

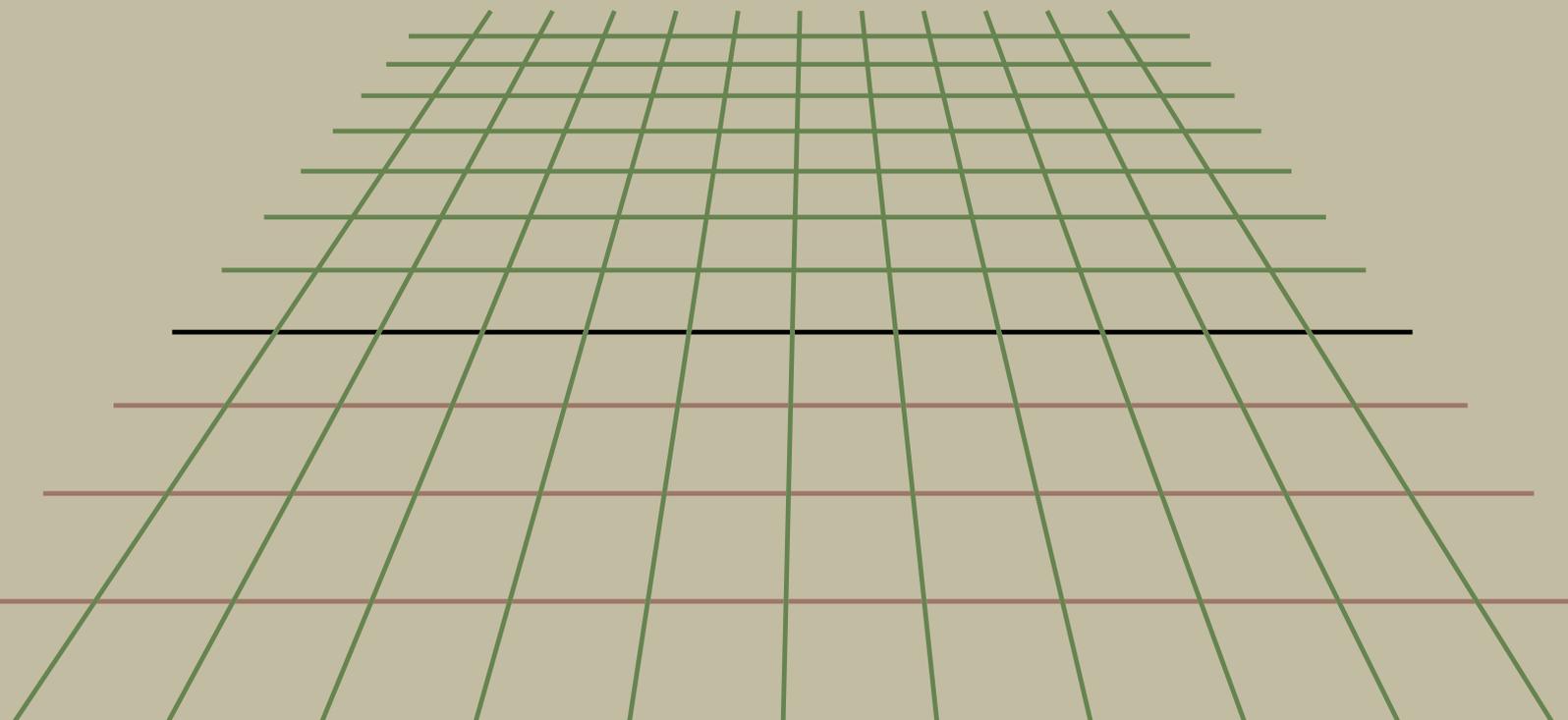


Nankana Sahib Public School, Gill Park Ludhiana

NEWSLETTER

Edition / July - September (2025-26)

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From the pen of...

Editor-In-Charge

Love , empathy and compassion are the most wanted emotions for human survival. In the recent floods our state people proved how on the basis of these human values they could stand up united against all odds.. Along with academics we also nurture these values among our students. The festival season has already kicked off and of course our rich cultural festivities also teach us to stay united .

Once again we are ready with our collective effort in the form of school Newsletter having news, achievements and creations of Nankanians reflecting their last three months' efforts.

Looking forward towards the new semester , new experiences and lots of festivity after the conclusion of mid term with a slogan - Together we can.

Pavneet Kaur



Newsletter

July 2025



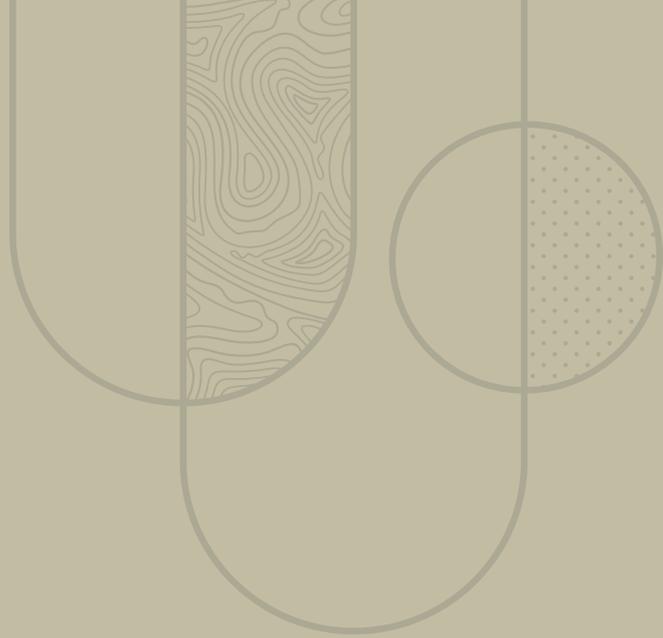
4 July, 2025

NSPS Players - second in 1st Badminton Open Tournament

Maintaining their winning spree once again the budding Badminton players of Nankana Sahib Public School Gill Park performed exceptionally well in the recently held 1st Open Badminton Tournament 2025. The tourney was organized at Lefty's Badminton Smashers Academy phase IV Mohali. Two players of NSPS won second position in the Under-13 Boys Doubles category .These included Ashish Verma and Samardeep Singh.

It needs to be mentioned here that both these players also won third position in the Under-13 Individual Boys category .

As many as 50 players participated in the Under-13 category .



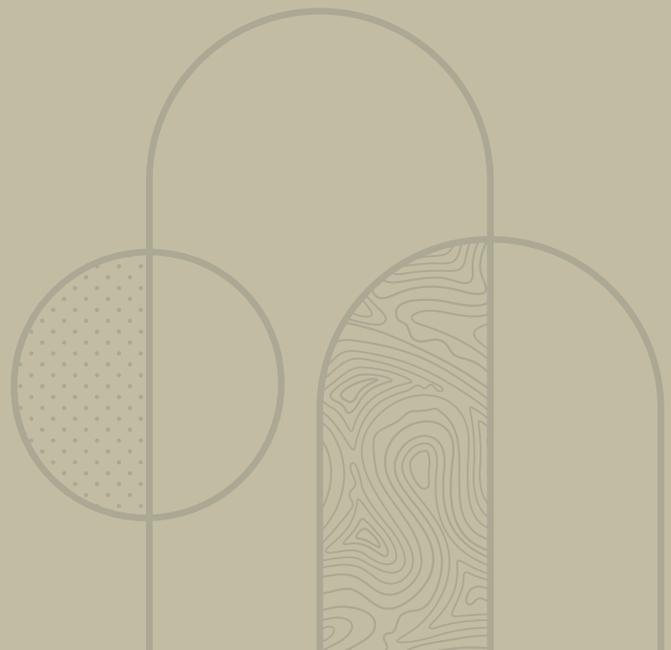
NSPS Principal conferred with National Principals Award

16 July, 2025

It is a matter of great pride that Mrs Harmeet Kaur Waraich Principal of Nankana Sahib Public School Gill Park has been conferred with Rabindranath Tagore National Principals award by Ek Updesh Media. Mrs Waraich who is a national trainer of CBSE and also City Coordinator was honoured with

Rabindranath Tagore National Principals Award during Education Excellence Conclave held at Zirakpur by Ravinder Singh Chairman of Ek Updesh Media. Mrs Waraich has been awarded with this prestigious award for her committed efforts and innovative approach to groom the young learners with skills for life.

It needs to be mentioned here that Mrs Waraich who is a visionary in the field of education has already been conferred with about two dozen prestigious awards by different organizations.



NSPS held teachers training on NCF and Competency based assessment

16 July, 2025



With an aim to make teachers learn how to align teaching strategies with well-defined learning goals two days long training was imparted to the teachers of Nankana Sahib Public School Gill Road. Mrs Harmeet Kaur Waraich National Trainer of CBSE and Principal of NSPS gave in depth knowledge about Competency based Assessment and on National Curriculum Framework. Through this training the educators were asked to share ideas, foster collaboration, and promote professional growth for the Competency based assessment.

Mrs Waraich emphasized on the growing need to shift from rote learning to student-centered. She provided practical know how on the insights on designing instructional strategies around learning outcomes. She emphasized on the importance of measurable teaching methods that engage students and ensure core competency development.

About Competency based assessment she highlighted the use of experiential learning, project-based tasks, formative assessments, and integration of technology in the classroom. These methods were showcased as powerful tools to enhance student progress and learning outcomes. How to use Bloom's Taxonomy in framing question paper, using mentimeter for getting answers from large group of students and parents and so on.

On the second day of training the National resource person told in details about National Curriculum Framework (Secondary stage) which is at par with the New Education Policy. Talking about how classrooms should be in next five years, she said, "It is very much essential for all the teachers to involve the students in learning in such a way so that they may take enough interest in active learning even in the absence of teacher means to make autonomous learners. Mrs Waraich asked the teachers to use inter disciplinary approach for better and real learning of students. The teachers were asked to teach in such a way so that their teaching may develop values which will further lead to disposition followed by capacity and knowledge.

NSPS Shines at National Gatka Championship

18 July, 2025

Students of Nankana Sahib Public School Gill Park showcased exemplary talent at the National Gatka Championship held at Talkatora Stadium, Delhi

It was organized by the National Gatka Association of India. Among 25 participating teams, Sukhmanjot Singh of Class VIII won bronze medal in the Under-14 category team, Gurkirat Singh of Class IX bagged gold medal in Under-17 team and Sahibveer Singh of XII- Arts brought laurels with gold in Under-19 team. However he got bronze medal in solo event in same category.



Quiz finalist students of NSPS honoured

18 July, 2025

As many as six students of the school have been awarded for their exceptionally good performance in the recently held 5th Vivekanand Astronomy quiz VAQ-2025 organized by St. Vivekanand Millennium School.

In this competition 300 students from Punjab, Haryana and Jammu participated. However six students from class VI of Nankana Sahib Public School Gill Park participated with confidence and zeal. Showcasing their intelligence and presence of mind they reached the final round. Medals and certificates of appreciation were awarded to these six finalist students. However the mentor teacher and school were honoured with certificates of appreciation.



NSPS Alumna interacted with students

21 July, 2025



Aiming high is good but to achieve it, one needs to put in hundred percent. This is what was shared by Tanveen Kaur an alumna of the school while addressing the students in a special assembly. Tanveer who was a student of XII Commerce topped in the school in 2017. She continued her academic excellence by scoring first position in B.Com in Delhi University.

Sharing Her mantra of success , she said , "Aim high, manifest good things , woo them through hardwork and get your dreams fulfilled." After graduation she could successfully get placement in DU.

EY(external auditing company) . She added another feather to her cap when Carlyle group (private equity firm) sponsored her for job in Netherland.

The single child of Sardar Malinderjit Singh and Harjinder Kaur, the achiever said, "My father is a businessman and mother is a home maker. " Fond of journaling and video shooting she said to students, "Ask yourself two questions: Can I be a successful person and how can I?"

She said that parental support and teachers guidance always helped me as they are the best wellwishers. Always keep in mind that Almighty is always there with you but you need to work hard in the direction of your aim. When I shifted from Primary Wing to senior wing, I thought that one day I would also deliver speech here. And today my dream came true"

The school Principal Mrs Harmeet Kaur Waraich congratulated her on her splendid success and exhorted the students to follow the tips shared by her for their success.

STEM-DLD concluded at NSPS

26 July, 2025

Two days long STEM-DLD workshop concluded at Nankana Sahib Public School Gill Park. The aim of the workshop was to aware teachers about interdisciplinary approaches for connecting all science subjects and how to teach them effectively.

In this first of its kind workshop organized in the city as many as 22 teachers from different schools participated with enthusiasm and showcased their effective teaching skills



The sub-themes included Supportive STEM environment, experiential Learning through motivated STEM teachers, motivated students for STEM/Skill based subjects, AI, design-thinking, coding, robotics, maths, science projects, STEM & Engagement with the Community, creating STEM literate society, STEM education & sustainable practices, connection with local STEM talent, STEM hands-on, practical learning gender parities in STEM Education, enhanced STEM competencies and 21st Century Skills.

The deliberations by teachers from different schools on STEM-based topics were crucial for fostering professional development, collaboration, and the effective integration of STEM education in schools.

Mrs Harmeet Kaur Waraich the Principal of NSPS and national trainer of CBSE said, "This was a wonderful dynamic platform for educators to present and discuss best case papers on innovative practices. The experts of Science and Mathematics shared insights gained from hands-on classroom experiences. Together they could learn how to address challenges encountered while teaching STEM subjects. On the second day teachers from the secondary category presented Case Paper/ Presentation.

Each case presentation or PPT was of 20 minutes followed by 5 minutes for open discussion. The judges included Dr Vandana Shahi Principal BCM Basant Avenue, Dr Bandana Sethi Principal Atam Vidya Mandir, Atam Nagar and Dr Rajvir Kaur Assistant Professor from Chemistry department of Guru Nanak Dev Engineering College were the judges.

Players shine at Ludhiana Sahodya Chess Tournament

29 July, 2025

Students of Nankana Sahib Public School participated enthusiastically in the Chess Tournament organized by Ludhiana Sahodya Schools Complex at Drishti Public School, Narangwal, where a total of 24 teams competed.

In the U-14 girls category, the team comprising Manmeet Kaur, Harnoor Kaur, Harshita, Sukhmandeep Kaur (all Class VII), and Ishleen Kaur (Class IV) secured the second runner-up position.

In the U-19 girls category, Arshpreet Kaur, Darleen Kaur (+2), Janvi Mittal, and Komalpreet Kaur (+1) attained the 4th position.



NSPS player third in Badminton tourney

30 July, 2025

The budding player of Nankana Sahib Public School Gill Park brought laurels to the school by winning third position in the Kompte Badminton Tournament 2025 organized at Sports Complex Sector -7 Chandigarh. As many as 16 teams participated in the tournament Agamjot Singh won third position in the Under-9 category of boys(Single). The budding player practices daily for many hours.



Budding orators Shine at English Declamation

29 July, 2025

Nankana Sahib Public School organized an English Declamation Competition for students of Classes VI to XII, which turned out to be a vibrant display of confidence, clarity, and articulation. Students from Classes VI to VIII impressed everyone with their eloquent speeches and passionate delivery.

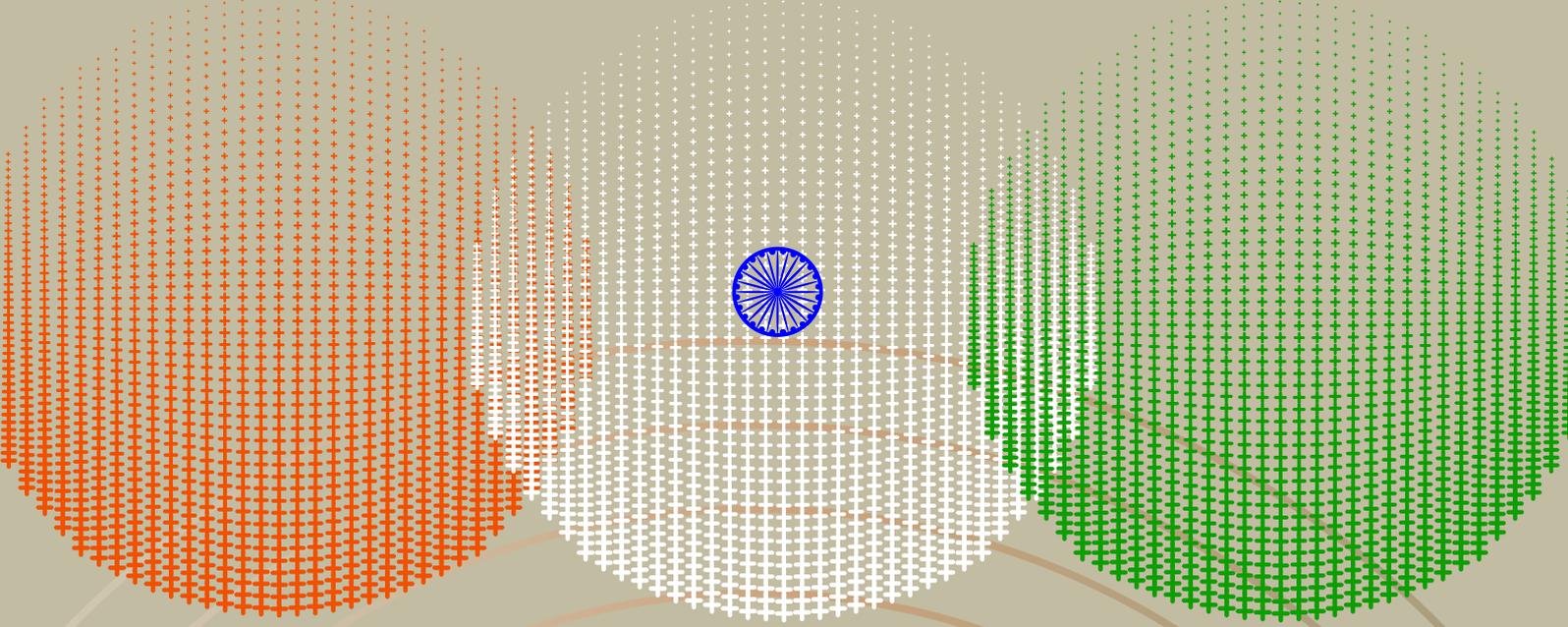
They expressed their views on plethora of topics including, 'The importance of digital literacy', "When the root is deep, there is no reason to fear the wind", "Your attitude decides your altitude", "Role of youth in bringing about social change in society", "Life was sounder when technology was more Spartan", "Cross border terrorism (Indo Pak conflict)", "The power and responsibility of social media" and Importance of Mental Health Awareness (with special reference to students) etc.

Namanjot Kaur (Class VI) secured the first position, Sukhmandeep Kaur (Class VI) and Harmanjot Kaur (Class VII) shared the second position, Gurseerat Kaur (Class VI) and Avnoor Kaur (Class VIII) were awarded third position, Jasmeet Kaur (Class VII) received a consolation prize for her commendable performance.

Results of IX to XII:

Mehar Kaur of XII Arts and Karandeep Kaur of IX shared first position. Parneet Kaur of IX and Anukampa of X shared second position. Anmol Pandey of XI -Science and Simleen Kaur of IX standard shared third position. However Vandana of XI Arts got a consolation award. Special appreciation award was given to Gurnaam Singh of class X. The students participated with enthusiasm and confidence, making the event a memorable one.





Newsletter

August 2025



NSPS players stood second in Zonal cricket tourney

1 Aug, 2025

It is a matter of great pride that cricket players of Nankana Sahib Public School Gill Park succeeded in winning second position in the Zonal level Under-17 cricket tournament. It was organized by Punjab School Education Board at the cricket ground of Philahi Sahib. As many as 20 teams from different schools participated in it.



Mega Science Fest and Maths lab inauguration^{2 Aug, 2025} organized at NSPS

The mathematics laboratory was inaugurated at school by National awardee Shiksha Ratan Dr. Jaswinder Singh, a lecturer of physics at Government Senior Secondary School Kalyan, Patiala. He showed keen interest while observing the models prepared by students and decorated in the lab.

While interacting with students the chief guest said, "You are learners and future innovators. Develop the habit of asking questions to your teachers in subjects like mathematics and science where reasoning is the base."

The Director of Nankana Sahib Education Trust Sardar Iqbal Singh was the guest of honour. He minutely observed the models and charts prepared by students from class I to X.

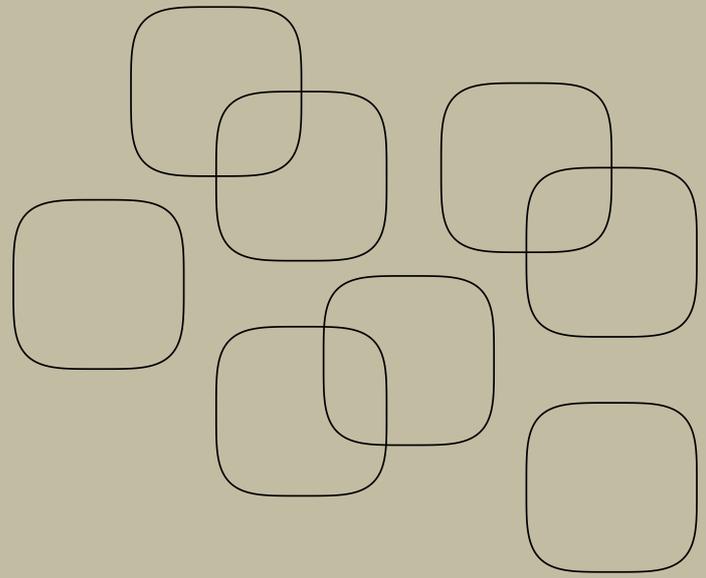
On this occasion an exhibition of mathematics, science and social-studies was also organized. Beautiful models related to these subjects like volcano, Chanderyaan, Space, pollution, traffic, trigonometry, probability, shapes, types of angles, quadrilaterals, linear equations in one and two variables etc were exhibited. The students used waste material like cardboards, wooden boxes, rough sheets, sticks etc and reflected their creativity which was par excellence. After having a round of exhibition the National awardee Dr. Jaswinder Singh took queries of students as to why they find mathematics difficult. He gave valuable tips to students and used them while solving sums and understanding basics.

The school Principal Mrs Harmeet Kaur Waraich thanked Sardar Iqbal Singh and Dr. Jaswinder Singh for sparing their valuable time to visit the school and encouraging the students and teachers for better learning.



Rakhi exhibition held at NSPS 2 Aug, 2025

The school organised a Rakhi exhibition with a motive of charity. The school provided the platform to deaf and dumb children for selling their rakhis. These Rakhis were prepared by students of Ambuja Manovikas Kendra being run by Ambuja Cement Foundation, at Village Salora, Morinda Road, Distt. Ropar. Beautiful Rakhis prepared with pearls, shells and silken threads by these creative students were sold like hot cakes. Showing their humility and generosity, students and teachers from all classes purchased enough to support these special kids financially.



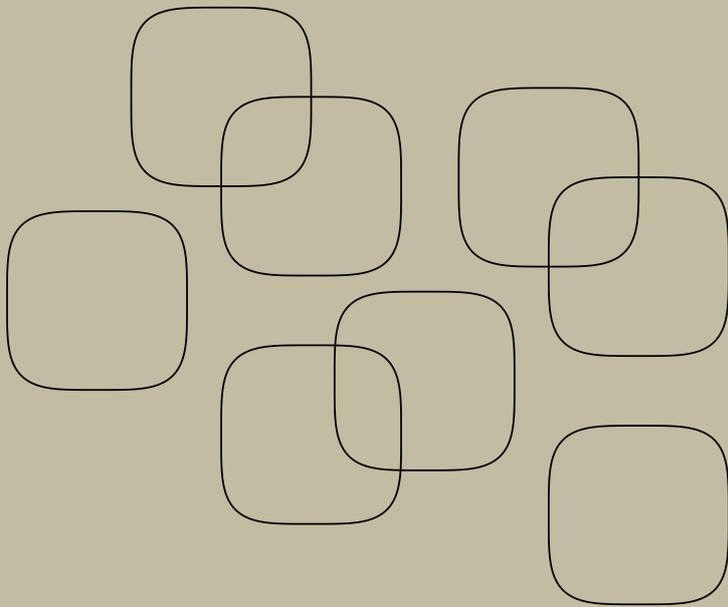
2 Aug, 2025

NAAD Team held motivational lecture

The school organized a motivational lecture for the students. An NGO - NAAD(Notes – Ask – Ask – Discuss), led by Dr Sarabjeet Singh Renuka, held a motivational session with an aim to nurture moral values and enhance learning skills among students of grade VI to X.

A team of 15 energetic and dedicated members engaged the students in a meaningful discussion on the importance of education (Shiksha), good manners followed by open house discussion. The core idea of NAAD was explained through real-life examples. Students were encouraged to take proper notes while learning, ask questions without hesitation, repeat their queries if unclear, and discuss freely with peers. Dr Renuka said, "This method promotes active learning, confidence, and collaborative thinking."

The students responded with enthusiasm and participated actively in the discussion. The session not only boosted their self-confidence but also motivated them to become disciplined and responsible learners.



NSPS players selected for district tourney

5 Aug, 2025

The budding Volleyball players of Nankana Sahib Public School Gill Park brought laurels to the school after getting selected for the district level tournament.

Both U-14 Boys and U-17 Girls Teams won at the Zonal level tournaments. The team of U-14 Multiple Players displayed stellar performances at the Zonal Level Volleyball Tournament held at BCM School, Lalton Kalan. They won by defeating DAV BRS Nagar. From the U-14 category Asees Singh (Grade VIII), Sukhkirat Singh (Grade VIII), Harshdeep Singh (Grade VIII), and Maanpratap Singh (Grade VIII) — have been selected to represent at the district level tournament.

Equally remarkable was the performance of the U-17 Girls Volleyball Team, who also clinched first position in the Zonal level Championship overpowering DAV BRS Nagar in the finals. Demonstrating exceptional teamwork and skill, five players of this category have been selected for the district level tournament. These included Tanvir Kaur (Grade VIII), Muskan Kalsi (Grade X), Harshita (Grade X), Japneet Kaur (Grade X), and Gurleen Kaur (Grade IX).



NSPS held Punjabi declamation

6 Aug, 2025

To polish oratory skills and promote mother tongue the school organized inter-class Punjabi declamation.

As many as 45 students from classes VI–XII stepped up one by one to showcase their oratory skills. Their topics included simple living, high thinking, environment, our culture, our traditions, increasing old age homes etc.

The budding speakers won applause from the audience for their proper intonation, enriched content amalgamated with confidence and clarity of expression.



NSE held awareness seminar at NSPS

5 Aug, 2025

To make teachers aware about the securities market and frauds being conducted, an awareness seminar was organized by National Stock Exchange in collaboration with Securities and Exchange Board of India (SEBI) in the school campus.

Shivam Jindal Deputy Manager Regulatory National Stock Exchange of India Limited was the resource person.

He talked at length about broker's frauds and how to authenticate them. Mr Jindal said, "There is a website named SCORES where one can complain about financial securities fraud to SEBI." He talked in detail about mutual funds.



NSPS Wrestling Champs selected for district

7 Aug, 2025

Budding wrestlers of the school brought laurels to the school by getting selected for the district level tournament. They showcased their strength and skills at the zonal level wrestling tournament held at Sacred Soul Senior Secondary School, Dhandra. It was organized by the Punjab School Education Board.

Taranjot Singh of Grade XI (80 Kg) impressed in both the Greco-Roman and Freestyle events, while Angadveer Singh of Grade VII (75 Kg) clinched the gold medal in the Freestyle category. Both talented wrestlers succeeded in securing their place in the upcoming district level tournament



NSPS broke record of 17 years, won CBSE Cluster XVIII Basketball tourney, selected for National

7 Aug, 2025

Breaking the winning record of Spring Dale School Amritsar, the U-19 Basketball team of boys of Nankana Sahib Public School Gill Park brought laurels by winning gold medal in CBSE cluster XVIII Basketball Tournament of U-19 Boys. The tournament was organized at BCM Sector 32, Chandigarh Road. All the 11 players of the team have been selected for the National level tournament of CBSE Cluster going to be held at Chhattisgarh.

In the final match the team of NSPS defeated the team of BCM Sector 32. Earlier the same team had won the Zonal Basketball Tournament and got selected for district. The Zonal Basketball Tournament was held at DAV School Pakhowal Road. As many as 14 teams from various schools participated in it.

The team of NSPS secured first position with a thrilling victory in the final match played against DAV BRS Nagar. The team displayed remarkable coordination, strength, and sportsmanship, winning the final match with a close score of 39-34.

The players selected for district level included Armaan, Prabhjot, Jatin, Prabhjot, Dhanraj, Davinder and Uday.

On this remarkable achievement, the school Principal Mrs. Harmeet Kaur Waraich congratulated the team and the teacher behind it. She expressed her joy by stating, "This victory is a testament to the hard work, dedication, and true sportsmanship of our students. I am incredibly proud of the team's effort and discipline".



Red Day celebrated

7 Aug, 2025

Colours are indeed the smiles of nature" With this objective the students of Nursery celebrated "Red Day" at Nankana Sahib Public School Gill Park. All the little angels of the nursery were dressed up beautifully in red colour dresses. It filled the entire environment with vibrance and excitement.

The celebration began with children showcasing their creative red-themed props, including models of red fruits, vegetables, and everyday objects. The tiny tots confidently spoke a few lines about their items, impressing everyone with their preparation and stage presence. A fun and engaging thumb printing activity was conducted where children joyfully filled in a strawberry printout using red paint. This was followed by a game, in which students had to identify and collect only red-coloured toys from a mixed collection and place them into a red basket. This activity helped to enhance their colour recognition and motor skills. The excitement reached its peak when the children sang songs related to the day. The event was graced by Primary Incharge Mrs. Jasmeen Kaur, who appreciated the efforts of the students and teachers.



Sawan celebrated at NSPS

8 Aug, 2025



Festivity and vibrancy were witnessed at Nankana Sahib Public School Gill Park as Sawan was celebrated with gaiety.

The whole campus resonated with joy and togetherness. The stage was beautifully decorated and wore a festive look. The students and staff members looked vibrant in their traditional Punjabi outfits.

The celebration started with recitation of Shabad "Sawan Aaya Hey Sakhi". It was followed by a plethora of cultural items by students depicting the rich culture and tradition of Punjab. The scintillating performance by the students spoke volumes about their enthusiasm. The celebration could instill in students a sense of pride in their cultural roots. The celebration witnessed energetic folk dances and melodious Punjabi music.

NSPS Shines at Inter-School Declamation

13 Aug, 2025

Nankana Sahib Public School student, Hardeep Kaur of Grade 9, earned a Consolation Prize in the Punjabi Declamation Competition in Giani Harjit Singh Memorial Inter School Declamation Contest, held at Guru Nanak Public School, Gujranwala. The prestigious event witnessed the participation of 41 teams from various reputed institutions. The school Principal, Mrs. Harmeet Kaur Waraich, congratulated the participant. She said, "Hardeep Kaur's performance reflects her confidence and command over the language. School provides platform to students for polishing their talent and they should come forward to hone their skills."



NSPS student - first at National Gatka Competition

20 Aug, 2025

Continuing his excellence in Sikh Martial Art, once again a XII student of Nankana Sahib Public School Gill Park succeeded in scoring first position at a national level tournament.

Sahibvir Singh, a XII Arts student participated in national gatka competition organized by Singh Brothers Sports Academy, Nagpur and Gurudwara Langar Sahib Nanded. The competition was held at Gurudwara Langar Sahib.

s many as 18 participants from different states participated in this open tournament. Sahibvir participated in the Free Soti event. This youngster who is excelling in Sikh Martial Art said," Gatka is my passion. I practice it daily for 3 to 4 hours. I will continue playing Gatka throughout my life."

Congratulating him and the teacher behind him, the school Principal Mrs Harmeet Kaur , " Sikh Martial Art embodies spirit of discipline, courage and resilience. Regular practice always helps . I wish him good luck in forthcoming events."



NSPS celebrated Independence Day

18 Aug, 2025

Nankana Sahib Public School Gill Park celebrated the 79th Independence Day of India with enthusiasm and patriotic fervour. The day began with a special assembly, setting the tone for the celebrations that followed. Students recited stirring patriotic poems and delivered speeches highlighting the sacrifice of martyrs. The school Principal Mrs Harmeet Kaur Waraich addressed the gathering and reminded everyone of the significance of the day. She exhorted students to become responsible citizens who contribute to the nation's progress. The event concluded with the singing of the National Anthem, filling the campus with pride and unity.

Flag hoisting done by the Senior Most Teacher Mrs. Kirandeep Kaur Grewal along with the Principal & Primary Incharge.

NCC cadets celebrated I-Day with special children- It needs to be mentioned here that NCC Cadets of the school celebrated Independence Day with special and abandoned children. The Cadets visited a Non-Government Organisation -Manukhta Di Sewa Sab Ton Vaddi Sewa at Viilage Hassanpur of Ludhiana district under the guidance of CTO (Caretaker Officer) Mrs Ravinder Kaur Gill. The NGO is taking care of the special children and those who have been abandoned by their parents. The cadets also interacted with the members of NGO and spread the message of unity, freedom and service to the nation.



NSPS badminton player - first in district

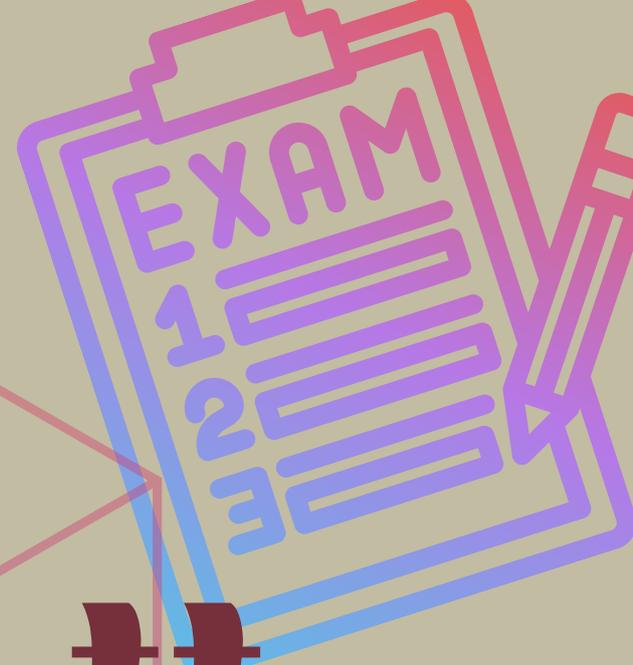
27 Aug, 2025

Making waves in badminton once again a budding player of Nankana Sahib Public School Gill Park scored first position at district level tournament in the Under-14 category of boys. The sports event was organized recently at BCM Arya Model Senior Secondary School Shastri under 69th District level school games.

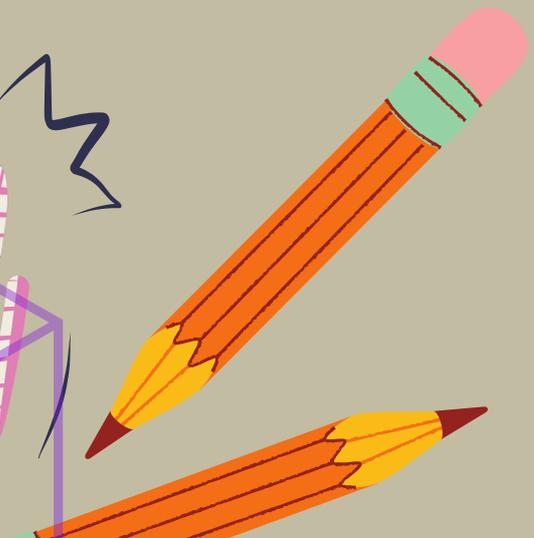
In a thrilling display of skill Samardeep Singh of NSPS succeeded in scoring first position. He was in the team of Ludhiana Zone -1 which also included two more players from Sacred Heart Senior Secondary School BRS Nagar and BCM Arya Model Senior Secondary School Shastri Nagar.

The NSPS player demonstrated remarkable prowess on the court and could accomplish this achievement. Congratulating the winner player and the teacher behind him, the school Principal Mrs Harmeet Kaur Waraich said, "This achievement is not less than a milestone for the institute. " She emphasized to maintain such achievements in future with regular practice and dedication.





Newsletter September 2025



9 Sept, 2025

NSPS Shines at State Chess Tournament

Students of Nankana Sahib Public School, Gill Park showcased their brilliance at the Chess Tournament held at IPS Chuharpur. It was organized under the 69th Punjab School Education Board. Competing against strong contenders from all zonal teams, Harshita of Grade VII of Nankana Sahib Public School clinched the gold medal in the Under-14 girls category, bringing laurels to the school.



Bhog of Sehaj path of Shri Guru Granth Sahib performed at NSPS

9 Sept, 2025

To invoke blessings of Almighty for the Chardikala of Punjab, bhog of Sehaj Path of Shri Guru Granth Sahib was performed at Nankana Sahib Public School Gill Park. It was followed by the Path of Shri Sukhmani Sahib. All the teachers, staff along with school Principal Mrs Harmeet Kaur Waraich prayed for the Welfare of Punjab.

The occasion also marked the farewell ceremony organized for six employees. Four of them who were given farewell on their superannuation included Mrs Kirandeep Kaur Grewal TGT Punjabi, Shri Harbans Lal Clerk, Sardar Kuldeep Singh Gateman and Shri Gangaram the Gardener. The two who left their jobs included Mrs Ramandeep Kaur Gill and Ms Gurleen Kaur.

The school Principal Mrs Harmeet Kaur Waraich congratulated all on the occasion of their farewell. Addressing the gathering of teachers and staff, Mrs Waraich said, "The role of a teacher is very crucial. We should continue to do our best with the best abilities for the Welfare of society." She congratulated teachers on Teachers Day and exhorted them to involve students in the teaching learning process actively.



NSPS progeny on artistic footsteps

9 Sept, 2025

Known for academic excellence and holistic development of students Nankana Sahib Public School has added another feather in its cap where a Kindergarten child is emerging as a budding amateur artist.

Meet 5 years old Gurbaaz Singh Matharoo, who brings faces to life with their vibrant portraits. The child, who is even far away from his adolescence, has an artwork which is a testament to his creativity, observation to detail and passion for creative art.

AUKG student of the school has a flair for capturing the expression of different faces. With a keen eye for colors and composition, he creates artwork which is appealing both visually as well as emotionally. His mother Gurpreet Kaur Matharoo said, "He was only two and half years old when he used to pay close attention to details of facial features of different cartoon characters. We observed that when he started viewing Television, he started asking for a paper and pencil. One day I saw him making facial expressions of a cartoon character and another day he was making another one. To my astonishment I saw him drawing some portraits while watching television. His uncle motivated him to make portraits of Baba Deep Singh Ji, Guru Gobind Singh ji and other Gurus. He followed his advice and finally could come up with beautiful art work."

It won't be wrong to say that Gurbaaz inherited this skill from his mother who herself had been a student of Fine Arts during her bachelor's degree programme. Son of a business entrepreneur Sardar Sukhdeep Singh Matharoo, Gurbaaz said, "I want to be an artist. I like subjects of English and mathematics." Born on October 22, 2000 he loves to play hide and seek, cricket and is fond of cycling too. His class In charge Mrs. Sumandeep Kaur said, "I got to know about his talent when one day he also made my portrait. He is equally good in academics."

But painting is his first love. As his father said, "Be it any occasion, whether it is his birthday or any festival, he has only one desire to have the best colors and sheets. And of course we buy him to nurture his hobby." He has one sibling who is in class IV at NSPS. "Most of the time he is a quiet child but feels irritated only when his elder brother or anyone teases him," said the proud mother. Standing in the office of the school Principal Mrs. Harmeet Kaur Waraich, Gurbaaz made a portrait of her in hardly ten to fifteen minutes. Surprised at his creativity, Mrs. Waraich said, "One day he will be an accomplished name in the world of artists. We will provide him every possible opportunity to help his tender hands to a mature artist."



NSPS - third in Shabad Gayan Competition 10 sept, 2025

Proving their dedication towards Gurbani once again the students of Nankana Sahib Public School Gill Park succeeded in winning third position in Shabad Gayan Competition held at Gurudwara Phalahi Sahib, Patshahi Dasvi, village Dolay.

More than half of dozen events were organized to commemorate 350th martyrdom anniversary of Sri Guru Teg Bahadur Ji and the 22nd death anniversary of Sachkhand wasi Jathedar Santokh Singh Ji. The events included Shabad Kirtan, Shuddh Gurbani recitation, Dumala tying, Turban tying, Painting, Race, Gatka competition (Boys).

As many as 26 teams from different schools participated with enthusiasm. The winning team of Nankana Sahib Public School received the cash award of rupees 2500.



Basketball team of NSPS second in district tourney

13 Sept, 2025

After having won the CBSE Cluster XVIII Basketball tourney and getting selected for National tournament of CBSE, the U-19 team of basketball of Nankana Sahib Public School Gill Park succeeded in winning second position in the 69th district level School Games held recently.

The tournament was organized by the District School Tournament Committee at Government Senior Secondary School Multipurpose. The players who have been selected for the state included Armaan Sharma, Prabhjot Singh of Arts stream and Prabhjot Singh of Commerce stream. However, Dhanraj Sharma is a standby for the state team.

Applauding the relentless efforts of players and teachers behind them, the school Principal Mrs Harmeet Kaur Waraich said, "Regular practice, well focused mind and discipline always help in polishing sports . I wish the team would emerge victorious in almost all prestigious sports events."



NCC cadets of NSPS won overall trophy

15 Sept, 2025

Showcasing their skills in different competitions of sports, cultural activities and drill, the NCC cadets of Nankana Sahib Public School Gill Park succeeded in winning the overall trophy at the combined Annual Training Camp 60, held recently at NCC Academy Ropar.

As many as 600 cadets of different schools from Punjab participated in it. However 48 cadets were of NSPS. The NCC cadets won gold medals in volleyball (boys), Volleyball (girls) and in cultural items. However the cadets won a silver medal in Tug of War (Girls). They could win bronze medals in drill competition and in dodgeball.

The school Principal Mrs Harmeet Kaur Waraich congratulated the winning cadets and the teacher behind them. She said, "NCC makes the cadets disciplined and dedicated towards service to the nation. Excelling in different competitions reflected their sportsmanship and their love for their rich cultural heritage. "



NSPS players get selected for state level tourney

15 Sept, 2025

After excelling in district level events , the budding players of Nankana Sahib Public School Gill Park got selected for the state level tournaments.

In wrestling, U-14 category of boys Angadveer Singh of Class VIII won gold medal in district level event organized by Punjab School Education Board However Japnoor Kaur of VII- Class succeeded in winning second position in 200 meter and third position in both 50 meter and 100 meter swimming events of U-14 category.

Both of these players have been selected for the state level tournament. It needs to be mentioned here that there were five players of NSPS in the district level U-17 team of volleyball (Girls) . They stood third .



NSPS celebrated World Punjabi Day and birthday of Baba Farid Ji

23 Sept, 2025

Nankana Sahib Public School Gill Park celebrated the first World Punjabi Day dedicated to Baba Farid Ji. The aim was to promote Punjabi language and acquaint students about the contribution of Baba Farid ji in enriching Punjabi language.

The senior students delivered a speech on Punjabi Language, telling everyone about its importance with a strong message to love their mother tongue and stay rooted with it. The students also recited Shaloks written by Baba Farid Ji which are included in Shri Guru Granth Sahib ji.

Addressing the gathering of teachers and students, the school Principal Mrs Harmeet Kaur Waraich said, "Punjabi is a beautiful language with a rich literary tradition. It is a matter of great pride that our language is being celebrated at world level."



NSPS hosted the SAFAL CBSE Orientation and Induction Program

26 Sept, 2025

Nankana Sahib Public School Gill Park hosted the SAFAL CBSE Orientation and Induction Programme for Nodal IT Teachers for conducting SAFAL KSA 2025-2026. SAFAL is -

Structured Assessment for Analyzing Learning. It is a competency-based assessment for all CBSE affiliated schools in India and abroad (for students who have completed grade 3, 5 and 8) . It has been launched by CBSE in align with NEP-2020 .

Welcoming the Nodal IT teachers of different schools, Mrs Harmeet Kaur Waraich the city coordinator of CBSE said," The aim of this assessment is to ensure progress throughout school years by providing diagnostic information about students learning by school and thus support school to move towards competency based education."

Mrs Waraich who is also Principal of Nankana Sahib Public School Gill Park said" It is a matter of great pride that our school has been conducting this assessment right from the beginning as a part of pilot team with sole aim to genuinely improve learning and track students progress across the curriculum . "

Dr Sehajpal Singh Principal of Guru Nanak Dev Engineering College also marked the occasion.

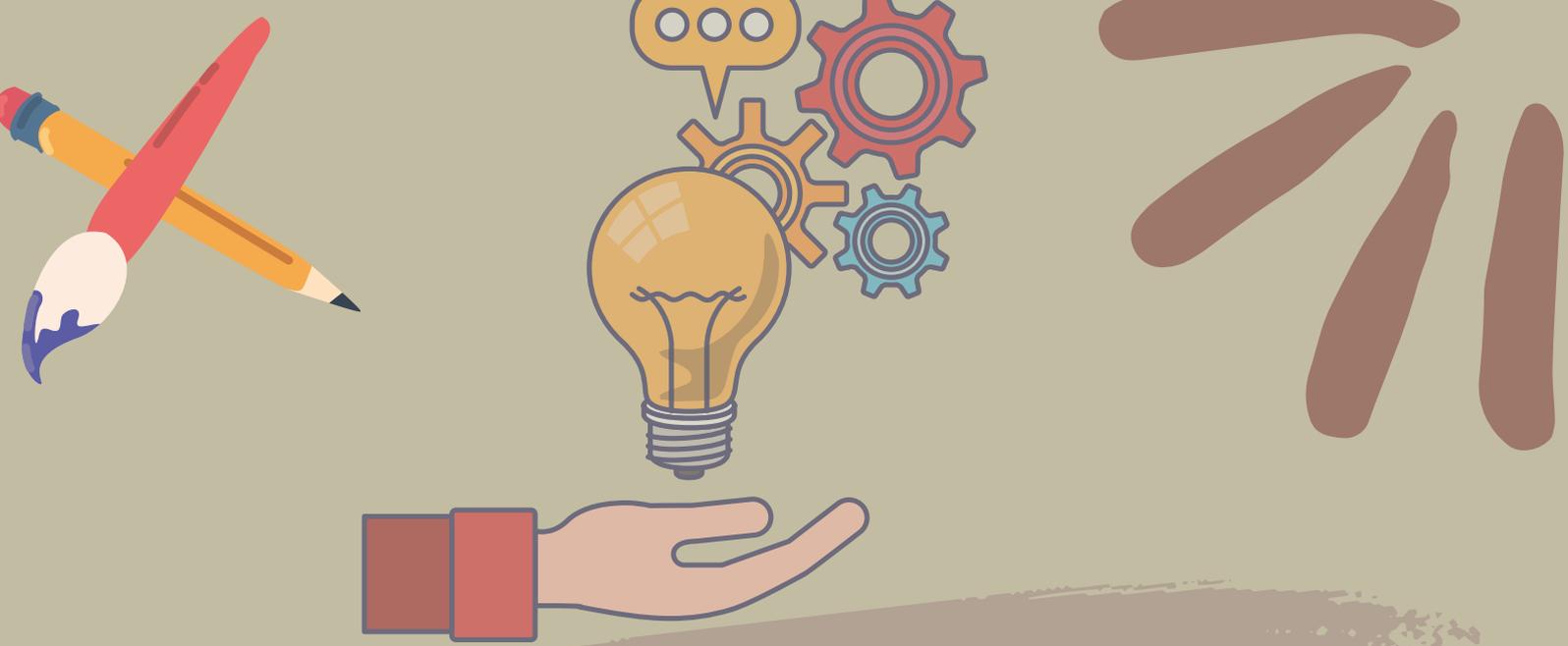
Addressing the august gathering the Resource Person Ms Namita Balodi Deputy Secretary (CBSE Academics) said,"

SAFAL is not a competitive exam; it is a developmental tool designed to improve learning without adding pressure on students."

She future said," After successfully conducting pilot project, from this academic session it is mandatory for every CBSE affiliated school to conduct this exam for grades 6 and 9 this year. With the help of Power Point Presentation, she explained in detail about SAFAL Key Stage Assessment.

Mr Sandeep Sharma another Resource Person who is a prolific Master Trainer from BCM ARYA Model Senior Secondary School, Shastri Nagar said," we are imparting training to Nodal IT teachers beforehand for conducting this assessment smoothly . Today's induction programme is a part of this assessment which will be conducted this year in the month of November-December. It will be computer based exam for Grades 6 and 9 in which students competency in core subjects like Language, Mathematics & Science/EVS will be evaluated . The schools who don't have computer facility will conduct SAFAL on OMR sheets.





Creativity is seeing what everyone else has seen, and thinking what no one else has thought...



Brother~ a relation above all

A brother — a bond beyond any measure,
A relation filled with love and treasure.
Whether older or younger in years,
He stands tall like a father — wiping my tears.
I'm blessed with the most loving bro,
Always supporting me wherever I go.
When I'm lonely, sick, or feeling low,
He stands for me and makes my spirit grow.
He laughs with me in moments of cheer,
protects me like a shield whenever I fear.
A guide, a friend, my brightest light,
With him around, everything feels right.
No fortune or treasure could ever replace
The warmth we share in every embrace.
Through every chapter, near or far,
My brother's love is my guiding star.

Hardeep Kaur
English Teacher

Love and Care

In a small village surrounded by green hills and sunshine, there lived a kind-hearted girl named Sophia. She loved taking care of animals and making new friends.

One day, while exploring the forest, Sophia found a wounded bird. The bird's wing was hurt, and it couldn't fly. Sophia gently picked up the bird and took it home. She named the bird Luna and nursed it back to health.

As Luna got better, Sophia and Luna became inseparable friends. They would spend hours playing together, singing songs, and exploring the outdoors. Sophia loved watching Luna fly and feeling the wind beneath her wings.

But one day, a big storm came to the village. The wind was strong, and the rain was heavy. Sophia was worried about Luna's safety. She wrapped Luna in a warm towel and held her close. As the storm passed, the sun came out, and Luna stretched her wings. She flew high in the sky, and Sophia cheered her on.

From that day on, Sophia and Luna were the best friends. They went on adventures, played in the fields, and cuddled up together at night. Sophia learned that taking care of someone and showing love and kindness can create a special bond.

Anantvir Singh
Grade - 7th F

My School – My Second Home

We all love our home because of the love, care and safety it gives to us . But there is one more place that gives me all of that and so much more . Yes !My school is truly my second home . When I walk through the school gates I feel like I'm entering a place filled with love and magic . My teachers greet me with smile my friends wave me from the corridor and the walls seem to whisper welcome back ! At home I have my parents to guide me but at school I have my teachers , staff and Principal Ma'am who care for me just like family . They teach me, support me and believe in me even when I don't believe in myself . Here not only I learn subjects like Maths, English, Science but also how to be kind , helpful and honest . I share my lunch ,cheer for others in games and speak on stage, share my views , just like I'm doing right now . My school is the place where I dream big , laugh loudly and not only grow in height but in heart . I feel so lucky that I get to study in a school where every teacher puts their heart into teaching . And our Principal ma'am leads us with love and strength . I feel so proud that I get to wear my uniform and say 'Yes' this is my school . Lastly I want to say that I may not remember every lesson in my textbook but I will remember loving memories forever of my second home .

Sunaina Verma
Grade – 6th B

When you believe sky is your limit you somehow touch the sky

Everyone dreams and wants to accomplish it but some give up in the middle fearing that they would never get success perhaps they doubt their own potential This phrase means that there are no set boundaries or restrictions on what one can achieve or how high they can aim. Yes of course, sky is limitless if you are determined hard worker and hell bent upon full filling your ultimate aim

History is replete with examples of individuals who defied conventional limits and achieve remarkable success. From scientists like Einstein and Madam Curie to innovators like Elon Musk and Steve jobs these visionaries exemplify the power of limitless thinking. For a successful entrepreneur there are no set boundaries. Here is an example of our cities famous business tycoon late Mr Om Prakash Munjal who along with his family moved from Pakistan to Amritsar in 1944 and started the business of cycle spare parts. After 12 years they moved to Ludhiana and set up the world's largest empire of integrated cycle manufacturing industry

Now let's talk about Milkha Singh, the flying sikh who was an Indian track and field sprinter could accomplish himself in the field of athletics . He was the first Indian who win gold medal in Asian games and also represented India in 1964 Tokyo Olympics "When it comes to innovations one can create anything innovative "

It was Shabir Bhatia who was an Indian turned American who arrived in United States from Bangalore at the age of 19 now is a web gazillionaire. With a friend and Co worker Jack Smith, Bhatia founded Hotmail , a first web based email service. This concept was a radical departure from dial up services that required paid account "The mindset about success isn't just about achieving it but it's about living the life that is full of purpose, passion and joy." In the journey of success remember that only limit that exist is the one we impose on ourselves

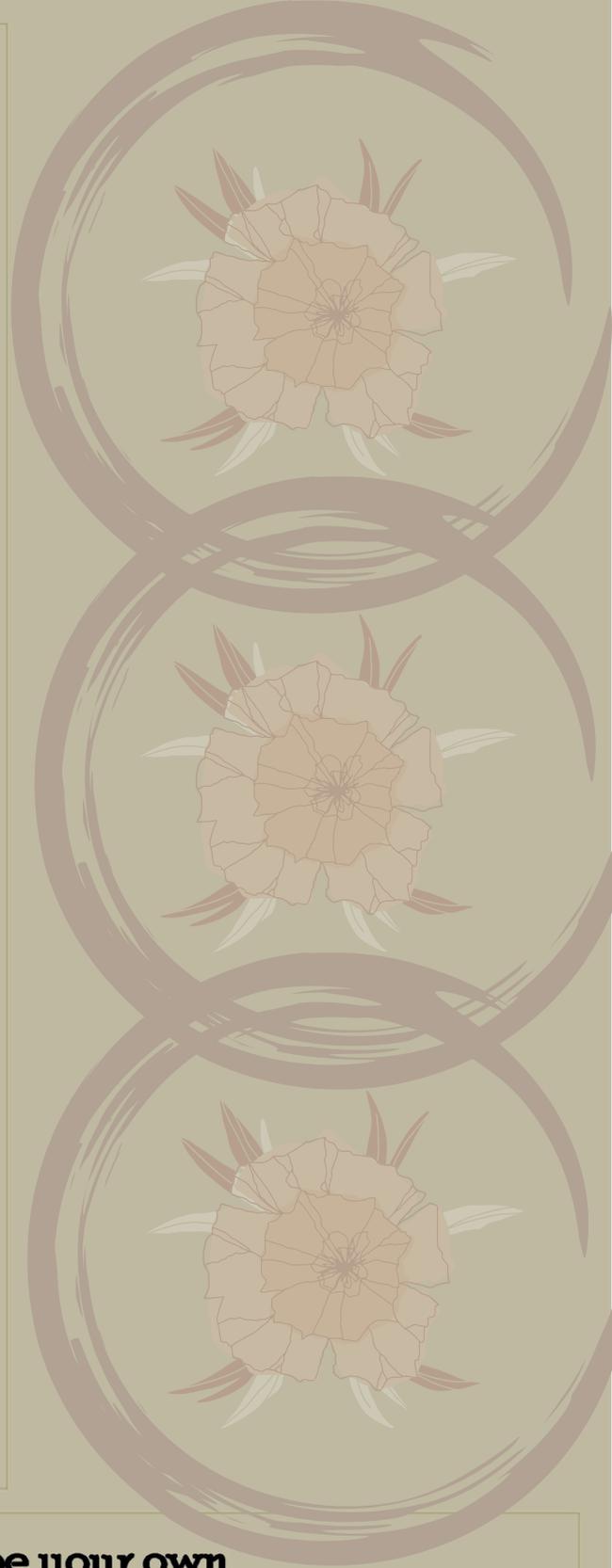
Vikas Khanna who was born with a leg condition was not able to walk properly until the age of 13 which leads to years of bullying in school and social isolation . That's when he found a safe space in his grandmother's kitchen and discovered his passion for cooking. After 31 jobs he finally found a work at a restaurant but face racism. A chef there wants told him that "black hands don't cook they only clean" Vikas quit immediately but he never give up and today he is the global sensation that celebrates India "We need to push ourself beyond are comfort zones and strive for excellence" by having this mind set we can touch the sky, achieve our goals and be successful. As so it is rightly said "Believe that the sky is the beginning of the limits it's just the starting point"

Jasmeet Dhiman
Grade ~ +1 Sci.A

What you write must be your own

This line or this phrase "what you write must be your own" Means that what You're writing must be your own words that *reflect* You and not be some borrowed words from someone or something. If we look at it this way, words are our finger prints, Different and unique for everyone, and it's the best thing about writing. All different writers have a unique and different touch to their writings which we enjoy. And Us? We are far goner - Using AI for writing speeches, paragraphs, essays and what not. Even complex mathematical problems are given step-by-step and lay at our finger tips, which are just a few clicks away. At our age teens are bubbling with creativity, thoughts, ideas and what are we doing, letting it go to vain because of what? Little time? We need to understand, ChatGPT or Perplexity might be easy but it is not going to water the seed of creativity inside us. At the end of the day, you are you and I am I, You with your own positive facts and me with mine. And AI should have nothing to do with it.

Sarabjeet Kaur
Grade - 10th F



ਰੱਬ ਦੀ ਖੇਡ

ਰੱਬ ਦੀ ਖੇਡ ਸਭ ਤੋਂ ਨਿਰਾਲੀ ਹੈ,
ਤੂੰ ਦਿੱਤੀ ਤੰਦਰੁਸਤੀ ਖੁਸ਼ਹਾਲੀ ਹੈ। ਕਿਤੇ ਹਰਿਆਲੀ ਤੇ
ਕਿਤੇ ਸੋਕਾ ਹੈ, ਕਿਤੇ ਸੱਚਾਈ ਦਾ ਸਾਥ ਤੇ ਕਿਤੇ ਧੋਖਾ ਹੈ।
ਤੇਰੇ ਹੁਕਮ ਵਿੱਚ ਲੁਕਿਆ ਹਰ ਰਾਜ਼ ਹੈ,
ਸਭ ਸੁਨੇਹਾ ਤੇਰੇ ਪਿਆਰ ਦੀ ਆਵਾਜ਼ ਹੈ।

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ਨੇਕ ਕੰਮ

ਕੁਝ ਸਮਾਂ ਪਹਿਲਾਂ ਦੀ ਗੱਲ ਹੈ। ਮੈਂ ਤੇ ਮੇਰੀ ਭੈਣ ਸਕੂਲ
ਤੋਂ ਵਾਪਸ ਜਾ ਰਹੇ ਸੀ। ਸਾਨੂੰ ਰਾਹ ਵਿੱਚ ਇੱਕ ਬਜ਼ੁਰਗ
ਬਾਪੂ ਜੀ ਦਿਖੇ ਜੋ ਰੇੜ੍ਹਾ ਚਲਾ ਰਹੇ ਸਨ ਅਤੇ ਉਸ ਰੇੜ੍ਹੇ 'ਤੇ
ਬਹੁਤ ਭਾਰੀ ਸਮਾਨ ਲੱਦਿਆ ਹੋਇਆ ਸੀ। ਅੱਗੇ ਇੱਕ
ਪੁਲ ਤੇ ਚੜ੍ਹਾਈ ਸੀ ਤੇ ਉਹ ਬਹੁਤ ਮੁਸ਼ਕਿਲ ਨਾਲ ਚੱਲ
ਰਹੇ ਸਨ। ਪਿੱਛੋਂ ਬਾਈਕ ਤੇ ਦੋ ਲੜਕੇ ਆਏ ਉਹਨਾਂ ਨੇ
ਰੇੜ੍ਹੇ ਨਾਲ ਆਪਣਾ ਪੈਰ ਲਗਾ ਕੇ ਬਾਪੂ ਜੀ ਦੀ ਮਦਦ
ਕੀਤੀ ਤੇ ਉਹਨਾਂ ਨੂੰ ਪੁਲ ਪਾਰ ਕਰਵਾ ਦਿੱਤਾ। ਬਾਪੂ ਜੀ
ਆਪਣੀ ਮਿਹਨਤ ਨਾਲ ਕਮਾ ਰਹੇ ਸਨ। ਉਹਨਾਂ ਦੀ
ਕੋਈ ਨਾ ਕੋਈ ਮਜ਼ਬੂਰੀ ਹੋਵੇਗੀ। ਕਿਸੇ ਦੀ ਕੀਤੀ ਮਦਦ
ਨੇ ਉਹਨਾਂ ਦਾ ਕੰਮ ਆਸਾਨ ਕਰ ਦਿੱਤਾ। ਉਹਨਾਂ ਦੀ
ਨੇਕੀ ਬਦਲੇ ਬਾਪੂ ਜੀ ਨੇ ਉਹਨਾਂ ਨੂੰ ਬਹੁਤ ਸ਼ਾਬਾਸ਼ੀ
ਦਿੱਤੀ ਤੇ ਆਸ਼ੀਰਵਾਦ ਦਿੱਤਾ। ਇਹ ਦੇਖ ਕੇ ਮੇਰਾ ਤੇ ਮੇਰੀ
ਭੈਣ ਦਾ ਮਨ ਬਹੁਤ ਖੁਸ਼ ਹੋਇਆ। ਅਸੀਂ ਘਰ ਵਿੱਚ ਆ
ਕੇ ਸਭ ਨੂੰ ਦੱਸਿਆ ਤੇ ਆਪਣੇ ਛੋਟੇ ਭਰਾ ਨੂੰ ਵੀ
ਸਮਝਾਇਆ ਕਿ ਜੇ ਕਦੇ ਕਿਸੇ ਦੀ ਮਦਦ ਕਰਨ ਦਾ ਮੌਕਾ
ਮਿਲੇ ਤਾਂ ਉਸਨੂੰ ਛੱਡਣਾ ਨਹੀਂ ਚਾਹੀਦਾ। ਸਾਨੂੰ ਹਮੇਸ਼ਾ
ਨੇਕ ਕੰਮ ਕਰਨੇ ਚਾਹੀਦੇ ਹਨ।

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ਮਿਹਨਤ ਨਾਲ ਕਰੋ ਸੁਪਨੇ ਪੂਰੇ, ਨਕਲ ਦੇ ਨੇ ਬਹੁਤ ਪ੍ਰਭਾਵ ਬੁਰੇ।

ਉਹ ਮੰਜਲਾਂ ਕੀ ਛੂਹਣਗੇ,
ਜੇ ਰਹਿਣ ਆਸਰੇ ਮੁਕੱਦਰਾਂ ਦੇ,
ਲੰਘਣ ਵਾਲੇ ਤਾਂ ਲੰਘ ਜਾਂਦੇ ਪਾੜ ਕੇ ਸੀਨਾ ਪੱਥਰਾਂ ਦੇ।

ਸਾਡੀਆਂ ਸਭ ਦੀਆਂ ਕਿਤੇ ਨਾ ਕਿਤੇ, ਕੋਈ ਨਾ ਕੋਈ ਖਾਹਿਸ਼ਾਂ ਜਾਂ ਸੁਪਨੇ ਹੁੰਦੇ ਹਨ ਪਰ ਉਹ ਸੁਪਨੇ
ਆਪਣੇ ਆਪ ਪੂਰੇ ਨਹੀਂ ਹੁੰਦੇ। ਉਹਨਾਂ ਨੂੰ ਹਕੀਕਤ ਬਣਾਉਣ ਲਈ ਚਾਹੀਦੀ ਹੈ: ਮਿਹਨਤ,
ਲਗਨ ਅਤੇ ਸੰਘਰਸ਼। ਦੋਸਤੋ, ਸਫਲਤਾ ਦਾ ਕੋਈ ਛੋਟਾ ਰਾਹ ਨਹੀਂ ਹੁੰਦਾ। ਮਿਹਨਤ ਹੀ ਉਹ
ਰਸਤਾ ਹੈ ਜੋ ਸਾਨੂੰ ਉੱਚ ਮੁਕਾਮ 'ਤੇ ਲੈ ਜਾਂਦਾ ਹੈ ਜਿਸ ਰਸਤੇ 'ਤੇ ਨਕਲ ਦੀਆਂ ਇੱਛਾਵਾਂ ਹੋਣ ਉਹ
ਰਸਤਾ ਸਹੀ ਮੁਕਾਮ ਤੱਕ ਕਦੇ ਨਹੀਂ ਪਹੁੰਚਦਾ।

ਮਿਹਨਤ ਦਾ ਕੋਈ ਵਿਕਲਪ ਨਹੀਂ ਹੁੰਦਾ ਨਕਲ ਨਾਲ ਲੱਭਣ ਵਾਲੀ ਕਾਮਯਾਬੀ ਨਕਲੀ ਹੀ
ਹੁੰਦੀ ਹੈ।

ਅੱਜ ਕੱਲ੍ਹ ਕਈ ਵਿਦਿਆਰਥੀ ਨਕਲ ਕਰਕੇ ਨੰਬਰ ਲੈ ਆਉਂਦੇ ਹਨ। ਪਰ ਉਹ ਨੰਬਰ ਸਿਰਫ
ਨਤੀਜਾ ਕਾਰਡ ਤੇ ਲਿਖੇ ਹੁੰਦੇ ਹਨ। ਨਕਲ ਕਰਨ ਨਾਲ ਅਸਲ ਗਿਆਨ ਨਹੀਂ ਮਿਲਦਾ
। ਨਕਲ ਨਾਲ ਉਹ ਸਕੂਲੀ ਪ੍ਰੀਖਿਆ ਵਿੱਚ ਸਫਲ ਹੋ ਜਾਂਦੇ ਹਨ ਪਰ ਜੀਵਨ ਦੀ ਪ੍ਰੀਖਿਆ ਵਿੱਚ
ਅਸਫਲ ਹੋ ਜਾਂਦੇ ਹਨ। ਉਹ ਭੁੱਲ ਜਾਂਦੇ ਹਨ ਕਿ ਨਕਲ ਨਾਲ ਮਿਲੀ ਸਫਲਤਾ ਕੁਝ ਸਮੇਂ ਦੀ ਹੀ
ਹੁੰਦੀ ਹੈ।

'ਨਕਲ ਸਿਰਫ ਸਫਲਤਾ ਦੀ ਸ਼ੁਰੂਆਤ ਹੁੰਦੀ ਹੈ ਜਦਕਿ ਮਿਹਨਤ ਸਫਲਤਾ ਦੀ ਪੱਕੀ ਗਰੰਟੀ'
ਨਕਲ ਦੇ ਸਾਡੀ ਜ਼ਿੰਦਗੀ ਤੇ ਬਹੁਤ ਬੁਰੇ ਪ੍ਰਭਾਵ ਹਨ। ਜਿਵੇਂ:- 1. ਸਿੱਖਣ ਦੀ ਘਾਟ- ਨਕਲ ਕਰਕੇ
ਵਿਦਿਆਰਥੀ ਅਸਲ ਗਿਆਨ ਨਹੀਂ ਲੈ ਸਕਦੇ। ਇਹ ਉਹਨਾਂ ਦੇ ਭਵਿੱਖ ਵਿੱਚ ਬੁਨਿਆਦੀ
ਕਮਜ਼ੋਰੀ ਬਣ ਜਾਂਦੀ ਹੈ। 2. ਆਤਮ ਵਿਸ਼ਵਾਸ ਦੀ ਘਾਟ - ਨਕਲ ਕਰਨ ਵਾਲੇ ਵਿਦਿਆਰਥੀ
ਅੰਦਰੋਂ ਡਰਦੇ ਹਨ ਤੇ ਇਸ ਕਰਕੇ ਉਹ ਫੜੇ ਵੀ ਜਾਂਦੇ ਹਨ ਕਿਉਂਕਿ ਉਹਨਾਂ ਨੂੰ ਪਤਾ ਹੁੰਦਾ ਹੈ ਕਿ
ਉਹਨਾਂ ਦੀ ਤਿਆਰੀ ਪੂਰੀ ਨਹੀਂ। 3. ਸਜ਼ਾ ਜਾਂ ਬਦਨਾਮੀ ਜੇ ਨਕਲ ਪਕੜੀ ਜਾਵੇ ਤਾਂ ਵਿਦਿਆਰਥੀ
ਨੂੰ ਇਮਤਿਹਾਨ ਵਿੱਚ ਫੇਲ੍ਹ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ ਜਾਂ ਅਜਿਹਾ ਵਿਦਿਆਰਥੀ ਰਸਤੇ ਤੋਂ ਹਟਾਇਆ
ਜਾ ਸਕਦਾ ਹੈ। 4. ਭਵਿੱਖ ਦਾ ਨੁਕਸਾਨ - ਜਦੋਂ ਵਿਦਿਆਰਥੀ ਅਸਲ ਸਿੱਖਣ ਤੋਂ ਬਿਨਾਂ ਪਾਸ ਹੋ
ਜਾਂਦੇ ਹਨ ਤਦ ਉਹ ਅੱਗੇ ਜਾ ਕੇ ਕੰਮ ਦੀ ਜ਼ਿੰਮੇਵਾਰੀ ਨਹੀਂ ਨਿਭਾ ਸਕਦੇ।

ਅਸਲ ਜ਼ਿੰਦਗੀ ਤੋਂ ਜੇਕਰ ਉਦਾਹਰਨਾਂ ਲਈਏ। ਜਿਵੇਂ ਫੌਜਾ ਸਿੰਘ ਇੱਕ ਉਹ ਨਾਂ ਹੈ ਜੋ ਸਾਨੂੰ
ਦੱਸਦਾ ਹੈ ਕਿ ਮਿਹਨਤ, ਹੌਸਲਾ ਤੇ ਸਮਰਪਣ ਨਾਲ ਇਨਸਾਨ ਕਿਸੇ ਵੀ ਉਮਰ ਵਿੱਚ ਆਪਣਾ
ਮਕਸਦ ਹਾਸਲ ਕਰ ਸਕਦਾ ਹੈ। ਉਹ ਸਦੀ ਦੇ ਮਰਦ ਹਨ ਉਹਨਾਂ 80 ਦੀ ਉਮਰ ਵਿੱਚ ਸੱਚ
ਕਰ ਵਿਖਾਇਆ। ਏ. ਪੀ. ਜੇ. ਅਬਦੁਲ ਕਲਾਮ ਭਾਰਤ ਦੇ ਪੂਰਵ ਰਾਸ਼ਟਰਪਤੀ ਏ. ਪੀ. ਜੇ. ਅਬਦੁਲ
ਕਲਾਮ ਇੱਕ ਗਰੀਬ ਪਰਿਵਾਰ ਤੋਂ ਸਨ ਤੇ ਉਹ ਗਰੀਬ ਹੋਣ ਦੇ ਬਾਵਜੂਦ ਵੀ ਹਿੰਮਤ ਨਾ ਹਾਰੇ,
ਦਿਨ ਰਾਤ ਮਿਹਨਤ ਕਰਕੇ, ਵਿਗਿਆਨ ਵਿੱਚ ਮੁਹਾਰਤ ਹਾਸਲ ਕੀਤੀ। ਅੱਜ ਉਹਨਾਂ ਨੂੰ
ਮਿਸਾਇਲ ਮੈਨ ਦੇ ਤੌਰ ਤੇ ਜਾਣਿਆ ਜਾਂਦਾ ਹੈ। ਮਿਹਨਤ ਨਾਲ ਕੋਈ ਵੀ ਚੋਟੀ ਸਰ ਕੀਤੀ ਜਾ
ਸਕਦੀ ਹੈ। ਹਿਮਾਸ਼ੂ ਸ਼ੁਕਲਾ ਇਹ ਇੱਕ ਅਜਿਹਾ ਨਾਂ ਹੈ ਜੋ ਮਿਹਨਤ, ਸੱਚਾਈ ਦਾ ਪ੍ਰਤੀਕ ਬਣ
ਗਿਆ ਹੈ ਉਸਨੇ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਕਦੇ ਵੀ ਚਲਾਕੀਆਂ ਜਾਂ ਧੋਖੇ ਨਾਲ ਸਫਲਤਾ ਹਾਸਲ
ਕਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਨਹੀਂ ਕੀਤੀ। ਉਹ ਸਦਾ ਸੱਚ ਦੇ ਰਾਹ ਤੇ ਤੁਰਿਆ ਤੇ ਆਪਣੀ ਮਿਹਨਤ ਨਾਲ
ਆਪਣਾ ਵੱਖਰਾ ਮੁਕਾਮ ਬਣਾਇਆ। ਹਿਮਾਸ਼ੂ ਦਾ ਵਿਸ਼ਵਾਸ ਸੀ ਜੇ ਕੁਝ ਵੀ ਮਿਲੇ ਉਹ ਆਪਣੀ
ਮਿਹਨਤ ਨਾਲ ਮਿਲਣਾ ਚਾਹੀਦਾ ਹੈ ਕਿ ਨਾ ਕਿ ਨਕਲ ਜਾਂ ਧੋਖੇ ਨਾਲ।

ਅੰਤ ਵਿੱਚ, ਮਿਹਨਤ ਦਾ ਕੋਈ ਵਿਕਲਪ ਨਹੀਂ ਹੁੰਦਾ। ਨਕਲ ਨਾਲ ਲੱਭਣ ਵਾਲੀ ਕਾਮਯਾਬੀ
ਨਕਲੀ ਹੀ ਹੁੰਦੀ ਹੈ। ਆਓ, ਆਪਣੇ ਆਪ ਨਾਲ ਅਜਿਹਾ ਵਾਅਦਾ ਕਰੀਏ ਕਿ ਕਦੇ ਨਕਲ ਨਹੀਂ
ਕਰਾਂਗੇ ਹਮੇਸ਼ਾ ਆਪਣੀ ਮਿਹਨਤ ਨਾਲ ਆਪਣਾ ਭਵਿੱਖ ਬਣਾਵਾਂਗੇ।

ਅਭੀਨੁਰ ਕੌਰ
ਜਮਾਤ - +1 ਕਾਮਰਸ

ਮੁੱਖ ਤੋਂ ਕੌੜੇ ਬਚਨ ਨਾ ਬੋਲੇ, ਜੇ ਵੀ ਬੋਲੇ ਪਹਿਲਾਂ ਤੇਲੇ

ਗੁਰਬਾਣੀ ਵਿੱਚ ਬੋਲਣ ਦੀ ਬਹੁਤ ਮਹੱਤਤਾ ਹੈ ਇਸ ਲਈ ਮਨੁੱਖ ਨੂੰ ਆਪਣੇ ਬੋਲਾਂ ਨੂੰ ਤੇੜ ਕੇ ਬੋਲਣਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂ ਜੋ ਕਿਸੇ ਨੂੰ ਦੁੱਖ ਨਾ ਪਹੁੰਚੇ ਕੌੜੇ ਬਚਨ ਬੋਲਣ ਨਾਲ ਰਿਸ਼ਤੇ ਟੁੱਟ ਜਾਂਦੇ ਹਨ । ਅਤੇ ਮਨੁੱਖ ਦਾ ਆਪਣਾ ਮਨ ਵੀ ਦੁਖੀ ਹੋ ਸਕਦਾ ਹੈ ਪਰ ਅਗਰ ਕੋਈ ਇਨਸਾਨ ਮਿੱਠਾ ਬੋਲੇ ਤਾਂ ਦੁਸ਼ਮਣ ਵੀ ਦੇਸਤ ਬਣ ਜਾਂਦੇ ਹਨ।

ਨਾਨਕ ਫਿਕਾ ਬੋਲੀਐ ਤਨ ਮਨ ਫਿਕਾ ਹੋਇ।।

ਜੇ ਅਸੀਂ ਬੋਲਦੇ ਹਾਂ ਉਹ ਸਿਰਫ ਅੱਖਰ ਨਹੀਂ ਹੁੰਦੇ ਉਹ ਕਿਸੇ ਦੇ ਦਿਲ ਤੇ ਜ਼ਖਮ ਵੀ ਕਰ ਸਕਦੇ ਹਨ ਜਾਂ ਫਿਰ ਮਲੂਮ ਵੀ ਬਣ ਸਕਦੇ ਹਨ ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿ ਜੁਬਾਨ ਦਾ ਫੱਟ ਤਲਵਾਰ ਤੋਂ ਵੀ ਤੇਜ਼ ਹੁੰਦਾ ਹੈ।

ਅੱਜ ਦੇ ਯੁੱਗ ਵਿੱਚ ਜਿੱਥੇ ਸੋਸ਼ਲ ਮੀਡੀਆ ਦਾ ਵਾਤਾਵਰਨ ਤੇਜ਼ ਹੈ ਲੋਕ ਬਿਨਾਂ ਕੁਝ ਸੋਚੇ ਸਮਝੇ ਟਿੱਪਣੀ ਕਰ ਦਿੰਦੇ ਹਨ ਪਰ ਇਹ ਸਮਝਣ ਵਾਲੀ ਗੱਲ ਹੈ ਕਿ ਹਰ ਸ਼ਬਦ ਦਾ ਅਸਰ ਹੁੰਦਾ ਹੈ ਕਿਸੇ ਦੀ ਜ਼ਿੰਦਗੀ ਬਦਲ ਸਕਦੀ ਹੈ ਚੰਗੀ ਜਾਂ ਮਾੜੀ ਦਿਸ਼ਾ ਵਿੱਚ।

ਦੇਸਤੇ ਕਈ ਵਾਰ ਅਸੀਂ ਗੁੱਸੇ ਦੀਆਂ ਗਲਤ ਫਹਿਮੀ ਵਿੱਚ ਕੁਝ ਅਜਿਹਾ ਕਹਿ ਦਿੰਦੇ ਹਾਂ ਜੋ ਸਾਫ ਸੱਚ ਤਾਂ ਹੁੰਦਾ ਹੈ ਪਰ ਕੌੜਾ ਵੀ ਹੁੰਦਾ ਹੈ ਇਹ ਕੌੜੇ ਸ਼ਬਦ ਕਿਸੇ ਦੇ ਹੌਸਲੇ ਨੂੰ ਤੇੜ ਵੀ ਸਕਦੇ ਹਨ।

ਆਓ ਹੁਣ ਅਸਲ ਜ਼ਿੰਦਗੀ ਦੀ ਉਦਾਹਰਨ ਲੈਂਦੇ ਹਾਂ ਅਸਲ ਵਿੱਚ ਇੱਕ ਬੱਚਾ ਕਈ ਵਾਰ ਗਲਤੀਆਂ ਕਰ ਜਾਂਦਾ ਸੀ ਇੱਕ ਵਾਰ ਕਿਸੇ ਨੇ ਉਸਨੂੰ ਕਿਹਾ , ਤੂੰ ਕਦੇ ਵੀ ਨਹੀਂ ਸਿੱਖ ਸਕਦਾ। ਉਹ ਬੱਚਾ ਮਨ ਹੀ ਮਨ ਟੁੱਟ ਗਿਆ ।ਉਹ ਸਿੱਖਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਵੀ ਛੱਡ ਬੈਠਾ , ਪਰ ਇੱਕ ਹੋਰ ਵਿਅਕਤੀ ਨੇ ਉਸਨੂੰ ਸੰਤੁਲਿਤ ਬੋਲੀ ਵਿੱਚ ਕਿਹਾ , ਮਨੁੱਖ ਗਲਤੀ ਦਾ ਪੁਤਲਾ ਹੈ ,ਕੇਵਲ ਪਰਮਾਤਮਾ ਹੀ ਹੈ ਜਿਹੜਾ ਗਲਤੀ ਨਹੀਂ ਕਰਦਾ। ਸੋ ਗਲਤੀ ਤੋਂ ਸਿੱਖਣਾ ਅਸਲੀ ਸਫਲਤਾ ਹੈ। ਇਹੀ ਬਦਲਾਅ ਭਰੇ ਸ਼ਬਦ ਉਸ ਬੱਚੇ ਦੀ ਜ਼ਿੰਦਗੀ ਨੂੰ ਬਦਲ ਦਿੰਦੇ ਹਨ।।

ਸੱਚ ਮੰਨੋ, ਬੋਲ ਇੱਕ ਤਲਵਾਰ ਵਰਗੇ ਹੁੰਦੇ ਹਨ ਜੇਕਰ ਅਸੀਂ ਸੋਚ ਸਮਝ ਕੇ ਬੋਲਾਂਗੇ ਤਾਂ ਉਹ ਦਿਲਾਂ ਨੂੰ ਜਿੱਤ ਸਕਦੇ ਹਨ ਪਰ ਜੇਕਰ ਅਸੀਂ ਕੌੜੇ ਬੋਲ ਬੋਲਾਂਗੇ ਤਾਂ ਉਹ ਰਿਸ਼ਤੇ ਵਿੱਚ ਫਿੱਕ ਪਾ ਦਿੰਦੇ ਹਨ।

ਕਰਲਾਇਲ ਨਾਮ ਦੇ ਲੇਖਕ ਬਾਰੇ ਤਾਂ ਤੁਸੀਂ ਜਾਣਦੇ ਹੀ ਹੋਵੋਗੇ ਉਸ ਨੇ ਚੁੱਪ ਦੇ ਮਜ਼ਮੂਨ ਉੱਤੇ ਲਿਖਿਆ ਸੀ ਤੇ ਸਾਰੀ ਦੁਨੀਆ ਉਸ ਤੋਂ ਸਿੱਖਿਆ ਲੈਂਦੀ ਪਰ ਉਹ ਆਪਣੀ ਪਤਨੀ ਨਾਲ ਕੌੜੇ ਬੋਲ ਬੋਲਦਾ ਕਦੇ ਵੀ ਉਸਨੂੰ ਪਿਆਰ ਨਾਲ ਨਾ ਬੁਲਾਉਂਦਾ ਕਹਿੰਦੇ ਹਨ ਕਿ ਸੋਚ ਸਮਝ ਕੇ ਬੋਲਣਾ ਇੱਕ ਕਲਾ ਹੈ ਗਿਆਨ ਨਹੀਂ ਜਖਮ ਤਾਂ ਠੀਕ ਹੋ ਜਾਂਦੇ ਹਨ ਪਰ ਬੋਲਾਂ ਦੇ ਫੱਟ ਨਹੀਂ। ਆਓ, ਅਖੀਰ ਵਿੱਚ ਅਸੀਂ ਸਭ ਮਿਲ ਕੇ ਇਹ ਵਾਅਦਾ ਕਰੀਏ ਕਿ ਅਸੀਂ ਕਦੇ ਵੀ ਗੁੱਸੇ ਵਿੱਚ ਆ ਕੇ ਕਿਸੇ ਨਾਲ ਕੌੜੀ ਗੱਲ ਨਹੀਂ ਕਰਾਂਗੇ ।ਹਰ ਸ਼ਬਦ ਨੂੰ ਬੋਲਣ ਤੋਂ ਪਹਿਲਾਂ ਤੇਲਾਂਗੇ, ਸੋਚਾਂਗੇ ਕਿਉਂਕਿ ਮਿੱਠੇ ਬੋਲ ਇਨਸਾਨੀਅਤ ਦੀ ਨਿਸ਼ਾਨੀ ਹਨ ਸਾਨੂੰ ਪਤਾ ਹੈ ਸ਼ਬਦ ਜਿਹੜੇ ਚੁੱਭਣ ਵਾਲੇ ਹੋਣ ਉਹ ਕਦੇ ਭੁੱਲਦੇ ਨਹੀਂ ਜਿਹੜੇ ਮਿੱਠੇ ਹੋਣ ਉਹ ਕਦੀ ਭੁੱਲਦੇ ਨਹੀਂ।

ਜਸਲੀਨ ਕੌਰ

ਜਮਾਤ - +1 ਕਾਮਰਸ



ਅਸਲ ਪ੍ਰਭੂ- ਭਗਤੀ

ਮਨੁੱਖੀ ਜੀਵਨ ਪਰਮਾਤਮਾ ਵੱਲੋਂ ਦਿੱਤਾ ਅਜਿਹਾ ਵਰਦਾਨ ਹੈ ਜਿਸ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਮਨੁੱਖ ਨੂੰ 84 ਲੱਖ ਜੂਨਾਂ ਵਿੱਚੋਂ ਗੁਜ਼ਰਨਾ ਪੈਂਦਾ ਹੈ। ਇਹ ਜੂਨਾਂ ਰੁੱਖ-ਬੂਟਿਆਂ, ਨਦੀਆਂ, ਪਹਾੜਾਂ, ਜਾਨਵਰ, ਪਸ਼ੂ-ਪੰਛੀਆਂ, ਕੀੜੇ-ਮਕੋੜਿਆਂ ਆਦਿ ਵਿੱਚੋਂ ਨਿਕਲਦੀਆਂ ਹਨ ਜਿਨ੍ਹਾਂ ਦਾ ਕੁੱਲ ਸਮਾਂ ਕਈ ਹਜ਼ਾਰਾਂ ਸਾਲ ਹੁੰਦਾ ਹੈ। ਇਹਨਾਂ ਹਜ਼ਾਰਾਂ ਸਾਲਾਂ ਵਿੱਚ ਦੁੱਖ ਭੋਗ ਕੇ ਪਰਮਾਤਮਾ ਦੀ ਮਿਹਰ ਭਰੀ ਦ੍ਰਿਸ਼ਟੀ ਸਦਕਾ ਹੀ ਇਹ ਹੀਰੋ ਸਮਾਨ ਮਨੁੱਖੀ ਜਨਮ ਸਾਨੂੰ ਮਿਲਦਾ ਹੈ। ਇਹ ਮਨੁੱਖੀ ਜੀਵਨ ਸਾਨੂੰ ਪਰਮਾਤਮਾ ਪ੍ਰਭੂ ਭਗਤੀ ਲਈ ਦਿੰਦਾ ਹੈ ਤਾਂ ਜੋ ਅਸੀਂ ਆਪਣਾ ਅੰਗ ਸੁਧਾਰ ਸਕੀਏ ਅਤੇ ਇਹਨਾਂ 84 ਲੱਖ ਜੂਨਾਂ ਤੋਂ ਮੁਕਤੀ ਪ੍ਰਾਪਤ ਕਰ ਸਕੀਏ।

ਜੇਕਰ ਗੱਲ ਕਰੀਏ ਪ੍ਰਭੂ ਭਗਤੀ ਦੀ, ਪ੍ਰਭੂ-ਭਗਤੀ ਕੀ ਹੈ? ਮੇਰਾ ਤਾਂ ਮੰਨਣਾ ਹੈ ਪ੍ਰਭੂ-ਭਗਤੀ ਦਾ ਮਤਲਬ ਇਹ ਨਹੀਂ ਕਿ ਅਸੀਂ ਹੱਥ ਵਿੱਚ ਮਾਲਾ ਫੜੀ ਸਾਰਾ ਦਿਨ ਰੱਬ ਨੂੰ ਤਾਂ ਧਿਆਉਂਦੇ ਰਹੀਏ ਪਰ ਨਾਲ- ਨਾਲ ਅਸੀਂ ਉਸ ਪਰਮਾਤਮਾ ਦੇ ਬਣਾਏ ਹੋਏ ਇਨਸਾਨਾਂ ਨੂੰ ਦੁੱਖ ਪਹੁੰਚਾਈਏ ਜਾਂ ਫਿਰ ਉਸ ਦੀ ਬਣਾਈ ਕੁਦਰਤ ਨੂੰ ਨੁਕਸਾਨ ਪਹੁੰਚਾਉਂਦੇ ਰਹੀਏ। ਪਰਮਾਤਮਾ ਦੀ ਬਣਾਈ ਸ੍ਰਿਸ਼ਟੀ ਅਨੁਸਾਰ ਆਪਣਾ ਜੀਵਨ ਨਿਰਬਾਹ ਕਰਨਾ, ਉਸਦੇ ਹੁਕਮ ਵਿੱਚ ਰਹਿਣਾ, ਕੁਦਰਤ ਦੇ ਨਿਯਮਾਂ ਦਾ ਪਾਲਣ ਕਰਨਾ, ਕੁਦਰਤ ਦੀ ਸਾਂਭ-ਸੰਭਾਲ ਕਰਨਾ, ਪਸ਼ੂ-ਪੰਛੀਆਂ ਨੂੰ ਕੋਈ ਵੀ ਨੁਕਸਾਨ ਨਾ ਪਹੁੰਚਾਉਣਾ, ਮਨੁੱਖੀ ਮਨਾਂ ਨੂੰ ਠੇਸ ਨਾ ਪਹੁੰਚਾਉਣਾ, ਆਪਣੇ ਘਰ-ਪਰਿਵਾਰ ਦੀਆਂ ਜ਼ਿੰਮੇਵਾਰੀਆਂ ਨੂੰ ਨਿਭਾਉਂਦੇ ਹੋਏ ਪਰਮਾਤਮਾ ਦੀ ਭਗਤੀ ਕਰਨਾ, ਗੁਰੂ ਨਾਨਕ ਸਾਹਿਬ ਦੇ ਬਚਨਾਂ ਜਿਵੇਂ ਕਿਰਤ ਕਰੋ, ਨਾਮ ਜਪੋ, ਵੰਡ ਛਕੋ ਅਨੁਸਾਰ ਜ਼ਿੰਦਗੀ ਦਾ ਨਿਰਬਾਹ ਕਰਨਾ, ਇਮਾਨਦਾਰੀ ਦੇ ਗੁਣਾਂ ਦਾ ਪਾਲਣ ਕਰਨਾ ਆਦਿ ਇਹ ਸਭ ਵੀ ਪ੍ਰਭੂ-ਭਗਤੀ ਤੋਂ ਘੱਟ ਨਹੀਂ ਹਨ।

ਜੇਕਰ ਕੋਈ ਵਿਅਕਤੀ ਕਿਸੇ ਵਿਅਕਤੀ ਦਾ ਮਨ ਦੁਖਾ ਕੇ, ਬੇਈਮਾਨੀਆਂ ਕਰਕੇ ਦੂਜਿਆਂ ਦਾ ਹੱਕ ਮਾਰੇ, ਚੁਗਲੀ- ਨਿੰਦਿਆ ਕਰੇ, ਦੂਸਰਿਆਂ ਨੂੰ ਨੀਵਾਂ ਦਿਖਾ ਕੇ ਲੱਖ ਅੰਮ੍ਰਿਤ ਵੇਲੇ ਪਰਮਾਤਮਾ ਨੂੰ ਧਿਆ ਲਵੇ ਪਰ ਉਸ ਦਾ ਇਹ ਅੰਮ੍ਰਿਤ ਵੇਲਾ ਸਾਂਭਿਆ ਨਿਹਫਲ ਹੈ ਕਿਉਂਕਿ ਗੁਰਬਾਣੀ ਵਿੱਚ ਵੀ ਆਖਿਆ ਹੈ -

“ ਨਿੰਦਾ ਭਲੀ ਕਿਸੇ ਕੀ ਨਾਹੀ ਮਨਮੁਖ ਮੁਗਧ ਕਰੀਨਿ

ਮੁਹ ਕਾਲੇ ਤਿਨ ਨਿੰਦਕਾ ਨਰਕੇ ਘੋਰਿ ਪਵੀਨਿ। “

ਸੋ ਸਾਨੂੰ ਉਪਰੋਕਤ ਸਤਰਾਂ ਤੋਂ ਸਿੱਖਿਆ ਲੈਣ ਦੀ ਜ਼ਰੂਰਤ ਹੈ ਕਿ ਪਰਮਾਤਮਾ ਦੀ ਬਣਾਈ ਹਰ ਇੱਕ ਛੋਟੀ- ਵੱਡੀ ਵਸਤੂ ਦਾ ਸਤਿਕਾਰ ਅਤੇ ਉਸ ਨਾਲ ਪਿਆਰ ਕਰਨਾ ਹੀ ਅਸਲ ਪ੍ਰਭੂ-ਭਗਤੀ ਹੈ।

ਪੰਨਵਾਦ।

ਪੰਜਾਬੀ ਅਧਿਆਪਕ
ਹਰਜਿੰਦਰ ਕੌਰ



ਅਰਦਾਸ ਪੰਜਾਬ ਲਈ

ਪਾਣੀ ਦੇ ਵਿੱਚ ਰੁੜ ਗਿਆ ਉਹ ਮਹਿਲ ਸੁਪਨਿਆਂ ਦਾ,
ਕਿੱਧਰ ਨੂੰ ਇਹ ਤੁਰ ਪਿਆ ਮੇਰਾ ਮਹਿਲ ਸੁਪਨਿਆ ਦਾ,
ਹੱਸਦੇ ਵੱਸਦੇ ਪੰਜਾਬ ਨੂੰ ਕਿਸ ਦੀ ਨਜ਼ਰ ਲੱਗ ਗਈ ਏ,
ਕਰੇ ਦੁਆਵਾਂ ਹਰ ਕੋਈ ਮੁੜ ਆਉਣ ਉਹ ਬਹਾਰਾਂ,
ਮੁੜ ਜੁੜਨ ਉਹ ਸੱਥਾਂ ਜਿੱਥੇ ਬੈਠ ਕੇ ਕਰਦੇ ਸੀ ਗੱਲਾਂ,
ਪੰਜਾਬ ਸਿਆਂ ਅੱਜ ਤੇਰੇ ਲਈ ਹਰ ਕੋਈ ਅਰਦਾਸਾਂ ਕਰਦਾ
ਮੁੜ ਸੁਰਜੀਤ ਹੋ ਜਾ ਤੈਨੂੰ ਹੱਸਦੇ ਵੱਸਦੇ ਦੇਖਣ ਨੂੰ ਜੀ ਕਰਦਾ,
ਮਾਵਾਂ ਦੇ ਅਥਰੂ ਦੇਖੇ ਨਹੀਂ ਜਾਂਦੇ,
ਭੁੱਖੇ ਬੱਚੇ ਵਿਲਕਦੇ ਝੱਲੇ ਨਹੀਂ ਜਾਂਦੇ,
ਜੋ ਸਭ ਨੂੰ ਅੰਨ ਦਿੰਦਾ ਉਹ ਅੱਜ,
ਆਪ ਮੁਹਤਾਜ ਹੋਇਆ ਉਸ ਅੰਨ ਦਾ,
ਸਾਰੇ ਵੱਡੇ ਛੋਟੇ ਇਕੱਠੇ ਹੋ ਕੇ ਉਸ ਪੰਜਾਬ ਲਈ ਕਰਨ ਅਰਦਾਸਾਂ,
ਜਿਸ ਦੀ ਗੋਦੀ ਦੇ ਵਿੱਚ ਪਲ ਕੇ ਹੋਏ ਆ ਅਸਾਂ ਜਵਾਨ,
ਮਨਪ੍ਰੀਤ ਦੀ ਇਹੋ ਅਰਦਾਸ ਰੱਬਾ, ਪਹਿਲਾਂ ਵਰਗਾ ਕਰਦੇ ਮੇਰਾ
ਸੋਹਣਾ ਰੰਗਲਾ ਪੰਜਾਬ!!

ਮਨਪ੍ਰੀਤ ਕੌਰ ਭੱਟੀ
ਪੰਜਾਬੀ ਅਧਿਆਪਕ



स्वतंत्रता

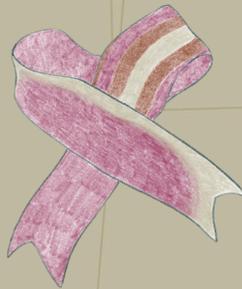
न जाने कितने वीरों ने
अपनी जान गवाई थी
तब जाकर मेरे भारत ने सही स्वतंत्रता पाई थी
ये धरती भी हमारी थी
आकाश हमारा था,
पर ब्रिटिश के शासन में
कुछ भी ना हमारा था ।
मंगल ,भगत ,आजाद
सबने लड़ी लड़ाई थी ।
तब जाकर मेरे भारत ने
सही स्वतंत्रता पाई थी ।
एक समय था जब यह भारत
सोने की चिड़िया कहलाता था ,
यही देखकर इसे ब्रिटिश
हर बार हथियाना चाहता था ।
अंग्रेजों के छक्के छुड़ाकर ,
लक्ष्मीबाई ने जान गवाई थी ।
तब जाकर मेरे भारत ने
सही आजादी पाई थी ।
धन्यवाद ।

नवजोत सिंह
कक्षा - आठवीं 'डी'

समय

समय की धारा बहुत है ,
हर पल नया अवसर लाती है ।
इसे समझो, इसे पहचानो ,
समय की कीमत को महसूस करो ।
समय की गति है अनंत ,
हर क्षण में है एक नया अंत ।
इसे मत गंवाओ, इसे संभालों,
हर पल को जियो ,हर पल को महसूस करो ।
समय की कीमत है अनमोल ,
यह हमें अकसर देती है नए गोल ।
इसे समझो ,इसे पहचानो,
समय की कीमत को महसूस करो ।

एकमजोत कौर
कक्षा - सातवीं 'ई'



Tribute to a beloved Educator

Ms. Rupinder Kaur, a teacher of Economics who dedicated three years of her life to the institute left for the heavenly abode on 11 May 2025.

More than an educator she was a beacon of knowledge, a source of inspiration and an adorable teacher.

May Almighty rest the departed soul in peace forever!



In the loving Memory of ...



With heavy heart ,we announce that Mr Rajbeer our Class -IV employee left for the heavenly abode on 11 August 2025. He joined his service here in the year 1996. His contribution to the institute will always be remembered.

May Almighty always rest the departed soul in heaven!

