਡੇ ਨੂੰ ਅੱਗੇ ਤੇ ਕੁੜੀ ਨੂੰ ਪਿੱਛੇ ਧੱਕਦੇ ਰਹਿੰਦੇ ਹਨ। ਉਹਨਾਂ ਦੇ ਖਾਣ-ਪੀਣ, ਕੱਪੜੇ ਪਹਿਨਣ, ਪੜ੍ਹਨ ਅਤੇ ਘਰੋਂ ਬਾਹਰ ਜਾਣ ਤੱਕ ਵਿੱਚ ਵੀ ਵਿਤਕਰਾ ਕਰਦੇ ਹਨ। ਉਹ ਕਹਿੰਦੇ ਹਨ ਕਿ ਮੁੰਡੇ ਨੇ ਪੜ੍ਹ-ਲਿਖ ਕੇ ਉਨ੍ਹਾਂ ਦਾ ਨਾਂ ਰੋਸ਼ਨ ਕਰਨਾ ਹੈ। ਉਸ ਨੂੰ ਚੰਗੇ ਸਕੂਲ, ਚੰਗੇ ਕਾਲਜ ਵਿੱਚ ਪੜ੍ਹਾ ਕੇ ਅੱਗੇ ਉੱਚ ਵਿਦਿਆ ਹਾਸਲ ਕਰਨ ਲਈ ਵਿਦੇਸ਼ ਤੱਕ ਭੇਜ ਦਿੰਦੇ ਹਨ ਪਰ ਕੁਝ ਕੁੜੀਵਾਦੀ ਲੋਕ ਕੁੜੀ ਨੂੰ ਆਮ ਜਿਹੇ ਸਕੂਲ ਵਿੱਚ ਪੜ੍ਹਾ ਕੇ, ਘਰ ਗ੍ਰਹਿਸਥੀ ਦੇ ਕੰਮ ਸਿਖਾ ਕੇ, ਵਿਆਹ ਕੇ, ਅਗਲੇ ਘਰ ਤੋਰਨ ਦੀ ਕਾਹਲ ਕਰ ਕੇ ਆਪਣੇ ਜ਼ਿੰਮੇਵਾਰੀ ਤੋਂ ਮੁਕਤ ਹੋਣਾ ਚਾਹੁੰਦੇ ਹਨ। ਜਿੱਥੇ ਜਾ ਕੇ ਕੁੜੀ ਨੂੰ ਹੁੰਗ, ਪਤਨੀ, ਭਰਜਾਈ, ਦਰਾਣੀ ਜਾਂ ਜੇਠਾਨੀ ਦੇ ਭਾਰ ਹੇਠ ਦੱਬ ਜਾਣ ਕਰਕੇ ਆਪਣੀ ਅਸਲ ਪਛਾਣ

ਗੁਆ ਬੈਠਦੀ ਹੈ। ਨਾਲੇ ਸਹੁਰੇ ਘਰ ਜਾ ਕੇ ਸੱਸ ਜਾਂ ਹੋਰਨਾਂ ਵਲੋਂ ਕੰਮ ਦੇ ਭਾਰ ਤੋਂ ਨੂੰਹ ਬਣੀ ਕੁੜੀ ਹੋਰ ਵੀ ਦੱਬ ਕੇ ਰਹਿ ਜਾਂਦੀ ਹੈ। ਮਾਪੇ ਤਾਂ ਧੀ ਵਿਆਹ ਕੇ ਆਪਣੇ-ਆਪ ਨੂੰ ਬੰਧਨ-ਮੁਕਤ ਸਮਝਦੇ ਹਨ ਕਿ ਅਸੀਂ ਗੰਗਾ ਨਹਾ ਬੈਠੇ ਹਾਂ ਪਰ ਉਨ੍ਹਾਂ ਨੂੰ ਇਹ ਨਹੀਂ ਸਮਝ ਆਉਂਦਾ ਕਿ ਉਨ੍ਹਾਂ ਦੀਆਂ ਅਸਲ ਜ਼ਿੰਮੇਵਾਰੀਆਂ ਤਾਂ ਧੀਆਂ ਦੇ ਵਿਆਹ ਤੋਂ ਉਪਰੰਤ ਹੀ ਸ਼ੁਰੂ ਹੁੰਦੀਆਂ ਹਨ।

ਸਰਕਾਰ ਇਸ ਲਿੰਗ-ਭੇਦ ਨੂੰ ਖਤਮ ਕਰਨ ਲਈ ਕਈ ਕਦਮ ਚੁੱਕ ਰਹੀ ਹੈ। ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਸਰਕਾਰ ਨੇ ਫਿਰ ਕਾਨੂੰਨ ਲਾਗੂ ਕੀਤਾ ਹੈ ਕਿ ਜੇ ਕੁੜੀ ਚਾਹੇ ਤਾਂ ਆਪਣੇ ਪਿਤਾ ਦੀ ਜਾਇਦਾਦ ਵਿੱਚੋਂ ਹਿੱਸਾ ਲੈ ਸਕਦੀ ਹੈ। ਦੂਜਾ ਉਨ੍ਹਾਂ ਨੇ ਕੁੜੀਆਂ ਦੀ ਪੜ੍ਹਾਈ ਮੁਫਤ ਕੀਤੀ ਹੋਈ ਹੈ। ਉਨ੍ਹਾਂ ਲਈ ਹਰ ਖੇਤਰ ਵਿੱਚ ਰਾਖਵੀਆਂ ਸੀਟਾਂ ਰੱਖੀਆਂ ਗਈਆਂ ਹਨ। ਸਰਕਾਰ ਨੇ ਤਿੰਨ ਧੀਆਂ ਵਾਲੀ ਮਾਂ, ਜਿਸ ਦਾ ਕੋਈ ਪੁੱਤਰ ਨਹੀਂ, ਉਨ੍ਹਾਂ ਦੀ ਪੈਨਸ਼ਨ ਲਗਾਈ ਹੋਈ ਹੈ। ਸਿਹਤ ਵਿਭਾਗ ਨੇ ਵੀ ਆਪਣੇ ਪਰਿਵਾਰ-ਨਿਯੋਜਨ ਦੇ ਸਲੋਗਨ (ਨਾਰੇ) ਵਿੱਚ ਕੁੜੀ ਲਿੰਗ ਨੂੰ ਪ੍ਰਮੁੱਖਤਾ ਦਿੱਤੀ ਹੈ ਅਤੇ ਆਪਣੇ ਹਰ ਇੱਕ ਬੋਰਡ ਜਾਂ ਬੈਨਰ ਉੱਤੇ ਮਾਤਾ-ਪਿਤਾ ਨਾਲ ਕੁੜੀ ਦੀ ਤਸਵੀਰ ਹੀ ਛਾਪੀ ਹੈ।

ਸਚਾਈ-ਇਨ੍ਹਾਂ ਸਭ ਉਪਰਾਲਿਆਂ ਦੇ ਬਾਵਜੂਦ ਵੀ ਇਹ ਲਿੰਗ-ਭੇਦ ਖਤਮ ਨਹੀਂ ਹੋ ਰਿਹਾ ਹੈ। ਅੱਜ ਦੇ ਮਾਹੌਲ ਵਿੱਚ ਹਰ ਰੋਜ਼ ਕੁੜੀਆਂ ਸੰਬੰਧੀ ਖਬਰਾਂ ਅਖਬਾਰਾਂ ਵਿੱਚ ਛੱਪ ਰਹੀਆਂ ਹਨ। ਕੁੜੀਆਂ ਨਾਲ ਛੇੜ ਖਾਨੀ, ਅਗਵਾਕਾਰੀ ਤੇ ਕਤਲ ਕਰ ਦੇਣ ਦੀਆਂ ਖਬਰਾਂ, ਘਰੋਂ ਨੱਸ ਪ੍ਰੇਮ ਵਿਆਹ ਜਾਂ ਹੋਰ ਸੰਬੰਧ ਅਜਿਹੇ ਕਾਰਨ ਹਨ ਜਿਸ ਕਰਕੇ ਮਾਪਿਆਂ ਨੂੰ ਕੁੜੀ ਘਰੋਂ ਬਾਹਰ ਭੇਜਣ ਤੋਂ ਪਹਿਲਾਂ ਦਸ ਵਾਰ ਸੋਚਣਾ ਪੈਂਦਾ ਹੈ। ਇਹੀ ਕਾਰਨ ਹੈ ਕਿ ਅੱਜ ਵੀ ਕਈ ਕੁੜੀਆਂ ਇੰਜੀਨੀਅਰਿੰਗ ਵਰਗੀਆਂ ਡਿਗਰੀਆਂ ਹਾਸਲ

ਕਰਨ ਦੇ ਬਾਵਜੂਦ ਵੀ ਘਰ ਬੈਠ ਕੇ ਟਿਊਸ਼ਨ ਪੜ੍ਹਾ ਰਹੀਆਂ ਹਨ ਕਿਉਂਕਿ ਉਨ੍ਹਾਂ ਦੇ ਮਾਪੇ ਉਨ੍ਹਾਂ ਨੂੰ ਘਰੋਂ ਦੂਰ ਜਾ ਵਿਦੇਸ਼ ਵਿੱਚ ਜਾ ਕੇ ਨੌਕਰੀ ਕਰਨ ਦੀ ਇਜਾਜ਼ਤ ਨਹੀਂ ਦੇਂਦੇ। ਅੱਜ ਕੱਲ ਮੁੰਡੇ ਦੇ ਲਾਲਚ ਵਿੱਚ ਕੁੜੀਆਂ ਦੀ ਹੱਤਿਆ ਕੀਤੀ ਜਾ ਰਹੀ ਹੈ। ਜਿਸ ਕਾਰਨ ਹਰ ਹਜ਼ਾਰ ਮੁੰਡਿਆਂ ਪਿੱਛੋਂ ਕੁੜੀਆਂ ਦੀ ਦਰ 933/1000 ਹੋ ਗਈ ਹੈ। ਜਿਸ ਦੇ ਬਹੁਤ ਖਤਰਨਾਕ ਸਿੱਟੇ ਨਿਕਲ ਸਕਦੇ ਹਨ।

ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਨੇ ਵੀ ਬਾਣੀ ਵਿੱਚ ਇਸਤਰੀ ਜਾਤੀ ਦੀ ਮੱਹਤਤਾ 'ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ ਹੈ:

“ਭੰਡਿ ਜੰਮੀਐ ਭੰਡਿ ਨਿੰਮੀਐ ਭੰਡਿ ਮੰਗਣ ਵੀਆਹੁ”॥
 ਭੰਡਹੁ ਹੋਵੈ ਦੋਸਤੀ ਭੰਡਹੁ ਚਲੈ ਰਾਹੁ ॥
 ਭੰਡੁ ਮੁਆ ਭੰਡੁ ਭਾਲੀਐ ਭੰਡਿ ਹੋਵੈ ਬੰਧਾਨੁ ॥
 ਸੋ ਕਿਉ ਮੰਦਾ ਆਖੀਐ ਜਿਤੁ ਜੰਮਹਿ ਰਾਜਾਨੁ॥”

ਅੰਤ ਵਿੱਚ ਇਹ ਕਿਹਾ ਜਾ ਸਕਦਾ ਹੈ ਕਿ ਲਿੰਗ-ਭੇਦ ਕੇਵਲ ਘਰ ਪਰਿਵਾਰ ਵਿੱਚ ਹੀ ਸਮਾਨਤਾ ਨਾਲ ਖਤਮ ਨਹੀਂ ਹੋ ਸਕਦਾ ਸਗੋਂ ਸੰਪੂਰਨ ਸਮਾਜ ਦੇ ਮਾਹੌਲ ਨੂੰ ਸੁਧਾਰਨ ਦੀ ਲੋੜ ਹੈ। ਆਪਣੇ ਸਮਾਜ ਵਿੱਚ ਫੈਲੀ ਗੰਦਗੀ ਨੂੰ ਖਤਮ ਕਰਨ ਦੀ ਲੋੜ ਹੈ। ਇਸ ਤੋਂ ਉੱਪਰ ਘਰ ਅਤੇ ਸਮਾਜ ਦੇ ਨਾਲ ਆਪਣੇ ਮਨ ਵਿੱਚ ਬੈਠੇ ਵਿਕਾਰ, ਵਿਤਕਰੇ ਤੇ ਭੇਦ ਨੂੰ ਮਿਟਾ ਕੇ ਇਸ ਤੋਂ ਉੱਪਰ ਉੱਠ ਕੇ ਹੀ ਕੁੜੀ-ਮੁੰਡੇ ਦੇ ਭੇਦ ਨੂੰ ਖਤਮ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ ਤਾਂ ਹੀ ਅਸੀਂ 21ਵੀਂ ਸਦੀ ਦੇ ਭਾਰਤ ਵਿੱਚ ਸੱਵਫ ਅਤੇ ਨਿਰੋਆ ਸਮਾਜ ਸਿਰਜ ਸਕਦੇ ਹਾਂ।

ਚਰਨਪ੍ਰੀਤ ਕੌਰ
 ਰੋਲ ਨੰ: 1917

ਸ੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ

“ਰਬ ਦਾ ਸੋਹਣਾ ਰੂਪ ਹੈ ਮੇਰਾ ਕਲਗੀਆਂਵਾਲਾ
 ਦੇਸ਼ ਧਰਮ ਦਾ ਰਖਵਾਲਾ ਦਸ਼ਮੇਸ਼ ਨਿਰਾਲਾ”

ਸ੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਸਿੱਖਾਂ ਦੇ ਦਸਵੇਂ ਗੁਰੂ ਸਰਬੰਸ ਦੇ ਦਾਨੀ ਹਨ। ਗੁਰੂ ਸਾਹਿਬ ਜੀ ਨੇ ਕੌਮ ਤੇ ਦੇਸ਼ ਲਈ ਆਪਣਾ ਪੂਰਾ ਸਰਬੰਸ ਕੁਰਬਾਨ ਕਰ ਦਿਤਾ। ਨੌ ਸਾਲ ਦੀ ਉਮਰ ਵਿਚ ਆਪਣੇ ਪਿਤਾ ਸ੍ਰੀ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ ਨੂੰ ਹਿੰਦੂ ਧਰਮ ਦੀ ਰਖਿਆ ਲਈ ਕੁਰਬਾਨ ਕਰ ਦਿੱਤਾ ਅਤੇ ਅੱਗੇ ਚੱਲ ਕੇ ਆਪਣੀ ਮਾਤਾ ਜੀ ‘ਗੁਜਰ ਕੌਰ ਜੀ’ ਨੂੰ ਅਤੇ ਇਥੇ ਤੱਕ ਆਪਣੇ ਜਿਗਰ ਦੇ ਟੁਕੜੇ ਚਾਰ ਸਾਹਿਬਜ਼ਾਦੇ ਬਾਬਾ ਅਜੀਤ ਸਿੰਘ, ਜੁਝਾਰ ਸਿੰਘ, ਜੌਰਾਵਰ ਸਿੰਘ

ਅਤੇ ਫਤਿਹ ਸਿੰਘ ਜੀ ਨੂੰ ਵੀ ਕੌਮ ਲਈ ਕੁਰਬਾਨ ਕਰ ਦਿੱਤਾ। ਗੁਰੂ ਸਾਹਿਬ ਜੀ ਨੇ ਸਾਰੀ ਕੌਮ ਨੂੰ ਹੀ ਆਪਣੇ ਬੱਚਿਆਂ ਵਾਂਗ ਜਾਣਿਆ ਅਤੇ ਆਖਿਆ ‘ਚਾਰ ਮੁਏ ਤੋਂ ਕਿਆ ਭਇਆ, ਜੀਵਤ ਕਈ ਹਜ਼ਾਰ’ ਭਾਵ ਜੇਕਰ ਚਾਰ ਸਾਹਿਬਜ਼ਾਦਿਆਂ ਦੀ ਸ਼ਹਾਦਤ ਮਗਰੋਂ ਹਜ਼ਾਰ ਸਿੰਘਾਂ ਦੀ ਜਾਨ ਬਚਦੀ ਹੈ ਤਾਂ ਉਹਨਾਂ ਦੀ ਸ਼ਹਾਦਤ ਸਫਲ ਹੈ। ਸਾਹਿਬਜ਼ਾਦਿਆਂ ਦੀ ਸ਼ਹਾਦਤ ਤੋਂ ਬਾਅਦ ਗੁਰੂ ਸਾਹਿਬ ਪਰਮਾਤਮਾ ਨੂੰ ਆਖਦੇ ਹਨ -

ਮੇਰਾ ਮੁਝ-ਮੇ ਕਿਛੁ ਨਹੀਂ, ਜੋ ਕਿਛੁ ਹੈ ਸੋ ਤੇਰਾ,
 ਤੇਰਾ ਤੁਝ ਕੋ ਸੌਪਤੇ ਕਿਆ ਲਾਗੇ ਮੇਰਾ।

ਉਹਨਾਂ ਨੇ ਕਦੇ ਵੀ ਸ਼ਹੀਦ ਸਿੰਘਾਂ ਜਾਂ ਸਾਹਿਬਜ਼ਾਦਿਆਂ ਵਿੱਚ
ਵਿਤਕਰਾ ਨਹੀਂ ਕੀਤਾ ਸਗੋਂ ਉਹਨਾਂ ਤੋਂ ਵੱਧ ਪਿਆਰ ਕੀਤਾ ਗੁਰੂ
ਸਾਹਿਬ ਅਨੁਸਾਰ:-

ਮੈਂ ਤਾਂ ਛਾਤੀ ਅਜੀਤ ਦੀ ਨਾਪਦਾ ਸਾਂ
ਕਿੰਨੇ ਫੁਟ ਤਲਵਾਰ ਦੇ ਉਹ ਖਾ ਸਕਦੈ ।
ਜੁਝਾਰ ਸਿੰਘ ਦੇ ਕੱਦ ਨੂੰ ਨਾਪਦਾ ਸਾਂ
ਕਿੰਨੀਆ ਗੋਲੀਆਂ ਸੀਨੇ ਵਿਚ ਖਾ ਸਕਦੈ ।
ਜੌਰਾਵਰ ਦੇ ਜੋਰ ਨੂੰ ਨਾਪਦਾ ਸੀ ਮੈਂ
ਕਿੰਨੀਆਂ ਤੇਗਾਂ ਕੁੰਢੀਆਂ ਕਰਾ ਸਕਦੈ ।
ਫਤਿਹ ਸਿੰਘ ਦੀ ਧੌਣ ਨੂੰ ਨਾਪਦਾ ਸੀ
ਕਿੰਨੀਆਂ ਇੱਟਾਂ 'ਚ' ਆਪ ਛੁਪਾ ਸਕਦੈ ।
ਪਾਲ ਪੋਸ ਕੇ ਖੁਰਾਕ ਨਾਲ ਸਾਹਿਬਜ਼ਾਦੇ

ਬਲੀ ਦੇਣ ਲਈ ਅੱਜ ਮੰਗਵਾ ਲਏ ਨੇ
ਕੋਈ ਆਖੇ ਨਾ ਸਿੰਘ ਮਰਵਾ ਦਿੱਤੇ
ਕਲਗੀਵਾਲੇ ਨੇ ਤਾਂ ਆਪਣੇ ਬੱਚੇ ਬਚਾ ਲਏ ਨੇ ।

ਗੁਰੂ ਸਾਹਿਬ ਜੀ ਦੀ ਕੁਰਬਾਨੀ ਨੂੰ ਅਸੀਂ ਸ਼ਬਦਾਂ ਜਾਂ ਕਿਤਾਬਾਂ
ਵਿਚ ਨਹੀਂ ਬਿਆਨ ਕਰ ਸਕਦੇ ਅੰਤ ਇਹਨੀ ਵਡੀ ਸ਼ਹਾਦਤ
ਮਗਰੋਂ ਸਾਨੂੰ ਇਹ ਉਪਦੇਸ਼ ਦੇ ਗਏ:-

“ਸੱਭ ਸਿਖਨ ਕੋ ਹੁਕਮ ਹੈ
ਗੁਰੂ ਮਾਨਿਉ ਗ੍ਰੰਥ”

ਗਤਿੰਦਰ ਕੌਰ
ਰੋਲ ਨੰ: 19●3

ਵੀਰ

ਜੀਵਨ ਲੱਗੇ ਵੀਰ ਮੇਰੇ ਨੂੰ, ਮੇਰਾ ਵੀ,
ਜੀਵਨ ਦੇ ਸਾਰੇ ਸੁਖ ਉਸਨੂੰ ਦੇ ਦੇਵੀਂ ।

ਤੂੰ ਦੇਵੀਂ, ਲੰਮੀਆਂ ਉਮਰਾਂ ਉਸਨੂੰ,
ਸਿਰ ਮਾਪਿਆਂ ਦੀ ਠੰਡੀ ਛਾਂ ਦੇਵੀਂ ।

ਲੱਗੇ ਨਾ ਤੱਤੀਵਾ ਉਸਨੂੰ,
ਤੂੰ ਹਰ ਰਸਤਾ ਉਸਦਾ ਰੋਸ਼ਨ ਕਰ ਦੇਵੀਂ ।

ਮਿਲੇ ਹਰ ਮੁਕਾਮ ਉਸਨੂੰ ਜਿੰਦਗੀ ਵਿਚ,
ਤੂੰ ਹਰ ਸੁਫਨਾ ਉਸਦਾ ਪੂਰਾ ਕਰ ਦੇਵੀਂ ।

ਭੈਣ ਕਰੇ ਪਿਆਰ ਬੜਾ ਉਸਨੂੰ,
ਬਸ ਇੰਨਾਂ ਕੁ ਉਸਨੂੰ ਸਮਝਾ ਦੇਵੀਂ ।

ਜੀਵਨ ਲੱਗੇ ਵੀਰ ਮੇਰੇ ਨੂੰ, ਮੇਰਾ ਵੀ,
ਜੀਵਨ ਦੇ ਸਾਰੇ ਸੁਖ ਉਸਨੂੰ ਦੇ ਦੇਵੀਂ ।

ਕਦੇ ਗੁੰਮ ਨਾ ਜਾਵਣ ਹਾਸੇ ਉਸਦੇ,
ਰੱਖੀ ਇੰਨਾ ਕੁ ਪਿਆਰ ਉੱਏ ਰੱਬਾ ।

ਲੱਗੇ ਨਾ ਤੱਤੀਵਾ ਉਸਨੂੰ
ਦਿਲ ਵਿੱਚ ਹੈ ਇਹੀ ਦੁਆ ਉਏ ਰੱਬਾ,
ਦਿਲ ਮੇਰੇ ਦੀ ਬੱਸ ਇੰਨੀ ਹੀ ਤਮੰਨਾ,
ਵੀਰ ਰਹੇ ਹਮੇਸ਼ਾ ਮੇਰੇ ਨਾਲ ਉਏ ਰੱਬਾ ।

ਗਤਿੰਦਰ ਕੌਰ
ਰੋਲ ਨੰ: 19●3

ਚੰਗੇ ਦਿਨ

ਕੋਈ ਕੋਈ ਦਿਨ ਜਿਹਦੀ ਸ਼ਾਮ ਨਾ ਢਲੇ
ਕੋਈ ਕੋਈ ਸ਼ਾਮ ਕਦੇ ਰਾਤ ਹੁੰਦੀ ਨਾ
ਕਿਸੇ ਕਿਸੇ ਰਾਤ ਦੀ ਸਵੇਰ ਨਾ ਚੜ੍ਹੇ
ਸੁਪਨੇ ਨਾ ਨੀਂਦ ਦੀ ਮੁਲਾਕਾਤ ਹੁੰਦੀ ਨਾ
ਕੋਈ ਕੋਈ ਸਵੇਰ ਜਦੋਂ ਟੀ ਵੀ ਅਖਬਾਰਾਂ ਤੇ ਵੀ
ਸੁਪਨੇ ਸਲੀਬਾਂ ਉੱਤੇ ਟੰਗੇ ਹੁੰਦੇ ਨੇ
ਪਰ ਕਈ ਦਿਨ ਇਨ੍ਹਾਂ ਨਾਲੋਂ ਚੰਗੇ ਹੁੰਦੇ ਨੇ

ਕਿਸੇ ਕਿਸੇ ਦਿਨ ਐਵੇਂ ਲੱਗ ਜਏ ਉਦਾਸੀ
ਯਾਦ ਆਉਣ ਚਿਹਰੇ ਜਿਹੜੇ ਭੁੱਲ ਬੈਠੇ ਆਂ
ਕਿਸੇ ਕਿਸੇ ਦਿਨ ਹੋਵੇ ਬੜਾ ਪਛਤਾਵਾ
ਕਾਹਦਾ ਪਿੱਛੇ ਐਨਾ ਰੁੱਸ-ਰੁੱਸ ਬੈਠ ਆਂ
ਬੜਾ ਅਫਸੋਸ ਹੁੰਦਾ ਵਿੱਛੜੇ ਯਾਰਾਂ ਦਾ
ਜਦੋਂ ਆਪਣੇ ਹੀ ਹੱਥ ਲਹੂ ਰੰਗੇ ਨੇ
ਪਰ ਕਈ ਦਿਨ ਇਨ੍ਹਾਂ ਨਾਲੋਂ ਚੰਗੇ ਹੁੰਦੇ ਨੇ

ਹਰਦੀਪ ਕੌਰ
ਰੋਲ ਨੰ: 19●8

ਸੁਪਨੇ

ਸੁਪਨੇ ਤੇ ਸਾਰੇ ਦੇਖਦੇ ਹਨ ਭਾਵੇਂ ਉਹ ਇਨਸਾਨ ਗਰੀਬ ਹੋਵੇ ਜਾਂ ਅਮੀਰ। ਗੱਲ ਤਾਂ ਇਹ ਹੈ ਕਿ ਗਰੀਬ ਨੂੰ ਆਪਣੇ ਸੁਪਨੇ ਪੂਰੇ ਕਰਨ ਲਈ ਬਹੁਤ ਮੁਸੀਬਤਾਂ ਦਾ ਸਾਹਮਣਾ ਕਰਨਾ ਪੈਂਦਾ ਹੈ ਅਤੇ ਕਦੇ-ਕਦੇ ਤਾਂ ਉਸ ਤਾਂ ਸੁਪਨਾ ਪੂਰਾ ਹੁੰਦਾ-ਹੁੰਦਾ ਰਾਹ ਵਿੱਚ ਹੀ ਖੇਰੂੰ-ਖੇਰੂੰ ਹੋ ਜਾਂਦਾ ਹੈ।

ਸੁਪਨਾ ਰਾਤ ਨੂੰ ਵੀ ਦੇਖਿਆ ਜਾ ਸਕਦਾ ਹੈ ਜਾਂ ਸਵੇਰੇ ਖੁੱਲੀਆ ਅੱਖਾਂ ਨਾਲ ਵੀ ਦੇਖਿਆ ਜਾ ਸਕਦਾ ਹੈ। ਪਰ ਇਹ ਸੁਪਨਾ ਇਨਸਾਨ ਤੋਂ ਬਹੁਤ ਮਿਹਨਤ ਵੀ ਮੰਗਦਾ ਹੈ। ਜਿੰਨਾ ਵੱਡਾ ਸੁਪਨਾ ਉਨੇ ਹੀ ਪਾਪੜ ਵੇਲਣੇ ਪੈਂਦੇ ਨੇ ਉਸ ਨੂੰ ਪੂਰਾ ਕਰਨ ਲਈ। ਪਰ ਜਿੰਦਗੀ ਵਿੱਚ ਤੁਸੀਂ ਆਪਣੇ ਸੁਪਨੇ ਨੂੰ ਪੂਰਾ ਕਰਨ ਲਈ ਇੱਕਲੇ ਨਹੀਂ ਹੁੰਦੇ, ਤੁਹਾਡੇ ਆਪਣੇ ਇਸ ਸੁਪਨੇ ਨੂੰ ਪੂਰਾ ਕਰਨ ਲਈ ਤੁਹਾਡੇ ਸਹਾਇਕ ਹੁੰਦੇ ਹਨ।

ਜੇ ਸਾਡਾ ਸੁਪਨਾ, ਸਾਡੀ ਜਿੰਦਗੀ ਦੀ ਮੰਜ਼ਿਲ ਬਣ ਜਾਵੇ ਤਾਂ ਇਸ ਵਿੱਚ ਕੋਈ ਮਾੜੀ ਗੱਲ ਨਹੀਂ। ਪਰ ਵਿਚਾਰ ਕਰਨ ਵਾਲੀ ਗੱਲ ਤਾਂ ਇਹ ਹੈ ਕਿ ਸਾਡੇ ਸਾਰੇ ਸੁਪਨੇ ਪੂਰੇ ਹੋ ਜਾਂਦੇ ਹਨ। ਪਰ ਇੱਕ ਤਾਂ ਹੈ ਸੁਪਨਾ ਪੂਰਾ ਹੋਵੇ ਜਾਂ ਨਾਂ ਪਰ ਉਸ ਸੁਪਨੇ ਨੂੰ ਪੂਰਾ ਕਰਨ ਲਈ ਖਾਂਦੇ ਜਿੰਦਗੀ ਵਿੱਚ ਘਾਧੇ ਧੱਕੇ ਸਾਨੂੰ ਬਹੁਤ ਕੁਝ ਸਿਖਾ ਜਾਂਦੇ ਹਨ। ਧੱਕੇ ਖਾਣ ਨਾਲ ਜਿਹੜੇ ਸਮਝ ਇਨਸਾਨ ਨੂੰ ਆਉਂਦੀ ਹੈ, ਉਹ ਕਿਸੇ ਦੇ ਸਿਖਾਣ ਨਾਲ ਨਹੀਂ ਆਉਂਦੀ।

ਸੁਪਨਾ ਪੂਰਾ ਹੋਣ ਤੇ ਖੁਸ਼ੀ ਅਤੇ ਸ਼ਾਂਤੀ ਵੀ ਬਹੁਤ ਮਿਲਦੀ ਹੈ। ਪਰ ਸੁੱਖ ਦੀ ਪ੍ਰਾਪਤੀ ਦੁੱਖ ਬਾਅਦ ਹੀ ਮਿੱਠੀ ਲੱਗਦੀ। ਜਿਸ ਤਰ੍ਹਾਂ

ਦਰਦ ਤੇ ਹੀ ਦਵਾ ਦੀ ਮਹੱਤਤਾ ਸਮਝ ਆਉਂਦੀ ਹੈ। ਪਰ ਕਦੇ-ਕਦੇ ਸੁਪਨਾ ਇਨਸਾਨ ਨੂੰ ਬਹੁਤ ਥੱਕਾ ਵੀ ਦੇਂਦਾ ਹੈ ਕਿ ਉਹ ਆਪਣੀ ਹਾਰ ਹੀ ਮੰਨ ਲੈਂਦਾ ਹੈ। ਕੋਈ ਵੀ ਇਨਸਾਨ ਮਨੋਂ ਹਾਰਨਾ ਨਹੀਂ ਚਾਹੁੰਦਾ ਪਰ ਇਹ ਚੰਦਰੀ ਹਾਰ ਸਾਡੀ ਜਿੰਦਗੀ ਵਿੱਚ ਦਸਤਕ ਦੇ ਹੀ ਜਾਂਦੀ ਹੈ। ਹੁਣ ਆਉਂਦਾ ਹੈ ਹਾਰੇ ਹੋਏ ਦਾ ਇਲਾਜ। ਜ਼ਖਮਾਂ 'ਤੇ ਲੂਣ ਪਾਣ ਵਾਲੇ ਤਾਂ ਬਹੁਤੇ ਮਿਲ ਜਾਣਗੇ ਤੁਹਾਨੂੰ ਰਾਹ ਰਸਤੇ ਵਿੱਚ ਪਰ ਹੱਥ ਦੇ ਕੇ ਉਠਾਣ ਵਾਲਾ ਇੱਕ ਵੀ ਉਸ ਵੇਲੇ ਹਾਰੇ ਹੋਏ ਦਿਲ ਲਈ ਮਹਲਮ ਬਣ ਜਾਂਦਾ ਹੈ।

ਕਈ ਵਾਰੀ ਸੁਪਨਾ ਸਾਡੇ ਤੋਂ ਸਾਡੀ ਸਮੱਰਥਾ ਤੋਂ ਵੱਧ ਵੀ ਕੰਮ ਕਰਵਾ ਲੈਂਦਾ ਹੈ। ਪਰ ਇਸ ਤਰ੍ਹਾਂ ਵੀ ਹੋ ਸਕਦਾ ਹੈ ਕਿ ਜਿੰਨਾ ਅਸੀਂ ਉਸ ਨੂੰ ਹਾਸਿਲ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹਾਂ, ਉਹ ਸਾਡੇ ਤੋਂ ਦੂਰ ਹੁੰਦਾ ਜਾਂਦਾ ਹੈ। ਸੁਪਨਾ ਪੂਰਾ ਕਰਦੇ-ਕਰਦੇ ਇਨਸਾਨ ਦੀ ਕਈ ਵਾਰ ਸਾਰੀ ਉਮਰ ਹੀ ਬੀਤ ਜਾਂਦੀ ਹੈ।

ਪਰ ਕਦੇ 'ਤੇ ਇਹ ਸੁਪਨਾ ਪੂਰਾ ਹੋ ਹੀ ਜਾਏਗਾ। ਕਿਉਂਕਿ ਜਿੱਤ ਤਾਂ ਇੱਕ ਦਿਨ ਬਾਰ-ਬਾਰ ਕੋਸ਼ਿਸ਼ ਕਰਨ ਵਾਲੀ ਕੀੜੀ ਦੀ ਵੀ ਹੋ ਜਾਂਦੀ ਹੈ। ਜਿੰਦਗੀ ਦਾ ਸਿਕੰਦਰ ਉਹ ਹੈ ਜੋ ਸੁਪਨਾ ਟੁੱਟਣ ਤੋਂ ਬਾਅਦ ਵੀ ਦੁਬਾਰਾ ਉੱਠ ਕੇ ਉਸ ਨੂੰ ਨਵੀਂ ਉਮੀਦ ਨਾਲ ਸ਼ੁਰੂ ਕਰਦਾ ਹੈ। ਮਨ ਦੀ ਦੁਆ ਇਹੀ ਹੈ ਕਿ ਰੱਬ ਸਹਾਇਕ ਹੋ ਕੇ ਸਭ ਦੇ ਸੁਪਨੇ ਅਤੇ ਚੰਗੀਆਂ ਖਾਹਿਸ਼ਾਂ ਪੂਰੀਆਂ ਕਰੇ।

ਅਨਮੋਲਪ੍ਰੀਤ ਕੌਰ
ਰੋਲ ਨੰ: 1906

ਚੰਗੇ ਦਿਨ

ਮਾਂ ਤੂੰ ਕਦੇ ਥੱਕਦੀ ਕਿਉਂ ਨਹੀਂ
ਸਭ ਦਾ ਫਿਕਰ ਕਰਦੀ ਏ
ਤੇ ਆਪਣਾ ਰੱਖਦੀ ਕਿਉਂ ਨਹੀਂ
ਮੈਂ ਤੈਨੂੰ ਕਦੇ ਸੁੱਤਿਆ ਨਹੀਂ ਦੇਖਿਆ
ਕਾਹਦੀ ਬਣੀਂ ਏ....?
ਤੇਰੀ ਅੱਖ ਲੱਗਦੀ ਕਿਉਂ ਨਹੀਂ
ਦਰ ਰਾਮ ਦਾ ਨਹੀਂ ਛੱਡਦੀ, ਨਾ ਹੀ ਅੱਲ੍ਹਾ ਦਾ
ਮੰਗਦੀ ਕੀ ਏ, ਦੱਸਦੀ ਕਿਉਂ ਨਹੀਂ
ਤੂੰ ਠੀਕ ਏ ਤੇ ਤੈਨੂੰ ਕੋਈ ਫਿਕਰ ਨਹੀਂ
ਮੇਰੀਆਂ ਰੀਝਾਂ ਬਿਨਾਂ ਦੱਸਿਆ ਕਿੱਦਾ ਬੁੱਝ ਲੈਂਦੀ ਏ

ਇਹ ਕਿਹੜਾ ਇਲਮ ਏ, ਪਰਦਾ ਚੱਕਦੀ ਕਿਉਂ ਨਹੀਂ
ਤੂੰ ਮੇਰੇ ਵੱਲ ਵੀ ਏ, ਤੂੰ ਉਹਦੇ ਵੱਲ ਵੀ ਏ
ਤੂੰ ਸਭ ਦੇ ਵੱਲ ਦੀ ਏ, ਇੱਕ ਪੱਖਦੀ ਕਿਉਂ ਨਹੀਂ
ਭਾਵੇਂ ਹੱਥ ਨੇ ਕੰਬਦੇ ਨਾਲ ਮੂੰਹ ਉੱਤੇ ਝੁੱਰੜੀਆਂ ਵੀ
ਪਰ ਮਾਂ ਤੋਂ ਵੱਧ ਕੋਈ ਸੋਹਣੀ ਲੱਗਦੀ ਕਿਉਂ ਨਹੀਂ।

ਰਵੀਨਾ
ਰੋਲ ਨੰ: 1938

“ਸੱਚ”

ਜਿੰਦਗੀ ਲੰਮੀ ਨਹੀਂ ਹੁੰਦੀ ਬਹੁਤੀ,
ਦੁੱਖ ਲੱਗ ਜਾਵੇ ਤਾਂ ਲੰਮੀ ਲੱਗਦੀ ਏ,
ਇਹ ਦੁਨੀਆਂ ਮੌਕਾ ਭਾਲੇ ਲੁੱਟਣ ਦਾ,
ਮੌਕਾ ਮਿਲਦਿਆਂ ਹੀ ਲੁੱਟਣ ਲੱਗਦੀ ਏ,
ਗੁੱਡੀ ਚੜ੍ਹੇ ਅੰਬਰੀ ਤਾਂ ਖੁਸ਼ੀ ਮਿਲਦੀ,
ਬਹੁਤ ਖੁਸ਼ ਨਸੀਬ ਹੁੰਦੇ ਨੇ ਉਹ ਮਾਪੇ,
ਜਿਹਨਾ ਦੀ ਔਲਾਦ ਰੋਕਣ ਤੇ ਖੜਦੀ ਏ,
ਮਾਂ ਦਾ ਦੁੱਧ ਬੱਚੇ ਲਈ ਹੋਵੇ ਅਮ੍ਰਿਤ ਵਰਗਾ ।

ਮਾਂ ਦੇ ਹੱਥ ਦੀ ਰੋਟੀ ਨਾਲ ਹੀ ਭੁੱਖ ਭੱਜਦੀ ਏ,
ਜਿਸ ਮਕਾਨ ਵਿੱਚ ਨਾ ਹੋਵੇ ਸੁੱਖ-ਸ਼ਾਂਤੀ,

ਉਹਦੇ ਅੱਗੇ ਕੁੱਲੀ ਵੀ ਵੱਡੀ ਲੱਗਦੀ ਹੈ,
ਫੁੱਲ ਖਿੜਿਆ ਤਾਂ ਲੱਗੇ ਬਹੁਤ ਸੋਹਣਾ ।

ਮੁੰਹੋ ਮਿੱਠਾ ਜਦੋਂ ਦਿੱਸੇ ਅਸਲੀ ਚਿਹਰਾ,
ਜਣਾ-ਖਣਾ ਵੀ ਉਹਦੇ ਤੇ ਖੁੱਕ ਜਾਂਦਾ ।

ਬੰਦਿਆਂ ਮਾਣ ਨਾ ਕਰੀ ਮਿੱਟੀ ਦੀ ਫੇਰੀ ਦਾ
ਇਹਦਾ ਸਫਰ ਸਮਸ਼ਾਨ ਤੇ ਜਾਕੇ ਮੁੱਕ ਜਾਂਦਾ ।

ਰੇਨੂ ਸ਼ੇਖਾਵਤ
ਰੋਲ ਨੰ: 1914



“ਬੋਲੀ ਨਾ ਰਹੀ ਤਾਂ ਕਵਿਤਾਵਾਂ ਗੁੰਮ ਜਾਣੀਆਂ
ਮਾਂਵਾਂ ਦੀਆਂ ਦਿੱਤੀਆਂ ਦੁਆਵਾਂ ਰੁਲ੍ਹ ਜਾਣੀਆਂ
ਦਿੱਤੀਆਂ ਸ਼ਹਾਦਤਾਂ ਨਾਂ ਮਿੱਟੀ ਚ 'ਮਿਲਾ ਦਿਓ
ਦੇਖਿਓ ਪੰਜਾਬੀਓ.....
ਪੰਜਾਬੀ ਨਾ ਭੁਲਾ ਦਿਓ”



“ਅਧਿਆਪਕ ਇੱਕ ਦੀਵੇ ਦੇ
ਸਮਾਨ ਹੈ ਜੋ ਦੂਜਿਆਂ ਨੂੰ
ਰੌਸ਼ਨੀ ਦੇਣ ਲਈ ਆਪ ਜਲਦਾ ਹੈ”



“ਨਤੀਜਿਆਂ ਦਾ ਕੱਦ,
ਮਿਹਨਤ ਦੀ ਖੁਰਾਕ ਤੇ ਨਿਰਭਰ ਕਰਦਾ ਹੈ....”



हिन्दी विभाग

अंतर्वस्तु

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जीवन की डगर

यह जीवन है आने कई पढ़ाव है
तू हौसला रख, मंजिल मिलनी अपने आप है
यह जीवन है आने कई पढ़ाव है ॥

रास्ते तो कई है कुछ मुश्किल है तो कुछ आसान है
तेरी हिम्मत से ही, जीतनी तूने ये सारी कायनात है ।
यह जीवन है आने कई पढ़ाव है ॥

जीवन में कई लोग आएंगे,
कुछ हौसला देगे तो कुछ गिराएंगे ।
तू रख हिम्मत, करने वाला तो परवरदिगार है।
यह जीवन है आने कई पढ़ाव है ॥

रख धीरज बढ़ आगे
चुनौतियाँ राह में मिलनी हजार है
आज अँधेरा है, तो कल प्रकाश है,
यह जीवन है आने इसमें कई पढ़ाव है ॥

चींटी भी चढ़ती और गिरती कई बार है,
उसकी लगन ही तो सफलता का द्वार है ।
माना आसान नहीं यह डगर पर
न मुमकिन को मुमकिन करना ही तो तेरा काम है
यह जीवन है, आने इसमें कई पढ़ाव है ।

गरिमा सोबती
रोल नं 1926

कुदरत ने सबक सिखाना था

बीमारी तो बस एक बहाना था,
दरअसल, कुदरत ने तो हमें सबक सिखाना था ।
यहीं भागे जा रहे थे जिंदगी की दौड़ में,
असली मंजिल का पता बताना था,
बिखर रहे थे सदस्य घर में,
उन सबको एक जुट कराना था,
बीमारी तो बस एक बहाना था ।
दरअसल, कुदरत ने तो हमें सबक सिखाना था ।

संस्कार तो बस पड़ते थे किताबों में
बस इसे असली जीवन से रूबरू कराना था ।
अपनी भूली हुई संस्कृति से,
फिर से सबको मिलाना था ।
बीमारी तो बस एक बहाना था
दरअसल, कुदरत ने तो हमें सबक सिखाना था ।

सब मुस्कुराते तो थे, मगर सिर्फ तस्वीरों में,
असली खुशी को सबके चेहरे पर लाना था ।
हो गए थे, सब खुदगर्ज जिंदगी में,
गरीबों की मदद कर मानवता का पाठ पढ़ाना था,
बीमारी तो बस एक बहाना था,
दरअसल, कुदरत ने तो हमें सबक सिखाना था ।

क्या था रामायण और महाभारत मे,
फिर से, सबको याद दिलाना था ।
सूना पड़ा था आँगन घर में,
फिर से सबको साथ बिठाना था ।
बीमारी तो एक बहाना था ।
दरअसल, कुदरत ने तो हमें सबक सिखाना था ।

कुछ नया नया बनाकर घर में,
फास्टफूड से छुटकारा दिलाना था ।
बीमारी तो बस एक बहाना था,
दरअसल, कुदरत ने तो हमें सबक सिखाना था ।

कैसी होती है । जिंदगी पिंजरे की कैद में,
जानवरों के दर्द का एहसास कराना था ।
नहीं सुनती थी चहचहाहट पछियों की आसमान में,
फैक्टरी और वाहनों को भी बंद कराना था ।
बीमारी तो एक बहाना था
दरअसल, कुदरत ने तो हमें सबक सिखाना था ।

नीतू वर्मा
रोल नं 1927

बी.एड. का सफर

वक्त हो चला तेरे उड़ान भरने का.....

नये रास्तों से मिलने का

मंजिल आसान नहीं, मगर सफर सुहाना है

क्या करोगे अब यहीं दिल लगाना है ।

इन्तिहां कई होंगे, कई तो अभी अपना आपा भी खोएंगे

समय ज़रा कम है, दो साल तो मानो बस एक भ्रम है ।

कई सच्चे यार मिलेंगे, कईयों को प्यार मिलेंगे

मगर मोहब्बत बस एक अफसाना है

यहाँ Chart, PPT, Model से बस दिल लगाना है ।

बदलेगा कुछ नहीं सफर वहीं पुराना है

बस समेटोगे जो यादें वहीं कुछ नूरानी है

शिक्षक कम यहां दोस्त मिलेंगे.....

जो तुमसे मगर खुल के भी कुछ कहेंगे

बेटा ऐसे नहीं चलेगा..... अभी और मेहनत करनी है ।

कुछ डाटेंगी तो कुछ शिकायत भी करेंगे

जिनसे कभी बनी नहीं वो भी साथ रहा करेंगे

एक ग्रुप में मिलकर काम किया करेंगे

मगर तुम बस यूँ ही सरल सी रहना

थोड़ी चंचल नदी जैसी बहना

कॉम्पटीशनस कई बार होंगे, टेंशन हज़ार होंगे

Practical Files अधूरी होगी और B.Ed करना मजबूरी होगी ।

छोड़ कर जाने के ख्याल भी आएंगे

B.Ed क्यों Choose किया ये सवाल भी आएंगे

मगर तुम्हारे दोस्त तुम्हे फिर पीछे खींच लायेंगे (कुछ नहीं होता यार !)

गर्मियों का शुमार होगा, syllabus का तकरार होगा

मगर तुम पे Examination का भूत सवार होगा

थोड़ा हंस लेना, थोड़ा मुस्कुरा लेना

और सारे गम भूला देना

टीचर बनने की feelings लाएंगे

अब तो हम Teaching Practice को जाएंगे

नये-नये सिलसिले रहे होंगे, कईयों के दिल भी धड़क रहे होंगे

मगर SCERT का तकरार होगा

Govt. School, Private School के चक्कर में सियापा हज़ार होगा ।

मगर तुम ना घबराना अपने Lesson Plan बस बनाए जाना

फिर कई Events भी मनाए जाएंगे

मगर School वाले तुम पर बदिशे लगाएंगे

जीवन की असलियत से भी टकराओगे

और उन बच्चों को देख अपने गम भूलाओगे

उन्हें पढ़ाना नहीं आसान होगा

और बिना पढ़ाए चैन भी नहीं आएगा ।

शिकयतें हज़ार होंगी.....

मगर तुम बस यूँ ही रहना चंचल नदी जैसी मदमस्त बहना ।

प्रतिभा

रोल नं 1831

एनएसएस कैंप

खिलखिलाते चेहरे मुस्कराने लगे थे

फाइलों के तले खुशियां भी दबाने लगे थे

तभी टीना मैम की क्लास लगी एनएसएस की बात चली

पहले तो डर लगा, 7 दिन कैसे गुजरेंगे

हम इतने दिनों क्या ही करेंगे.....

लो आज पहला दिन है, सुबह से हर कोई व्यस्त है

ब्रह्म कुमारी दीदीयों का स्वागत किया है

बदले ओम शांति का मंत्र उनसे लिया है

बाद सुबह के हम पलसोरा चले है

हाथ, मन में कितने जज्बात भरे है

मगर आज काम जरा ज्यादा है
शाम हो चुकी है फिर भी आधा है

दिवस अगला आया और सुबह 9 बजे attendance लगाया
Pidilite से शशि मैम आये है
अपने Crafts के गुण हमे सिखाएं है
सुंदर सपनों से सजा प्रभु आसरा का संसार
बाते करके बच्चों से मिला जीवन को नया आधार
Personality Development पर विमर्श हमने करवाया
सहर्ष बच्चों की बातों को भी अपनाया

हिंदु मुसलमान, सिख, इसाई आपस में सब भाई-भाई
यहीं संदेशा हमने अपने नुक्कड़ नाटक में दिखलाया
फिर सबने मिलकर खाना भी बनाया
और सबको खूब खिलाया
Poster भी हमने बनाये
चित्रकारी से सपने भी जगाए

दिवस अगला आया और हमने खूद को ऊर्जावान पाया
बच्चों संग Dustbins हमने बनाये
कूड़ा अलग करने के गुर भी सिखलाये
कुछ उनके मन को भी टटोला
यह लो ज्ञान का पिटारा भी हमने खोला

‘मै नहीं तुम पहले’
आओ मिलकर सब यह कह ले

आत्मनिर्दिक्षण का अगला दिवस आया
जब चारू मेम ने My Carbon Footprints का क्लास
लगाया
धरा पर जब तक हरियाली है
जीवन में तबतक ही खुशियाली है उन्होंने एहसास
करवाया

सेवा ही जीवन का सत्कार है
सेवा से बड़ा ना कोई परोपकार है
गुरुद्वारा दाऊ साहिब जाकर सबने शीश टिकाया
सेवा कर कुछ कर्तव्य भी निभाया
बदले में स्वादिष्ट लंगर पाया
और निकट ही बेदी सर के फार्म हाउस हम जा आए
और संग अपने गन्ने, शलजम नींबू भी लाए
जब शुरू किया हमने दिल लगाना
सफर हो चला था सुहाना
सेवा लगन से सपनों के बीज बोना, प्यार की सींच से
फिर उसे आजीवन संजोना ।

प्रतीभा

रोल नं 1831

दिल बहलाने वाली बात है

यूँ तो घर की सफाई का काम बहन किया करती थी और
भाई, साफ की हुई जगह पर आकर बैठ जाता था
और फिर भी माँ-बाप का ये कहना कि हम तो
लड़का-लड़की में फर्क नहीं समझते, ये तो बस दिल
बहलाने वाली बात थी ।

अब इन्हें कहाँ श्याम के बाद घर से निकलने की इजाजत
थी और भाई, देर रात से घर आता था और फिर भी माँ-बाप
का ये कहना कि हम तो लड़का-लड़की में फर्क नहीं
समझते, ये तो बस दिल बहलाने वाली बात थी ।

खेलने के वक्त, भाई को, माँ खुद ही निक्कर पहनाकर
भेजा करती थी और बहन को पूरे कपड़े पहन कर भी घर से
बाहर निकलने की इजाजत नहीं थी । लेकिन इस पर भी

माँ-बाप का कहना कि हम तो लड़का-लड़की में फर्क नहीं
समझते, ये तो बस दिल बहलाने वाली बात थी ।

औरत के बच्चा होने पर ये कहना, बेटी हुई तो क्या हुआ !
और फिर भी दिल में बेटे की आस रखना और माँ-बाप का ये
कहना कि हम तो लड़का-लड़की में फर्क नहीं समझते ये तो
बस दिल बहलाने वाली बात थी ।

तूँ मेरे बेटे जैसी हैं, इस बात पे बेटी को बेटी न कहना और
फिर भी माँ-बाप का ये कहना कि हम तो लड़का-लड़का में
फर्क नहीं समझते । ये तो बस दिल बहलाने वाली बात थी ।

नवधा

रोल नं 1815

हिन्दूस्तान की लड़ाई

हिन्दू मुस्लिम सिख ईसाई,
आपस में हैं भाई-भाई ।
जब आपस में हैं भाई-भाई,
तो किस बात की यह लड़ाई ॥

गलतियाँ हमने की कई,
धोखेबाजी की रखी नींव नई ।
सोचे ये बदलाव आएगा,
उम्मीदें थी बड़ी कई ॥

अब तक जो भी थामा हाथ है,
वो गुंडागर्दी का साथ है ।
हर दिन के समाचार बतलाते हैं,
मानवता पर ये आघात है ॥

विविधता में सुंदरता है,
इस बात को तुमने भुला दिया ।

कर-कर के हिन्दू मुसलमान,
भारत को तुमने रूला दिया ॥

लाकर कैब को भारत में,
तुमने धर्म निरपेक्षता को हिला दिया ।
इस पावन धरती के नाम को,
मिट्टी में तुमने मिला दिया ॥

अब चुप हम भी ना बैठेंगे ।
न अत्याचार होते देखेंगे ॥
ये लड़ाई अब आत्म-सम्मान की है,
ये लड़ाई अब अभिमान की है ।
करले जो सरकार कर सके,
ये लड़ाई अब हिन्दूस्तान की है ॥

शायना जैसवाल
रोल नं 1833

तुम चलो तो सही

राह में मुश्किलें होगी हज़ार,
तुम दो कदम बढ़ाओ तो सही,
हो जाएगा हर सपना साकार,
तुम चलो तो सही, तुम चलो तो सही ।

मुश्किल है पर इतनी भी नहीं,
कि तू कर ना सके,
दूर है मंजिल लेकिन इतनी भी नहीं
कि तू पा ना सके,
तुम चलो तो सही, तुम चलो तो सही ।

एक दिन तुम्हारा भी नाम होगा,
तुम्हारा भी स्तकार होगा,
तुम कुछ लिखो तो सही,
तुम कुछ आगे पढ़ों तो सही,
तुम चलो तो सही, तुम चलो तो सही ।

सपनों के सागर में कब तक गोते लगाते रहोगे,
तुम एक राह चुनो तो सही,
तुम उठो तो सही, तुम कुछ करो तो सही
तुम चलो तो सही, तुम चलो तो सही ।

कुछ न मिला तो कुछ सीख जाओगे,
जिन्दगी का अनुभव साथ ले जाओगे
गिरते पड़ते संभल जाओगे,
फिर एक बार तुम जीत जाओगे ।
तुम चलो तो सही, तुम चलो तो सही ।

हरदीप कौर
रोल नं 1908

“काश की जिंदगी तुम सचमुच किताब होती !”

काश जिंदगी तुम सचमुच किताब होती ।
पढ़ सकता मैं कि आगे क्या होगा ?
क्या पाऊँगा मैं और क्या दिल खोयेगा ।
कब थोड़ी खुशी मिलेगी कब दिल रोयेगा ?
काश, जिंदगी तुम सचमुच किताब होती,
फाड़ सकता मे उन लम्हों को
जिन्होंने मुझे रूलाया है ।
जोड़ता कुछ पन्ने जिनकी
यादों ने मुझे हसाया है ।
हिसाब तो लगे कितना खोया कितना पाया है ।
काश, जिंदगी तुम सचमुच किताब होती ।
वक्त से कुछ पल चुराकर पीछे चला जाता ।
टुटे अरमानों को फिर से सजाता ।
कुछ पल के लिए मैं भी मुस्कुराता ।
काशा, जिंदगी तुम सचमुच किताब होती ।

बनते बिगड़ते हालातों का हिसाब है जिंदगी ।
हर रोज एक पन्ना जुड़ता है, जिसमें
वो ही एक किताब है जिंदगी ।

जो मुस्कुरा रहा है उसे दर्द ने पाला होगा,
जो चल रहा है उसके पाँव में छाला होगा,
बिना संघर्ष के इंसान चमक नहीं सकता,
जो चलेगा उसी दिये में तो उजाला होगा !

कोशिश के बावजूद हो जाती है कभी हार
होके निराश मन, बैठना न मेरे यार
बढ़ते रहना आगे हो जैसा भी मौसम
पा लेती मंजिल चींटी भी, गिर गिर कर कई बार !

रेनू शेखावत
रोल नं 1914

आदत

नई सुबह के ख्वाब मैं बुनकर सोई थी,
इस चेहरे के न जाने कितने नकाब मैं चुनकर सोई थी।
कितना अद्भुत है ये कि सुबह उठूँ तो जो चाहे वो बन
जाऊँ,
इस रूह की हर ख्वाहिश को मैं पूरा कर जाऊँ ।
मगर हर सुबह मैं वहीं इंसान बन जाती हूँ,
न वक्त पर उठती हूँ, ना वक्त पर खाती हूँ ।
बीते हुए कल की गलतियाँ मैं बार-बार दोहराती हूँ ।
और फिर बातें करते हूँ खुद से, नई सुबह को सजाने की,
क्योंकि आदत है मुझे, आदतों का मोहताज हो जाने की।
आज सुबह जो उठी, तो ये नकाब मेरा था,
न पहुँचा जो किनारे, वो नाव मेरा था ।
न सिमटा था जो, वो हर काम मेरा था
कभी खुद से मिलती हूँ तो पूछती हूँ,
क्या होता अगर मैं आदतों की मोहताज न होती
मेरे दिल में फिर शायद चीखने चिल्लाने की आवाज न होती।
मैं मुश्किलों से लड़ती, मैं रास्ते अपने चलती ।

यूँ नशे में न मैं अधांधुंध बहती जाती ॥
मैं खुद में अपनी मंजिले न चुराती,
हिम्मत रखती मैं, मैं पल-पल बीते हुए कल से भीख न
मांगती ।

खबर होती मुझे, हर काम का एक वक्त होता है,
इंसान न सही, वक्त बहुत ही सख्त होता है,
मैं अपनी ही गुलाम न होती-2
मैं अपनी ही गुलाम न होती,
अगर मैं आदतों की मोहताज न होती
हिम्मत रखती मैं हर सुबह चलने की,
आदतों के बावजूद पंख फ़ैलाने की,
मगर आदत है मुझे, बिस्तर मैं दो पल और सो जाने की।
काश! आदत होती मुझे अपनी आदतें छुड़ाने की,
मगर आदत है मुझे, आदतों का मोहताज हो जाने की ।

पूनम
रोल नं 1916

सोच

सबको समझने की कोशिश में,
खुद नासमझ हो गया ।
जिंदगी की तलाश में,
जाने कब ये सोच का पंछी
मेरी सोच पर हावी हो गया ।

खुद के डर से लड़ने की तैयारी में,
लोगों का डर भी सीने में झोंक लिया ।
मेरी फितरत को बदलने
जाने कब ये सोच का पंछी
मेरी सोच पर हावी हो गया ।

कल तक था जो मन बेखबर,
आज सोच के आगे बिखर गया ।
मन की उलझनों को बढ़ाने,
जाने कब ये सोच का पंछी
मेरी सोच पर हावी हो गया ।

अंकिता

रोल नं 1838

उड़ान

आशाओं को पंख लगे और सपनों ने उड़ान भरी,
पँछी ने जब पंख पसारें, विपदाएँ थी विकट बड़ी,
क्या करता बेचारा पँछी, गिर गया डर कर नादान
लेकिन होंसले बुलंद थे उसके, बोला अभी बची है जान।

नहीं रूकूंगा, नहीं थुकूंगा, पहुँचूंगा शिखर पर अविराम,
चला गगन में नभ से ऊँचा, भर कर एक अविचल उड़ान,
देख गगन की अद्भूत सुन्दरता, मुग्ध हुआ वो ऐसा,
आकर दंभ में खोया, जैसे एक वही हो खास ।

टूटा भ्रम जब उसका भैया, पछताया होकर वह बहुत उदास
ठाना उसने नहीं करूँगा, अब अपनी क्षमता पर अभिमान
और मेहनत कर भर लूँगा लम्बी उड़ान ।

मानव के सामर्थ्य की भी ऐसा ही है उड़ान,
यही उस पंछी के व्यक्तित्व की है पहचान ।

सुरवमनदीप कौर

रोल नं 1835

हकीकत से अनजान

हकीकत मालूम है फिर भी खुद से अनजान हैं हम
समेट कर रखा था कुछ यादों को,
फिर भी कर रहे उन्हें गुमनाम है हम
दोस्ती को शर्मसार कर दिया,
लोगों ने फितरत बदलकर
किसी को जीते जी आग में धकेल कर
कही दरिया के पास ले जाकर प्यासे को डुबो दिया,
लोगों ने फितरत अपनी बदलकर
बदलती हुई फितरत में कहीं दोस्ती की
कीमत को खो दिया, खुद को बदलकर
सरल जिन्दगी को उलझाते जा रहे हैं,
ऐसे ही कुछ शामे काटे जा रहे हैं
साल गुजरते चले जा रहे हैं
दिन की रोशनी तो है,
फिर भी रात की शांति, खोते जा रहे हैं,
चेहरे पर हँसी है फिर हँसने की वजह ढूँढते हैं हम
कहीं बुझती हुई शाम तो कहीं सुबह की शान हैं हम
शायद हकीकत पता है फिर भी खुद से अनजान हैं हम

भानू प्रिया

रोल नं 1830



“जन्म देने वाला, विद्या देने वाला, अन्नदाता,
भय से रक्षा करने वाला, ये सभी पिता के समान
पूजनीय हैं ।

इनके हमेशा सम्मान करना चाहिए ।”



“शिक्षा में सबसे ज्यादा ताकत होती है
जिससे पूरी दुनिया को बदला जा सकता है”





“शिक्षा किताबों की मोहताज नहीं होती है,
वह तो अनुभव के साथ मिलती हैं ।”



SCIENCE SECTION

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“Every brilliant experiment, like every great work of art, starts with an act of imagination.” – Jonah Lehrer


SAY NO TO PLASTIC

Plastic in any form or of any quality is harmful to health, period. In a perfect world you would want to avoid exposure to all forms of plastic. Considering plastic lurks in every nook and corner of our lives, banishing it completely seems unrealistic and impractical.

But we can start with more awareness about the little ways with which we can reduce our exposure to plastic. This can go a long way in reducing toxicity, hormonal imbalance, cancer, infertility, PCOS, obesity and acidosis.

Here are some practical and handy solutions than can help you gradually do away with plastic from your life.

- Discard plastics bottles at home and switch to glass, clay, stainless steel or copper bottles. If you are travelling and have access to only bottled mineral water (which is plastic), carry your own non-plastic bottle so that you can transfer the water.
- If you have plastic water filters, make a change and switch to matkas or clay pots. They are perfect for summer and naturally purify the water too.
- Traditional India ate out of stainless steel, copper, metal, banana leaf, clay, wooden plates and that's how it should be. Change your Tiffin boxes right now ! For kids, stainless steel is safer. At the same time, no matter how true the claim about lunch boxes being microwave safe is, it doesn't mean it won't leach chemicals. As we all know, microwaving itself is harmful.
- Minimize food takeaways and home delivery service because we have no control over the type of plastic they use. Most of the times, restaurants and cafes transfer the food straight from the pan into a plastic container. The amount of toxins and

chemicals that leach out from the plastic container into the food is unimaginable. If you have to order food from outside, ask the restaurant the grade of plastic being used. Grade one; four and five are safer than grade three and seven. Grade three and seven are the cheapest and most restaurants use them to save on cost.

- Most organic and farmers' markets offer dry ration in paper, cartons or cloth bags. But if you are buying groceries from a local shop, transfer all that comes in plastic packets and bottles (e.g. cooking oils, dals, spices, rice, flours) into glass, steel or clay jars as soon as it reaches your kitchen. If you purchase something bottled in glass, clean it and reuse it.
- Avoid drinking hot liquids in Styrofoam cups or plastic cups, When hot liquid goes into them there are chemicals being leached into that drink. Instead, opt for bone-chine, glass cups, mason jars or bring your own cup.
- Believe it or not there is plastic in some of your clothes too. The so-called 'wrinkle free' fabrics are not safe and contain Teflon, which is a kind of plastic. Organic and natural fabrics like cotton, wool and linen may be the safest options when it comes to your health. This is also why Teflon-coated non-stick cookware should be banned in your kitchen.

While ordering food from a restaurant, make sure to ask the grade of plastic being used. Grade 1, 4 and 5 are safer than grade 3 and 7. Grade 3 and 7 is the cheapest plastic and restaurants use them to save on cost.

Vaishali Jain
Roll No. 1841

CHALLENGES IN TRANSFORMING ARCTIC

Arctic is a northern most region of the earth. The region which remained inaccessible to human population in past decades has started witnessing drastic changes due to changing global temperature. Geographically, Arctic constitute around 14.5 million square kilometres of earth's surface which is almost equal to the size of Antarctica, but unlike it the region is surrounded by landmass of eight countries namely Canada, Denmark (Greenland, Finland, Iceland, Norway, Russia, Sweden and United States. The global climate change, leaving its worst impact on Arctic's ice. As per National Snow & Ice Data Center, University of Colorado, It has been estimated that climate change in Arctic is occurring at a rate twice the global average. The accelerated rate at which this global warming is occurring in Arctic is not only impacting the region environmentally, but also geopolitically. Opening up of Arctic where on one hand is seen as concern from environmental and ecological perspectives, is also seen as an opportunity from geo-economic and geo-strategic perspectives. The accelerated physical transformation of the region has started a race for domination over emerging economic, commercial and strategic opportunities in the region amongst Arctic and non-Arctic states.

Melting sea ice

Arctic is witnessing the most visible mark of increased global warming in terms of heavy nicking of its sea ice. It is this melting of Arctic ice which is acting as a prism for multiple emerging challenges and opportunities in the region. Alterations in Arctic sea ice are not just in terms of lower ice extent, but also in terms of reduced ice thickness, increase in runoff water, increasing precipitation and variation in length of the ice seasons. All these factors combined are contributing in enhancing the warming effect of the region by releasing out vast amount of methane and other gas hydrates that remained trapped beneath

Arctic ice from millions of years. Simulated climate models have estimated if global climate change remained precedence at same current rate. Arctic could become completely ice free by the year 2050.

Arctic Resources

As per United States Geological Survey Arctic is estimated to hold 90 billion barrels of undiscovered oil, 1.670 trillion cubic feet of undiscovered natural gas, and 44 billion barrels of undiscovered but, technically recoverable natural gas liquids in region's 25 geologically defined areas which accounts for an estimated 22 per cent of the total world, undiscovered, but technically recoverable energy resources. Most of these resources are located offshore at a depth less than 500 meters of water. Apart from these major energy resources Arctic accounts for vast reserves of antimony, coal, cobalt, copper, chromium, diamonds, gold, manganese, nickel, platinum-group elements, tin, tungsten and various other rare earth metals of immense value. Since these vast resource reserves mostly lie in territorial areas or exclusive economic zones of Arctic states, the opening up of the region is seen as an opportunity by these states in terms of exploiting the huge economic potentials of these reserves. Arctic states are therefore making huge unilateral as well as multilateral investments in infrastructure development projects to exploit these resources of the region.

Environmental concerns

Increased global warming and rising trends of sea ice melting is bringing Arctic flora and fauna under intense pressure from invasion of new species that are on average colonising Arctic ecosystems. Changes in fish migration, alterations in polar aquatic species and tower hunting for polar bears are some of the real emerging challenges of Arctic. Exposure of

Arctic marine animals to heavy, metals and other chemical substances is causing new diseases and gene alterations in plants, animals and indigenous human communities of the region. The emerging interconnectivity between Arctic Atlantic Indian and Pacific oceans, through melting ice, inflow of water and movement of aquatic species will add further dimension to enhance transfer of viruses and deadly diseases amongst regional and Asian states that are dependent on these oceans. Frequent encounters of polar bears in search of food near human settlements of north due to declining hunting grounds are the

emerging signs of disrupting Arctic ecosystem. Scientific research further points out that if global warming preceded at same current pace. Transforming Arctic would lead to increased coastal flooding, disruptions in Asian monsoons and other natural vulnerabilities from sea which will have global consequences.

Shagufta Anwar
Roll No. 1804

LIFE WITHOUT TECHNOLOGY

Isn't really a life at all because nowadays
technology is life.
After all we have more friends on Facebook that we
do in "real life".

Our world is so digital,
Critical thinking is no longer a necessity.
Reality is now confined in an
Eighty inch by forty inch HD TV.

We are blinded by the light that comes from our
phones.
A home is now a just button we press.
To escape the mess of a Multi-tasking establishment

We walk past one another
As if human interaction is
outdated, overrated.
140 spaces
Our updated statistics uses have drowned out the
muttered sounds of different conversations.

It's as if we've been chipped
And had our hearts ripped out
And replaced by different bits
And pieces of animatronic gears.

I fear that we will never hear
The rustling of papers and leaves
Because we'll too busy typing away at our
keyboards.

Before children used to play outside
In the snow and in the sand
But now, kids half my age
Do those some things on iPod.

We can no longer recall
The sound of cracking branches before they fall,
Because we are too busy watching videos go viral.

We're mesmerized, hypnotized, satisfied
By a two-by four block of metal that sits in our
pocket.
We settle for something that cannot love us back
Emotion is the one thing that technology lacks.

As humans we were born with this quality,
But our brains have been programmed to believe
that technology is our reality.

Ankita Sharma
Roll No. 1826

AUSTRALIAN BUSHFIRE

Skies turned black and ash rained down as fires raged across southeastern Australia, threatening power supplies to major cities and promoting the call-up of 3,000 military reservists. Temperature records were smashed and galeforce winds pounded fire stricken coastal communities in the two most populous states New South Wales and Victoria.

New South Wales Premier Galdys Berejiklian warned that worst-case scenario projections were "coming to fruition" although large-scale evacuations meant the human toll was minimised. Since last September 23 people have died, more than 1,500 homes have been damaged and an area roughly twice the size of Belgium or Hawaii has burned.

The last fatalities were in Kangaroo Island-a tourist haven southwest of Adelaide - when two people were trapped in a car overrun by flames.

"Today decision puts more boots on the ground, puts more planes in the sky, puts more ships at sea," said Morrison, who made announcement after being pilloried for his response to the deadly disaster. Meanwhile, Morrison faced renewed criticism after sharing bushfire-themed party campaign ads that opponents condemned as "disgusting" and a respected defence association said was milking the crisis.

About **480 million animals** have died across NSW, Professor Chris Dickman with the University of Sydney, estimates. "The true mortality is likely to be substantially higher than those estimated," the university said in a statement.

Almost **a third of Koalas in NSW** may have been killed

in the fires and a third of their habitat has been destroyed, said Federal Environment Minister Sussan Ley. In December, the smoke in Sydney was so bad that air quality measured **11 times the "hazardous" level**.

In total, more than **14.7 million acres** have been burned across the country's six states. That's larger than the countries of Belgium and Haiti combined. Australian Prime Minister Scott Morrison on Monday unveiled a **\$1.39 billion fund** to help rebuild communities hit by the fires. About \$3.47 million of that will be allocated within this year, Treasurer of Australia Josh Frydenberg added. The prime minister has already said upto \$4,200 will go to each of the volunteer fire fighters battling blazes for more than 10 days.

Facing sustained anger for his handling of the months-long crisis, Morrison sought to get on the front foot, announcing increased military assistance to beleaguered volunteer fire fighters. In a string of media appearance, he vowed every resource would be provided to help ease the disaster.

But he found himself in fresh scandal late Saturday after tweeting a video heralding his announcements about the military, and his Liberal Party made a similar post linking to the party website. The non-partisan Australia Defence Association, public-interest Watchdog, said the Liberal Party adverb was a "clear breach" of conventions keeping the military out of politics and accused the party of "milking ADF support to civil agencies fighting bushfires".

Jaspreet Kaur
Roll No. 1829

POLLUTION

Now, a days, pollution is affecting very much to our environment, pollution is also called environmental pollution. The addition of any substance (solid, liquid or gas) or any form of energy which harms our environment is called environmental pollution. Pollution is classified as air pollution, water pollution & land pollution. Pollution is affecting the environment with such an intent that it causing lots of diseases and people are dying at very early age. Global Warming is also caused due to the pollution, as the harmful gases are affecting the

environment and depleting the Ozone layer due to which ultra violate rays enter into the surface of earth.

Thus the pollution should be controlled so that the earth could be save; due to pollution, the earth has become an ailing planet. Thus in order to save our environment and earth. We should stop polluting over environment and take necessary actions.

Dilsha
Roll No. 1827

LEAD BECOMES STRONGER THAN STEEL UNDER EXTREME PRESSURE

Under normal conditions, the metal is relatively soft, easily scratched with a fingernail. So study, how lead's strength changed under pressure, researchers rapidly compressed a good sample by blasting it with lasers at National Ignition facility at Lawrence National Laboratory in California.

The pressure within the sample reached 400 gigapascals - similar to the pressure found with earth's core.

The strength of a natural characterize its responses to stress - a force applied over a given area. The more stress that a substance can endure before it deforms, the stronger it is. The growth was relatively slow, indicating that the metal was 250 times as strong as lead under normal conditions and about 10 times as strong as high strength.

Ankita Singh
Roll No. 1832

SCIENCE OF SLEEP

Sleep is a need. Today, I looked around myself most of the people were sleep deprived, in buses, in schools, college classrooms, meetings, conference hall. At some point sleep is a need for our body. But more interesting thing is that some people choose to be sleep deprived and some people actually wear it as a badge of honour, because in order to sleep deprive you must be hardworking. People in companies in education feel don't getting enough sleep, because of work load they are getting only few hours for their sleep. If people are brag about the fact they are not getting enough sleep, if they knew the health benefits of getting sleep were just as important as the benefits of not getting smoking, or benefits of eating nutrition food. Sleep scientist have done so many research over the last ten years, and most of the people don't know about them.

So, here are some examples, so let's start from biological part, so when you are sleeping your pituitary gland (right below the brain) surges its production of growth hormone. Growth hormone is release much more when you are sleeping than when you are awake. Now, growth hormone essential has three main effects: muscle growth, bone growth and fat metabolism.

Another example is, when you are sick you have to get a good night sleep for better recovery, because the cells and biochemical that make up your immune system and circulate through you blood stream, they actually change when you are sleeping compared to when you are awake. And when you are sleeping they are particularly good at seeking viruses, bacteria and other microorganisms to stop infection and diseases. And in addition to these benefits there are some bad consequences of less sleep like diabetes, blood pressure, heart disease, anxiety, depression, loose focus, and loose ability to pay attention.

But the opposite is also true, the opposite being the people who are sleep deprive when they develop habits to get regular amount of sleep every day, they all of sudden feels like years have been taken off their life. They are suddenly alive, and awake, and have the energy of someone much younger, and they just feel great.

Reasons for sleep deprivation: busy life and we would like to get more done. Two we are stressed, anxiety. And third and most trending is gadgets we are becoming addicted to them, mobile phones, laptops, Facebook, other social media sites, you tube, Netflix. Every time when we use these gadgets or applications a surge of dopamine is released in our brain which keeps us awake.

So what we do about all of this?

Three ideas that are worth using as said by Dr. Mathew Carter in his ted talk The Science of Sleep(and the art of productivity):

First idea is we need to embrace sleep as a culture, we need to treat it as healthy and no work load should force to sleep only for 3 to 4 hours of sleep. And in general we should be much more conscious as a society. We need to treat sleep as health issue, just as much as eating a balanced diet

Second, we need to relearn how to go to bed, because if we see the kids they are best in it, they need a while to go to sleep and when they are sleeping they have nice quantity and quality of sleep. What we do to make our kids fall sleep, we brush their teeth, we give them some water, change their pajamas and read story for them and do their room lights dim and this 30 minute process prepare them for good night sleep. But if we see ourselves what we do is surfing on internet. So we need to change our habit. We need to take away anything that has screen on it and push it away 30 to 45 minute before we go to bed.

And lastly, people who have good time management and productive skills actually sleep better at night because they have balanced day. If you have better day awake and a productive day, it actually causes you to have a better sleep at night.

So get better sleep and make your day productive and make your day productive to get better sleep, and avoid screens 30 to 40 minutes before going to bed.

Jaspreet Kaur
Roll No. 1829

LIBRARY SECTION

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“Education's purpose is to replace an empty mind with an open one” – Malcolm Forbes



IMPORTANCE OF READING SKILLS IN COMMUNICATION

Article I

Communication is a way to pass or to get the information from one person to another. When we talk about effective communication, it requires good hold on the various modes of communication – Reading, Writing, Listening and Speaking.

When we relate reading and communication, we see both as helpers of each other's. When we read we are communicating something to our self or someone else; and when we are communicating we are reading or telling what's in our mind.

Reading has many benefits; if we see from historical perspective when there are no writings, texts, and books at that time information is transferred from one person to another through communicating with them. But as time evolves the method of orally communicating is not so good because large information was difficult to remember and retain for long time then comes writing. Information is transferred or shared through writing and writing has no value, if it can't be read. So if we are not a good not a good reader then we can't communicate what is written, to others.

Communication is the most important tool which can be transmitted through reading. As we communicate through reading, we understand more, and thus we can communicate better with people. As with a person that knows nothing, he hasn't had anything to share, and he probably doesn't even understand what people are sharing. Through reading, we build a more solid foundation for communication. It is one of the most important tools we use every day to connect with each other. Whereas if we don't read, we can't even connect with the world and what people are talking about. Reading connects you with the world.

Reading has many more benefits like, Exposure

yourself to new things, Self-Improvement, Improve Understanding, Gain Experience from other people, Connecting your Brain Boost Imagination and Creativity. Among these the most important is improve in communication skills. As we read new books, magazines, blogs anything which attracts us, is helping us in enhancement of our vocabulary and enhancement of vocabulary means improvement in our communication skills. By reading we find new words, new topics to discuss with our peer groups, we get critical thinking, we can experience what other feels by reading about their feelings, their wins, their loses and ultimately we are getting stuff which we can use during communicating about that particular topic with others, it helps in creating our views and provide words, lines to your imagination, thoughts so that we can communicate or share our views with others. If we don't have words, phrases, quotes, we are not able to present your thoughts and views in front of the people.

I will explain the relation of reading skills and communication through an example,

A sculptor was working on a rock. Someone who had come to see how a statue is made saw no sign of a statue, the person only saw a stone being cut here and there by a chisel and hammer. "What are you doing?" the person inquired. "Are you not going to make a statue? I have come to see a statue being made, but I only see you chipping stone." The artist said, "The statue is already hidden inside. There is no need to make it. Somehow, the useless mass of stone that is around it has to be separated from it, and then the statue will manifest itself.

A statue is not made, it only discovered. It is uncovered; it is brought to light. Similarly in case of reading, reading helps us in shaping our perspective and feelings. We already have feelings, perspective, thoughts, but we don't have words to express them,

don't know how to communicate with others, so reading helps in shaping and providing words to them, so that we can communicate wisely and beautifully our feelings and thoughts to others.

If we use good vocabulary, phrases, quotes it made our talk or speech more beautiful and expressible and people will like to listen to us. We have knowledge but we don't know how to express it and don't have words to express it then that knowledge useless and can't be spread out.

So to make our communication effective we have to improve our reading skills and it can only be improved by reading what we like. Reading doesn't mean we have to read typical reading books which society used to read, we can choose as per our interest which also increases our interest in reading and increases curiosity to read more. And if possible we can read loudly which gives us confidence to speak in front of crowd and helps in improving our pronunciation and vocabulary and ultimately it helps us in better communication.

Ravi Bhadu
Roll No. 1919

Article II

Communication is the transfer of information or feelings from one person to another or to a group. But to express our self in the right way and making sense to deliver right message, appropriate use of vocabulary, voice pitch, right expression is very important.

Reading skills helps us with effective communication. There are plenty of books available in market which teaches us tips and tricks to communicate. People are complicated these days so right use of words and expression is important to communicate. Moreover everyone's nature is different. For good communication, we need to first have basic understanding of people's behavior which is possible

only through reading books about people.

Reading expands our vocabulary base and helps us to have a strong hold on language. Developing reading skills can be difficult these days due to hectic lifestyle but with practice it can be done.

Reading skills helps us improve our concentration as when we read, we focus on words and their meanings. For better communication listening carefully to other person is very important. With improved concentration through reading, we can effectively listen to understand people's words and have more connected conversations.

Reading skills help us expand our knowledge base. One communication is what we do with outside world but another communication is when we talk to ourselves during alone time or when in trouble. Reading self help books helps us to understand our self-better and have a better and more positive self-talk with our self which further improve our relation with our self and others.

Reading helps us to understand what interests us. It opens up a new world of imagination and creativity so we can conclude that reading skills are a must for effective communication.

Mehak
Roll No. 1905

Article III

In world where information is new currency, reading is one of best source that us in learning, knowledge gathering. Reading and communication skills are very important for person to succeed. Good reading skills help to understand the meaning of written or printed words or symbols. Clarity of thoughts in mind is very important for effective communication. Communication is basically exchanging of feeling and thoughts with other people. Being able to communicate effectively is the most important of all life skills.

Through reading, we expose our self to new things, new information, new ways to solve problem. Reading helps to learn about feelings and views of other people. Reading widens the mental horizon of students and students are able to find out relationship between different unrelated ideas. Reading develops the imagination ideas. Reading develops the imagination and creative side of students. Apart from just vocabulary and grammar, reading books on various topics improves general knowledge, imagination and creativity skill of students. Reading does not simply understand words on page. It implies ability to link thoughts, think critically and sometimes involve creative thinking. Poor reading comprehension can make us lag behind form others because it takes us longer to understand and interpret what we are reading. There are various techniques of reading like skimming, scanning, deep reading etc. Skimming is reading technique where we do not read every word on page. Only relevant information is read in short duration of time. In deep reading, book is read from cover to cover. Reading skills serve as basic foundation for writing. Developed and mastered reading skills give people opportunity to learn new information about world.

Reading skills play very crucial role in good communication. Poor readers and non-readers often have low opinions and information as compared to good readers. In even our personal life, good communication skills can improve our personal relationships with others. Through reading, we build a more solid foundation for communication.

Communication skills are needed to speak appropriately with a variety of people . In today's world, getting reviews and feedback from other people can make big impact on our next decision , and pros and cons of each choice. For example, Reading menu before ordering food, reading manual before using new gadget etc. When we are reading we are actually gaining the knowledge and experience of

someone. It can hasten our success towards goals. Experience speaks loudly behind the communication skills of particular person. Strong brain means more effective communication skills.

Habit of reading should be inculcated in students from starting of their schooling life only. Basically at time of silent reading we are directly connected to our brain. Hence, we shape a better self. Focus on reading can be increased by turning off other sources of sound like TV, laptop etc. Reading is very good activity to utilize free time. To make reading effective, it is always good idea to mark the difficult words and look them up in dictionary after reading.

Reading and writing, speaking and listening are four foundational skills of language learning. We can't build a house without strong foundation. Similarly we won't become a well-rounded speaker of language without building these four foundations of language learning. Newspapers or online journals can be good way to improve our reading skills.

We know that knowledge is expanding by leaps and bounds. Most of things that we read today become obsolete tomorrow. Therefore, if one wants to keep oneself in constant touch with latest development in information, one should cultivate good reading comprehension ability.

Reading is very important variable in the process of learning. Reading is like submarine with help of which one can reach depth of ocean of knowledge. One does not know how to learn if he does know how to read. The end product of reading is comprehension.

In small qualities, stress can be very useful and encouraging for work. However, when stress becomes constant, it can affect communication, appropriate behavior and action. When we are under stress we can misunderstand other people and use funny patterns of behavior. Stress can directly influence our communications skills. Reading and understanding helps us in building confidence on

subject matter and thus reduce level of stress. Moreover reading good piece of writing direct us to positive thinking.

To summarize, as food is essential for our body in same way reading is essential for our good thinking and healthy brain. Without good thoughts and appropriate words, we cannot communicate effectively.

Anmolpreet Kaur
Roll No. 1906

Article IV

Reading has always been an important component of the communication process. It's a source of making our thoughts transfer from one bank to another, or to have a better knowledge of words, vocabulary and information. The significance of reading in communication can be understood by the fact that even the blind use Braille system for reading and thus communicate. Reading truly is a skill that we learn to apply to our previous experiences to enrich our current experience. Be it the knowledge of vocabulary or worldly knowledge, reading plays a major role in making a person stand out in a crowd in terms of communication skills.

Ranging from importance of reading in communication skills to the enhancement of knowledge, it is also quite beneficial to enhance one's personality and acquire wisdom in every aspect of our lives. Great thinkers such as APJ Abdul Kalam, Mahatma Gandhi, Rabindranath Tagore etc. have signified reading as an important component in communication and in one's personality. Sharing on one of my favourite quote stated by Margaret fuller, "Today a reader tomorrow leader".

Reading enables a person to better understand and comprehend complex matters that possibly cannot be merely explained orally. For example, academic subject matter that requires self-understanding rather

than oral explanations are better held productive if we can read the content and comprehend it to our own understanding. There are multiple scenarios where some information has to be released to multiple people are all at once. That's where reading plays its role in the communication process. For instance, a word can be made to reach a larger audience as in the case of newspapers, textbook, circular notices, government tenders etc. In these cases, each individual can read, understand and seek clarification as per their own individual abilities and needs.

Reading plays a great role in absorbing voluminous data at a time. For example; at times of researching about some topic or gathering knowledge about series of information about anything, reading helps a lot for the same. One can gain knowledge, enhance his vocabulary and therefore stand out when he communicates with the outside world, where his wisdom pays him off with success. Reading skills are so crucial in today's life, be it at the personal level or professional. From interacting with new people from our day to day life, to reading emails at work, it has gotten through us every moment of our existence.

The one who has a good habit of reading will always be good at organizing thoughts, expressing lucidity and rebut logically with facts, figures and data etc. Reading enables a person to comprehend more point of views when he is having an open end conversation with a group of people. In today's era of competition, reading skills are a boon in cracking tough competitive examinations, since this is one of the skills put to test. Not only this, reading helps one to learn and grasp more languages, widening his area of knowledge and skills.

Arshdeep Kaur
Roll No. 1915

Article V

"THE MORE YOU READ, THE MORE THINGS
YOU LEARN.

THE MORE YOU LEARN, BETTER YOU
COMMUNICATE."

It has been rightly said that when you read you learn new things and with this your communication gets stronger as stated above in the quote. Reading is fundamental to functioning in today's society. Reading plays a vital role in today's era which helps to enhance learning, writing and speaking skills. The person with good speaking skills always outshines while interacting and communicating with others. They can easily attract others towards them.

Reading skills can be improved by reading books, newspapers, magazines and other different reading materials. Reading habit also helps to improve the vocabulary, reduce grammar errors, increase ones general knowledge, imagination and creativity among other things.

In today's era of digitalisation where people are busy spending their most of the time working on smart phones, laptops, tabs where there is lack of time for reading books, seeking for something new to read. It is recommended to spare 20-30 minutes or 1 hour for reading which keeps you in touch with the books. Someone has rightly said that, "books are man's best friend" which guides you and shows a right path.

If one wants to enhance communication skills it's important to understand the needs and importance of reading. At present many schools started putting an emphasis on enhancing reading habit of the students from primary classes so that they learn more, get better art of speaking in front of others. Now day's libraries are playing crucial role by adding interesting books for students in school's libraries to enhance their reading habit. Not only this public libraries are also growing at faster pace where government took initiative to expand the area of libraries so that people get in touch with libraries and use them to learn more.

In today's world with full of competition where it is

important to make good self-image. This can be possible when someone has vast knowledge with good interactive and communication skills. However parents with modern thinking are focussing on developing better communication skills of their children. This is so because of hard competition in today's world.

At last we can say that reading is important because words- spoken and written are the building blocks of life. What one becomes in future will depend on the words you believe about yourself now. People, families, relationships, and even nations are built from words.

Garima Sobti
Roll No. 1926

संचार का मधुर रिश्ता

किसके मन में कैसे, क्या है विचार,
होता है तब सभी का आपस में संचार ।
जीवन माना जाता है जिसके बिना अधूरा,
शिक्षा ही है वह स्त्रोत्र जो करता है सभी का सपना
पूरा ।
नहीं रखना है शिक्षा को केवल परीक्षा तक सीमित,
इसका महत्व तो रहता है जीवन भर जीवित ।
वर्तमान समय में है शिक्षा को आधुनिक बनाया,
डिस्कशन पैटर्न (Discussion Pattern) के द्वारा जाता
है चैप्टर पढ़ाया ।
माना जाता है शिक्षा के स्तर को अधूरा,
अब उत्तीर्ण (Pass) नहीं हो पाता अंग्रेजी भाषा में
इंट्रव्यू पूरा ।
जीवन में विकसित रहने के लिए पार करनी होगी हर
परीक्षा,
तभी तो बनेगा शिक्षा के साथ संचार का मधुर
रिश्ता ।

Nivesha Sahota
Roll No. 1811

INTERNET IS NO SUBSTITUTE TO LIBRARY

Article I

“Google can bring you 100,000 answers but a librarian can bring the right one”.

-by Neil Gaiman

Indeed, the internet these days is a huge source of information and knowledge may it be in any field. It provides us instant information in just a click. But when we talk about a substitute or alternative of library that's impossible. Well there are many reasons for I say so.

The very first and foremost reason is authenticity. No doubt internet provides us numerous information related to our search instantly. But the question is how authentic the data is, mostly we depend on Wikipedia for any information, which can easily be deleted or modified by any user. In addition, many sources of really good information require payments, whereas libraries often have subscriptions to those so that patrons can use them for free. Usually a very sophisticated feature of physical library is neglected, that is a library expert known as a librarian. In a library a knowledgeable and friendly librarian is available to assist us in locating information in person, chat, e-mail or telephone. Second thing which draws my attention is wastage of time, Yes we waste a lot of time to search the internet for any required information, regardless of the fact if we will be able to get that information or not whereas when we talk of a library, we know it before hand if a data can be found in that respective library or not.

Another very important thing is that libraries do not

disturb us while we are reading, they provide a proper environment for reading but internet has so many advertisements popping now and then in between our article. Most of the time when we are browsing internet for any kind of information, a virus or unwanted, harmful file gets downloaded to our phone or system which ultimately corrupts our data and device whereas we are free from such tension in a library.

One very important and unique feature of library is that we can get any kind of old or very old historical sources of information in library, for example-very old newspapers, historical, religious sources of education which belong to pre digital era, most of them cannot be found on internet or even if found in some cases but may not be in one place. Also, Local libraries are places to find local information that does not exist on the Internet. Local libraries are a community place to meet and interact with local people.

Libraries have stratified content for its readers. Though internet can provide us much information, but it cannot filter out the content on the basis of age group. Certain knowledge can be passed on to small children at certain age not before that age, if done so it can affect the mental development of a child. Another concern includes that there are still populations in India that don't have good internet access at home. Also 'the internet' doesn't provide the facilities that libraries provide for educating oneself. Libraries have facilities like mobile library and door-to-door-library facility. One more thing we may agree to is that many old age people who are fond of reading either are not comfortable using internet or

do not find internet friendly to use.

Many people might argue that libraries are not easily accessible, visiting library physically is not possible, libraries are usually closed on public holidays or due to renovation and all, libraries have operating hours, most of the times people are restricted by the amount of time they can spend with a resource, since books must be returned to the library within a set period of time. Storage and maintenance of resources become a tough job in case of traditional libraries. Physical libraries and books require a lot of pages and it encourages deforestation and many more.

Answer to all these queries and solution to all these problems is digital libraries. Online libraries help the society as they act as a reservoir for the storage of important research data, information and findings. Thanks to digital libraries, the online copies of studies and researches can be protected and stored to create a virtual heritage of information for the coming generations. Storage, organizing, maintenance of digital data becomes easier.

So, either it is a traditional library or a digital library, library cannot be replaced by internet, though using internet to modify the library in the form of digital library may be the solution. Digital libraries are not going to replace the physical existence of resources completely but no doubt to meet the present demand, to satisfy the user needs, digitization must be introduced so that at least libraries becomes of hybrid nature. But saying internet can be a substitute for library is not right.

Khushboo Rani
Roll No. 1809

Article II

Technology has changed the way people think, the way people work and the way live. Anyone can access variety of information like online books, articles with just click of mouse. Technology has also changed the life style of people to great extend.

Internet and library both are considered to be a big depository of information. A library is a place where there are different kind of books, educational magazines, newspaper etc. On other hand, internet is computer network where students can obtain any kind of information simply by browsing on internet.

Library can be better option than internet. Firstly gadget screen is not good for health. Excessive use of technology can adversely affect the health. Quality control is not easy to achieve on internet. Anyone who has access to internet can publish material on his/her website. Basically, internet is not owned by one person/company. Information taken from the web can change overnight. Sometimes on internet it is not clear that who has uploaded information on internet. Reliability of material available on internet is also questioned. Many remote areas in India do not have even access to internet connection. Even on globe level, the poor countries in world such as Ethiopia, Somalia do not spend money on improvement of technology. So students belonging to these countries do not have access to internet. As far as learning aspect from internet is concerned, internet distract users by pop ups ,messages from social medias like face book, whatsapp etc.

Libraries have collection of old and rare materials dated back to 18-19 centuries. This old material is difficult to locate on internet. By having access to internet, people do not use their own minds and their

creative skills remained undeveloped. Library provide peaceful environment to study and there are less or no distractions in library as compared to internet as students get easily distracted from social media on internet. Books found in library are reliable material because library books are carefully selected and then purchased. Moreover books are written by well known authors, who has conducted extensive research in that particular area. Searching on internet on specific topic is not an easy task. Sometimes lot of time is wasted in searching particular information on internet if keywords used for searching are not appropriate. At last this can cause lot of frustration and confusion in mind of students.

Though, high quality learning material is available online, the demand for admission to schools and colleges has not reduced. It is degree granting capability of colleges and its reputation that provides competitive advantage. In the same way there is huge craze of online-learning but library plays has its own importance. Most of material available on internet is in English language. So many readers find it uncomfortable to read in English language.

Library period is part of daily time table so it helps to break the monotony of dull and boring classroom teaching. All content available on internet is not suitable for viewers. On other hand most of library material is reliable and library teacher always purchase the books according to requirement and age level of their readers. Moreover, by sitting in library students learn to follow rules and maintain discipline which is not possible on internet. Library also inculcate reading habits and increases the creativity and imagination power of the individual by providing reliable reading material. On the other hand, internet makes students less creative as they

become habitual of copying the content from internet and not use their creativity and imagination.

To summarise, these two types of information sources are very important for people and universities. In positive way, tools of internet can be used to improve library services. OPAC(online public Access catalogue) is widely used now days for searching books of library. Both library and internet are good sources of information for students. Moreover information available on internet is up-to-date in most of the sites. Lastly libraries cannot be totally replaced by internet.

Mohanshi

Roll No. 1910

Article III

A library is a curated collection of sources of information and similar resources, selected by experts and made accessible to a defined community for reference or borrowing, often in a quiet environment conducive to study whereas Internet is only a search tool to be used in addition to traditional sources in the library.

When we use any of the search engines, we are searching only part of the internet. Searches are not always relevant to our topic and can cause a lot of wasted time, frustration and confusion.

Information on the internet is hard to tell who is telling you what and where is the location of the information. Whereas books are authentic source of information, as books are written by experienced persons, great authors. Information taken from the internet can change overnight. Libraries provide free access to scholarly books, journals, newspapers, encyclopedias and other print reference sources.

Whereas on the internet a paid subscription is required to access some scholarly materials. Librarians are always there in the library to help us get the right information without wasting much time whereas no help is available in the form of suggestions on the internet; instead it consumes lot of time.

Library has older materials than the internet. Historical books are not available on internet. The internet mainly provides current and constantly updated information. Libraries have managed to retain older collections that will never be found on internet, for example manuscripts (hand written or typed document). Libraries provide a calm environment to learn, a place surrounded by books and information and with help at hand. Whereas lonely people would feel isolated trying to use the internet in their own room.

Internet provides lot of misinformation which one trust sometimes but is often wrong. People try to search for wrongful deeds for example how to commit suicide, how to kill someone, search adult content. Library resources are organized by topic and broken down into different types of information (books, articles). All of this work is done by real people, not by search engine robots.

There is more to the library than books these days. The library's online databases, e-books collections and other online resources can be accessed 24/7 through the library's website.

Although you access these resources through internet, they are not internet. They are every bit a part of our library's collection as the books on library shelf.

Internet only provides many sites but the information is almost similar sometimes, but for a more in depth analysis, try some of the library's books or article databases.

Now a days parents and educators need to raise awareness about the reasons why students should go to the library instead of relying on internet for every small piece of information. Parents should surround children with reading material as per their age and understanding level. Every school should have two library period in a week so that students can find out how much library has to offer instead of the internet. Books should be gifted to children be it fiction, auto-biographies, novels as per their area of interest.

Libraries and books improve focus and concentration. Studies have shown that reading something from a piece of paper as opposed to a laptop screen aids concentration.

Simran Kaur
Roll No. 1941



Keep Going

- *No matter how bad things are right now.*
- *No matter how stuck you feel.*
- *No matter how many days you've spent crying.*
- *No matter how many days you've spent wishing things were different.*
- *No matter how hopeless and depressed you feel.*
- *I promise you won't feel this way forever.*
- *Keep going.*

BOOK REVIEWS

I 'THE BLUE UMBRELLA' BY RUSKIN BOND

The 'Blue Umbrella' is a literacy fiction. It is a short but sweet book. Ruskin Bond has done a great job at penning down a short yet a beautiful touching book. In this he talks about a young girl named Binya who is from a remote village. One day, when she goes to forest she comes across some visitors. They offered her to buy her lucky charm in exchange of a alluring blue umbrella. She willingly gives it to them. The umbrella becomes a topic of discussion among the villagers. The shopkeeper of that village also want to

get it any cost. Because of this Binya had to face several problem in order to protect her umbrella.

It's a great book with simplicity as it tells us that for kindness size does not matter. As a little girl gave away her umbrella. It is very interesting book and Binya.

Harneet Kaur
B.Ed (Sem.2)
Roll No. 1929

II THE STORY OF MY LIFE BY HELEN KELLER

Author : Helen Keller

About the Author : Helen Keller has been described as a modern miracle. In spite of being blind, deaf and dumb. She achieved the highest university degrees and earned a name as a distinguished writer and an educationist.

Born in 1880 at Tuscumbia (USA), she was eager and self assertive child. She had an innate ability to imitate and learn. She learnt many languages, come into contact with world leaders wrote her inspiring letters and became a source of encouragement & inspiration

to all the physically challenged people in the world. Her iron will so heretic spirit made Mark Twain to say that the two most interesting characters of our times are Napoleon & Helen Keller.

Review: Helen's Keller's classic autobiography 'The Story of My Life' records the events of her first twenty-two years. It tells us how she struggled to overcome her disability to learn to read, write and speak & acquire the benefits of education with.

Akwinder
Roll No. 1943

III THINK AND GROW RICH BY NAPOLEAN HILL

About the Author : Napoleon Hill was an American self help book author and Think and Grow Rich was among his 10 Best selling self help books of all time. Napoleon Hill is widely considered to be one of the great writers on success.

About the Book : Think and Grow Rich examines the power of personal beliefs and the role they play in personal success. This book was published in 1937 and has been read by millions of business leaders around the world to create a plan for success.

Not only for financial independence, this book is famous for motivational personal development. Think and Grow Rich not only focuses on material wealth but also core inner development of the person and helps to strengthen the belief that he/she can be almost anything they want in this world. The book is divided into thirteen steps towards riches. Each step in the form of a chapter requires you to discover the secret meaning hidden in the words of the author. Each chapter contains different methods and case studies for the reader for understanding of the concept.

This book explains how to build yourself from inside for success as success is inside out. If you build your inner strength for success, success is sure to come. This book focuses more on the inner development. How we should use our mind and inner resource to become much more than we think we are. It is more actions makes us or breaks us, How they help to build a reality we desire, How we can remove mental obstructions to acquire success. Most of the time we think success comes only through hard work and putting efforts in field would bring results but this book explain the importance of creating a balance between inner self and outer world and ways to achieve balance. I love the writing and ways of expression of author.

IV THE ALCHEMIST BY PAULO COELHO

The Alchemist is one of those books which deserves a space in everyone's bookshelf. It is about following your dream and goal and achieving it, while doing so the universe conspires for its happening.

The Alchemist is an inspirational story of santiago a youthful spanish shephard in rolling wills of Andalusia. The boy has deep attachment with his flock but realizing that very are devoid of asthetic sense and appreciation for nature which he beholds, cones and admires, the course of his life changes. His parents life is associated with struggle in a country which people from far away fantasize and romanticize but for them it's not a place of dream and charm.

Story starts with a dream followed by a series of adventures ultimately leads to resolution. His time is consumed is herding, reading and drawing of travelling far off places. He keeps getting same dream that there is treasure lying underneath the Egyptian pyramids.

Palwinder Kaur
Roll No. 1907

The last chapter of this book about "HOW TO OUTWIT THE SIX GHOSTS OF FEAR" will give you net level understanding about how fear stops you from working in your true power and how it keeps you small and limited. There are suggested methods in the book on how to overcome deep rooted fear, doubts, insecurities, Poverty consciousness. I have never heard of these words before. The author has mentioned simple practices which work like wonder. Anyone who feels their fear stops them from achieving their desires, these practices are a blessing for them. The concepts like burning desire.

Mehak Gulati
Roll No. 1905

"Books"

The world of books

Is the most remarkable creation of man

Nothing else that he builds ever lasts

Monuments fall

Nations perish

Civilization grow old and die out

And after an era of darkness

New races build others

But in the world of books are volumes

That have seen this happen again and again

And yet live on

Still young

Still as fresh as the day they were written

Still telling men's hearts

Of the hearts of men centuries dead.

V “बड़ी-बड़ी खुशियों की छोटी-छोटी बातें” – लेखक जे.पी.एस. जौली

Author : जे. पी. एस. जौली

About Author : जे. पी. एस. जौली का मानना है कि आज हर कोई दूसरों को सुधारने की बात करता है। यहाँ तक कि जो लोग चंद्र लाइनें भी ठीक से नहीं खींच सकते, वे समाज को बदलने का नकशा बनाने का दावा करने लगे हैं, परन्तु क्या कभी किसी ने इस बात को जानने का प्रयास किया है कि जब तक हमारे अपने मन का दीपक नहीं जलता, तब तक हम दूसरों के घरों को कैसे रोशन कर सकते हैं? विषय चाहे कोई भी हो, जौली अंकल अपनी हर बात इतनी सरल भाषा में कहते हैं कि वे पाठकों के दिल पर सीधा सकारात्मक प्रभाव डालती है। दूसरे लोग चाहे कुछ भी कहते रहें, परन्तु जौली अंकल तो यही मानते हैं कि मानवजाति का भविष्य छोटी-छोटी बातों को बड़ी-बड़ी खुशियों में तबदील करके ही सँवारा जा सकता है। जौली

अंकल को अनेक प्रतिष्ठित राष्ट्रीय सम्मानों/पुरस्कारों से सम्मानित किया जा चुका है।

Review : प्रतिस्पर्धा के इस युग में हर कोई सफल होने और खुशियाँ पाने के लिए दौड़-भाग कर रहा है, परन्तु ज्ञान के अभाव में वह यह नहीं समझ पाता कि सपनों को हकीकत में कैसे बदला जाए। अपनी अलग किस्म की इस खास पुस्तक में लिखे हुए महान् विचार देखने में चाहे आपको छोटे-छोटे दिखाई दें, लेकिन सफल जीवन के ये गुर आपसी भाईचारे, रिश्तों में मजबूती और जीवन में बड़ी-बड़ी खुशियों को पाने का पैगाम अपने अंदर समेटे हुए हैं। हर भाव को पढ़ने के साथ हर क्षेत्र में सफलता एवं खुशियाँ दिलाने में सहायक सिद्ध हो सकते हैं। ये छोटे-छोटे विचार जहाँ

गुरप्रीत कौर
रोल नं 1920

VI पाकिस्तानी मेल – लेखक खुशवंत सिंघ

‘पाकिस्तानी मेल’ लेखक खुशवंत सिंघ की प्रसिद्ध रचना है। खुशवंत सिंघ की जिआदातर रचनावां अंगरेजी विज्ञे विंच हन। ‘पाकिस्तान मेल’ दा पलाट उिसनू 1947 उक पूपउ कीते आपटे घाँटी साल दे उजरघे तें लिला है। उिसने 7 साल पंजाब हाਈकोरट लाहौर दी फौजदारी अदालत विंच वकालत कीती जिंघे उिसनू हर किसम दे पातर मिले सुहू रो गये।

नावल दी कगानी इक मनोमानरे पिंड दी है। उिह पिंड सउलुज दे कँचे वसिआ है। इस विंच आम करके 1947 दी वंड चौरान होये जान ते मान दे नुकसान दा वरठन है। केवल पिंड ही नगीं सगीं उिसदे नेडे ही इक चंदर नगर दा धाणा सधान है जो कि इस नावल दा केंदर बठन विंच कामजाब है। इस तें इलावा रेलवे सटेसन वी बहुरत महउवपूरन हन। इस दा पहिला ना वी इस विंच मँजुद पिंड मनोमानरे दे ते ही सी।

खुशवंत सिंघ ने इस नावल विंच पिंड दे वासीआं, सरकारी अफसरों, ???? फोटोआं-फोटोआं यटनावां दा वरठन वी बड़ी सहिज ते सुझ-सुझ नाल कीता है। उिसने पिंड दे बँदिआ दे गुन ते अँगुना दी चंगी उरुं विआधिआ कीती है। खुशवंत सिंघ ने इस नावल विंच पातर उिसारी विंच सभ तें वंडी धुबी पातरां नाल हमदरदी है। खुशवंत सिंघ ने बें-

दिशा ते बँदिआं नू वेखन- परखन दी दुसउ दिस्ती है जिंस दी वरतें उिसने इस नावल विंच कीती है।

इस नावल विंच खुशवंत सिंघ ने इक पिंड दे आम जीवन दा जिंकर कीता है। जिंस विंच विअकती आपटे जीवन निरवाह ते सभें सिर कारज लही ट्रेनां दे आउिण तें अँदाजा लाउिं दे सन। इस नावल विंच उिसने इक डारू जरो दा, नूरां अते धाटेदार साहिब दा पातर चिउरन कीता है ते इस नाल संघिपिउ यटनावां दरसाहीआं हन।

इस विंच लोका दा जीवन उिचे तँक नीक रहिंदा है जदें तँक लास डरी गँडी पाकिस्तानों नगीं आउिं दी। उिस गँडी दे आउिण तें बाअद पाकिस्तान दुआरा कीते जां दे सिंघां दा कउलेआम कारन सारा माहौल धराब हो जांदा है। हिंदुस्तान विंचें सारे मुसलमानां नू कँच दिंता जांदा है।

इस प्रकार इस दा विज्ञा 1947 दी वंड चौरान होयी लुट-खसुट, कउलेआम, बलउकार, जन-माल दा नुकसान आदि दा वरठन है। इस प्रकार इह खुशवंत सिंघ दी इक प्रसिद्ध रचना है।

गुरप्रीत कौर
रोल नं: 1918

AN INSIGHT INTO THE WORLD OF SIER



ANNUAL DAY



**Dr (Prof) Vandana Mehra (PU),
Chief Guest of the event being greeted
by principal Dr Jyoti Soni**



**A warm welcome to Mrs Anupkiran Kaur
Principal , Shivalik Public School , Mohali.**



Dignitries lightning the lamp of knowledge



FIT INDIA MOVEMENT



NSS UNIT & RED RIBBON CLUB



Ms Rupinder Kaur , Assistant Director , Youth Services being felicitated.



CAMPAIGN AGAINST USE OF PLASTIC



STUDENTS MAKING POSTERS



INTERACTIVE CLUB ACTIVITY



CULTURAL CLUB-LOHRI CELEBRATION





HOPE CLUB - DIWALI CELEBRATION



RED RIBBON CLUB & NSS ACTIVITIES



TEACHERS DAY CELEBRATIONS BY HUMAN RIGHTS & DUTIES CLUB



DIRECTOR SIR INTERACTING WITH STUDENTS





ORIENTATION PROGRAMME





FRESHER'S PARTY



असिस्टेंट प्रोफेसर डॉ. गोगी गुप्ता 'भीष्मा नेशनल अवार्ड' से सम्मानित

FACULTY ACHIEVEMENTS

कश्तिज... WHERE DREAMS MEET REALITY



मोहाली | चंडीगढ़ ग्रुप ऑफ कॉलेजिज द्वारा मोहाली में राष्ट्रीय स्तर के कार्यक्रम 'प्रिंसिपल कॉन्फ्लेव एवं सर्टिफिकेट ऑफ एक्सीलेंस' का आयोजन किया गया जिसमें शिक्षा के क्षेत्र में उल्लेखनीय योगदान पाने वाले प्रिंसिपल डॉ. गोगी गुप्ता को 'भीष्मा नेशनल अवार्ड' से सम्मानित किया गया।



Dr Rupinder Brar got honoured by edufeed as dynamic teacher



Dr Rupinder Brar honoured by kshitij-WDMR for her literary work in new delhi

INTERCOLLEGE COMPETITIONS



Mr S. R Chaudhary, Chief Guest of the event being felicitated



FAREWELL PARTY



NATIONAL SEMINAR



Dr (Engg.)Padam kumar Nair, Director, Dean LM Thapar School of Management Dera bassi releasing the book along with Chairman sir and members of faculty.



NSS ACTIVITIES







NEW TEACHING PEDAGOGIES



MATHS WORKSHOP BY S. GURSHARAN SINGH BHALLA FROM USA



15TH HERITAGE SPORTS DAY



Best Athlete, Sourabh , with chief guest Captain Dr (mrs) Satpal Kaur , Associate Prof in physical education (shaheed Kanshi ram college of physical education, Bhago Majra , Kharar



TALENT HUNT COMPETITIONS



ONE DAY TRIP



FACULTY ACHIEVEMENTS



Dr. Gunwant Kaur Brar
getting best Teacher's Award on Teacher Day



Ms. Seema Malik
won the national award as best RRC incharge



Dr. Gunwant Kaur Brar at Fourth Canadian Punjabi Conference in Canada

TEACHER'S DAY CELEBRATION





WORKSHOP ON PROTECTION OF CHILDREN FROM SEXUAL OFFENCES



PIDILITE WORKSHOP BY RED CROSS CLUB



WORKSHOP ON ANGER MANAGEMENT

The more that
YOU READ.
THE MORE THINGS
YOU WILL LEARN.



Learning is
not attained by
chance, it must
be sought for
with ardor and
attended to



**WATER
YOUR
MIND
READ**

The more that you read
THE MORE PLACES
YOU'LL GO.

READ FOR PEACE CLUB ACTIVITIES

WE LOSE
OURSELVES
IN BOOKS,
WE FIND
OURSELVES

LIBRARIES
Always Remind
Me That
There
Are Good Things
In This

The more that you
READ.
the more things
you WILL KNOW



LIBRARIES store the
energy that fuels the
imagination. They open up
the world and
to explore and
and contribute to
our quality of life.

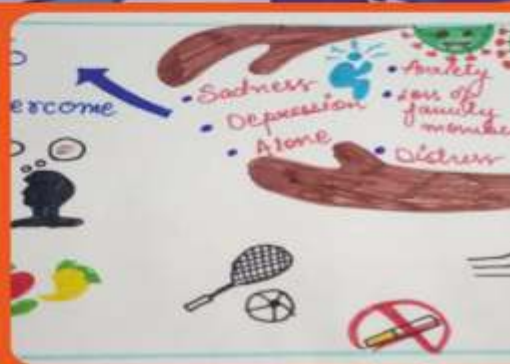
**THE TRUE
PURPOSE
OF
EDUCATION
IS TO MAKE
MINDS,
NOT CAREERS**



EDUCATION IS THE POWER TO THINK
CLEARLY, THE POWER TO ACT WELL IN THE
WORLD' WORK, AND THE POWER TO APPRECIATE

TODAY
A reader
TOMORROW
A Leader

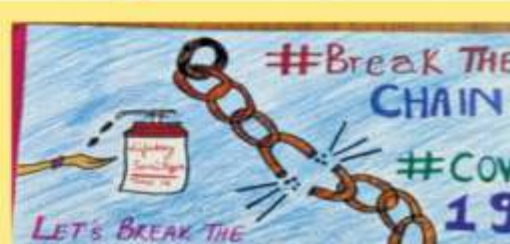




Better etc wear a Mask than a Ventilator



Poster making competition



SHIVALIK GOES ONLINE DUE TO PANDEMIC ONLINE FAREWELL CUM ANNUAL DAY 2020





50th WORLD EARTH DAY (April 22, 2020)



WEB LECTURE by Dr. Gunwant Kaur Brar



Online Inter College competitions on the theme "Stress Management in Crisis"



Dr. G. Rajini , Professor and Head, School of management Studies, VELS institute of Science, Technology and Advance Studies, Pallavaram, Chennai, empowering the faculty members and prospective teachers for Sustainable Development



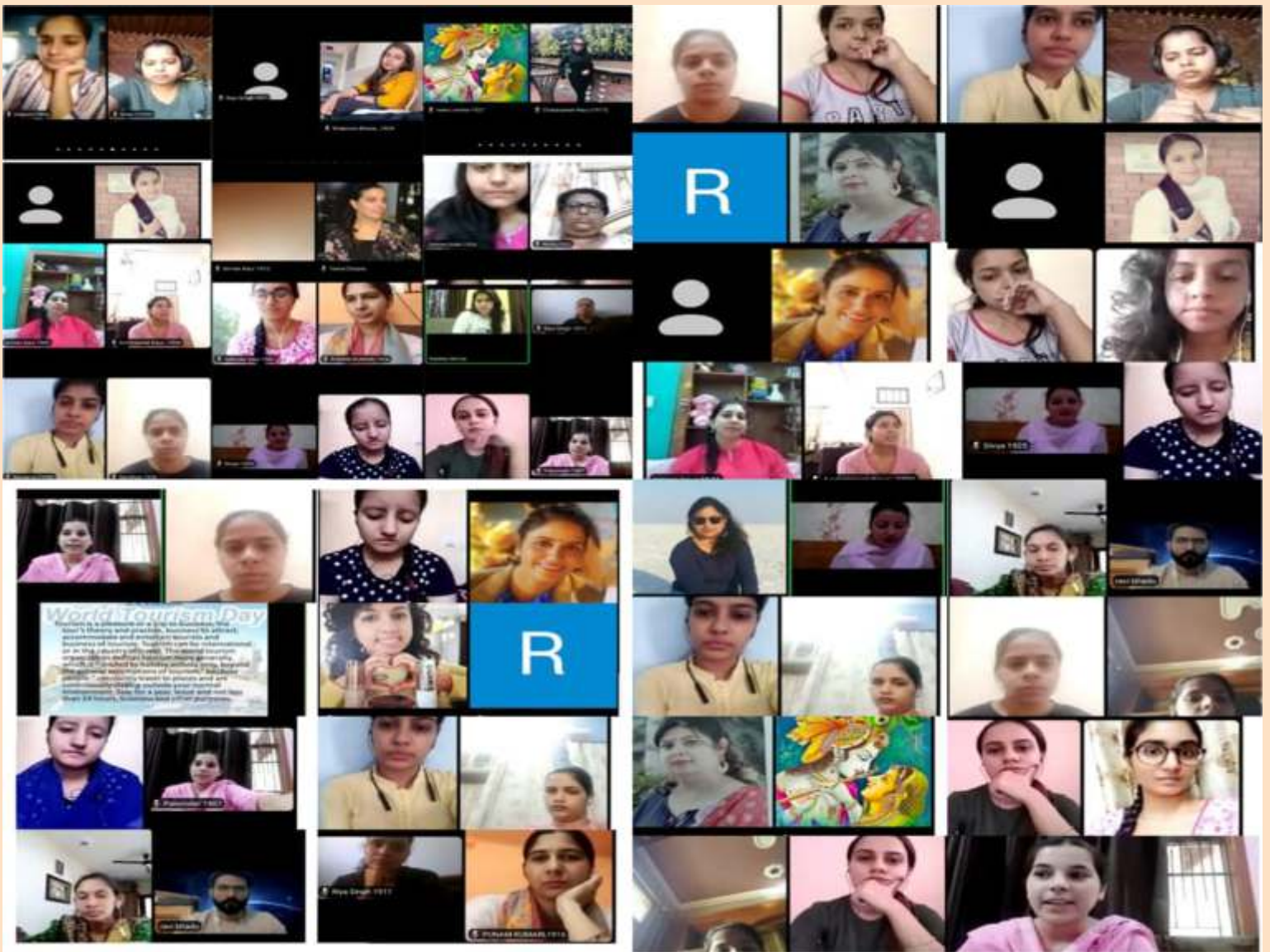
Online Yoga activities to keep students active



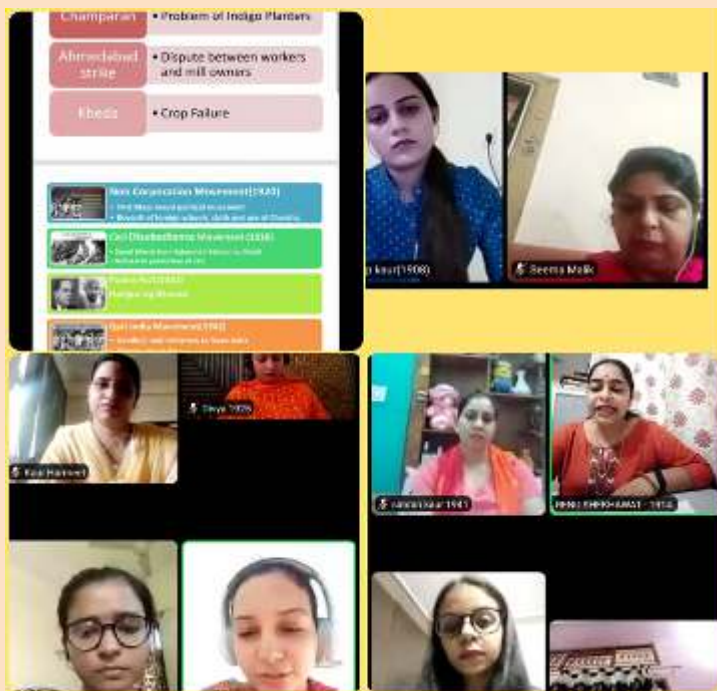
74th Anniversary of India's 'Tryst with Destiny' on 15th August 2020



Teacher's day on 5th September 2020



World Tourism Day Celebration on 28th September, 2020



Gandhi Jayanti Celebrations, 2020



International Girl Child Day on 12th October



**World Student Day and Global Handwashing Day
Was observed on 15 October, 2020**



Rashtriya Ekta Diwas 2020



"Dasham Gyan ka Antt" on October 26th, 2020



**Online celebrations of
Gurpurab,
AIDS awareness day
and Constitution Day.**

Cheerio to session 2019-21 students



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**SHIVALIK
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EDUCATION
AND RESEARCH,
MOHALI**



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