



शिक्षोदया

2019-20

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तमसो मा ज्योतिर्गमय

FROM DARKNESS, LEAD ME TO THE LIGHT

D.A.V. COLLEGE OF EDUCATION

Recognised by National Council for Teacher Education, Govt. of India | Affiliated to Panjab University, Chandigarh

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॥ गायत्री मंत्र ॥
ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात् ।



SWAMI DAYANAND SARASWATI JI

(1824-1883)

THE GREAT VISIONARY, MISSIONARY AND ICONOCLAST
WHO FOUNDED THE ARYA SAMAJ



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M.S., M.Ch. (Urology)

PRESIDENT

D.A.V. College Managing Committee, Hoshiarpur



SH. D.L. ANAND

(Retd. Principal)

HON'BLE SECRETARY
D.A.V. College Managing Committee, Hoshiarpur



Principal's Message

It brings me immense joy to exhibit the SHIKSHODAYA 2019-20 which would not have been possible in these arduous times of COVID-19 pandemic without the gusto and ingenuity of all the brilliant students and proficient teachers.

I'm grateful to you with all my heart, for uplifting one another, and standing true to the unity in diversity we believe in.

This periodical displays an amalgamation of all the academic, curricular, co-curricular, and athletic activities, that our students and teachers constantly demonstrate. With the sincere efforts of all those who have contributed to this magazine, we have been able to include a section on COVID-19 as well, with the humble intention to educate and empower each other better.

Let us constantly remind ourselves that no potential manifests without action and commitment. And it's always the integration of self-discipline and knowledge that generates success. We don't have to be great to begin. We just have to begin to become great.

Hope this magazine put together by our faculty, becomes fuel to the light inside all of us to keep creating and sharing our ideas with each other and the world at large, as it is these ideas that are the seeds of all creation.

Wishing you all wisdom, health, and peace.

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु मा कश्चिदुःखभाग्भवेत् । ॐ शान्तिः शान्तिः शान्तिः ॥

*May all be happy, May all be free from illness.
May all see what is auspicious, May no one suffer.
Oum Peace, Peace, Peace.*

Dr. Shyam Sunder Sharma

M.A. (Hindi), M.A. (Music), M.Ed., Ph.D. (Edu.)
PRINCIPAL



Editor-in-Chief's Message

Dear Reader,
Greetings to you!!

You have the new edition of our college magazine 'Shikshodaya' in your hands. We are really proud and exuberant to acclaim that Shikshodaya 2019-20 is going to surely unfold the unraveled world of most unforgettable and precious moments of the last academic session. The college magazine chronicles the vast spectrum of scholastic and non-scholastic activities carried out at the college for the all-round development of teacher trainees. Shikshodaya is an ideal platform to showcase the experiences, views, achievements and literary skills of teacher trainees to instill creativity among them. I congratulate all the invincible contributors especially the entire team of editorial board for their hard work and dedication that resulted in publication of this issue of Shikshodaya during this hard time of COVID -19 pandemic.

I express my sincere gratitude to President Dr. Anoop Kumar and worthy Secretary Sh. D.L. Anand for providing me this blessed opportunity as Editor-in Chief of Shikshodaya 2019-20 to accomplish this joint venture. The journey of weaving reflections, feelings and experiences in the form of Shikshodaya would not have been possible without the constant guidance and motivation of our Vice-President Prof. R.M. Bhalla and patron Principal. Dr. S.S. Shrama. I am also thankful to Associate Editor Dr. Naresh Kumar and Priya Sharma for rendering their consistent help throughout the process of publication.

Dear students, the pandemic COVID -19 has changed entirely the fabric of every aspect of life especially the education system. It has resulted in a paradigm shift in teaching learning process worldwide. Thus, on the positive side, it has proved co-vidya for all of us in many ways. Digital age seemed in papers before the outburst of this pandemic became a reality of life now.

The present time is the best time for enhancing advanced skills of teaching and learning involving ICT and converting this unprecedented challenge into an opportunity to be fittest for the profession of teaching in this changing era.

Initially, I earnestly hope that the enthusiastic write ups of our budding writers are indubitably sufficient to capture the interest and admiration of the readers. The unique creation of college magazine 'Shikshodaya 2019-20' shall definitely emerge a ray of hope among readers with the words when the world is running down, you make the best of what's still around (Song lyrics, Sting).

Dr. (Mrs.) Harvinder Kaur
Editor-in-Chief



From Associate Editor's Pen

Dear Readers,

We are very delighted to present to you the next edition of our college magazine Shikshodaya (2019-20). Shikshodaya is not just a magazine; it is an illuminating chronicle of our college that provides an insight into the ethos and achievements of the college. Shikshodaya is to be viewed as a launch pad for the student's creative urges to blossom naturally. As the saying goes, mind like parachute works best when open. This humble initiative is to set the budding minds free allowing them to roam free in the realm of imagination and experience to create a world of beauty in words.

As we know that the year 2020 is very onerous for the whole world due to COVID-19 pandemic. Apart from this epidemic, India has also faced more natural afflictions like cyclone Amphan and Nisarga that caused large scale destruction. To overcome such type of catastrophes self reliance plays a vital role. Self-reliant people are the makers and masters of their destiny. They never blame fate, circumstances or find fault with systems or society. They make their own tools and use them with great skill and concentration, focusing on their goals. Their success, achievement and creation bear the stamp of their personality. They are original in their ideas and innovative in their approach and become the torch-bearers for others.

D.A.V. College of Education, Hoshiarpur is rendering a yeomen service in imparting such type of education and shaping the destiny of the prospective teachers that they may become self reliant in every walk of life. Major emphasis is given to prepare them in such a way that they not just contend with their own welfare alone, but should regard their prosperity in the common welfare of all. College also envisages future educators to be quality teachers with integrity, good values and positive attitude.

At Last, I extend my heartiest gratitude and sincere thanks to the President Dr. Anoop Kumar, Hon'ble Secretary Sh. D.L. Anand (Retd. Principal) for entrusting me with the responsibility of Associate Editor. I am also indebted to Vice-President Prof. R.M. Bhalla, Patron Dr. Shyam Sunder Sharma (Principal) and Editor-in-Chief Dr. Harvinder Kaur (Librarian) for their tremendous guidance and support that they have given me since the inception of Shikshodaya (2019-20).

ALL THE BEST!

Dr. Naresh Kumar
Associate Editor

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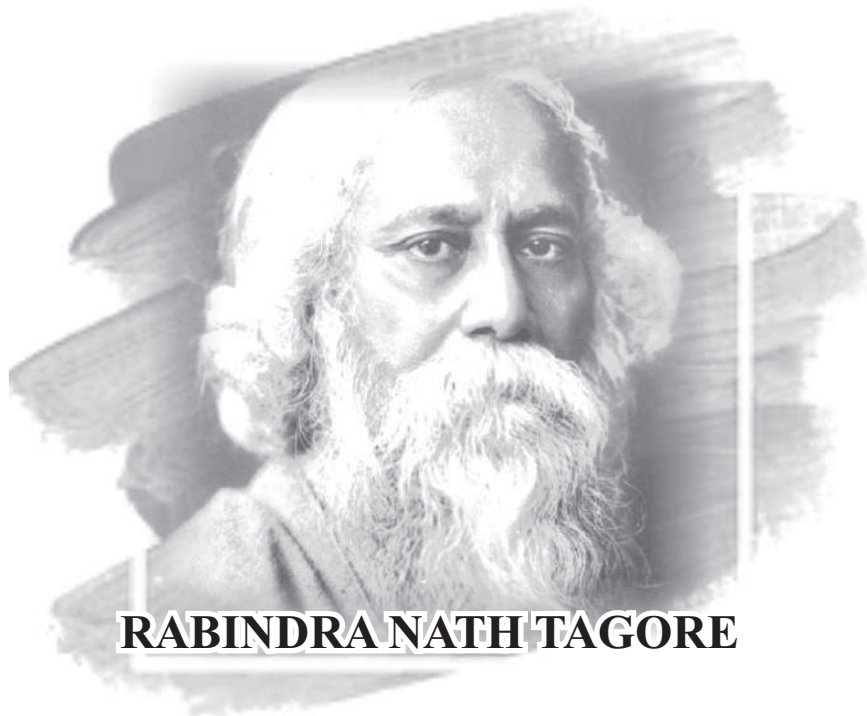
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RABINDRA NATH TAGORE

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STUDENT EDITOR

Teacher Editorial

Archana Vasudev
Assistant Prof.

The pen is the tongue of the mind.

“The power of the pen is not in the colour of ink it spills: but the power of the words is spells.”

Vinod Narayan

Every year students are provided this opportunity to enjoy the art of expressing their thoughts through this annual college magazine “Shikshodaya”. This is the productive guide of our college management that every year this experiment is exercised. The students with enthusiasm and creativity took part in this exercise and try to communicate their thoughts and feelings on the canvas of this magazine. Similarly this year also an effort has been done to take the readers from the cover of academic studies and activities towards different and useful world. In this issue, more than thirty students have contributed their works to enrich the English section of this magazine. Different topics covering general awareness to emotional outbursts are touched to provide mental relief to the readers. I would like to appreciate the efforts of the student editor of this section who very sincerely and willingly maintained the various contributions and remained available to the contributors and Editor. The various contributions are very well crafted and almost didactic in nature.

I appreciate the endeavour of all the students and wish them a successful future and hope this magazine will prove to be a reminiscent of your fruitful time spent in this college.

Student Editorial

Gurpreet Kaur
Roll No.04

“Mind is like a parachute....It works best when opened...”

I view this section as a platform for students to display their creativity and hidden potential. The enthusiastic write-ups by the students are worth the admiration. The young, budding pupil teachers have put forth their imagination and experience through artistically and carefully chosen articles which are the Epitome of this English Section.

Students have tried to highlight various societal issues and current scenario of the country through their articles. The subject matter suitably relates you to the real life situations. Short poems by renowned authors will give you a sneak peek about various aspects of English literature.

I extend my heartfelt gratitude to the Principal, D.A.V. College of Education, Hoshiarpur & the entire faculty of Pedagogy of English Department for considering me capable enough to be the student editor of English Section.

Going by the words of **Hellen Keller**, “**The world is moved along not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each worker**”, I am thankful to all the students for their significant contribution towards this section.

Interesting Facts About English

Arshdeep
Roll No.1044

1. The most common vowel in English is 'e' followed by 'a'.
2. The most common consonant in English is 'r' followed by 't'.
3. Every syllable in English must have a vowel (sound). But not all syllables have a consonant.
4. Only two English words in current use end in '-gry'. They are 'angry' and 'hungry'.
5. The word **Triskaidekaphobia** means extreme fear of the number 13. This Superstition is related to **Paraskevidekatriaphobia** which means fear of Friday the 13th.
6. The word **Uncopyrightable** is the longest English word in normal use that contains no letter more than once.
7. The word **'Bookkeeper'** (along with its associate 'bookkeeping') is the only unhyphenated English word with three consecutive double letters. Other such words, like 'sweet-toothed', require a hyphen to be readily readable.
8. A sentence that contains all 26 letters of the alphabet is called a **Pangram**.
9. The following sentence contains all 26 letters of the alphabet:
'The quick brown fox jumped over the lazy dog.'
This sentence is often used to test typewriters or keyboards.
10. The only word in English that ends with the letters "mt" is dreamt (which is a variant sleeping of dreamed) as well of course as undreamt.
11. The word **ALPHABET** comes from the first two letters of the Greek alphabet: **Alpha, Beta**.
12. The dot over the letter 'i' and the letter 'j' is called **'Superscript Dot'**.
13. In normal usage, the # symbol has several names such as Hash, Pound Sign, Number Sign.
14. The shortest complete sentence in English is **"I am"**.
15. The longest English word without a true vowel (a, e, i, o, u) is **Rhythm**.
16. English words mostly begin with the letter 'S' than with any other letter.

The Mobile Phone

Baljinder Kaur
Roll No.1104

The mobile phone of the cell phone
is indeed a great invention

To the small gadget a contraption
we are now in total addiction

It has of late a grip so strong,
over the human psyche

The phone to possess everyone long

There is a big explosion

In the varieties of the phone

with many different application

The mobile phone a plethora
exist and tantalize us

like the I-Phone, smart phone at Cetera

World Chocolate Day

Manpreet Saini

Roll No. 1012

Did you know about World Chocolate Day? It is celebrated each year on 7th **July**. Just read about the history of chocolate and the interesting journey from cocoa bean to chocolate bar.

A brief history of chocolate:-

Chocolate was first used as a drink over 3,500 years ago in Central America. It was very popular with the Mayans and the Aztecs, who mixed cocoa beans with vanilla or Chili Peppers. In fact, cocoa beans were so important to them that they were used as money. Cocoa was first grown in Ecuador, which was for a long time the world's number one producer of cocoa beans. It is still one of the top 10 producers of the beans but these days more than 70% of cocoa beans come from West Africa.

Cocoa beans:-

Cocoa beans come from cocoa trees. These trees grow in tropical forests around the world from South America to Indonesia. The beans grow in colorful PODS of red, yellow and purple. Inside the pods are beans. Each tree grows about around 54 pods a year and each pod can contain between 20- 60 beans. It takes around a hundred things to make a hundred grams of chocolate. The pods are picked by hand to protect the trees.

Preparing the Beans:-

Once the pods are picked from the tree, they are opened and the beans are taken out. The beans need

to go through a number of different processes before they are ready to be turned into chocolate. First, the beans and the pulp are placed in special boxes, where they slowly ferment for up to five days. Here the beans turn brown and start to develop their special flavor. They are then put out in the sun to dry for approximately 14 days. After this, they are roasted for about 15 minutes in preparation for the final stage. Then the beans are taken out of their shells. At the end of this process, we are left with the **Cocoa 'nibs'- chocolate in its purest** form and the basic ingredient for chocolate products.

From cocoa nibs to chocolate liquor, the first step is to grind the nibs by machine or between two large stones. This produces cocoa liquor, a semi-solid paste. This is then cooked and mixed continuously for hours or even days until it is just right. This is also the stage at which other ingredients are added: sugar, milk, various flavours etc. Interestingly, chocolate melts at 34°C.

This is just below body temperature, which explains why it can be so sticky and messy, but also why it melts as soon as you put it in your mouth.

From Liquid to Solid

At this point the Cocoa nibs are ready for the last step in the journey. For the Cocoa liquor to turn into solid chocolate, it needs to be heated and cooled and heated again until it forms as solid mass and so at last, the journey from a bean to a bar is completed.

So now when you know all about how chocolate is made, you may want to celebrate the day by eating one of your favourite chocolate treats!

A Good Beginning

Sakshi
Roll No. 08

A good beginning makes a good ending. It is always interesting to begin something new and if the beginning is good, the end may also be good. It holds true most of the times but not always. Let's start with people who started getting good grades in their educational life early and all of a sudden, they started getting grades which were not good at all. There was a good beginning but a bad ending. Similarly, in careers some people start with a good job but later struggle and end up with a low paying job.

A good beginning makes for a good ending if there is an element of consistency in between the time of start and end. All tasks of life have a starting point and an ending point and in between there is a road which must be travelled with a clear understanding of your destination. It means to know where you are going so that you better understand where you are now. You should have to take the steps in the right direction.. The most fundamental application of **“Begin With The End In Mind”** is to begin today with the image, picture or paradigm of the end of your life as your frame of reference.

Any beginning of an activity by default is set at a neutral level. I mean, it's not badly set or has some goodness in it. But, when you start something- you consciously or unconsciously makes a change of that settings. You either make it bad by not doing the preparatory work which is essential. For example, constructing a building without a blue print or choosing a career which you don't enjoy.

But controlling the variance occurring in the

implantation of your task is highly important. It's of no use if you have a good beginning with a plan and then you forget your plan and put yourself in activities which are not in accordance with the planned one. So there has to be a continuous effort with the end in the mind although a **good beginning** serves as a good ending.

Another Day

Pawandeep
Roll No. 1038

It should be difficult,
always difficult,
rising from bed each morning,
against gravity,
 against dreams,
 which weigh like the forgotten names
 of remembered faces
But some days it's easy,
nothing to rise,
to feed, to work,
to commit the small graces
that add up to love,
 to family, to memory,
 finally to life,
 or what one would choose
 to remember

A Poem for Myself

Gurpreet Kaur

Roll No. 1049

Most of all I hope you heal

I hope you recover

From all the pain

The disappointments

The losses

The Heartbreak

I hope you learn to love again

I hope you feel the Sunshine

On your skin

And remember

That you are like the sun

No one can take that away from you

Do not lose your warmth

Your precious innocence

The world is too cruel already

We need love like yours around

-M.K. Lopez

Ganesh Chaturthi

Surbhi Arora

Roll No. 1004

It is when Lord Ganesh was born,

and all the Demons were gone.

He loves all kind of sweets,

He loves to eat.

He is very smart and wise,

And eats all kinds of pies.

He is the God of obstacles,

And we make him an Idol.

His Tummy is a big fat,

And not like a cat.

He rides on his mouse,

till he reaches his house.

We pray to him,

with a rhythm and Hymn.

-R. Priyamuatha

Education

Harpreet Kaur

Roll No. 1037

Education is an important tool which is very useful in everybody's life. Education is what differentiates us from other living things on earth. It makes man the smartest creature on earth. It empowers human and gets them ready to face challenges of life efficiently. Apart from this fact, Education still remains a luxury and not a necessity in our country. Educational awareness needs to be spread through the country to make education accessible. But, this remains incomplete without first analyzing the importance of Education. Education is the utmost important tool for human beings to modify their behaviour and outlook and transform themselves into a mature and developed personality.

I am a Winner

Gurleen Kaur

Roll No. 1043

I am a winner

because I kept my eyes on the prize

Success is going to be mine

and that is no surprise

my head is held up high

And I can feel proud

I can stand up and say that

'I am a winner' out loud

-Ronell Warren Alman

Struggle for Survival

Simranjit Kaur

Roll No. 127

Being an Indian girl is a struggle in itself that starts from the mother's womb. She has to fight for her birth, her survival, for study. She is always considered inferior than a male by the society. Society rules keep her down. She is called weak at times. In some of the states, she isn't even allowed to study while it is one of the fundamental rights of every child to study. In Many states like Bihar, U.P., the girls are married at an early age. The present situation of her safety is much worst. According to a recent survey, India is ranked at number one in the list of unsafe countries for women. Women are not safe even in their own home. Girls in their infancy have been the victim of rape. Many of them also suffer from heinous crimes like acid attack. The hypocrisy of the society is that they always blame a women for any worst just because of the superiority of male in the society. She has to struggle for education, career and in every aspect of her life. There is no doubt that she always win over her struggle. But the society always considers her weak and dependent. This weakness is not in her, but it is in the patriarchal mindset of society.

Benefits of Energy Conservation in Our Lives

Inderjit Kaur

Roll No. 1107

Energy conservation has become a topic of discussion these days. We all are aware that the temperature on this earth is rising year-over-year due to the fact that carbon dioxide and heat is emitted into the atmosphere. An important benefit of energy conservation is less contaminated land, water and air on the planet we live. Air polluting smog emissions such as **nitrous oxides** and **sulfur dioxide** can also be reduced by conservation of energy by using less fossil fuel, especially coal. Using less fossil fuel greatly reduces carbon emissions, which extensively contributes to global warming. Energy conservation can help in sustaining our planet's resources. We can help in energy conservation at home simply by turning off lights when leaving the room in addition to installing good quality insulation and windows. Driving hybrid cars, making eco-friendly vacation choices and using public transportation and modifying entire lifestyle also contribute towards conserving energy. Many people have volunteered to conserve the environment.

It is highly suggested that all of us should do our best to carry out suitable measures to conserve energy.

Choose Happiness, Accept Happiness

Nisha

Roll No. 1059

Some people choose happiness while other people choose unhappiness. It all depends how much time you want to try to find a place in your mind where you have already decided how good today will be? How good this year will be? Are you happy with your decision? Set up positive intentions right now to let today be even more enjoyable than you thought it was going to be. Without self-acceptance you would limit and block happiness, prosperity, love and success you will not enjoy the miracle of self-acceptance. If you are willing to accept happiness that already exists in you; you will begin to experience more happiness around you. The law of acceptance is what activates the law of attraction. To accept yourself, is the first step to bring out the best in yourself.

Don't Waste Time

Sandeep Kaur

Roll No. 1077

I learnt it fast,
Life stops for no one
So don't let pride take hold,
I learnt that judge by what you see,
Take my faith and believe in the impossible,
If you want to change the world,

It has to start somewhere
Even if it starts with you
But I have to say,
I know how it feels to be helpless,
I know how it feels to be lied to,
I know how it feels to be judged,
But I learnt to not let those things stop me.
You are here for a reason
So don't let that reason go in vain

Save Trees

Sukhwinder Kaur

Roll No. 1029

Trees give us life as they are the primary source of oxygen. They play a pivotal role in our lives. Trees are the precious gifts to humanity from the Mother Nature.

We should understand the importance of trees in our lives and do our best to save environment and make earth a sustainable place. Trees are as valuable as gold. That's why they are called as '**Green Gold**'. On the earth they are the real source of our health as well as wealth because they give us oxygen, cool air, fruits, vegetables, spices, medicines. Their wood is used as furniture. Trees give us Shadow. Dry leaves and branches of trees can be used as fuel, or to build houses. They consume carbon-dioxide and release air free from toxic gases and prevent us from the air pollution. Trees are a natural boon for all of us.

**Come, Let's join hands and take a
pledge to save trees.**

Why God Gave Us Friends

Harjinder Kaur

Roll No. 1053

God knew that everyone needs
Companionship and cheer,
He knew that people need someone
Whose thoughts are always near.

He knew they need someone
kind

To lend a helping hand,
Someone to gladly take the
time

To care and understand.

God knew that we all need someone
To share each happy day,
To be a source of Courage
When troubles come our way.

Someone to be true to us
Whether near or far apart,
Someone whose love we will
always
Hold and treasure in our heart
That's why God gave us
friends.

God

Harpreet Kaur

Roll No. 1083

When you look up, He looks down
When you lift up, He opens up
When you step into the dance, He leads
When you cry, He wipes the tears
When you ask, He answers
When you rise up, He empowers
God is Awesome!

One Life

Mehak Sharma

Roll No. 1062

One song can spark a moment

One player can make a drink

One tree can start a forest

One bird can herald spring

One smile can begin the Friendship

One handclap can lift a soul

One star can guide a ship at Sea

One word can frame the goal

One vote can change a nation

One sunbeam can light a room

One Candle can wipe out darkness

One laugh will conquer gloom

One step can start a journey

One word can start a prayer

One hope can rise our spirits

One touch can show you care

One voice can speak with wisdom

One heart can know what is true

One life can make a difference

Environment

Lipika

Roll No. 1080

The environment with its treasures

All so countless to measure

Fish and whales in the Deep Blue Waters

Life in the sea, so alive

Grasslands and forests with that terrestrial life

Cold freezing mountain peaks

And hot tiring deserts

Life among the trees and sands so alive

Sky so blue with air so clean

Only sun, moon and stars to see
Eagles and Vultures take their turn
Life in the sky, so alive

Father

Jaswinder Kaur

Roll No. 1005

Father is the most respectable member of a family admired by everyone. He's the pillar of a family. He is the one who is always there to protect his family and face all the difficulties and troubles just to bring smile on the face of his family members. He works hard for days and nights so that he could fulfill all our dreams. He is the source of inspiration for us and we always dream of becoming an individual like him. Family is the only priority for him and he can do any sacrifices for our happiness.

“He never looks for praises, He is never one to boost.

He just goes on quietly working, for those he loves the most”

Everyone has a Story in Life

Geeta

Roll No. 110

A 24 year old boy seeing out from the train's window shouted....

“Dad, look the trees are going behind!”

Dad smile and a young couple sitting nearby, looked at the 24 year old's childish behavior with pity, suddenly he again exclaimed....

“Dad, look the clouds are running with us!”

The couple couldn't resist and said to the old man....

“Why don't you take your son to a good

doctor?” The old man smiled and said.... “I did and we are just coming from the hospital. My son was blind from birth, he just got his eyes today....”

Every single person on the planet has a story.

Don't judge people before you truly know them.

The truth might surprise you.

Failed Judicial System Regarding Rape Cases

Shruti Saini

Roll No. 21

Rape is the most terrible and offensive crime against women. It not only affects the victim psychologically and physically but is also traumatic for victim's family.

The judicial system regarding rape offenses is not very much strong in India. wrong The Survivor and her family has to wait for years to get justice and sometimes it just gets worse which put a bad effect on survivor and her family. All the past judgements have shown that the justice has not been served on time. The Nirbhaya case is the recent example. The convicts were hanged to death after a long battle of approx.7 years. The harsh reality is that one of the minor culprits is free now and no capital punishment was given to him by the court. Minor culprits should also be given life imprisonment to make them realize that if they know how to commit crime then they are also liable for punishment irrespective of their age. In reality when any person (major /minor) commits any crime he's fully aware of the consequences.

Timely Justice should be given to the guilty and their execution should be done as soon as possible to restore the faith of common masses in judiciary.

School Life

Simranjit Kaur

Roll No. 18

School life is the best period of human life. The school days are carefree and students are like a free bird. Every student should try to make their life better by making the best use of school life because it never comes again. School days are the golden period of our life because we make lifetime memories with our best buddies. We are motivated to do hard work to achieve our goal by our teachers who are always there to guide us and inspire us. School life also plays an important role in shaping our character and mental attitude. We should utilize this precious time in the best possible way with a clear focus on our aims and ambitions.

“No matter how much you think you hate school, you will always miss it when you leave.”

Smile

Manpreet Kaur

Roll No. 52

A smile smile
shines all over miles
It covers all ties
and a smiling heart
Never Dies

silence just ignores
all cries
but smile solves
all the problems
of this life

A smile smile

to make you happy

charges no fee

it is all free

it creates a joyful nature

just follow it and you will see

it is a key of the lock

at the door of magic

which finishes

all cries!

Shake Off Your Problems

Kirandeep Kaur

Roll No. 133

A man's favorite donkey falls into a deep pit. He can't pull it out even after trying hard. He, therefore, decides to bury him alive. He pours soil on the donkey from above. The donkey feels the load; he shakes it off and steps on it. The more the soil is poured, the higher the donkey rises by shaking it off. By noon, the donkey is grazing in green pastures. After much shaking (off problems) and stepping up (learning from them) now donkey is happy. He is grazing. Human beings should learn from the donkey that whenever there is a problem, we should not get dis-hearted and depressed, rather all the problems are to be shaken off. We have to maintain our courage and will power like the donkey, only then we will find green pastures in our life.

Think positive- Be positive

Mother

Gurleen Kaur

Roll No. 109

Mother is the name of God on lips and in the heart of all children. The most respectful and adorable person on the earth is 'Mother'. In life, we generally come across various forms of relationships like Father- Son, Husband- Wife. But the dearest and heartiest of all is a Mother- Child relationship. The bond between mother and child is the purest and the holiest one. A mother is a true friend when we face sudden trails, when adversity takes the place of prosperity, when friends who rejoice with us in sunshine deserts us, she clings to us and endears us by her kind prescription and counsels to dissipate the clouds of darkness. Her efforts bring peace and solace to our hearts. She is next to God. Mother cannot be defined and described in words. Therefore, it is rightly said **"GOD COULD NOT TO BE EVERYWHERE. SO HE MADE MOTHERS"**

Cabinet Body

Avinash

Roll No. 302

Brain:- Prime minister
Heart:- Public Relation Minister
Legs:- Transport system
Stomach :- Food and Agriculture Minister
Mouth:- Information and broadcasting Minister
Eyes:- Law Minister
Hand:- Minster of industries
Teeth:- Minister of civil supplies

Female Foeticide

Avinash

Roll No. 302

The most heinous and the prevalent crime in the society is **Female Foeticide**. With the crime against women increasing at a rapid rate, women will soon loose their race. How miserable it is, what a shame it is? That the life giving womb has turned into a grave. The life ends in agony when a female foetus is forcibly aborted in the womb. Thus a living creature is devoid of all its rights to be a part of this wonderful world. What right do we have to destroy a gentle life?? How can we disrespect a woman who is the pillar of all relations?

She's the creator of the world.....

Don't destroy her.....

Its time to give her back

What she gives to us.....

.....LIFE!!

Value Yourself

Gurpreet Kaur

Roll No. 04

Man is a unique and supreme creation of god. Every individual is a perfection in itself . God has manifested all of us with immense capabilities and skills that we are often unaware of. We often end up undermining ourselves while experiencing the roller coaster ride of life. In our entire lifetime we try to become someone that we are not meant to be.

Remember just like snowflakes there is no one else on this planet like you. Don't waste your time rushing after the things and taking yourself for

granted. Shift the focus to yourself. Respecting and appreciating yourself makes you confident enough to stand apart with your own magnificent personality. Be the best of you and never criticize yourself. Self-criticism takes you nowhere.

Life has bestowed us with innumerable blessings which we often don't take into account while juggling between the different responsibilities of life and rushing hastily after the things. Comparing constantly with others makes you unaware of your own potential and caliber.

Take time for yourself, pause a bit, start analyzing yourself, Pamper yourself and you will witness a positive and dramatic change in your personality. We cannot value anything around us unless and until we start valuing ourselves. Surround yourself with positive thoughts to reflect positive vibes.

The following quote by (Judy Garland) aptly justifies this

“Always be a first rate version of yourself instead of a second rate version of someone else.”

Brain Drain

Sumreet Kaur
Roll No. 103

In modern times Indian students go abroad for further studies and to earn money. It is not good for our country. All students think that they can own much more money with their hardwork. People think a lot of opportunities for jobs are available in foreign countries and their future is made there. These students put blame on the Government of India because they do not get good jobs in India. Indian education system is basically theoretical and

not based on vocational training. Many people are well-educated in India but don't want to settle in India. In foreign countries, 25% doctors and Engineers are Indian, but they don't get employment opportunities in India. To get a good job and good opportunities, students go abroad. If the government takes adequate measures to tackle the problem of unemployment and stagnation in education, youth will have ample job opportunities and a sophisticated livelihood in the home country itself and students don't have to be separated from their parents, home and country. In this way, Brain Drain can be successfully minimized. In recent years, government of India has taken appropriate measures to reduce the process of brain drain by organizing 'Ghar- ghar Rozgar' scheme/ yojana to provide suitable job opportunities to the youth and enable them to secure future. Punjab government has been organizing district level schemes to minimize unemployment in the state. This is a good effort by the government to make the youth self-reliant and vocationally efficient.

Laser

Inderjit Kaur
Roll No. 1107

Technology is an essential part of our life and we can't imagine living without it. We have achieved a lot with the help of technology and indeed, all aspects of our life are influenced by technology. One such example is **Laser Technology**. In 1917, Albert Einstein introduced the theoretical formation of lasers. The word "laser" was coined as the **Light Amplification Stimulated Emission of Radiation**. The device that emits light through a process of "optical

amplification”, amplifies an optical signal directly without converting it into an electrical signal. Lasers have been divided into four types- **Solid State Laser, Gas Laser, Liquid Laser, Semiconductor Laser**. There are wide range of medical applications of laser, that relate to the outer part of human body. Eg. Eye surgery, Dentistry and various other kinds of Cosmetic treatments etc. So, the technology of laser is much useful in our day to day life and has contributed a lot in world's progress.

Ripening of Fruits And Vegetables

Palka

Roll No. 134

The cells of the raw fruits or vegetables are tightly packed and are held rigidly together by a carbohydrate called **pectin** which forms a strong bond with the walls of the cells and cements the cell together. As the fruit ripens, enzymes in the cells dissolve the pectin. As a result, the cells are no longer tightly bound to each other and the fruit becomes soft to touch. Heating also dissolves the pectin. That's why vegetables and fruits become soft when cooked.

Crime Against Women

Priya Sharma

Roll No. 75

The horrific crimes against women that rocked the country in Telangana, UP, Haryana, Maharashtra in the past time have once again brought into sharp focus the age old issue of their security. It has made a bigger dent in the confidence of women who had stepped out to claim their space

in a society in which they ought to be equal partners. Debates raged among outraged MPs, experts and the public women cowered in their seats a bit more, regressing into the I-COULD BE NEXT SYNDROME. A vertical split on the prosperity of the extra judicial punishment to the four accused of raping and murdering the young veterinary doctor ensued. It was indicative of the mindset of the society oscillating between desperation and faith in the rule of law. Women recoiled in dread, fathers feared for the security of their daughters.

The inglorious blot on India being the most dangerous country for women seems to be getting blacker. Crucial of wiping it is our introspection and focus on why things have come to such a pass. The underlying cause- **the deeply entrenched patriarchal mindset**- must be changed to give way to equality and respect for women in the society. Unless each one of us- parents, educators, government, judges, individuals and everybody else recognizes and practices this, women will continue to be violated and abused.

International Mother Language Day

Priyanka

Roll No. 1009

“**International Mother Language Day**” is celebrated every year on 21st February. The day is intended to raise awareness about how many languages we have on this planet and also to protect them. The idea for this special day originated from Bangladesh as Bangla language was officially accepted on 21st February 1999. The People of Bangladesh celebrate both days by holding literary

competitions and singing songs.

Every year UNESCO chooses a different theme and holds different events at its headquarters in Paris, France. For example in 2005, there was a focus on Braille and sign languages and in 2017, a focus on how multilingual education could help the world to have a better future.

Other countries have also set up special projects to mark this day. For eg. In 2014, the Indian government released digital learning material for schools and colleges in the 22 most widely spoken Indian languages. **It is estimated that there are around 750 languages or dialects in India and sadly around 250 languages have been lost in the last 50 years.**

The Importance of the Mother Tongue in Education:-

The Director General of UNESCO **Audrey Azoudley** pointed out in a recent speech on International Mother Language Day that mother languages shape millions of developing young minds. She believes that children learn best in their mother tongue and it is important that children should be given the opportunity to speak in their native language. Globally, 40 percent of the population does not have access to education in a language they can understand or speak.

Languages goes to the Heart

Nelson Mandela once said, “If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language, that goes to his heart”. At least 43 percent of all languages are endeavoured and less than 100 of the world languages are used in the digital world. Most intermittent communication is in one of the

following languages:- Arabic, Portuguese, Malayalam, Japanese. But everyone has the right to use their own mother language to keep alive the memories, traditions and ways of thinking that their language represents.

Time

Sandeep Kaur

Roll No.1077

Time's a bird, which leaves its footprints
at the corners of your eyes,
Time's a jockey, racing horses,
The sun and moon across the skies.
Time's a thief, stealing your beauty
Leaving you with tears and sighs,
But you waste time trying to catch him
Time's a bird and time just flies.

Inspirational Views

Gurpreet Kaur

Roll No.131

- 1. Discipline-** Discipline is the secret of success in life. It leads to ultimate perfection. It helps a person to build a dynamic personality. Discipline is the result of continuous hard work and makes an individual capable enough to face difficulties. Discipline is the need of the hour.
- 2. Never Think of Tomorrow-** With every tomorrow, we lose today. Tomorrow is a dream. But today is reality that is in our hands. Never try to borrow tomorrow because with every tomorrow, we lose today. So, hold tightly today and never depend on tomorrow.

3. **Nation of my Dreams-** I want a place where the girls can feel secure and the intentions of all men are pure. Where the farmers don't commit suicide. Where there is no place of crime and humanity is given the prime importance.
4. **Recipe for being Successful-** Hard work, subject knowledge, confidence, intelligence mixed with good luck and best wishes makes a good and tasty recipe for being successful.

The Burning Desire

Sourav
Roll No. 1205

A young man asked Socrates what is the secret to success. Socrates told the young man to meet him near the river the next morning. They met, Socrates asked the young man to walk with him in the water in river. When the water reached up to their neck, Socrates took the young man by surprise and ducked him into the water. The boy struggled to get out but Socrates was strong and kept him there until the boy started turning blue. Socrates pulled his head out of the water and the first thing the young man did was to gasp and take a deep breath of air. Socrates asked “**What did you want the most when you were there?**”? The boy replied “**air**”. Socrates said, “**that is the secret of success.** When you want success as badly as you wanted the air, you will get it. There is no other secret.” Thus the motivation to succeed comes from the burning desire and

consolidated push to achieve success. **A burning desire is the starting point of all accomplishment and hard work is the secret to achieve success.**

Need of Moral Values

Anchal
Roll No. 56

Moral values refer to the good virtues such as honesty, integrity, truthfulness, compassion, helpfulness, love, respectfulness, hard-work etc. Students are the future of India. The future of our country depends upon the moral values imparted to them during their student life. Moral lessons should be properly implemented among students in schools and colleges. Children have an immense power of observation and their feelings are deep rooted. They always observe their parents at home and their teachers in school. If a child misbehaves or tells a lie, people blame the parents and teachers.

In the past, parents used to provide moral education to their children. They were aware of its importance and fruit-fullness. Now-a-days, conditions are altogether different. Man is involved in the desire for acquisition and accumulation of wealth. The modern age of materialistic thoughts, westernization and our defective education system and obviously our own negligence is dragging us towards a dark valley. We are losing our moral values with every passing day. Who cares for moral education? Parents don't have time for their children. Even they don't feel that their children should be morally good. Result is that their children are committing immoral acts in front of their parents and parents become mute spectators.

Students are very sensitive. They copy their teachers. The teachers should always be a role

model and set an example. The students look at them as their ideal. If a child observes his teachers to be truthful and honest, he will also imbibe some of their virtues. In schools, the textbooks ought to be based on symbolic stories. Mere platform lecture by teachers on the values of truth and honesty would bear no fruit. Drug addiction, drinking alcohol, flesh trading, corruption, dowry and a lot many such evils are growing in our society with an alarming speed. If we enquire about the root cause of all these evils, it is observed that the lack of moral education is the main factor for declining moral values in our society.

Moral education is the need of all times. Not government but every individual at his own level has a role to play. Especially teachers have an important role to inculcate moral values among the students at school, college and university level. We are all accountable for our future generation

Power of Positivity

Palka
Roll No. 134

1. Believe what your heart tells you, not what others say.
2. It is never too late to start new & afresh in your life.
3. One day, you will be at the place you always wanted to be.
4. Take every chance in life because some things only happen once.
5. Stop over thinking, you can't control everything. So, just let it be!
6. The best way to predict the future is to create it.
7. Wake up knowing that... whatever happens today, you can handle it.
8. Forget what hurts you, but never forget what it teaches you.
9. As a flower is recognized through its smell. A person can be recognized through his

action and behavior.

10. A positive mind finds opportunity in everything. A negative mind finds fault in everything.

Positive Thoughts and Happiness

Neha
Roll No. 47

An individual's happiness depends entirely on himself and his outlook towards life.

“A pessimist sees difficulty in every opportunity; an optimist sees opportunity in every difficulty”. Optimist believes that good things that happen to them are a result of their own actions but they never blame themselves for anything bad that happens in their life. Pessimists, on the other hand have a completely opposite way of thinking. They blame themselves for all the bad things that happen in their lives but believe that good things are only a stroke of good luck and they would soon come to an end.

However, the positivists and optimists lead a happy and peaceful life. They have a better chance of achieving success in future. A pessimist misses all the happiness. “One can never lead a successful life with a negative mind.”

A pessimist can be changed into an optimist with enough practice. They should become focused and change their way to look at life. Failures must be taken as a learning experience and don't let discouraging things become a permanent part of your life. Virtually, any failure can be turned into stepping stones to success, which can increase one's potential to be thoroughly successful in future. Life is too short to be miserable. So, start grooming your thoughts with an aura of positivity.

शिक्षोदया

2019-20

हिन्दी अनुभाव



महादेवी वर्मा

डॉ. पूनम सैनी
अध्यापक-सम्पादिका

पवनदीप कौर
छात्र-सम्पादिका

सम्पादकीय

डॉ. पूनम सैनी (अध्यापिका)

सहायक प्रोफेसर

हिन्दी भाषा में लेखन कौशल एवं चिन्तन को विकसित करने के लिए कॉलेज पत्रिका का अपना विशेष महत्व है। पत्रिका का उद्देश्य एक ओर विद्यार्थियों के भीतर रचनात्मक कौशल का विकास करना है, वहीं दूसरी ओर सम्पादन प्रक्रिया से छात्रों को जोड़कर छात्रों में लेखन और सम्पादन की योग्यता उत्पन्न करना भी है। कॉलेज पत्रिका के माध्यम से छात्रों को अपनी आवाज़ को सभी तक पहुँचाने के लिए एक मंच प्राप्त हो जाता है। जिससे कि वे अपनी बात, अपने मन के विचार, अपने भावों को दूसरों के समक्ष रखने का अवसर ही प्राप्त नहीं होता, बल्कि वह भी अपने मन के भावों को कविता व कहानी आदि के रूप में अभिव्यक्त कर पाते हैं। कॉलेज की पत्रिका 'शिक्षोदया' का भी मुख्य उद्देश्य साहित्य के प्रति रुचि को बढ़ाने के साथ-साथ शब्द शक्ति और नव सृजन की कला को बढ़ावा देना है। अन्त में मैं हिन्दी भाषा की सम्पादिका होने के नाते 'शिक्षोदया' कॉलेज पत्रिका में लेखन का सहयोग प्रदान करने के लिए सभी को धन्यवाद व्यक्त करती हूँ।

नफरत की आग

पवनदीप कौर (छात्र सम्पादिका)

अनुक्रमांक-103

नफरत की आग लगाई जिन्होंने

वो तो कब के मर गए,

सरहद के नाम पर वो

नफरत की दीवार खड़ी कर गए,

सियासी दंगों के नाम पर

आम इन्सान क्या कुछ नहीं सहता है,

न जाने कितनी बातों को

दिल के कब्रिस्तान में दफन कर देता है,

इस आग ने ना जाने

कितना कुछ समेट लिया,

इस नफरत की दीवार ने

अन्धकार को जन्म दिया,

आज अपना ही अपनों का

दुश्मन बन बैठा है,

भारत-पाक एवं दूसरों को

मिटाने की ताक में रहता है,

जिस दिन नफरत की आग का

जलना बन्द हो जाएगा,

दिलों में बना कब्रिस्तान सुन्दर

बाग बन जाएगा.....।

मोबाइल

संदीप कौर

अनुक्रमांक-1077

मोबाइल का आविष्कार दुनिया का सबसे बड़ा चमत्कार,

जब से हाथ लगा इंसान के, इंसान हो गया बेकार।

इंसान हो गया बेकार, मोबाइल का हो रहा विकास,

हर रोज एक नया वर्जन पाने को तरस रहे युवाओं के हाथ,

तरस रहे युवाओं के हाथ, रोजगार पाने को,

सो अच्छा है ये खिलौना, बेरोजगारी छिपाने को।

बेरोजगारी छिपाने में सहायक है यह यंत्र,

मनोरंजन के छिपे हुए इसमें ढेरों मंत्र।

ढेरों इसमें मंत्र, जो बोलो वो हाज़िर,

इसकी स्क्रीन में झुका मिले छोटे से बड़ा सिर,

छोटे से बड़ा सिर इसमें ले रहा मज़ा,

ज्यादा मज़ा लेने से मिल रही सज़ा।

मिल रही सज़ा, ज़िंदगी की परीक्षा में फेल,

आँखें मोबाइल में टिका, हो रही है जेल।

हो रही जेल, बंद हुई खुली उड़ान

अब मोबाइल से हँसता, मोबाइल से रोता है इंसान।

जल का महत्व

रणजीत कौर

अनुक्रमांक-101

जल एक जीवनदायी वस्तु है। इसका महत्व दिनों-दिन

बढ़ता जा रहा है क्योंकि इसकी उपलब्धता घटती जा रही

है। खासकर पीने योग्य मीठे जल की मात्रा तो बहुत कम हो

गई है। पृथ्वी पर जल की जितनी मात्रा है उसका एक

प्रतिशत ही हमारे उपयोग के लायक है। फिर भी लोग जल का अपव्यय करते हैं। यदि जल की उपलब्धता बनाए रखने में हम नाकाम रहे तो एक दिन हम जल की बूँद-बूँद के लिए तरस जाएँगे। आज भी हम लोग शहरों में जल के लिए घंटों लाइनों में खड़े रहते हैं। ग्रामीण क्षेत्रों में भी जल की समस्या है। हमें जल का महत्व समझ कर इसका सावधानीपूर्वक उपयोग करना चाहिए। वर्षा जल के संग्रहण एवं इसके अधिकतम उपयोग पर ध्यान देना चाहिए। उपयोगी जल के स्रोतों को प्रदूषित नहीं करना चाहिए।

अपना समय बर्बाद मत करो

अमनदीप कौर
अनुक्रमांक-1078

छुप छुप कर ऐसे....न धीरे से अपराध करो,
आबाद करो खुद को....मत समय को बर्बाद करो।
ये वक्त भाग रहा है....देखो बादलों को चीर कर,
रोकना कठिन है इसको, जंजीरों में कैद कर।
हर क्षण हो रहा है....एक तैयार नया "दावेदार",
जो मात देने आएगा, भविष्य में आर-पार।
तुम उस घड़ी में लड़ने को....पहले से तैयार बनो,
"विद्यार्थी" जीवन में हर तलवार की ढाल बनो।
रोज़ प्रतियोगी परीक्षाओं में....लाखों फॉर्म भरते हैं,
सिर्फ कुछ चुनिंदा ही, उनमें स्थान गृहण करते हैं।
जो समय को हराकर....उस पर सवारी करता है,
वही सही समय पर, अपनी तृष्णाएं पूरी करता है।
हम आज छिप-छिप कर...धोखा देते हैं माँ-बाप को,
पढ़ने के बहाने, "चैटिंग" करते आधी रात को।
मोबाइल गेम की लत ने....हमकों कर दिया बेकाबू है,
टी.वी. इंटरनेट के शौक से, हर कोई बन रहा "बाबू" है।
कक्षाओं में अध्यापकों की....खिल्ली उड़ाने से फुर्सत नहीं,
घर में माँ-बाप की बातों को, कानों पर टालने की सीख नई।
जो समय की कदर करके....उसके साथ प्रीत निभाएगा
वो हर इम्तिहान में अव्वल दर्जे पर स्थान पाएगा।
वही पहले वाली सोच....लौट आए दोबारा,
जब मुर्गे की बाँग से, उठता था जग सारा।
आज मुर्गे ही नहीं....सिर्फ यह सोच की जरूरत है,

कि आज का समय बीते हुए समय से,
ज्यादा खूबसूरत है, ज्यादा खूबसूरत है।

बदल गया इन्सान

सनप्रीत कौर
अनुक्रमांक-1096

कॉलेज जाना याद रहा
पढ़ाई करना ही भूल गये।
कैन्टीन में कॉफी याद रही,
लैक्चर लगाना ही भूल गये।
टी.वी. का सीरियल याद रहा
दादी की कहानी भूल गए।
अंकल आंटी याद रहे
माँ-बाप को भूल गए।
हैलो हाए याद रहा
नमस्ते प्रणाम भूल गए
आज बदल गया इन्सान
इन्सानियत को ही भूल गए।

भारत का राष्ट्रीय पक्षी मोर

परमिन्दर कौर
अनुक्रमांक-42

मोर भारत का राष्ट्रीय पक्षी है। रूप और गुण दोनों में मोर अतुलनीय है। मोर बहुत सुन्दर होता है। इसके पंखों में इन्द्रधनुषी रंग बिखरे हुए हैं। मोर की ऊँचाई लगभग डेढ़-दो फुट होती है। मगर इसका शरीर कुछ बड़ा होता है। वास्तव में अपने लम्बे-लम्बे पंखों के कारण यह काफी लम्बा होता है। नाचते वक्त यह अपने पंख गोल घेरे में ऊपर उठा लेता है। मोर के सिर पर एक चमकीली रंग-बिरंगी कलगी होती है। मोरनी मोर की तरह सुन्दर नहीं होती क्योंकि उसके पंख मोर जैसे सुन्दर नहीं होते। मोर सबसे पवित्र जीव माना जाता है। मोर हरे-भरे जंगलों और खेतों के आस-पास ही रहते हैं। मोर का प्रिय भोजन कीट-पतंगे और अनाज के दाने हैं।

बदलते रिश्ते

लिपिका

अनुक्रमांक—1080

रोज़ यहाँ एहसास बदल जाते हैं
बदलते मौसम की तरह आज कल
लोगों के ख्यालात बदल जाते हैं
अजनबी हो जाते हैं पल भर में
जन्मों के साथी
लम्हों में यहाँ अपनों के
जज़्बात बदल जाते हैं।
ढल जाए शाम तो
साया भी साथ नहीं देता
चमके जो किस्मत का सितारा
तो गैरों के भी अन्दाज़ बदल जाते हैं
मंजिल पर पहुँच कर
यह मालूम होता है
मुश्किल राहों पर न जाने कितने
हमराज़ बदल जाते हैं।

परिश्रम

अमनदीप

अनुक्रमांक—62

सफलता की पहली कुंजी श्रम है, इसके बिना सफलता का स्वाद कभी भी नहीं चखा जा सकता है, ज़िन्दगी में आगे बढ़ना है, सुख सुविधा से रहना है, एक मुकाम हासिल करना है, तो इन्सान को श्रम करना होता है। भगवान् ने श्रम करने का गुण मनुष्यों के साथ-साथ सभी जीव जन्तुओं को भी दिया है। पक्षी को भी सुबह उठकर अपने खाने पीने का इंतज़ाम करने के लिए बाहर जाना पड़ता है। उसे बड़े होते ही उड़ना सिखाया जाता है ताकि वह अपना पालन-पोषण स्वयं कर सके। दुनिया में हर जीव-जंतु को अपना पेट भरने के लिए स्वयं मेहनत करनी पड़ती है। इसी तरह मनुष्यों को भी बचपन से ही श्रम करना सिखाया जाता है। चाहे वह पढ़ाई के लिए हो या पैसा कमाने के लिए या नाम कमाने के लिए। मेहनत के बिना तो रद्दी भी हाथ नहीं आती।

शारीरिक व मानसिक रूप से किया गया काम परिश्रम कहलाता है। यह काम हम अपनी इच्छा के अनुसार चुनते हैं। जिसे लेकर हम अपने उज्ज्वल भविष्य की कामना करते हैं। पहले श्रम का मतलब सिर्फ शारीरिक श्रम होता था, जो मज़दूर या लेबर वर्ग करता था। लेकिन अब ऐसा नहीं है। डॉक्टर, इंजिनियर, राजनेता, वकील, अभिनेता-अभिनेत्री, टीचर सरकारी व प्राइवेट दफ्तरों में काम करने वाला हर व्यक्ति श्रम करता है।

कामयाब व्यक्ति के जीवन से हम परिश्रम के बारे में अधिक जान सकते हैं। उसके जीवन से हमें इसकी सही परिभाषा समझ आती है। इसके उपरान्त आलसी व्यक्ति हमेशा दुखी और परेशान होता है। वह अपने जीवन को कौसता ही रहता है। वह शैतानी बातें सोचकर दुखी रहता है। वह अपने हर काम के लिए दूसरों पर निर्भर रहना पसंद करता है। उसे लगता है कि कोई और उसकी जगह मेहनत कर दे। लेकिन यह दुनिया का सबसे बड़ा सच है कि अपना बोझ व्यक्ति को स्वयं उठाना पड़ता है। उसे अपने जीवन में आगे बढ़ने के लिए स्वयं ही परिश्रम करना पड़ता है। इसमें उसकी मदद कोई भी नहीं कर सकता। परिश्रमी के जीवन में प्रसन्नता, शांति और सफलता बनी रहती है।

हिंदी जन की बोली है

नवनीत कौर

अनुक्रमांक—51

एक डोर में सबको जो है बाँधती

वह हिंदी है,

हर भाषा को सगी बहन जो मानती

वह हिंदी है।

भरी-पूरी हों सभी बोलियाँ

यही कामना हिंदी है,

गहरी हो पहचान आपसी

यही साधनी हिंदी है,

सौत विदेशी रहे ना रानी

यही भावना हिंदी है।

तत्सम, तद्भव, देशी, विदेशी

सब रंगों को अपनाती,

जैसे आप बोलना चाहें
 वही मधुर, वह मन भाती,
 चौरंगी से चली नवेली
 प्रीति—पिपासी हिंदी है,
 बहुत—बहुत तुम हमको लगती
 'भालो—भाशी' हिंदी है।
 उच्च वर्ग की प्रिय अंग्रेजी
 हिंदी जन की बोली है,
 वर्ग—भेद को खत्म करेगी
 हिंदी सब की संगम है,
 शब्द, नाद, लिपि से भी आगे
 एक भरोसा अनुपम है,
 गंगा कावेरी की धारा
 साथ मिलाती हिंदी है,
 पूरब—पश्चिम कमल—पंखुरी
 सेतु बनाती हिंदी है।

लक्ष्य

आरती
 अनुक्रमांक—1042

मंजिल तो उसी को मिलती है,
 जिसके सपनों में जान होती है।
 मंजिल को पाने के लिए
 दिल में चाहत होती है।
 पंखों से कुछ नहीं होता
 उनके हौसलों में ही उड़ान होती है।
 सामने हो मंजिल तो कदम मत मोड़ना,
 जो दिल में हो चाहत उसे कभी मत छोड़ना।
 मंजिल तो तुम्हें मिल ही जाएगी लेकिन,
 तारे छूने के लिए कभी ज़मीन मत छोड़ना।

ऐसा क्यों होता है?

संदीप कौर
 अनुक्रमांक—1033

जब लड़की पैदा होती है, तो मन रूठ जाता है।
 जब लड़का पैदा होता है, तो मन प्रसन्न हो जाता है।

ऐसा क्यों होता है?
 जब लड़का करता गलती, तो माफ कर दिया जाता है।
 जब लड़की करती गलती, तो बदनाम किया जाता है।
 जब लड़का होता जवान, तो उसे सहारा कहा जाता है।
 जब लड़की होती जवान, तो उसे बोझ कहा जाता है।
 ऐसा क्यों होता है?
 जब लड़की जाती सुसराल, तो उसे लक्ष्मी कहा जाता है।
 दहेज न मिलने पर उस पर अत्याचार किया जाता है।
 ऐसा क्यों होता है?
 जब लड़की जाती बाहर, तो उसे रोक दिया जाता है।
 जब लड़का जाता बाहर, तो आसानी से भेज दिया जाता है।
 ऐसा क्यों होता है?
 ऐसा क्यों होता है?
 ऐसा क्यों होता है?

दोस्ती

आरती
 अनुक्रमांक—1042

दोस्ती कोई फूल नहीं
 जो हर डाल पे खिल जाए।
 कांटों से भी निभ सकती है,
 अगर सच्चा दोस्त मिल जाए।
 दोस्ती कोई शीशा नहीं,
 ज़रा ठेस लगे और टूटे,
 यह ऐसा बन्धन है जो
 जीवन भर ना छूटे।
 दोस्ती कोई चिड़िया नहीं जो
 दाना चुगे और उड़ जाए।
 से तो वह जज्बा है जो,
 दिल में आशियाना बनाए।
 दोस्ती की राह में जो कांटे हो,
 पलकों तले छुपा लेना,
 मिले गम दोस्ती में अगर,
 खुशी से उसे उठा लेना।

वाह रे खुदा

सुमनदीप

अनुक्रमांक-1060

अगर कोई इन्सान, इन्सान बनने की कोशिश करे,
तो ये लोग उसे बनने नहीं देते।
उल्टा उसके अच्छे कामों पर, जलते और हँसते हैं।
वाह रे खुदा तेरी कायनात
जिसमें ऐसे भी लोग बसते हैं।
कुछ लोग भी ऐसे होते हैं, जो
दूसरों की खुशियाँ उजाड़ कर
आप आराम से सोते हैं।
अगवा कर मार देते हैं नन्हीं सी जानों को,
और ज़रा भी सी नहीं करते हैं।
वाह रे खुदा तेरी कायनात
जिसमें ऐसे भी लोग बसते हैं।
आए हैं लोग इस दुनिया में जन्म लेकर,
न जाने क्यों बाज़ारु से लगते हैं।
क्योंकि, जो पेट काटकर उसे बड़ा करते हैं,
उसे ही प्यार नहीं देते, और माँ-बाप
अपने बुढ़ापे के सहारे को तरसते हैं।
वाह रे खुदा तेरी कायनात
जिसमें ऐसे भी लोग बसते हैं।
जिधर भी देखो लोगों में स्वार्थ दिखता है।
उनकों अपनों का नहीं
बेगानों का साथ अच्छा लगता है।
दो पल की खुशियाँ देकर, अपने बनकर डंसते हैं।
वाह रे खुदा तेरी कायनात
जिसमें ऐसे भी लोग बसते हैं।

छोटी सी ज़िंदगी

सुमन रानी

अनुक्रमांक-1057

यूँ ही ना अपने मिजाज़
को चिड़चिड़ा कीजिए,
अगर कोई बात छोटी करे

तो अपना दिल बड़ा कीजिए।
एक जैसी ही दिखती थी माचिस की वो तीलियाँ,
कुछ ने 'दीए' जलाये और कुछ ने घर
मिली है रुहें तो, रस्मों की बंदिशें क्या है,
यह जिस्म तो ख़ाक हो जाना है फिर रंजिशें क्या है,
है छोटी सी ज़िंदगी तकरारें किस लिए,
रहो एक दूसरे के दिलों में ये दीवारें किस लिए,
खुशी के फूल उन्हीं के दिलों में खिलते हैं,
जो इंसान की तरह इंसानों से मिलते हैं।

इंसान का इंसान से फर्क

सपना रानी

अनुक्रमांक-1116

चढ़ते सूरज को सलाम करते हैं सभी,
पर छुपते को करता है कोई-कोई।
पत्थरों की पूजा करते हैं सभी,
पर इंसान को पूजता है कोई-कोई,
अमीरों को रोटी पूछते हैं सभी,
पर भूखों को खिलाता है कोई-कोई।
सुखों में आया करते हैं सभी,
पर दुःखों में निभाता है कोई-कोई।
अमीरों को झुक कर सलाम करते हैं सभी,
पर गरीबों से नज़रें मिलाता है कोई-कोई।
चलने वालों के साथ कदम मिलाते हैं सभी,
पर गिरने वालों को उठाता है कोई-कोई।
खुशियों में हँसती है दुनिया सारी,
पर गम में हँसकर दिखाता है कोई-कोई।
ज़िन्दगी तो जीते हैं सभी,
पर ज़िन्दगी को समझ पाता है कोई-कोई।

आँसू

सपना रानी

अनुक्रमांक-1116

माँ-बाप की आँखों में दो बार ही आँसू आते हैं,
एक तो लड़की घर छोड़े तब
और दूसरा लड़का मुँह मोड़े तब।

दोस्त और पत्नी तो पसंद से मिल सकते हैं,
मगर माँ—बाप तो पुण्य से ही मिलते हैं।
इसलिए पसंद से मिलने वालों के लिए,
पुण्य से मिलने वालों को मत तुकराओ।
जब तू छोटा था, माँ की शैया गीली रखता था,
अब बड़ा हुआ तो माँ का आँखें गीली मत रखना
तू कैसा बेटा है रे
तूने जब धरती पर जन्म लिया,
तेरे माँ—बाप तेरे पास थे,
अब तेरा फर्ज है कि तू,
उनकी अंतिम साँस तक उनके पास रहे।
दुःख सहना माँ—बाप के लिए,
फर्ज है अहसान नहीं।
कर्ज है इनका तेरे सिर पर,
भीक्षा या कोई दान नहीं।

बड़ी दूर मंजिलें हैं

दीक्षा

अनुक्रमांक—1122

जमीं पर मेरे पैर आसमां पे निगाहें हैं
बड़ी दूर मंजिलें हैं बड़ी लम्बी राहें हैं
मिलते नहीं सदा यूँ साथ देने वाले
महंगी मोहब्बतें बस सस्ती सलाहें हैं
बड़ी दूर मंजिलें हैं बड़ी.....

तब तक मेरे पंख कट नहीं सकते
जब तक मेरे साथ माँ की दुआयें हैं
बड़ी दूर मंजिलें हैं बड़ी.....

तेरा आंसू अब उसे दिखाई नहीं देता,
क्यों आज भी यादों में भरता आहें हैं
बड़ी दूर मंजिलें हैं बड़ी.....

इश्क—खुशबू को जब महसूस करता हूँ,
तब लगता है मुझे सब तेरी हताये हैं
बड़ी दूर मंजिलें हैं बड़ी.....

सज़दा करो ना कभी मन मैला रख के
ऐसी करतूतों की बड़ी सख्त सजायें हैं
बड़ी दूर मंजिलें हैं बड़ी.....

साँसों के साथ तू कदम चलाये रखना
सच बना दे माही जो ख्वाब बनाये हैं
बड़ी दूर मंजिलें हैं बड़ी.....

अनुशासन

मंजू बाला

अनुक्रमांक—23

‘अनुशासन सफलता की कुंजी है’—यह किसी ने सही कहा है। अनुशासन मनुष्य के विकास के लिए बहुत आवश्यक है। यदि मनुष्य अनुशासन में जीवन यापन करता है, तो वह स्वयं के लिए सुखद और उज्ज्वल भविष्य की राह निर्धारित करता है। मनुष्य द्वारा नियमों में रहकर नियमित रूप से अपने कार्य को करना अनुशासन कहा जाता है। यदि किसी के अंदर अनुशासनहीनता होती है तो वह स्वयं के लिए कठिनाईयों की खाई खोद डालता है। विद्यार्थी हमारे देश का मुख्य आधार स्तंभ है। यदि इनमें अनुशासन की कमी होगी, तो हम सोच सकते हैं कि देश का भविष्य क्या होगा।

बेटियाँ

रज्जी

अनुक्रमांक—1013

चिड़ियों की झुंड सी चहचहाती है बेटियाँ
पगडंडियों पर नीले—पीले आँचल उड़ाती है बेटियाँ
आँगन की तुलसी बन घर को महकाती है बेटियाँ
हंसी—ठिठोली कर सबका मन बहलाती है बेटियाँ
पायल की रूनझुन सी गुनगुनाती है बेटियाँ
पानी सी निर्मल स्वच्छ नज़र आती है बेटियाँ
क्यों देखते हैं दायम निगाहों से इन्हें ज़माने वाले
किसी भी मकान को घर बनाती है बेटियाँ

माँ

बलजिंदर कौर
अनुक्रमांक-15

है माँ....

हमारे हर मर्ज की दवा होती है माँ...

कभी डांटती है हमें, तो कभी गले लगा लेती है माँ...

हमारी आँखों के आँसू, अपनी आँखों में समा लेती है माँ...

अपनी होठों की हँसी, हम पर लुटा देती है माँ...

हमारी खुशियों में शामिल होकर, अपने गम भुला देती है माँ...

जब भी कभी ठोकर लगे, तो हमें तुरंत याद आती है माँ...

दुनिया की तपिश में, हमें आँचल की शीतल छाया देती है माँ..
खुद चाहे कितनी थकी हो, हमें देखकर अपनी थकान भूल जाती है माँ...

प्यार भरे हाथों से, हमेशा हमारी थकान मिटाती है माँ..
बात जब भी हो लजीज खाने की तो हमें याद आती है माँ...

रिश्तों को खूबसूरती से निभाना सिखाती है माँ..
लफ्जों में जिसे बयाँ नहीं किया जा सके ऐसी होती है माँ..
भगवान् भी जिसकी ममता के आगे झुक जाते हैं
ऐसी होती है माँ...

मेरी आत्मकथा

मनदीप कौर
अनुक्रमांक-03

बहुत खुश और उत्साहित थी मैं कि मेरे जन्म पर सब बहुत खुश होंगे, मिठाईयाँ बाँटी जाएगी, भगवान् का आशीर्वाद लेने के लिए पूजा होगी, रिश्तेदार मुझे हाथों में उठाएंगे, प्यार करेंगे। मेरा एहसास पा कर मेरी माँ खुद को धन्य समझेगी, सारी पीड़ा भूलकर खुशी से झूम उठेगी।

परन्तु एक-एक करके मेरे सारे सपने उस समय टूटने लगे जब "बेटी हूँ मैं" यह जान कर मेरी माँ की आँखों में खुशी की चमक दुःख में बदल गई। माँ की आँखों से आँसुओं का सैलाब बहने लगा। परिवार के सदस्यों का दुःख तो समझ में

आ रहा था। परन्तु माँ जिसके रक्त ने मुझे सींचा, उसकी कटाक्ष, घृणा भरी बातें समझ से परे थी। क्या वह स्वयं एक लड़की नहीं? क्या वह पढ़ी लिखी नहीं? क्या मैं उसका वंश बढ़ा नहीं सकती? ये बातें, ये प्रश्न मुझे अन्दर ही अन्दर खाये जा रहे थे। रिश्तेदारों की बातें कि "एक और आ गई" ने मुझ पर प्रभाव नहीं डाला। बस माँ का मुझ को "फालतू" कहना, यह कहना कि यह पैदा ही क्यों हुई। मुझे उसकी आवश्यकता ही नहीं थी ने मुझे अंदर से झंझोर दिया।

माता-पिता

नेहा
अनुक्रमांक-98

माता-पिता के प्रेम के बारे में लिखने के लिए शब्द नहीं होते, हमारे पास, बेशक वो ही देते हैं हमारे हाथों में जान। उनके प्रेम को बताने के लिए तो हमारे सौ जन्म भी कम पड़ जाएँगे। बस इतना ही कह सकते हैं कि, वो दोनों ऐसे हैं जिनके जैसा, दुनिया में कोई और नहीं इंसान। वो ही होते हैं हमारी असली पहचान उन्हें सच्ची खुशी होती है, जब हम उनकी बन जाते हैं पहचान। सारी दुनिया कहती है कि हमारे माता-पिता भगवान् के हैं समान। पर मैं कहता हूँ कि भगवान् मेरे माता-पिता के हैं समान उन दोनों पर तो मेरा पल-पल और हर खुशी है कुर्बान हम हज़ारों जन्म लेकर भी उनके नहीं चुका सकते एहसान। वो हमारी खुशी के लिए अपने जीवन में कर देते हैं हज़ारों त्याग। फिर हम क्यों नहीं दिल से करते उनका सम्मान। माता-पिता ऐसा धन हैं, जिनके जैसा कुछ और ना मूल्यवान। खुद भूखे रहकर भी, हमारे लिए मेहनत करते हैं दिन-रात। यही तो होता है, हमारे लिए, हमारे माता-पिता का प्यार।

माँ

जसविंदर कौर
अनुक्रमांक—1005

माँ के लिए कुछ लिख सकें
ऐसा शब्द वेद व्यास भी न तलाश पाए ।
माँ के लिए कुछ कह पाएँ,
ऐसा शब्द सरस्वती भी न सोच पायी ।
माँ के सामने अम्बर छोटा है ।
माँ के सामने सागर उथला है ।
माँ के सामने पर्वत कंकड़ सा ।
माँ के सामने इन्द्रधनुष फीका है ।
माँ है तो सृष्टि का अस्तित्व है
माँ है तो धरती की पहचान है
माँ है तो ब्रह्मांड का मान है
माँ के आगे सब कुछ थोड़ा है
माँ एक शब्द में सम्पूर्णता है
माँ एक भाव का राग है
माँ एक प्रार्थना है स्वर है
माँ एक पूर्णता का एहसास है

मैं टीचर बन जाऊँ

हरकीरत कौर
अनुक्रमांक—48

पाठशाला की मैं एक टीचर,
बच्चों की मैं प्यारी टीचर ।
कक्षा में ये सारे बच्चे,
भले, न्यारे, प्यारे बच्चे ।
कहीं किताबें कहीं है कक्षा,
सबसे प्यारी है ये शिक्षा ।
जल्दी से कक्षा में जाऊँ,
सपनों में वापस मैं आऊँ ।

अनोखी परिभाषाएँ

अंजन कुमारी
अनुक्रमांक—93

जेल— बिना पैसे का होटल
सिनेमा— पैसे देकर कैद होने का स्थान
मरण— बिना पासपोर्ट पृथ्वी से छूट
केले का छिलका— पृथ्वी से मिलाप कराने वाला दलाल
कॉलेज गर्ल— चलती—फिरती फैशन की दुकान
सास— बहू के पीछे लगा बिना वेतन का गुप्तचर
मुर्गा— गाँव की अलार्म घड़ी
घड़ी— एक हाथ की हथकड़ी

संत रविदास जी के दोहे

बेगमपुरा वतन

मोनिका
अनुक्रमांक—1032

रविदास जु है बेगमपुरा उह पूरन सुख धाम ।
दुख अंदोह अरु द्वेष भाव नाहिं बसहि तिहिं ठाम ।।

ऐसा चाहूँ राज मैं जहाँ मिलै सबन को अन्न ।
छोट बढ़ो सब सम बसै रविदास रहे प्रसन्न ।।

अंतर गति रांचै नहीं बाहर करै उजास ।
ते नर जमपुर जाहिगे सत भाषै रविदास ।।

सब सुख पावै जासु ते सो हरि जू को दास ।
कोउ दुख पावै जासु ते सो न दास रविदास ।।

साध संगति पूंजी भइ, हो वस्त लई निरमोल ।
सहजि बलदिया लादि करि, चलियो लहन पिव मोल ।।

जैसा रंग सैंबल करि, है तैसा यहि संसार ।
हौ रंग रंगौ राम महिं, भणै रविदास विचार ।।

भौ सागर रा तरन कूँ, एकौ नाम आधार ।
रविदास कभउं नहिं छाडिये, राम नाम पतवार ॥

राम नाम जिह रम्यो, सोइ तनु आपु उजास ।
अन्त छार है जाइये, वेगि चेतु रविदास ॥

गुरु ज्ञान दीपक दिया, बाती दह जलायि ।
रविदास हरि भगति कारनै, जन्म मरन बिलमाये ॥

जीव हत्या का खंडन

रविदास जीव कूँ मारि कर कैसौ मिलहिं खुदाय ।
पीर पैगंबर औलिया कोउ न कहइ समुझाया ॥

रविदास जो पोषण हेत गउ बकरी नित खाय ।
पढ़ई नमाजै रात दिन तबहुँ भिस्त न पाय ॥

हिन्दु मुस्लमान एकता

रविदास कंगन कनक मंहि जिमि अंतर कछु नाहि ।
तैसउ ही अंतर नहीं हिंदुअन तुरकर माहि ॥

रविदास पेखिया सोध करि आदम सभी समान ।
हिंदु मुसलमान कउ स्मिष्टा एक भगवान् ॥

भारत माँ का बेटा

रमन शर्मा

अनुक्रमांक—1056

काम से थका हारा घर लौटकर
जब मैं बिस्तर पर लेटता हूँ,
सोच में पड़ गया हूँ कि इस भारत माँ का,
मैं कैसा बेटा हूँ।
पापा बताते हैं कि शर्मा जी का बेटा खूब कमाता है,
वह बड़े भाग्यवान हैं।
कभी उन परिवारों की भी बात कीजिए न,
जिनका बेटा फौज का जवान है।
ज़िंदगी की दौड़ लगाए जा रहा हूँ पर ताज्जुब
ख्वाबों से रिश्ते टूटे नहीं हैं।
सुना है सरहद की तारों पर लगे खून के धब्बे,
अभी तक सूखे नहीं हैं

यहाँ मर मर के जीने से चंद पैसे मिलते हैं,
उसी में बड़ा सम्मान है।
वहाँ देश की खातिर जान दे सकें,
यही सबसे बड़ा ईनाम है।
यहाँ मज़हब भी अब मज़ाक बन गया है,
लोग इन्सानियत भूल जाते हैं, दंगों में।
वहाँ कितने बेटे लड़कर लौटते होंगे,
लिपट कर अपने तिरंगे में....
(जय हिन्द, जय भारत)

चुप रहना है पाप

रुचि

अनुक्रमांक—1014

भीष्म पीतामह ने श्री कृष्ण से पूछा कि—हे मधुसूदन। मेरे
कौन से कर्म का फल है, जो मैं शरशैया पर पड़ा हुआ हूँ?
तब कृष्ण ने कहा—आपने अपने सौ पूर्वजन्मों में किसी का
अहित नहीं किया, लेकिन 101 वें जन्म में एक बार आपके
घोड़े के अग्रभाग पर वृक्ष से एक करकैंटा नीचे गिरा। आपने
बाण से उसे उठाकर पीछे फेंक दिया। वह बेरियों की झाड़ी
पर जा गिरा और उसके कांटे उसकी पीठ में धंस गए।
करकैंटा जितना निकलने की कोशिश करता उतने ही कांटे
उसकी पीठ में चुभ जाते थे और करकैंटा अठारह दिन
जीवित रहा और अंततः आपको श्राप देकर मर गया।
हे पितामह! आपके सौ जन्मों के पुण्य कर्मों के कारण
आज तक आप पर करकैंटा का श्राप लागू नहीं हो पाया
लेकिन द्रोपदी की चीर हरण होता रहा और आप मूकदर्शक
बनकर देखते रहे। इसी कारण आपके सारे पुण्य कर्म क्षीण
हो गए और करकैंटा का श्राप आप पर लागू हो गया।
प्रत्येक मनुष्य को अपने कर्मों का फल कभी न कभी तो
भोगना पड़ता है।
इस कहानी से यह शिक्षा मिलती है कि आपके सामने कोई
व्यक्ति बुरा कर रहा है तो आप उसे रोकने का प्रयास जरूर
करें। चुप न रहें। चुप रहने या देखते रहने का अर्थ है कि
आप उस बुरे व्यक्ति के बुरे कार्यों में सहयोग कर रहे हैं।

हिन्दी भाषा के महत्वपूर्ण

तथ्य

हविता

अनुक्रमांक-1133

1. हिन्दी भाषा मॉरिशस, फिजी, सूरीनाम, त्रिनिदाद और टोबेगो में भी बोली जाती है।
2. हिंदी वैसी सात भाषाओं में से एक है जिसका उपयोग वेब एड्रेस बनाने में किया जा सकता है।
3. हिंदी शब्द पर्सियन के 'हिंदी' शब्द से बना है, इसका मतलब सिंधु नदी के क्षेत्र से है।
4. संविधान सभा ने हिंदी भाषा को अधिकारिक भाषा के रूप में 14 सितंबर 1949 को चुना था। इसी वजह से 14 सितंबर को हर साल हिंदी दिवस के रूप में मनाया जाता है।
5. 1965 में हिंदी को भारत की अधिकारिक भाषा के रूप में स्वीकार कर लिया गया।
6. 1981 में बिहार में उर्दू भाषा की जगह हिंदी भाषा को कार्यालयों में जगह दी, इसी के साथ बिहार हिंदी को अपनाने वाला देश का पहला राज्य बन गया।
7. लगभग 500 मिलियन लोग हिंदी भाषा का प्रयोग करते हैं।
8. 1805 में छपी लल्लू लाल की किताब 'प्रेम सागर' को हिंदी की पहली किताब माना जाता है, इस किताब में भगवान् कृष्ण की लीलाओं का वर्णन है।
9. मार्केट में हिंदी टाइपराइटर मशीन 1930 में आई थी।
10. हिंदी की स्क्रिप्ट फोनेटिक (शब्द उच्चारण) पर आधारित है, यह जैसे बोली जाती है, वैसे ही लिखी भी जाती है।

मेरा सपना

बलजीत सिंह

अनुक्रमांक-1206

प्रत्येक मनुष्य स्वप्न देखता है। यदि जीवन में कुछ करना है, तो स्वप्न देखना भी अत्यावश्यक है। भारत के पूर्व राष्ट्रपति श्री ए.पी.जे. अब्दुल कलाम भी बच्चों से सदैव यही कहते थे

कि "बड़ा स्वप्न देखो और बड़ा आदमी बनो"। बचपन से मेरा भी सपना था कि मैं पायलट बनूँ। आकाश में हवाई जहाज उड़ाऊँ। इसके लिए सबसे पहले मैंने अध्यापकों को अपने स्वप्न के बारे में बताया, तो उन्होंने मुझे सलाह दी कि सबसे पहले मैं गणित, विज्ञान और भौतिक शास्त्र विषयों से प्रथम श्रेणी में बारहवीं उत्तीर्ण करूँ। तत्पश्चात् मैं प्रतिस्पर्धा में भाग लूँ। उन्होंने कहा कि आज पायलटों की देश में बहुत कमी है इसलिए मेरा यह सपना अवश्य पूरा होगा। बस इसके लिए मुझे अथक परिश्रम करना होगा। दुनिया में कोई भी काम ऐसा नहीं, जिसे मनुष्य न कर सके। उन्होंने बताया कि नेपोलियन बोनापार्ट के शब्कोश में तो असंभव शब्द ही नहीं था। कहने का तात्पर्य यह है कि हमें यदि अपने जीवन में अपना सपना पूरा करना है अथवा अपने लक्ष्य को प्राप्त करना है तो असंभव शब्द को अपने मस्तिष्क से निकालकर फेंकना होगा। मुझे स्वयं पर दृढ़ विश्वास है कि मैं एक दिन अवश्य पायलट बनूँगा और अपना सपना साकार करूँगा।

साधु और मछुआरा

रेनू कुमारी

अनुक्रमांक-1114

एक साधु नदी किनारे टहल रहा था। उसने देखा कि एक मछुआरा नदी के तट पर बैठा लोहे के काँटे पर आटे की गोलियाँ फँसा रहा है। उत्सुकतावश उन्होंने उस से इस कार्य का प्रयोजन पूछा तो वह बोला "महाराज! मैं यह काँटा नदी में डालूँगा। आटे के लालच में मछली गोलियाँ गटकेंगी तो काँटे में फँस जायेगी। तब मैं उसे पकड़ लूँगा। साधु ने उस से पुनः प्रश्न किया, "यदि मछली गोलियाँ गटक कर काँटे से मुँह हटा ले तो क्या होगा? मछुआरा बोला "महाराज! रस की चीजों से चिपकना ज्यादा आसान है, उनसे दूर जाना उतना ही कठिन"। यह सुनकर साधु को शास्त्र वचन याद आ गए कि विषयों में मन का लगना स्वाभाविक है, पर वैराग्य की प्राप्ति के लिए निरन्तर अभ्यास की आवश्यकता है।

पुस्तकों का महत्व

आरजू

अनुक्रमांक—1128

पुस्तकों से हमें ज्ञान की प्राप्ति होती है। पुस्तकों के माध्यम से हम तरह-तरह की बातें जान सकते हैं। अच्छी पुस्तकें हमारे लिए बहुत लाभदायक होती हैं। इस प्रकार की पुस्तकों से हमें अच्छी और नई बातों की जानकारी मिलती है। हमारा ज्ञान बढ़ता है। अच्छी पुस्तकें सबसे अच्छी दोस्त होती हैं। मैं हमेशा अच्छी पुस्तकें पढ़ती हूँ।

वैसे तो मैंने बहुत सारी पुस्तकें पढ़ी हैं, किन्तु 'रामचरितमानस' ने मुझे अत्यधिक प्रभावित किया है। यह एक धार्मिक ग्रंथ ही नहीं वरन् साहित्यिक ग्रंथ भी है। प्रत्येक हिंदू इस ग्रंथ की देवता की तरह पूजा करता है। यह एक काव्य ग्रंथ है, जो अवधी भाषा में लिखा गया है। इसमें चौपाई और दोहे हैं, जिन्हें गाया भी जाता है। इसके रचयिता गोस्वामी तुलसीदास हैं। हिंदी साहित्य में उनका उल्लेखनीय स्थान है। वे रामभक्त कवि थे। इस पवित्र पुस्तक ने मुझे इतना अधिक प्रभावित किया है कि मैं इसका वर्णन नहीं कर सकती। यह एक सरल पुस्तक है। इसकी भाषा सरल है। यह एक बहुमूल्य और आदर्श पुस्तक है। इस पुस्तक से हमें अध्यात्मिक ज्ञान, कर्तव्य पालन, बड़ों का सम्मान तथा मुसीबत में धैर्य रखने की शिक्षा मिलती है।

प्रत्येक छात्र को अच्छी और शिक्षाप्रद पुस्तकों का अध्ययन करना चाहिए। इससे विद्यार्थियों के चरित्र-निर्माण में गहरा असर पड़ता है। इस पुस्तक को पढ़ने से धर्म के मार्ग पर चलने की सीख मिलती है। इसलिए मेरी दृष्टि में 'रामचरितमानस' बहुत अच्छी पुस्तक है। इसमें मर्यादा पुरुषोत्तम श्री राम के चरित्र का वर्णन है। राम एक आदर्श पुरुष थे। वे 14 वर्ष तक लक्ष्मण व सीता के सहित वनवास में रहे। वे एक आदर्श राजा थे। उन्होंने अपने शासन में प्रजा को बहुत महत्व दिया। श्री राम का शासनकाल आदर्शपूर्ण था इसलिए उनका शासन 'राम-राज' कहलाता था। सीता एक आदर्श नारी थी। लक्ष्मण की भ्रातृभक्ति प्रशंसनीय है।

जो बीत गया सो बात गयी

रविंदर कौर

अनुक्रमांक—1093

जीवन में एक सितारा था
माना वह बेहद प्यारा था
वह डूब गया तो डूब गया
अम्बर के आनन को देखो
कितने इसके तारे टूटे
कितने इसके प्यारे छूटे
जो छूट गए फिर कहाँ मिले
पर बोलो टूटे तारों पर
कब अम्बर शोक मनाता है
जो बीत गई सो बात गई।

दहेज प्रथा

प्रिया

अनुक्रमांक—87

अब नहीं रहेंगे वे दिन
मिटेंगे जल्द दहेज के दिन
अपने घर को भरने की खातिर
दूसरे के घर को उजाड़ना
कहाँ की बहादुरी है

एक बेटी के पिता की जिंदगी तो
बस पैसे जोड़ने में गुजर जाती है
यह दहेज प्रथा हमें अंदर तक तड़पाती है।

अब नहीं रहेंगे वे दिन
मिटेंगे जल्द दहेज के दिन
आएगी हमारी खुशियों की बारी
फिर न लगेंगी बेटियाँ घर पर भारी

अब ज़मीन से हवा तक उड़
रही हैं बेटियाँ आजादी की
ओर बढ़ रही हैं बेटियाँ

अब नहीं रहेंगे वे दिन
मिटेंगे जल्द दहेज के दिन

नारी और शिक्षा

अनु बाला
अनुक्रमांक—1021

एक सभ्य समाज का निर्माण उस देश के शिक्षित नागरिकों के द्वारा होता है और नारी इस कड़ी का एक अहम हिस्सा है। परिवार की छोटी-छोटी इकाइयाँ मिलकर एक समाज का गठन करती हैं और परिवार की केन्द्र बिन्दु नारी होती है। यदि एक नारी शिक्षित होती है तो एक परिवार शिक्षित होता है और जब एक परिवार शिक्षित होता है तो पूरा राष्ट्र शिक्षित होता है। शिशु की पहली अध्यापिका या गुरु माँ होती है और जो प्रारंभिक शिक्षा शिशु अपने घर में ग्रहण करता है वो उसे दुनिया के किसी विद्यालय में प्राप्त नहीं हो सकती। वर्तमान परिस्थिति की चर्चा करें तो अब नारी शिक्षा के क्षेत्र में बहुत आगे निकल गई है। नारी आजकल के सभी क्षेत्रों में पदापण कर चुकी है। वह एक महान् नेता, समाज सुधारक, डॉक्टर, निर्देशक, वकील, आचार्य आदि महान् पदों पर कुशलतापूर्वक कार्य करके अपनी क्षमता दिखा रही है। भारत सरकार द्वारा नारी शिक्षा को प्रोत्साहित करने के लिए अनेक योजनाएँ चलाई गई जैसे 'बेटी बचाओ, बेटी पढ़ाओ' योजना। एक नारी अपने पूरे जीवन में बेटी, बहन, पत्नी एवं माँ जैसे किरदारों का निर्वाह करती है। इन्हें निर्वाह करते हुए जो कठिनाइयाँ आती हैं उनका सामना करने का आत्मबल उन्हें शिक्षा की प्रदान करती है। शिक्षा नारी को आत्मनिर्भर बनाने में सहायक होती है और उसमें स्वावलम्बन के गुणों का भी विकास करती है।

प्रकृति

रमा देवी
अनुक्रमांक—63

हरे-ही-हरे खेतों में
बरस रही हैं बूंदें
खुशी-खुशी से आया सावन
भर गया मेरा आँगन।

ऐसा लग रहा है जैसे
मन की कलियाँ खिल गईं वैसे
जैसा कि आया बसंत
लेकर फूलों का जश्न।।
धूप से प्यासे मेरे तन को
बूंदों ने दी ऐसी अंगड़ाई
कूद पड़ा मेरा तन-मन
लगता है मैं हूँ एक दामन।।
यह संसार है कितना सुंदर
लेकिन लोग नहीं उतने अकलमंद
यही है एक निवेदन
न करो प्रकृति का शोषण।

अनमोल वचन

सपना रानी
अनुक्रमांक—1116

1. किसी के गुणों की प्रशंसा करने में समय नष्ट न करें बल्कि उसके गुणों को अपनाने का प्रयत्न करें।
2. जिस आदमी की कोई मंज़िल नहीं होती, वह कभी भी सफल नहीं होता।
3. अभिमानी व्यक्ति उस वृक्ष के समान होता है, जो न तो किसी को छाया देता है न ही फल।
4. कोई भी अच्छा या बुरा नहीं होता बल्कि हमारी सोच ही किसी को अच्छा या बुरा बना देती है।
5. उठो, जागो और कोशिश करो और तब तक करते रहो, जब तक तुम अपनी मंज़िल तक नहीं पहुँच जाते।

विदेशी शब्द

पवनदीप कौर
अनुक्रमांक—1038

हिन्दी हमारी राज भाषा है। यह भाषा बहुत से तत्सम, तद्भव, देशी तथा विदेशी शब्दों से मिलकर बनी है। हिन्दी भाषा में बहुत से विदेशी शब्द शामिल हैं जिनका प्रयोग हम सभी अपनी रोज़मर्रा की जिंदगी में करते हैं। इसकी कुछ उदाहरणें निम्नानुसार हैं—

1. पुर्तगाली शब्द— अचार, चाबी, संतरा, आलपिन, बाल्टी।

2. तुर्की शब्द—कैंची, चम्मच, तोप, बारूद, खंजर ।
3. फ्रेंच शब्द—काजू, कारतूस, मेयर, कूपन, सूप ।
4. उच्च शब्द—तुरूप, बम, चिड़िया ।
5. यूनानी शब्द—एकेडमी, एटलस, बाइबिल, टेलीफोन ।
6. अरबी शब्द—औरत, अदालत, कानून, कुर्सी, लिफाफा ।
7. फारसी शब्द—आदमी, तनखाह, चश्मा, बीमार, ज़मीन ।
8. अंग्रेज़ी शब्द—टार्ई, स्टेशन, माइक, डायट, ट्रांसपैरेंट, फ्रेंड, स्कूल ।

उपरोक्त शब्दों का प्रयोग हम लोग प्रतिदिन हिन्दी भाषा में बखूबी करते जा रहे हैं ।

भारत देश

इन्दु बाला
अनुक्रमांक-115

भारत देश हमारा प्यारा ।
सारे विश्व में है न्यारा ।
अलग-अलग है यहाँ रूप-रंग ।
पर सभी एक सुर में गाते ।
झण्डा ऊँचा रहे हमारा ।
हर परदेस की अलग जुबान ।
पर मिठास की उनमें शान ।
अनेकता में एकता पिरोकर ।
सबने मिल जुल कर देश संवारा ।
लगा रहा है भारत सारा ।
हम सब एक हैं का नारा ।



An Auspicious Beginning...



Mr. & Mrs. Y.P. Joshi (Yajmans) with Hon'ble Secretary Sh. D.L. Anand (Retd. Principal) and other eminent Members of the Management, Principal Dr. S.S. Sharma, Faculty Members and Students seeking blessings of Almighty by performing 'Holy Havana Yajna' at the inauguration of New Academic Session



Hon'ble Secretary Sh. D.L. Anand addressing the participants

Our illustrious Guests



Worthy Chief Guest Sh. Avinash Rai Khanna being welcomed by Hon'ble Secretary Sh. D.L. Anand, Principal Dr. S.S. Sharma and Dr. Monika during National Level Seminar on Water Conservation



Hon'ble Lok Sabha Speaker Sh. Om Birla with President Dr. Anoop Kumar, Sh. Avinash Rai Khanna, Principal Dr. S.S. Sharma and Faculty Members during his visit to Hoshiarpur



President Dr. Anoop Kumar (Urologist) addressing the Faculty Members under Mission Fatch regarding the safety measures against Covid-19 on National Doctors' Day



Chief Guest Hon'ble Secretary Sh. D.L. Anand receiving floral welcome from Mr. Harbans Lal, Inspector, Vigilance Bureau during Vigilance Awareness Campaign



S. Dilmil Singh Soch, Assistant Commissioner, IRS with Principal Dr. S.S. Sharma, Dr. Arti Saluja and Students during "Save Water and Save Environment" Campaign

Our Faculty Forward



President Dr. Anoop Kumar with Secretary Sh. D.L. Anand, other eminent Members of the Management, Principal Dr. S.S. Sharma, Editor-in-Chief Dr. Harvinder Kaur, Associate Editor Dr. Naresh Kumar and Teacher & Student Editors releasing College Magazine Shikshodaya (2018-19)



Hon'ble Secretary Sh. D.L. Anand with dignitaries presenting a copy of Shikshodaya (2018-19) and Information Brochure to Sh. Avinash Rai Khanna during the inauguration of National Level book exhibition



President Dr. Anoop Kumar with Secretary Sh. D.L. Anand and other eminent dignitaries releasing SLIS book co-authored by Dr. Harvinder Kaur (Librarian)



Hon'ble Secretary Sh. D.L. Anand with eminent dignitaries releasing Mathematics book authored by Mrs. Roma Ralhan



President Dr. Anoop Kumar with Secretary Sh. D.L. Anand and other eminent dignitaries releasing ICT book co-authored by Mrs. Priya Sharma

Brilliant Prospective Teachers



Students presenting bouquet to Principal Dr. S.S. Sharma and Faculty Members during celebration of Teachers' Day



College quiz team receiving prize in Inter-College Quiz competition from President Dr. Anoop Kumar, Secretary Sh. D.L. Anand, Dr. Arvind Kumar, Principal Dr. S.S. Sharma and Principal Dr. Neerja Dhingra



Principal Dr. S.S. Sharma with Vice-Principal Dr. Arti Saluja and Ms. Vishakha Baroota presenting a certificate to the winner of the poster making competition on AIDS Awareness Programme



Students of Language Group with Teachers-in-Charge Ms. Jaswinder Kaur and Dr. Naresh Kumar celebrating victory after mesmerizing performance in Zonal level Skill-in-Teaching Competition



Students with Teacher-in-Charge Dr. Naresh Kumar celebrating their victory after impressive performance in literary items during Inter-Zonal Panjab University Youth and Heritage Festival



ਸ਼ਿਕਸ਼ੇਦਯਾ

2019-20

ਪੰਜਾਬੀ ਅਨੁਭਾਗ



ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ

ਸ਼੍ਰੀਮਤੀ ਚੇਤਨਾ ਸ਼ਰਮਾ
ਅਧਿਆਪਕਾ ਸੰਪਾਦਕ

ਪ੍ਰੀਅੰਕਾ
ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕ

ਸੰਪਾਦਕ ਦੀ ਕਲਮ ਤੋਂ

ਸ਼੍ਰੀਮਤੀ ਚੇਤਨਾ ਸ਼ਰਮਾ

(ਸਹਾਇਕ ਪ੍ਰੋਫੈਸਰ)

ਸਾਹਿਤ ਅਤੇ ਸਮਾਜ ਦਾ ਰਿਸ਼ਤਾ ਹਮੇਸ਼ਾ ਹੀ ਗੂੜ੍ਹਾ ਰਿਹਾ ਹੈ। ਸਾਹਿਤ ਸਮਾਜ ਵਿੱਚੋਂ ਸਮਾਜ ਲਈ ਅਤੇ ਸਮਾਜ ਦੁਆਰਾ ਹੀ ਸਿਰਜਿਆ ਜਾਂਦਾ ਹੈ। ਸਮੇਂ, ਸਥਾਨ ਅਤੇ ਲੋੜਾਂ ਅਨੁਸਾਰ ਇਸਦਾ ਸਰੂਪ ਅਤੇ ਵਿਸ਼ਾ ਉਪਯੋਗੀ ਸਿੱਧ ਹੋਇਆ ਹੈ।

ਵਰਤਮਾਨ ਆਧੁਨਿਕ ਯੁੱਗ ਚ ਤਬਦੀਲੀਆਂ ਦੀ ਰਫਤਾਰ ਬਹੁਤ ਤੇਜ਼ ਹੋ ਗਈ ਹੈ ਅਤੇ ਇਸ ਨੂੰ ਹੀ ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਆਪਣੇ ਮਿਆਰ ਅਨੁਸਾਰ ਆਪਣੀਆਂ ਰਚਨਾਵਾਂ ਵਿੱਚ ਢਾਲਣ ਦਾ ਯਤਨ ਕੀਤਾ ਹੈ। ਜਿਸ ਤੋਂ ਸਿਹਤਮੰਦ ਸਮਾਜ ਦੀ ਸਿਰਜਣਾ ਦੀ ਉਮੀਦ ਜਾਗਦੀ ਹੈ।

ਆਸ ਹੈ ਇਨ੍ਹਾਂ ਪੁੰਗਰ ਰਹੇ ਸਾਹਿਤਕਾਰਾਂ ਵਿੱਚ ਭਵਿੱਖ ਦੇ ਮਹਾਨ ਸਹਿਤਕਾਰ ਪੈਦਾ ਹੋਣਗੇ।

ਉਸਾਰੂ ਸੋਚ

ਪ੍ਰੀਅੰਕਾ

ਰੋਲ ਨੰ. 114

ਹੈ ਤਾਂ ਕੋਰੋਨਾ ਇਕ ਬਿਮਾਰੀ,
ਪਰ ਇਸਨੇ ਜ਼ਿੰਦਗੀ ਸਾਡੀ ਹੈ ਸੁਧਾਰੀ
ਕਈ ਕੁਰੀਤੀਆਂ ਹੋਈਆਂ ਨੇ ਖਤਮ,
ਬਿਨਾਂ ਦਾਜ ਦੇ ਸਾਡੇ ਵਿਆਹ ਨੇ ਲਿਆ ਹੈ ਜਨਮ।
ਵਾਤਾਵਰਨ ਦੇ ਵਿੱਚ ਹੋਈ ਭਾਰੀ ਤਬਦੀਲੀ ਏ,
ਸਾਫ ਹਵਾ ਤੇ ਪੰਛੀਆਂ ਦੀ ਚਹਿ-ਚਹਾਹਟ ਅਸੀਂ ਸੁਣੀ ਏ।
ਯਮੁਨਾ ਨਦੀ ਵੀ ਹੋਈ ਹੈ ਸਾਫ ਪਈ,
ਹਜ਼ਾਰਾਂ ਕਰੋੜਾਂ ਖਰਬ ਕੇ ਜੋ ਨਾ ਹੋ ਸਕੀ,
ਇੱਕੀ ਦਿਨਾਂ ਦੀ ਤਬਦੀਲੀ ਨੇ ਹੈ ਉਹ ਕਰ ਦਿਖਾਇਆ।
ਜਿਹੜੇ ਰਿਸ਼ਤਿਆਂ ਦੇ ਮਹੱਤਵ ਸੀ ਭੁੱਲ ਚੁੱਕੇ,
ਹੋਏ ਪੈਸਿਆਂ ਦੇ ਪਿੱਛੇ ਸੀ ਪਾਗਲ ਅਸੀਂ,
ਉਸ ਪਾਗਲਪਨ ਨੂੰ ਹੈ ਇਸਨੇ ਮਿਟਾਇਆ,
ਉਹਨਾਂ ਰਿਸ਼ਤਿਆਂ ਵਿੱਚ ਗੂੜ੍ਹੀ ਸਾਂਝ ਪਾਈ।
ਜਿਹੜੇ ਧਰਮਾਂ ਦੇ ਨਾਂ ਤੇ ਸੀ ਲੜਦੇ,
ਹੁਣ ਮਾਨਵਤਾ ਦੀ ਭਾਵਨਾ ਹੈ ਜਗਾਈ,
ਅਸੀਂ ਭੇਦ-ਭਾਵ ਨੂੰ ਛੱਡ ਕੇ ਕਰ ਰਹੇ ਮਾਨਵਤਾ ਦੀ ਭਲਾਈ।

ਹੁਣ ਲੱਗਾ ਹੈ ਪਤਾ ਭੋਜਨ ਦੀ ਕੀਮਤਾਂ ਦਾ,
ਜਿਹੜੇ ਹੋਟਲਾਂ ਦੇ ਭੋਜਨ ਨੂੰ ਸੀ ਦਿੰਦੇ ਪਹਿਲ,
ਹੁਣ ਘਰ ਦੇ ਭੋਜਨ ਨੂੰ ਖਾ ਕੇ,
ਕਰ ਰਹੇ ਪ੍ਰਮਾਤਮਾ ਦਾ ਸ਼ੁਕਰ।
ਹੈ ਤਾਂ ਕੋਰੋਨਾ ਇੱਕ ਬਿਮਾਰੀ,
ਪਰ ਇਸਨੇ ਸਾਡੀ ਜ਼ਿੰਦਗੀ ਹੈ ਸੁਧਾਰੀ।

ਮਾਪਿਆਂ ਦਾ ਸਹਾਰਾ

ਕਿਰਨਦੀਪ ਕੌਰ

ਰੋਲ ਨੰ. 1110

ਸਵੇਰ ਜੋ ਜਾਂਦੀ ਹੈ ਤੇ ਸਾਰੇ ਪਰਿਵਾਰ ਦੇ ਮੈਂਬਰ ਆਪਣੇ ਆਪਣੇ ਕੰਮ ਤੇ ਲੱਗ ਜਾਂਦੇ ਹਨ। ਕਿਸੇ ਨੂੰ ਵੀ ਮਾਂ ਦਾ ਕੋਈ ਧਿਆਨ ਨਹੀਂ ਕਿ ਉਹ ਕਿਵੇਂ ਹੈ। ਵੱਡੀ ਨੂੰਹ ਵਿਹੜੇ ਵਿੱਚ ਸਫਾਈ ਕਰ ਰਹੀ ਹੁੰਦੀ ਹੈ ਕਿ ਅਚਾਨਕ ਉਸ ਦੀ ਨਜ਼ਰ ਮਾਂ ਦੇ ਕਮਰੇ ਵੱਲ ਪੈਂਦੀ ਹੈ ਤੇ ਉਹ ਭੱਜੀ ਹੋਈ ਕਮਰੇ ਵਿੱਚ ਜਾਂਦੀ ਹੈ ਤਾਂ ਉਹ ਦੇਖਦੀ ਹੈ ਕਿ ਮਾਂ ਮੰਜੇ ਤੇ ਨਹੀਂ ਬਲਕਿ ਭੁੰਜੇ ਡਿੱਗੀ ਹੋਈ ਨਜ਼ਰ ਆਉਂਦੀ ਹੈ ਤੇ ਉਹ ਮਾਂ ਨੂੰ ਦੇਖਕੇ ਉੱਚੀ ਉੱਚੀ ਰੋਲਾ ਪਾਉਂਦੀ ਹੈ ਅਤੇ ਪਰਿਵਾਰ ਦੇ ਮੈਂਬਰ ਵੀ ਮਾਂ ਦੇ ਕਮਰੇ ਵੱਲ ਭੱਜੇ ਆਉਂਦੇ ਹਨ ਅਤੇ ਮਾਂ ਨੂੰ ਪੁੱਤਰ ਕਲਾਵੇ ਵਿੱਚ ਲੈਂਦਾ ਤੇ ਉੱਚੀ ਉੱਚੀ ਰੋਣ ਲਗਦਾ ਹੈ ਕਿ ਮਾਂ ਇਸ ਦੁਨੀਆ ਵਿੱਚ ਨਹੀਂ ਰਹੀ ਤੇ ਆਂਢ ਗੁਆਂਢ ਦੇ ਲੋਕ ਉਹਨਾਂ ਦੇ ਘਰ ਇੱਕਠੇ ਹੋ ਜਾਂਦੇ ਹਨ ਅੰਤ ਪੁੱਤਰ ਤੇ ਨੂੰਹ ਮਾਂ ਦਾ ਮੰਜਾ ਚੁੱਕ ਕੇ ਉਸਨੂੰ ਮੰਜੇ ਤੇ ਪਾ ਕੇ ਉਸਨੂੰ ਸ਼ਮਸ਼ਾਨ ਘਾਟ ਲਿਜਾ ਕੇ ਉਸਦਾ ਸੰਸਕਾਰ ਕਰ ਦਿੰਦੇ ਹਨ।

ਇਸ ਪ੍ਰਕਾਰ ਉਪਰੋਕਤ ਕਹਾਣੀ ਪੜ੍ਹਨ ਤੋਂ ਬਾਅਦ ਇਸ ਨਤੀਜੇ ਤੇ ਪੁੱਜਦੇ ਹਾਂ ਕਿ ਮਾਂ ਆਪਣੇ ਬੱਚਿਆਂ ਨੂੰ ਹਰ ਖੁਸ਼ੀ ਦਿੰਦੀ ਹੈ ਤੇ ਉਹ ਆਪਣੀ ਹਰ ਖੁਸ਼ੀ ਦਾ ਖਿਆਲ ਕੀਤੇ ਬਿਨਾਂ ਆਪਣੇ ਪੁੱਤਰਾਂ ਨੂੰ ਪਾਲਦੀ ਹੈ ਤੇ ਵੱਡਾ ਕਰਦੀ ਹੈ ਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਆਪਣੇ ਪੈਰਾਂ ਤੇ ਖੜ੍ਹਾ ਕਰਕੇ ਉਹਨਾਂ ਦਾ ਵਿਆਹ ਵੀ ਕਰ ਦਿੰਦੀ ਹੈ। ਪੁੱਤਰਾਂ ਦਾ ਵੀ ਫਰਜ਼ ਬਣਦਾ ਸੀ ਕਿ ਉਹ ਆਪਣੀ ਮਾਂ ਦੀ ਪੂਰੀ ਤਰ੍ਹਾਂ ਸੇਵਾ ਕਰਦੇ ਕਿਉਂ ਕਿ ਪਹਿਲਾ ਮਾਂ ਆਪਣੇ ਬੱਚੇ ਨੂੰ ਪਾਲਦੀ ਹੈ ਤੇ ਉਸਦੇ ਪੁੱਤਰਾਂ ਦੀ ਵੀ ਫਰਜ਼ ਸੀ ਕਿ ਉਹ ਆਪਣੀ ਮਾਂ ਨੂੰ ਜਦੋਂ ਉਹ ਸਿਆਣੀ ਹੋ ਚੁੱਕੀ ਸੀ ਕੋਈ ਕੰਮ ਨਹੀਂ ਕਰ ਸਕਦੀ ਉਸ ਨੂੰ ਵੀ ਕਿਸੇ ਤਰ੍ਹਾਂ ਹਰ ਖੁਸ਼ੀ ਦਿੰਦੇ ਜਿਸ ਤਰ੍ਹਾਂ ਉਸਨੇ ਆਪਣੀ ਜਵਾਨੀ ਦੀ ਪਰਵਾਹ ਕੀਤੇ ਬਿਨਾਂ ਉਨ੍ਹਾਂ ਨੂੰ ਦਿੱਤਾ।

ਸਿੱਖਿਆ:- ਬੱਚਿਆਂ ਨੂੰ ਬੁਢਾਪੇ ਵਿੱਚ ਆਪਣੇ ਮਾਪਿਆਂ ਦਾ

ਸਹਾਰਾ ਬਣਨਾ ਚਾਹੀਦਾ ਹੈ।

ਭਲਾ ਸਰਬਤ ਦਾ ਲੋਚੀਂ

ਬਬਲੀ
ਰੋਲ ਨੰ. 19

ਉੱਠ ਸਵੇਰੇ ਜਾਗ

ਆਲਸ ਨੀਂਦ ਤਿਆਗ

ਇਸ਼ਨਾਨ ਕਰ ਪਿਆਰੇ,

ਸਾਫ ਦੰਦ ਕਰ ਸਾਰੇ।

ਹੱਥ ਵਿੱਚ ਗੁਟਕਾ ਲੈ ਕੇ,

ਕਰ ਲੈ ਪਾਠ ਤੂੰ ਬਹਿ ਕੇ।

ਖੁਸ਼ੀ-ਖੁਸ਼ੀ ਪੜ੍ਹ ਬਾਣੀ,

ਗਿਆਨਵਾਨ ਹੋ ਪਾਣੀ।

ਘਰ ਵਿੱਚ ਹੀ ਬਹਿ ਜੀ,

ਵਾਂਗ ਨਾ ਖਾਲੀ ਰਹਿ ਜੀ।

ਚੱਲ ਤੂੰ ਗੁਰੂ ਦੁਆਰੇ,

ਛੱਡ ਕੇ ਅਉਗਣ ਸਾਰੇ।

ਜਗਤ ਗੁਰੂ ਨੂੰ ਵੇਖ,

ਝੁੱਕ ਕੇ ਮੱਥਾ ਟੇਕ।

ਜਾਨੀ ਜਾਨ ਪਿਆਰਾ,

ਟੁੱਟੀ ਗੰਢਣਹਾਰਾ।

ਠੋਕਰ ਨਾ ਤੂੰ ਖਾਵੀਂ,

ਡੋਲ ਨਾ ਕਿੱਧਰੇ ਜਾਵੀਂ।

ਢੱਕੋ ਪਰਦੇ ਤੇਰੇ,

ਜਾਣੀ ਚਾਰ ਚੁਫੇਰੇ

ਤਿਆਗ ਤੂੰ ਮੇਰੀ ਮੇਰੀ,

ਥੋੜੀ ਜ਼ਿੰਦਗੀ ਤੇਰੀ।

ਦਿਲ ਨਾ ਕਦੇ ਦੁਖਾਵੀਂ,

ਧਿਆਨ ਨਾਲ ਵਿੱਚ ਲਾਵੀਂ।

ਨਿੰਦਿਆ ਚੁਗਲੀ ਛੱਡ ਕੇ,

ਪਾਪ ਦਿਲੋਂ ਤੂੰ ਕੱਢਦੇ।

ਫੇਰ ਨੀ ਏਥੇ ਆਉਣਾ,

ਬਾਅਦ 'ਚ ਪਉ ਪਛਤਾਉਣਾ।

ਭਲਾ ਸਰਬਤ ਦਾ ਲੋਚੀਂ,

ਮਾੜਾ ਕਦੇ ਨਾ ਸੋਚੀ।

ਯਾਦ ਮੌਤ ਨੂੰ ਰੱਖੀਂ,

ਰੱਬ ਵਸਾ ਲੈ ਅੱਖੀਂ।

ਲੱਗ ਜਾ ਗੁਰੂ ਦੇ ਲੜ ਤੂੰ,

ਵਿੱਦਿਆ ਰੱਜ ਰੱਜ ਪੜ੍ਹ ਤੂੰ।

ਤਾੜ ਨਾ ਰੱਖੀਂ ਕੋਈ,

ਸਭ ਦੇ ਅੰਦਰ ਮਾਲਕ ਸੋਈ।

ਜ਼ਿੰਦਗੀ-ਰੱਬੀ ਸੌਗਤ

ਪੂਜਾ ਦੇਵੀ

ਰੋਲ ਨੰ. 6

ਤਿੰਨ ਅੱਖਰਾਂ ਦਾ ਨਾਂ ਹੈ ਜ਼ਿੰਦਗੀ

ਇਸਨੂੰ ਐਵੇਂ ਨਾ ਗਵਾਉਣਾ

ਕਿਉਂ ਕਿ ਬੜੇ ਮਹਿੰਗੇ ਭਾਅ

ਵਿਕਦੀ ਹੈ ਜ਼ਿੰਦਗੀ।

ਰੱਬ ਦੀ ਦਿੱਤੀ ਹੋਈ ਸੌਗਤ ਹੈ ਜ਼ਿੰਦਗੀ

ਬਹੁਮੁੱਲੀ ਕੀਮਤੀ ਦਾਤ ਹੈ ਜ਼ਿੰਦਗੀ

ਖੁਸ਼ੀਆਂ ਤੇ ਖੇਡਾਂ ਦੀ ਭਰਮਾਰ ਹੈ ਜ਼ਿੰਦਗੀ

ਨੇਕ ਕੰਮ ਕਰਕੇ ਸੰਵਾਰੇ ਜ਼ਿੰਦਗੀ

ਮੁਸ਼ਕਿਲਾਂ ਦਾ ਸਾਹਮਣਾ ਕਰਵਾਉਂਦੀ ਹੈ ਜ਼ਿੰਦਗੀ

ਡਿਗਦੇ ਢਹਿੰਦੇ ਰਾਹਾਂ ਤੇ ਚੱਲਣਾ ਸਿਖਾਉਂਦੀ ਹੈ ਜ਼ਿੰਦਗੀ

ਸਹੀ ਗਲਤ ਦਾ ਫਰਕ ਸਮਝਾਉਂਦੀ ਹੈ ਜ਼ਿੰਦਗੀ

ਔਖੇ ਸੌਖੇ ਪਲਾਂ ਦੀ ਭਰਮਾਰ ਹੈ ਜ਼ਿੰਦਗੀ

ਸੰਘਰਸ਼ ਕਰਨਾ ਸਿਖਾਉਂਦੀ ਹੈ ਜ਼ਿੰਦਗੀ

ਫੁੱਲਾਂ ਤੇ ਕੰਢਿਆਂ ਦੀ ਸੇਜ ਹੈ ਜ਼ਿੰਦਗੀ

ਆਪਣੇ ਤੇ ਪਰਾਏ ਦੀ ਪਛਾਣ ਕਰਵਾਉਂਦੀ ਹੈ ਜ਼ਿੰਦਗੀ

ਸਫਲਤਾ ਤੇ ਅਸਫਲਤਾ ਦਾ ਰਾਹ ਦਿਖਾਉਂਦੀ ਹੈ ਜ਼ਿੰਦਗੀ

ਜੀਵਨ ਨੂੰ ਫੁੱਲਾਂ ਦੀ ਤਰ੍ਹਾਂ ਮਹਿਕਾਉਂਦੀ ਹੈ ਜ਼ਿੰਦਗੀ

ਨਵੇਂ ਦੋਸਤ ਦੁਸ਼ਮਣ ਬਣਾਉਂਦੀ ਹੈ ਜ਼ਿੰਦਗੀ

ਹਾਰੇ ਹੋਏ ਰਾਹ ਦਿਖਾਉਂਦੀ ਹੈ ਜ਼ਿੰਦਗੀ

ਜਿੱਤੇ ਹੋਏ ਨੂੰ ਖੁਸ਼ੀਆਂ ਬਖਸ਼ਾਉਂਦੀ ਹੈ ਜ਼ਿੰਦਗੀ

ਮਿਹਨਤ ਦਾ ਮੁੱਲ ਚੁਕਾਉਂਦੀ ਹੈ ਜ਼ਿੰਦਗੀ

ਰੋਂਦੇ ਨੂੰ ਹਸਾਉਂਦੀ ਹੈ ਜ਼ਿੰਦਗੀ

ਫਿਰ ਕਿਉਂ ਆਖੀਏ ਮਾੜੀ ਹੈ ਜ਼ਿੰਦਗੀ

ਚੰਗਾ ਮਾੜਾ ਸਮਾਂ ਲਿਆਉਂਦੀ ਹੈ ਜ਼ਿੰਦਗੀ

ਫਿਰ ਐਵੈਂ ਕਿਉਂ ਘਬਰਾਉਣਾ ਜੀ
ਇਕ ਦਿਨ ਮੁੱਕ ਜਾਣੀ ਜ਼ਿੰਦਗੀ
ਹੱਸ ਖੇਡ ਕੇ ਗੁਜ਼ਾਰੋ ਜ਼ਿੰਦਗੀ
ਕਿਉਂਕਿ ਵਾਰ ਵਾਰ ਨਹੀਂ ਮਿਲਣੀ ਇਹ ਕੀਮਤੀ ਜ਼ਿੰਦਗੀ।

ਜ਼ਿੰਦਗੀ

ਰਮਤਾ ਠਾਕੁਰ
ਰੋਲ ਨੰ. 81

ਜ਼ਿੰਦਗੀ ਇਹ ਜ਼ਿੰਦਗੀ ਹੈ।
ਕਦੀ ਹਸਾਉਂਦੀ ਹੈ, ਕਦੀ
ਤਖਤ ਉੱਤੇ ਬਿਠਾਉਂਦੀ ਹੈ,
ਕਦੇ ਹੇਠਾਂ ਡਿਗਾਉਂਦੀ ਹੈ।

ਜ਼ਿੰਦਗੀ, ਇਹ ਜ਼ਿੰਦਗੀ ਹੈ,
ਇਸ ਵਿੱਚ ਕਈ ਮੋੜ ਆਉਂਦੇ ਨੇ,
ਜੋ ਜ਼ਿੰਦਗੀ ਦੇ ਪੱਖਾਂ ਨੂੰ ਦਰਸਾਉਂਦੇ,
ਕਈ ਪਿਆਰ ਸਿਖਾਉਂਦੇ ਨੇ,
ਕੋਈ ਧੋਖਾ ਦਿਵਾਉਂਦੇ ਨੇ।

ਜ਼ਿੰਦਗੀ, ਇਹ ਜ਼ਿੰਦਗੀ ਹੈ,
ਇਸ ਵਿੱਚ ਕੋਈ ਐਸਾ ਮੋੜ ਵੀ ਆਵੇਗਾ,
ਜੋ ਦੁੱਖਾਂ ਨੂੰ ਛੁਟਕਾਰਾ ਦਿਵਾਵੇਗਾ।

ਜ਼ਿੰਦਗੀ, ਇਹ ਜ਼ਿੰਦਗੀ ਹੈ,
ਇਹ ਚਾਰ ਦਿਨਾਂ ਦਾ ਮੇਲ ਹੈ,
ਕੁਦਰਤ ਦਾ ਸਭ ਖੇਲ ਹੈ।
ਸਾਡੇ ਨਾਲ ਨਾ ਜਾਣਾ ਧੋਲਾ ਹੈ,
ਆਨੰਦ ਮਾਣੇ ਇਸ ਦੁਨੀਆ ਦਾ।

ਮਾਂ ਬੋਲੀ

ਲਵਨੀਤ ਕੌਰ
ਰੋਲ ਨੰ. 99

“ਬਾਹਰਦੇ ਸਭ ਜਾਣਦੇ ਮੈਨੂੰ, ਘਰਦਿਆਂ ਹੀ ਭੁਲਾਇਆ ਏ,
ਤਰਸਦੀ ਮਾਂ ਬੋਲੀ ਆਂ, ਸਭ ਨੇ ਬੜਾ ਰੁਲਾਇਆ ਏ।”
ਇੱਕ ਰਿਪੋਰਟ ਦੇ ਅਨੁਸਾਰ ਇੱਕ ਭਵਿੱਖਬਾਣੀ ਹੈ ਕਿ ਪੰਜਾਬੀ
ਭਾਸ਼ਾ ਆਉਂਦੇ 40 ਸਾਲਾਂ ਵਿੱਚ ਅਲੋਪ ਹੋ ਜਾਵੇਗੀ। ਪੰਜਾਬੀ
ਜਿਹੜੀ ਸਾਡੀ ਮਾਂ ਬੋਲੀ ਹੈ, ਕੀ ਅਸੀਂ ਉਸਦੇ ਅਲੋਪ ਹੋ ਜਾਣ ਤੇ

ਖੁਸ਼ ਹੋਵਾਂਗੇ? ਸ਼ਾਇਦ ਨਹੀਂ। ਅਸੀਂ ਆਪਣੇ ਘਰਾਂ ਵਿੱਚ ਦੇਖਦੇ
ਹਾਂ ਕਿ ਅਸੀਂ ਬੱਚਿਆਂ ਨਾਲ ਪੰਜਾਬੀ ਵਿੱਚ ਗੱਲ ਨਹੀਂ ਕਰਦੇ ਜੋ
ਕਿ ਸਾਨੂੰ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਖਾਸ ਕਰ ਮਾਵਾਂ ਨੂੰ ਆਪਣਿਆਂ
ਬੱਚਿਆਂ ਨਾਲ ਪੰਜਾਬੀ ਵਿੱਚ ਗੱਲ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ:-

“ਬੋਲ ਤੇਰੇ ਅਨਮੋਲ ਅੰਮੜੀਏ, ਮਾਂ ਬੋਲੀ ਵਿੱਚ ਬੋਲ
ਮਾਂ ਬੋਲੀ ਵਿੱਚ ਬੋਲ ਅੰਮੜੀਏ ਮਾਂ ਬੋਲੀ ਵਿੱਚ ਬੋਲ।”
ਅੱਜ ਅਸੀਂ ਦੇਖਦੇ ਹਾਂ ਕਿ ਪੰਜਾਬੀ ਆਪਣੀ ਮਾਂ ਬੋਲੀ ਨੂੰ ਬੋਲਣ
ਵਿੱਚ ਬਹੁਤ ਸ਼ਰਮ ਮਹਿਸੂਸ ਕਰਦੇ ਹਨ, ਜਦੋਂ ਉਹ ਕੋਈ ਹੋਰ
ਭਾਸ਼ਾ ਸਿੱਖ ਜਾਂਦੇ ਹਨ ਜਿਵੇਂ: ਅੰਗਰੇਜ਼ੀ, ਹਿੰਦੀ ਆਦਿ ਤਾਂ ਉਨ੍ਹਾਂ
ਨੂੰ ਲੱਗਦਾ ਹੈ ਕਿ ਉਨ੍ਹਾਂ ਨੇ ਬਹੁਤ ਵੱਡਾ ਤੀਰ ਮਾਰ ਲਿਆ ਹੈ
ਅਜਿਹਾ ਕੁੱਝ ਨਹੀਂ ਹੈ।

“ਮਾਂ ਬੋਲੀ ਨੂੰ ਜੇ ਭੁੱਲ ਜਾਓਗੇ
ਕੱਖਾਂ ਵਾਗੂੰ ਰੁੱਲ ਜਾਓਗੇ।”
ਜਿਸ ਮਾਂ ਬੋਲੀ ਨੇ ਸਾਨੂੰ ਖਾਸ ਦਿਖਾਏ, ਜਿਸ ਤੋਂ ਅਸੀਂ ਪੜ੍ਹੇ ਹਾਂ,
ਜਿਸ ਨੇ ਸਾਨੂੰ ਦੁਨੀਆ ਵਿੱਚ ਚਲਣਾ ਸਿਖਾਇਆ ਉਸਨੂੰ ਭੁੱਲ
ਜਾਣਾ ਬੜੀ ਮਾੜੀ ਗੱਲ ਹੈ। ਜੇਕਰ ਸਾਡੀ ਮਾਂ ਬੋਲੀ ਵੀ ਨਹੀਂ
ਰਹੇਗੀ ਤਾਂ ਅਸੀਂ ਵੀ ਨਹੀਂ ਰਹਾਂਗੇ। ਕੋਈ ਹੋਰ ਭਾਸ਼ਾ ਸਿੱਖਣਾ
ਮਾੜੀ ਗੱਲ ਨਹੀਂ ਪਰ ਆਪਣੀ ਨੂੰ ਭੁੱਲ ਜਾਣਾ ਬਹੁਤ ਸ਼ਰਮ ਵਾਲੀ
ਗੱਲ ਹੈ। ਇਸ ਲਈ ਸਾਨੂੰ ਆਪਣੀ ਮਾਂ ਬੋਲੀ ਨੂੰ ਭੁੱਲਣਾ ਨਹੀਂ
ਚਾਹੀਦਾ ਉਸਦਾ ਸਤਿਕਾਰ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।

“ਮਾਂ ਬੋਲੀ ਦਾ ਸਤਿਕਾਰ ਕਰੋ
ਪੰਜਾਬੀ ਨੂੰ ਸਾਰੇ ਪਿਆਰ ਕਰੋ।”

ਕਾਲਜ ਦੇ ਯਾਦਗਾਰ ਪਲ

ਦੀਪਕਾ
ਰੋਲ ਨੰ. 1076

ਯਾਰ ਬੜਾ ਯਾਦ ਆਉਂਦਾ ਐ,
ਕਲਾਸ ਵਾਲਾ ਰੌਲਾ
ਪ੍ਰੈਸੀਡੈਂਟ ਸਾਬ ਦਾ ਬਈ
ਐਗਰੀ ਆ ਸਾਰੇ, ਕਹਿ ਕੇ
ਵੋਟਿੰਗ ਕਰਵਾਉਣਾ
ਵਾਈਸ ਪ੍ਰੈਜੀਡੈਂਟ ਦਾ ਅੱਗੇ ਆ

ਕੇ ਬਾਈਓਮੈਟ੍ਰਿਕ ਲਗਵਾਉਣਾ
 ਤਲਵਾੜੇ ਵਾਲਿਆਂ ਦਾ ਕੰਮ ਸੀ
 ਬੱਸ-ਬੱਸਾਂ ਦੇ ਲਈ ਰੋਣਾ
 ਰੱਜੀ ਪ੍ਰਿਯਾ ਦਾ ਕੰਮ ਸੀ,
 ਯਾਰੇ ਬੱਸ ਘਬਰਾਉਣਾ
 ਰਜਿੰਦਰ ਦਾ ਕੰਮ ਸੀ,
 ਕਾਲਜ ਦੀਆਂ ਲਾਈਟਾਂ ਜਗਾਉਣਾ
 ਐਦਾ ਫੀਸ ਪੂਰੀ ਕਰਨੀ ਬਸ
 ਇਹ ਨਾਅਰਾ ਲਾਉਣਾ
 ਕਲਾਸ ਨੂੰ ਚੁੱਪ ਕਰਵਾਉਣ ਲਈ
 ਰੱਜੀ ਦਾ ਅੱਗੇ ਆਉਣਾ
 ਦੀਪਕਾ ਤੇਰਾ ਈ ਏ ਰੌਲਾ ਏ
 ਗੱਲ ਦੁਹਰਾਉਣਾ
 ਯਾਰ ਬੜਾ ਯਾਦ ਆਉਂਦਾ ਏ
 ਕਲਾਸ ਵਾਲਾ ਰੌਲਾ
 ਅਨੀਤਾ ਦਾ ਕਲਾਸ ਵਿੱਚ ਹੋ ਕੇ
 ਵੀ ਨਾ ਹੋਣਾ, ਹਵਿਤਾ ਦਾ
 ਅਰੇ ਯਾਰ ਇਹ ਬਾਰ ਬਾਰ
 ਦੁਹਰਾਉਣਾ
 ਗੀਤਿਕਾ ਦਾ ਹਾਜ਼ਰੀ ਟਾਈਮ
 ਹਮੇਸ਼ਾ ਹੀ ਸੀ ਕੰਮ.....ਸੌਣਾ,
 ਭਾਜੀ ਨੂੰ ਦੇਖ ਕੇ ਪੂਰੀ ਕਲਾਸ
 ਦਾ ਭੁੱਖ ਪਾਉਣਾ
 ਯਾਰ ਬੜਾ ਯਾਦ ਆਉਂਦਾ ਏ
 ਉਹ ਕਲਾਸ ਵਾਲਾ ਰੌਲਾ
 ਜੋਤੀ ਦਾ ਗੁੱਸੇ ਵਿੱਚ ਮੂੰਹ
 ਵਿੱਚ ਬੜਬੁਣਾਉਣਾ, ਹਰਲੀਨ ਦਾ
 9:15 ਤੋਂ ਪਹਿਲਾਂ ਕਦੇ
 ਕਲਾਸ ਵਿੱਚ ਨਾ ਆਉਣਾ।
 ਹਰ ਸੈਟਰਡੇ ਬੰਕ ਦਾ
 ਪਲਾਨ ਬਣਾਉਣਾ, ਰਾਗਵੀ ਦਾ
 ਸਟੇਜ ਉੱਤੇ ਜਾ ਕੇ ਕਵਿਤਾਵਾਂ
 ਸੁਣਾਉਣਾ
 ਯਾਰ ਬੜਾ ਯਾਦ ਆਉਂਦਾ ਏ

ਕਲਾਸ ਵਾਲਾ ਰੌਲਾ
 ਸੰਦੀਪ, ਗਗਨ ਦਾ 19-21
 ਕਾਲਜ ਆਉਂਦਾ, ਮਨੀ
 ਵੀਰ ਦਾ ਇੱਕ ਸ਼ਬਦ ਤੋਂ
 ਨਿਬੰਧ ਬਣਾਉਣਾ, ਰਾਖੀ ਦਾ
 ਕਾਲਜ ਤੋਂ ਜ਼ਿਆਦਾ, ਹਸਪਤਾਲ
 ਦੇ ਗੇੜੇ ਲਾਉਣਾ, ਮੰਦੀਪ
 ਦਾ ਹਰ ਗੱਲ ਤੇ ਮਿੱਠਾ ਜਿਹਾ
 ਮੁਸਕੁਰਾਉਣਾ
 ਯਾਰ ਬੜਾ ਯਾਦ ਆਉਂਦਾ ਏ
 ਕਲਾਸ ਵਾਲਾ ਰੌਲਾ
 ਮਨਜਿੰਦਰ, ਮਨਜੋਤ
 ਭਾਰਤੀ ਦਾ ਕਦੀ ਸੁਣਿਆ ਨੀ
 ਸੀ ਰੌਲਾ, ਪਤਾ ਨੀਂ ਇਨ੍ਹਾਂ
 ਦਾ ਮੌਨ ਪਾਠ ਕਦੋਂ ਪੂਰਾ
 ਹੋਣਾ, ਉਦਾ ਨੇਹਾ ਜਸ ਨੂੰ
 ਵੀ ਔਖਾ ਸੀ ਚੁੱਪ ਕਰਵਾਉਣਾ
 ਮੰਦੀਪ ਦਾ ਵੀ ਪਤਾ
 ਨਹੀਂ ਸੀ ਕਦੋਂ ਚੁੱਪ ਹੋ ਜਾਣਾ
 ਵਰਿੰਦਰ ਦਾ ਮੱਥੇ ਉੱਤੇ
 ਤਿਉਂਤੀਆਂ ਪਾਉਣਾ, ਰੁੱਸ
 ਕੇ ਸਾਡੇ ਨਾਲ, ਹਰ ਬੈਂਚ ਦੀ
 ਸ਼ੋਭਾ ਵਧਾਉਣਾ, ਸੁਪਰੀਤ ਦਾ
 ਗਰੁੱਪ ਵਿੱਚ ਇੱਕੋ ਸਵਾਲ
 ਦੁਹਰਾਉਣਾ ਸਾਡੇ ਲਈ ਵੀ
 ਔਖਾ ਹੋ ਜਾਂਦਾ ਸੀ ਉਸ ਨੂੰ
 ਸਮਝਾਉਣਾ, ਨੇਹਾ ਦਾ ਸਾਡੇ ਲਈ
 ਲਾਈਫ ਟਾਈਮ ਬਣ ਕੇ
 ਗਰੁੱਪ ਵਿੱਚ ਆਉਣਾ, ਗਲੋਰੀ
 ਗਿੱਲ ਦੀ ਅਸਾਈਨਮੈਂਟ ਦੇ ਮੌਕੇ
 ਤੇ ਪੂਰਾ ਹੋਣਾ
 ਯਾਰ ਬੜਾ ਯਾਦ ਆਉਂਦਾ ਏ
 ਕਲਾਸ ਵਾਲਾ ਰੌਲਾ
 ਸੱਚੀ ਕਲਾਸ ਨੇ ਵਿਛੜਨ ਤੇ

ਹੁਣ ਯਾਦ ਬਹੁਤ ਆਉਣਾ।

ਜੱਗੋਂ ਡੋਨ ਦਾ ਜੋਹਨ
ਵਾਲਾ ਟਸ਼ਨ ਦਿਖਾਉਣਾ
ਜੈਕਟਸ ਦੇ ਮੌਸਮ ਵਿੱਚ ਸਿੰਗਲ
ਕਮੀਜ਼ ਪਾ ਕੇ ਸੁਪਰਮੈਨ ਬਣ
ਕੇ ਕਾਲਜ ਆਉਣਾ

ਕਮਲ, ਜੋਤੀ, ਪੂਜਾ ਦਾ
ਪਹਿਲੇ ਬੈਂਚ ਦੀ ਰਜਿਸਟਰੀ
ਕਰਵਾਉਣਾ ਦਲਜੀਤ ਦੀ ਦਾ
ਕੈਸ਼ੀਅਰ ਦੀ ਜਾਬ ਪੂਰੀ
ਇਮਾਨਦਾਰੀ ਨਾਲ ਨਿਭਾਉਣਾ
ਜਸਵੀਰ, ਨੀਰਜ ਦਾ ਸਾਰਾ ਦਿਨ
ਫੋਨ ਦੀ ਬੈਟਰੀ ਨੂੰ ਵਖਤ ਪਾਉਣਾ
ਯਾਰ ਬੜਾ ਯਾਦ ਆਉਂਦਾ ਏ
ਕਲਾਸ ਵਾਲਾ ਰੌਲਾ

ਅੰਜਨਾ, ਗੁਰਲੀਨ ਦਾ ਕਲਾਸ
ਵਿੱਚ ਫੁਪੇਰੁਸਤਮ ਹੋਣਾ
ਪ੍ਰਿਯਾ ਦਾ ਸੱਜ ਸਵਰ ਕੇ
ਕਾਲਜ ਵਿੱਚ ਲਹਿਰਾਉਣਾ
ਅਮਨ ਦਾ ਸਵੇਰ ਵੇਲੇ ਹੀ ਡੱਬੇ
ਵਿੱਚ ਧਿਆਨ ਹੋਣਾ
ਤਜਿੰਦਰ ਦਾ ਆਰਤੀ ਮੈਮ
ਦੀਆਂ ਰੀਸਾਂ ਲਾਂ ਦੇ ਦਿਖਾਉਣਾ

ਸਲੋਨੀ ਦਾ ਨਵਨੀਤਾਂ ਮੈਮ ਦੀ
ਫੇਵਰੇਟ ਸਟੂਡੈਂਟ ਹੋਣਾ
ਗੁਰਪ੍ਰੀਤ ਦਾ ਚਲਦੀ ਕਲਾਸ ਵਿੱਚ
ਕੈਂਡੀ ਕਰਸ ਦੀ ਰੇਲ ਬਣਾਉਣਾ
ਸੁਰਬੀ ਦਾ ਨਿਉ ਡਰੈਸ ਪਾ ਕੇ
ਗੁੱਡੀ ਨਾਲ ਜੁੜ ਕੇ ਫੋਟੋ
ਕਲਿਕ ਕਰਵਾਉਣਾ

ਸਮਰੀਤੀ ਦਾ ਸਟੇਜ ਤੇ ਜਾ ਕੇ
ਸਾਡੀ ਇਜੱਤ ਬਚਾਉਣਾ।

ਇੱਕ ਡਰਾਮਾ ਕੁਈਨ ਦਾ
ਸਾਡੀ ਕਲਾਸ ਵਿੱਚ ਹੋਣਾ, ਨਾਮ
ਲੈਣ ਦੀ ਤਾਂ ਲੋੜ ਨਹੀਂ ਤੁਸੀਂ
ਗੋਸ਼ ਕਰ ਲੈਣਾ ਸੋਹਣਾ
ਨਵ ਦਾ ਹਰ ਸਿਚੁਏਸ਼ਨ ਵਿੱਚ
ਨੋ ਚੇਂਜ ਮੋਡ ਪੁਜੀਸ਼ਨ ਤੇ ਬਹਿਣਾ
ਅਮਰਜੀਤ ਦਾ ਕਾਲਜ
ਕਦੀ ਕਦਾਈਂ ਫੇਰਾ ਪਾਉਣਾ।

ਔਖਾ ਹੋ ਜਾਣਾ ਇਸ ਰੌਕਿੰਗ
ਕਲਾਸ ਨੂੰ ਚਾਹ ਕੇ ਵੀ
ਭੁਲਾਉਣਾ
ਯਾਰ ਬੜਾ ਯਾਦ ਆਉਂਦਾ ਏ
ਕਲਾਸ ਵਾਲਾ ਰੌਲਾ

ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਨਹੀਂ ਵੋਟ ਪਾਈ ਦੀ

ਪ੍ਰਿਆ ਰਾਣੀ
ਰੋਲ ਨੰ. 60

ਹੌਸਲਾ ਕੀਤਾ ਏ ਸੱਚੀ ਗੱਲ ਕਹਿਣ ਦਾ,
ਆ ਗਿਆ ਏ ਵੇਲਾ ਲੋਕੋ ਹੱਕ ਲੈਣ ਦਾ,
ਪਿੰਡ ਵਿੱਚ ਰਹਿ ਕੇ ਇਜੱਤ ਕਮਾਈ ਦੀ,
ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਤੇ ਨਹੀਂ ਵੋਟ ਪਾਈ ਦੀ.....
ਧਰਮਾਂ ਚ ਵੜ ਕੇ ਨਹੀਂ ਪੰਚ ਚੁਣੀਦਾ,
ਖਹਿਬਾਜ਼ੀ ਚ ਨਹੀਂ ਸਰਪੰਚ ਚੁਣੀ ਦਾ
ਮਾਰ ਕੇ ਜ਼ਮੀਰ ਅਣਖ ਨਹੀਂ ਵਿਖਾਈ ਦੀ,
ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਤੇ ਨਹੀਂ ਵੋਟ ਪਾਈ ਦੀ....
ਤਕੜੇ ਦੇ ਪਿੱਛੇ ਨਈਓ ਮਾੜਾ ਛੱਡੀ ਦਾ,
ਇੰਤਜ਼ਾਰ ਕਰੀਏ ਨਾ ਕਾਰ-ਗੱਡੀ ਦਾ,
ਹੱਕਾਂ ਨੂੰ ਪਛਾਣ ਗੱਲ ਸਿਰੇ ਲਾਈ ਦੀ,
ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਤੇ ਨਹੀਂ ਵੋਟ ਪਾਈ ਦੀ....
ਦਿਖਾਵੇ ਲਈ ਕਦੇ ਨਹੀਂ ਟਾਈਪ ਪਾਸ ਕਰੀਦਾ,
ਨੇਕੀ ਨਾਲ ਪਿੰਡ ਦਾ ਵਿਕਾਸ ਕਰੀ ਦਾ

ਸ਼ਾਮ ਕਰੀਏ ਸਿਫਤ ਪਿੰਡ ਦੀ ਚੜਾਈ ਦੀ,
ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਤੇ ਨਹੀਂ ਵੋਟ ਪਾਈ ਦੀ....

ਮਾੜੀ ਗੱਲ ਆ

ਨਿਸ਼ਾ ਗਿੱਲ
ਰੋਲ ਨੰ. 82

ਮਾੜੀ ਗੱਲ ਆ
ਬੁਰਾ ਕਿਸੇ ਦਾ ਵੀ ਚਾਹੁਣਾ
ਮਾੜੀ ਗੱਲ ਆ।
ਮਾਪਿਆਂ ਭੇਜਿਆ ਸੀ ਘਰੋਂ ਪੜ੍ਹਨ ਲਈ,
ਪੈਸੇ ਦਾਰੂ ਚ ਉਡਾਉਣਾ,
ਮਾੜੀ ਗੱਲ ਆ।
ਨੁਕਸ ਦੂਜਿਆਂ ਦੇ ਕਢੋਣੇ ਨੇ ਬੜੇ ਸੌਖੇ,
ਐਬ ਆਪਣੇ ਲੁਕਾਉਣਾ,
ਮਾੜੀ ਗੱਲ ਆ।
ਅੰਗਰੇਜ਼ੀ ਹਿੰਦੀ ਅਤੇ ਫਰੈਂਚ ਬੋਲੇ
ਮਾਂ ਬੋਲੀ ਨੂੰ ਭੁਲਾਉਣਾ
ਮਾੜੀ ਗੱਲ ਆ।

ਕਰੋਨਾ ਦਾ ਚੰਗਾ ਪ੍ਰਭਾਵ

ਰੁਪਿੰਦਰ ਕੌਰ
ਰੋਲ ਨੰ. 38

ਜਰਾ ਵੇਖ ਤਮਾਸ਼ਾ ਕੁਦਰਤ ਦਾ,
ਕਿਵੇਂ ਅਜਬ ਨਜ਼ਾਰਾ ਦਿਖਾਈ ਜਾਂਦਾ।
ਰੰਗ ਬਿਰੰਗੇ ਪੰਛੀਆਂ ਨੂੰ,
ਕਿਵੇਂ ਖੁੱਲੇ ਆਸਮਾਨ ਵਿੱਚ ਉਡਾਈ ਜਾਂਦਾ
ਅੱਜ ਜਾਤ-ਪਾਤ ਦੇ ਭੇਦ ਭਾਵ ਨੂੰ
ਕਿਵੇਂ ਆਪਸੀ ਭਾਈਚਾਰੇ ਵਿੱਚ ਬਦਲਾਈ ਜਾਂਦਾ।
ਜਰਾ ਵੇਖ ਤਮਾਸ਼ਾ ਕੁਦਰਤ ਦਾ,
ਕਿਵੇਂ ਅਜਬ ਨਜ਼ਾਰਾ ਦਿਖਾਈ ਜਾਂਦਾ।

ਵਾਤਾਵਰਨ ਦੇ ਦੂਸ਼ਿਤ ਪੌਣ ਪਾਣੀਆਂ ਨੂੰ,
ਕਿਵੇਂ ਸਵੱਛ ਤੇ ਨਿਰਮਲ ਬਣਾਈ ਜਾਂਦਾ।
ਜਾਨਵਰਾਂ ਦੇ ਹੋ ਰਹੇ ਅੱਤਿਆਚਾਰਾਂ ਉੱਤੇ,
ਕਿਸੇ ਦਯਾ ਦੇ ਫੁੱਲ ਵਰਸਾਈ ਜਾਂਦਾ।

ਜਰਾ ਵੇਖ ਤਮਾਸ਼ਾ ਕੁਦਰਤ ਦਾ,
ਕਿਵੇਂ ਅਜਬ ਨਜ਼ਾਰਾ ਦਿਖਾਈ ਜਾਂਦਾ।

ਝੂਠੇ, ਪਾਖੰਡੀ ਬਾਬਿਆਂ ਦਾ,
ਕਿਵੇਂ ਅਸਲੀ ਚਿਹਰਾ ਦਿਖਾਈ ਜਾਂਦਾ।
ਨਗ, ਧਾਗਿਆਂ ਤੇ ਤਵੀਤਾਂ ਦੀ ਥਾਂ,
ਕਿਵੇਂ ਰੱਬ ਦਾ ਸਿਮਰਨ ਕਰਾਈ ਜਾਂਦਾ।
ਜਰਾ ਵੇਖ ਤਮਾਸ਼ਾ ਕੁਦਰਤ ਦਾ,
ਕਿਵੇਂ ਅਜਬ ਨਜ਼ਾਰਾ ਦਿਖਾਈ ਜਾਂਦਾ।

ਉਮੀਦ

ਪੂਨਮ ਸੈਣੀ
ਰੋਲ ਨੰ. 113

ਜਿੱਤਦਾ ਵੀ ਨਹੀਂ ਪਰ ਹਰਦਾ ਵੀ ਨਹੀਂ।
ਜੀਣਾ ਵੀ ਏ ਔਖਾ ਪਰ ਮਰਦਾ ਵੀ ਨਹੀਂ।
ਉਸ ਮੋੜ ਉੱਤੇ ਆ ਕੇ ਖੜ੍ਹ ਗਈ ਏ ਜ਼ਿੰਦਗੀ
ਬਾਂਹ ਰੱਬ ਨੂੰ ਫੜਾਵਾਂ ਉਹ ਫੜਦਾ ਵੀ ਨਹੀਂ।
ਹੋਰ ਕਿੰਨੀ ਦੇਰ ਕਰੀਂ ਜਾਵਾਂ ਮੈਂ ਉਡੀਕ
ਸਬਰਾਂ ਦਾ ਫੱਲ ਦੇਰ ਝੜਦਾ ਵੀ ਨਹੀਂ।
ਕਦੇ ਕਦੇ ਸੋਚਾਂ ਕਿਤੇ ਦੂਰ ਚਲੀਂ ਜਾਵਾਂ
ਆਲ੍ਹਣਾ ਜੋ ਵੇਖਾਂ ਫੇਰ ਸਰਦਾ ਵੀ ਨਹੀਂ।
ਲੱਗਦਾ ਏ 'ਪੂਨਮ' ਬੜੇ ਮਾੜੇ ਕੀਤੇ ਕਰਮ
ਰੱਬ ਤੇਰੀਆਂ ਜੋ ਚਿੱਠੀਆਂ ਨੂੰ ਪੜ੍ਹਦਾ ਵੀ ਨਹੀਂ।
ਬੜਾ ਜੋਰ ਲਾਇਆ ਸਰ ਮੰਜ਼ਿਲਾਂ ਕਰਾਂ,
ਕਹਿੰਦੇ ਘਰ ਨਾਲੋਂ ਪਹਿਲਾਂ ਮਹਿਲ ਬਣਦੇ ਵੀ ਨਹੀਂ।

ਭਾਰੀ ਵਾਰਿਸ਼ ਤੋਂ ਬਾਅਦ, ਦਿਖੇ ਸਤਰੰਗੀ ਪੀਂਘ
ਇਹੀ ਸੋਚ ਕੇ ਉਮੀਦ, ਕਦੇ ਛੱਡਦਾ ਵੀ ਨਹੀਂ।

ਸਮਾਂ

ਨਵਨੀਤ ਕੌਰ
ਰੋਲ ਨੰ. 88

ਸਮਾਂ ਅਨਮੋਲ ਹੈ। ਹੋਰ ਸਭ ਕੁੱਝ ਪੈਸੇ ਨਾਲ ਪ੍ਰਾਪਤ ਕੀਤਾ ਜਾ
ਸਕਦਾ ਹੈ ਪਰ ਸਮਾਂ ਨਹੀਂ। ਸਮਾਂ ਹੀ ਹੈ ਜਿਸ ਨੂੰ ਆਪਾਂ ਰੋਕ ਕੇ
ਨਹੀਂ ਰੱਖ ਸਕਦੇ। ਸਮਾਂ ਕਦੇ ਰੁਕਦਾ ਨਹੀਂ ਇਕ ਬਾਰ ਬੀਤ

ਗਿਆ ਸਮਾਂ ਵਾਪਸ ਨਹੀਂ ਆਉਂਦਾ। ਸਮੇਂ ਸਿਰ ਕੀਤੇ ਕੰਮ ਹਮੇਸ਼ਾ ਸਫਲਤਾ ਵੱਲ ਲੈ ਜਾਂਦੇ ਹਨ। ਸਮਾਂ ਵਿਅਰਥ ਕਰਨ ਤੇ ਸਿਰਫ ਪਛਤਾਵਾ ਹੀ ਪੱਲੇ ਰਹਿ ਜਾਂਦਾ ਹੈ। ਸਮੇਂ ਨੂੰ ਵਿਅਰਥ ਨਾ ਕਰੋ ਕਿਉਂਕਿ ਇਹ ਜੀਵਨ ਦਾ ਨਿਰਮਾਣ ਤੱਤ ਹੈ। ਸਮੇਂ ਦਾ ਉਚਿਤ ਪ੍ਰਯੋਗ ਕਰਨਾ ਸਮੇਂ ਨੂੰ ਬਚਾਉਣਾ ਹੈ। ਸਮੇਂ ਨਾਲ ਚਲਣ ਵਾਲਾ ਵਿਅਕਤੀ ਕਦੇ ਮਾਰ ਨਹੀਂ ਖਾਂਦਾ। ਸਮੇਂ ਦਾ ਸਹੀ ਲਾਭ ਉਠਾਉਣ ਵਾਲਾ ਸਭ ਤੋਂ ਵੱਡਾ ਧਨੀ ਹੈ। ਸਮਾਂ ਇਕ ਵਾਰ ਚਲਾ ਜਾਵੇ ਵਾਪਿਸ ਨਹੀਂ ਆਉਂਦਾ ਇਸ ਲਈ ਸਮੇਂ ਦੀ ਹਮੇਸ਼ਾ ਕਦਰ ਕਰੋ। ਸਮੇਂ ਦਾ ਹਰੇਕ ਪਲ ਇੰਨਾ ਕੀਮਤੀ ਸ਼ਕਤੀਸ਼ਾਲੀ ਤੇ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਹੁੰਦਾ ਹੈ ਕਿ ਉਹ ਕਿਸੇ ਵੀ ਆਦਮੀ ਦੀ ਕਿਸਮਤ ਪਲਾਂ ਵਿੱਚ ਬਦਲਣ ਦੀ ਸਮਰੱਥਾ ਰੱਖਦਾ ਹੈ। ਜੇ ਤੁਸੀਂ ਸਮੇਂ ਨੂੰ ਨਸ਼ਟ ਕਰੋਗੇ ਤਾਂ ਸਮਾਂ ਤੁਹਾਨੂੰ ਨਸ਼ਟ ਕਰੇਗਾ। ਤੁਹਾਡੇ ਤੇ ਸਮਾਂ ਖਰਚ ਕਰਨ ਵਾਲਾ ਇਨਸਾਨ ਪੈਸੇ ਖਰਚ ਕਰਨ ਵਾਲੇ ਇਨਸਾਨ ਤੋਂ ਬਹੁਤ ਅਹਿਮ ਹੁੰਦਾ ਹੈ। ਹਜ਼ਾਰਾਂ ਵਰ੍ਹੇ, ਜੋ ਬੀਤ ਗਏ ਨੇ, ਹਜ਼ਾਰਾਂ ਵਰ੍ਹੇ ਜਿਹੜੇ ਆਉਣ ਵਾਲੇ ਨੇ ਇਨ੍ਹਾਂ ਤੋਂ ਵਧੀਕ ਸਮਾਂ ਉਹੀ ਹੈ ਜਿਹੜਾ ਤੁਹਾਡੇ ਹੱਥ ਵਿੱਚ ਹੈ। ਸਮੇਂ ਨੂੰ ਫਾਲਤੂ ਗੱਲਾਂ ਵਿੱਚ ਨਾ ਗਵਾਉ ਕਿਉਂਕਿ ਜੀਵਨ ਦਾ ਦੂਜਾ ਨਾਂ ਸਮੇਂ ਦਾ ਸੁਚਾਰੂ ਉਪਯੋਗ ਕਰਨਾ ਹੈ।

ਰੱਬ ਦੀ ਜੁੱਤੀ

ਸੰਦੀਪ

ਰੋਲ ਨੰ. 1036

ਭੁੱਖ ਪੰਛੀ ਦੀ ਕੱਢਵਾ ਦਿੱਤੀ
ਇਕ ਬੇਘਰ ਮੰਗਤੇ ਨੇ
ਕਹਿੰਦਾ ਕਾਸ਼ ਮੈਂ ਤੂੰ ਹੁੰਦਾ
ਇੱਕ ਆਲੁਣਾ ਤੇ ਬਣਾ ਲੈਂਦਾ
ਉਹ ਮਹਿਲ ਦੇ ਵਿੱਚ ਬੈਠ ਕੇ
ਬੱਚਿਆਂ ਦੇ ਨਾਲ ਤਾਂ ਗਾਂ ਲੈਂਦਾ

ਭੁੱਖਾ ਮਰਨਾ ਨਾ ਮੈਂ ਸੋਹਣਿਆ
ਪੈਸੇ ਦੀ ਕਮੀ ਕਾਰਨ
ਲੱਪ ਕੁ ਦਾਣੇ ਚੁਗ ਕੇ
ਆਪਣੀ ਭੁੱਖ ਨੂੰ ਤਾਂ ਰਜਾ ਲੈਂਦਾ
ਫਿਰ ਭਰ ਉਡਾਰੀ ਉੱਚੀ ਜਹੀ
ਖੁਦ ਨੂੰ ਬੱਦਲਾਂ ਵਿੱਚ ਤਾਂ ਛੁਪਾ ਲੈਂਦਾ

ਮੈਨੂੰ ਭੁੱਖ ਹੈ ਉਦੋਂ ਲੱਗਦੀ
ਕੁਝ ਖਾਣ ਲਈ ਜਦ ਲੱਭਦਾ
ਕਾਸ਼ ਪਕਵਾਨ ਮੈਂ ਤਾਜ਼ੇ ਤਾਜ਼ੇ
ਜਦ ਦਿਲ ਕਰਦਾ ਖਾ ਲੈਂਦਾ
ਅੱਧਾ ਖਾਂਦਾ ਅੱਧਾ ਵੰਡਦਾ
ਕੁਝ ਭੁੱਖਿਆਂ ਨੂੰ ਤਾਂ ਰਜਾ ਲੈਂਦਾ

ਰੱਬ ਦੀਏ ਜੁੱਤੀਏ ਚੰਦ ਲਾਈਕਾਂ ਲਈ
ਹੁਣ ਹਮਦਰਦ ਜਿਹਾ ਬਣਦਾ ਏ
ਤੇਰੇ ਵਰਗਾ ਮੇਰੇ ਵਰਗੇ ਨੂੰ
ਦੇਖ ਹੀ ਮੂੰਹ ਘੁੰਮਾ ਲੈਂਦਾ
ਪਰ ਕਾਗਜ਼ ਉੱਪਰ ਲਿਖ ਕੇ ਮੈਨੂੰ
ਵਾਹ ਵਾਹ ਲੋਕਾਂ ਤੋਂ ਕਰਵਾ ਲੈਂਦਾ

ਕਾਲਜ

ਮਨਦੀਪ ਕੌਰ
ਰੋਲ ਨੰ. 27

ਆਪਣੇ (ਡੀ.ਏ.ਵੀ.) ਕਾਲਜ ਬਾਰੇ ਕੀ ਆਖਾਂ,
ਸਭ ਸੱਚ ਆਖਾਂ ਨਹੀਂ ਝੂਠ ਕਹਾਂ।
ਦੋ ਸਾਲ ਗੁਜ਼ਰ ਚੱਲੇ ਇੱਥੇ ਮੇਰੇ,
ਇੰਝ ਲੱਗਦਾ ਕਿ ਹੁਣੇ ਹੀ ਆਏ ਆ।
ਆਪਣੇ ਕਾਲਜ ਬਾਰੇ ਕੀ ਆਖਾਂ....

ਪੜ੍ਹਾਈ ਤੇ ਤਜ਼ਰਬਾ ਵਧੀਆ ਰਿਹਾ,
ਪੜ੍ਹਨੇ ਦਾ ਅੰਦਾਜ਼ ਬਦਲ ਗਿਆ।
ਆਨਲਾਈਨ ਪੜ੍ਹਾਈ ਨੇ ਸਭ ਬਦਲ ਦਿੱਤਾ,
ਇਸ ਨੇ ਵੀ ਸਾਨੂੰ ਕਾਫੀ ਕੁੱਝ ਸਿਖਾ ਦਿੱਤਾ।
ਸਾਰੀ ਉਮਰ ਜੋ ਨਹੀਂ ਭੁੱਲਣੇ,
ਐਸੇ ਅਹਿਸਾਨਾਂ ਪਾ ਛੱਡਿਆ।
ਆਪਣੇ (ਡੀ.ਏ.ਵੀ.) ਕਾਲਜ ਬਾਰੇ ਕੀ ਆਖਾਂ.....

ਧੀ

ਮਨਪ੍ਰੀਤ ਕੌਰ
ਰੋਲ ਨੰ. 68

ਧੀਆਂ ਵਾਲਿਆਂ ਨੂੰ ਧੀ ਦੀ ਕਦਰ ਹੁੰਦੀ
ਉਹ ਹੀ ਜਾਣਦੇ ਧੀ ਦਾ ਪਿਆਰ ਕੀ ਏ
ਜਿਨ੍ਹਾਂ ਧੀ ਨੂੰ ਜਨਮ ਨਹੀਂ ਦਿੱਤਾ
ਉਹਨੂੰ ਇਸ ਵਿਛੋੜੇ ਦੀ ਸਾਰ ਕੀ ਹੈ
ਪੱਥਰ ਦਿਲ ਜਦ ਵੇਖਦਾ ਧੀ ਤੁਰਦੀ
ਨੀਰ ਉਸਦੀਆਂ ਅੱਖਾਂ ਵਿੱਚੋਂ ਚੋ ਪੈਂਦਾ
ਜੇਕਰ ਰੱਬ ਨੂੰ ਤੋਰਨੀ ਧੀ ਪੈਂਦੀ
ਸਹੁੰ ਰੱਬ ਦੀ ਰੱਬ ਵੀ ਰੋ ਪੈਂਦਾ।

ਇਨਸਾਨ

ਨਵਜੋਤ ਕੌਰ
ਰੋਲ ਨੰ. 89

ਮਸਜਿਦ ਜਾ ਕੇ ਅੱਲ੍ਹਾ ਆਖਾਂ, ਜਦ ਮੰਦਰ ਜਾਵਾਂ ਰਾਮ
ਕੋਈ ਹਿੰਦੂ ਕੋਈ ਮੁਸਲਿਮ ਆਖੇ,
ਇਹ ਨਹੀਂ ਮੇਰੀ ਪਹਿਚਾਣ।
ਮੰਦਰ ਮਸਜਿਦ ਇੱਕ ਰੱਬ ਵਸਦਾ,
ਅੱਲ੍ਹਾ ਕਹੋ ਜਾਂ ਰਾਮ।
ਨਾ ਮੈਂ ਹਿੰਦੂ ਨਾ ਮੈਂ ਮੁਸਲਿਮ,
ਮੈਂ ਆਖਿਰ ਇੱਕ ਇਨਸਾਨ।
ਹਿੰਦੂ ਕਿਹੜਾ ਹੈ, ਕੋਣ ਮੁਸਲਮਾਨ ਹੁੰਦਾ।
ਬੰਦਾ ਸਾਰੇ ਧਰਮਾਂ ਲਈ ਹੁੰਦਾ ਇਕ ਸਮਾਨ।
ਨਾ ਮੈਂ ਹਿੰਦੂ ਨਾ ਮੈਂ ਮੁਸਲਿਮ,
ਮੈਂ ਆਖਿਰ ਇੱਕ ਇਨਸਾਨ।

ਮਾਂ

ਸਿਮਰਨ ਕੌਰ
ਰੋਲ ਨੰ. 37

ਮਾਂ ਤੂੰ ਕਦੇ ਥੱਕਦੀ ਕਿਉਂ ਨਹੀਂ
ਸਭ ਦਾ ਫਿਕਰ ਕਰਦੀ ਏ
ਤੇ ਆਪਣਾ ਰੱਖਦੀ ਕਿਉਂ ਨਹੀਂ
ਮੈਂ ਤੈਨੂੰ ਕਦੇ ਸੁੱਤਿਆ ਨਹੀਂ ਵੇਖਿਆ
ਕਾਹਦੀ ਬਣੀ ਏ?

ਤੇਰੀ ਅੱਖ ਲਗਦੀ ਕਿਉਂ ਨਹੀਂ?

ਦਰ ਗੁਰੂ ਘਰ ਦਾ ਨਹੀਂ ਛੱਡਦੀ, ਨਾ ਹੀ ਰਾਮ ਦਾ
ਮੰਗਦੀ ਕੀ ਏ! ਦੱਸਦੀ ਕਿਉਂ ਨਹੀਂ?
ਤੂੰ ਠੀਕ ਏ, ਤੇ ਤੈਨੂੰ ਕੋਈ ਫਿਕਰ ਨਹੀਂ!
ਇਹ ਗੱਲ ਤੇਰੇ ਮੂੰਹੋਂ ਜੱਚਦੀ ਕਿਉਂ ਨਹੀਂ?
ਮੇਰੀਆਂ ਰੀਝਾਂ ਬਿਨਾਂ ਦੱਸੇ ਕਿੱਦਾਂ 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 ਪੱਖ ਦੀ ਕਿਉਂ ਨਹੀਂ?
ਭਾਵੇਂ ਹੱਥ ਨੇ ਕੰਬਦੇ ਨਾਲੇ ਮੂੰਹ ਉੱਤੇ ਝੁੱਰੜੀਆਂ ਵੀ,
ਫਿਰ ਵੀ ਮਾਂ, ਤੋਂ ਕੋਈ ਸੋਹਣੀ ਲਗਦੀ ਕਿਉਂ ਨਹੀਂ?

ਪਿਆਰ

ਮਨਪ੍ਰੀਤ ਕੌਰ
ਰੋਲ ਨੰ. 94

ਪਿਆਰ ਇੱਕ ਬਹੁਮੁੱਲੀ ਚੀਜ਼,
ਜਿਸਦਾ ਹਰੇਕ ਇਨਸਾਨ ਮਰੀਜ਼
ਪਿਆਰ ਬਿਨਾਂ ਨਾ ਚਲਦੀ ਦੁਨੀਆਂ,
ਨਾ ਮਿਲੇ ਤਾਂ ਮਰਦੀ ਦੁਨੀਆਂ।
ਪਿਆਰ ਨਾਲ ਨੇ ਰਿਸ਼ਤੇ ਨਿਭਦੇ,
ਬਿਨ ਪਿਆਰ ਸਭ ਰੁਲਦੇ ਦਿਸਦੇ
ਮਾਂ, ਭੈਣ, ਪਤਨੀ ਸਭ ਨਾਲ ਕਰੋ ਪਿਆਰ,
ਕਿਉਂਕਿ ਇਹ ਬਣਾਉਂਦੀ ਹੈ ਸੰਸਾਰ
ਦੁਨੀਆਂ ਚ ਰਹਿਣਾ ਇਹ ਸਿਖਾਉਂਦਾ,
ਇੱਕ ਦੂਜੇ ਨਾਲ ਮੇਲ-ਮਿਲਾਪ ਵਧਾਉਂਦਾ।
ਪਿਆਰ ਇੱਕ ਕਿਸ਼ਤੀ ਸੰਸਾਰ ਦੀ,
ਜਿਸ ਵਿੱਚ ਰਹਿੰਦੀ ਦੁਨੀਆ ਸੱਭਿਆਚਾਰ ਦੀ
ਪ੍ਰਮਾਤਮਾ ਨੇ ਇਹ ਗਹਿਣਾ ਬਣਾਇਆ,
ਜਿਸ ਨਾਲ ਇਨਸਾਨਾਂ ਨੂੰ ਰਹਿਣਾ ਸਿਖਾਇਆ।
ਪਿਆਰ ਬਿਨਾਂ ਜ਼ਿੰਦਗੀ ਅਧੂਰੀ,
ਬਿਨ ਰਹਿਣਾ ਵਧਾਉਂਦਾ ਹੈ ਦੂਰੀ
ਸੱਚ, ਝੂਠ ਦੀ ਜੋ ਪਰਖ ਕਰਾਉਂਦਾ,
ਉਹ ਹੀ ਸੱਚਾ ਪਿਆਰ ਅਖਵਾਉਂਦਾ
“ਕਰੋ ਸਭ ਨਾਲ ਪਿਆਰ
ਇਹ ਪ੍ਰਮਾਤਮਾ ਦੀ ਬਖਸ਼ੀ ਹੋਈ ਦਾਤ

ਇਹ ਬਣੇਗੀ ਖੁਸ਼ੀਆਂ ਦੀ ਇੱਕ ਮਿਸਾਲ। ”

ਪੁਸਤਕਾਂ

ਮਨਪ੍ਰੀਤ ਕੌਰ

ਰੋਲ ਨੰ. 1025

ਪੁਸਤਕਾਂ ਮਨੁੱਖ ਦੀਆਂ ਅਜਿਹੀਆਂ ਮਿੱਤਰ ਹਨ, ਜੋ ਸਾਰੀ ਉਮਰ ਮਨੁੱਖ ਦਾ ਸਾਥ ਦਿੰਦੀਆਂ ਹਨ। ਅਸੀਂ ਪੁਸਤਕਾਂ ਤੋਂ ਇਹ ਚੀਜ਼ਾਂ ਸਿੱਖ ਸਕਦੇ ਹਾਂ ਜਿਹੜੀ ਕਿ ਸਾਨੂੰ ਕਿਸੇ ਕੋਲੋਂ ਸਿੱਖਣ ਨੂੰ ਨਹੀਂ ਮਿਲਦੀਆਂ। ਅੱਜ ਤੱਕ ਜਿੰਨੇ ਵੀ ਮਹਾਨ ਪੁਰਸ਼ ਹੋਏ ਹਨ ਕਿਤਾਬਾਂ ਦੀ ਬਦੌਲਤ ਹੋਏ ਹਨ। ਇਹ ਪੁਸਤਕਾਂ ਨਾ ਬੋਲਦੇ ਹੋਏ ਵੀ ਬਹੁਤ ਕੁੱਝ ਬੋਲ ਦਿੰਦੀਆਂ ਹਨ। ਪੁਸਤਕਾਂ ਪੜ੍ਹ ਕੇ ਹੀ ਅਸੀਂ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਸਫਲ ਬਣਾ ਸਕਦੇ ਹਾਂ। ਜਿਵੇਂ ਕਿ ਡਾ. ਭੀਮ ਰਾਓ ਅੰਬੇਡਕਰ ਜੀ ਨੇ ਬਣਾਈ। ਅੰਬੇਡਕਰ ਜੀ ਇੱਕ ਮਹਾਨ ਗਿਆਨੀ ਹੋਏ ਸਨ। ਉਹਨਾਂ ਦੀ ਗਿਆਨਤਾ ਕਾਰਨ ਲੋਕ ਅੱਜ ਵੀ ਉਨ੍ਹਾਂ ਨੂੰ ਪੂਜਦੇ ਹਨ। ਇਸ ਤਰ੍ਹਾਂ ਹੀ ਸਾਡੇ ਦੇਸ਼ ਦੇ ਕੌਮੀ ਸ਼ਹੀਦ ਭਗਤ ਸਿੰਘ ਜੀ ਵੀ ਪੁਸਤਕਾਂ ਨਾਲ ਬਹੁਤ ਲਗਾਵ ਰੱਖਦੇ ਸਨ। ਉਹ ਪੁਸਤਕਾਂ ਨੂੰ ਆਪਣਾ ਸਭ ਤੋਂ ਚੰਗਾ ਮਿੱਤਰ ਮੰਨਦੇ ਸਨ। ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿ ਉਹ ਆਪਣੇ ਅੰਤਿਮ ਸਮੇਂ ਤੱਕ ਭਾਵ ਜਦੋਂ ਉਹਨਾਂ ਨੂੰ ਫਾਂਸੀ ਲਗਣੀ ਸੀ ਉਸ ਤੋਂ ਕੁੱਝ ਸਮਾਂ ਪਹਿਲਾਂ ਵੀ ਉਹ ਕਿਤਾਬਾਂ ਹੀ ਪੜ੍ਹ ਰਹੇ ਸਨ। ਉਥੋਂ ਦੇ ਸਾਰੇ ਲੋਕ ਇਹ ਦੇਖ ਕੇ ਹੈਰਾਨ ਸਨ। ਭਗਤ ਸਿੰਘ ਜੀ ਨੇ ਕਿਹਾ ਸੀ ਕਿ ਮੈਂ ਫਿਰ ਦੁਬਾਰਾ ਜਨਮ ਲੈ ਕੇ ਆਵਾਂਗਾ। ਹੋਰ ਤਾਂ ਹੋਰ ਜਿਹੜੀ ਸਾਇੰਸ ਨੇ ਅੱਜ ਤਰੱਕੀ ਕਰ ਲਈ ਹੈ ਸਭ ਪੁਸਤਕਾਂ ਤੋਂ ਪੜ੍ਹ ਕੇ ਕੀਤੀ ਹੈ। ਡਾ. ਏ. ਪੀ. ਜੇ. ਅਬਦੁਲ ਕਲਾਮ ਇਸ ਦੀ ਇੱਕ ਵਧੀਆ ਉਦਾਹਰਣ ਹਨ। ਉਹ ਪੁਸਤਕਾਂ ਨਾਲ ਬਹੁਤ ਲਗਾਵ ਰੱਖਦੇ ਸਨ। ਪੁਸਤਕਾਂ ਕਰਕੇ ਉਹਨਾਂ ਸਾਇੰਸ ਵਿੱਚ ਆਪਣਾ ਕਦਮ ਵਧਾਇਆ। ਪੁਸਤਕਾਂ ਅਤੇ ਆਪਣੀ ਆਤਮ ਸ਼ਕਤੀ ਨਾਲ ਉਹਨਾਂ ਨੇ ਦੁਨੀਆ ਦੀ ਪਹਿਲੀ ਮਿਸਾਇਲ ਬਣਾ ਦਿੱਤੀ। ਅੱਜ ਉਹਨਾਂ ਦਾ ਨਾਂ ਬੱਚਾ ਬੱਚਾ ਜਾਣਦਾ ਹੈ। ਜਿਹੜੇ ਲੋਕ ਕਿਤਾਬਾਂ ਦਾ ਮਾਰਗ ਅਪਨਾਉਂਦੇ ਹੋਣ ਉਹਨਾਂ ਦਾ ਨਾਮ ਮਰਨ ਤੋਂ ਬਾਅਦ ਵੀ ਗੂੰਜਦਾ ਰਹਿੰਦਾ ਹੈ। ਅੱਜ ਵੀ ਦੁਨੀਆ ਦੇ ਕਈ ਲੋਕ ਗਰੀਬੀ ਕਰਕੇ ਕਿਤਾਬਾਂ ਤੋਂ ਵਾਂਝੇ ਹਨ। ਉਹ ਚਾਹੁੰਦੇ ਹੋਏ ਵੀ ਪੁਸਤਕਾਂ ਤੇ ਧਿਆਨ ਨਹੀਂ ਦੇ ਰਹੇ। ਕਿਉਂਕਿ ਉਹਨਾਂ ਨੂੰ ਦੋ ਵਕਤ ਦੀ ਰੋਟੀ ਦੀ ਫਿਕਰ ਰਹਿੰਦੀ ਹੈ, ਜਿਸ ਕਰਕੇ ਉਹ ਪੜ੍ਹਾਈ ਵੱਲ ਧਿਆਨ ਨਹੀਂ ਦਿੰਦੇ ਤੇ ਕੰਮ ਲੱਭਦੇ ਹਨ। ਜਿਸ ਕਰਕੇ ਅਨਪੜ੍ਹਤਾ ਦਾ ਸਵਾਲ ਉੱਠਦਾ ਹੈ। ਜਿਸ ਨੂੰ ਰੋਕਣ ਦੇ ਉਪਰਾਲੇ ਕਰਨੇ ਚਾਹੀਦੇ ਹਨ। ਮੈਂ ਚਾਹੁੰਦੀ

ਹਾਂ ਕਿ ਸਾਰਿਆਂ ਨੂੰ ਗਰੀਬ ਜਾਂ ਅਮੀਰ, ਪੁਸਤਕਾਂ ਦੀ ਮਹੱਤਤਾ ਜਾਣਨੀ ਚਾਹੀਦੀ ਹੈ। ਹਰ ਕਿਸੇ ਨੂੰ ਵਿੱਦਿਆ ਪ੍ਰਾਪਤ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ ਤੇ ਇਹ ਸਭ ਦਾ ਹੱਕ ਹੈ।

ਵਿੱਦਿਆ ਹੈ ਇੱਕ ਅਨਮੋਲ ਗਹਿਣਾ,
ਨਾ ਇਹ ਟੁੱਟਣਾ ਨਾ ਇਹ ਲਹਿਣਾ।

ਪੁੱਤ ਪਰਦੇਸੀ

ਨਵਜੋਤ ਕੌਰ

ਰੋਲ ਨੰ. 150

ਪੁੱਤ ਪਰਦੇਸੀਆਂ ਨੂੰ ਤਰਸਣ ਮਾਵਾਂ
ਰੁੱਸ ਗਈਆਂ ਲੋਰੀਆਂ ਤੇ ਨਿਕਲਣ ਹਾਵਾਂ
ਹਰ ਵਲੋਂ ਬੂਹੇ ਉੱਤੇ ਨਜ਼ਰਾਂ ਨੇ ਲੱਗੀਆਂ
ਉਮਰਾਂ ਦੇ ਕੱਦ ਛੋਟੇ ਉਡੀਕਾਂ ਲੰਮੀਆਂ
ਹੰਝੂ ਖਾਰੇ ਪੀਕੇ ਖੁਰਦੀ ਮੈਂ ਜਾਵਾਂ
ਪੁੱਤ ਪਰਦੇਸੀਆਂ ਨੂੰ ਤਰਸਣ ਮਾਵਾਂ

ਖੋਰੇ ਕਿਹੜੇ ਪੱਥਰਾਂ ਦੇ ਸ਼ਹਿਰ ਜਾ ਵਸਿਓ
ਖੋਰੇ ਕਿਹੜੇ ਦੁਨੀਆ ਦੇ ਰੰਗ ਜਾ ਰਚਿਓ
ਰਾਸ ਨਾ ਆਈਆਂ ਤੈਨੂੰ ਪਿੰਡ ਦੀਆਂ ਰਾਹਾਂ
ਪੁੱਤ ਪਰਦੇਸੀਆਂ ਨੂੰ ਤਰਸਣ ਮਾਵਾਂ

ਕਾਹਨੂੰ ਰੱਬਾ ਪੁੱਤ ਦਿੱਤੇ ਨਾ ਕਰਾਉਣ ਨੂੰ
ਫਿਰ ਕਾਹਨੂੰ ਦੂਰ ਕੀਤੇ ਦਿਲ ਤਰਸਾਉਣ ਨੂੰ
ਕਿਹੜੇ ਮਾੜੇ ਕਰਮਾਂ ਦੀ ਦਿੱਤੀਆਂ ਸਜਾਵਾਂ
ਪੁੱਤ ਪਰਦੇਸੀਆਂ ਨੂੰ ਤਰਸਣ ਮਾਵਾਂ

ਪੁੱਤਰਾਂ ਦੇ ਆਉਣ ਦੇ ਸੁਪਨੇ ਸਜਾ ਕੇ
ਨੈਣਾ ਚ ਭੁਲੇਖਿਆਂ ਦੇ ਕਜਲੇ ਪਾ ਕੇ
ਨੂੰਹਾਂ, ਪੁੱਤਾਂ, ਪੋਤਿਆਂ ਦੀਆਂ ਕਰਨ ਦੁਆਵਾਂ
ਪੁੱਤ ਪਰਦੇਸੀਆਂ ਨੂੰ ਤਰਸਣ ਮਾਵਾਂ

ਪਿਤਾ

ਅਮਨਦੀਪ ਕੌਰ
ਰੋਲ ਨੰ. 156

ਮਾਂ ਦੀ ਸਿਫਤ ਤਾਂ ਹਰ ਕੋਈ ਜਾਣਦਾ
ਪਰ ਪਿਤਾ ਕਿਸੇ ਨੂੰ ਵੀ ਨਹੀਂ ਯਾਦ ਰਹਿੰਦਾ
ਹੁੰਦਾ ਬਾਪ ਵੀ ਰੱਬ ਦਾ ਰੂਪ ਯਾਰੋ
ਜਿਹਦੇ ਸਿਰ ਤੇ ਘਰ ਆਬਾਦ ਰਹਿੰਦਾ
ਉਸਦੇ ਸੀਨੇ ਵਿੱਚ ਇੱਕ ਦਿਲ ਹੈ
ਜੋ ਔਲਾਦ ਦੀ ਖੁਸ਼ੀ ਲਈ ਸਦਾ ਬੇਤਾਬ ਰਹਿੰਦਾ
ਬੇਹਿਸਾਬ ਪਿਆਰ ਨਹੀਂ ਦੇਖਦਾ ਕੋਈ ਵੀ
ਬਸ ਉਸਦੇ ਗੁੱਸੇ ਦਾ ਹਰ ਕਿਸੇ ਨੂੰ ਹਿਸਾਬ ਰਹਿੰਦਾ

ਸੁਨਹਿਰੀ ਗੁਣ

ਹਵਾਨੀ
ਰੋਲ ਨੰ. 61

ਮਨੁੱਖੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਕੁੱਝ ਅਜਿਹੀਆਂ ਕੀਮਤੀ ਗੱਲਾਂ
ਹੁੰਦੀਆਂ ਹਨ ਜਿਨ੍ਹਾਂ ਨੂੰ ਪੱਲੇ ਬੰਨ੍ਹ ਕੇ ਉਹ, ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ
ਸਫਲ ਹੋ ਸਕਦਾ ਹੈ। ਹੇਠਾਂ ਕੁੱਝ ਸੁਨਹਿਰੀ ਗੁਣਾਂ ਦੇ ਚਲ ਕੇ ਸਾਡੀ
ਜ਼ਿੰਦਗੀ, ਸਿਹਤ ਤੇ ਆਦਤਾਂ ਸੁਧਰ ਸਕਦੀਆਂ ਹਨ—

1. ਸਾਫ-ਸੁਥਰਾ ਰਹਿਣਾ।
2. ਸਦਾ ਸੱਚ ਬੋਲਣਾ।
3. ਆਗਿਆਕਾਰੀ ਹੋਣਾ।
4. ਸਿੱਖਣ ਦੀ ਆਦਤ।
5. ਸਮੇਂ ਦਾ ਪਾਬੰਦ।
6. ਧੰਨਵਾਦ ਤੇ ਮੁਆਫੀ।
7. ਵੱਡਿਆਂ ਦਾ ਸਤਿਕਾਰ ਤੇ ਛੋਟਿਆਂ ਨੂੰ ਪਿਆਰ ਕਰਨਾ।
8. ਵਧੀਆ ਦੋਸਤ ਬਣਾਉਣਾ।
9. ਵਧੀਆ ਕਿਤਾਬਾਂ ਪੜ੍ਹਨਾ।
10. ਆਪਣੀ ਮਾਂ ਬੋਲੀ ਨੂੰ ਯਾਦ ਰੱਖਣਾ।
11. ਸਿੱਖਿਆ ਨੂੰ ਹਮੇਸ਼ਾ ਯਾਦ ਰੱਖਣਾ।
12. ਆਪਣੇ ਵਿਰਸੇ ਤੇ ਬਹੁਮੁੱਲੇ ਰੀਤੀ-ਰਿਵਾਜਾਂ ਦੀ ਕਦਰ ਕਰਨਾ।

ਘਰ ਤੋਂ ਵੱਡਾ ਨਾ ਕੋਈ ਮੰਦਿਰ

ਬੰਦਨਾ ਦੇਵੀ
ਰੋਲ ਨੰ. 107

ਘਰ ਤੋਂ ਵੱਡਾ ਨਾ ਕੋਈ ਮੰਦਿਰ, ਤੀਰਥ ਐਸਾ ਨਾ ਕੋਈ ਦੂਜਾ।
ਜਪ ਕਰੋ ਤੁਸੀਂ ਲੱਖ ਹਜ਼ਾਰਾਂ, ਘਰ ਤੋਂ ਵੱਡਾ ਕੋਈ ਨਾ ਦੂਜਾ।
ਜਿਸ ਘਰ ਵਿੱਚ ਮਿੱਟੀ ਮੁਲਤਾਨੀ, ਜਿਸ ਘਰ ਵਿੱਚ ਮਟਕੇ ਦਾ
ਪਾਣੀ।
ਜਿਸ ਘਰ ਵਿੱਚ ਤੁਲਸੀ ਦੀ ਪੂਜਾ, ਜਿਸ ਘਰ ਵਿੱਚ ਮਿੱਠਾ
ਖਰਬੂਜਾ
ਜਿਸ ਘਰ ਵਿੱਚ ਦਾਦੀ ਦੇ ਕਿੱਸੇ, ਉਸ ਘਰ ਨਾ ਹੋਵਣ ਹਿੱਸੇ।
ਜਿਸ ਘਰ ਵਿੱਚ ਸੁਣਨ ਦੀ ਆਦਤ, ਜਿਸ ਘਰ ਵਿੱਚ ਸਹਿਣ ਦੀ
ਤਾਕਤ
ਜਿਸ ਘਰ ਵਿੱਚ ਨਟਵਰ ਦਾ ਡੇਰਾ, ਜਿਸ ਘਰ ਵਿੱਚ ਪੰਛੀ ਦਾ
ਫੇਰਾ
ਜਿਸ ਘਰ ਵਿੱਚ ਗੀਤਾ ਰਮਾਇਣ, ਉਸ ਘਰ ਵਿੱਚ ਵਸੱਣ
ਨਾਰਾਇਣ
ਜਿਸ ਘਰ ਵਿੱਚ ਆਟੇ ਦੀ ਚੱਕੀ, ਜਿਸ ਘਰ ਵਿੱਚ ਇੱਕ ਹੋਵੇ ਪੱਕੀ
ਜਿਸ ਘਰ ਵਿੱਚ ਨਾਰੀ ਦਾ ਮਾਣ, ਜਿਸ ਘਰ ਵਿੱਚ ਪੁਰਖਾਂ ਦੀ ਸ਼ਾਨ
ਜਿਸ ਘਰ ਵਿੱਚ ਸੂਰਜ ਦੀਆਂ ਕਿਰਨਾਂ, ਉਸ ਘਰ ਵਿੱਚ ਖੁਸ਼ੀਆਂ
ਦਾ ਝਰਨਾ।
ਜਿਸ ਘਰ ਵਿੱਚ ਮਹਿਮਾਨ ਨਵਾਜ਼ੀ, ਜਿਸ ਘਰ ਵਿੱਚ ਚਾਚਾ ਤੇ
ਚਾਚੀ
ਜਿਸ ਘਰ ਵਿੱਚ ਦਲੀਏ ਦਾ ਸ਼ੀਰਾ, ਜਿਸ ਘਰ ਵਿੱਚ ਠੰਡਾ
ਜਲਜੀਰਾ।
ਜਿਸ ਘਰ ਵਿੱਚ ਚੰਪਾ ਦੀ ਡਾਲੀ, ਉਸ ਘਰ ਦੀ ਹੈ ਗੱਲ ਨਿਰਾਲੀ।

ਸ਼੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਬਾਰੇ ਮੁੱਢਲੀ
ਜਾਣਕਾਰੀਜਸਪ੍ਰੀਤ ਕੌਰ
ਰੋਲ ਨੰ. 1124

1. ਸ਼੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦੇ ਕੁੱਲ ਪੰਨੇ 1430 ਹਨ।
2. ਸ਼੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦੀ ਸੰਪਾਦਨਾ ਸ਼੍ਰੀ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਨੇ ਕੀਤੀ।
3. ਸ਼੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦੀ ਬਾਣੀ ਰਾਮਸਰ ਸਰੋਵਰ ਦੇ

ਕੰਢੇ ਭਾਈ ਗੁਰਦਾਸ ਜੀ ਤੋਂ ਲਿਖਾਈ ਗਈ।

4. ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਵਿੱਚ 6 ਗੁਰੂਆਂ, 15 ਭਗਤਾਂ, 11 ਭੱਟਾਂ, ਅਤੇ 4 ਸਿੱਖਾਂ ਦੀ ਬਾਣੀ ਦਰਜ ਹੈ।
5. ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਵਿੱਚ 31 ਰਾਗਾਂ ਵਿੱਚ ਬਾਣੀ ਦਰਜ ਹੈ।
6. ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਵਿੱਚ 8 ਧੁਨੀਆਂ ਵਿੱਚ ਬਾਣੀ ਦਰਜ ਹੈ।
7. ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਵਿੱਚ ਕੁੱਲ 22 ਵਾਰਾਂ ਹਨ।
8. ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਵਿੱਚ ਬਾਣੀ ਦੀ ਤਰਤੀਬ ਅਨੁਸਾਰ ਪਹਿਲਾਂ ਸ਼ਬਦ, ਅਸ਼ਟਪਦੀਆਂ, ਵਾਰਾਂ ਅਤੇ ਫਿਰ ਸ਼ਲੋਕ ਮਿਲਦੇ ਹਨ।
9. ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਵਿੱਚ ਪਹਿਲਾਂ ਰਾਗ ਸਿਰੀ ਰਾਗ ਹੈ।
10. ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਵਿੱਚ ਦਰਜ ਬਾਣੀਆਂ ਦੇ ਤਿੰਨ ਭਾਗ ਹਨ। ਪਹਿਲਾਂ ਨਿਤਨੇਮ ਦੀਆਂ ਬਾਣੀਆਂ, ਦੂਜਾ ਰਾਗਬੱਧ ਅਤੇ ਤੀਜਾ ਰਾਗ ਰਹਿਤ ਬਾਣੀਆਂ ਹਨ।
11. ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦਾ ਪਹਿਲਾਂ ਪ੍ਰਕਾਸ਼ 1 ਸਤੰਬਰ 1604 ਈ: ਨੂੰ ਸ੍ਰੀ ਹਰਿਮੰਦਰ ਸਾਹਿਬ ਵਿਖੇ ਕੀਤਾ ਅਤੇ ਬਾਬਾ ਬੁੱਢਾ ਜੀ ਨੂੰ ਪਹਿਲੇ ਹੈਂਡ ਗ੍ਰੰਥੀ ਨਿਯੁਕਤ ਕੀਤਾ ਗਿਆ।
12. ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦਾ ਪਹਿਲਾ ਵਾਕ ਹੈ:-
“ਸੰਤਾਂ ਕੇ ਕਾਰਜਿ ਆਪ ਖਲੋਇਆ॥
ਹਰਿ ਕੰਮ ਕਰਾਵਣ ਆਇਆ ਰਾਮ॥
॥ ਵਾਹਿਗੁਰੂ ਜੀ ਕਾ ਖਾਲਸਾ
ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫਤਹਿ॥

ਸਮਾਜ ਲਈ ਗੰਭੀਰ ਸਮੱਸਿਆ ਬਣ

ਗਿਆ ਹੈ : ਨਸ਼ਾ

ਪ੍ਰਮਿੰਦਰ ਕੌਰ

ਰੋਲ ਨੰ. 1072

ਨਸ਼ਾ ਇੱਕ ਅਜਿਹੀ ਬੁਰਾਈ ਹੈ ਜੋ ਸਾਡੇ ਜੀਵਨ ਨੂੰ ਨਸ਼ਟ ਕਰ ਦਿੰਦੀ ਹੈ। ਨਸ਼ੇ ਦੀ ਬੁਰੀ ਆਦਤ ਨਾਲ ਪੀੜਤ ਵਿਅਕਤੀ ਪਰਿਵਾਰ ਦੇ ਨਾਲ ਸਮਾਜ ਤੇ ਵੀ ਬੋਝ ਬਣ ਜਾਂਦਾ ਹੈ। ਨਸ਼ੇ ਦੇ ਰੂਪ ਵਿੱਚ ਲੋਕ ਸ਼ਰਾਬ, ਗਾਂਜਾ, ਕੋਕੀਨ, ਚਿੱਟਾ ਆਦਿ ਦਾ ਪ੍ਰਯੋਗ ਕਰਦੇ ਹਨ। ਇਹਨਾਂ ਦੇ ਸੇਵਨ ਨਾਲ ਵਿਅਕਤੀ ਅਤੇ ਪੈਸਾ ਦੋਵਾਂ ਦਾ ਨੁਕਸਾਨ ਹੁੰਦਾ ਹੈ। ਪਰਿਵਾਰ ਵਿੱਚ ਹੋਣ ਵਾਲੀਆਂ ਜਿਆਦਾਤਰ

ਲੜਾਈਆਂ ਪਿੱਛੇ ਨਸ਼ੇ ਹੀ ਜ਼ਿੰਮੇਵਾਰ ਹੁੰਦੇ ਹਨ। ਪੰਜਾਬ ਦੀ ਜਵਾਨ ਪੀੜ੍ਹੀ ਨਸ਼ੇ ਦੀ ਸਭ ਤੋਂ ਜਿਆਦਾ ਸ਼ਿਕਾਰ ਹੈ। ਸਾਡੇ ਸਮਾਜ ਵਿੱਚ ਨਸ਼ੇ ਨੂੰ ਹਮੇਸ਼ਾ ਬੁਰਾਈ ਦਾ ਪ੍ਰਤੀਕ ਮੰਨਿਆ ਜਾਂਦਾ ਹੈ। ਇਹਨਾਂ ਵਿੱਚੋਂ ਸਭ ਤੋਂ ਜਿਆਦਾ ਪ੍ਰਚਲਿਤ ਸ਼ਰਾਬ ਦਾ ਨਸ਼ਾ ਹੈ। ਸ਼ਰਾਬ ਸਾਰੇ ਪ੍ਰਕਾਰ ਦੀ ਬੁਰਾਈਆਂ ਦੀ ਜੜ੍ਹ ਹੈ। ਸ਼ਰਾਬ ਦੇ ਸੇਵਨ ਨਾਲ ਵਿਅਕਤੀ ਦੀ ਸੋਚਣ ਸ਼ਕਤੀ ਨਸ਼ਟ ਹੋ ਜਾਂਦੀ ਹੈ। ਉਹ ਆਪਣੇ ਬੁਰੇ ਭਲੇ ਦਾ ਕੋਈ ਫਰਕ ਨਹੀਂ ਸਮਝ ਸਕਦੇ। ਅਮੀਰ ਤੋਂ ਗਰੀਬ ਅਤੇ ਬੱਚੇ ਤੋਂ ਬਜ਼ੁਰਗ ਤੱਕ ਇਸ ਬੁਰੀ ਆਦਤ ਦੇ ਸ਼ਿਕਾਰ ਹੋ ਰਹੇ ਹਨ। ਜਿਸ ਕਾਰਨ ਵਿਅਕਤੀ ਦੇ ਨਾਲ ਨਾਲ ਉਸ ਦੇ ਪਰਿਵਾਰ ਤੇ ਵੀ ਬੁਰਾ ਪ੍ਰਭਾਵ ਪੈਂਦਾ ਹੈ। ਪਰਿਵਾਰ ਦੇ ਪਰਿਵਾਰ ਉਜੜ ਜਾਂਦੇ ਹਨ। ਇਸ ਲਈ ਨਸ਼ਾ ਸਮਾਜ ਲਈ ਗੰਭੀਰ ਸਮੱਸਿਆ ਬਣਦਾ ਜਾ ਰਿਹਾ ਹੈ। ਜਿਸ ਕਰਕੇ ਸਰਕਾਰ ਨੂੰ ਚਾਹੀਦਾ ਹੈ ਕਿ ਉਹ ਨਸ਼ੇ ਨੂੰ ਰੋਕਣ ਲਈ ਵੱਧ ਤੋਂ ਵੱਧ ਨਸ਼ਾ ਛੁਡਾਉ ਕੇਂਦਰ ਖੋਲ੍ਹਣ ਤਾਂ ਜੋ ਅੱਜ ਕੱਲ ਦੀ ਜਵਾਨ ਪੀੜ੍ਹੀ ਨੂੰ ਨਸ਼ਿਆਂ ਦੀ ਬੁਰੀ ਆਦਤ ਤੋਂ ਬਚਾਇਆ ਜਾ ਸਕੇ।

ਧੀਆਂ

ਅਮਨਦੀਪ ਕੌਰ

ਰੋਲ ਨੰ. 49

ਮੈਂ ਕਹਿੰਦੀ ਮੇਰੇ ਦੋ ਧੀਆਂ ਹੋਣ,
ਮੈਂ ਉਹਨਾਂ ਨੂੰ ਖੂਬ ਪੜ੍ਹਾਉਣਾ ਏ
ਪੁੱਤਰਾਂ ਵਾਂਗ ਮੈਂ ਉਹਨਾਂ ਨੂੰ
ਜਿਆਦਾ ਲਾਡ ਲਭਾਉਣਾ ਏ।
ਵੱਡੇ ਹੋ ਕੇ ਪੁੱਤ ਵੰਡਾਉਣ ਜ਼ਮੀਨਾਂ,
ਧੀਆਂ ਨੇ ਦੁੱਖ ਵੰਡਾਉਣਾ ਏ।
ਇਕ ਧੀ ਨੂੰ ਮੈਂ ਬਣਾਵਾਂਗੀ ਡਾਕਟਰ,
ਦੂਜੀ ਨੂੰ ਟੀਚਰ ਬਣਾਉਣਾ ਏ।
ਲੋਕ ਧੀਆਂ ਨੂੰ ਚਿੜੀਆਂ ਸਮਝਣ,
ਪਰ ਮੈਂ ਬਾਜ਼ ਬਣਾਉਣਾ ਏ।
ਧੀ ਦੇ ਜਨਮ ਤੇ ਸਮਾਜ ਨਿਰਾਸ਼ ਹੁੰਦਾ,
ਪਰ ਮੈਂ ਤੇ ਜਸ਼ਨ ਮਨਾਉਣਾ ਏ।
ਹੱਥ ਜੋੜ ਮੈਂ ਕਰਾਂ ਬੇਨਤੀ
ਧੀਆਂ ਨੂੰ ਜੀਉਣ ਦਾ ਹੱਕ ਦਵਾਉਣਾ ਏ।
ਧੀਆਂ ਪ੍ਰਤੀ ਤੰਗ ਸੋਚ ਕੱਢ ਕੇ,
ਸਮਾਜ ਨੂੰ ਸਿੱਧੇ ਰਾਹ ਪਾਉਣਾ ਏ।

ਭਰੂਣ ਹੱਤਿਆ ਰੋਕਣ ਦੇ ਲਈ,
ਲੋਕਾਂ ਨੂੰ ਹੁਣ ਸਮਝਾਉਣਾ ਏ।

ਦੁਨੀਆ

ਸੰਦੀਪ ਕੌਰ
ਰੋਲ ਨੰ. 77

ਘੋਰ ਕਲਯੁਗ ਦਾ ਵਿਨਾਸ਼ ਹੋਵੇ।
ਸਤਲੁਜ ਨਾ ਕਦੇ ਉਦਾਸ ਹੋਵੇ,
ਮੇਰੀ ਤਮੰਨਾ ਰੱਬ ਕਰੇ ਕਿ,
ਧਰਤੀ ਸਵਰਗਾਂ ਦਾ ਆਵਾਸ ਹੋਵੇ।

ਤਾਰੇ ਨਾ ਟੁੱਟਣ ਕਦੇ ਵੀ,
ਸਾਥ ਨਾ ਛੁੱਟਣ ਕਦੇ ਵੀ,
ਮੇਰੀ ਹਸਦੀ ਦੁਨੀਆ ਦੇ ਲੋਕ,
ਇੱਕ-ਦੂਜੇ ਨੂੰ ਨਾ ਲੁੱਟਣ ਕਦੇ ਵੀ।

ਵੈਰੀ ਇੱਥੇ ਨਾ ਹੋਵੇ ਕੋਈ,
ਤੀਜੇ ਤਾਈਂ ਵੀ ਨਾ ਰੋਵੇ ਕੋਈ,
ਦੁੱਖਾਂ ਵਿੱਚ ਵੀ ਰਹਿਕੇ,
ਸੁੱਖਾਂ ਨੂੰ ਕਦੇ ਨਾ ਖੋਹਵੇ ਕੋਈ।

ਚੰਨ ਦੀਆਂ ਬਾਤਾਂ ਪੈਣ ਹਮੇਸ਼ਾ,
ਰਾਤਾਂ ਚਾਨਣੀਆਂ ਰਹਿਣ ਹਮੇਸ਼ਾ,
ਭੁੱਲ-ਵਿਸਾਰ ਦੁਨਿਆਵੀਂ ਸੁੱਖਾਂ ਨੂੰ,
ਰੱਬ ਦਾ ਨਾਂ ਲੋਕ ਲੈਣ ਹਮੇਸ਼ਾ।

ਮੰਦਰ ਮਸਜਿਦ ਰਹਿਣ ਖਲੋਏ,
ਧਰਮ ਕਦੇ ਨਾ ਕਿਸੇ ਦਾ ਰੋਏ,
ਰੱਬ ਨੂੰ ਇਹ ਅਰਦਾਸ ਕਰਾਂ ਮੈਂ,
ਇਹੋ ਜਿਹੀ ਮੇਰੀ ਦੁਨੀਆ ਹੋਏ।

ਬਾਪੂ

ਪ੍ਰਿਅੰਕਾ
ਰੋਲ ਨੰ. 102

ਅੱਜ ਵੀ ਬਚਪਨ ਚੇਤੇ ਕਰਕੇ
ਵਕਤ ਜਿਹਾ ਰੁੱਕ ਜਾਂਦਾ ਏ,
ਬਾਪੂ ਤੇਰੀ ਕੀਤੀ ਮਿਹਨਤ ਅੱਗੇ
ਸਿਰ ਮੇਰਾ ਝੁੱਕ ਜਾਂਦਾ ਏ,
ਵਕਤ ਬਦਲਿਆ, ਦੁਨੀਆ ਬਦਲੀ

ਹਰ ਇਕ ਰਿਸ਼ਤਾ ਤਾਰ-ਤਾਰ ਏ,
ਬਾਪੂ ਤੇਰੀ ਧੀ ਅੱਜ ਵੀ
ਤੇਰੀਆਂ ਝਿੜਕਾਂ ਦੀ ਕਰਜ਼ਦਾਰ ਏ
ਅੱਜ ਅੱਖ ਰੋਈ ਬਹੁਤ ਜ਼ਿਆਦਾ, ਜਦੋਂ
ਤੇਰੇ ਲਿਆਂਦਾ ਖਿਡੌਣਾ ਨਜ਼ਰੀ ਪੈ ਗਿਆ
ਮੇਰੇ ਕੱਪੜਿਆਂ ਚੋਂ ਆਉਂਦੀ ਮਹਿਕ ਤੇਰੀ,
ਤੈਨੂੰ ਯਾਦ ਕਰਦੀ ਰਹਿ ਗਈ
ਤੇਰੇ ਪਾਰੇ ਪੂਰਨਿਆ ਤੇ ਤੁਰ ਪਈ ਧੀ ਤੇਰੀ,
ਰਾਤੀਂ ਆ ਸੁਫਨੇ ਅੰਦਰ “ਸ਼ਾਬਾਸ਼ ਧੀ” ਕਹਿ ਗਈ।

ਜੀਵਨ ਸੰਘਰਸ਼

ਪੂਜਾ
ਰੋਲ ਨੰ. 1119

ਜਿੱਤਣ ਵਾਲੇ ਕਦੇ ਹਾਰ ਨਹੀਂ ਮੰਨਦੇ,
ਹਾਰ ਮੰਨਣ ਵਾਲਾ ਕਦੇ ਜਿੱਤ ਨਹੀਂ ਸਕਦਾ,
ਅੱਜ ਸਾਰੇ ਲੋਕ ਆਪਣੀ ਕਿਸਮਤ ਪਰਿਸਥਿਤੀਆਂ ਨੂੰ ਕੋਸਦੇ ਹਨ
ਹੁਣ ਜ਼ਰਾ ਸੋਚੋ !
ਕਿ ਜੇਕਰ ਐਡਿਸਨ ਵੀ ਆਪਣੇ ਆਪ ਨੂੰ ਬਦਕਿਸਮਤ ਸਮਝ ਕੇ
ਮਿਹਨਤ ਕਰਨਾ ਛੱਡ ਦਿੰਦਾ, ਤਾਂ ਦੁਨੀਆ ਇੱਕ ਵੱਡੇ ਅਵਿਸ਼ਕਾਰ
ਤੋਂ ਵਾਂਝੀ ਰਹਿ ਜਾਂਦੀ। ਆਇਨਸਟਾਈਨ ਵੀ ਆਪਣੀ ਕਿਸਮਤ
ਤੇ ਪਰਿਸਥਿਤੀਆਂ ਨੂੰ ਕੋਸ ਸਕਦਾ ਸੀ ਪਰ ਉਸ ਨੇ ਇਸ ਤਰ੍ਹਾਂ
ਨਹੀਂ ਕੀਤਾ।
ਤਾਂ ਤੁਸੀਂ ਕਿਉਂ ਕਰਦੇ ਹੋ ?
ਜੇਕਰ ਕਿਸੇ ਕੰਮ ਵਿੱਚ ਅਸਫਲ ਵੀ ਹੋ ਗਏ ਤਾਂ,
ਕੀ ਹੋਇਆ ਇਹ ਅੰਤ ਤਾਂ ਨਹੀਂ ਹੈ,
ਫਿਰ ਤੋਂ ਕੋਸ਼ਿਸ਼ ਕਰੋ ਕਿਉਂਕਿ ਕੋਸ਼ਿਸ਼ ਕਰਨ ਵਾਲੇ ਦੀ ਕਦੀ ਹਾਰ
ਨਹੀਂ ਹੁੰਦੀ।
ਦੋਸਤੋ, ਸਫਲਤਾ ਤਾਂ ਅਸਫਲਤਾ ਦੀ ਇੱਕ ਸ਼ੁਰੂਆਤ ਹੈ,
ਇਸ ਤੋਂ ਘਬਰਾਉਣਾ ਨਹੀਂ ਚਾਹੀਦਾ,
ਜਦ ਕਿ ਪੂਰੇ ਜੋਸ਼ ਨਾਲ ਫਿਰ ਤੋਂ ਮਿਹਨਤ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ।

ਨੌਜਵਾਨ ਵਰਗ ਵਿੱਚ ਵੱਧ ਰਹੀ ਨਸ਼ੇ ਦੀ ਆਦਤ

ਕਮਲਜੋਤ ਕੌਰ
ਰੋਲ ਨੰ. 10

ਮੌਜੂਦਾ ਸਮੇਂ ਵਿੱਚ ਪੰਜਾਬ ਅੰਦਰ ਬਿਨਾਂ ਕਿਸੇ ਡਰ ਤੋਂ ਪਸਰ ਰਹੇ ਨਸ਼ੇ ਦੇ ਪੈਰ ਗੰਭੀਰ ਚਿੰਤਾ ਦਾ ਵਿਸ਼ਾ ਬਣੇ ਹੋਏ ਹਨ। ਇਹਨਾਂ ਪਸਰ ਰਹੇ ਪੈਰਾਂ ਵਿੱਚ ਸੁੱਕ ਕੇ ਪਿੰਜਰ ਬਣੀਆਂ ਜ਼ਿਆਦਾਤਰ ਨਰੋਈਆਂ ਲੱਤਾਂ ਤਾਂ ਨੌਜਵਾਨ ਵਰਗ ਦੀਆਂ ਹਨ। ਜਿੱਥੇ ਇਹ ਨਸ਼ੇੜੀ ਨਸ਼ੇ ਵਿੱਚ ਗਲਤ ਰਸਤੇ ਹੋ ਕੇ ਆਪਣੇ ਮਾਂ ਬਾਪ ਅਤੇ ਰਿਸ਼ਤੇਦਾਰਾਂ ਨੂੰ ਆਰਥਿਕ ਅਤੇ ਮਾਨਸਿਕ ਸੰਕਟ ਵਿੱਚ ਪਾ ਰਹੇ ਹਨ ਉੱਥੇ ਰੋਜ਼ਾਨਾ

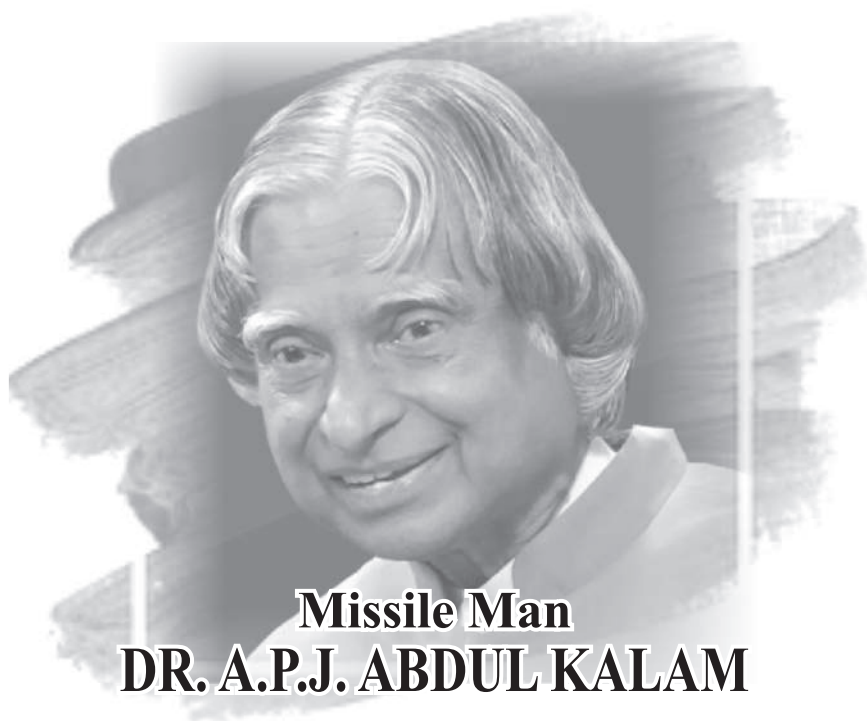
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ਮੇਰੀ ਮੌਤ ਤੇ ਨਾ ਰੋਇਓ, ਮੇਰੀ ਮੌਤ ਨੂੰ ਬਚਾਇਓ।



SCIENCE SECTION



Missile Man
DR. A.P.J. ABDUL KALAM

DR. (MRS.) ARTI SALUJA
STAFF EDITOR

ANITA RANI
STUDENT EDITOR

Teacher Editorial

Dr. Arti Saluja,
Associate Professor

Dear Readers,

Greetings to you!

The slow pace of change in academic institutions globally is lamentable, with centuries-old, lecture-based approaches to teaching, entrenched institutional biases, and outmoded classrooms. The novel coronavirus pandemic affected educational systems worldwide, leading to the widespread closures of schools colleges and universities. However, COVID-19 became a catalyst for educational institutions all over the world to search for innovative solutions in a relatively short period of time. Most educational institutions during the lockdown/ curfew found stop-gap solutions to continue teaching, but the quality of learning was heavily dependent on the level and quality of digital access. Most of the students in our country relied on lessons and assignments sent via WhatsApp or email. The pandemic proved to be an opportunity to remind ourselves of the skills teachers and students need in this unpredictable world such as informed decision making, creative problem solving, and perhaps above all, adaptability. To ensure those skills remain a priority for all students, resilience must be built into our educational systems as well. It is the need of the time that existing teachers and the emerging generation of tutors should train themselves to use ICT in order to teach various subjects effectively, and strive to improve the quality of education at all levels.

I hope that the “Science Section” of this College Magazine will make an interesting read. I would like to thank all the students for their cooperation, and creative contributions during the session and wish them success in life.

Student Editorial

Anita Rani

Roll no. 45

'SHIKSHODAYA' our college magazine, has given us an opportunity to express our thoughts and ideas in words. It presents the achievements made by the students under the guidance of our competent and experienced teachers. Nowadays, everyone talks about smart work while hard work is losing its place. Today people want to achieve success through shortcuts. But dear fellow students, I would like to draw your attention towards hard work, the most important key to success. For a student, or in general for any individual, hard work means to go beyond one's comfort zone to achieve what one aspires. It means to keep moving forward even when it gets tough. It means not to give up, even when our goal is nowhere in reach. Hard work always pays off because when we work really hard we get to reap great benefits from our efforts. This can be in the form of appreciation, recognition, awards, money, position, title, promotion etc. While smart work is a better option, but what we forget is that smart work is the fruit of hard work. Only when we work hard we gather the expertise and the knowledge to understand the work in hand and efficiently improve on it and work smartly. So, Let us work hard to achieve our goals.

Corona Virus (COVID- 19)

Surbhi

Roll No. 54

At the end of **2019**, a new type of corona virus **COVID-19** began making people sick with flu-like symptoms. The virus spread quickly affecting and killing thousands of people in many countries and was declared a pandemic by WHO. Older people and those with underlying medical problems like *cardiovascular disease, diabetes, chronic respiratory disease, and cancer* were more prone and developed serious illness resulting in death.

Corona virus (COVID-19) causes high *fever, cough, sore throat and difficulty in breathing*. Majority of the people remain asymptomatic or develop only mild symptoms of *cold or the flu*. The virus can be more serious in immunocompromised people, and may lead to fatal *pneumonias and microvascular thrombosis*.

People can catch corona virus from others who have the virus. This happens when an infected person sneezes or coughs, sending tiny droplets into the air. These can land in the nose, mouth, or eyes of someone nearby, or be breathed in. People can also get infected if they touch an infected droplet on a surface and then touch their own nose, mouth, or eyes. Experts are still learning about COVID-19. There are far fewer cases of the virus reported in children. Most of them caught the infection from someone they lived with or family member. The virus seems to usually cause a milder infection in children than in adults or older people.

The best ways to protect yourself and your family from such viral infections is to :

- Keep your family home and away from others as much as possible.
- Avoid people who are sick. Avoid large gatherings and busy places until the outbreak is under control.
- Try to stay at least 6 feet away from other people.
- Wash your hands well and often. Wash for at least 20 seconds with soap and water or use hand sanitizer with at least 60% alcohol. Teach your kids to do the same.
- Avoid touching eyes, nose, and mouth. Because hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- Use a household cleaner or wipe to clean and disinfect surfaces and objects that people touch a lot.

Effective drugs that save lives might soon be developed but the pandemic is swift and those drugs have to be developed, tested and marketed quickly. Much hope is put in vaccines, but they will take time. According to experts the most important task is not to stop spread, which is all futile, but to concentrate on giving the unfortunate victims optimal care.

Lung Health

Vaishali

Roll No. 137

Health is a state of complete physical, mental, social and spiritual well-being and not merely an absence of disease or infirmity. A sound mind

resides in a sound body. **Lungs are vital organs.**

By following these tips we can improve our lung health and keep our respiratory system going strong for life:

- Diaphragmatic breathing
- Simple deep breathing.
- Maintaining Correct posture.
- Staying hydrated.
- Laughing.
- Staying active.
- Joining a breathing club.
- Stop smoking and staying away from second hand smoke.
- Avoiding indoor and outdoor air pollution.
- Avoiding exposure to people who have the flu or other viral infections.
- Exercising regularly.
- Eating a healthy, balanced diet.
- Maintaining a healthy weight.

For Diaphragmatic breathing

1. Relax your shoulders and sit back or lie down.
2. Place one hand on your belly and one on your chest.
3. Inhale through your nose for two seconds, feeling the air move into your abdomen and feeling your stomach move out.
4. Breathe out for two seconds through pursed lips while pressing on your abdomen.

Experts believe **vitamins A, C, and E**—the so-called **ACE antioxidants**—combat oxidative stress in the **lungs**. Several studies have shown that these **vitamins**, as well as **vitamin D**, may **help** improve **lung** health.

In conclusion, Simple Aerobic activities like

walking, running or jumping rope give your heart and lungs the kind of workout they need to function efficiently.

Ventilator

Pratibha

Roll No. 96

A ventilator is a machine that provides mechanical or assisted ventilation by moving breathable air into and out of the lungs, to deliver breaths to a patient who is physically unable to breathe, or is breathing insufficiently. Modern ventilators are computerized microprocessor controlled machines, but patients can also be ventilated with a simple, hand-operated bag valve mask. Ventilators are chiefly used in intensive care medicine, home care, and emergency medicine (as standalone units) and in anesthesiology (as a component of an anesthesia machine).

The two main types of mechanical ventilation include positive pressure ventilation where air (or another gas mix) is pushed into the lungs through the airways, and negative pressure ventilation where air is, in essence, sucked into the lungs by stimulating movement of the chest. Apart from these two main types, there are many specific modes of mechanical ventilation,

Ventilators may also be equipped with monitoring and alarm systems for patient-related parameters (e.g. pressure, volume, and flow) and ventilator function (e.g. air leakage, power failure, mechanical failure), backup batteries, oxygen tanks, and remote control. The pneumatic system is nowadays often replaced by a computer-controlled turbopump.

Modern ventilators are electronically controlled by a small embedded system to allow exact adaptation of pressure and flow characteristics to an individual patient's needs. Fine-tuned ventilator settings also serve to make ventilation more tolerable and comfortable for the patient.

The main purpose of a mechanical ventilator is to allow the patients with respiratory distress, time to recover from illness. It preserves a stable airway, preventing aspiration and helping the patient to get adequate Oxygen. When the cause for the breathing problem is improved and it is felt that the patients can breathe effectively on their own, they are taken off the ventilator.

Notably, the shortage of ventilators emerged as a key aspect of the 2020 Coronavirus pandemic

Health Benefits of Carrot Juice

Anita Devi

Roll No. 86

Juicing has become increasingly popular in recent years and is now a multi-million dollar industry. Carrots are a common ingredient in many juices, as they provide a flavor that pairs well with many other fruits and vegetables.

Carrots have been in use as food for centuries. It's juice is known as "miracle juice" It is one of the richest sources of vitamin 'A' and also good source of other vitamins. Its mineral content is equally rich and contains Calcium, Copper, Magnesium, Potassium, Sodium, Phosphorus, Chlorine, Sulphur and Iron. Carotene, the yellowish colouring matter in carrots is converted into Vitamin 'A' which is fat

soluble and is not lost through the excretory fluids such as urine and sweat, but when in excess it is stored in liver and under the skin. It purifies the blood and is very good in arthritis and gouty diseases and also in all respiratory disorders. The vitamin 'A' content of carrot juice helps in many ways:

- It strengthens the eyes and keeps the mucous membranes of all cavities of the body in healthy conditions.
- It improves the texture of the skin and is helpful in curing dry, scaly and rough skin.
- It is also helpful in condition of poor appetite, retarded growth, loss of weight, lack of vigour, intestinal disorders and diarrhea.
- It regulates the nervous system disorders such as insomnia and nervous disability.
- Carrots contain, antioxidants which may explain their possible role in cancer prevention.
- Increasing metabolism
- Stronger vision
- Improving skin disorders
- Boosting immune system
- Lowering cholesterol

According to Stanford Health Care, the vitamin and mineral content of one cup of carrot juice is almost equivalent to that of five cups of chopped carrots. However, carrot juice has less fiber and more sugar than whole carrots. Fiber can help support weight management and reduce cholesterol levels. It is important to remember that drinking juice is not a replacement for eating whole fruits and vegetables.

Bionic Eye: A Possible Path Toward Artificial Retina

Jasmeen

Roll No. 09

For those millions of us whose vision isn't perfect, there are glasses. But for those hundreds of thousands who are blind, devices that merely assist the eyes just aren't enough. What they need are alternative routes by which the sights of the world can enter the brain and be interpreted. Technology has created many path ways for the mankind. Now technology has improved to that extent wherein the entire human body can be controlled using a single electronic chip. We have seen prosthetics that helped to overcome handicaps. Bio medical engineers play a vital role in shaping the course of these prosthetics. Now it is the turn of artificial vision through bionic eyes. A visual prosthesis, often referred to as a bionic eye, is an experimental visual device intended to restore functional vision in those suffering from partial or total blindness. A bionic eye mimics the function of the retina to restore sight for those with severe vision loss. It uses a retinal implant connected to a video camera to convert images into electrical impulses that activate remaining retinal cells which then carry the signal back to the brain. The bionic vision system consists of a camera, attached to a pair of glasses, which transmits high-frequency radio signals to a microchip implanted in the retina. These impulses are then passed down along the optic nerve to the vision processing centres of the brain, where they are interpreted as an image.

Bionic devices are being developed to do more than replace defective parts. Researchers are also using them to fight illnesses. If this system is fully

developed it will change the lives of millions of people around the world. We may not restore the vision fully, but we can help them at least to find their way, recognize faces, read books, distinguish between objects such as cups and plates, above all lead an independent life. Though there are a number of challenges to be faced before this technology reaches the common man, the path has been laid.

Chemistry of Tear Gas

Satnam Singh

Roll No. 306

Tear gas, formally known as a lachrymator agent or lachrymator (from the Latin *lacrima*, meaning "tear"), sometimes known as mace, is a chemical weapon that causes severe eye and respiratory pain, skin irritation, bleeding, and blindness. In the eye, it stimulates the nerves of the lacrimal gland to produce tears.

Common lachrymators include:

Pepper spray (OC gas), PAVA spray (nonivamide), CS gas, CR gas, CN gas (phenacyl chloride), bromoacetone, xylol bromide, syn-propanethial-S-oxide (from onions), and Mace (a branded mixture), and household vinegar.

Lachrymatory agents are commonly used for riot control. The chemical weapon is used against civilian population during relatively peaceful times; but not against enemy soldiers during war times as using tear gas is prohibited by various international treaties. During World War I, increasingly toxic and deadly lachrymatory agents were used.

Tear "gas" generally consists of aerosolized solid or liquid compounds (bromoacetone or xylol bromide), not gas. Tear gas works by irritating mucous membranes in the eyes, nose, mouth and lungs. It causes crying, sneezing, coughing, difficulty breathing, pain in the eyes, and temporary blindness. The two most commonly used tear gases are ω -chloroacetophenone, or CN, and *o*-chlorobenzylidenemalononitrile, or CS. CN is the principal component of the aerosol agent Mace and is widely **used** in riot control. It affects chiefly the eyes. With CS gas, symptoms of irritation typically appear after 20 to 60 seconds of exposure and commonly resolve within 30 minutes of leaving (or being removed from) the area. With pepper spray (also called "oleoresin capsicum", capsaicinoid or OC gas), the onset of symptoms, including loss of motor control, is almost immediate. There can be considerable variation in tolerance and response, according to the National Research Council (US) Committee on Toxicology.

Here's What to do if One is Hit by Tear Gas

1. Hold your breath.
2. Close your eyes if possible.
3. Get out of the area as quickly as possible.
4. If you take in tear gas, don't panic. ...
5. Take out your contacts or wash your glasses if you wear either.
6. You may need to rinse your eyes.
7. Air out those clothes.
8. Stay dry.

How is a Rainbow Formed?

Deepika
Roll No. 72

What is a Rainbow?

A rainbow is a multi-colored, arc-shaped phenomenon that can appear in the sky. The colors of a rainbow are produced by the reflection and dispersion of light through water droplets present in the atmosphere. An observer may perceive a rainbow to be located either near or far away. In essence, a rainbow is an optical illusion.

Rainbows present a spectrum made up of seven colors in a specific order. VIBGYOR is the mnemonic for remembering the colors of a rainbow and their order. "Roy G. Biv" stands for: red, orange, yellow, green, blue, indigo, and violet. The outer edge of the rainbow arc is red, while the inner edge is violet.

How is a Rainbow Formed?

A rainbow is formed when light (generally sunlight) passes through water droplets hanging in the atmosphere. The light waves change direction as they pass through the water droplets, resulting in two processes: reflection and refraction. When light reflects off a water droplet, it simply bounces back in the opposite direction from where it originated. When light refracts, it takes a different direction. Some individuals refer to refracted light as "bent light waves." A rainbow is formed because white light enters the water droplet, where it bends in several different directions. When these bent light waves reach the other side of the water droplet, they reflect back out of the droplet instead of completely traversing the water. Since the white

light is separated inside of the water, the refracted light appears as separate colors to the human eye.

Colors of the Rainbow

Each individual wave of color has a different length. For example, red light has the longest wavelength and only bends at about a 42-degree angle. Violet light, in contrast, has the shortest wavelength and bends at around 40 degrees before exiting the water droplet. Because the red light wavelength is longer, it most commonly appears on the outside edge of the rainbow. Similarly, the other colors are also ordered according to their wavelength. Other waves of light are also reflected from the rainbow, however, these light waves are not visible to the naked human eye. At the other end of the spectrum is infrared radiation and radio waves.

Types of Rainbows

Rainbows are formed in a number of ways. Some of the various types of rainbows are highlighted below:

Double Rainbow

A double rainbow occurs when a second rainbow is visible above the principal rainbow. The second rainbow is not as bright as the first. This phenomenon is made possible by double reflection, which causes the color order of the second rainbow to be reversed.

Moonbow

Although most rainbows are associated with sunlight occurring immediately after a rain shower, some rainbows are created by the light of the moon.

Fogbow

Like moonbows that typically occur in waterfall spray, fogbows can be seen in instances of thin fog combined with significant sunlight. In this case, light reflects off a dense collection of water particles,

which results in a wide and bright rainbow.

Reflection Rainbow

Reflection rainbows can be seen above large bodies of still water, such as lakes. These reflections occur when a primary rainbow is visible over the surface of water

Why do Leaves Change Colour?

Divya

Roll No. 14

Yellowing of leaves on your houseplants can be caused by a number of conditions. Sometimes the cause is obvious, which means that you can diagnose and fix it immediately. There are other times when the problem is more of a mystery. In these cases, you'll need to try changing one thing at a time until you see improvement in your plant.

Even after you correct the problem, it's still likely that the yellow leaves will fall off with time. Don't worry, if the plant regains its health, it's possible that new leaves will fill in during the next growing season. Growing plants is always a matter of patience. Do your best to eliminate these common reasons for yellowing leaves, then wait to see what happens.

Moisture Stress

Overwatering or underwatering are the most common culprits when a plant's leaves turn yellow. With potted plants, it is crucial that you only water as much as the plant needs.

If you have a plant with yellow leaves, check the soil in the pot. Is it dry? Is it soaked?

If plants don't receive enough water, they drop leaves to prevent transpiration (essentially, a plant's

way of sweating) to conserve water. Before they drop, though, the leaves will typically turn yellow. If the soil is dry and this is happening, make it a point to get the plant on a regular watering schedule.

Too much water can be just as damaging to leaves. When the soil doesn't drain well, an overdose of water leaves the soil waterlogged and root systems can literally drown. Without oxygen, roots start to die.

Normal Aging

As many plants age, the lower leaves will turn yellow and drop off. This is simply a normal part of their growth. It is especially true of foliage plants such as Dieffenbachia and Dracaena, which are popular types of houseplants.

In this case, don't worry. If the plant becomes too leggy, consider trimming back the main stem to promote new growth and bushing.

Cold Draft

Cold drafts on tropical plants will often cause the leaves to turn yellow and drop. This is different from short periods of exposure to intense cold, which will cause outright browning on the foliage or pale, transparent spots to appear between veins.

If your plant is near an air-conditioner vent in summer or a drafty window in winter, move it to a less turbulent place. Keep an eye on it to see if the yellow leaves spread any further. It's also a good idea to mist tropicals that you're overwintering to increase the humidity.

Lack of Light

Plants that receive too little light will often start to yellow on the lower leaves before those leaves drop.

If this is your issue, there is a clue that you can look for.

A plant that is yellowing from a lack of light will typically yellow on the side that is away from the light source. The leaves near the window, for instance, are getting all the light and blocking the opposite side.

If this is the case, move the plant to a sunnier location and see how it does. If window light is tough to come by in your home—especially in winter—you might need to rig up an artificial plant light or two.

Three Great Wonders of Science

Shivangi Seth

Roll No. 11

Man's behavior of inquiringly, alertness and keen observation of changes in natural happenings has given birth to science and scientific study. Science is nothing but a systematic way of knowledge and living. Science is important because it influences most aspects of everyday life, including food, energy, medicine, transportation, leisure activities and more. Science improves and eases human life at every level, from individual comfort to global issues. **Microchip, world wide web and laser** are the three wonders of the science that have changed the world.

Microchip : An integrated circuit or monolithic integrated circuit (also referred to as an IC, a chip, or a microchip) is a set of electronic circuits on one small flat piece (or "chip") of semiconductor material that is normally silicon. The integration of large numbers of tiny MOS (metal oxide

semiconductor) transistors into a small chip results in circuits that are orders of magnitude smaller, faster, and less expensive than those constructed of discrete electronic components. The IC's mass production capability, reliability, and building-block approach to circuit design has ensured the rapid adoption of standardized ICs in place of designs using discrete transistors. ICs are now used in virtually all electronic equipment and have revolutionized the world of electronics. Computers, mobile phones, and other digital home appliances are now inextricable parts of the structure of modern societies, made possible by the small size and low cost of ICs.

World Wide Web: The World Wide Web (WWW), commonly known as the Web, is an information system where documents and other web resources are identified by Uniform Resource Locators (URLs, such as <https://www.example.com/>), which may be interlinked by hypertext, and are accessible over the Internet. The resources of the WWW are transferred via the Hypertext Transfer Protocol (HTTP) and may be accessed by users by a software application called a *web browser* and are published by a software application called a *web server*. Web resources may be any type of downloaded media, but *web pages* are hypertext media that have been formatted in Hypertext Markup Language (HTML). Such formatting allows for embedded hyperlinks that contain URLs and permit users to navigate to other web resources. In addition to text, web pages may contain references to images, video, audio, and software components which are displayed in the user's web browser as coherent pages of multimedia content.

Multiple web resources with a common theme, a common domain name, or both, make up a website. Websites are stored in computers that are running a program called a web server that responds to requests made over the Internet from web browsers running on a user's computer. Website content can be largely provided by a publisher, or interactively where users contribute content or the content depends upon the users or their actions. Websites may be provided for a myriad of informative, entertainment, commercial, governmental, or non-governmental reasons.

Laser: A laser is a device that emits light through a process of optical amplification based on the stimulated emission of electromagnetic radiation. The term "laser" originated as an acronym for "light amplification by stimulated emission of radiation". The first laser was built in 1960 by Theodore H. Maiman at Hughes Research Laboratories, based on theoretical work by Charles Hard Townes and Arthur Leonard Schawlow.

A laser differs from other sources of light in that it emits light which is *coherent*. Spatial coherence allows a laser to be focused to a tight spot, enabling applications such as laser cutting and lithography. Spatial coherence also allows a laser beam to stay narrow over great distances (collimation), enabling applications such as laser pointers and lidar. Lasers can also have high temporal coherence, which allows them to emit light with a very narrow spectrum, i.e., they can emit a single color of light. Alternatively, temporal coherence can be used to produce pulses of light with a broad spectrum but durations as short as a femtosecond ("ultrashort pulses").

Lasers are used in optical disk drives, laser printers, barcode scanners, DNA sequencing instruments, fiber-optic, semiconducting chip manufacturing (photolithography), and free-space optical communication, laser surgery and skin treatments, cutting and welding materials, military and law enforcement devices for marking targets and measuring range and speed, and in laser lighting displays for entertainment. They have been used for car headlamps on luxury cars, by using a blue laser and a phosphor to produce highly directional white light

Healthcare at Your Fingertips

Alka
Roll No. 12

Health care access, affordability and qualities are problems all around the world. There are well-established disparities based on income and geography, and the high costs of health care present affordability challenges for millions of people. A large number of Individuals do not receive the quality care that they need. The future of healthcare lies in technology. Mobile offers ways to help face these challenges. Through mobile health applications, sensors, medical devices, and remote patient monitoring products, there are avenues through which health care delivery can be improved. These technologies can help lower costs by facilitating the delivery of care, and connecting people to their health care providers. Applications allow both patients and providers to have access to reference materials, lab tests, and medical records using mobile devices. Complex mobile health

applications help in areas such as training for health care workers, the management of chronic disease, and monitoring of critical health indicators. They enable easy access to tools like calorie counters, prescription reminders, appointment notices, medical references, and physician or hospital locators. These applications empower patients and health providers proactively to address medical conditions, through near real-time monitoring and treatment, no matter the location of the patient or health provider. The available health apps can be divided into three categories. The first type lets people keep a record of their health, like the calorie counting apps. The second are educational apps, which keep one updated with latest information. The third category consists of apps that are used for health monitoring. The apps use standard features of a phone like camera, microphone which are not designed for health monitoring. ***Some innovations in mobile health care:***

Instant Heart Rate : Put a finger on the camera lens of the smartphone for 10 seconds, and your heart rate will start flashing on the screen in real time. The camera tracks changes in the colour of the skin with every heart beat (surge in capillary blood flow). The principle behind this app is similar to that used in medical pulse oximeter. A **pulse oximeter** is clipped to the finger of the patient and measures oxygen level in one's blood. **Istethoscope:** Hold the phone against the chest. The microphone picks up sounds from the heart. The sound is amplified by an inbuilt amplifier and then transmitted to earphones.

Sleep Cycle : Put the phone next to your pillow. It monitors your sleep patterns based on the

movements you make. It shows in graphs your sleep patterns through the night: deep sleep, light sleep or dreaming phase. Depending on the alarm you set, it also wakes you at the most appropriate time period. Suppose you set an alarm at 6:45 am. The app will figure out the best time between 6:15 and 6:45 to wake you. The list is endless. Apps have great potential in telemedicine They can be downloaded to your smart phone.

How Technology Effects Human Beings

Kulwinder Kaur

Roll No. 120

Nowadays, technology is an integral part of our daily lives. People all around the globe rely on gadgets for innumerable necessary reasons, such as communication, research, knowledge, entertainment, employment, etc. As the world is developing, more gadgets are getting introduced and more dependent people have become on them. On one side where technology stands at a remarkable position in human life, another side has its negative impacts as well. Though technology has brought a lot of ease and advancement to humankind, the student section of the society has been adversely affected due to it. The young population in its growing age gets easily manipulated with the advanced trending gadgets and is increasingly using mobile phones for text messages, e-mails, YouTube, Facebook and WhatsApp chat. Enlisted below are a few consequences that affect the lives of students due to excessive use of electronic devices.

Aggression: Children naturally replicate what they see. Hence, exposure to violence on television,

movies and recent video games increases the risk of violent behavior in teenagers.

Sleep Disorders: This is one of the major reasons that children should not access electronic gadgets until they reach a certain age. The blue light emitted by the super-sharp display prevents the release of melatonin, an important sleep hormone in children.

Dry Eyes: Electronic devices, such as mobile phones and computers are the main causes of eye problems in children. The fluid present in eyes starts drying due to the overuse of these gadgets. This, in turn, causes multiple eye infections and affects the vision as well.

Hearing Problems: According to experts if a sound up to 85 decibels is heard on a daily basis, then it damages the microscopic hair of the inner ears and converts it into scar tissue. Children love loud music and high volume of electronic devices. And, this is one of major means that gadgets affect their health.

Cancer: Ionizing radiation of the electronic gadgets is cancer causing agent. This radiation leads to several types of cancer, such as leukemia, cancer of skin, thyroid, breast and stomach etc.

Back Ache: One of the worst effects of the use of gadgets on the health of innocent kids is back pain. As they constantly remain engaged with gadgets in a sitting posture, it affects their back and often causes intense pain.

Distractions: Electronic devices like mobile phones are causing distractions in school / colleges and accidents on the road. They are a threat to the environment and cause many dangerous and unhealthy situations. Students therefore just need to strive towards better living keeping track of time

that they spend on such devices to minimize their harmful influences in life.

Beauty – A Gift of Chemistry

Akshi Gupta

Roll o. 142

Chemistry is dominating in all the aspects of our life. Cosmetics and beauty aids are no exception. Much progress has been made in producing chemical products for hair and skin. Some of the chemical preparation used are:

Perfumes: Common ingredients found in perfumes are acetone, ethanol, benzaldehyde, formaldehyde, limonene, methylene chloride, camphor, ethyl acetate, linalool and benzyl alcohol. They are highly volatile chemicals either naturally isolated or synthetically prepared.

Shampoos: have **ingredients** such as cetyl alcohol, laureth-5, lecithin, PEG-4 dilaurate, stearic acid, stearyl alcohol, carboxylic acid, lactic acid, urea, sodium lactate, propylene glycol, glycerin, or polyvinylpyrrolidone.

Hair Spray: The hair spray is essentially a resin. The resin mixed with solvent propellant system which is a solvent like anhydrous C_2H_5OH with CCL_2F_2 . The resin solution is a volatile solvent, the purpose of which when sprayed on hair is to provide a film with sufficient strength to hold the hair in place after the solvent gets evaporated.

Face Powder: A powder must have proper appearance sticking properties, absorption power and spreading ability. It is mixture of talc and zinc stearate. Face powder is used to give the skin a smoother appearance by covering up any oily section.

Vanishing Creams: They can also be called stearate creams. They seem to disappear when spread into skin. Chemically they are oil-in-water emulsions consisting of stearic acid, an alkali, a polyol and water.

Cold Creams: Cold cream is originally a suspension of rose water in a mixture of almond oil and bees wax.

Sun Screen Lotions: They are made up of benzophenone, chemical absorber plus a physical blocker titanium dioxide or zinc oxide.

Thus there are a lot of Beauty aids which are derivatives of chemistry so it is appropriate to say that the beauty today is nothing else, but a gift of chemistry.

Fingerprint Identification

Priya

Roll No. 76

A fingerprint is an impression left by the friction ridges of a human finger. Fingerprint identification is one of the most well-known and publicized biometrics. Because of their uniqueness and consistency over time, fingerprints have been used for identification for over a century, more recently becoming automated (i.e. a biometric) due to advancements in computing capabilities.

Fingerprint matching considers only the obvious features of a fingerprint. Human fingerprints are detailed, nearly unique, difficult to alter, and durable over the life of an individual, making them suitable as long-term markers of human identity. In the Henry Classification System there are three basic fingerprint patterns: loop, whorl, and arch, which constitute 60–65 percent, 30–35 percent,

and 5 percent of all fingerprints respectively. The system used by most experts, although complex, is similar to the Henry Classification System. I

Fingerprint identification, known as dactyloscopy, or hand print identification, is the process of comparing two instances of friction ridge skin impressions, from human fingers or toes, or even the palm of the hand or sole of the foot, to determine whether these impressions could have come from the same individual. Fingerprint identification, also referred to as individualization, involves an expert, or an expert computer system operating under threshold scoring rules, determining whether two friction ridge impressions are likely to have originated from the same finger.

An intentional recording of friction ridges is usually made with black printer's ink rolled across a contrasting white background, typically a white card. Friction ridges can also be recorded digitally, usually on a glass plate, using a technique called Live Scan.

Live scan fingerprinting refers to both the technique and the technology used by law enforcement agencies and private facilities to capture fingerprints and palm prints electronically, without the need for the more traditional method of ink and paper.

Fingerprint image acquisition is considered to be the most critical step in an automated fingerprint authentication system, as it determines the final fingerprint image quality, which has a drastic effect on the overall system performance. There are different types of fingerprint readers on the market, but the basic idea behind each is to measure the physical difference between ridges and valleys. All

the proposed methods can be grouped into two major families: solid-state fingerprint readers and optical fingerprint readers. The procedure for capturing a fingerprint using a sensor consists of rolling or touching with the finger onto a sensing area, which according to the physical principle in use (optical, ultrasonic, capacitive, or thermal) captures the difference between valleys and ridges. When a finger touches or rolls onto a surface, the elastic skin deforms. The quantity and direction of the pressure applied by the user, the skin conditions and the projection of an irregular 3D object (the finger) onto a 2D flat plane introduce distortions, noise, and inconsistencies in the captured fingerprint image. These problems result in inconsistent and non-uniform irregularities in the image. During each acquisition, therefore, the results of the imaging are different and uncontrollable. The representation of the same fingerprint changes every time the finger is placed on the sensor plate, increasing the complexity of any attempt to match fingerprints, impairing the system performance and consequently, limiting the widespread use of this biometric technology. In order to overcome these problems, as of 2010, non-contact or touchless 3D fingerprint scanners have been developed. Acquiring detailed 3D information, 3D fingerprint scanners take a digital approach to the analogue process of pressing or rolling the finger. By modelling the distance between neighbouring points, the fingerprint can be imaged at a resolution high enough to record all the necessary detail.

Aadhar Biometry

Anita Rani

Roll No. 45

Aadhaar number is a UNIQUE 12-digit random number issued by the UIDAI (Unique Identification Authority of India) to the residents of India after satisfying the verification process laid down by the Authority. Biometric devices means the devices that are used for capturing the biometric data inputs i.e. Fingerprint / Iris / both the information from Aadhaar number holders. These biometric devices fall under two categories viz. Discrete Devices, Integrated Devices.

Discrete Devices: These type of devices refer to the class of biometric devices (Fingerprint/IRIS) that require connectivity to a host device such as PC/laptop/Micro ATM etc.

Integrated Devices: The integrated devices have the sensor integrated into the device package i.e. phone/tablet etc.

The form factors in which biometric devices may be deployed include:

- Hand-Held / PoS Device such as MicroATMs, Attendance devices
- USB device connected to PC
- Mobile phone with biometric sensor
- Kiosks such as ATMs, MNREGA job request kiosks

UIDAI Requires that only registered devices should be used by all Authentication Eco partners.

“Registered Devices” refer to devices that are registered with Aadhaar system for encryption key management. Aadhaar authentication server can individually identify and validate these devices and manage encryption keys on each registered device.

Some New Technologies that will Make 2020 Much More Interesting

Manpreet Kaur

Roll No. 79

ECHOBEAT – Echobeat is the latest generation of wireless earphones out of Silicon Valley who are vying for a cut of the Apple Air pods market. Echobeat wireless headphones have great ergonomics and do not compromise on sound quality. They work using Bluetooth technology meaning you can run, climb, or just move around without the fear of them being yanked out of your lugholes by the cable.

DroneX – DroneX is a new mini drone that is perfect for any beginner in the world of drones. It is compact, relatively cheap and is just the size of an average Smartphone.

Mosquitotron – A non-toxic yet effective mosquito trap. This great little anti – pest gadget will keep you and your family safe from being harassed by these little flying devils. It uses UV light to attract and ultimately capture any mosquitoes in your home. Victims are then sucked into the unit and killed by being dried to death.

TapNCharge– If you are fed up with hunting around your house for that damned charging cable, you might want to consider pad like TapNCharge. Place it anywhere you want in your home, plunk your phone on top and the pad will do the rest.

Car GPS tracker with iTrack–iTrack is a great little device that plugs into your car's diagnostics port to feed you real – time updates about your car's current position. Sleep safe and sound in the knowledge that if your car does mysteriously

disappear one day you will be able to track its location and tell the authorities.

SonicX Pro toothbrushes- Improper brushing is the number one cause of many dental problems. This can cost you your hard-earned cash at the dentist as

well as impact your quality of life. Avoid this problem in the future with the next generation in toothbrushes-sonciX Pro. It is 100 times more powerful than other electric toothbrushes on the market.





MATHEMATICS SECTION



BHASKRACHARYA

MRS. ROMA RALHAN
STAFF EDITOR

PRATIBHA
STUDENT EDITOR

Teacher Editorial

Mrs. Roma Ralhan

Assistant Professor

D.A.V. College of Education, Hoshiarpur is a name of trust, a platform for reaching to the goals in life, a surety of confidence build up, an institution which is really contributing in human resource development for our nation's progress. Magazine is also one of those endless efforts through which we inculcate the writing spirit among students.

For many people, memories of Maths lessons at school are anything but pretty. Yet “beautiful” is a word that I and other mathematics teachers often use to describe our subject. How on Earth can Maths be beautiful – and does it matter?

Maths is founded on simple yet powerful elements – numbers. Numbers, just like the elements of nature, share a complex relationship with every other element in that set.

This relationship is universally valid. Mathematical equations stand true on Earth, on Jupiter and even if the sun goes down because math doesn't exist in this physical dimension. It exists entirely in the human mind, it's a mental concept, and I think this is the most beautiful concept made by the human mind. Maths and human beings are co-dependent to each other's growth.

You enjoy solving a problem if you have difficulty solving it. The fun is in the struggle with a problem that resists. It's the same kind of pleasure as with hiking: you hike uphill and it's tough and you sweat, and at the end of the day the reward is the beautiful view. Solving a math problem is a bit like that, but you don't always know where the path is and how far you are from the top. You have to be able to accept

frustration, failure and your own limitations. But if you have enough ability, then you can cultivate it and build on it, just as a musician plays scales and practices to go to a top level. As an editor of mathematics section I whole heartedly appreciate the efforts of would be teachers who gave the best in the form of their articles on various topics of mathematics and showed enthusiasm. I wish them a bright and happy future!

Student Editorial

Pratibha

Roll No. 96

I express my immense gratitude to D.A.V. College of Education, Hoshiarpur for providing me the opportunity to work in the editorial section of college magazine during B.Ed. 2nd semester.

The most fascinating of all knowledge and the most phobia generating subject in school curriculum is Mathematics. The way in which it is introduced to the learners devoid of its daily application has been the root cause of the present scenario as experienced by everyone in the country. Mathematics is the cradle of all creations, without which the world cannot move an inch. Be it cook or a farmer, a carpenter or a mechanic, a shopkeeper or a doctor, an engineer or a scientist, a musician, everyone needs mathematics in their day-to-day life. Even insects use mathematics in their everyday life for existence. All this involves the continuous use of the three branches of mathematics i.e. Trigonometry, Arithmetic and Geometry.

I appreciate all the students who have come forward to show their creativity and present some

information about mathematics as a subject in an interesting way so that the readers can enjoy this so called “Boring” subject and develop some sort of interest. A lot of effort has been put to give this magazine the concrete shape. Despite being so busy in the semester system, all the students have shown enthusiasm to come forward and write articles which is totally commendable. This souvenir is indeed a pious attempt to make our budding talents give shape in creativity and learn the art of being aware because I believe that our success depends upon our power to perceive, the power to observe and the power to explore.

We truly hope that the pages that follow will make an interesting read. I cordially wish all the readers good luck and best wishes!

Some Facts about Mathematics

Pratibha
Roll No. 96

- If you shuffle a deck of cards properly, it is more likely that the exact order of the cards you get has never been seen before in the whole history of the universe.
- “Forty” is the only number that is spelt with letters arranged in alphabetical order.
- The equals sign (=) was invented in 1557 by a Welsh mathematician named Robert Recorde.
- The decimal fractions of seven are the same six recurring digits, in the same order, but starting from a different one.
- Zero (0) is the only number which cannot be

represented by Roman Numerals.

- An Icosagon or 20-gon is a shape with 20 sides.
- From 0 to 1,000, the letter 'A' only appears in 1,000 ("one thousand")
- Among all shapes with the same area, circle has the shortest perimeter.
- The opposite sides of a die always adds up to seven (7)
- $12,345,678,901 \times 7,654,321$ is the product of $111,111,111 \times 111,111,111$. Notice the sequence of the numbers 1 to 9 and back to 1.
- A 'jiffy' is an actual unit of time for $1/100^{\text{th}}$ of a second.

Magic of Numbers

Kajal
Roll No. 92

1. MAGIC OF NUMBER 13

13 is Devil's dozen or a baker's dozen, also known as a long dozen(one more than a proper dozen)

- a.** 13 is only integer that is, along with its fourth power, the sum of two consecutive squares

$$13=2^2+3^2 \text{ and } 13^4 = 119^2+120^2$$

- b.** 13 is the sum and the difference of 2 consecutive squares

$$13=2^2+3^2=7^2-6^2$$

- c.** $13 = (-1^3 + 3^3) \div 2$

- d.** $13^2 = 5^2 + 12^2 = \infty 5^2 - \infty 4^2$

$$13^2 = 8^3 - 7^3$$

 13^2 divides $12!+1$

- e.** If we subtract of sum of its digits, we get

a perfect square

$$13-(1+3)=9=3^2$$

f. If we add the product of its digit we get another perfect square

$$13+(1 \times 3)=16=4^2$$

g. $(10^6-1)/13=27 \times 37 \times 77$ and $77-37-27=13$

h. $1/13=0.076923076923076923....$ (rational periodic infinite decimal)

i. On multiplying the periodic number 76923 by successive multiple of 13, This curious numerical pattern in obtain

$$76923 \times 13 = 0999999$$

$$76923 \times 26 = 1999998$$

$$76923 \times 39 = 2999997$$

$$76923 \times 52 = 3999996$$

$$76923 \times 65 = 4999995$$

$$76923 \times 78 = 5999994$$

$$76923 \times 91 = 6999993$$

$$76923 \times 104 = 7999992$$

$$76923 \times 117 = 8999991$$

$$76923 \times 130 = 9999990$$

2. MAGIC NUMBER OF 14

a. 14 is the square pyramidal number
 $=1+4+9=1^2+2^2+3^2$

b. $1/14=0.0714285714285714285....$

Curiously 7, 14, and 28 are factors and multiples of 14. The digit 5 tells you how many digits 71428 has before they repeat!

c. Arithmetic curiosity: $14^2-7^2=(14+7) \times 7$

d. The squares of 13, 14 and 31 share the same digit: $13^2=169$, $14^2=196$, $31^2=961$

3. MAGIC NUMBER OF 15

a. 15 is a triangular number: $1+2+3+4+5=15$

b. $15^2=(1+2)(3+4+5+6+7+8+9+10+11+12)$

$$c. 15^4=4^4+6^4+8^4+9^4+14^4$$

d. The simplest magic square having a 'magic constant' of 15

2	7	6
9	5	1
4	3	8

4. MAGIC NUMBER OF 16

a. $16=1+3+5+7$ (sum of the four first odd number)

$$b. 16+9=25=5^2$$

$$16 \times 9 = 144 = 12^2$$

5. MAGIC NUMBER OF 17

a. 17 is also the only prime number which is the sum of 4 consecutive primes:

$$17=2+3+5+7$$

b. 17 is the smallest number with four representations as a sum of three primes:

$$17=2+2+13=3+3+11=3+7+7=5+5+7$$

$$c. 17^2=1^3+2^3+4^3+6^3$$

$$17^2=0^3+1^3+2^3+3^3+4^3$$

$$d. 17^3=4,913=(4+9+1+3)^3$$

$$17^4=83,521=(8+3+5+2+1)^4$$

$$17^6=24,137,569=(24-13+75-69)^6$$

6. MAGIC NUMBER OF 18

a. 18 is the area and also the perimeter of a rectangle with 6 and 3 unit sides.

b. 18 is the only number that is twice the sum of its digits.

$$=3+4+5+6 \text{ (the sum of consecutive number)}$$

$$=3^3-3^2$$

$$c. 18^2=6^2+22^2-14^2$$

$$18^3=5832 \text{ and } (5+8+3+2)=18$$

$18^4=104976$ (both results together include all digits once)

7. MAGIC NUMBER OF 19

a. Any number abcdefghiabcdefghi is divisible by 19. Example : 123456789123456789/19

$$= 6497725743339831$$

b. 19 is the smallest prime that can grow 8 times by the right.

19 is prime

197 is prime

1979 is prime

19793 is prime

197933 is prime

1979339 is prime

19793393 is prime

197933933 is prime

1979339339 is prime

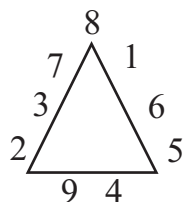
8. MAGIC NUMBER OF 20

a. $20 = 2 + 4 + 6 + 8$ (the sum of first four even number)

b. $20 = 6^2 - 4^2$

$$20^2 = 29^2 - 21^2 = 7^0 + 7^1 + 7^2 + 7^3$$

c. Magic triangle with a constant of 20. 126 is the sum of squared numbers on any sides.



Some Interesting Calculations

Bhawna Kanwar

Roll No. 141

1) A) $(35)^2 = (3 \times 4)(5 \times 5) = (12)(25)$
 $= 1225$

B) $(95)^2 = (9 \times 10)(5 \times 5) = (90)(25)$
 $= 9025$

C) $(205)^2 = (20 \times 21)(5 \times 5) = (420)(25) = 42025$

2) $153 = 1^3 + 5^3 + 3^3$

$$370 = 3^3 + 7^3 + 0^3$$

$$371 = 3^3 + 7^3 + 1^3$$

$$407 = 4^3 + 0^3 + 7^3$$

3) Abacus is considered the origin of the calculator.

4) A) $28 \times 5 = 28 \times 10 / 2 = 140$

B) $1024 \times 5 = 1024 \times 10 / 2 = 5140$

C) $1324 \times 5 = 1324 \times 10 / 2 = 6620$

5) $(11)^2 = 1 \ 2 \ 1$

$$(111)^2 = 1 \ 2 \ 3 \ 2 \ 1$$

$$(1111)^2 = 1 \ 2 \ 3 \ 4 \ 3 \ 2 \ 1$$

$$(11111)^2 = 1 \ 2 \ 3 \ 4 \ 5 \ 4 \ 3 \ 2 \ 1$$

6) Fast trick of multiplication.

$$147 \times 243 = 35721$$

Step 1) $7 \times 3 = 21$

$$\begin{array}{r} 147 \\ \times 243 \\ \hline 35721 \end{array}$$

Step 2) $4 \times 3 + 7 \times 4 + 2 = 42$

$$\begin{array}{r} 147 \\ \times 243 \\ \hline 35721 \end{array}$$

Step 3) $1 \times 3 + 7 \times 2 + 4 \times 4 + 2 = 37$

$$\begin{array}{r} 147 \\ \times 243 \\ \hline 35721 \end{array}$$

Step 4) $4 \times 2 + 4 \times 1 + 3 = 15$

$$\begin{array}{r} 147 \\ \times 243 \\ \hline 35721 \end{array}$$

Step 5) $2 \times 1 + 1 = 3$

$$\begin{array}{r} 147 \\ \times 243 \\ \hline 35721 \end{array}$$

Surprising Beauty of Mathematics

Alka

Roll No.12

Non- mathematicians think that mathematics is the study of how to add, subtract, multiply, or divide numbers. Or , perhaps, that it is something that only makes sense studying if one is going to pursue a science, technology or engineering subject.

But in reality, mathematics is the art of forming meaningful conjectures about patterns that , apparently, govern some structure, and proving (or disproving) these conjectures.

Mathematics is absolutely beautiful and here I have just tried to capture some of its beauty. I hope you enjoy reading this!

- The cyclic number:**

142857, is the best known cyclic number. If it is multiplied by 2,3,4,5 or 6, the answer then will be a cyclic permutation of itself.

$$142857 \times 1 = 142857$$

$$142857 \times 2 = 285714$$

$$142857 \times 3 = 428571$$

$$142857 \times 4 = 571428$$

$$142857 \times 5 = 714285$$

$$142857 \times 6 = 857142$$

- Here are some square roots of the numbers which are formed from the addition of its parts.

$$\sqrt{(81)8 + 1} = 9$$

$$\sqrt{(2,023)02545} = 5$$

$$\sqrt{(3,023)02555} = 5$$

$$\sqrt{(9,809)8019} = 199$$

$$\sqrt{(88,2089)209} = 297$$

- 9 is an interesting number, in following way:

$$(1 \times 9) + (1 + 9) = 19$$

$$(2 \times 9) + (2 + 9) = 29$$

$$(3 \times 9) + (3 + 9) = 39$$

$$(4 \times 9) + (4 + 9) = 49$$

$$(5 \times 9) + (5 + 9) = 59$$

SO, here all the two digits end in 9.

- Euler's Identity: $(e^{i\pi}) + 1 = 0$**

In mathematics, the Euler's Identity is called " The Most Beautiful Equation ". Because it manages to encompass the five neutral constants in mathematics.

Ø 1 - the basis of all other numbers and the multiplicative identity.

Ø 0 - the neutral element for addition and subtraction.

Ø (i) - the imaginary unit which satisfy $i^2 = -1$.

Ø π - the ratio of a circle's circumference to its diameter. ($\pi = 3.14....$)

- Here is an interesting trick to check the divisibility of any number by 3. A number is divisible by 3 if the sum of its digits is also divisible by 3. For example: 123456
 $1+2+3+4+5+6=21$
 21 is divisible by 3. So , 123456 is also divisible by 3.

- Blackhole Number :**

It is one of the most interesting number i.e.

the number 4.

Let's discuss.

Take any word like **"MATHEMATICS"**.

The above word is made up of **"ELEVEN"** letters.

And the word **"ELEVEN"** made up of **"SIX"** letters.

The word **"SIX"** made by **"THREE"** letters.

And **"THREE"** is made by **"FIVE"** letters. And at last **"FIVE"** is made up of **"FOUR"** letters.

And **"FOUR"** is made by 4 letters.

You can try it with any word or number or thing. At last you get only result **FOUR**. That's why it is called Blackhole Number.

- **"SEVEN"** is the most commonly used numeric in human culture, we have Seven Wonders, Seven Rainbow Colors, Seven Seas, Seven Dwarfs and Seven days of Week.
- **2520** is the smallest number which can be divided by all the numbers from 1 to 10.

Facts About '0'

Diksha

Roll No.34

1. The name "Zero" derives ultimately from the ARABIC SIFR which also gives us the word "CIPHER"

2. The first use of the symbol which we recognise today as the notation for zero "0" is Omicron.

3. The value of "0" was first used by the Ancient Indian Mathematician "

ARYABHATTA". 4. Zero is used as an empty place indicator on our place value number system.

5. The place value system, the decimal system was developed in India in 100 BC.

6. Brahma Gupta attempted to give the rules for Arithmetic involving zero and negative numbers in the 7th century.

7. "0" is the only number that cannot be represented in Roman Numerals.

∞ Any number to the power zero is 1 and zero to any power is zero. i. e. $n 0 = 1$. e. g. $9^0 = 1$ and $0^9 = 0$ and still there is no answer about 0^0 .

9. The number zero is neither positive nor negative, neither a prime nor a composite number, nor it is a unit. It is even number.

10. Zero is the only number known with so many names which include ZIP, ZILCH, NIL, NOUGHT, NAUGHT.

11. The sum of zero and a negative number is negative, the sum of positive number and zero is positive, the sum of zero and zero is zero

i.e. $0-3 = -3$ (negative) $7+0 = 7$ (positive)
 $0+0 = 0$

12. Although, mathematicians have used 'zero' since at least the 4th century, the word 'zero' was first recorded in English only in 1604.

13. Number divided by Zero : Zero is unbiased, which means there is no such thing as -0 and $+0$. $1/0 = \infty$ and $1/-0 = -\infty$ are wrong in terms of strict math. So the mathematicians call it UNDEFINED.

14. Square root of zero is '0' because '0' multiplied or divided by any number is '0'.

15. Math without Zero : Today, it is difficult to imagine how could you have mathematics without zero. Without the concept of zero as a number, none of this would be possible.

Have You Ever Heard About ...?

Sandeep Kaur

Roll No. 29

- 1) **Ramanujan number:** - 1729 is known as Ramanujan number. Because it is the smallest number which can be expressed as the sum of two cubes in two different ways as follows:

$$1729 = 1^3 + 12^3$$

$$1729 = 9^3 + 10^3$$

Actually 1729 was a *taxicab number*. There was a story behind this number as follows:

Godfrey Hardy was a professor of mathematics at Cambridge University. One day he went to visit a friend, the brilliant young Indian mathematician *Srinivasa Ramanujan*, who was ill. Both men were mathematicians and liked to think about numbers.

When Ramanujan heard that Hardy had came in a taxi he asked him what the number of taxi was. Hardy said that it was just a boring number: 1729. Ramanujan replied that 1729 was not a boring number at all: - It was a very interesting one. He explained that it was the smallest number that could be expressed as the sum of two cubes in two different ways. This story is very famous among mathematicians. 1729 is sometimes known as the

“Hardy-Ramanujan number”.

- 2) **Square root day:** - The only thing about square root day is the *date*. When the day and the month are both the square root of the last two digits of the year, we have a square root day.

April 4, 2016 was a square root day, but the next one won't be until May 5, 2025.

- 3) **Pythagorean triple days:** - The days like 15 August, 2017 ($15^2 + 8^2 = 17^2$) are known as Pythagorean triple days.

- 4) **National Mathematics Day:** - It is celebrated on 22 December every year to mark the birth anniversary of *Srinivasa Ramanujan* and his contributions in the field of mathematics.

- 5) **World Mathematics Day:** - It is celebrated on 15 October every year. The main objective of this day is to free students from boring theoretical mathematics and classroom courses and gives them opportunities to enjoy the beauty of mathematics by participating in maths-themed competitions, quizzes and games.

- 6) **Pi-day:** - Pi-day is celebrated on 14 March every year. Pi-day celebrates the mathematical constant pi (≈ 3.14). It is celebrated on March 14 because *month/date* format 3/14 of this date resembles the first three digits of pi (≈ 3.14).

- 7) Greek mathematician “*Archimedes*” is widely considered by many to be the “*Father of Mathematics*.” He is regarded as one of the leading scientists in classical antiquity and is credited with designing numerous innovative machines, including the screw pump and siege

engines.

- 8) **Highest Awards in Mathematics:** - *The Fields Medal* has for a long time been regarded as the most prestigious award in the field of mathematics and is often described as the *Nobel Prize of Mathematics*. Unlike the Nobel Prize, The Fields Medal is only awarded in every four years.

The other awards in the field of mathematics are – Abel Prize, Wolf Prize in mathematics, Chern Medal etc.

- 9) **Mathematics in Nature:** - Mathematics can be found everywhere. Some of the examples of mathematics in nature are as follows:

a) **Snowflakes:** - These are examples of *symmetry* in nature. Symmetry can also be found in Peacock's feather, leaves of some trees, flowers and some birds etc.

b) **Sunflowers:** - The seeds of sunflower follows a *Fibonacci sequence* (a type of numerical symmetry), which is a sequence where each number is determined by adding together the two numbers that preceded it. Example :

1,2,3,5,8,13,21,34,55..... . Sunflowers also boast *radial symmetry*.

- a) **Uteruses:** - According to a gynecologist at the University Hospital Leuven in Belgium, doctors can tell whether a uterus looks normal and healthy based on its relative dimensions – dimensions that approximate to Golden ratio (=1.62 app.).
- b) **Nautilus shell:** - It is grown in a *Fibonacci spiral pattern*.
- c) **Romanesco Broccoli:** - It represents *fractal*

symmetry in nature. In geometric terms, fractals are complex patterns where each individual component has the same pattern as the whole object. In case of Romanesco broccoli, each floret is a miniaturized version of the whole head's logarithmic spiral. This means entire veggie is one big spiral composed of smaller, cone-like mini-spirals.

d) **Pinecones:** - Pinecones have seed pods that arrange in a *spiral pattern*. They consist of a pair of spirals. Each one twisting upwards in opposite directions.

e) **Honeycombs:** - Honeycombs are built by bees in *hexagonal shapes* because this shape is most efficient for storing the largest possible amount of honey while using the least amount of wax. Shapes like circles would leave gap between the cells because they won't fit perfectly together. Either way, it is a fascinating example of symmetry in nature. Bees are architectural masterminds.

f) **Tree branches:** - The *Fibonacci sequence* is so widespread in nature that it can also be seen in the way tree branches form and split.

g) **Human face:** - Human faces possess *Bilateral symmetry*. Faces, both of human and other species like animals which have dimensions that approximate to Golden ratio are symmetrical in nature.

h) **Milky Way Galaxy:** - Recently, a new section on the edges of the Milky Way Galaxy was discovered and by studying

this, astronomers now believe that Galaxy is a *new-perfect image of itself*. Using this new information, scientists have become more confident in their theory that the galaxy has only two major arms – Scutum-Centaurus and Perseus.

As well as having *mirror symmetry*, the galaxy has another amazing design like nautilus shells and sunflowers, each 'arm' of the galaxy symbolizes a logarithmic spiral that begins at the galaxy's centre and expands outwards.

Golden Ratio

Palvi

Roll No. 148

18th century Mathematician Abraham De Moivre, Daniel

Bernolli and Leonhard Euler used a Golden Ratio.

Two quantities are in the Golden Ratio if their ratio is the same as the ratio of their sum to the larger of the two quantities.

Actual value of Golden Ratio=

1.61803398874989484820..... (etc.)

Formula of Golden Ratio Property: -

$$a/b = (a + b)/a$$

$$a/b = a/a + b/a \quad [\text{Split the right hand fraction}]$$

[where a/b is Golden Ratio ϕ , $a/a=1$ and $b/a=1/\phi$]

Which get us $\phi=1+1/\phi$

So the Golden Ratio can be defined in terms of itself.

Let us test if using just a few digits of accuracy: -

$$\phi=1+1/1.618$$

$$\phi=1+0.61805.....$$

$$\phi=1.61805..... \quad [\text{More digit more accuracy}]$$

- It is also known as Golden Mean, Golden Section, Divine Proportion.

- Phi(ϕ) the Golden section has been used by mankind for centuries in architecture

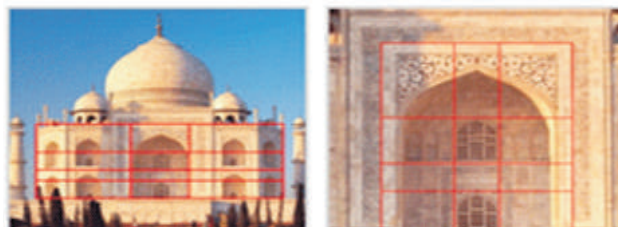
1) The Parthenon

It built in 447 to 438 B.C. It shows one of the ways that the Golden Ratio is often reported to appear in its design.



2) The Taj Mahal

Renaissance artists of the 1500's in the time of Leonardo De Vinci knew it as the Divine proportion



3) Notre Dame

It was built in between 1163 and 1250. It is asymmetrical design because of parallax distortions, the Golden Ratio lines of the green, blue and red rectangles confirm closely to the major architecture lines.



4) Toronto's CN Tower

It has contained the Golden ratio in its design. The Ratio of observation deck at 342m to the total height of 553.33 is 0.618 or Phi.



Do You Know?

Priya

Roll no: 13

- The Egyptians developed rules for determining the areas of rectangles, triangles, trapezoids and circles.
- The ancient Egyptians were the first civilization to develop and solve second degree (quadratic) equations. The information found in Berlin papyrus fragment.
- **Berlin papyrus fragment**
The Berlin papyrus 6619, simply called the Berlin papyrus when the context makes it clear, is one of the primary sources of ancient Egyptians mathematics
- One of the two mathematics problems on the Berlin papyrus may suggest that the ancient Egyptian knew the Pythagorean Theorem.
- The computer science and computing is largely depended on logic, numeric analysis and algebra.
- Mathematics is a universal language in that it is a language understood in all countries.
- The Hindu Arabic numeric system began

developing as easily as the first century with the full system being established around the ninth century forming the basis of numerical digits 0,1,2,3,4,5,6,7,8,9, that we use today.

- The sum of odd numbers starting at one is always as square number.

e.g 1

$$1+3=4 \text{ -----}(2)$$

$$1+3+5=9$$

Amazing Facts about Mathematics

Neha

Roll No. 47

1. Pi and pizzas are linked

You multiply Pi multiplied by the radius squared to find the area and multiply area by height to find the volume, That means the volume of a pizza that has a nominal radius of (z) and height (a) will, of course, be : $\pi \times z \times z \times a$

And strangely, if you enter Pi to two decimal places (3.14) in the your calculator and look at it in the mirror, you'll see it spells 'pie'.

2. Nature loves Fibonacci sequences

The spiral shapes of sunflowers and other patterns in nature follow a Fibonacci sequence, where adding the two preceding numbers in the sequence gives you the next (1, 1, 2, 3, 5, 8, 13, 21, 34, etc.)

i. e. $1+1=2$, $1+2=3$, $2+3=5$, $3+5=8$, $13+21=34$ so on.

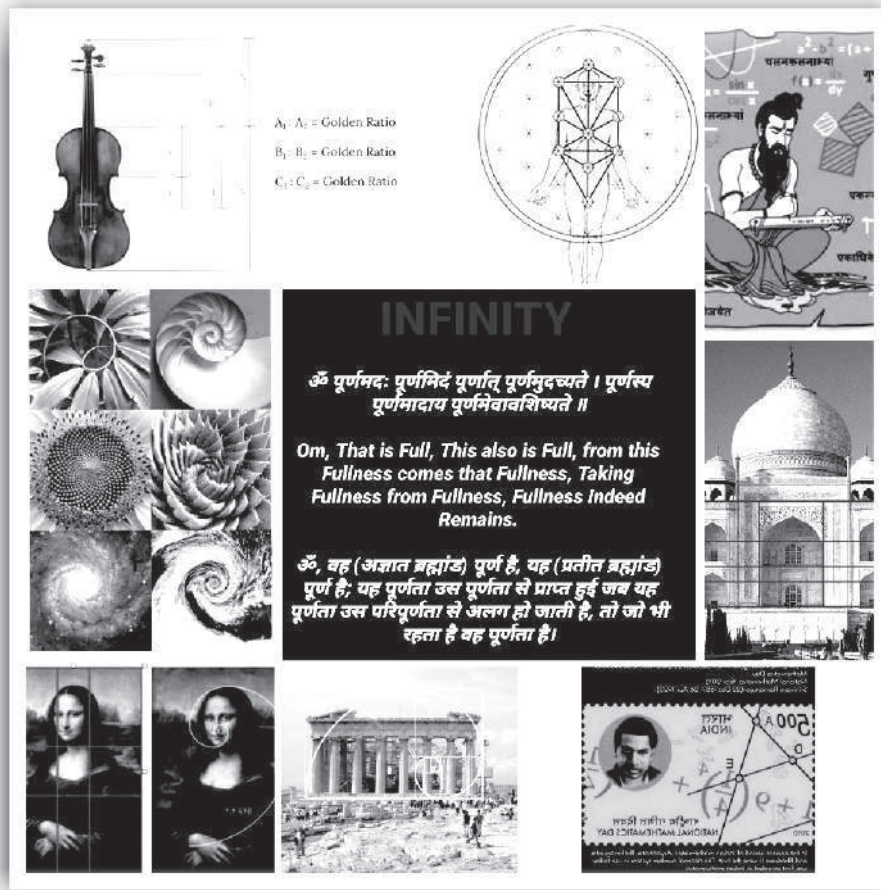
3. Seven is the favorite number

You might have guessed that most people's favorite

number is 7 but that's now been proven.

A recent online poll of 3,000 people by Alex Bellos found that around 10 % of them chose seven, with three as the runner-up. That might be because seven has so many favorable connections (seven wonders of the world, pillars of wisdom, seven seas, seven

dwarves, seven days, seven colors in the rainbow). But it's also true that seven is "arithmetically unique" - the only single number you can't multiply or divide while keeping the answer within the 1-10 group.



Fun & Festivities



Winners of Mr. Punjab and Miss Punjaban DAVCE-2019 Contest celebrating victory with Hon'ble Secretary Sh. D.L. Anand (Worthy Chief Guest) and other eminent dignitaries



Hon'ble Secretary Sh. D.L. Anand with eminent Members of the Management and Staff lighting the sacred bone fire during the celebration of Lohri



Hon'ble Secretary Sh. D.L. Anand with Vice-President Prof. R.M. Bhalla & other dignitaries observing the Rangoli made by a student during Diwali Mela



Students with Hon'ble Secretary Sh. D.L. Anand, Vice-President Prof. R.M. Bhalla, Joint Secretary Prof. Sharanjit Saini, other dignitaries Principal Dr. S.S. Sharma & Faculty Members celebrating Basant Panchami



Participants and Winners of Mehendi Competition displaying their Mehendi Designs

Teachers in the Making



Secretary Sh. D.L. Anand (Worthy Chief Guest) with Vice-President Prof. R.M. Bhalla, Inspector Harbans Lal, and eminent dignitaries presenting a trophy to the winner of the Nukkad Natak Team during Vigilance Awareness Campaign



Secretary Sh. D.L. Anand with Vice-President Prof. R.M. Bhalla judging the models of the teacher trainees



Winners of Zonal Level Skill-in-Teaching Competition with Observer Dr. Anil Taneja, Principal Dr. S.S. Sharma, Judges and Coordinator Dr. Arti Saluja celebrating their victory



Students who brought laurels from different colleges in Zonal and Inter-Zonal Skill-in-Teaching Competitions celebrating their victory with the Principal and Faculty Members



Students of Pedagogy of Science Group exhibiting their models during On-the-Spot Teaching Aid Preparation Competition

Let us Save Environment



Hon'ble Secretary Sh. D.L. Anand with other eminent Members of the Management, Principal Dr. S.S. Sharma, Faculty Members and Teacher Trainees planting a sapling during “Tree Plantation Drive”



Students of Water Conservation Club with Principal Dr. S.S. Sharma, Dr. Arti Saluja, Coordinator Dr. Monika and Teachers-in-Charge during “Water Conservation Awareness Programme”



Students of Energy Conservation Club with Principal Dr. S.S. Sharma, Dr. Arti Saluja, Coordinator Dr. Monika and Teachers-in-Charge during “Energy Conservation Awareness Programme”



Principal Dr. S.S. Sharma, Mr. Parveen Kumar (Office Superintendent) and Supporting Staff Planting a sapling on “World Environment Day”



Faculty Members and Students planting a sapling during “Hariyali Movement”

College Miscellany



Principal Dr. S.S. Sharma with Special School President Er. Malkiat Singh Maheru, Faculty Members and Students during Candles Exhibition by Children of Asha Kiran Special School



Mr. Jaswinder Singh being honoured by President Dr. Anoop Kumar with Secretary Sh. D.L. Anand and other eminent dignitaries during his retirement party



Dr. Anil Taneja (Observer) receiving floral welcome from Principal Dr. S.S. Sharma



The Principal with Faculty Members attending two days online training programme on Virtual Teaching organized by DCDC, P.U. Chd.



Vice-Principal Dr. Arti Saluja, Faculty Members and Students enjoying their visit to D.A.V. College, Hoshiarpur



COMPUTER SECTION



V.A. SHIVA AYYADURAI

MRS. PRIYA SHARMA
STAFF EDITOR

MANPREET SINGH
STUDENT EDITOR

Teacher Editorial

Ms. Priya Sharma
Assistant Professor

At the outset, on behalf of the computer section of this college I extend my whole hearted gratitude to D.A.V. College of Education for giving me an opportunity to update the readers with latest trends in technology. Education and technology are inseparable in modern world. The curriculum has to gear up to challenges of ICT, making teaching learning process a joy.

Technology rich learning environment using e-learning can engage the learners giving them a sense of empowerment. ICT has reshaped the teaching learning process. The knowledge of ICT is also required for pre-service teachers during their training programme, because this technological knowledge helps a prospective teacher to know the world of technology in a better way. This institution is doing an extraordinary work by providing adequate infrastructure and technical support for applying ICT in teacher education. This magazine is also included in one of such efforts. The computer section of this year's magazine captures the current technological advancements. Being an editor of the computer section, I would like to congratulate all the pupil teachers, who have done immense hard work in the creation of this section and more importantly I hope that the articles in this section inspire you. To conclude with, I give my best wishes to all the students for their bright future saying that, **“Aim high and don't let anything stand in your way.”**

Student Editorial

Manpreet Singh
Roll No. 304

Cyber Security

Computer security, cyber security or information technology security is the protection of computer systems and networks from the theft of or damage to their hardware, software, or electronic data, as well as from the disruption or misdirection of the services they provide.

Purpose of cyber security

Cyber security measures should always be implemented to protect the data of small and large organizations and individuals. Even though significant security breaches are the ones that often get publicized, small organizations still have to concern themselves with their security posture, as they may often be the target of viruses and phishing.

Why is cyber security important?

Cyber security is important because it helps protect an organization's data assets from digital attacks that could damage the organization or individuals if placed in the wrong hands. Medical, government, corporate and financial records all hold personal information. Security incidents can lead to losses in terms of reputation, money, theft of data, deletion of data and fraud.

What cyber security can prevent

Cyber security helps prevent data breaches, identity theft and ransomware attacks, as well as aiding in risk management. When an organization has a strong sense of network security and an effective incident response plan, it is better able to prevent and mitigate cyber attacks. The process of

keeping up with new technologies, security trends and threat intelligence is a challenging task.

Cognitive Computing (CC) Technology

Satnam Singh

Roll No. 306

Cognitive Computing is a technology that are based on the scientific principles behind artificial intelligence and signal processing, encompassing machine self learning, human computer interaction and data mining. Cognitive computing has been used to refer to new hardware or software that mimics the functioning of human brain and helps to improve human decision making. CC act as engineered to feed on dynamic data in real time. CC interacts easily with users so that users can define their needs comfortably. It also interacts with other processors and devices. Word Processing documents, emails, videos, images, audio files, Web Pages, social media and many other data formats are often need to be mutually tagged with metadata before they can fed to the computers for analysis and insight generation. The principal benefit of cognitive analytics over traditional big data analytics is that such datasets do not need pre tagged. CC is used in the field of education as it relieves the stress that teacher facing while teaching the students. CC technology is widely used in the medical fields. CC in conjunction with big data and algorithms that comprehend customers needs, can be major advantage in economic decision making. Spark Cognition, Expert system, Microsoft Cognitive Services, IBM Watson, Deep mind, are some top cognitive computing companies. CC

technology is very useful in the modern stressful world. It has large scope and future. Every work field is adopting CC tech because of its very fast growth and its wide applications.

Cloud Computing

Ajay Bains

Roll No. 310

Cloud computing is the delivery of on-demand computing services -- from applications to storage and processing power -- typically over the internet and on a pay-as-you-go basis. Rather than owning their own computing infrastructure or data centers, companies can rent access to anything from applications to storage from a cloud service provider.

One benefit of using cloud computing services is that firms can avoid the upfront cost and complexity of owning and maintaining their own IT infrastructure, and instead simply pay for what they use, when they use it. In turn, providers of cloud computing services can benefit from significant economies of scale by delivering the same services to a wide range of customers.

Cloud computing services cover a vast range of options now, from the basics of storage, networking, and processing power through to natural language processing and artificial intelligence as well as standard office applications. Pretty much any service that doesn't require you to be physically close to the computer hardware that you are using can now be delivered via the cloud.

Cloud computing underpins a vast number of services. That includes consumer services like Gmail or the cloud back-up of the photos on your

Smartphone, though to the services which allow large enterprises to host all their data and run all of their applications in the cloud. Netflix relies on cloud computing services to run its video streaming service and its other business systems too, and have a number of other organizations. Top cloud providers in 2020: AWS, Microsoft Azure, and Google Cloud, hybrid, SaaS players.

5G and its Role in Transforming Education

Lovedeep Kaur

Roll No. 67

Wireless network technology started with 1G in the 1980s, and subsequent generations like 2G, 3G and 4G have introduced and optimized capabilities such as calling, texting and web browsing. It's been nearly a decade in the making, but 5G revolution is finally becoming a reality. 5G was first invented in late 2018. **Verizon** is one of the first companies for developing 5th generation mobile networking technology, according to CNET. On 23 February 2019, Bharti Airtel and Huawei have successfully conducted India's first 5G network trial at the Airtel network experience centre in Manesar, Gurugram.

What is 5G?

5G is the 5th generation network technology for digital cellular networks that widely distributed in 2019. In short, it is a new technological revolution with 3 key areas: greater device capacity, greater network speed and lower latency.

5G in Education: Education will be one of the areas that 5G technology will completely transform as follows:

- **Virtual and Augmented Reality (AR and**

VR): Whereas 4G struggles to maintain VR and AR experiences, 5G makes it possible for students to explore the concepts with VR and AR.

- **Immediate access** to researches, videos in a better speed and quality than 4G. This will not only save time but will also help the students not to lose interest in their lesson.
 - **Assistance for Special Needs Students:** Robot applications for assistance to special needs students aren't responsive with 4G. Here also, 5G enables robots to be full time assistants of the special need students to help with learning.
 - **Flexibility:** 5G will help students continue their education outside the classroom regardless of distance or location.
 - **IoT (Internet of Things):** The deployment of 5G in education will greatly increase the potential of IoT based applications. These applications will change the role of teachers in the classroom, allowing them to concentrate more on each student.
- Thus, 5G could give access to a higher, empowered and futuristic education.

Apps could take up Less Space on your Phone, thanks to New Streaming Software

Gurpreet kaur

Roll No. 04

If you have to delete apps when your phone's storage space is full, researchers have found a solution for it.

A new software called "App Streamer", "Streams"

data and code resources to an app from a cloud server when necessary. Thus the app uses only the space it needs on a phone at any given time.

This process is similar to watching Netflix movies on a computer. Netflix is the world's leading internet television network with more than 33 million members in 40 countries enjoying more than 1 billion hours & TV shows & movies per month including Netflix original series. The Netflix movies are not actually stored on a computer. They are streamed to you as you are watching them.

The research has been carried out by Saurabh Bagchi, Professor of Electrical & Computer Science; Purdue University and Director of the Center for Resilient Infrastructure, Systems & Processes.

The Study conducted showed that the “App Streamer” Software cuts down Storage requirement by approx 85% for popular gaming apps on an Android platform. The Software also allows faster downloading of the apps.

“App Streamer” is a “middle ware” located between the apps on a device & the operating system which automatically predicts when to fetch data from a cloud server.

App streamer could help phone better accommodate 5G connectivity thereby favoring instant downloading of apps, and making the apps acquire minimum space on phone.

“App Streamer” can also be used for “Self driving” cars to respond to their surroundings more safely by reliably pulling data from server in milli seconds.

This particular study was presented on Feb18 at the 17th International Conference on Embedded wireless System & Network in Lyon, France.

Computer Changed History

Anita Rani

Roll No. 45

Computer have evolved and advanced significantly over the decades since they originated. Many Years ago, in their most rudimentary form, computers have become smaller and faster, enabling people to use them virtually anywhere. New computer technology has enabled more advanced business task as well. Learn more about how computers have evolved and created a more interconnected world.

- 1937: George Stibitz, a Bell laboratories scientist, originated the *use of relays as a demonstration adder*.
- 1939: Bill Hewlett and Dave Packard founded Hewlett-Packard in a rented garage in Plato Alto, California.
- 1941: Konard Zuse, a German engineer, designed the *Z3 computer*.
- 1944: An Austrian engineer named Curt Herzstark working on preliminary designs of a *Four Function Calculator*.
- 1948: Researchers with the University of Manchester developed the “*Manchester Baby*”, the researchers wrote and ran the *first computer program* on the Manchester Baby.
- 1950: The *UNIVAC 1* began attracting the attention of the public.
- 1954: IBM began selling its “*Defense Calculator*” to some corporate entities, such as aircraft companies and research laboratories.
- 1957: MIT researchers succeeded in building a *Programmable Computer Containing Transistors*.

- 1962: The Atlas computer was brought online.
- 1968: Experts in the MIT instrumentation laboratory designed *the Apollo Guidance Computer*.
- 1971: *Intel 's 4004 microprocessor* was the first invention of its kind.
- 1976: Steve Wozniak was instrumental in the design and release of the *APPLE-1 Single board computer*.
- 1983: Apple moved forward with the incorporation of a graphical user interface in its *Lisa Computer*.
- 1993: Hand- Held computers took a step forward with the release of *APPLE'S NEWTON*.
- 2002: The Japanese company introduced the *First Camera Phone*. The camera's resolution was 0.11 mega pixels.
- 2007: Amazon released the *Kindle* a new electronic reading system. Apple introduced the *iphone* to the world.
- 2010: Apple released the first *ipad*.
2015: Apple reduced its computer size even further with the launch of the *APPLE WATCH*

Radio Frequency Identification (RFID)

Jasmeen
Roll No. 09

Radio frequency Identification uses the electromagnetic fields to automatically identify and track the tags attached to the objects. RFID tags consist of a tiny radio transponder, a radio receiver and transmitter. RFID tags are of two types: Active tag and Passive tag. Passive tags are powered by

energy from the RFID reader interrogating radio waves. Active tags are powered by a battery and thus can be read at a greater range from the RFID reader; up to hundreds of meters. A radio frequency identify system uses tags or label attached to the subject to be identified. RFID tags consist at least three parts: An integrated circuit that store and processes information and that modulates or demodulates radio frequency, Signal: a mean of collecting DC power from the incident reader signal, and an antenna for receiving and transmitting signal. The tag Information is Stored in a non volatile memory. RFID tag can be affixed to an object and used to track and manage inventory, assets, peoples etc. It can be affixed to cars, computer equipments, books, mobile phones etc. The tags can be read inside a case, cartoon and box. RFID tags can read hundred at a time. Bar codes only read one at a time using current devices. RFID can be used in variety of applications like: Access management, tracking of goods, tracking of persons, machine readable travel documents, airport baggage tracking logistics, billing process. RFID technology helps to lower cost by providing better control of stocks or assets. But sometimes materials like metal and liquid Impact signal. RFID implication is difficult and time consuming. By matching the right type of RFID tag to your application you can ensure a successful development and enjoy the full benefits of the technology. Different type of RFID technology allows you to get creative to solve real world problems.

NFC (Near Field Communication)

Navneet Kaur

Roll No. 51

Near Field Communication is the one of the latest short range wireless communication technologies. NFC provides safe communication between electronic gadgets. NFC enabled devices can just be pointed or touched by the users of their devices to other NFC enabled devices to communicate with them. NFC technology defines two types of devices: Initiator devices and

With NFC technology communication is established when NFC compatible devices brought within a few centimeters of another around 20 cm. NFC technology enables several innovative usage scenarios for mobile devices. Active and Passive are two important modes of NFC. NFC technology works on the basis of RFID technology which uses magnetic field induction to commence communication between electronic devices between close vicinity. NFC operates at 13.56 MHz and has 424 kbps maximum data rates. In card emulation mode NFC devices can offer contactless or wireless smart card standard. This technology enables smart phones to replace traditional plastic card for the purpose of ticketing, payment, sharing files between two phones, service discoveries that is to get information by touching smart phones are important application of NFC using smart phones. Some advantages of NFC to industrial application are:

- NFC enables touch based and easy communication between two devices.
- Communication setup with NFC takes

milliseconds order of time whereas in Bluetooth it is typical in seconds order.

- NFC enables longer lifetime of the of the sensor battery in wireless sensor applications.

Many application of NFC are the extensions to current solutions. Taking these applications to an appropriately equipped mobile device will be next step in the adoption of NFC. NFC has becomes an attractive research area for many researchers and Practioners due to its faster growth and its promising applications related to services.

Quantum Computers

Pratibha

Roll No. 96

Nowadays, technology is expanding its horizons in advancement and computers are no exception to that. Classical computers can do our daily life tasks in seconds but QUANTUM COMPUTERS can do wonders! We need only to look in our pocket to see that traditional computers are powerful. But there are some problems which are ill-suited to solve. This is where quantum computers come in.

“The building blocks of quantum computers are not bits and transistors. They are qubits and physical components so small they operate by the rules of quantum physics.”

Quantum computers perform calculations based on the probability of an object's state before it is measured instead of just 1s or 0s – which means they have the potential to process exponentially more data compared to classical computers. The key components of quantum computers, that is, qubits are literally elementary particles such as electrons, suspended in magnetic fields. This is

Where the weirdness of quantum physics comes into play. The standard shorthand explanation says traditional bits can either be 0 or 1, whereas according to the rules of quantum physics, qubits can be 0,1 or both at the same time. Coherence is the property of a qubit to experience the full range of values. Qubits have some quirky quantum properties that mean a connected group of them can provide way more processing power than the same number of binary bits. One of those properties is known as superposition and another is called entanglement. Scientists are working upon these computers so as to make the time travel possible. Although time travel is still a hypothesis but who knows what technology can unfold!

Quantum computers may at first sight seem

To be impossible, how dare we dream?
Of solving problems that else would take
more time
Than has passed since the cosmos' Big
Bang!

Visual Computing

Sona Kumari

Roll No. 55

Visual computing is a generic term for all computer science disciplines handling with images and 3D models, i.e. computer graphics, image processing, visualisation, computer vision, virtual and augmented reality, video processing, but also includes aspects of pattern recognition, human computer interaction, machine learning and digital libraries. Visual computing is a relatively newly coined term, which got its current meaning around 2005, when the established computer science disciplines computer graphics, image processing, computer vision and others noticed that their

methods and applications overlapped more and more, so that a new generic term was needed.

The ultimate goal is for computers to emulate the striking perceptual capability of human eyes and brains, or even to surpass and assist the human in certain ways.

The Visual Computing Group at Microsoft Research Asia consists of an elite team of researchers whose expertise spans the spectrum of research topics in computer vision, from mathematical theory to practical applications, from physical systems to software development, and from low-level image processing to high-level image understanding. Application areas include industrial quality control, medical image processing and visualisation, surveying, robotics, multimedia systems, virtual heritage, special effects in movies and television, and computer games. Visual analysis of 3D neuro imaging modalities such as MRI and DTI brain imaging is a significant component in research and clinical practice. Visual computing is the next step towards systems fit for real use in all areas using images or 3D objects on the computer.

Google before You Tweet and Think before You Speak

Deepika Rani

Roll No. 72

Think before you speak has now evolved to Google before you tweet. In modern world of social media, with rise in popularity of social media, user now have to be more cautious before posting something because many people everyday seems to misusing social media. The biggest truth is that in spite of offering privacy setting on outlets such as Face

book and Twitter, there is nothing properly hidden. Once you post something, you can never take it back. To use social media in a right way, the first thing to do is it should be used with responsibility. Social media is a universal tool that can be more helpful than harmful if used in a right way.

After that, the real deal maker and breaker is your content. Don't share too much information on social media. Don't do or say something on social media that you wouldn't even know properly about. Share your personal pictures, but don't post anything you wouldn't want everyone to see. Another big thing is don't trust blindly everything you read because social media outlets are very personalized and user friendly, giving people lots of power for misuse. *So it is wise to listen but not always believe.* Professional use of social media is a must in today's world. Just as thinking properly before speaking, similarly social media should be used wisely.

Big Data Problem

Surbi

Roll No. 54

Big data is known as the information that arrives from numerous sources. Analyzing this data can help businesses with actionable insights that help improve their decision making.

Big data usually included data sets with sizes beyond the ability of commonly used software tools to capture, manage, and process data within a tolerable elapsed time. Big data “size” is a constantly moving target, as of **2012** ranging from a few terabytes to many pet byte of data.

Big data is a set of techniques and technologies that new forms of integration to uncover large hidden values from large datasets that are diverse, complex,

and of a massive scale.

In a **2001** research report and related lectures, META group (now Gartner) analyst Doug Laney defined data growth challenges and opportunities as being three dimensional, i.e. increasing volume (amount of data), velocity (speed of data in and out), and variety (range of data types and sources). Big data is high volume, high velocity, and/or high variety information assets that require new forms of processing to enable decision making, insight discovery and process optimization. “Additionally, a new V “veracity” is added by some organizations to describe it.

If **Gartner's** definition (the 3Vs) is still widely used, the growing maturity of the concept fosters a more sound difference between big data and Business intelligence, regarding data and their use.

- Business intelligence uses Descriptive statistics with data with high information density to measure things, detect trends etc.
- Big data uses inductive statistics and concepts from nonlinear system identification to infer laws (regressions, nonlinear relationships, and causal effects) from large sets of data with low information density of reveal relationships, dependencies and perform predictions of outcomes and behaviors.

By another definition, “Big data is a large volume unstructured data which cannot be handled by standard database management systems like DBMS, RDBMS or ORDBMS.”

The 4V's of Big Data

By **Jason Williamson**, The general consensus of the day is that there are specific attributes that define big data. In most big data circles, these are called the 4Vs: volume, variety, velocity, and veracity.

- **Volume** - The quantity of data that is generated is very important in this context. It is the size of the data which determines the value and potential of data under consideration and whether it can actually be considered Big data or not. The name 'Big Data' itself contains a term which is related to size and hence the characteristics.
- **Variety** - The next aspect of Big Data is its variety. This means that the category to which Big Data belongs to is also a very essential fact that needs to be known by the data analysts. This helps the people, who are closely analyzing the data and are associated with it, to effectively use the data to their advantage and thus upholding importance of the Big Data.
- **Velocity** – The term 'velocity' in the context refers to the speed of generation of data or how fast the data is generated and processed to meet the path of growth and development.
- **Veracity** – The quality of the data being captured can vary greatly. Accuracy of analysis depends on the veracity of the source data.
- **Complexity** – Data Management can become a very complex process, especially when large volumes of data come from multiple sources. These data needs to be linked, connected and correlated in order to

be able to grasp the information that is supposed to be conveyed by these data. This situation, is therefore, termed as the 'complexity' of Big Data.

Big Data analytics consists of **6Cs** in the integrated industry **4.0** and Cyber Physical Systems environment. **6C** system, that is, consist of Connection (sensor and network), Cloud (computing and data on demand), Cyber (model and memory), Context (meaning and correlation), Community (sharing and collaboration), and Customization (personalization and value). Considering the presence of visible and invisible issues in an industrial factory, the information generation algorithm has to be capable of detecting and addressing invisible issue such as machine degradation, component wear, etc. in the factory floor.

Role of Computer and School Education System

Shivangi Seth

Roll No. 11

Computer education in schools plays important role in Students career development. Computer with the internet is the most powerful device that students can use to learn new skills and more advanced version of current lessons. Schools are around the globe teaching student's basics of computers and internet.

The uses of computers and internet are growing day by day at high speed. In almost all business, companies, schools using computers for various

official operations. New tech tools are coming that helping students to learn better.

Computers help students to draw the creativity on the computer such as by using windows paint program. If students are taking Hindi Classes or poem writing then they can do it by typing in Hindi on computers. If students are taking Mathematical classes they can use Microsoft Excel application to solve and understand questions.

Parents want their kids to be intelligent and creative. They want to see high marks at the end of the year. They don't want to see their kids don't know about computers when other knows very well. They want to send their kids to schools where the high level of education and schools have enough IT infrastructures. That's why especially private schools are leading in education and taking higher fees because of the importance of computers education. But not all parents are able to admit their students in costly schools.

Computers and the internet not only help students to explore creativity and imagination but also help to understand technologies. Students are future leaders for any nation. Current school students are future doctors, engineers, entrepreneurs. So, for the education development, it is really important to teach students in schools about computers, the internet and its benefits.

Border Security Using Wireless Integrated Network

Vaishali

Roll No. 137

Wireless integrated network sensors (WINS) now provide a new monitoring and control capability for

monitoring and control capability for monitoring the borders of the country. Using this concept we can easily identify a stranger or some terrorists entering the border. Wireless integrated network sensors (WINS) combine sensing, signal processing, decision capability, and wireless networking capability in a compact, low power system. Compact geometry and low cost allows WINS to be embedded and distributed to a small fraction of the cost of conventional wire line sensor and actuator systems. On a local, wide area scale, better field situational awareness will provide personnel health monitoring and enhance security and efficiency. Also, on a metropolitan scale, new traffic, security, emergency and disaster recovery services will be enabled by WINS. On a local, enterprise scale, WINS will create a manufacturing information service for cost and quality control. The opportunities for WINS depend on the development of scalable, low cost, sensor network architecture. This requires that sensor information be conveyed to the user at low bit rate with low power transceiver. Continuous sensor signal processing must be provided to enable constant monitoring of events in an environment. Distributed signal processing and decision making enable events to be identified at the remote sensor. Thus, information in the form of decision is conveyed in short message packets. Future applications of distributed embedded processors and sensors will require massive numbers of devices.

Artificial Intelligence can Beat You at: Solving A Rubik's Cube

Divya

Roll No. 14

Scramble a Rubik's cube, and you will create one of 43 quintillion possible arrangements of those 54 colorful square stickers. But that part—the messing it up part—is easy. Solving it, as any amateur knows, is hard.

People are capable of figuring it out, of course, and doing so astonishingly quickly. The best, like 2019 champion Philipp Weyer, solve it in less than 7 seconds.

And generally, the whizzes who specialize in getting the jumbled cube back to sides of pure red, blue, green, white, yellow, and orange, make that happen in around 50 moves.

While humans have been solving these puzzles for decades, it's time for artificial intelligence's turn: AI can now quickly compute a very efficient solution to a scrambled cube. And 60 percent of the time, this AI will calculate a solution that involves the fewest possible moves, which is generally around 20 or so. In fact, there's a concept in the world of the Rubik's cube known as God's algorithm, which would be the way to solve a cube if an all-knowing deity eyeballed it and simply knew how to solve it in the fewest possible moves. "We are close to God's algorithm," says Pierre Baldi, a computer science professor at the University of California, Irvine, and the senior author on a new study describing the Rubik's-Cube-solving bot in the journal *Nature Machine Intelligence*.

Before you start picturing a robot with mechanical fingers manipulating a cube and climbing atop a

podium at speed cubing competitions, consider that this AI creation is just software. It solves the cube virtually. In fact, there is a decades-long tradition of using games as challenges for artificial intelligence systems.

When it comes to the Erno Rubik's 1974 puzzle, traditional programs could already produce a solution to a scrambled cube using rules-based computing, but the news here is that a type of AI called deep reinforcement learning can now do so.

Since the Rubik's cube is so complex, you can't just expect an AI system to figure it out without training. And just virtually twisting and turning it and trying to solve it randomly definitely don't work, either. Instead, the researchers behind the project began with baby steps—a cube that is very close to its solution, and just needed a few moves to complete. They progressed through “scrambles of increasing complexity” while teaching it, Baldi says.

“It's like a child,” he says. “We first give it easy problems, and then progressively harder problems.”

So how does this algorithm stack up—how good a speed cuber is it? Meanwhile, the version of the AI that the researchers report in their paper is more powerful but slightly slower: it can produce the shortest possible solution 60 percent of the time, but the computational delay for that is around 20 seconds long, according to Baldi. Still, that's much, much faster than it would take a human, a cube in their hands, to figure out a solve that involves a minimal number of moves.

In comparison, remember that humans can do this

in around 6 seconds, but since they're working in the real world, they have to physically twist and turn it. Speed cubers can actually solve the cube using fewer moves than 50, but the faster method by time is actually for them to not to do in the fewest possible twists.

The cube is an elegant puzzle, because while there are quintillions of different ways to mess it up, and many routes to take to solve it, there's only one destination to get to: the solved cube.

Software engineers use games as a framework for building AI algorithms, but also keep an eye on the ways that software that can play games could also be applied to real-world situations. Algorithms like the cube-solver could be applied to situations like this one. "If the robot was to move things randomly take dirty dishes and move them randomly around in the kitchen the kitchen would never get cleaned," he says. "You see the similarity between certain robotic tasks and what we did."

" To Err is Human, but to Really Foul Things up You Need a Computer"

Arshpreet Kaur
Roll No. 71

I am reading various blogs of the computer and that shows i am not a Luddite but computers can be very exasperating. One of my favorite quotations on this topic is the following.

" To err is human, but to really foul things up you need a computer"

When i tried to find out who said this originally. I came across the name of biologist PAUL EHRLICH. The original quote seems to put the blame on a machine and not on the human as the first cause of damage done because in the end it is mostly humans that use computers in a way that causes disasters

I think the issue now is that many think that if you just throw computers at people then wonderful things will automatically happen

Programs about famous airline crashes come to mind. In one episode they showed the most advanced air planed ever designed. It could fly totally by itself, controlled by computers what did the pilot do? He invited his son into the cockpit and he let him steer the plane, causing it to spiral out of control. I forgot if it crashed or not.

Comparing these times with the fifties and sixties. I wonder if it is true that nowadays more things get messed up because the computer is interwoven in so many parts of our lives

CSRF Attack

Pooja
Roll No. 26

Cross site request forgery (CSRF), also known as XSRF, Sea Surf or Session Riding, is an attack vector that tricks a web browser into executing an unwanted action in an application to which a user is logged in.

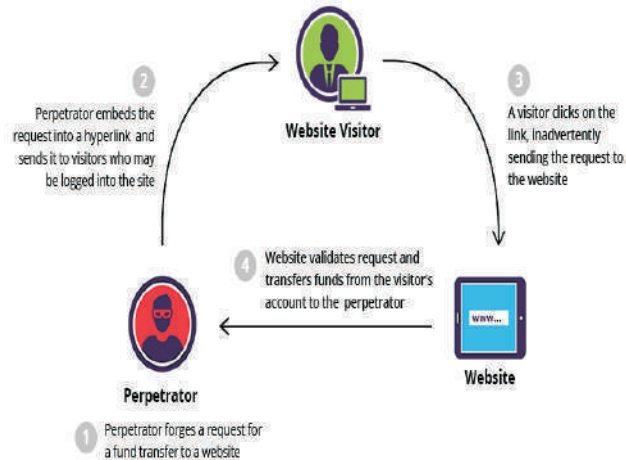
A successful CSRF attack can be devastating for

both the business and user. It can result in damaged client relationships, unauthorized fund transfers, changed passwords and data theft—including stolen session cookies.

CSRFs are typically conducted using malicious social engineering, such as an email or link that tricks the victim into sending a forged request to a server. As the unsuspecting user is authenticated by their application at the time of the attack, it's impossible to distinguish a legitimate request from a forged one.

What is the impact of CSRF Attack?

In a successful CSRF attack, the attacker causes the victim user to carry out an action unintentionally. For example, this might be to change the email address on their account, to change their password,



or to make a funds transfer. Depending on the nature of the action, the attacker might be able to gain full control over the user's account. If the compromised user has a privileged role within the application, then the attacker might be able to take full control of all the application's data and functionality.

Methods of CSRF mitigation

A number of effective methods exist for both prevention and mitigation of CSRF attacks. From a user's perspective, prevention is a matter of safeguarding login credentials and denying unauthorized actors access to applications.

Best practices include:

Logging off web applications when not in use

Securing usernames and passwords

Not allowing browsers to remember passwords

Avoiding simultaneously browsing while logged into an application

Preventing CSRF attacks

The most robust way to defend against CSRF attacks is to include a CSRF token within relevant requests. The token should be:

- Unpredictable with high entropy, as for session tokens in general.
- Tied to the user's session.
- Strictly validated in every case before the relevant action is executed.

Automated Teller Machine (ATM)

Anchal Verma

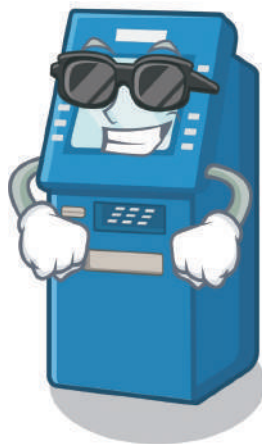
Roll No. 02

ATM stands for Automated Teller Machine. It's a specialized computer or electro-mechanical machine that is used for making financial transactions from bank account. ATMs allow you to withdraw money from personal bank account. At

some ATMs, you can print a statement; check your account balances. The ATM can be of two types; one with basic functions where you can withdraw cash and another one with more advanced functions where you can also deposit cash

Basic ATM devices/parts:

The ATM is a user-friendly machine. It features various input and output devices to enable people easily withdraw or deposit money. The basic input and output devices of an ATM are given below:

**Input Devices:**

Card Reader: This input device reads the data of the card which is stored in the magnetic strip on the back side of the ATM card.

Keypad: It helps the user to provide the details asked by the machine like personal identification number, amount of cash, receipt required or not, etc.

Output Devices:

Speaker: It is provided in the ATM to produce the audio feedback when a key is pressed.

Display Screen: It displays the transaction related information on the screen. It shows the steps of cash withdrawal one by one in sequence. It can be a CRT screen or a LCD screen.

Receipt Printer: It provides you the receipt with details of transactions printed

on it. It tells you date and time of transaction, the withdrawal amount, balance, etc.

Cash Dispenser: It is the main output device of the ATM as it dispenses the cash.

Functions of ATM:

ATM has a lot of functionalities along with its basic use of cash dispensing. Some of them are:

- o Cash and cheque deposit
- o Fund transfer
- o Cash withdrawal and balance enquiry
- o PIN change and mini statement
- o Bill payments and mobile recharge etc.

Interesting Facts about ATM

Inventor of ATM: John Shepherd Barron

World's first floating ATM: State Bank of India (Kerala).

First ATM in India: Installed by HSBC (Hong Kong and Shanghai Banking Corporation) in 1987.

First ATM in the World: It was installed on 27 June 1967 at the Barclays Bank of London.

First Person to use ATM: The famous comedy actor Reg Varney was the first person to withdraw cash from the ATM.

Biometric ATM: Biometric ATM is used in Brazil. As the name suggests, the user is required to scan his or her fingers at these ATMs before withdrawing money.

World's Highest ATM: It is installed in Nathu-La mainly for the army personals. Its height is 14,300 feet above sea level and is operated by Union Bank of India.

The Rise of the Hand-held Computer in School

Anchal

Roll No. 56

As we all know, a lot can happen in the world of technology in a short period of time. Just a few years ago, they were widely considered to be organizers with limited memory and low resolution grayscale screen. Today, educators are buying them up like hotcakes for faculty and students alike. They are using these handheld devices for word processing, internet browsing, PowerPoint, grading, lesson-planning, e-mailing etc. There are literally thousands of software applications for handheld devices.

Here, we have tried to encapsulate some of the most popular uses of hand-held in tools in schools:

WRITING AND HANDHELDS:

Connect an attachable keyboard to handheld and you have got ultimate in portable word processing. Virtually any model of handheld has Microsoft Word-like capabilities and can upload text to desktop computers. True, the handheld might not have great libraries of clip art, but you do have a wide range of fonts, formatting and a spell checker. Many schools use handheld for writing, revision and collaboration. Then they make use of their desktop computers to polish the final draft.

READING AND HANDHELDS:

Now, e-books for handheld devices are creeping into schools. Just about any book may be purchased in a digital format. Today huge libraries of free e-books exist on the Internet. Most are what are often referred

to as "classics" or older tomes that are great for high school students.

SPECIFIC CURRICULAR USE:

Today's students link handhelds with probe ware and graphing calculators. These uses often involve students only using the handhelds of short time, as the teacher attempts to hone in on a particular challenging concept. Here, the handheld allows for something to be done that simply has no realistic paper alternative.

GENERAL PRODUCTIVITY & HANDHELDS:

Handhelds can be many things in one portable package. If students can have consistent access to the handheld, it easily becomes a general-purpose productivity tool. Deciding on which handheld to choose for your school may include many factors (money, politics) that are sometimes out of your control. However you need to plan your expectations for these mobile devices. Hopefully you can find the way to obtain a set or two of handhelds if you don't have them already. The rise of the handheld computer in school is here.

MIKE CURO'S has been working with handheld computers in schools since 2000.

The Glory of Big Data

Monika

Roll No. 17

Now these days, computer is very important in our daily life. It is very useful in various fields like education communication, Banking, Sports, Medical etc. There are many data which stored in computer's main memory. We take term data as

'BIG DATA' is to be useful, whenever we required, it can be accessed quickly. We stored information on many hard disks on a number of machines across internet.

DATA: There are some operations such as symbols, quantities and characters are performed by computer, which should be stored and transmitted in form of electronic signals. It may be recorded on magnetic and recording media.

BIG DATA: Big data is collection of data with huge size. This data is so large and complex. The example of big data is one terabyte of new trade databases of social media site 'Face-book'. A single plane engine can generate 10+terabytes of data in 30 minutes of flight time.

TYPES:

1) STRUCTURED DATA: Any data can be stored and proceed in the form of format is known as structured data. The examples of structured data are names, dates, stock information, credit cards numbers.

2) UNSTRUCTURED DATA: Any data with unknown form and structured is classified is known as unstructured data. The examples of unstructured data are e-mail, audio file, web pages etc.

3) SEMI-STRUCTURED DATA: This data can contain both forms of data. It is the combination of both structured and unstructured data. The examples of semi-structured data are XML file, JSON documents etc.

Python Language

Amarjit

Roll No. 5

Python is a powerful high-level, object-oriented

programming language created by Guido Van Rossum. Python is a general purpose, high level programming language which is widely used in recent times. Its design philosophy emphasizes code readability and its syntax allows programmers to express concept in fewer lines of code than would be possible in language such as "C". The most important feature in Python being it supports multiple programming paradigms, including object oriented, imperative and functional programming styles. Python supports a dynamics type system and automatic memory management and has a large comprehensive standard library.

Python is also known to have an abundance of libraries that assist with data analysis and scientific computing. Python's status as the fastest growing programming language is being fuelled by a sharp uptick in its use for data science. It is a very high-level language that has many sources for learning. It is much easier to read and write Python programs compared to other languages like: C++, Java, C#. Python makes programming fun and allows you to focus on the solution rather than syntax. Python scripts can be used on different operating systems such as: Windows, Linux, UNIX, Amigo, Mac OS, etc.

Python is a well-designed language that can be used for real world programming. Python is a very high-level, dynamic, object-oriented, general purpose programming language that uses interpreter and can be used in a vast domain of applications. Python was designed to be easy to understand and use. Python is termed as a very user-friendly and beginner-friendly language in the recent times. Python has gained popularity for being a beginner-

friendly language, and it has replaced Java as the most popular introductory language.

As a dynamically typed language, Python is really flexible. Python is very flexible, because of its ability to use modular components that were designed in other programming languages.

For example, you can write a program in C++ and import it to python as a module. Many corporations have used and been using this tool for different functions. Some of them are Google, YouTube, Bit torrent, NASA, Robot, Intel and IBM etc

Optimal Charger Placement for Wireless Power Transfer

Neha

Roll No. 47

As a promising technology to achieve perpetual operation of battery-powered wireless sensor devices, wireless power transfer has attracted much attention recently. In wireless power transfer, the charger enables the energy to be wirelessly

transmitted to the rechargeable sensor devices that are hungry for energy. Previous works mainly focus on maximizing the charging utility or minimizing the charging delay. This paper concerns two more practical issues of placing wireless chargers, the first one aims at minimizing the deployment cost of chargers while satisfying the overall requirement for charging levels, and the second one aims at maximizing the total charging levels subject to a deployment cost budget constraint. We investigate the above two optimal charger placement problems under two typical scenarios in which omni chargers and directional chargers are used, respectively. To resolve these two problems under the two charging models, we first prove their NP-hardness and then propose four approximation algorithms with proven performance guarantees. Finally, we conduct extensive simulation experiments to validate our designs, and the experimental results demonstrate that the proposed algorithms significantly outperform the baselines.





SOCIAL SCIENCES SECTION



AMARTYA SEN

DR. MONIKA
STAFF EDITOR

ANCHAL AGGARWAL
STUDENT EDITOR

Teacher Editorial

Dr. Monika

(Associate Professor)

"Everything we know is limited, while what we don't know is infinite."

Education lays great emphasis on knowing rather than on the known, on how to know rather than what to know. Knowledge is the power not only to interpret reality but to change it. Every individual possesses considerable reserves of intellectual and physical strength and the purpose of education is to ensure the ideal use of the potential riches. The youngsters are the hope of every nation. They are the most important human resource to be capitalized and channelized. Noble in reason, infinite in faculty, they are a stunning treasury of exotic, spiritual, emotional and invincible will. Though well conceived Pedagogies, they can be equipped to critically analyze and constructively contribute for empowering nations and communities. The embryo of perception grows into a fruit of admiration if nurtured with right ideology and execution. Enriched educational structure, right mentoring, inculcation of correct social cultural ethos, can invigorate the future generations. As we know that due to coronavirus pandemic, the state governments across the country temporarily started shutting down schools and colleges. Higher education sectors are also disrupted which again pave an impact on the country's economic future. To facilitate the learning goals of generation, an assortment of books and web, libraries and the hyperlinks is being used by us to connect curriculum to the new culture of learning. A culture of participation and team building can

definitely enhance performance and progress. We cultivate the spirit of competition and discipline to harness the unrestrained energy wells. Our purpose is to raise mentally and physically healthy people who could contribute constructively to make this world a better place to live in.

Believing is creating and I can very proudly share that we create the propitious environment to unleash the inquisitiveness by opening new vistas and let the young minds explore, live infinite and make life a celebration. For students, who are the harbingers of hope, who can usher in golden era of peace, progress and prosperity by being the embodiments of emancipation, empowerment and enhancement, my advice is:

"Keep your mind as full as the ocean,
Keep your imaginations as limitless as the sky,
Keep your spirit as unshakeable as the earth,
Keep your heart as open as universe"

Student Editorial

Anchal Aggarwal

Roll No. 56

Gender Sensitivity

International Women's Day just went by and amidst all the celebrations, there was a strong undercurrent of a sentiment that it is still not enough. Enough has been written about issues faced by women and their security, and I do not want to rehash the same points. Instead, I would like you to turn your attention to a related aspect:-about gender

sensitivity.

Being sensitive is very simply put, being appreciative of others' feelings. In that context, gender sensitivity is about being considerate of the opposite gender's feelings. The reason this is important is because men and women think differently and obviously have varying perspectives.

The first and most important aspect of gender sensitivity is to be open to the perspective and feelings of any colleague of the opposite gender. This could be a simple case of knowing enough about their personal issue for more understanding of gender-specific aspects such as comments or jokes that could be offensive.

India has youth with multi faceted talents and the future of India lies in the hands of the youth but their minds are becoming devils' workshops by using advanced technologies for evil purposes rather than for betterment of society. At this juncture, all women especially the youth should get trained in protecting themselves from being harassed. The youth have to realize their role their power and their responsibilities.

In the schools and colleges, the male and female students can have friendships but a distance should be maintained by them. The students above 8th standard should be taught about gender sensitivity in the school. They should also be informed about natural lust, sexual attraction and addiction. Besides, schools and colleges should be advised to instruct their students to wear decent dresses.

Harassment does not mean only rape or physical abuse more than that women face different kinds of violence such as sexual remarks, staring at

somebody with lustful eyes, touching a person in an indecent manner, sending explicit emails and MMS, pestering somebody for a date, etc. Facebook and YouTube being used in India should be monitored and controlled. Some websites encouraging horror sex movies must be banned in India rather the people should be involved in education and spiritualism. Education alone doesn't discipline a person. With the support of spiritualism they can lead a pure, peaceful and successful life. The youngsters may be encouraged to the effective use of social networking sites to organize virtual campaigns, protests, etc.

Films just make gender stereotyping worse. Many movies in our country tend to show the hero indulging in highly objectionable and condemnable behaviour in the form of teasing the heroine, stalking her, troubling her, or all the three. Ideally, such scenes should carry a disclaimer similar to the kind displayed during smoking or drinking. Such behaviour is illegal and punishable with fine or imprisonment.

India's legal system is still weak and needs amendments with immediate effect. India needs tougher laws. In our country there are laws but many of the laws are broken with corruption and muscle power. The money buys the people and weakens the law. All the courts should be allowed to function independently without any political intervention in the judicial systems.

For every crime, the punishment should be quick and severe. Only by doing so, the crime rate in our country will see drastic change. The more the punishment the less the crime. If there is no serious

consideration of this and as long as our law is weak, the crime against women will continue to be higher.

Each female is a gift of God. For their sustainable livelihood, International community, the government and the private sector, the academic community and others are extremely important for taking efforts to end violence against women and lead a violence free incredible India. There should be true maintenance of good governance and law and order in our country for safety of women. The youth should focus for India of free from poverty, unemployment, inequality, exploitation and discrimination.

Let us respect women and give them safety and security. Let's build India. *Jai Hind!*

Relationship of Social Sciences and Ethics

Mrs. Sarbjit
(Assistant Professor)

The term ethics is derived from the Greek word 'ethos' which means character. Ethics is the branch of the social science, which deal with concepts such as right and wrong, good and bad, fair and unfair, just and unjust, legal and illegal, moral and immoral, proper and improper in respect of human actions. It is a science of morality which guides the actions of individuals or groups. In short, ethics refers to code of conduct. The point to be noticed here is all actions should be directed towards achieving highest level of satisfaction and happiness with greatest number of people. Philosophers have always been interested in moral questions, but social scientists have generally been more reluctant to discuss morals and

moralties. This is indeed a paradox since the questioning of the moral dimension of human life and social action was consubstantial to the founding of their disciplines. A clue to this paradox resides in the tension between the descriptive and prescriptive vocations of social sciences: is the expected result of a study of moralities a better understanding of social life, or is the ultimate goal of a science of morals the betterment of society? At the beginning of the twentieth century, the German sociologist Max Weber, following the first line, pleaded for a value-free study of value-judgment, examining, for instance, the role played by the Protestant ethic in the emerging spirit of capitalism. His French contemporary Emile Durkheim, more sensitive to the second option, strongly believed that research on morality would not be worth the labor it necessitates were scientists to remain resigned spectators of moral reality, a position that did not prevent him from proposing a rigorous explanation of why we obey collective rules. This dialectic between exploring norms and promoting them, between analyzing what is considered to be good and asserting what is good, has thus been at the heart of the social sciences ever since their birth.

Geography and Ethics:- Discussions of ethics in recent human geography have been strongly inflected by readings of so-called 'Continental Philosophy'. The ascendancy of this style of theorizing is marked by a tendency to stake ethical claims on ontological assertions, which effectively close down serious consideration of the problem of normativity in social science. Recent work on practical reason emerging from so-called 'Analytical' philosophy presents a series of

challenges to how geographers approach the relationships between space, ethics, and power. This work revolves around attempts to displace long-standing dualisms between naturalism and normativity, by blurring boundaries between forms of action and knowledge which belong to a 'space of causality' and those that are placed in a 'space of reasons'. The relevance of this blurring to geography is illustrated by reference to recent debates about the relationships between rationality and habit in unreflective action. Ongoing developments in this tradition of philosophy provide resources for strengthening a nascent strand of work on the geographies of practical reason that is evident in work on ethnomethodology, behaviour change, and geographies of action. Earth, rivers, mountains, ocean all terms are natural geographical terms but teach us the lesson of balance between nature and human.

History and Ethics :- As a philosophical concept history can be understood in two ways. The first tries to make sense of the possible meaning that can be found in the broad sweep of time, this is often known as 'speculative' history. This can then be understood in two forms, either one which focuses on creation and so sees all human history as part of the inevitable working out of God's plan for creation. This principle of speculative history runs throughout the philosophy of much idealism, particularly that of Hegel. The second form of speculative history argues, from The Fall, that human experience is inextricably broken and fallen from God's plan. This model is perhaps best typified by the 'Two Cities' of St Augustine of Hippo.

The second broad conception of history generally rejects the speculative claim that there is a discernible truth, or meta-narrative, to human creation. Instead this 'critical' approach to history looks at history as a series of subjective human accounts of past events. This approach has some similarities with the latter form of speculative history in that it questions the motivations and virtue of humans as historical actors. This critical approach can be traced back to skeptical Enlightenment accounts of religious experience, for instance Hume's attack on miracles. Recently this critical history has been central to the post-modern credulity to meta-narratives which marks out the writings of writers like Foucault.

Civic, social and political theories and Ethics :- Every social and political theory is entangled with ethics. The great political philosopher Jean-Jacques Rousseau proclaimed that the person who would separate politics from ethics will fail to understand both. Despite the efforts of practitioners of "value-free social science," the concepts and categories with which political theorists work—order, freedom, authority, legitimacy, justice—are part and parcel of competing ethical frameworks. It is very difficult to talk about justice without talking about fairness. What is fair is an ethical question that cannot be adjudicated without some reference to what is good for human beings or what kind of good human beings may strive to attain. Terms that circulate within ordinary discourse, such as "fairness" and "freedom," are also central themes within social and political thinking. So, social sciences are there to teach the lessons of axiology, which is most required in the present era of materialism.

The Covid-19 Impact on India

Dr. (Mrs.) Bandana Kumari
(Assistant Professor)

India, the third-largest economy in Asia and the fifth-largest in the world has a tough challenge ahead. The Covid-19 outbreak in India has led the entire nation to go into lockdown mode. The closure of theatres, malls, educational institutes, industries, and other commercial businesses has led to a significant drop in the overall economy of the country. To add to our woes, the Corona outbreak had hit us hard right when our economy's growth was at the lowest in recent times.

Investments have shrunk, and consumption has drastically reduced halting our growth across sectors. India's predicted growth projection for 2020-21 was cut from the earlier 6% to 5%. Not just the national economy, Covid-19 will likely hit the global growth rates for 2020 as well. Moody's Investor Service has predicted the global growth rate for this year at a meagre 2.5%, the threshold of recession for the global economy.

Struggle across all Sectors:

Not just the manufacturing sector, but even service industries have seen a massive roadblock. Reduction in consumption, extended business closures, mass layoffs hurt the earnings of Indian companies across sectors. Covid-19 has added to the demand slowdown already faced by the Indian economy.

The recent virus outbreak has led to prolonged

business disruptions and break in supply chains, all of which harm production and profits.

Tourism, Travel & Aviation:

The most severely hit sector. The curbs on international travel and restrictions on national travel have caused international bookings to drop by 75%. The numbers are expected to raise more. Indigo, the biggest domestic airline, has cautioned that Covid-19 will have a massive impact on the March quarter earnings of the company. The decline in airline, hotel and tour operator revenues has the potential to lower corporate tax collections significantly, which in turn, will take a toll on the national economy.

Exports :

Apparel, Chemicals, Automotive, Electronics, and Labour-Intensive Crafts: Global lockdowns are causing a significant challenge to Indian exports. The biggest markets for Indian exports – Europe, China, USA, Australia, have all placed curbs and restrictions on exportation. Industry insiders predict that India will be the 10th most impacted economy due to the Covid-19 outbreak. As global supply chains are disrupted (mainly due to reduction of production in China), textiles, apparel, chemicals, automotive and electronics exports from India are expected to be halted or reduced.

Agriculture:

Since we are the beginning of the harvest season, agriculture is likely to be majorly impacted with the shutdown. Adding to the troubles are the unseasonal rains that have been reported in different parts of the country. Unpredictable rains

have destroyed chana, mustard and wheat crops. Now, with significant restrictions placed on, movement of goods and products across state borders, the situation doesn't seem favourable for farmers. The sector is likely to be one among those that will suffer from collateral damage due to the measures taken for curbing the spread of the virus.

Manufacturing:

The manufacturing sector is likely to take a double hit. First, global supply chain distortions will pose significant challenges not just from MNCs in the industry but also from domestic big name brands and SMEs. While manufacturing companies have not been ordered to halt production, the absence of raw materials and a drop in demand will deal a significant blow. A reduction in demand majorly impacts the auto industry and consumer durable goods. Other industries like cement and steel that did well last fiscal year will stumble this year as infrastructure, and other allied activities are halted across the country.

Services:

The services industry was once seen as the sunshine industry of the country. It had spearheaded the nation's economy all through the last decade and even before that. With other segments taking a hit and a reduced national and global demand, service companies in India would be forced to consider layoffs and other cost reduction measures to stay afloat.

Real-Estate:

The fall in demand will be sharper for the real estate

industry that has already been in trouble in the last couple of years. The number of incomplete and under-construction projects will mushroom all across the country. The Road Ahead: While the situation may seem bleak right now, one can be sure that there is light at the end of the tunnel. A word of advice for all companies – remain patient and things will get better soon. Right now, all we can hope is that we survive this lockdown period and emerge stronger by curbing the spread of the virus in the country. Once we eradicate the possibilities of community transmission, we can hope that – we can get back to business as usual.

The Importance of Digital Marketing during Lockdown!

Mrs. Jyotsna Saini
(Assistant Professor)

The emergence of Covid-19 over the past few months has thrown many businesses into a state of turmoil and uncertainty. Unlike other global issues, such as recessions, business of all sizes and industries are affected by this virus in one way or another as economies all over the world struggle.

Marketing just like other business practices, needs to be adjusted in order to survive throughout the coronavirus crisis.

Online marketing is likely to be the only way in which you can realistically reach customers, as entire countries go into lockdown, and this form of marketing also has a benefit thanks to more people being stuck at home, and thus on the internet more often.

Five Forms of Online Marketing

1. Digital Marketing

This refers to using online marketing tools, such as Google AdWords campaigns and SEO practices in order to keep your brand in the public eye. You can often break down your audience to make your campaigns more targeted and help to reach both warm and cold prospects in this way.

2. Social Media Marketing

Offering a way to reach customers and build your brand personality, social media marketing allows you to engage with customers as well as post useful and relevant content that should bring in new potential customers.

3. Digital Media Interviews

Another great way to build a brand personality is to team up with popular digital media channels (YouTube, podcasts etc.) that appeal to your target market and do an interview where you can discuss your service and what you can offer people during this unprecedented situation.

4. Online Media Articles

During any crisis, people tend to be more reliant on digital media channels for their news and updates so this is the perfect time to pay for advertising space or get involved in writing content for these sites. Don't forget that you don't necessarily have to put out an ad to advertise your business – an opinion piece written for a well-known news channel could be just as effective in creating a buzz around your brand.

5. Video Marketing

This is a crucial area of social media marketing that many businesses miss out on. Video marketing allows you to get a message across in a fun and useful way that is far more likely to grab the attention of your audience. You can link to videos on your social media channels or other areas of the web, and if your video offers value you should find that people are more likely to share this content than any other form.

Successful marketing means always being willing to adapt and change with the circumstances. Make your offers relevant to what your target market is going through right now, what they will need, and what they will be more likely to spend money on. If consumers feel that you understand their situation this will help them to trust your brand over others.

Corona Pandemic & Migrant Crisis- A Reality Check

Gurpreet Kaur
Roll No.-4

We all have been going through a tough time in our lives as Covid-19 has spread its wings globally. The uncertainty that looms over our future has created a panic in the society. Many societal and economic reforms are being introduced to overcome the after effects of this unexpected crisis.

One strata of society that is severely affected by this pandemic is that of “migrant labourers”. The Covid-19 crisis has forced India to finally

acknowledge the migrant population which is expected to be in millions.

Shortage of food, money, resources and moreover a blurred future has forced these labourers to undertake a journey back to their native places. These nation builders who are presumed to be the backbone of Indian economy are left in a lurch amidst this lockdown.

Neglection from the common masses and government empathy is clearly visible when images of millions of these workers trudging across hundreds of kilometers barefoot, stranded helplessly on national highways, some even losing their lives in the attempt; zoom into our TV screens everyday.

We see them everywhere narrating their ordeal. No one has ever imagined that this marginalised section of society exists in such a huge number. Neglected over years they have been never taken seriously by the government while drafting various policies.

The role played by migrant population in Indian economy has been really underestimated and we have actually failed to recognise their contribution in the developing India. If studies are to be believed; migrants constitute approximately 50-60% of Indian economy. Our industries and various developmental projects thrive on them. We are not realising the aftermath of their unrestricted migration. Their scarcity seems to be already visible in the agriculture sector in various states especially Punjab.

It's high time to felicitate the role of this important section of society and take suitable measures for their upliftment. The Rs.20 Cr. Package announced by the govt. should actually be utilized for the empowerment of migrants as they are the pillars of Indian economy. They may not have come into limelight till now but their role can't be denied and their existence can't be ignored.

Being responsible Indian citizens we should all come forward to stop this forced migration.

Our small efforts can definitely lead to a big change.

Goods and Services Tax (GST)

Mani Singh
Roll No. 1204

Goods and Services Tax (GST) is an indirect tax (or consumption tax) used in India on the supply of goods and services. ... The GST replaced existing multiple taxes levied by the Central and State Governments.

Before learning more about Goods and Service Tax, let's try to understand how taxes in India work. The Government of any country needs money for its functioning and taxes are a major source of revenue for a Government. The taxes thus collected are spent by Govt. on the public.

These Taxes are Broadly Classified into Two Types:-

Direct Tax – Direct Tax is imposed on

the Income of an individual. The amount of Tax payable varies on the income earned by the individual from various sources such as salary, house rent income etc. So, the more you earn, the more tax you pay to the Government which essentially means the rich pay more tax in comparison to the poor.

Indirect Tax – Indirect tax is not imposed directly on income of individuals. Instead, it is imposed on goods and services which in turn increase the cost (MRP) of Goods and Services. Unlike direct tax, indirect tax should be borne by the end customer, rich and poor alike. There are many indirect taxes. Some of these are levied by the Central Government whereas some are levied by the State Government making the indirect tax system an extremely complicated system.

GST has been introduced to replace multiple indirect taxes levied by State and Central Governments in order to simplify the indirect tax system. GST has replaced almost 17 of the existing state and central indirect taxes (more to come in the future) such as central excise duty, additional customs duty, VAT, entertainment tax, service tax etc. It is called as Goods and Services Tax because it is applicable on the supply of both Goods and Services.

History of GST: A Brief History of GST in India and around the World

History of GST has begun in India started before two decades and was made successful in the year 2017. History of GST will help you under the

benefits of Goods and Services Taxes and the advantages over other type of taxes. History of GST given in different stages, its transformation from other tax types, and more informative data on GST is given in the article.

An Introduction on History of GST

GST or Goods and Services Tax came into use from July 1, 2017 replacing number of other taxes that was applied till June 30, 2018. The discussions of GST Bill have been in process for more than two decades and the bill was passed to implement GST from July 1, 2017 by the Prime Minister of India and his Finance Minister Arun Jaitley. GST was launched on the midnight of July 1, 2017. The single GST replaced several taxes and levies which included: central excise duty, services tax, additional customs duty, surcharges, state-level value added tax and Octroi. We follow the dual GST system i.e. GST for State and Central named SGST and CGST, respectively. Let us have an overview on the history of GST from the content below as an eye-opener.

What was the GST Rates as on July 1, 2017?

As said in the Introduction, GST was implemented in the year 2017 on July 1st. When GST was first introduced, the charges were broadly divided for State and Central GST. When compared to the earlier taxing system, newly introduced GST rates were higher. When GST was first introduced it had five tax slabs and the goods and services were spread across these tax slabs. This GST rates were followed till an amendment to lower the GST rates on selected goods and services were made on 18th

January 2018 at 25th GST Council Meet. After which amendments were made on 29 Goods and 53 Services which came to effect from 25 January 2018. GST rates major goods till January 25, 2018 are listed below.

0% GST Rate

fresh meat, fish chicken, Eggs, Milk, butter milk, Curd, natural honey, fresh fruits and vegetables, flour, besan, bread, prasad, Salt, Bindi Sindoor, Stamps, judicial papers, printed books, Newspapers, Bangles, handloom etc.

5% GST Rate

Fish fillet, Cream, skimmed milk powder, branded paneer, frozen vegetables, Coffee, Tea, Spices, pizza bread, Rusk, Sabudana, Kerosene, Coal, Medicines, Stent, lifeboats

12% GST Rate

Frozen meat products, Butter, Cheese, Ghee, dry fruits in packaged form, animal fat, Sausage, fruit juices, Bhujia, Namkeen, Ayurvedic medicines, tooth powder, Agarbatti, colouring books, picture books, Umbrella, sewing machine, and cellphones

18% GST Rate

Flavoured refined sugar, Pasta, Cornflakes, pastries and cakes, preserved vegetables, jams, sauces, Soups, ice cream, instant food mixes, mineral water, Tissues, Envelopes, Tampons, notebooks, steel products, printed circuits, Camera, speakers and monitors.

28% GST Rate

Chewing gum, Molasses, chocolate not containing cocoa, waffles and wafers coated with chocolate, pan masala, aerated water, Paint, Deodorants, shaving creams, after shave, hair shampoo, Dye,

Sunscreen, Wallpaper, ceramic tiles, water heater, Dishwasher, weighing machine, washing machine, ATM, vending machines, vacuum cleaner, Shavers, hair clippers, Automobiles, Motorcycles, aircraft for personal use etc.

What are the Revised GST Rates that was effective from January 25, 2018?

With the introduction of GST in July 2017, the tax rates on most on the basic commodities also remained high. But on the 25th GST Council Meet it was proposed to reduce the GST rates on selected goods and services. Based on this, GST Rates were revised on January 18, 2018 and the revised GST rates for both Central and State Came into effect on January 25, 2018. The rate were revised on 29 Goods and 53 Services. GST Rates were revised from 28% to 18%, 28% to 12%, 18% to 12%, 18% to 5% and few were charged NIL GST and for very few products there was raise in GST Rates.

Goods Taxed at 0%

Vibhuti, De-oiled rice bran and parts used to manufacture hearing aids.

Reduced from 28% To 18%.

Old and used motor vehicles [medium and large cars and SUVs] with a condition that No ITC is availed, Public transport Buses that run on Bio fuel

Reduced from 28% To 12%.

For Old and used motor vehicles [other than medium and large cars and SUVs] with a condition that no ITC is availed.

Reduced from 18% To 12%

Sugar boiled Confectionery, Drinking water, packed in 20 litres bottles, Biodiesel, Drip

irrigation system including laterals, sprinklers, Mechanical Sprayer, Certain listed Bio-pesticides (12 in no's), Fertilizer grade Phosphoric acid, Bamboo wood building joinery

Reduced from 18% to 5%

LPG supplied to Household Domestic Consumers, Raw materials and Consumables needed for Launch vehicles, Satellites and Payloads (Both CGST and IGST Rates), Tamarind Kernel Powder, Mehandi paste in cones

Reduced from 12% to 5%

Articles of straw, of esparto or of other plaiting materials, Velvet fabric [with a condition that no refund is claimed on ITC]

Reduced from 3% to 0.25% (Diamonds and precious stones)

Rate Increased - 0% to 5% (Rice bran (other than de-oiled rice bran))

Rate Increased - 12% to 18% (Cigarette filter rods)

Benefits of Introducing GST

With the introduction of GST, there are various benefits globally. The main motive is to maintain a uniform tax and develop the country's products and introduce it globally. Some of the benefits of GST are listed below.

- GST creates common market nationally.
- Attracts foreign investment.
- Helps to have uniform taxation.
- Helps Improve production and encourage entering international market. Small retailers have nil tax or low tax.
- Consumers are benefited by purchasing from the small retailers.

Social Problems

Kamaljit Singh

Roll No. 1209

When a particular social phenomenon or condition disturbs the social order and hinders smooth working of social institutions, that comes to be identified as a Social problem.

Definition of Social Problem :

A more precise, though broad, definition is given by E. Raab and G.J. Selznick. According to them, a social problem is “a problem in human relationship which seriously threatens society itself or impedes the important aspirations of many people.” A social problem being thus defined, juvenile delinquency is to be seen “as a breakdown in society itself”.

Social problems in India :

The major social problems in India are : Casteism, untouchability, regionalism, linguism and communalism, beggary, unemployment, poverty, labour problems, rural problems, problems of industrialization and urbanization, prostitution, crime, suicide, youth tensions and student unrest and finally the problems of democracy.

Some social problems are explained below:-

Poverty:- Poverty is insufficient supply of those things which are requisite for an individual to maintain himself and those dependent upon him in his health and vigour poverty may be absolute and relative. The causes of poverty related with

individual capacity, Economical factors, social factors, demographic factors and other factors. Govt. of India has introduced PMRY, MANREGA, JRY. Some poverty alleviation programme.

Casteism:- Casteism is a blind group loyalty towards ones own caste or sub-caste which doesn't care for the interests of the other castes and their members. There are some important causes of casteism. Endogamous nature, to enhance caste prestige, better caste organization by means of transport and communication, urbanisation, caste rigidity etc. Casteism has some harmful consequences opposes nationalism, Dangerous to democracy, moral degeneration, it affects the efficiency. There are some major remedies of casteism-proper education, intercaste marriage, cultural and economic equality, less connection of the use of caste.

Regionalism:- Regionalism as a counter movement to any exaggerated or oppressive from the centralisation. It is a frame of mind. Loyalty for narrow regional feeling. Tamil Sena, Hindu Sena, Siva Sena are the example. Major causes of regionalism. Historical, Cultural, Geographic and economic factor, linguistic, political factors. There are some remedial measures like balanced economic policies and development, cultural interaction, national education, development of communication and media publication.

Minorities:- Minority group have some time denied by equal access to power, wealth and prestige. There are some important problems of minorities like discriminating practice, communal tension and riots in India. We can deal minority

problems with constitutional provisions general provision and specific provision. National Commission for minorities work for their welfare.

Untouchables:- Untouchable are those castes which are subject to some disabilities in every walk of life social, religions, economic and political. There are some disabilities like religious disability, social disability, economic and other social restriction. There are some factors like religions & social factors. Constitutional welfare measures are Art. 16,17, 320, 332 for upliftment of untouchable.

Drug addiction:- Drug abuse, drug addiction, drug trafficking, becoming victims of drug addiction etc., have been the tragedies of the 20th century. They have been passed on with no less vigour to the 21st century. Drug addiction is a state of indiscriminate use of herbs and herbal preparations, which encloses the user to them. It is uncontrollable desire for days. Intoxicating drugs such as brown sugar, opium, heroin, alcohol, marijuana, ganja, bhang, cocaine, charas, morphine, L.S.D and such other things are even known to the street children in big cities. Drug abuse, instead of leading man towards peace of mind and state of equilibrium throws him into oblivion and causes decay at almost all planes-physical, emotional, psychological, societal and spiritual. Major causes of drug addiction are psychological, social and miscellaneous causes. There is serious effects of drug addiction physical, mental decline, social disharmony. To check drug addiction there is need of social, family & friends support.

Crime:- The criminals who violate the law and against whom society has got marked social disapproval. The chief reason for this marked social disapproval is that the criminals are not only dangerous to the well-being of society, but to the individual liberty and property as well. There are some factors responsible for the growth of crime- physical factors biological factor, mental factor, social factors are responsible for the growth of crime.

Beggary in India : In thickly populated areas the number of beggars is much more than in sparsely populated areas. Usually, temples, mosques, railway & bus stations, fairs, shrines, bathing ghats are the popular haunts of beggars. There are of course many roving beggars who move from door to door. Many beggars beg collectively and in an organized manner. To eradicate beggary its root cause must be removed, that is, we must provide work to everyone and also raise the minimum wages. In the absence of these essential steps, no other measures can be effective. You cannot ask a person to die of starvation but not to beg. You can ask him not to beg provided you can arrange for his food and shelter. There are also some Acts which declare beggary an offence and provide for punishment of imprisonment or fine

Economics is more than just being about Money

Manpreet Kaur

Roll No:- 24

Man is not simply a spiritual being; he is a spiritual being who feels hunger, needs protection from the cold, and seeks shelter from the elements. In order to

feed, house and clothe himself, a person must work. Augmenting his labour with tools and machinery, he converts the raw materials of his natural environment into consumable goods. He learns to cooperate with nature and use his forces to serve his ends. He also learns to cooperate with his fellows, his natural sociability reinforced by the discovery that the division of labour benefits all. "Trade is the great civilizer." There's an unbroken thread that runs from these primitive beginnings to the complex economic order of our own time: it is the human need to cope.

In the free society the law protects life, liberty and property of all men alike, ensuring peaceful conditions within the community. This lays down a framework and a set of rules, enabling people to compete and cooperate as they go about the job of providing for their material well being.

Society where people are free, the economy is referred to as capitalistic. Some prefer the term free enterprise; others like the private enterprise system, or the private property system, or the market economy. Now, of course, no society has ever been one hundred per cent free, which means that we've never had a completely free market economy. Some people have always seized and misused political power to rig the market in their favor. Obviously, it is not the market's fault if some people choose to break the rules.

The appalling thing is that many intellectuals mistake these deviations from free enterprise for free enterprise itself! And so they condemn

"capitalism." But the "capitalism" they condemn is actually the failure of certain people to live up to the rules of capitalism—the system of voluntary exchange among uncoerced people. We're aware of human frailties and shortcomings; we know that it's easier to preach than to practice, easier to announce a set of ideals than to live up to them. Economic theory provides us with a description of the way an economy would work among a people who exercise individual liberty and practice voluntary association. It is this theory we seek to understand and explain, and it is the deviations from this ideal that we seek to correct.

Economic Development

Jyoti Kumari
Roll No:- 1034

Economic development is the precondition of higher living standard therefore we should focus on economic development at first.

We know infrastructural development is a must for economic development of any country so the government should go for it in the first place and if necessary they should go for partnership with private entrepreneurs.

Now it's an open market economy
If we want to take off to the sky of prosperity
We need to utilize our own resources including manpower.

We need to figure out our competitive advantages because it's not a hard task for us in the information era.

Now-a-days tourism is a lucrative sector for any government because we are living in the time of globalization. Protectionism is now a history that's why the role of commercial banks and other financial institutions is more pivotal than ever. They should provide loan to the industrialists in such a manner and style so that the latter can import cutting-edge tech in order to survive in the fierce competition of open market

Sanitization of Value Pattern

Anita Rani
Roll No. 45

Every coin has two sides, one is good and the other is bad. Corona virus came in our life with both sides. Its good side is more useful for birds, animals, environment and nature. But the current situation of entire human society is that we are fighting with it. The major cause of fear in the entire human society is not a deadly virus but because there is no cure available. Even the world's richest person has a feeling of fear towards it. No matter how much money you can spend for treatment, but ultimately there is no vaccine for it. It originated from Wuhan, China but now it's spreading all over the world. It caused complete lockdown in more than 27 countries. Lets us examine how this deadly virus has affected our social values and social relationship, especially in India. The Virus has taught the power of Namaste by joining hands which was replaced by hand shaking just to become modernize. With the passage of time, man has become more materialistic and goes away from spiritualism. We Indians are known for spiritualism. This value is the root cause of peace

and non violence in our society. To accumulate more and more money, to live luxurious life and to become modern, we polluted our so many values. Now in this time of complete lockdown, when no materialistic thing will calm you down then only spiritualism can help you. In the race of earning more and more, we almost forgot to live a life. Corona Virus gave us opportunity to live life, not spend it.

So many social evils like robbery, rape, kidnapping and attacks, crime, dowry are decreasing in the society due to the lockdown. Our nature and earth is breathing again.

Marriages are happening very simply without any extra burden on girl side, without wastage of money and time. So many species which are rarely seen now come out on the roads. Human interference in the nature is stopped. Children are spending more time with their parents and elders. The value of simple living and high thinking is restored. Humanity raises his hand to help the needy. The virus taught that we need to spend more money on hospitals and doctors and services provided by them, because they are the only ones who can save us. One day will come when we will have the vaccine for this virus, but we shall never forget the lesson it taught us. Only then we can create a healthy human society and healthy human relationships.

Let's Shout, "Economy!"

Ruchi Thakur

Roll No:- 1014

Supply & Demand

Will the world still spin without money
or does a country need their economy?
If it does, what can a country do
to supply the demands of the world and you?

Producers need to make what consumers want to
take with money from a job that people make.
Imports will come in and exports will go out
and that's what economics is all about. Let's
shout, "economy!"

To provide something for the world to buy
is what this concept tries to satisfy.
It's one of the factors that determines price.
when it's high, things cost less, which is oh so
nice.

Can you guess the economic term we mean?
SUPPLY

There are many things that people want
like clothes or food from a restaurant.
when the price is low, activity gets high
with people buying more from available supply.
Can you guess the economic term we mean?
DEMAND

Before a consumer can buy a thing
like a shirt or candy or a diamond ring,
someone has to make that thing to sell.
It can be a product or service done well.

Can you guess the economic term we mean?

PRODUCER

Most people in the world are considered this.

The busy ones like to make a shopping list.
stores are where they like to go.

When they buy a lot, the economy can grow.

Can you guess the economic term we mean?

CONSUMER

Where was your favourite toy made?

Maybe it was built from foreign trade.

A company doesn't always make things alone.

Sometimes they buy from another time zone.

Can you guess the economic term we mean?

IMPORTS

If a company has something the world would like,
maybe fruits or rice or a really cool bike,

That company would be smart to start doing this

Or the chance to make money it will miss.

Can you guess the economic term we mean?

EXPORTS

- 24-1971 Clarified that the parliament can amend any part of the Constitution including fundamental rights.
- 39-1975 excluded the election and appointments of prime minister, speaker, president from the scrutiny of high courts and supreme Court.
- 42 - 1976 Called the mini Constitution this inserted socialism & secularism in the preamble provision on fundamental duties, created provisions for tribunals & limited power of judicial review of high courts and supreme Court.
- 44-1978 Included checks for invoking emergency provision, protected fundamental rights to life, liberty press freedom. Right to property ceased to be a fundamental right.
- 61-1988 Reduced the age of voting in elections to 18 years from 21 years.
- 86-2002 Free and compulsory education for children between 6&14 years become a fundamental right and government's responsibility.
- 93-2005 Allowed the govt. Pass laws to give reservation to socially, economically backward classes schedule castes schedule tribes in public & private higher education

10 Important Constitutional Amendments

Ramta Thakur

Roll No:- 81

- 1-1951 Introduced the ninth schedule to the Constitution to protect land acquisition laws and limited judicial review of supreme Court.
- 93-2005 Allowed the govt. Pass laws to give reservation to socially, economically backward classes schedule castes schedule tribes in public & private higher education

institutions.

- 99-2014 amended the method of appointment judges to the supreme Court and high court by way of a six member panel. The SC struck it down in 2015 for violation of the Constitution.
- 101-2016 Introduced the good and service tax, to bring in the idea of one nation, one tax.
- Citizens act(1951)
- Recent citizens amendment Act. (2019)

The Impact of Coronavirus Pandemic on the Indian Economy

Neha
Roll No. 47

Coronavirus (COVID-19) is a large family of viruses that causes illness. Its impact over the globe in terms of a pandemic & a health disaster, it has equally spelled disaster for the financial backbone of the world.

The struggling Indian economy with rise of unemployment, rising interest rates and fiscal deficit affected further by the anti CAA protests could be severely affected. While there was a modest rise in 4.5% to 4.7% , the disrupted global trade have resulted in nervousness of the Indian markets which has wiped out INR 12 lakh crores of investor wealth, with sensex bottoming out hitting almost a three year low. Early estimates by the government suggest that there will be a hit of 0.3-0.5% on the GDP in the next

fiscal year. COVID-19 is having a 'deep impact' on Indian businesses, over the coming month's jobs are at high risk because firms are looking for some reduction in manpower.

India will be the 10th most impacted economy due to the supply chain disruptions in China with chemical, textiles & apparels, automotive industries and the medicinal & pharma companies bearing the brunt. Indian industries depending on Chinese imports are the worst affected. Hence overall the virus would definitely affect the core sectors, thereby impacting market, business & trade.

Whether the Indian economy fall is actually in response to panic or Coronavirus pandemic or other internal distracting factors, only time will tell, but till then let's be prepared to fight Coronavirus and strengthen preventative measures against Coronavirus.

How Women Change the World

Shruti Saini
Roll No:- 21

It's a woman who change the world with her strong personality, confidence, intention and belief in herself. A woman is that person who wants equal opportunity, rights, position in society and in every sphere of life .

Feminism is a controversial topic these days. Women are becoming aware of their rights and are fighting against inequality. Has it always been the same for them? Why are people discriminating on

the basis of gender? Women's status in India has been changing since the ancient times. There were a lot of ups and downs in their status. Inequality on the basis of gender is very common in a country like India. Women have been harassed for dowry. Female foeticide is common. There is no equal pay. It is also considered that women don't have a technical mind, hence, she can't become a scientist or an engineer. However, they are fighting for their rights. Women are often considered as the weaker sex. They are considered to be emotional and fragile. A lot of people think that certain jobs should be only done by men. It also considered that the women should take care of the baby instead of a man. All these stereotypes about women's ability or inability have affected their right to equality. This is one of the reasons why they are not given equal wages as compared to men. and why they are denied education.

Women around the world fought for their rights to be recognized and upheld themselves. They struggle in every field to get recognition and to treat equally along with men. Many women organizations are there which work for the rights, welfare, of women and to give them higher standards. Women work very hard to reach the place where they are today. Now they get equal opportunities, equal pay, equal respect, high standard in every sphere or in every field. With this women are changing the world for themselves. Today's women reached to moon, work as doctor, engineer, lawyer, teacher, police, politician and in every field, finds its place with her strong belief. With this woman also accomplished in changing the mindset of men.

Ramabai Pandita is also as Pandita because she could read and write in Sanskrit, during her time females weren't allowed to study. She was a rebel. Pandita studied and proved everyone that even women can study. She also set up a mission in Khedgaon for widows and the poor, who were encouraged to be literate and independent.

Laxmi Lakra became the first woman engine driver for Northern Railways. She is from Jharkhand and over there females aren't encouraged to work or study. However, Laxmi broke the norm and became an engine driver.

Kalpana Chawla was an American astronaut, engineer, and the first woman of Indian origin to go to space.

Anandibai Gopalrao Joshi was the first Indian female Physician. She was the first woman from the erstwhile Bombay presidency of India to study and graduate with a two-year degree in western medicine in the United States

Cornelia Sorabji was an Indian woman who was the first female graduate from Bombay University, the first woman to study law at Oxford University and the first female advocate in India, and the first woman to practice law in India and Britain.

Savitribai Phule was an Indian social reformer, educationalist, and poet from Maharashtra. She is regarded as the first female teacher of India.

Social Justice in India- Myth or Reality

Priya Sharma

Roll No:- 75

Defining social justice is not tough, what tough is finding out about its existence. What even tough is to believe that it does exist. The biggest irony of today's world is that people strive to find answers to dubious questions, while they neglect the fact that are right in front of their eyes. I strongly believe that social justice in India is just a myth.

The concept of social-economic justice is a living concept and gives substance to the rule of law and meaning and significance to the ideal of a welfare state. Social justice denotes the equal treatment of all citizens without any distinction based on caste, color, race, religion or gender. It means absence of privileges being extended to any particular section of society on purpose, and improvement on the conditions of backward classes and women.

Social justice is the fundamental basis of our constitution but how successful has the country been achieving it to the fullest? India is biggest democracy on this planet. The constitution strives to grant equal rights to all the citizens of the country. However, if we still rank Indian judicial system on a scale of 10, I would rank it 4. How often have we heard that a case that has come up to the supreme court has been resolved within the time frame of just a year?

The court has passed the verdict that Salman Khan was innocent when he was charged for the hit and

run case after 13 long years. The Sheena Bora's murder case is still dangling. 3 years down the line, when the Nirbhaya molestation case shook the whole nation, the court passed its verdict but the juvenile criminal was set free on 20 December, 2015. However, nothing has changed in the country yet. They say that women empowerment is the prime concern, but sadly, record says that every day, 92 women are raped across the country. How often these women are granted justice? Agreed that India is a secular nation, then why do Gujjars, Jat and other communities have been carrying out mobs to secure reservations?

The biggest problem with Indian judicial system is that it is very sluggish at its work. There are just 12 judges per million citizens of the country which is highly contrasting to the no. of 50 judges per million people in US. The verdict that are passed are too slow. The biggest reason to this delay in judgements is that people with power and money make the courts drag the cases over years. Sometime the cases run in the courts for 30 years as well, even after which the justice is impending. All this simply directs that how biased the judicial system has become. People in power can bend the rules of system as per their wishes.

When Jawaharlal Nehru and others envisioned India as a free nation, they imagined a country free from disparity, inequality, and injustice. The constitution was then drafted accordingly. But unfortunately, even after 72 years of independence, we are here debating about why social justice and equality are nothing more than mere words which politician use invariably. Perhaps it is the bribe-fed

system that forms the root cause of all problems. Delayed justice is as bad as injustice.

No one in this country is exempted from justice. Nonetheless, the irony is that one could hardly expect justice in time. The fast track courts of Delhi Still had more than 1700 cases impending even after running for 15 years just before their closure in march, 2015.

Finally, I would just like to say that debating on such causes would be of no use unless we toil to bring into the notice of the people in power that the ways in which the judicial system works has to change now and we are done with it.

Anthropology- A Social Science

Arshdeep

Roll No:- 1044

Social sciences may be defined as a branch of science that deals with human behaviour in its social and cultural aspect. The social sciences includes sociology, social psychology, political science, economics, history, civics and anthropology.

Here, I'm going to share some aspects about 'ANTHROPOLOGY'

Anthropology in simple words may be defined as the study of biological and physiological characteristics and their evolution.

Etymological meaning: The word ANTHROPOLOGY is made by the combination of the Greek word 'ANTHROPOS' which means 'HUMAN BEINGS' and the LATIN word 'LOGIA' which means 'STUDY'. LATER on the combination of these two words the word ANTHROPOLOGY is

formed which means to study or the science related to human beings.

- The social studies concept was introduced by the American Educators(National Education Association and Bureau Of Education).
- Social Anthropology studies the patterns of behaviour.
- Cultural Anthropology studies cultural meaning, including norms and values.
- Linguistic Anthropology studies how language influences social life.

मानवीय संघर्ष की सामाजिक यात्रा

Mrs. Poonam Mehta
(Assistant Prof.)

माँ की कोख से शुरू हो गया था सफर
माँ के आँचल से लिपटता, बाप की अंगुली पकड़ता गिरता हुआ,
मैं फिर से संभलता दौड़ता मैं बेफिक्र।
माँ की कोख.....
भीगता रहा मैं उम्र की हर बरसात में, उलझता रहा पुस्तक के ज्ञान में,
खोता रहा, पाता रहा मैं दुनिया के विज्ञान में हँसता हुआ,
रोता हुआ, देखता रहा, जिंदगी के इम्तिहान प्रखर।
माँ की कोख.....
मैं चढ़ गया था उस रेल गाड़ी के सफर में, मिल गए अनजान चेहरे बन गए जो हमसफर,
लग रहा था कट जाएगा सफर बस बेफिक्र
माँ की कोख.....
शिद्वत से जो मंजिल तक पहुँचने की मेरी चाह थी,
दूर करता उन मुश्किलों को जो आई मेरे राह में थी,
पर अफसोस पास आकर कह गया एक अजनबी उतर जाइए जनाब।
खत्म होता है आपकी जिंदगी का सफर यहीं।
हत प्रभ खड़ा सोचता रहा। मेरी मंजिल तो अभी दूर थी।

जिस पर उतरना पड़ रहा है यह स्टेशन से मेरी मंजिल ना थी।

अभी तो लिखनी थी बाकी जो दास्तान—ए—जिंदगी अधूरी थी पर क्या करूँ दोस्तों उस स्टेशन पर उतरना ही मेरी मजबूरी थी।

माँ की कोख.....

सामाजिक एवं भौगोलिक परिवर्तन

मनदीप कौर

रोल न. 3

हमने कई बार अपने बड़ों से या धार्मिक किताबों में यह पढ़ा सुना होगा कि प्रत्येक घटना के पीछे कुछ ना कुछ अच्छा आवश्यक छुपा होता है।

यही यदि हम आज प्रचलित वैश्विक महामारी कोरोना वायरस के बारे में कहें तो गलत ना होगा।

करोना का यह नाम बच्चे—बच्चे की जुबान पर है और इस ने व्यापारियों, मजदूरों एवं प्राइवेट नौकरियों को तहस—नहस कर दिया है, वहीं दूसरी ओर स्कूली बच्चों, पर्यावरण एवं कामकाज में व्यस्त माता—पिता के लिए यह समय अनमोल है। यदि आर्थिक हालत देखी जाए तो बेरोज़गारी गरीबी, भुखमरी, कालाबाजारी की मत्तों में वृद्धि मांग में कमी आदि से देश की आर्थिक कमर टूटने की कगार पर है। मजदूर वर्ग जोकि अमीर वर्ग के लिए नोट कमाने की मशीन थे, वही आज खुद पाई—पाई के मोहताज हो गए हैं और घर पहुँचने की आस में मीलों का सफर नंगे पांव करते करते कोई रेल से टकरा कर मर रहे हैं, तो कोई भूख से बिलक कर सड़क किनारे पड़े कुत्ते के मास को खाने को मजबूर हैं। जहाँ हम अपने बच्चों को घर से बाहर नहीं जाने दे रहे वहीं इन मजदूरों के बच्चे अपने माता—पिता के कदम से कदम मिलाकर हज़ारों किलोमीटर का सफर तय करने को मजबूर हैं। कोरोना ने दुनिया को जहाँ नाकारात्मकता का उपहार दिया है वहाँ सबसे सकारात्मक उपहार पर्यावरण का शुद्धता का मिला। लाखों, करोड़ों रुपये लगाकर भी जो नदियाँ साफ न हो सकी, वहीं नदियाँ आजकल शीतल होकर बह रही हैं और मधुर संगीत सुनाती हुई, शुद्ध और मीठे जल से भरपूर हो गई हैं। जहाँ प्रदूषण के कारण अप्रैल के महीने में गर्मी का प्रकोप हो जाया करता था आज मई महीने में भी इतनी गर्मी

नहीं है। हवा में शुद्धता, पक्षियों की मधुर वाणी, पर्वतों के मधुर दृश्य ने सबके मन को मोह लिया है। ओज़ोन परत जो धरती को सूरज से आने वाली पराबैंगनी किरणों से बचाने वाली परत है, प्रदूषण में आई कमी के कारण उसमें हुए छेद भी भर गए हैं।

घर—परिवार में समय को लेकर हो रहे विवाद पहले की अपेक्षा कम हो गए हैं। कामकाज में व्यस्त माता—पिता जिनके पास अपने बच्चों के लिए समय नहीं होता था अब नाश्ते से लेकर रात के खाने तक का समय एक—साथ बिता रहे हैं और हँसते—मुस्कराते हुए बच्चों को ऑनलाइन पढ़ाते हुए आपस में खेलते—कूदते हुए, पकवान बनाते हुए नज़र आ रहे हैं।

बच्चों को माता—पिता से सम्पूर्ण स्नेह और भरपूर दुलार मिल रहा है और माता—पिता को अपनी निजी जिंदगी को भी बढ़िया बनाने का मौका मिला।

शादी और विवाह में फजूल खर्ची से बचाव, खाने की बर्बादी से बचाव, सफाई की असली कीमत, दिमागी शांति, हुनर को उजागर करने का समय शायद ही हमें मिल पाता। इन्हीं सकारात्मक पक्षों की तरफ ध्यान देने की आवश्यकता आज हम सबको है।

तीसरा विश्व युद्ध

मुकेश कुमार

रोल न. 308

पहले और दूसरे विश्व युद्ध के परिणामों के बारे में तो सभी को पता है, इसी कारण पहले और दूसरे विश्व युद्ध के बाद कई देशों ने धीरे धीरे अपनी ताकत बढ़ानी शुरू कर दी। सभी देशों ने हथियारों को बढ़ाने में हद से ज्यादा जोर लगा दिया, क्योंकि शायद उन की यही सोच रही है कि अगर हम अपनी सैन्य शक्ति को शक्तिशाली बनाएंगे तो हमारा रुतबा सारी दुनिया में बहुत शक्तिशाली होगा। मगर शायद किसी भी देश ने मौजूदा महामारी से निपटने का कोई हल ढूँढने पर जोर नहीं दिया। इसी का कारण रहा है कि आज अमेरिका जैसे सुपर पावर देशों में भी इस कोरोना वायरस का प्रकोप झेलना पड़ रहा है। और लाखों की गिनती में लोग मर चुके हैं और प्रतिदिन हज़ारों की गिनती में लोग

मर रहे हैं। यह एक विश्व युद्ध के जैसा है जिसमें लाखों लोग मर जाते हैं। आज सभी देशों के हथियार और परमाणु बम वैसे के वैसे पड़े रह गए और यह तीसरा विश्व युद्ध है जिसे हम जैविक विश्व युद्ध का भी नाम दे सकते हैं।

बाकी विश्व युद्धों में हमने गोली के दम पर लड़ाई लड़ी थी। मगर आज इस जैविक विश्व युद्ध में दवाई की गोली का सहारा लेना पड़ रहा है और शायद इंसान को भी यह पता लग गया कि उनसे भी ज्यादा शक्तिशाली इस दुनिया में किसी शक्ति का अस्तित्व है, जिसके आगे विनाशकारी परमाणु बम का कोई भी रुतबा नहीं।

इस जैविक विश्व युद्ध के बाद सारी दुनिया में अब शायद यही सोच रहेगी कि हथियारों को बेहतर बनाने से ज्यादा अपनी स्वास्थ्य सुविधाओं को बेहतर बनाना बहुत जरूरी है ताकि आने वाले समय में कोरोना वायरस जैसी महामारी से आसानी से लड़ा जा सके, इसका हल भी आसानी से ढूँढा जा सके और हमारे समाज में इंसान को दूरी बनाने की जगह नजदीकियाँ बनाने को कहा जाए जिसे हम आज तक अपनी किताबों में पढ़ते आए हैं कि मनुष्य एक सामाजिक प्राणी है और उसे समाज के साथ जुड़ना ही बेहतर बनाता है ना कि समाज से दूरी बनाकर।

सामाजिक परिवर्तन : कोरोना एक कारक

मुकेश कुमार
रोल न. 308

घर की चार दीवारी में अब सुख-दुख का तराना
एक महामारी ने बदला देखो आज जमाना
साफ हवाएँ हो गई, सुंदर हो गया आकाश
मीलों दूर के पर्वत भी लगें नज़रों के पास
पंछियों का स्वर है, अब दुनिया का शोर नहीं
प्रकृति की शक्ति के आगे किसी का ज़ोर नहीं
नदियों का पानी भी अब निर्मल बहता है
सुबह शाम का मौसम भी अब शीतल रहता है

दशकों पीछे वाला जैसे आया है वक्त पुराना
एक महामारी ने बदला देखो आज जमाना
सड़कों पर सन्नाटा है दुर्घटना का डर नहीं
अपनों के साथ हैं, घर में, कोई बाहर नहीं
घर-घर में हलवाई हो गए, कुछ ना कुछ बना रहे हैं
अच्छा बुरा जैसे बना हो अपनों को खिला रहे हैं
लेकर मोबाइल हाथ में रोज ऑनलाइन पढ़ाई करते हैं
उन बच्चों की मौज़ हो गई, स्कूल जाने से जो डरते हैं
छुट्टी लेने के लिए अब करता नहीं अब बहाना
एक महामारी ने बदला देखो आज जमाना
कामकाज से छुट्टी है कार्यालय भी दूर है
मम्मी-पापा का साथ भी मिल रहा भरपूर है
छोटे रोगों को भूले हैं बस इक रोग का ध्यान है
चलो इसी बहाने.....थोड़ा आसान है
थोड़े से सामान में भी गुजारा करना सीख गए हैं
मुश्किल हालातों से हम सब लड़ना सीख गए हैं
घर में सबके रौनक है हरा-भरा है घराना
एक महामारी ने बदला देखो आज जमाना
घर में आजकल जए हुनर की चर्चा है
जितना हमने कमाया था सुकून से उस को खर्चा है
पढ़ाई के तौर-तरीके भी अब तो विदेशों जैसे हो गए
बिना डांट के करके पढ़ाई चैन की नींद बच्चे सो गए
मम्मी-पापा का बच्चों पर लूट रहा दुलार है
जो कहते थे वक्त नहीं अब वक्त की पूरी भरमार है
लॉकडाउन इस दुनिया में घर में ही हँसना हँसाना
एक महामारी ने बदला देखो आज जमाना

ਆਧਾ ਖਾਤੇ ਆਧਾ ਫੱਕਤੇ ਥੇ ਜਿਸਕਾ ਫੀਕਾ ਸ਼ਵਾਦ
 ਰਦ੍ਹ ਹੁਏ ਕਾਰਯਕ੍ਰਮਾਂ ਸੇ ਨਾ ਅਨਨ ਪਾਨੀ ਬਰਬਾਦ ਹੁਆ
 5—10 ਮੇਹਮਾਨਾਂ ਸੇ ਭੀ ਸ਼ਾਦੀ ਕਰਨਾ ਸੀਖ ਗਏ
 ਝੁਲੀ ਬਹਾਨੇ ਕੁਝ ਬਾਬੁਲ ਕਰ੍ਜੇ ਕੀ ਬਾਜ਼ੀ ਜੀਤ ਗਏ
 ਧਰਤੀ ਕੀ ਆਯੋਜਨ ਪਰਤ ਭੀ ਸ਼ਕਤਿਸ਼ਾਲੀ ਹੋ ਗਏ
 ਦੁਖ ਕੇ ਝਸ ਸਾਹੀਲ ਸੇ ਦੇਖੋ ਖੁਸ਼ਹਾਲੀ ਹੋ ਗਏ
 ਅਬ ਹੀ ਪਹਰ ਅਪਨਾਂ ਕਾ ਚੇਹਰਾ ਦੇਖਤੇ ਹੈਂ ਰੋਜਾਨਾ
 ਏਕ ਮਹਾਸਾਰੀ ਨੇ ਬਦਲਾ ਦੇਖੋ ਆਜ ਜਮਾਨ

ਸਮਾਜ ਅਤੇ ਮਨੁੱਖੀ ਸੰਘਰਸ਼

ਬਲਜੀਤ ਕੌਰ
 ਰੋਲ ਨੰ. 126

ਹਮ ਭੀ ਦਰਿਆ ਹੈ, ਹਮੇਂ ਅਪਨਾ ਹੁਨਰ ਮਾਲੂਮ ਹੈ,
 ਜਿਸ ਤਰਫ ਭੀ ਚਲ ਪੜੇਂਗੇ, ਰਸਤਾ ਬਣ ਜਾਏਗਾ।
 ਜ਼ਿੰਦਗੀ ਇਕ ਸੰਘਰਸ਼ ਹੈ ਇਸ ਦੀਆਂ ਵਿਭਿੰਨ ਪਰਤਾਂ ਨਾਲ ਦੋ
 ਚਾਰ ਹੁੰਦੀਆਂ ਮਨੁੱਖ ਬਹੁਤ ਕੁੱਝ ਸਿਖਦਾ ਹੈ। ਉਹ ਮਿਹਨਤ ਦੀ
 ਭੱਠੀ ਵਿੱਚ ਪੈ ਕੇ ਖਰਾ ਸੋਨਾ ਬਣ ਜਾਂਦਾ ਹੈ। ਕੁੱਝ ਨਵਾਂ ਕਰਨ ਦੀ
 ਇੱਛਾ ਉਸਨੂੰ ਅੱਗੇ ਵਧਣ ਦੀ ਪ੍ਰੇਰਣਾ ਦਿੰਦੀ ਹੈ ਤੇ ਮਨੁੱਖ ਨਵੀਆਂ
 ਬੁਲੰਦੀਆਂ ਵੱਲ ਜਾਂਦਾ ਹੈ। ਜਿਉਂ-ਜਿਉਂ ਉਹ ਜ਼ਿੰਦਗੀ ਦੇ ਸੰਘਰਸ਼
 ਦੇ ਰਾਹਾਂ ਵਿੱਚੋਂ ਗੁਜਰਦਾ ਹੈ, ਉਸ ਦੇ ਅੰਦਰ ਕੁੱਝ ਨਵਾਂ ਕਰਨ ਦੀ
 ਚੰਗਿਆਈ ਹੋਰ ਵੀ ਭੜਕ ਉਠਦੀ ਹੈ ਤੇ ਉਹ ਆਪਣੀ ਮਿਹਨਤ
 ਸਦਕਾ ਇੱਕ ਛੋਟੀ ਚੰਗਿਆਈ ਤੋਂ ਜਵਾਲਾਮੁਖੀ ਦਾ ਰੂਪ ਧਾਰ ਕੇ
 ਆਪਣੇ ਮਕਸਦ ਦੀ ਪ੍ਰਾਪਤੀ ਵਿੱਚ ਕਾਮਯਾਬੀ ਹਾਸਲ ਕਰਦਾ ਹੈ।

ਸਮਾਜ ਇੱਕ ਮਨੁੱਖ ਦੀ ਜ਼ਿੰਦਗੀ ਦੇ ਸੰਘਰਸ਼ ਵਿੱਚ ਬਹੁਤ
 ਅਹਿਮ ਰੋਲ ਅਦਾ ਕਰਦਾ ਹੈ। ਸਮਾਜ ਹਰ ਇੱਕ ਮਨੁੱਖ ਦੇ ਰਾਹ
 ਵਿੱਚ ਬਹੁਤ ਸਾਰੀਆਂ ਉਪਲੱਬਧੀਆਂ ਦੇ ਨਾਲ ਨਾਲ ਰੁਕਾਵਟਾਂ ਵੀ
 ਪੈਦਾ ਕਰਦਾ ਹੈ ਅਤੇ ਉਹ ਰੁਕਾਵਟਾਂ ਹੀ ਕਾਮਯਾਬੀ ਦੇ ਰਸ ਨੂੰ ਹੋਰ
 ਮਿੱਠਾ ਬਣਾ ਦਿੰਦੀਆਂ ਹਨ। ਸਮਾਜ ਦਾ ਵਰਤਾਰਾ ਹਰ ਇੱਕ ਮਨੁੱਖ
 ਦੇ ਉੱਪਰ ਬਹੁਤ ਪ੍ਰਭਾਵ ਵਧਾਉਂਦਾ ਹੈ। ਇਕ ਚੰਗਾ ਸਮਾਜ ਜਿੱਥੇ
 ਮਨੁੱਖ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਦਾ ਹੈ ਉੱਥੇ ਹੀ ਦੂਜੇ ਪਾਸੇ ਬੁਰਾ ਸਮਾਜ
 ਕਈ ਬਾਰ ਮਨੁੱਖ ਦੇ ਹੌਸਲੇ ਨੂੰ ਝੰਜੋੜ ਵੀ ਦਿੰਦਾ ਹੈ। ਪਰੰਤੂ ਮਨੁੱਖ ਨੂੰ
 ਇਸ ਸੰਘਰਸ਼ ਵਿੱਚ ਹਾਰ ਨਹੀਂ ਮੰਨਣੀ ਚਾਹੀਦੀ ਕਿਉਂਕਿ ਇਸ
 ਸੰਘਰਸ਼ ਦੌਰਾਨ ਮਨੁੱਖ ਨੂੰ ਕਦੀ ਸਫਲਤਾ ਦਾ ਮਿੱਠਾ ਅਨੁਭਵ ਹੋ
 ਸਕਦਾ ਹੈ ਅਤੇ ਕਦੀ ਅਸਫਲਤਾ ਦੇ ਕੋੜੇ ਰਸ ਨਾਲ ਵੀ ਰੂ-ਬ-ਰੂ

ਹੋਣਾ ਪੈ ਸਕਦਾ ਹੈ ਅਤੇ ਅਸਫਲਤਾ ਕੋਈ ਮਾਯੂਸੀ ਨਹੀਂ ਹੈ ਅਤੇ
 ਨਾ ਹੀ ਕੋਈ ਠਹਿਰਾਓ ਹੈ ਸਗੋਂ ਇਹ ਸਾਨੂੰ ਹਿੰਮਤ ਦਿੰਦੀ ਹੈ ਕਿ
 ਅਸੀਂ ਪਹਿਲਾਂ ਨਾਲੋਂ ਵੀ ਦੁਗੁਣੇ ਜ਼ੋਰ ਨਾਲ ਆਪਣੇ ਮਕਸਦ ਨੂੰ
 ਪੂਰਾ ਕਰਨ ਲਈ ਅਗਾਂਹ ਵਧੀਏ।

ਕਿਸੇ ਨੇ ਕਿਹਾ ਕਿ “ਮਿਹਨਤ ਵਿੱਚ ਯਕੀਨ ਰੱਖਣ ਵਾਲਾ ਕਦੇ
 ਹਾਰਦਾ ਨਹੀਂ, ਥੱਕ ਜ਼ਰੂਰ ਜਾਂਦਾ ਹੈ”

ਆਪਣੇ ਮਕਸਦ ਨੂੰ ਹਾਸਲ ਕਰਨ ਤੋਂ ਪਹਿਲਾਂ ਨਾ ਹੀ ਕਦੀ
 ਰੁਕਣਾ ਚਾਹੀਦਾ ਹੈ ਤੇ ਨਾ ਹੀ ਕਦੀ ਝੁਕਣਾ ਚਾਹੀਦਾ ਹੈ ਅੰਗਰੇਜ਼ੀ
 ਦੇ ਕਵੀ ਰੋਬਰਟ ਫਰੋਸਟ ਨੇ ਲਿਖਿਆ ਹੈ Miles to go I sleep.
 ਇੱਕ ਬਾਰ ਪੱਕੇ ਇਰਾਦੇ ਨਾਲ ਆਪਣੇ ਮਕਸਦ ਵੱਲ ਤੁਰਨਾ
 ਆਰੰਭ ਕਰੋ ਤਾਂ ਕਾਮਯਾਬੀ ਆਪ ਸਿਰ ਝੁੱਕਾ ਕੇ ਜੀ ਆਇਆ ਨੂੰ
 ਕਹੇਗੀ ਇਸ ਮਿਹਨਤ ਦੇ ਰਾਹਾਂ ਵਿੱਚ ਕਦੇ ਰੁਕੋ ਨਾ। ਜਦੋਂ ਤੱਕ
 ਤੁਸੀਂ ਆਪਣੀ ਮੰਜ਼ਿਲ ਤੱਕ ਨਾ ਪਹੁੰਚ ਜਾਵੋ। ਤੁਸੀਂ ਮਿਹਨਤ ਲਈ
 ਤੁਰਨਾ ਸ਼ੁਰੂ ਕਰੋ ਰਸਤੇ ਆਪਣੇ ਆਪ ਬਣ ਜਾਣਗੇ।

ਪੰਜਾਬੀ ਸ਼ਾਇਰ ਸੁਰਜੀਤ ਪਾਤਰ ਨੇ ਕਿਹਾ ਹੈ:-

“ਮੈਂ ਰਾਹਾਂ ਤੇ ਨਹੀਂ ਤੁਰਦਾ, ਮੈਂ ਤੁਰਦਾ ਹਾਂ ਤਾਂ ਰਾਹ ਬਣ ਜਾਂਦੇ
 ਹਨ।”

ਇਹ ਸਮਾਜ ਵੀ ਉਸ ਮਨੁੱਖ ਦੀ ਸ਼ਲਾਘਾ ਕਰਦਾ ਹੈ ਜੋ
 ਕਿਸੇ ਮੁਕਾਮ ਉੱਪਰ ਪਹੁੰਚ ਚੁੱਕਾ ਹੋਵੇ। ਪਰ ਅਸੀਂ ਇਸ ਗੱਲ ਨੂੰ
 ਪਿੱਛੇ ਨਹੀਂ ਛੱਡ ਸਕਦੇ ਕਿ ਸਾਡੀ ਇਸ ਮਿਹਨਤ ਦੇ ਪਿੱਛੇ ਸਮਾਜ
 ਦਾ ਵੀ ਬਹੁਤ ਵੱਡਾ ਯੋਗਦਾਨ ਹੈ। ਫਿਰ ਉਹ ਸਾਨੂੰ ਕਿਸੇ ਆਪਣੇ
 ਯਤਨ ਪਿੱਛੇ ਸ਼ਲਾਘਾ ਦੇ ਰੂਪ ਵਿੱਚ ਮਿਲਿਆ ਹੋਵੇ ਜਾਂ ਕਿਸੇ
 ਫਿਟਕਾਰ ਦੇ ਰੂਪ ਵਿੱਚ ਜਾਂ ਆਪਣੇ ਕਿਸੇ ਮਕਸਦ ਨੂੰ ਹਾਸਿਲ
 ਕਰਨ ਲਈ ਕਿਸੇ ਦੀ ਸਹਾਇਤਾ ਦੇ ਰੂਪ ਵਿੱਚ ਮਿਲਿਆ
 ਹੋਵੇ। ਸਾਨੂੰ ਹਮੇਸ਼ਾ ਹੀ ਆਪਣੀ ਮੰਜ਼ਿਲ ਤੱਕ ਪਹੁੰਚਣ ਲਈ ਕਰਮ
 ਕਰਦੇ ਰਹਿਣਾ ਚਾਹੀਦਾ ਹੈ। ਕਰਮ ਦੇ ਮਹੱਤਵ ਬਾਰੇ ਗੀਤਾ ਵਿੱਚ
 ਵੀ ਕਿਹਾ ਹੈ, “ਕਰਮ ਕਰੇ ਫਲ ਦੀ ਪ੍ਰਾਪਤੀ ਆਪਣੇ ਆਪ ਹੋ
 ਜਾਂਦੀ ਹੈ।” “ਕਿਉਂਕਿ ਜ਼ਿੰਦਗੀ ਇੱਕ ਨਿਰੰਤਰ ਚਲਦਾ ਸੰਘਰਸ਼ ਹੈ
 ਅਤੇ ਜਿਸ ਵਿੱਚ ਰੁਕਣ ਦਾ ਸਥਾਨ ਨਹੀਂ ਹੈ।

ਮੰਜ਼ਿਲਾਂ ਕਦੇ ਖਤਮ ਨਹੀਂ ਹੁੰਦੀਆਂ। ਇੱਕ ਮੰਜ਼ਿਲ
 ਮਿਲਣ ਤੋਂ ਬਾਅਦ ਫਿਰ ਦੂਜੀ ਫਿਰ ਤੀਜੀ ਇਸ ਸਿਲਸਿਲਾ
 ਨਿਰੰਤਰ ਚਲਦਾ ਰਹਿੰਦਾ ਹੈ ਇਸ ਕਰਕੇ ਕਦੇ ਰੁਕਣਾ ਨਹੀਂ
 ਚਾਹੀਦਾ ਤੇ ਨਾ ਹੀ ਆਪਣਾ ਪਿਛਲਾ ਸਮਾਂ ਭੁੱਲਣਾ ਚਾਹੀਦਾ ਹੈ।

“ਜੇਕਰ ਉੱਨਤੀ ਕਰਦਿਆਂ ਬਹੁਤ ਵੱਡਾ ਆਦਮੀ ਬਣ
 ਜਾਵੇ ਤਾਂ ਆਪਣੀ ਅਸਲੀਅਤ ਕਦੀ ਨਾ ਭੁੱਲੇ ਅਤੇ ਆਪਣੇ ਰਾਹ

ਤੋਂ ਕਦੀ ਨਾ ਹਟੇ। ਯਾਦ ਰੱਖੀ ਤੇਰੀ ਹਾਲਤ ਉਸ ਵੇਲੇ ਕਮਾਨ ਚੋਂ ਨਿਕਲੇ ਤੀਰ ਵਰਗੇ ਹੋਵੇਗੀ ਜਿਸ ਨੇ ਕੁੱਝ ਦੇਰ ਹਵਾ ਵਿੱਚ ਤੈਰ ਕੇ, ਧਰਤੀ ਤੇ ਯਕੀਨੀ ਡਿੱਗ ਪੈਣਾ ਹੁੰਦਾ ਹੈ।।

ਮਨੁੱਖ ਇਕ ਸਮਾਜਿਕ ਪ੍ਰਾਣੀ

ਸੰਗੀਤਾ
ਰੋਲ ਨੰ. 95

ਤੁਸੀਂ ਚਾਹੇ ਦਫਤਰ ਵਿੱਚ ਕੰਮ ਕਰਦੇ ਹੋ ਜਾਂ ਕਾਲਜ ਵਿੱਚ ਪੜ੍ਹਦੇ ਹੋ, ਤੁਸੀਂ ਦੇਖਿਆ ਹੋਵੇਗਾ ਕਿ ਕਿੰਨੇ ਹੀ ਲੋਕ ਹਨ ਜੋ ਇਕ ਦੂਜੇ ਦੀ ਕਾਪੀ ਕਰਨ ਤੋਂ ਨਹੀਂ ਹੱਟਦੇ। ਹਰ ਕੋਈ ਖੁਦ ਨੂੰ ਬੈਸਟ ਦਿਖਾਉਣਾ ਚਾਹੁੰਦਾ ਹੈ। ਜੇਕਰ ਤੁਸੀਂ ਵੀ ਉਸ ਭੀੜ ਦਾ ਹਿੱਸਾ ਬਣ ਗਏ ਹੋ ਤਾਂ ਦੂਜਿਆਂ ਦੀ ਕਾਪੀ ਕਰਨਾ ਬੰਦ ਕਰਕੇ ਆਪਣਾ ਖੁਦ ਦਾ ਸਟਾਈਲ ਡਿਵੈਲਪ ਕਰੋ।

ਖੁਦ ਦੇ ਗੁਣ ਹਰ ਇਨਸਾਨ ਚ ਕੋਈ ਗੱਲ ਖਾਸ ਹੁੰਦੀ ਹੈ। ਹੋ ਸਕਦਾ ਹੈ ਤੁਹਾਡਾ ਨੇਚਰ ਦੂਜਿਆਂ ਤੋਂ ਹਟ ਕੇ ਹੋਵੇ ਜਾਂ ਕੋਈ ਤੁਹਾਡੇ ਅੰਦਰ ਅਜਿਹਾ ਕੋਈ ਹੁਨਰ ਲੁਕਿਆ ਹੋਵੇ ਜੋ ਹੋਰ ਕਿਸੇ ਕੋਲ ਨਾ ਹੋਵੇ। ਉਸ ਚੀਜ਼ ਦੀ ਪਹਿਚਾਣ ਕਰੋ ਅਤੇ ਅੱਗੇ ਵਧੋ।

ਖੁਦ ਨੂੰ ਅਪਣਾਓ-ਇਸ ਬਾਰ ਜਦੋਂ ਤੁਸੀਂ ਆਪਣੇ ਗੁਣਾਂ ਦੀ ਪਹਿਚਾਣ ਕਰ ਲਈ ਹੋਵੇ, ਤਾਂ ਲੋੜ ਹੈ ਕਿ ਤੁਸੀਂ ਵੀ ਖੁਦ ਨੂੰ ਉਸੇ ਰੂਪ ਵਿੱਚ ਅਪਨਾ ਲਓ, ਜਿਸ ਰੂਪ ਚ ਤੁਸੀਂ ਹੋ। ਅਕਸਰ ਲੋਕ ਉਦੋਂ ਹਾਰ ਜਾਂਦੇ ਹਨ, ਜਦੋਂ ਉਹ ਖੁਦ ਦੇ ਅੰਦਰ ਦੇ ਟੈਲੇਂਟ ਨੂੰ ਨਹੀਂ ਅਪਨਾਉਂਦੇ।

ਜੋ ਚੰਗਾ ਲਗੇ ਉਹੀ ਕਰੋ-ਕਿਸੇ ਦੀ ਪਰਵਾਹ ਕੀਤੇ ਬਿਨਾਂ, ਉਹ ਕੀ ਬੋਲਣਗੇ ਆਦਿ ਨਾ ਸੋਚੋ ਕੇ, ਆਪਣੇ ਮਨ ਦੀ ਕਰੋ। ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਕੱਲਿਆਂ ਨੂੰ ਮੂਵੀ ਦੇਖਣਾ ਪਸੰਦ ਹੈ ਤਾਂ ਉਹੀ ਕਰੋ। ਬਿਨਾਂ ਡਰ ਜਾਂ ਸ਼ਰਮ ਦੇ ਉਹੀ ਕਰੋ ਜੋ ਆਪ ਨੂੰ ਚੰਗਾ ਲੱਗੇ।

ਹਮੇਸ਼ਾ ਸਿੱਖਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰੋ-ਕਦੇ ਵੀ ਨਾ ਸੋਚੋ ਕਿ ਤੁਹਾਨੂੰ ਸਭ ਕੁੱਝ ਪਤਾ ਹੈ। ਅਜਿਹਾ ਨਾਮੁਮਕਿਨ ਹੈ। ਚਾਹੇ ਗੱਲ ਨਵੀਂ ਟੈਕਨੋਲੋਜੀ ਦੀ ਹੋਵੇ ਜਾਂ ਫਿਰ ਚੰਗੇ ਗੁਣ ਗ੍ਰਹਿਣ ਕਰਨ ਦੀ ਸਿੱਖਦੇ ਰਹੋ ਹਮੇਸ਼ਾ।

ਸੰਕੋਚ ਕਰਨਾ ਛੱਡ ਦਿਓ- ਸੰਕੋਚ ਕਰਨ ਨਾਲ ਕਦੇ ਵੀ ਤੁਹਾਨੂੰ ਆਪਣਾ ਟੀਚਾ ਪ੍ਰਾਪਤ ਨਹੀਂ ਹੋਵੇਗਾ। ਕਦਮ ਉਠਾਓ ਰਿਸ ਲੈਣ ਦਾ। ਜੇ ਤੁਸੀਂ ਨਹੀਂ ਕੀਤਾ ਉਸ ਨੂੰ ਇਕ ਬਾਰ ਬਿਨਾਂ ਸੰਕੋਚ ਦੇ ਕਰਕੇ ਵੇਖੋ।

ਅੱਤਵਾਦ

ਨੀਸ਼ਾ ਗਿੱਲ
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ਅੱਜ-ਕੱਲ੍ਹ ਅੱਤਵਾਦ ਪੰਜਾਬ ਵਿੱਚ ਆ ਗਿਆ
ਚੰਗੇ ਭੱਲੇ ਲੋਕਾਂ ਨੂੰ ਫਿਕਰਾਂ ਵਿੱਚ ਪਾ ਗਿਆ।
ਨਾ ਮਿੱਟਣ ਵਾਲੀ ਇਹ ਮੋਹਰ ਪੰਜਾਬ ਉੱਤੇ ਲਾ ਗਿਆ,
ਹਰ ਪਾਸੇ ਥੋੜ੍ਹੇ ਜਿਹੇ ਸਮੇਂ ਵਿੱਚ ਛਾ ਗਿਆ।
ਅੱਤਵਾਦ ਸਾਰੇ ਮੁਲਕਾਂ ਨੂੰ ਫਿਕਰਾਂ ਵਿੱਚ ਪਾ ਗਿਆ।

ਮਿੱਟਾਂ ਵਿੱਚ ਧਮਕੀ ਆ ਜਾਂਦੀ ਏ ਸੁਨਾਮੀ ਵਾਂਗ,
ਆਜ਼ਾਦੀ ਸਾਨੂੰ ਵੀਏ ਸਾਡੀ ਹੁਣ ਲੱਗਦੀ ਗੁਲਾਮੀ ਵਾਂਗ।
ਹਰ ਪਾਸੇ ਹੁਣ ਤਾਂ ਸ਼ੈਤਾਨ ਜਿਹਾ ਛਾ ਗਿਆ,
ਅੱਤਵਾਦ ਸਾਰੇ ਮੁਲਕਾਂ ਨੂੰ ਫਿਕਰਾਂ ਵਿੱਚ ਪਾ ਗਿਆ।

ਉਥਾਮੇ ਨੂੰ ਧਮਕੀ ਪੁਤੀਨ ਨੂੰ ਵੀ ਆ ਜਾਂਦੀ ਏ,
ਨਾ ਸੁਣ ਕੇ ਅੱਤਵਾਦ ਦਾ ਰੂਹ ਸਭ ਦੀ ਘਬਰਾਉਂਦੀ ਏ।
ਆਪਣੇ ਬਚਾ ਲਈ ਜੱਗ ਜੁਗਤਾਂ ਲਗਾ ਰਿਹਾ,
ਅੱਤਵਾਦ ਸਾਰੇ ਮੁਲਕਾਂ ਨੂੰ ਫਿਕਰਾਂ ਵਿੱਚ ਪਾ ਗਿਆ।

ਵੱਡੇ ਵੱਡੇ ਮੁਲਕ ਨੇ ਯੋਜਨਾ ਬਣਾ ਰਹੇ,
ਆਪਣੇ ਬਚਾ ਲਈ ਹੁਣ ਯੋਗਤਾਂ ਲੜਾ ਰਹੇ।
ਹਰ ਪਾਸੇ ਸਖਤੀ ਤੇ ਅਲਰਟ ਹੁਣ ਛਾ ਗਿਆ,
ਅੱਤਵਾਦ ਸਾਰੇ ਮੁਲਕਾਂ ਨੂੰ ਫਿਕਰਾਂ ਵਿੱਚ ਪਾ ਗਿਆ।

ਕਈ ਸਿਆਸਤਦਾਨ ਇਹਨਾਂ ਨਾਲ ਰਲ ਜਾਂਦੇ ਨੇ,
ਕਾਂਡ ਫਿਰ ਵੱਡੇ ਵੱਡੇ ਉਹੀ ਕਰਵਾਉਂਦੇ ਨੇ।
ਧੀਆਂ ਪੁੱਤ ਕਈਆਂ ਦੇ ਮਰਦੇ ਜਾਂਦੇ ਪੈਸਾ ਇਹਨਾਂ ਨੂੰ ਭਾ ਰਿਹਾ,
ਅੱਤਵਾਦ ਸਾਰੇ ਮੁਲਕਾਂ ਨੂੰ ਫਿਕਰਾਂ ਵਿੱਚ ਪਾ ਗਿਆ।

ਉਹ ਨਵੀਂ ਮਿਸਾਇਲ ਬਣ ਰਹੇ ਨੇ,
ਦੁਨੀਆਂ ਨੂੰ ਹੋਰ ਡਰਾ ਰਹੇ ਨੇ।
ਨੀਸ਼ਾ ਜਾਪੇ ਅਮਨ ਇਹਨਾਂ ਨੂੰ ਨਾ ਭਾਅ ਰਿਹਾ,
ਅੱਤਵਾਦ ਸਾਰੇ ਮੁਲਕਾਂ ਨੂੰ ਫਿਕਰਾਂ ਵਿੱਚ ਪਾ ਗਿਆ।

ਆਪਣੇ ਆਪ ਨਾਲ ਸਮਾਜ

ਜ਼ਰੀਨਾ ਬੇਗਮ

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ਅਜੇ, ਮਾਪਿਆਂ ਦੇ ਲਾਡ ਨਾਲ ਪਾਲਿਆ ਇਕਲੌਤੀ ਔਲਾਦ ਸੀ ਕਦੇ ਕਿਸੇ ਦਾ ਕਹਿਣਾ ਮੰਨੇ ਇਹ ਉਸਦੇ ਸੁਭਾਅ ਵਿੱਚ ਨਹੀਂ ਸੀ। ਮਾਪਿਆਂ ਦਾ ਸਦਰਾਂ ਨਾਲ ਪਾਲਿਆ ਲਾਡਲਾ ਪੁੱਤਰ ਅੱਜ ਰੋਜ਼ ਦੀ ਤਰ੍ਹਾਂ ਗੋੜੀ ਮਾਰਨ ਲਈ ਦੋਸਤਾਂ ਨਾਲ ਘੁੰਮਣ ਲਈ ਬਾਜ਼ਾਰ ਗਿਆ ਅਤੇ ਦੇਰ ਰਾਤ ਘਰ ਮੁੜਿਆ। ਘਰ ਮੁੜਦਿਆਂ ਹੀ ਉਸਦੀ ਮਾਂ ਹਰਜੀਤ ਕੌਰ ਦਰਵਾਜ਼ੇ ਤੇ ਖੜ੍ਹ ਕੇ ਉਸ ਦੀ ਉਡੀਕ ਕਰ ਰਹੀ ਸੀ ਉਸਦੀ ਘਰ ਦੇਰ ਨਾਲ ਮੁੜਨ ਦੀ ਵਜ੍ਹਾ ਪੁੱਛਣ ਤੇ ਉਹਨੂੰ ਖਰੀਆਂ ਖੋਟੀਆਂ ਸੁਣਨ ਨੂੰ ਮਿਲੀਆਂ। ਮਾਂ ਦਾ ਸਤਿਕਾਰ ਕਰਨਾ ਉਹਦੇ ਸੁਭਾਅ ਵਿੱਚ ਨਹੀਂ ਸੀ, ਅਕਸਰ ਮਾਂ ਨਾਲ ਲੜਾਈ ਕਰਦਾ ਰਹਿੰਦਾ। ਅਜੇ ਦਾ ਮਨ ਕਦੇ ਵੀ ਕਿਸੇ ਸਾਰਥਕ ਪਾਸੇ ਨਹੀਂ ਸੀ ਲੱਗਦਾ ਜੋ ਉਸਦੀ ਮਾਂ ਲਈ ਪਰੇਸ਼ਾਨੀ ਦਾ ਇੱਕ ਵੱਡਮੁਲਾ ਕਾਰਨ ਸੀ। ਦੂਸਰੇ ਪਾਸੇ ਉਸਦਾ ਪਿਤਾ ਉਹਦਾ ਬੂਠ ਸੱਚ ਹਰ ਵਾਰ ਪੂਰਾ ਸਾਥ ਦਿੰਦੇ ਸੀ। ਆਪਣੇ ਬੱਚੇ ਦੀ ਖੁਸ਼ੀ ਤੇ ਸਿਰਫ ਖੁਸ਼ੀ ਹੀ ਉਨ੍ਹਾਂ ਦਾ ਮਕਸਦ ਸੀ। ਆਪਣੇ ਪੁੱਤਰ ਲਈ ਹਰ ਖੁਸ਼ੀ ਜੋ ਸੰਭਵ ਹੋਵੇ ਉਹ ਖਰੀਦਣ ਲਈ, ਪਾਉਣ ਲਈ ਉਹ ਹਰ ਵੇਲੇ ਤਿਆਰ ਰਹਿੰਦੇ ਸੀ। ਆਪਣੇ ਬੇਟੇ ਲਈ ਉਹ ਹਰ ਚੀਜ਼ ਲਿਆਉਣ ਲਈ ਸਮਰਥ ਸੀ ਤੇ ਉਹ ਇੰਝ ਹੀ ਕਰਿਯਾ ਕਰਦੇ ਆਪਣੇ ਬੇਟੇ ਦੇ ਚੇਹਰੇ ਦੀ ਮੁਸਕਾਨ ਹੀ ਉਨ੍ਹਾਂ ਦੇ ਜੀਣ ਦੀ ਵਜ੍ਹਾ ਸੀ। ਅਜੇ ਆਪਣੇ ਦੋਸਤਾਂ ਲਈ ਕਿਸੇ ਚੈਕਬੁੱਕ ਤੋਂ ਘੱਟ ਨਹੀਂ ਸੀ। ਉਹ ਆਪਣੇ ਦੋਸਤਾਂ ਤੇ ਜਾਨ ਛਿੜਕਦਾ ਸੀ ਅਤੇ ਦੋਸਤਾਂ ਦੀ ਹਰ ਮੁਸੀਬਤ ਵਿੱਚ ਉਹਨਾਂ ਦੇ ਨਾਲ ਖੜ੍ਹਦਾ ਸੀ। ਕਾਲਜ ਦੀ ਕਲਾਸ ਚ ਕਦੇ ਕਦੇ ਨਜ਼ਰ ਆਉਣ ਵਾਲਾ ਅਜੇ ਅੱਜ ਇਸ ਕਰਕੇ ਖੁਸ਼ੀ ਨਾਲ ਪੱਬ ਥੱਲੇ ਨਹੀਂ ਸੀ ਲਾਉਂਦਾ ਕਾਰਣ ਸੀ ਲਾਕਡਾਊਨ.....। ਖੁਸ਼ੀ ਦਾ ਕਾਰਨ ਕੀਆ ਇਹ ਸੋਚੇ ਬਿਨਾਂ ਸਿਰਫ ਛੁੱਟੀਆਂ ਹੋ ਗਈਆਂ ਇਸ ਸੋਚ ਸੋਚ ਕੇ ਅਜੇ ਬੜਾ ਖੁਸ਼ ਸੀ। ਇਸ ਦਿਨ ਕੀ ਹੋਇਆ ਲਾਕਡਾਊਨ ਅੱਜ ਤਿੰਨ ਹਫ਼ਤਿਆਂ ਵਿੱਚ ਬਦਲ ਗਿਆ, ਛੁੱਟੀਆਂ ਹੋ ਗਈਆਂ ਪਰ ਕੁੱਝ ਪਾਬੰਦੀਆਂ ਵੀ ਲੱਗਈਆਂ ਸੀ ਜਿਸ ਦੀ ਅਜੇ ਨੂੰ ਆਦਤ ਨਹੀਂ ਸੀ। ਆਪਣੀ ਮਰਜ਼ੀ ਨਾਲ ਬਿਨਾਂ ਮਤਲਬ ਘੁੰਮਣ ਵਾਲਿਆਂ ਚ ਅਜੇ ਦਾ ਨਾਮ ਸਭ ਤੋਂ ਉੱਪਰ ਸੀ ਘਰ ਵਿੱਚ ਟਿਕ ਕੇ ਬੈਠਣਾ ਉਸ ਲਈ ਬਿਲਕੁਲ ਨਾ ਗਵਾਰ ਸੀ। ਆਪਣੀ ਜਿੱਦ ਦੇ ਚਲ ਕੇ ਉਹ ਕਿਸੇ ਦੀ ਵੀ ਨਾ ਸੁਣਦਾ, ਪੁਲਿਸ ਨੇ ਵੀ ਉਸ ਨੂੰ ਵਰਜਿਆ ਪਰ ਕੋਈ ਫਾਇਦਾ ਨਹੀਂ ਸੀ ਹੋਇਆ ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਨੇ ਕੰਮ ਕਰ ਰਹੇ

ਡਾਕਟਰਾਂ ਦੇ ਹੋਰ ਕਰਮੀਆਂ ਦੇ ਸਨਮਾਨ ਚ ਤਾੜੀਆਂ ਵਜਾਉਣ ਲਈ ਕਿਹਾ ਤਾਂ ਸ਼ਾਮ ਨੂੰ ਆਪਣੇ ਦੋਸਤਾਂ ਨਾਲ ਉਨੇ ਜਾਂਗੋ ਵਾਂਗਰਾਂ ਇਕੱਠ ਕਰਕੇ ਜਲੂਸ ਕੱਢਿਆ ਜੋ ਕੇ ਉਸ ਦੀ ਬੇਵਕੂਫੀ ਦਾ ਸਬੂਤ ਦੇਣ ਲਈ ਕਾਫੀ ਸੀ। ਕੁੱਝ ਕ ਦਿਨਾਂ ਬਾਅਦ ਅਜੇ ਦੀ ਸਿਹਤ ਕੁੱਜ ਨਾ ਗਵਾਰ ਹੋਈ ਉਸਦੀ ਮਾਂ ਘੋਰ ਚਿੰਤਾ ਵਿੱਚ ਡੂਬੀ ਲਗਾਤਾਰ ਆਪਣੇ ਪੁੱਤਰ ਦੀ ਠੀਕ ਹੋਣ ਦੀ ਦੁਆ ਕਰ ਰਹੀ ਸੀ। ਮਾਂ ਦਾ ਮਨ ਲਗਾਤਾਰ ਚਿੰਤਾ ਵਿੱਚ ਡੁੱਬਿਆ ਹੋਇਆ ਸੀ। ਉਹਦੇ ਮਨ ਵਿੱਚ ਲਗਾਤਾਰ ਕਈ ਵਿਚਾਰ ਆਉਂਦੇ ਤੇ ਆਕੇ ਚਲੇ ਜਾਂਦੇ ਉਹਦੇ ਲਈ ਕਈ ਸਵਾਲ ਖੜ੍ਹੇ ਕਰ ਜਾਂਦੇ ਅਰਜੀਤ ਕੌਰ ਨੇ ਬਿਨਾਂ ਕਿਸੇ ਨੂੰ ਘਰ ਵਿੱਚ ਦੱਸੇ ਪੁੱਛੇ 104 ਨੰਬਰ ਤੇ ਫੋਨ ਕਰ ਐਮਬੂਲੈਂਸ ਨੂੰ ਬੁਲਾਇਆ, ਅਜੇ ਨੇ ਕਾਫੀ ਨਾ ਨੁਕੜ ਕਰਨ ਤੋਂ ਬਾਅਦ ਉਹ ਆਖਿਰ ਹਸਤਾਪਲ ਚਲਾ ਗਿਆ ਤਿੰਨ ਦਿਨ ਬਾਅਦ ਆਈ ਰਿਪੋਰਟ ਉਸਦੇ ਮਾਪਿਆਂ ਲਈ ਕਿਸੇ ਪਹਾੜ ਟੁੱਟਣ ਤੋਂ ਘੱਟ ਨਹੀਂ ਸੀ ਉਸ ਦਾ ਪੁੱਤਰ ਕੋਰੋਨਾ ਪਾਜੀਟਿਵ ਸੀ।

ਹੁਣ ਸਾਰਾ ਪਰਿਵਾਰ ਤੇ ਮੁੱਹਲਾ ਸ਼ੱਕ ਦੇ ਦਾਇਰੇ ਵਿੱਚ ਸੀ, ਸਾਰੇ ਆਪਣੇ ਆਪਣੇ ਪਰਿਵਾਰ ਦੀ ਚਿੰਤਾ ਚ ਸੀ। ਦੂਜੇ ਪਾਸੇ ਅਜੇ ਨੂੰ ਕੋਈ ਖਾਸ ਫਰਕ ਨਹੀਂ ਸੀ। ਉਸ ਨੂੰ ਕੋਈ ਮਤਲਬ ਨਹੀਂ ਸੀ ਕਿਸੇ ਨਾਲ ਵੀ ਤੇ ਉਹ ਹਰ ਵੇਲੇ ਹਸਪਤਾਲ ਚੋਂ ਨਿਕਲਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਦਾ ਰਹਿੰਦਾ ਉਸਦੀ ਇਸ ਹੀ ਲਾਪਰਵਾਹੀ ਨਾਲ ਆਪਣੇ ਤੇ ਆਪਣਿਆਂ ਲਈ ਕਿੰਨਾਂ ਖਤਰਨਾਕ ਸੀ ਇਸ ਦਾ ਅੰਦਾਜ਼ਾ ਉਸ ਨੂੰ ਹਾਲੇ ਵੀ ਨਹੀਂ ਹੋਇਆ। ਇਸ ਦਿਨ ਡਾਕਟਰ ਦੀ ਗੈਰ ਮੌਜੂਦਗੀ ਚ ਉਹ ਬਾਥਰੂਮ ਦੇ ਸ਼ੀਸ਼ੇ ਰਾਹੀਂ ਭਜਣ ਚ ਕਾਮਯਾਬ ਹੋ ਗਿਆ ਕਿਸੇ ਦੀ ਮੋਟਰਸਾਇਕਲ ਤੇ ਭੱਜ ਗਿਆ। ਪੁਲਿਸ ਨੂੰ ਡਾਕਟਰਾਂ ਨੇ ਸੂਚਿਤ ਕੀਤਾ ਤੇ ਉਹਦਾ ਪਿੱਛੇ ਪੁਲਿਸ ਗਈ ਤੇ ਥੋੜੀ ਦੂਰ ਤੋਂ ਹੀ ਉਸਨੂੰ ਦਬੋਚ ਲਿਆ ਗਿਆ। ਅਜੇ ਲਈ ਵੀ ਇਹ ਸਮਾਂ ਜਿਆਦਾ ਸਹਿਜ ਨਹੀਂ ਸੀ ਪਰ ਉਹਦੀ ਲਾਪਰਵਾਹੀ ਉਹਦੇ ਆਪਣਿਆਂ ਲਈ ਜਿੰਨੀ ਘਾਤਕ ਸੀ ਉਹਦੇ ਤੋਂ ਜਿਆਦਾ ਉਹਦੇ ਆਪਣਿਆਂ ਲਈ ਸੀ।

ਅਜੇ ਦਾ ਕੁੱਝ ਦਿਨ ਬਾਅਦ ਦੁਬਾਰਾ ਟੈਸਟ ਕੀਤਾ ਗਿਆ ਜੋ ਨੈਗੇਟਿਵ ਆਇਆ ਅਜੇ ਅੰਦਰ ਪੁਰੀਆਂ ਲੈਰਾਂ ਬੈਰਾਂ ਸੀ। ਹੁਣ ਉਹ ਘਰ ਜਾ ਸਕਦਾ ਸੀ ਆਪਣੇ ਘਰ ਜਾਣ ਦੀ ਇਜਾਜ਼ਤ ਮਿਲ ਗਈ ਤੇ ਇਨੇ ਸਮੇਂ ਚ ਉਸਨੂੰ ਇਹ ਗੱਲ ਤਾਂ ਸਮਝ ਆ ਗਈ ਕਿ ਇਹ ਡਾਕਟਰ ਉਹਦੇ ਲਈ ਕੰਮ ਕਰ ਰਹੇ ਸੀ ਤੇ ਉਹਦਾ ਇਲਾਜ ਉਹਦੇ ਲਈ ਫਾਇਦੇ ਵਾਲਾ ਸੀ ਕਿਸੇ ਹੋਰ ਲਈ ਉਹਦੇ ਹਲਾਤਾਂ ਲਈ ਕੁੱਝ ਉਹਦੇ ਵਰਗੇ ਲਾਪਰਵਾਹ ਲੋਕ

ਕਈ ਜਿੰਮੇਦਾਰ ਸੀ ਤੇ ਸ਼ਾਇਦ ਲਾਪਰਵਾਹੀ ਹੀ ਇਹਦਾ ਮੂਲ ਕਾਰਣ ਸੀ।

ਅਜੈ ਅੱਜ ਡਿਸਚਾਰਜ ਹੋ ਕੇ ਘਰ ਮੁੜ ਗਿਆ ਸੀ। ਘਰ ਜਾ ਕੇ ਉਸਨੂੰ ਪਤਾ ਲੱਗਾ ਕਿ ਉਸਦੇ ਮਾਤਾ ਪਿਤਾ ਦੇ ਨਾਲ ਨਾਲ ਘਰ ਚ ਇਕੱਲੀ ਰਹਿੰਦੀ ਮਾਂਈ ਵੀ ਕੋਰੋਨਾ ਪਾਜੀਟਿਵ ਹੋ ਗਈ ਜਿਸ ਦਾ ਅਜੈ ਨਾਲ ਕਾਫੀ ਮੋਹ ਸੀ ਉਹਨਾਂ ਨਾਲ ਉਹ ਬੜਾ ਮੋਹ ਸਕਦਾ ਸੀ, ਉਹਨਾਂ ਦੀ ਇਸ ਹਾਲਤ ਦਾ ਜਿੰਮੇਵਾਰ ਉਹ ਆਪਣੇ ਆਪ ਨੂੰ ਮੰਨਦਾ ਸੀ। ਪਰ ਹੁਣ ਕਾਫੀ ਦੇਰ ਹੋ ਗਈ ਸੀ।

ਹਰਜੀਤ ਕੌਰ ਆਪਣੇ ਪਤਨੀ ਨਾਲ ਕੁੱਝ ਦਿਨਾਂ ਬਾਅਦ ਪਰਤ ਆਈ ਪਰ ਮਾਈ ਨਹੀਂ ਸੀ ਆਈ ਤੇ ਨਾ ਹੀ ਹੁਣ ਆ ਸਕਦੀ ਸੀ ਉਹ ਹਾਰ ਗਈ ਸੀ ਜ਼ਿੰਦਗੀ ਦੀ ਲੜਾਈ। ਮਾਈ ਹੁਣ ਨਹੀਂ ਸੀ ਰਹੀ ਜਿਸ ਦਾ ਸਭ ਤੋਂ ਜ਼ਿਆਦਾ ਦੁੱਖ ਅਜੈ ਨੂੰ ਹੀ ਸੀ।

ਹੁਣ ਪਛਤਾਵੇ ਤੋਂ ਜ਼ਿਆਦਾ ਅਜੈ ਦੇ ਪਲੇ ਕੁੱਝ ਵੀ ਨਹੀਂ ਸੀ ਆਪਣੇ ਲਾਪਰਵਾਹ ਵਿਵਹਾਰ ਦੇ ਨਤੀਜੇ ਉਹਦੇ ਆਪਣਿਆਂ ਨੂੰ ਆਪਣੀ ਜਾਨ ਨਾਲ ਚਕਾਨਾ ਪਿਆ ਉਸਨੇ ਆਪਣੇ ਸਵਰਗ ਚ ਆਪ ਅੱਗ ਲਗਾਈ ਸੀ।

ਸਵਰਗ ਤੋਂ ਸਵਰਗਾਂ ਦੀ ਭਾਲ ਕਰ ਰਹੇ ਹਾਂ।

ਥੋੜ੍ਹਾ-ਥੋੜ੍ਹਾ ਜੀ ਬਹੁਤ ਮਰ ਰਹੇ ਹਾਂ।

ਕੁਦਰਤ ਨਾਲ ਖਿਲਵਾੜ ਦਾ ਮੁੱਲ ਘਰ ਰਹੇ ਹਾਂ।

ਗਲ ਕੇ ਕੁਦਰਤ ਹੁਣ ਆਪ ਗਲ ਰਹੇ ਹਾਂ।

ਚਲਦੀਆਂ ਰਾਹਾਂ ਤੋਂ ਵੱਖ ਚਲ ਰਹੇ ਹਾਂ।

ਕੋਰੋਨਾ ਨੂੰ ਫੈਲਾ ਕੇ ਆਪਣਾ ਆਪ ਠੱਲ ਰਹੇ ਹਾਂ।

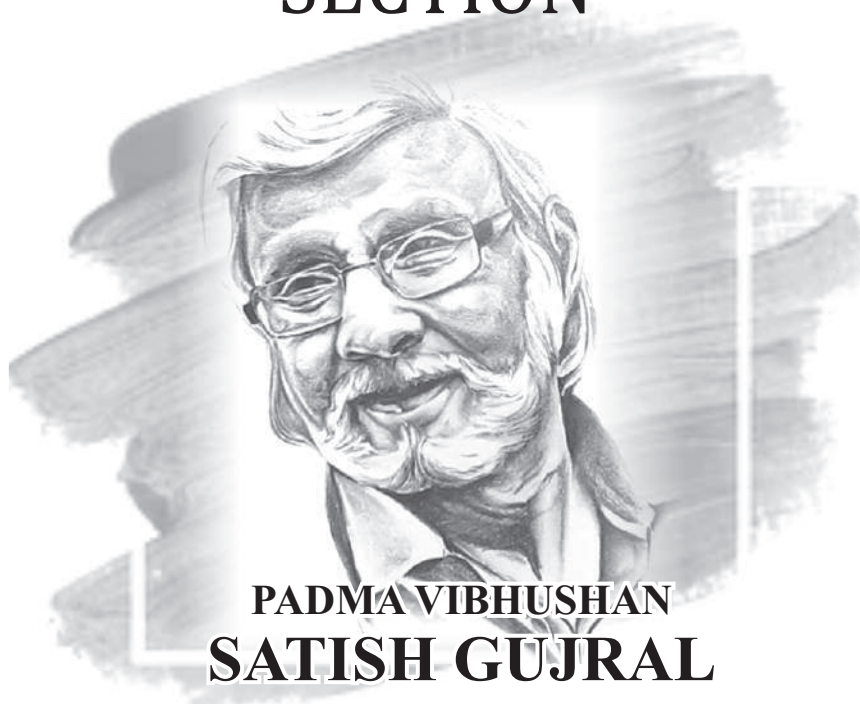
ਅੱਜ ਅਜੈ ਨੂੰ ਮਾਈ ਦੀ ਕਹਾਣੀ ਯਾਦ ਆ ਰਹੀ ਸੀ ਜਿਸ ਚ ਬਾਂਦਰ ਜੰਗਲ ਚ ਅੱਗ ਦੇਖ ਕੇ ਭੱਜਦਾ ਹੈ ਤੇ ਉਹ ਆਪਣੇ ਆਪ ਨੂੰ ਬਚਾ ਲਵੇਗਾ ਪਰ ਆਪਣੀ ਪੁੰਛ ਨੂੰ ਅੱਗ ਲੱਗਾ ਸਾਰਾ ਜੰਗਲ ਤਬਾਹ ਕਰ ਦਿੰਦਾ ਹੈ ਪਰ ਦੂਜੇ ਪਾਸੇ ਚੂਹਾ ਆਪਣੀ ਖੁੰਡ ਚ ਲੁੱਕ ਜਾਂਦਾ ਹੈ ਅਤੇ ਆਪਣੇ ਪਰਿਵਾਰ ਨੂੰ ਬਚਾ ਲੈਂਦਾ ਹੈ।

ਪਰ ਹੁਣ ਕੁੱਝ ਵੀ ਨਹੀਂ ਹੋ ਸਕਦਾ ਸੀ ਅਜੈ ਆਪ ਕਿਸੇ ਤੋਂ ਰਿਹ ਵਾਇਰਸ ਲੈ ਕੇ ਆਇਆ ਸੀ ਤੇ ਆਪਣਿਆਂ ਨੂੰ ਵੀ ਉਹਦੇ ਹਵਾਲੇ ਕਰ ਦਿੱਤਾ ਸੀ। ਆਪਣੇ ਆਪ ਦੀ ਪਰਵਾਹ ਨਾ ਕਰਨ ਜਾਂ ਇੰਝ ਹੈ ਕਿ ਨਹੀਂ ਬਾਅਦ ਦੀ ਗੱਲ ਹੈ ਪਰ ਆਪਣਿਆਂ ਦੀ ਹਿਫਾਜਤ ਕਰਨਾ ਸਰਿਆਂ ਦਾ ਮੂਲ ਕਰਮ ਹੈ। ਉਹਨੇ ਆਪਣੇ ਗਵਾ ਕੇ ਸਬਕ ਹਾਸਿਲ ਕੀਤਾ ਜੇ ਉਹ ਆਪ ਲਾਪਰਵਾਹ ਨਾ ਹੁੰਦਾ ਪਰ ਹੁਣ ਕੁੱਝ ਵੀ ਨਹੀਂ ਸੀ ਹਾਸਿਲ ਹੋਣ ਵਾਲਾ ਹੁਣ ਉਹ ਉਸ ਬਾਂਦਰ ਤੋਂ ਵੱਧ ਕੇ ਆਪਣੇ ਆਪ ਨੂੰ ਕੁੱਝ ਵੀ ਨਹੀਂ ਸੀ ਮਹਿਸੂਸ ਕਰਦਾ।





PERFORMING ARTS SECTION



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ਮਹਾਂਮਾਰੀਆਂ ਦੇ ਦੌਰ ਵਿੱਚ ਸਾਹਿਤ ਅਤੇ ਕਲਾਤੱਥੀ ਕਲਾਵਾਂ (Performing Arts) ਦੀ ਭੂਮਿਕਾ

ਡਾ.ਹਰਪ੍ਰੀਤ ਸਿੰਘ
ਸਹਾਇਕ ਪ੍ਰੋਫੈਸਰ

ਸਾਹਿਤ ਅਤੇ ਕਲਾਤੱਥੀ ਕਲਾਵਾਂ ਸਮੇਂ ਸਮੇਂ ਉੱਤੇ ਲੋਕ ਆਵਾਜ਼ ਦੇ ਪ੍ਰਗਟਾਵੇ ਦਾ ਜ਼ਰੀਆਂ ਬਣਦੀਆਂ ਆ ਰਹੀਆਂ ਹਨ। ਮਨੁੱਖੀ ਭਾਵਨਾਵਾਂ ਅਤੇ ਸੰਵੇਦਨਾਵਾਂ ਦੀ ਅਭਿਵਿਅਕਤੀ ਇਨ੍ਹਾਂ ਕਲਾਵਾਂ ਦਾ ਪ੍ਰਮੁੱਖ ਸਰੋਕਾਰ ਹੈ। ਅੱਜ ਅਸੀਂ ਕੋਵਿਡ-19 ਵਰਗੀ ਮਹਾਂਮਾਰੀ ਦੇ ਦੌਰ ਵਿੱਚੋਂ ਗੁਜ਼ਰ ਰਹੇ ਹਾਂ। ਅੱਜ



ਐਲਬਰਟ ਕਾਮੂ

ਦੇ ਦੌਰ ਨੂੰ ਅਸੀਂ ਹਥਿਆਰਬੰਦ ਮਨੁੱਖਾਂ ਤੋਂ ਬਗ਼ੈਰ ਲੜਿਆ ਜਾ ਰਿਹਾ ਤੀਸਰਾ ਵਿਸ਼ਵ ਯੁੱਧ ਕਹਿ ਸਕਦੇ ਹਾਂ। ਇਸ ਜੰਗ ਦਾ ਮੁੱਖ ਨਿਸ਼ਾਨਾ ਮੁਨਾਫ਼ਾ, ਬਾਜ਼ਾਰਵਾਦ, ਪੂੰਜੀਵਾਦ ਦੀ ਅੰਨ੍ਹੇਵਾਹ ਉੱਨਤੀ ਕਰਨੀ ਅਤੇ ਵਿਸ਼ਵ ਦੀ ਮਹਾਂਸ਼ਕਤੀ ਬਣਨਾ ਹੈ।

ਜਦੋਂ ਵੀ ਕਿਸੇ ਸਮਾਜ ਵਿੱਚ ਮਹਾਂਮਾਰੀ ਜਾਂ ਭੁੱਖਮਰੀ ਫੈਲਦੀ ਸੀ ਉਹ ਕੁਦਰਤੀ ਆਫ਼ਤ ਦੇ ਰੂਪ ਵਿੱਚ ਹੀ ਆਉਂਦੀ ਸੀ। ਅਜੋਕੀ ਮਹਾਂਮਾਰੀ ਕੋਵਿਡ-19 ਮਨੁੱਖ ਦੁਆਰਾ ਸਿਰਜੀ ਹੋਈ ਆਫ਼ਤ ਹੈ। ਸੌ ਸਾਲ ਪਹਿਲਾਂ ਜਦੋਂ 'ਪਲੇਗ' ਫੈਲੀ ਸੀ ਤਾਂ ਲੋਕਾਈ ਇਸ ਦਾ ਨਾਮ ਨਹੀਂ ਲੈਂਦੀ ਸੀ। ਉਹ ਇਸ ਮਹਾਂਮਾਰੀ ਨੂੰ ਪਟਮੇਲੀ ਕਹਿੰਦੇ ਸਨ। 'ਪਟ' ਦਾ ਅਰਥ ਲੱਕੜ ਦੇ ਦੋ ਦਰਵਾਜ਼ੇ ਅਤੇ 'ਮੇਲੀ' ਦਾ ਅਰਥ ਹੈ ਮੇਲ ਦੇਣਾ ਜਾਂ ਬੰਦ ਕਰ ਦੇਣਾ। ਜਿਸ ਘਰ ਮਹਾਂਮਾਰੀ ਦਸਤਕ ਦਿੰਦੀ ਸੀ ਉਹ ਘਰ ਦਾ ਲੱਕੜ ਦਾ ਦਰਵਾਜ਼ਾ ਬੰਦ ਕਰ ਦਿੰਦਾ ਸੀ ਤਾਂ ਜੋ ਸਮਾਜਿਕ ਦੂਰੀ ਬਣਾਈ ਜਾ ਸਕੇ, ਇਹ ਬਿਮਾਰੀ ਫੈਲੇ ਨਾ।

ਆਜ਼ਾਦੀ ਤੋਂ ਪਹਿਲਾਂ ਬੰਗਾਲ ਵਿੱਚ ਕਾਲ ਪਿਆ ਤਾਂ ਸਾਡੇ ਉਰਦੂ ਦੇ ਅਦੀਬ ਕ੍ਰਿਸ਼ਨ ਚੰਦਰ ਨੇ ਕਹਾਣੀ ਲਿਖੀ 'ਅੰਨਦਾਤਾ' ਜਿਸ ਦਾ ਨਾਟਕੀ ਰੂਪਾਂਤਰਣ ਕਰਕੇ ਗੁਰਸ਼ਰਨ ਸਿੰਘ ਨੇ 1960 ਵਿੱਚ 'ਮੁੱਠੀ ਭਰ ਚੌਲ' ਨਾਟਕ ਨੂੰ ਅਨੇਕਾਂ ਵਾਰ ਮੰਚਿਤ ਕੀਤਾ। ਇਹ ਕਹਾਣੀ ਉਸ ਸਮੇਂ ਦੀ ਮਾਰਮਿਕ ਤਸਵੀਰ ਦੀ ਪੇਸ਼ਕਾਰੀ ਸੀ। ਇਹ ਉਹ ਵੇਲਾ ਸੀ ਜਦੋਂ ਇਨਸਾਨ ਨੇ ਇਨਸਾਨੀਅਤ ਤਿਆਗ ਦਿੱਤੀ ਸੀ। ਸ਼ਾਹੂਕਾਰਾਂ ਦੇ ਅੰਨ

ਅਤੇ ਦੌਲਤ ਦੇ ਭੰਡਾਰ ਭਰੇ ਪਏ ਸਨ ਪਰ ਲੋਕਾਈ ਸੜਕਾਂ ਤੇ ਭੁੱਖ ਨਾਲ ਮਰਨ ਲਈ ਮਜਬੂਰ ਸੀ। ਔਰਤਾਂ ਮੁੱਠੀ ਭਰ ਚੌਲਾਂ ਦੀ ਖਾਤਰ ਆਪਣਾ ਜਿਸਮ ਵੇਚਣ ਲਈ ਮਜਬੂਰ ਸਨ। ਇਸ 'ਕਾਲ' ਲਈ ਅੰਗਰੇਜ਼ ਹਕੂਮਤ ਜ਼ਿੰਮੇਵਾਰ ਸੀ। ਅੰਗਰੇਜ਼ਾਂ ਨੇ ਕ੍ਰਿਸ਼ਨ ਚੰਦਰ ਦੀ ਇਸ ਕਹਾਣੀ ਉੱਤੇ ਪਾਬੰਦੀ ਲਗਾ ਦਿੱਤੀ। ਲੇਖਕ ਦੀ ਸਮਾਜ ਨੂੰ ਦੇਣ ਦਾ ਇਸ ਕਹਾਣੀ ਤੋਂ ਅੰਦਾਜ਼ਾ ਲਗਾਇਆ ਜਾ ਸਕਦਾ ਹੈ।

ਐਲਬਰਟ ਕਾਮੂ ਦਾ ਫਰੈਂਚ ਭਾਸ਼ਾ ਵਿੱਚ ਲਿਖਿਆ ਨਾਵਲ 'ਪਲੇਗ' 1947 ਵਿੱਚ ਪ੍ਰਕਾਸ਼ਿਤ ਹੋਇਆ। ਕਰੋੜਾਂ ਦੀ ਤਾਦਾਦ ਵਿੱਚ ਲੋਕਾਂ ਨੇ ਇਸ ਨੂੰ ਵੱਖ-ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ ਪੜ੍ਹਿਆ। ਵੱਖ-ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਦੇ ਰੰਗਕਰਮੀਆਂ ਨੇ ਇਸ ਦਾ ਨਾਟਕੀ ਰੂਪਾਂਤਰਣ ਕਰਕੇ ਬੇਸ਼ੁਮਾਰ ਲੋਕਾਂ ਤਕ ਪਹੁੰਚਾਇਆ। ਮਹਾਂਮਾਰੀ ਵਿੱਚ ਮੌਤ ਕਿਸੇ ਦੀ ਵੀ ਹੋ ਸਕਦੀ ਹੈ ਪਰ ਸਭ ਤੋਂ ਵੱਡਾ ਨੁਕਸਾਨ ਗਰੀਬ ਅਣਗੋਲੇ ਲੋਕਾਂ ਦਾ ਹੁੰਦਾ ਹੈ। ਉਹ ਪੀੜ੍ਹੀਆਂ ਤਕ ਪੱਟੇ ਹੋਏ ਰਾਸ ਨਹੀਂ ਆਉਂਦੇ। 'ਪਲੇਗ' ਦੇ ਦੌਰ ਵਿੱਚ ਮੋਹਤਬਰਾਂ ਨੇ ਆਪਣਾ ਫਰਜ਼ ਨਹੀਂ ਨਿਭਾਇਆ ਲੋਕ ਸੜਕਾਂ 'ਤੇ ਮਰੇ। ਅੱਜ ਕੋਵਿਡ-19 ਦੇ ਦੌਰ ਦਾ ਸਮਾਂ ਹੀ ਬਦਲਿਆ ਹੈ ਪਰ ਹਾਲਾਤ ਨਹੀਂ। ਇਸੇ ਲਈ ਕਾਮੂ ਦੇ ਨਾਵਲ ਦੀ ਪ੍ਰਸੰਗਿਕਤਾ ਅੱਜ ਵੀ ਹੈ।

ਉਰਦੂ ਦੇ ਅਦੀਬ ਰਾਜਿੰਦਰ ਸਿੰਘ ਬੇਦੀ ਦੀ ਕਹਾਣੀ 'ਕੁਆਰੰਟਾਈਨ' ਭਾਰਤ ਵਿੱਚ ਫੈਲੀ 'ਪਲੇਗ' ਦੀ ਤਸਵੀਰ ਹੈ। ਮੈਡੀਕਲ ਸਹੂਲਤਾਂ ਬਹੁਤ ਘੱਟ ਹਨ। ਡਾਕਟਰ ਡਰੇ ਹੋਏ ਮਸਾਂ ਵੇਲਾ ਪੂਰਾ ਕਰਦੇ ਹਨ ਪਰ ਸਫਾਈ ਸੇਵਕ 'ਭਾਗਵ' ਤਨਦੇਹੀ ਨਾਲ ਸੇਵਾ ਨਿਭਾ ਰਿਹਾ ਹੈ। ਸੇਵਾ ਨਿਭਾਉਂਦਾ ਭਾਗਵ ਆਪਣਾ ਪਰਿਵਾਰ ਤਕ ਗਵਾ ਬੈਠਦਾ ਹੈ ਅਤੇ ਡਾਕਟਰ ਨੂੰ ਮਹਾਂਮਾਰੀ ਤੋਂ ਬਾਅਦ ਤਰੱਕੀ ਮਿਲ ਜਾਂਦੀ ਹੈ ਪਰ ਡਾਕਟਰ ਅੰਦਰੋਂ ਮਹਿਸੂਸ ਕਰਦਾ ਹੈ ਕਿ ਇਸ ਜੰਗ ਦਾ ਅਸਲੀ ਨਾਇਕ ਭਾਗਵ ਹੈ।

ਮਹਾਂਮਾਰੀਆਂ ਦੇ ਦੌਰ ਵਿੱਚ ਲਿਖਿਆ ਗਿਆ ਸਾਹਿਤ ਅਤੇ ਮੰਚ ਤੇ ਪੇਸ਼ ਨਾਟਕ ਆਪਣੇ ਸਮਿਆਂ ਦਾ ਇਤਿਹਾਸ ਹਨ। ਇਨ੍ਹਾਂ ਵਿੱਚ ਇੱਕ ਸਾਂਝੀ ਗੱਲ ਜੋ ਉਭਰ ਕੇ ਸਾਹਮਣੇ ਆਉਂਦੀ ਹੈ ਕਿ ਮੌਤ ਦੇ ਮੂੰਹ ਵਿੱਚ ਪਏ ਵੀ ਵੱਡੇ ਲੋਕ ਛੋਟਿਆਂ ਨਾਲ ਵਿਤਕਰਾ ਕਰਨਾ ਨਹੀਂ ਛੱਡਦੇ। ਮਹਾਂਮਾਰੀਆਂ ਵੱਡੀ ਤ੍ਰਾਸਦੀ ਤਾਂ ਹੁੰਦੀਆਂ ਹੀ ਹਨ ਪਰ ਇਸ ਦੇ ਨਾਲ ਨਾਲ ਇਹ ਇਨਸਾਨ ਦੀ ਇਸਾਨੀਅਤ ਦੀ ਪਰਖ ਵੀ ਕਰਦੀਆਂ ਹਨ ਕਿ ਦੋ ਪੈਰਾਂ ਵਾਲੇ ਜੀਵਾਂ ਵਿੱਚ ਕਿੰਨੀ ਕੁ ਇਨਸਾਨੀਅਤ ਬਚੀ ਹੈ। ਇਹ ਮਹਾਂਮਾਰੀਆਂ ਮਨੁੱਖ ਨੂੰ ਉਸਦੇ ਫਰਜ਼ਾਂ ਦੇ ਨਾਲ ਨਾਲ ਲੋਕਾਈ ਦੀ ਸੇਵਾ ਦਾ ਸਬਕ ਵੀ ਦੇ ਕੇ ਜਾਂਦੀਆਂ ਹਨ। ਕਲਾਮਾਂ ਵਾਲਿਆਂ ਅਤੇ ਕਲਾਤੱਥੀ

ਕਲਾਕਾਰਾਂ ਨੇ ਹਰ ਬੁਰੇ ਦੌਰ ਵਿੱਚ ਆਪਣਾ ਫਰਜ਼ ਪਛਾਣਦਿਆਂ ਲੋਕਾਈ ਦੇ ਹੱਕ ਵਿੱਚ ਹਾਅ ਦਾ ਨਾਅਰਾ ਮਾਰਿਆ ਹੈ ਅਤੇ ਭਵਿੱਖ ਵਿੱਚ ਵੀ ਇਹ ਲੋਕ ਸਮਾਜਿਕ ਫਿਕਰਾਂ ਦੀ ਬਾਂਹ ਫੜੀ ਰੱਖਣਗੇ। ਇਹ ਇਨ੍ਹਾਂ ਦੀ ਵਚਨਬੱਧਤਾ ਹੈ।

ਪਦਮਭੂਸ਼ਣ ਗਿਰਿਜਾ ਦੇਵੀ

Babli

Roll No. 19



ਹਿੰਦੂ-ਪੁਰਾਣਾਂ ਮੇਂ 'ਨੀਲ ਸਰਸਵਤੀ' ਕੋ ਮਾਨਾ ਗਯਾ ਹੈ, ਉਸ 'ਨੀਲ ਸਰਸਵਤੀ' ਕੇ ਸਦ੍ਰਸ਼ ਷ਯਾਮਲਵਰ੍ਣੀ ਗਿਰਿਜਾਦੇਵੀ ਪਿਛਲੇ ਪਾਂਚ ਦਸ਼ਕਾਂ ਸੇ ਉਪਸ਼ਾਸ਼ਤ੍ਰੀਯ ਸੰਗੀਤ ਕੇ ਲਿਏ ਸਮਰਪਿਤ ਹੈ। ਸੁਪ੍ਰਤਿਸ਼ਠਿਤ (ਸ਼੍ਰੀਮਤੀ) ਗਿਰਿਜਾ ਦੇਵੀ ਕਾ ਜਨਮ ਕਾਸ਼ੀ ਮੇਂ ਸਨ੍ 1929 ਈ. ਕੋ ਹੁਆ। ਆਪਨੇ ਅਤ੍ਯਲ੍ਪ ਆਯੁ ਮੇਂ ਹੀ ਅਪਨੇ ਪਿਤਾ ਸੇ ਸੰਗੀਤ ਕੀ ਸ਼ਿਕਸ਼ਾ ਲੇਨਾ ਪ੍ਰਾਰੰਭ ਕਰ ਦਿਯਾ। ਆਪ ਅਪਨੇ ਪਿਤਾ ਸ਼੍ਰੀ ਰਾਮਦਾਸ ਰਾਵ ਕੋ ਹੀ ਅਪਨੀ ਪ੍ਰੇਰਣਾ ਮਾਨਤੀ ਹੈਂ। ਪਨ੍ਦਰਹ ਵਰ੍ਸ਼ ਕੀ ਆਯੁ ਤਕ ਆਪ ਖ਼ਯਾਲ ਟਪ੍ਪਾ, ਟੁਮਰੀ ਏਵੰ ਦਾਦਰਾ ਆਦਿ ਗਾਯਨ-ਸ਼ੈਲੀਯੋਂ ਮੇਂ ਪ੍ਰਵੀਣ ਹੋ ਗਈ। ਆਪਨੇ ਸੇਨੀਯਾ ਘਰਾਨੇ (ਬਨਾਰਸ) ਕੀ ਸ਼ਿਕਸ਼ਾ ਲੀ ਹੈ, ਅਤ: ਆਪਕੇ ਸੰਪੂਰ੍ਣ ਗਾਯਨ ਪਰ ਪੂਰਬ-ਅੰਗ ਕੀ ਛਾਪ ਹੈ।

ਸਰਵਪ੍ਰਥਮ ਆਪਨੇ ਭੀਸ ਵਰ੍ਸ਼ ਕੀ ਉਮਰ (ਸਨ੍ 1949) ਮੇਂ ਰੇਡੀਯੋਂ ਕੇ ਲਿਏ ਗਯਾ। ਆਪਕਾ ਯਹ ਕਾਰ੍ਯਕ੍ਰਮ ਲਖਨਊ ਆਕਾਸ਼ਵਾਣੀ ਦੁਆਰਾ ਪ੍ਰਸਾਰਿਤ ਕੀਯਾ ਗਯਾ। ਸਨ੍ 1951 ਮੇਂ ਆਰਾ ਸੰਗੀਤ ਸਮੇਲਨ (ਦਰਭੰਗਾ) ਮੇਂ ਆਪਕੋ ਭਾਗ ਲੇਨੇ ਕਾ ਮੌਕਾ ਮਿਲਾ। ਸਨ੍ 1952 ਮੇਂ ਬਨਾਰਸ ਕੀ ਸੰਗੀਤ ਸੰਸਦ ਕੀ ਕਾਨਫ਼ਰੈਂਸ ਮੇਂ ਆਪਨੇ ਭਾਗ ਲਿਆ।

ਗਾਯਨ ਮੇਂ ਟੁਮਰੀ, ਖ਼ਯਾਲ, ਟਪ੍ਪਾ, ਗੁਜ਼ਲ ਏਵੰ ਭਜਨ ਸਭੀ

ਪਰ ਆਪਕਾ ਸਮਾਨ ਅਧਿਕਾਰ ਹੈ। ਟੁਮਰੀ ਆਪਕੋ ਅਤ੍ਯੰਤ ਪ੍ਰਿਯ ਥੀ। 'ਟੁਮਕ' ਸ਼ਬਦ ਸੇ 'ਟੁਮਰੀ' ਬਨਾ ਹੈ ਓਰ ਟੁਮਕ ਸ਼ਬਦ ਮੇਂ ਪੂਰੀ ਕੀ ਪੂਰੀ ਨ੍ਰੁਤ੍ਯ ਸ਼ੈਲੀ ਕਾ ਸਮਾਵੇਸ਼ ਹੈ।

ਆਪਕੀ ਬਹੁਮੂਲ੍ਯ ਸੰਗੀਤ ਸਾਧਨਾ ਸੇਵਾ ਓਰ ਅਪਾਰ ਲੋਕਪ੍ਰਿਯਤਾ ਸੇ ਪ੍ਰਭਾਵਿਤ ਹੋ ਕਰ ਭਾਰਤ ਸਰਕਾਰ ਨੇ ਆਪਕੋ ਪਹਲੇ 'ਪਦਮਸ਼੍ਰੀ' ਓਰ ਫਿਰ ਸਨ੍ 1989 ਮੇਂ 'ਪਦਮਭੂਸ਼ਣ' ਅਲੰਕਰਣ ਸੇ ਵਿਭੂਸ਼ਿਤ ਕੀਯਾ ਇਤਨਾ ਹੀ ਨਹੀਂ ਲਲਿਤ ਸੰਗੀਤ ਪਰਿਸ਼ਦ 'ਨਾਦ ਵਨ੍ਦਨਾ', 'ਰੋਟਰੀ ਕਲਬ' 'ਨਗਰ ਪਾਲਿਕਾ' (ਵਾਰਾਣਸੀ) ਤਥਾ ਅਨ੍ਯ ਸਾਮਾਜਿਕ, ਸਾਹਿਤ੍ਯਕ, ਧਾਰਮਿਕ, ਰਾਜਨੀਤਿਕ ਓਰ ਸੰਸਕ੍ਰੁਤਿਕ ਸੰਸਥਾਓਂ ਨੇ ਭੀ ਆਪਕੋ ਸੰਮਾਨਿਤ ਕਰ ਨਿਸ਼ਚਿਤ ਧਨਰਾਸ਼ਿ ਪ੍ਰਸ਼ਾਸ਼ਿਤ-ਪਤ੍ਰ ਏਵੰ 'ਸੁਰ-ਕੋਕਿਲਾ' 'ਗਾਨ-ਸਰਸੁਵਤੀ' 'ਉ.ਪ੍ਰ. ਕੋਕਿਲਾ' 'ਕੰਠ-ਸ਼ਿਰੇਮਣਿ' ਆਦਿ ਮਹਾਨ ਉਪਾਧਿਯਾਂ ਪ੍ਰਦਾਨ ਕੀ ਹੈਂ।

ਅਪਨੀ ਜਨਮ-ਭੂਮਿ, ਸਾਧਨਾ-ਭੂਮਿ, ਗੁਰੂ-ਭੂਮਿ, ਪ੍ਰਣਮ੍ਯ ਭੂਮਿ, ਕਾਸ਼ੀ ਕੇ ਪ੍ਰਤਿ ਸਮਰਪਿਤ ਆਪਕੀ ਨਿਸ਼ਠਾ ਨਿ: ਸੰਦੇਹ ਪੂਜਨੀਯ ਹੈ। ਅਪਨੀ ਓਜਪੂਰ੍ਣ, ਸੁਮਧੁਰ, ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਗਾਯਕੀ, ਸੁਨੇਹਿਲ ਵ੍ਯਵਹਾਰ, ਧਰਮਪਰਾਯਣਤਾ ਤਥਾ ਉਦਾਰਤਾ ਕੇ ਕਾਰਣ ਆਪਨੇ ਪੂਰੇ ਦੇਸ਼ ਮੇਂ ਸੰਗੀਤ-ਜਗਤ ਕੀ ਪ੍ਰਤਿਸ਼ਠਿਤ ਲੋਕਪ੍ਰਿਯਤਾ ਅਰ੍ਜਿਤ ਕੀ ਹੈ।

ਸੰਗੀਤ ਕਾ ਮਹਤ੍ਵ

Raghvi

Roll No. 1001

ਸੰਗੀਤ ਕਾ ਅਨ੍ਯ ਸਭੀ ਲਲਿਤ ਕਲਾਓਂ ਮੇਂ ਅਪਨਾ ਏਕ ਵਿਸ਼ੇਸ਼ ਸਥਾਨ ਹੈ। ਇਸਕੀ ਮਹਾਨਤਾ ਕੇ ਅਨੇਕ ਕਾਰਣ ਹੈਂ, ਜਿਨ੍ਹੋਨੇ ਇਸੇ ਸਰਵਸ਼੍ਰੇਸ਼ਠ ਬਨਾ ਦਿਯਾ ਹੈ। ਇਸ ਕਲਾ ਕੇ ਲਿਏ ਸਮਯ, ਆਯੁ, ਸਥਾਨ, ਦੇਸ਼, ਭਾਸ਼ਾ ਓਰ ਧਰਮ ਆਦਿ ਕਾ ਕੋਈ ਬੰਧਨ ਨਹੀਂ। ਯਹ ਏਕ ਏਸੀ ਕਲਾ ਹੈ ਜੋ ਮਨੁਸ਼੍ਯ ਕੇ ਸਾਥ ਜਨਮ ਸੇ ਮ੍ਰੁਤ੍ਯੁ ਪਰ੍ਯੰਤ ਰਹਤੀ ਹੈ ਤਥਾ ਪਸ਼ੁ-ਪਕ੍ਸ਼ੀ, ਪੇਡ-ਪੌਧੇਂ ਸਭੀ ਪਰ ਅਪਨਾ ਪ੍ਰਭਾਵ ਦਿਖਾਤੀ ਹੈ।



इसके अंतर्गत गायन, वादन तथा नृत्य तीनों ही आते हैं, क्योंकि ये तीनों एक-दूसरे पर आधारित हैं। जिस संगीत को हम कंठ द्वारा शब्द, स्वर लय तथा ताल सहित प्रयाग करते हैं, उसे गायन कहते हैं। जिसमें किसी लय और ताल को वाद्य की बजाया जाता है उसे वाद्य कहते हैं। जब शरीर के अंगों की कलात्मक मुद्राओं को लय और ताल के सहारे प्रगट किया जाता है उसे नृत्य कहते हैं। इन तीनों कलाओं के अलग-अलग घराने हैं।

राग का महत्व

संगीत के इतिहास का अवलोकन करने से यह पता चलता है कि समय और काल के परिवर्तन के साथ साथ संगीत के अनेक अंगों में भी परिवर्तन हुआ है। यह ठीक है कि संगीत का आधार तो प्राचीन है किंतु फिर भी अनेक परिभाषाएं व अनेक रागों के नाम आदि आज बदले हुए रूप में विभिन्न अर्थों से मिलते हैं। 'राग' शब्द का प्रयोग पहली बार सातवीं शताब्दी में किया गया था। यह शब्द मतंग मुनि द्वारा लिखे ग्रंथ से मिलता है। राग का एक शैली के रूप में प्रयोग होता है।

आधुनिक काल में राग शब्द को प्रयोग शास्त्रीय संगीत का घटक है। वह विशेष ध्वनि जो स्वरों और वर्णों से विभूषित और मन में रजंकता पैदा करे उसी राग कहा जाता है। समय के परिवर्तन ने भारतीय संगीत को भी दो भिन्न पद्धतियों में बदल दिया है। एक दक्षिणी व कर्नाटकी पद्धति तथा दूसरी उत्तर भारतीय संगीत पद्धति। यह दोनों शैलियां एक दूसरे से भिन्न हैं।

ਭਾਈ ਦਿਲਬਾਗ ਸਿੰਘ
ਭਾਈ ਗੁਲਾਬ ਸਿੰਘ

ਜਸਪ੍ਰੀਤ ਕੌਰ
ਰੋਲ ਨੰ. 1124

ਆਪਣੇ ਕਲਾਤਮਿਕ ਫਨ ਦੁਆਰਾ ਕਿਸੇ ਦੇ ਦਿਲ ਨੂੰ ਨੂੰ ਬਾਗੋ-ਬਾਗ ਕਰ ਦੇਣ ਦਾ ਨਾਮ ਭਾਈ ਦਿਲਬਾਗ ਸਿੰਘ, ਭਾਈ ਗੁਲਾਬ ਸਿੰਘ ਅਖਵਾਉਂਦਾ ਹੈ। ਭਾਈ ਦਿਲਬਾਗ ਸਿੰਘ ਜੀ ਦਾ ਜਨਮ ਸੰਨ 1943 ਵਿੱਚ ਪਿੰਡ ਬੋਂਦਲਾ ਜ਼ਿਲ੍ਹਾ ਹੁਸ਼ਿਆਰਪੁਰ (ਪੰਜਾਬ) ਵਿਖੇ ਮਾਤਾ ਕਰਤਾਰ ਕੌਰ ਜੀ ਦੀ ਸਲੱਖਣੀ ਕੱਖੋਂ ਅਤੇ ਪਿਤਾ ਗਿਆਨੀ ਬਟਾ

ਸਿੰਘ ਜੀ ਦੇ ਘਰ ਵਿੱਚ
ਹੋਇਆ। ਆਪ ਜੀ ਨੂੰ
ਸੰਗੀਤ ਦੀ ਗੁੜ੍ਹਤੀ ਵਿੱਚੋਂ
ਹੀ ਪ੍ਰਾਪਤ ਹੋਈ ਕਿਉਂਕਿ
ਆਪ ਜੀ ਦੇ ਨਾਨਾ ਜੀ
ਭਾਈ ਨੰਦ ਉੱਚ ਕੋਟੀ ਦੇ
ਰਬਾਬੀ ਕੀਰਤਨੀਏ ਸਨ
ਜੋ ਕਿ ਜੋ ਸੱਚਖੰਡ ਸ਼੍ਰੀ



ਹਰਿਮੰਦਰ ਸਾਹਿਬ ਜੀ ਦੀ ਅੰਮ੍ਰਿਤਸਰ ਤੋਂ ਇਲਾਵਾ ਖਡੂਰ ਸਾਹਿਬ ਜੀ ਵਿਖੇ ਵੀ ਕੀਰਤਨ ਦੀ ਡਿਊਟੀ ਨਿਭਾਉਂਦੇ ਰਹੇ ਨੇ। ਖਾਨਦਾਨੀ ਤੇ ਪਰੰਪਰਾਵਾਦੀ ਸ਼ੈਲੀ ਦੀਆਂ ਬਰੀਕੀਆਂ ਭਾਈ ਨੰਦ ਜੀ ਨੇ ਆਪਣੇ ਦੋਹਰੇ ਭਾਈ ਦਿਲਬਾਗ ਸਿੰਘ ਜੀ ਦੇ ਪੱਲੇ ਵਿੱਚ ਰੀਝ ਨਾਲ ਪਾ ਕੇ ਬੂਟਾ ਲੱਗਾ ਦਿੱਤਾ। ਭਾਈ ਦਿਲਬਾਗ ਸਿੰਘ ਜੀ ਦੇ ਸੰਗੀਤਕ ਗੁਣਾਂ ਵਿੱਚ ਵਾਧਾ ਕਰਨ ਲਈ ਆਲ ਇੰਡੀਆ ਰੇਡੀਓ ਦਿੱਲੀ ਦੇ ਪ੍ਰਸਿੱਧ ਸੰਗੀਤ ਡਾਇਰੈਕਟਰ ਤੇ ਮੰਨੇ ਪ੍ਰਮਾਣੇ ਉਸਤਾਦ ਹਫੀਜ਼ ਅਹਿਮਦ ਖਾਂ ਨੂੰ ਆਪਣਾ ਉਸਤਾਦ ਧਾਰ ਕੇ ਬਕਾਇਦਾ ਸੰਗੀਤਕ ਤਾਲੀਮ ਲੈ ਕੇ, ਆਪਣੇ ਆਪ ਨੂੰ ਹੋਰ ਵੀ ਨਿਖਾਰ ਲਿਆ। ਆਪ ਨੇ ਅੰਮ੍ਰਿਤ ਨਹੀਂ ਛੱਕਿਆ ਸੀ ਜਦੋਂ ਕਿ ਸੰਨ 1914 ਵਿੱਚ ਸ਼੍ਰੋਮਣੀ ਗੁਰਦੁਆਰਾ ਪ੍ਰਬੰਧਕ ਕਮੇਟੀ ਨੇ ਸ੍ਰੀ ਗੁਰੂ ਰਾਮਦਾਸ ਜੀ ਦੇ ਸਲਾਨਾ ਰਾਗ ਦਰਬਾਰ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਣ ਲਈ ਸੱਦਾ ਪੱਤਰ ਭੇਜਿਆ। ਰਾਗ ਕਲਾ ਦਾ ਨਿਰਣੇ ਕਰਨ ਲਈ ਹਿੰਦੋਸਤਾਨ ਦੇ ਚੋਟੀ ਦੇ ਜੱਜਾਂ ਨੂੰ ਨਿਯੁਕਤ ਕੀਤਾ। ਇਸ ਵਿੱਚ ਕਈ ਉੱਚ ਕੋਟੀ ਦੇ ਰਾਗੀਆਂ ਦੇ ਹਿੱਸਾ ਲਿਆ। ਭਾਈ ਦਿਲਬਾਗ ਸਿੰਘ ਜੀ ਦੀ ਭਰਵੀਂ ਰਿਆਜ਼ੀ ਤੇ ਮੰਝੀ ਹੋਈ ਘਨਘੋਰ ਆਵਾਜ਼ ਦਿਲ ਨੂੰ ਧੂਹ ਪਾ ਰਹੀ ਸੀ ਤੇ ਇਸ ਤਰ੍ਹਾਂ ਹੀ ਭਾਈ ਗੁਲਬਾਗ ਸਿੰਘ ਜੀ ਦੀਆਂ ਸਪਾਟ ਤਾਨਾਂ ਤਿੰਨਾਂ ਸਪਤਕਾਂ ਨੂੰ ਸਹਿਜ ਹੀ ਛੂਹ ਕੇ ਆ ਰਹੀਆਂ ਹਨ। ਜੋ ਕਿ ਅਤਿ ਸਪੱਸ਼ਟ ਤੇ ਕਲਾਤਮਕ ਵੀ ਸਨ। ਇਸ ਤਰ੍ਹਾਂ ਜਾਪਦਾ ਸੀ ਜਿਸ ਤਰ੍ਹਾਂ ਗੁਰਮਤਿ ਸੰਗੀਤ ਸ਼ੈਲੀ ਦੀ ਮੋਹਲੇਧਾਰ ਬੇਰੋਕ ਬਰਸਾਤ ਹੋ ਰਹੀ ਹੋਵੇ। ਸਮਾਪਤੀ ਉਪਰੰਤ ਸੰਗਤਾਂ ਦੇ ਅਣਗਿਣਤ ਹੀ ਜਕਾਰਿਆਂ ਨੇ ਮੋਹਰ ਲਗਾ ਦਿੱਤੀ ਸੀ ਕਿ ਪਟਕਾ ਇਸੇ ਜੱਥੇ ਦਾ ਹੀ ਹੈ। ਇਸ ਇਨਾਮੀ ਰਾਗ ਦਰਬਾਰ ਦਾ ਪਹਿਲਾ ਪੁਰਸਕਾਰ ਭਾਈ ਦਿਲਬਾਗ ਸਿੰਘ ਤੇ ਭਾਈ ਗੁਲਬਾਗ ਸਿੰਘ ਜੀ ਦੀ ਝੋਲੀ ਵਿੱਚ ਹੀ ਪਿਆ। ਕੁਝ ਲੋਕਾਂ ਨੇ ਕੁਚਰਚਾ ਵੀ ਕੀਤੀ ਕਿ ਇਹ ਅੰਮ੍ਰਿਤਧਾਰੀ ਨਹੀਂ, ਇਸ ਨੂੰ ਮੱਦੇਨਜ਼ਰ

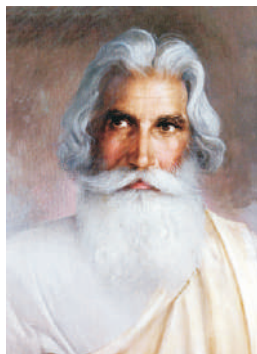
ਰੱਖਦਿਆਂ ਹੀ ਸ਼੍ਰੀ ਕੇਸਗੜ੍ਹ ਸਾਹਿਬ ਆਨੰਦਪੁਰ ਸਾਹਿਬ ਜੀ ਵਿਖੇ ਜਾ ਕੇ ਜੱਥੇ ਸਮੇਤ ਹੀ 20 ਅਕਤੂਬਰ, 1974 ਨੂੰ ਖੰਡੇ ਬਾਟੇ ਦਾ ਅੰਮ੍ਰਿਤ ਛੱਕ ਲਿਆ ਅਤੇ ਭਾਈ ਦਿਲਬਾਗ ਤੋਂ ਭਾਈ ਦਿਲਬਾਗ ਸਿੰਘ ਬਣ ਗਏ। ਸਿੱਖ ਸੰਗਤਾਂ ਨੇ ਇਸ ਰਾਗੀ ਜੱਥੇ ਨੂੰ ਆਪਣੇ ਹੱਥਾਂ ਤੇ ਚੁੱਕ ਲਿਆ ਤੇ ਭਰਪੂਰ ਮਾਣ ਤਾਣ ਬਖਸ਼ ਕੇ ਆਪਣੇ ਦਿਲਾਂ ਵਿੱਚ ਥਾਂ ਦੇ ਛੱਡੀ। ਭਾਰਤ ਦੇ ਰਾਸ਼ਟਰਪਤੀ ਗਿਆਨੀ ਜੈਲ ਸਿੰਘ ਨੇ ਰਾਸ਼ਟਰਪਤੀ ਭਵਨ ਦਿੱਲੀ ਵਿਖੇ ਬੁਲਾ ਕੇ ਉਚੇਚਾ ਸਨਮਾਨ ਦਿੱਤਾ, 1986 ਦੇ ਭਾਈ ਮਰਦਾਨਾ ਅਵਾਰਡ ਨਾਲ ਨਿਵਾਜ਼ੇ, ਭਾਸ਼ਾ ਵਿਭਾਗ ਪੰਜਾਬ ਸਰਕਾਰ ਵੱਲੋਂ ਵੀ ਸ਼੍ਰੋਮਣੀ ਰਾਗੀ ਦਾ ਪੁਰਸਕਾਰ, ਭੁਪਾਲ (ਮੱਧ ਪ੍ਰਦੇਸ਼) ਦੀ ਹਿੰਦੀ ਪ੍ਰੀਸ਼ਦ ਸੰਮਤੀ ਨੇ ਚੂੜਾਮਣੀ ਦਾ ਖਿਤਾਬ, ਦਿੱਲੀ ਦੇ ਫਿੱਕੀ ਗੋਲਡਨ ਜੁਬਲੀ ਹਾਲ ਵਿੱਚ ਰਾਗ ਦਰਬਾਰ ਸਮੇਂ ਸਮਰਾਟ ਕੀਰਤਨੀਏ ਦੀ ਉਪਾਧੀ ਪ੍ਰਦਾਨ ਕੀਤੀ ਗਈ। ਭਾਈ ਜੀ ਨੇ ਕਈ ਉਪਲੱਬਧੀਆਂ ਪ੍ਰਾਪਤ ਕੀਤੀਆਂ। ਕੁਝ ਮਹਿਫਲਾਂ ਵਿੱਚ ਵੀ ਹਿੱਸਾ ਲੈ ਲਿਆ ਕਰਦੇ ਸਨ, ਜੋ ਕਿ ਹਰ ਰਾਗੀ ਦੇ ਵਸ ਦੀ ਗੱਲ ਨਹੀਂ ਹੈ। ਆਪ ਭਾਈ ਦਵਿੰਦਰ ਸਿੰਘ ਹੀ ਗਰਦਾਸਪੁਰ ਤੇ ਭਾਈ ਨਿਰਮਲ ਸਿੰਘ ਖਾਲਸਾ ਹਜ਼ੂਰੀ ਰਾਗੀ ਸ਼੍ਰੀ ਦਰਬਾਰ ਸਾਹਿਬ ਸ਼੍ਰੀ ਅੰਮ੍ਰਿਤਸਰ ਨੂੰ ਸੁਣਨ ਦਾ ਸ਼ੌਂਕ ਰੱਖਦੇ ਸਨ। ਭਾਈ ਦਿਲਬਾਗ ਸਿੰਘ ਜੀ ਦੇ ਸਪੁੱਤਰ ਪ੍ਰੋ. ਅਵਤਾਰ ਸਿੰਘ ਜੀ ਵੀ ਆਪਣੇ ਪਿਤਾ ਦੀਆਂ ਪੈੜਾਂ ਤੇ ਤੁਰਦੇ ਹੋਏ ਬਾ ਕਮਾਲ ਗਾਇਣ ਕਰਦੇ ਹਨ। ਭਾਈ ਸਾਹਿਬ ਜੀ ਅਤਿ ਮਿਲਣਸਾਰ, ਮਿਲਾਪਤੇ, ਮਿਠਬੋਲੜੇ, ਸਪੱਸ਼ਟਵਾਦੀ ਤੇ ਸੁਥਰੇ ਵਿਅਕਤੀ ਸਨ।

ਸੋਭਾ ਸਿੰਘ

ਮਨਦੀਪ ਕੌਰ
ਰੋਲ ਨੰ. 1019

ਸੋਭਾ ਸਿੰਘ ਪੰਜਾਬ ਦੇ ਉਨ੍ਹਾਂ ਚਿੱਤਰਕਾਰਾਂ ਵਿੱਚੋਂ ਇੱਕ ਹਨ ਜਿਹਨਾਂ ਨੇ ਪੰਜਾਬੀ ਸਭਿਆਚਾਰ ਦੇ ਅਨੇਕ ਪੱਖਾਂ ਨੂੰ ਆਪਣੀ ਚਿੱਤਰਕਲਾ ਦਾ ਵਿਸ਼ਾ ਬਣਾਇਆ। ਸੋਭਾ ਸਿੰਘ ਨੂੰ ਚਿੱਤਰਕਾਰਾਂ ਦਾ ‘ਧਰੁਤਾਰਾ’ ਕਿਹਾ ਜਾਂਦਾ ਹੈ।

ਸੋਭਾ ਸਿੰਘ ਦਾ ਜਨਮ 27 ਨਵੰਬਰ, 1901 ਈ. ਨੂੰ ਸ਼੍ਰੀ ਹਰਗੋਬਿੰਦ ਨਗਰ, ਜ਼ਿਲ੍ਹਾ ਗੁਰਦਾਸਪੁਰ ਵਿੱਚ ਹੋਇਆ। ਉਹਨਾਂ ਦੇ



ਪਿਤਾ ਜੀ ਦਾ ਨਾਮ ‘ਦੇਵਾ ਸਿੰਘ’ ਅਤੇ ਮਾਤਾ ਜੀ ਦਾ ਨਾਮ ‘ਅੱਛਰਾਂ ਦੇਵੀ’ ਸੀ। ਸੋਭਾ ਸਿੰਘ ਦੇ ਪਿਤਾ ਵੀ ਚਿੱਤਰ ਬਣਾਇਆ ਕਰਦੇ ਸਨ। ਸੋਭਾ ਸਿੰਘ ਪੰਜ ਸਾਲ ਦੇ ਸਨ ਜਦੋਂ ਉਹਨਾਂ ਦੇ ਮਾਤਾ ਜੀ ਦਾ ਦੇਹਾਂਤ ਹੋ ਗਿਆ। ਉਹਨਾਂ ਦਾ ਪਾਲਣ ਪੋਸ਼ਣ ਉਹਨਾਂ ਦੀ ਭੈਣ ਲਕਸ਼ਮੀ ਦੇਵੀ ਨੇ ਕੀਤਾ। ਇੱਕ ਵਾਰ ਉਹ ਲਕੜੀ ਦੇ ਫੱਟੇ ‘ਤੇ ਚੜ੍ਹ ਕੇ ਆਪਣੇ ਮਿੱਤਰਾਂ ਨੂੰ ਕਲਾ-ਬਾਜ਼ੀਆਂ ਦੇ ਜੌਹਰ ਦਿਖਾ ਰਹੇ ਸਨ, ਤਾਂ ਉਹ ਅਚਾਨਕ ਡਿੱਗ ਪਏ ਉਨ੍ਹਾਂ ਦੀ ਲੱਤ ਟੁੱਟ ਗਈ ਸੀ। ਲੱਤ ਚੰਗੀ ਤਰ੍ਹਾਂ ਨਾ ਜੁੜਨ ਕਾਰਨ ਉਹ ਜ਼ਿੰਦਗੀ ਭਰ ਸਹੀ ਤਰ੍ਹਾਂ ਚਲ ਨਹੀਂ ਸਕੇ। ਪਰ ਇਸ ਗੱਲ ਦੀ ਪਰਵਾਹ ਨਾ ਕਰਦੇ ਹੋਏ ਵੀ ਉਹ ਛੇਵੀਂ ਜਮਾਤ ਤੱਕ ਸਕੂਲ ਵਿੱਚ ਪੜ੍ਹੇ।

ਕਲਾ ਦੇ ਖੇਤਰ ਵਿੱਚ ਰੁਚੀ ਹੋਣ ਕਰਕੇ ਸੋਭਾ ਸਿੰਘ ਨੇ ਪੰਦਰਾਂ ਸਾਲ ਦੀ ਉਮਰ ਵਿੱਚ ‘ਅੰਮ੍ਰਿਤਸਰ ਇੰਡਸਟਰੀਅਲ ਸਕੂਲ’ ਵਿੱਚ ਦਾਖਲਾ ਲਿਆ ਅਤੇ ਇੱਥੇ ਹੀ ਇੱਕ ਸਾਲ ਦਾ ‘Arts Craft Course’ ਕੀਤਾ।

1919 ਈ. ਵਿੱਚ ‘ਈਰਾਕ’ ਵਿੱਚ ‘ਡਰਾਫਟਸਮੈਨ’ ਦੀ ਨੌਕਰੀ ਲਗ ਗਈ। ਉਹਨਾਂ ਨੇ ਕਈ ਚਿੱਤਰਕਾਰਾਂ ਦੀ ਪੇਂਟਿੰਗ ਦਾ ਅਧਿਐਨ ਕੀਤਾ ਅਤੇ ਆਪਣਾ ਗਿਆਨ ਵਧਾਇਆ। 1923 ਈ. ਵਿੱਚ ਈਰਾਕ ਤੋਂ ਵਾਪਸ ਭਾਰਤ ਆ ਗਏ। ਇੱਥੇ ਉਹਨਾਂ ਨੇ ਕਲਾ ਦਾ ਕੰਮ ਸ਼ੁਰੂ ਕੀਤਾ। ਸਿੱਖਾਂ ਦੀ ਕੁਰਬਾਨੀ ਦਾ ਉਨ੍ਹਾਂ ਉੱਪਰ ਬਹੁਤ ਅਸਰ ਹੋਇਆ। ਉਹਨਾਂ ਨੇ ਸਿੱਖ ਗੁਰੂਆਂ ਦੇ ਚਿੱਤਰ ਬਣਾਉਣ ਦਾ ਫੈਸਲਾ ਕੀਤਾ। 1937 ਵਿੱਚ ਸੋਭਾ ਸਿੰਘ ਨੇ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀ ਸਭ ਤੋਂ ਪਿਆਰੀ ਤਸਵੀਰ “ਨਾਮ ਖੁਮਾਰੀ ਨਾਨਕਾ ਚੜੀ ਰਹੇ ਦਿਨ ਰਾਤ” ਇਸ ਸਿਰਲੇਖ ਹੇਠ ਬਣਾਈ ਜਿਹੜੀ ਕਿ ਅੱਜ-ਕੱਲ੍ਹ ਚੰਡੀਗੜ੍ਹ ਅਜਾਇਬ ਘਰ ਵਿੱਚ ਹੈ।

ਗੁਰੂਆਂ ਦੇ ਚਿੱਤਰ ਦੇ ਨਾਲ-ਨਾਲ ਸੋਭਾ ਸਿੰਘ ਨੇ ਲੋਕ ਕਥਾਵਾਂ, ਲੋਕ-ਗੀਤਾਂ ਆਦਿ ਦੇ ਵੀ ਚਿੱਤਰ ਬਣਾਏ। ਇਸ ਤਰ੍ਹਾਂ ਉਹ ਪੰਜਾਬ ‘ਤੇ ਛਾ ਗਏ। ਉਨ੍ਹਾਂ ਦੀ ਕਲਾਕ੍ਰਿਤੀ ਸੋਹਣੀ ਮਹੀਵਾਲ ਹੈ। ਸੋਭਾ ਸਿੰਘ ਨੇ ਲੋਕ-ਗੀਤਾਂ ਦੀ ਇਸ ਨਾਇਕਾ ਨੂੰ ਆਪਣੇ ਕੈਨਵਸ ਤੇ ਉਤਾਰਿਆ।

ਸੋਹਣੀ ਮਾਹੀਵਾਲ ਦਾ ਮੂਲ ਚਿੱਤਰ ਜੰਮੂ ਕਸ਼ਮੀਰ ਦੇ ਮਹਾਰਾਜ ‘ਡਾ. ਕਰਨ ਸਿੰਘ’ ਨੇ ਖਰੀਦਿਆ ਸੀ। ਮਹਾਰਾਣੀ ਦੀ ਇੱਕ ਸਹੇਲੀ ਇਸ ਚਿੱਤਰ ਨੂੰ ਦੇਖਦੀ ਹੀ ਰਹਿ ਗਈ ਅਤੇ ਕਹਿਣ ਲੱਗੀ, “ਇਸ ਚਿੱਤਰਕਾਰ ਨੂੰ ਹੁਣ ਆਪਣੇ ਬੁਰਸ਼ ਤੋੜ ਦੇਣੇ ਚਾਹੀਦੇ ਹਨ, ਕਮਾਲ ਹੈ, ਬਹੁਤ ਕਮਾਲ, ਚਿੱਤਰਕਾਰ ਇਸ

ਨਾਲੋਂ ਸੁੰਦਰ ਤਸਵੀਰ ਨਹੀਂ ਬਣਾ ਸਕੇਗਾ।

ਇਸ ਚਿੱਤਰ ਤੋਂ ਇਲਾਵਾ ਸੋਭਾ ਸਿੰਘ ਨੇ ਹੀਰ ਰਾਂਝਾ, ਸੱਸੀ-ਪੁੰਨੂ, ਮਿਰਜ਼ਾ-ਸਾਹਿਬਾ, ਪ੍ਰੇਮ ਕਹਾਣੀਆਂ ਨੂੰ ਠੀਕ ਉਸੇ ਖੂਬਸੂਰਤੀ ਨਾਲ ਚਿਤਰਿਤ ਕੀਤਾ ਜਿਸ ਤਰ੍ਹਾਂ ਸੋਹਣੀ ਮਹਿਵਾਲ ਨੂੰ ਚਿਤਰਿਆ ਸੀ।

ਸੋਭਾ ਸਿੰਘ ਨੇ ਆਪਣੀ ਉਮਰ ਵਿੱਚ ਲਗਭਗ 2000 ਚਿੱਤਰ ਬਣਾਏ ਹਨ। 100 ਤੋਂ ਜ਼ਿਆਦਾ ਚਿੱਤਰ 1947 ਈ. ਵਿੱਚ ਦੇਸ਼ ਦੀ ਵੰਡ ਸਮੇਂ ਲਾਹੌਰ ਵਿੱਚ ਰਹਿ ਗਏ ਸਨ। 22 ਅਗਸਤ 1986 ਨੂੰ ਸੋਭਾ ਸਿੰਘ ਦਾ ਦੇਹਾਂਤ ਹੋ ਗਿਆ।

ਸੋਭਾ ਸਿੰਘ ਚਿੱਤਰਕਾਰ ਅੱਜ ਸਾਡੇ ਵਿਚਕਾਰ ਨਹੀਂ ਹਨ ਪਰ ਉਹਨਾਂ ਦੀ ਕਲਾ ਹਮੇਸ਼ਾ ਆਉਣ ਵਾਲੀਆਂ ਪੀੜ੍ਹੀਆਂ ਲਈ ਪ੍ਰੇਰਨਾ ਸਰੋਤ ਰਹੇਗੀ।

ਕਲਾਕਾਰ ਸਿਧਾਰਥ

ਨੇਹਾ

ਅਨੁਕ੍ਰਮਾਂਕ-43

1956 ਮੇਂ ਪੰਜਾਬ ਕੇ ਲੁਧਿਆਨਾ ਜਿਲੇ ਮੇਂ ਰਾਧਕੋਟ ਬਸੀਆਂ ਮੇਂ ਪੈਦਾ ਹੁਏ ਉਨਕੀ ਮਾਂ ਨੇ ਉਨ੍ਹੇਂ ਪ੍ਰਕ੍ਰਿਤਿ ਆਰ ਪਰਮਾਤਮਾ ਸੇ ਜੁੜਨੇ ਕੀ ਭਾਵਨਾ ਸੇ ਪ੍ਰੇਰਿਤ ਕਿਆ ਜੋਕਿ ਉਨਕੀ ਕਲਾ ਮੇਂ ਦੇਖਨੇ ਕੋ ਮਿਲਤਾ ਹੈ।



ਅਪਨੇ ਸਭਸੇ ਪਹਲੇ ਜੋਕਿ ਪੰਜਾਬ ਕੇ ਹੀ ਕੁਸ਼ਲ ਮਾਸਟਰ ਕਾਰੀਗਰਾਂ ਮੇਂ ਸੇ ਏਕ 'ਰਾਜਮਿਸ਼੍ਰੀ ਤਾਰਾ' ਸੇ 'ਮਿਤਿ ਚਿਤਰ' (ਦੀਵਾਰ ਪਰ ਬਨਾਏ ਜਾਨੇ ਬਾਲੇ ਚਿਤਰ) ਆਰ ਫ੍ਰਿਜ਼ ਬਨਾਨੇ ਕੀ ਕਲਾ ਸੀਖੀ। ਇਸਕੇ ਬਾਦ ਆਪਨੇ ਮੈਕਲੋਡਗੰਜ ਮੇਂ ਤਿਬ੍ਭਤੀ ਮਿਥੁਆਂ ਸੇ 'ਥਾਂਗਕਾ ਪੇਂਟਿੰਗ' (ਭਾਰਤੀ, ਨੇਪਾਲੀ ਤਥਾ ਤਿਬ੍ਭਤੀ ਸੰਸਕ੍ਰਿਤ ਕੀ ਮਿਸਾਲ ਮੇਂ ਸੇ ਏਕ ਹੈ ਜੋਕਿ ਇਸਮੇਂ ਤਿਬ੍ਭਤੀ ਧਰਮ, ਸੰਸਕ੍ਰਿਤਿ ਏਵੰ ਦਾਰਸ਼ਨਿਕ ਮੂਲ੍ਯੋਂ ਕੋ ਅਭਿਵ੍ਯਕਤ ਕਿਆ ਜਾਤਾ ਹੈ) ਇਸਕੇ ਬਾਦ ਆਪਨੇ 'ਮਧੁਬਨੀ' ਚਿਤਰਕਲਾ (ਮਧੁਬਨੀ ਕਲਾ ਜੋਕਿ ਭਾਰਤੀ ਚਿਤਰਕਲਾ ਕੀ ਏਕ ਸ਼ੈਲੀ ਹੈ। ਧਰਮ ਕਲਾ ਵਿਮਿਨ੍ਨ ਪ੍ਰਕਾਰ ਕੇ ਉਪਕਰਣਾਂ ਕੇ ਸਾਥ ਕੀ ਜਾਤੀ ਹੈ ਜਿਸਸੇ ਤੰਗਲਿਆਂ, ਟਹਨਿਆਂ, ਬਰਸ਼ ਨਿਬ-ਪੇਨ ਆਰ ਮਾਚਿਸ਼, ਪ੍ਰਾਕ੍ਰਿਤਿਕ ਰੰਗਾਂ ਕਾ ਉਪਯੋਗ ਕਿਆ ਜਾਤਾ ਹੈ।) ਸੀਖੀ।

'ਗਵਰਨਮੈਂਟ ਕਾਲੇਜ ਆਫ ਆਰਟਸ' ਚੰਡੀਗੜ੍ਹ ਸੇ ਚਿਤਰਕਲਾ ਮੇਂ ਪਾਂਚ ਵਰ੍ਸ਼ੀਯ ਡਿਪਲੋਮਾ ਕਰਨੇ ਕੇ ਬਾਦ ਆਪ ਕੁਝ ਸਮਯ ਕੇ ਲਿਏ ਸਵੀਡਨ ਚਲੇ ਗਏ।

ਇਸ ਤਰ੍ਹਾਂ ਆਪਨੇ ਅਪਨੀ ਕਲਾ ਕੇ ਖੇਤਰ ਮੇਂ ਭਾਰਤ ਕੇ ਅਲਾਵਾ ਯੂਕੇ, ਸਵੀਡਨ, ਅਮੇਰਿਕਾ, ਸਿੰਗਾਪੁਰ ਆਰ ਹਾਂਗਕਾਂਗ ਮੇਂ ਕਿਆ ਜਹਾਂ ਪਰ ਆਪਨੇ 135 ਸੇ ਅਧਿਕ ਸਮੂਹ ਸ਼ੋ ਮੇਂ ਭਾਗ ਲਿਆ। ਬ੍ਰਿਟਿਸ਼ ਕਾਊਂਸਿਲ ਸਹਿਤ ਉਨਕੇ ਕਾਰ੍ਯੋਂ ਕੇ ਲਿਏ ਵਿਮਿਨ੍ਨ ਪੁਰਸਕਾਰ ਪ੍ਰਾਪਤ ਕੀਏ। ਉਨਕੇ ਕਾਰ੍ਯੋਂ ਕੋ ਭਾਰਤ ਸਰਕਾਰ ਸੰਗ੍ਰਹਾਲਯ, ਦਿਲੀ ਮੇਂ ਬ੍ਰਿਟਿਸ਼ ਕਾਊਂਸਿਲ, ਪੰਜਾਬ ਲਲਿਤ ਕਲਾ ਅਕਾਦਮੀ ਸਵੀਡਨ, ਭਾਰਤ ਆਰ ਵਿਦੇਸ਼ਾਂ ਮੇਂ ਕਰ੍ਹੀ ਔਥੋਗਿਕ ਸਮੂਹਾਂ ਦੁਆਰਾ ਅਧਿਗ੍ਰਹਿਤ ਕਿਆ ਜਾਤਾ ਹੈ।

ਆਖਿਰ ਮੇਂ ਆਪ 'ਨੌ ਦਿਲੀ' ਮੇਂ ਆਕਰ ਬਸ ਗਏ ਜਹਾਂ ਪਰ ਆਪਕਾ ਅਪਨਾ ਸਟੂਡਿਓ ਹੈ। ਕਲਾਕਾਰ (ਸਿਧਾਰਥ) ਕੀ ਕਲਾਓਂ ਸੇ ਪਤਾ ਚਲਤਾ ਹੈ ਕਿ ਵਹ ਏਕ ਨਯਾ ਮੋਡ ਲਾਨਾ ਚਾਹਤੇ ਹੈਂ। ਜੈਸੇ ਉਨਕੀ ਏਕ ਪੇਂਟਿੰਗ ਜਿਸਕਾ ਨਾਮ ਉਨ੍ਹੋਨੇਂ 'ਗੰਗਾ ਮਿਨਰਲ ਵਾਟਰ' ਮੇਂ ਦੇਖਨੇ ਕੋ ਮਿਲਤਾ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਸਿਧਾਰਥ ਕਲਾਕਾਰ ਜੋਕਿ ਰਹਸ੍ਯਵਾਦੀ ਹੈ। ਅਰਥਾਤ ਉਨਕੋ ਰਹਸ੍ਯਵਾਦੀ ਕਲਾਕਾਰ ਭੀ ਕਹਾ ਜਾ ਸਕਤਾ ਹੈ। ਜਿਸ ਪ੍ਰਕਾਰ ਉਨਕੀ ਕਲਾ ਜੇਨ, ਸੂਫੀਵਾਦ, ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ, ਤਿਬ੍ਭਤੀ ਧਰਮ (ਬੌਦ੍ਧ ਧਰਮ) ਕੇ ਧਾਰਮਿਕ ਵਿਚਾਰ ਸੇ ਸੰਬੰਧਿਤ ਕਲਾ ਦੇਖਨੇ ਕੋ ਮਿਲਤੀ ਹੈ। ਸਿਧਾਰਥ ਨੇ ਪਵਿਤ੍ਰ ਪ੍ਰਤੀਕ ਕੋ ਆਜ ਕੇ ਸ਼ਹਰੀ ਸੇਂਟਿੰਗ ਮੇਂ ਰਖਕਰ ਏਕ ਸਮਕਾਲੀਨ ਸੰਦਰਭ ਮੇਂ ਫਿਰ ਸੇ ਖੋਜਨੇ ਕਾ ਪ੍ਰਯਾਸ ਕਿਆ।

ਸ਼੍ਰੀਮਤੀ ਨੋਰਾ ਰਿਚਰਡਜ਼ ਅਤੇ ਪੰਜਾਬੀ ਰੰਗਮੰਚ

ਹਰਮਨਪ੍ਰੀਤ ਕੌਰ

ਰੋਲ ਨੰ. 1126

ਨੋਰਾ ਰਿਚਰਡਜ਼ ਨੇ ਪੰਜਾਬੀ ਨਾਟਕ ਦੇ ਨਿਰਮਾਣ ਵਿੱਚ ਵੱਡਾ ਯੋਗਦਾਨ ਪਾਇਆ ਹੈ। ਨੋਰਾ ਆਇਰਲੈਂਡ ਦੀ ਜੰਮਪਲ ਸੀ। ਸਤੰਬਰ 1911 ਵਿੱਚ ਉਹ ਆਪਣੇ ਪਤੀ ਸ਼੍ਰੀ ਫਿਲਿਪ ਅਰਨੈਸਟ ਰਿਚਰਡਜ਼ ਨਾਲ ਪੰਜਾਬ ਆਈ ਜੋ ਦਿਆਲ ਸਿੰਘ ਕਾਲਜ ਲਾਹੌਰ ਵਿੱਚ ਅੰਗਰੇਜ਼ੀ ਦਾ ਪ੍ਰੋਫੈਸਰ ਸੀ। ਪੰਜਾਬ ਵਿੱਚ ਆਉਣ ਤੋਂ ਪਹਿਲਾਂ ਉਹ ਮੁੰਬਈ ਵਿਖੇ ਪਾਰਸੀ ਥੀਏਟਰੀਕਲ

ਕੰਪਨੀਆਂ ਦਾ ਪੇਸ਼ਾਵਰ ਨਾਟਕ ਵੇਖ ਚੁੱਕੀ ਸੀ। ਉਸਨੂੰ ਨਾਟਕ ਦੇ ਖੇਤਰ ਵਿੱਚ ਆ ਰਹੇ ਝਕਾਵਾਂ ਬਾਰੇ ਪੂਰੀ ਤਰ੍ਹਾਂ ਜਾਣਕਾਰੀ ਸੀ। ਉਸਨੂੰ ਇਬਸਨ ਅਤੇ ਬਰਨਾਰਡ ਸ਼ਾਅ ਵੱਲੋਂ ਲਿਖੇ ਜਾ ਰਹੇ ਨਾਟਕਾਂ ਦੇ ਵਿਸ਼ਿਆਂ ਅਤੇ ਸੰਦਰਭਾਂ ਬਾਰੇ ਵੀ ਭਰਪੂਰ ਵਾਕਫ਼ੀਅਤ ਸੀ। ਆਇਰਲੈਂਡ



ਵੀ ਭਾਰਤ ਵਾਂਗ ਅੰਗਰੇਜ਼ੀ ਬਸਤੀਵਾਦੀ ਨੀਤੀਆਂ ਦਾ ਸ਼ਿਕਾਰ ਰਿਹਾ ਹੈ। ਇਸ ਲਈ ਭਾਰਤ ਨਾਲ ਵੀ ਉਸਦੀ ਰਾਜਸੀ ਭਾਵਨਾ ਜੁੜ ਗਈ। ਸਤੀ, ਵਾਲਮੀਕੀ, ਗੋਤਮ, ਅਲੈਗਜ਼ਾਰਡ ਐਂਡ ਪੋਰਸ, ਅਤੇ ਡੇ ਇਨ ਦ ਲਾਈਫ ਆਫ਼ ਅਕਬਰ, ਮਦਰ ਅਰਥ, ਦ ਸਨ ਕਮਜ਼ ਟੂ ਸਟੇਅ, ਦ ਫਲੈਗ ਸਾਰੇ ਅੰਗਰੇਜ਼ੀ ਨਾਟਕਾਂ ਵਿੱਚੋਂ ਨੌਰਾ ਦੀ ਭਾਰਤੀ ਇਤਿਹਾਸ ਤੇ ਮਿਥਿਹਾਸ ਉਪਰ ਗਹਿਰੀ ਪਕੜ ਦੀ ਛਾਪ ਨੂੰ ਦੇਖਿਆ ਜਾ ਸਕਦਾ ਹੈ।

1912 ਈ. ਵਿੱਚ ਉਸਨੇ ਦਿਆਲ ਸਿੰਘ ਕਾਲਜ ਲਾਹੌਰ ਦੀ ਸਟੇਜ ਉੱਤੇ ਅੰਗਰੇਜ਼ੀ ਨਾਟਕ, ਏ ਮਿਡ ਸਮਰ ਨਾਈਟਸ ਡਰੀਮ ਤੇ ਲੈਡੀ ਗਰੈਗਰੀ ਦਾ ਨਾਟਕ ‘ਸਪਰੈਡਿੰਗ ਦ ਨਿਊਜ਼’ ਆਦਿ ਖਿਡਵਾਏ ਤੇ ਇਸੇ ਸਾਲ ਪੰਜਾਬੀ ਨਾਟਕਾਂ ਦੀ ਰੁਚੀ ਜਗਾਉਣ ਲਈ ਨਾਟਕ ਪ੍ਰਤੀਯੋਗਤਾ ਆਯੋਜਿਤ ਕੀਤੀ। 1913 ਈ. ਵਿੱਚ ਨੌਰਾ ‘ਦ ਯੂਨੀਅਨ’ ਰਾਹੀਂ ਦੇਸੀ ਨਾਟਕ ਮੁਕਾਬਲਿਆਂ ਦਾ ਐਲਾਨ ਕਰ ਦਿੱਤਾ। ਇਸ ਤੋਂ ਬਿਨਾਂ 1915 ਈ. ਵਿੱਚ ਉਸਨੇ ਸਰਸਵਤੀ ਸਟੇਜ ਸੁਸਾਇਟੀ ਕਾਇਮ ਕੀਤੀ। 1919 ਈ. ਵਿੱਚ ਸ਼੍ਰੀਮਤੀ ਰਿਚਰਡਜ਼ ਨੇ ਮਿਲ ਕੇ ਇੱਕ ਰਸਾਲਾ ‘ਸਰਸਵਤੀ’ ਵੀ ਕੱਢਿਆ ਜਿਸ ਰਾਹੀਂ ਲਾਹੌਰ ਵਿੱਚ ਪੰਜਾਬੀ ਰੰਗਮੰਚ ਦੀ ਪ੍ਰਗਤੀ ਦਾ ਵੇਰਵਾ ਮਿਲਦਾ ਹੈ।

ਪਤੀ ਦੇ ਸਵਰਗਵਾਸ ਹੋਣ ਤੋਂ ਮਗਰੋਂ 1935 ਵਿੱਚ ਕਾਂਗੜਾ ਦੇ ਅੰਦਰੇਟਾ ਪਿੰਡ ਵਿੱਚ ਰਹਿਣ ਲੱਗੀ ਤੇ ਉੱਥੇ ਸੰਸਕ੍ਰਿਤੀ ਰੰਗਮੰਚ ਨੂੰ ਆਧਾਰ ਬਣਾਉਣ ਲਈ ਨਾਟਕ ਖੇਡਣ ਲਈ ਝੌਂਪੜੀ ਦਾ ਨਿਰਮਾਣ ਕੀਤਾ। ਉੱਥੇ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ‘ਪੰਜ ਭਰਾ’ ਨਾਟਕ ਖੇਡਿਆ ਗਿਆ। ਜ਼ਿੰਦਗੀ ਦੇ ਆਖਰੀ ਸਾਹ ਤੱਕ ਉਸਨੇ ਪੰਜਾਬੀ ਰੰਗਮੰਚ ਦੀ ਖੂਬ ਸੇਵਾ ਕੀਤੀ। ਚੁਰਾਸੀ ਸਾਲ ਦੀ ਉਮਰ ਵਿੱਚ ਜਦੋਂ ਉਸਨੂੰ ਕੰਨੋਂ ਸੁਣਨਾ ਵੀ ਬੰਦ ਹੋ ਗਿਆ ਸੀ, ਉਦੋਂ ਵੀ ਉਹ ਬੜੀ

ਦਿਲਚਸਪੀ ਨਾਲ ਭਾਰਤ ਦੀ ਨਾਟਕ ਲਹਿਰ ਅਤੇ ਯੂਰਪ ਵਿੱਚ ਹੋ ਰਹੇ ਨਾਟਕੀ ਤਜਰਬਿਆਂ ਦੀ ਸੂਹ ਰੱਖਦੀ ਰਹੀ ਹੈ। ਪੰਜਾਂ ਦਰਿਆਵਾਂ ਦੀ ਧਰਤੀ ਨਾਲ ਉਸਦਾ ਅਜਿਹਾ ਮੋਹ ਪਿਆ ਕਿ 1971 ਵਿੱਚ ਉਸ ਦਾ ਮ੍ਰਿਤਕ ਸਰੀਰ ਇਸੇ ਮਿੱਟੀ ਵਿੱਚ ਰਲਿਆ।

ਪੰਜਾਬੀ ਰੰਗਮੰਚ ਪ੍ਰਤੀ ਉਸਦਾ ਮੋਹ ਇੱਥੋਂ ਦੇਖਿਆ ਜਾ ਸਕਦਾ ਹੈ ਕਿ ਉਸਨੇ ਆਪਣਾ ਨਿਵਾਸ-ਸਥਾਨ ‘ਵੁਡਲੈਂਡਜ਼’ ਖੁੱਲ੍ਹੇ ਰੰਗਮੰਚ ਸਮੇਤ ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਦੇ ਸਪੁਰਦ ਕਰਨ ਵਿੱਚ ਖੁਸ਼ੀ ਪ੍ਰਾਪਤ ਕੀਤੀ। ਨੌਰਾ ਰਿਚਰਡਜ਼ ਨੇ ਆਈ.ਸੀ. ਨੰਦਾ ਵਰਗੇ ਸਮਰਪਿਤ ਤੇ ਸ਼ਕਤੀਸ਼ਾਲੀ ਨਾਟਕਕਾਰ ਪੰਜਾਬੀ ਨਾਟਕ ਨੂੰ ਦੇ ਕੇ ਇਸਨੂੰ ਇੱਕ ਵੱਖਰੀ ਤੇ ਮੌਲਿਕ ਸ਼ਨਾਖਤ ਪ੍ਰਦਾਨ ਕਰਵਾਈ। ਸੋ ਪੰਜਾਬੀ ਰੰਗਮੰਚ ਵਿੱਚ ਉਸਦਾ ਨਾਮ ਸਦਾ ਜ਼ਿੰਦਾ ਰਹੇਗਾ।

ਪੰਜਾਬੀ ਦਾ ਘੁਮੱਕੜ ਨਾਟਕਕਾਰ ਚਰਨ ਦਾਸ ਸਿੱਧੂ

ਨਵਜੋਤ ਕੌਰ
ਰੋਲ ਨੰ. 1061

ਚਰਨਦਾਸ ਨੇ ਪੱਛਮੀ ਨਾਟਕ ਤੇ ਰੰਗਮੰਚ ਦੀ ਪਰੰਪਰਾ ਤੋਂ ਸੇਧ ਅਤੇ ਅਗਵਾਈ ਹਾਸਲ ਕਰਕੇ ਪੰਜਾਬੀ ਨਾਟਕ ਦੇ ਖੇਤਰ ਵਿੱਚ ਪ੍ਰਵੇਸ਼ ਕੀਤਾ ਅਤੇ 1981 ਤੋਂ ਲੈ ਕੇ ਹੁਣ ਤੱਕ ਉਸ ਨੇ ਲਗਭਗ 30 ਨਾਟਕ ਪੰਜਾਬੀ ਸਾਹਿਤ ਨੂੰ



ਪ੍ਰਦਾਨ ਕੀਤੇ। ਦੁਆਬੇ ਦੀ ਜੰਮਪਲ ਹੋਣ ਕਰਕੇ ਉਸਦੇ ਬਹੁਤੇ ਨਾਟਕ ਇਸਦੇ ਆਂਚਲ ਦੇ ਦੁਆਲੇ ਘੁੰਮਦੇ ਹਨ। ਉਹ ਆਪਣੇ ਨਾਟਕਾਂ ਦੇ ਮਾਧਿਅਮ ਦੁਆਰਾ ਛੋਟੇ ਕਿਸਾਨਾਂ, ਭੂਮੀਹੀਣ ਕਾਮਿਆਂ ਅਤੇ ਸਮਾਜ ਦੇ ਦਲਿਤ ਵਰਗ ਦੀਆਂ ਇੱਛਾਵਾਂ-ਅਕਾਂਖਿਆਵਾਂ ਦੀ ਤਸਵੀਰ ਪੇਸ਼ ਕਰਦਾ ਹੈ। ਆਪਣੇ ਇੱਕ ਨਾਟਕ ‘ਕੱਲੂ ਕਾਲਜ ਬੰਦ ਰਵੇਗਾ’ (1984) ਵਿੱਚ ਉਸਨੇ ਸਾਡੇ ਵਿੱਦਿਅਕ ਪ੍ਰਬੰਧ ਦੀ ਬੜੀ ਸਟੀਕ ਅਤੇ ਆਲੋਚਨਾਤਮਕ ਤਸਵੀਰ ਪੇਸ਼ ਕੀਤੀ ਸੀ। ਭਗਤ ਸਿੰਘ ਨਾਟਕ (ਤ੍ਰੈ ਲੜੀ) ਦੀ ਰਚਨਾ ਉਤੇ ਉਸਨੂੰ ਭਾਰਤ ਸਾਹਿਤ ਅਕਾਦਮੀ ਦਾ ਵੱਕਾਰੀ

ਪੁਰਸਕਾਰ ਪ੍ਰਾਪਤ ਹੋ ਚੁੱਕਾ ਹੈ।

ਚਰਨਦਾਸ ਸਿੱਧੂ ਹੁਸ਼ਿਆਰਪੁਰ ਜ਼ਿਲ੍ਹੇ ਦੇ ਇੱਕ ਛੋਟੇ ਜਿਹੇ ਪਿੰਡ ਭਾਮ ਵਿੱਚ ਜੰਮਿਆ ਤੇ ਹੌਲੀ-ਹੌਲੀ ਪੜ੍ਹਾਈ ਦੀਆਂ ਪੌੜੀਆਂ ਚੜ੍ਹਦਾ-ਚੜ੍ਹਦਾ ਦਿੱਲੀ ਪੁੱਜ ਗਿਆ। ਦਿੱਲੀ ਯੂਨੀਵਰਸਿਟੀ ਤੋਂ ਉਹ ਫੁੱਲ ਬਰਾਈਫ ਸਕਾਲਰਸ਼ਿਪ ਲੈ ਕੇ ਅਮਰੀਕਾ ਵਿੱਚ ਮੈਡਸਿਨ ਵਿਸਕੋਨਸਿਨ ਯੂਨੀਵਰਸਿਟੀ ਵਿੱਚ ਪੜ੍ਹਨ ਚਲਾ ਗਿਆ। ਇਸ ਯੂਨੀਵਰਸਿਟੀ ਵਿੱਚ ਬਰਨਾਰਡ ਸ਼ਾਅ ਨੇ ਨਾਟਕਾਂ ਉੱਤੇ 1970 ਵਿੱਚ ਪੀ.ਐਚ.ਡੀ. ਕਰਨ ਉਪਰੰਤ ਜਦ ਉਹ ਵਤਨ ਪਰਤਿਆ ਤਾਂ ਰਚਨਾਤਮਕ ਖੇਤਰ ਵਿੱਚ ਕੁਝ ਕਰਨ ਗੁਜ਼ਰਨ ਦੀ ਤਮੰਨਾ ਉਸ ਦੇ ਮਨ ਵਿੱਚ ਸੀ, ਪਰ ਉਸ ਦੇ ਪਿਤਾ ਚਾਹੁੰਦੇ ਸਨ ਕਿ ਉਹ ਆਈ.ਏ. ਐਸ. ਕਰਕੇ ਕੋਈ ਵੱਡਾ ਅਫਸਰ ਬਣੇ। ਪਿਤਾ ਦੀ ਇੱਛਾ ਨੂੰ ਪੂਰਾ ਕਰਨ ਲਈ ਉਹ ਸਿਵਲ ਸਰਵਿਸ ਦੇ ਇਮਤਿਹਾਨ ਵਿੱਚ ਬੈਠਾ ਤਾਂ ਪੂਰੇ ਭਾਰਤ ਵਿੱਚ ਸੈਕਿੰਡ ਆਇਆ ਪਰ ਉਸ ਨੇ ਆਈ.ਏ.ਐਸ. ਜੁਆਇਨ ਨਹੀਂ ਕੀਤੀ ਅਤੇ ਹੰਸਰਾਜ ਕਾਲਜ ਵਿੱਚ ਅੰਗਰੇਜ਼ੀ ਦਾ ਲੈਕਚਰਾਰ ਲੱਗ ਗਿਆ। ਸਾਰੀ ਉਮਰ ਇਸੇ ਕਾਲਜ ਵਿੱਚ ਅੰਗਰੇਜ਼ੀ ਪੜ੍ਹਾਉਂਦਿਆਂ ਉਸ ਨੇ ਰਚਨਾ ਕੇਵਲ ਤੇ ਕੇਵਲ ਮਾਂ ਬੋਲੀ ਪੰਜਾਬੀ ਵਿੱਚ ਕੀਤੀ। ਇਸ ਦੌਰਾਨ ਉਸ ਨੂੰ ਕਾਲਜ ਦੀ ਪ੍ਰਿੰਸੀਪਲਸ਼ਿਪ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਵਿੱਚ ਪ੍ਰੋਫੈਸਰ ਤੇ ਹੋਰ ਕਈ ਅਹੁਦਿਆਂ ਦੀ ਪੇਸ਼ਕਸ਼ ਹੋਈ ਪਰ ਰਚਨਾਤਮਕ ਮਨ ਨੂੰ ਕੁਝ ਵੀ ਕਬੂਲ ਨਹੀਂ ਸੀ।

‘ਅੰਬੀਆਂ ਨੂੰ ਤਰਸੇਂਗੀ’ (1984), ‘ਇੰਦੂਮਤੀ ਸੱਤਿਦੇਵ’ (1984), ‘ਪੰਜ ਖੂਹਾਂ ਵਾਲੇ’ (1986) ‘ਭਾਈ ਹਾਕਮ ਸਿੰਹੂ’ (1986), ‘ਬਾਬਾ ਬੰਤੂ’ (1984), ‘ਲੇਖੂ ਅਤੇ ਕਵੱਲੀਆਂ’ (1984), ‘ਮਸਤ ਮੰਘੋਵਾਲੀਆ’ (1986), ‘ਸੈਕਸਪੀਅਰ ਦੀ ਧੀ’ (1989), ‘ਜੀਤਾ ਫਾਹੇ ਲੱਗਣਾ’ (1989), ‘ਕਿਰਪਾ ਬੋਣਾ’ (1989), ‘ਚੰਨੋ ਬਾਜੀਗਰਨੀ’ (1992), ‘ਨੀਨਾ ਮਹਾਂਵੀਰ’ (1993) ਅਤੇ ‘ਇੱਕੀਵੀਂ ਮੰਜ਼ਿਲ’ (1999) ਆਦਿ ਨਾਟਕ ਪੰਜਾਬੀ ਜਨ ਜੀਵਨ ਦੇ ਹਾਸ਼ੀਏ ਵਿੱਚ ਧੱਕੇ ਗਏ ਗਰੀਬ ਲੋਕਾਂ ਦੇ ਦੁਖਾਂਤ ਦੀ ਪ੍ਰਮਾਣਿਕ ਅੱਕਾਸੀ ਕਰਦੇ ਹਨ। ਉਸਦੇ ਪਾਤਰ ਕਾਮੁਕ ਪ੍ਰਕਾਰ ਦੀ ਗੱਲਬਾਤ ਦੁਆਰਾ ਆਪਣੇ ਨੀਰਸ ਜੀਵਨ ਵਿੱਚ ਕੁਝ ਰਸ ਪੈਦਾ ਕਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਵਿੱਚ ਰੁੱਝੇ ਰਹਿੰਦੇ ਸਨ। ਭਾਵੇਂ ਉਸਦੇ ਹਰ ਨਾਟਕ ਨੂੰ ਮੰਚਿਤ ਕੀਤਾ ਜਾ ਚੁੱਕਾ ਹੈ ਪਰ ਤਾਂ ਵੀ ਉਸਨੂੰ ਅਜੇ ਗੰਭੀਰ ਪ੍ਰਕਾਰ ਦੇ ਨਾਟਕਕਾਰਾਂ ਵਿੱਚ ਸ਼ੁਮਾਰ ਨਹੀਂ ਕੀਤਾ ਜਾਂਦਾ ਇਸਨੂੰ ਪੰਜਾਬੀ ਥੀਏਟਰ ਦੀ ਤ੍ਰਾਸਦੀ ਹੀ ਸਮਝਣਾ ਚਾਹੀਦਾ ਹੈ।

ਚਰਨ ਦਾਸ ਸਿੱਧੂ ਪੰਜਾਬੀ ਨਾਟਕ ਦਾ ਸ਼ੈਦਾਈ

ਸੀ। ਉਸਨੇ ਜ਼ਿਆਦਾਤਰ ਪੇਂਡੂ ਧਰਾਤਲ ਨਾਲ ਸੰਬੰਧਿਤ ਨਾਟਕ ਲਿਖੇ ਸਨ। ਬੋਲ ਤੇ ਕਥਾਨਕ ਦਾ ਤਜ਼ਰਬਾ ਹਾਸਲ ਕਰਨ ਲਈ ਉਹ ਪਿੰਡ-ਪਿੰਡ ਘੁੰਮਿਆ ਹੈ। ‘ਬਾਬਾ ਬੰਤੂ’ ਵਰਗੇ ਨਾਟਕਾਂ ਵਿੱਚ ਉਹ ਨਾਗ ਪੂਜਾ ਵਰਗੇ ਸਮਾਜਕ ਭਰਮਾਂ ਨੂੰ ਨੰਗਾ ਕਰਦਾ ਹੈ। ਯੂਨੀਵਰਸਿਟੀ ਤੇ ਕਾਲਜਾਂ ਵਿੱਚ ਚਲ ਰਹੇ ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਨੂੰ ਨੰਗਾ ਕਰਦਾ ਹੈ। ਉਸਦਾ ਨਾਟਕ ‘ਕੱਲੂ ਕਾਲਜ ਬੰਦ ਰਹੇਗਾ’ ਆਪਣੀ ਕਿਸਮ ਦਾ ਨਿਵੇਕਲਾ ਨਾਟਕ ਹੈ। ਸਾਹਿਤ ਅਕਾਦਮੀ ਇਨਾਮ ਜੇਤੂ ਨਾਟਕ ‘ਭਗਤ ਸਿੰਘ’ ਨੂੰ ਲਿਖਦਿਆਂ ਉਸਨੇ ਬੜੇ ਜੋਖਮ ਵਾਲਾ ਕੰਮ ਕੀਤਾ। ਸਿੱਧੂ ਨੇ ਬਹੁਤ ਸਾਰੇ ਇਨਾਮ ਪ੍ਰਾਪਤ ਕੀਤੇ ਬਹੁਤ ਸਾਰੇ ਸਨਮਾਨ ਮਿਲੇ ਹਨ। ਇਨਾਮਾਂ ਪ੍ਰਤੀ ਉਹ ਕਦੇ ਸੁਚੇਤ ਤੌਰ ’ਤੇ ਸੋਚਦਾ ਨਹੀਂ ਤੇ ਨਾ ਹੀ ਉਸਨੇ ਕਦੀ ਇਨਾਮ ਹਾਸਲ ਕਰਨ ਲਈ ਤਿਗੜਮਬਾਜ਼ੀ ਕੀਤੀ ਪਰ ਉਹ ਇਸ ਗੱਲ ਦਾ ਧਾਰਨੀ ਹੈ ਕਿ ਇਨਾਮ ਬੰਦੇ ਨੂੰ ਉਸ ਵੇਲੇ ਮਿਲਣਾ ਚਾਹੀਦਾ ਹੈ ਜਦੋਂ ਉਹ ਸਿਖਰ ਹੋਵੇ। ਸਿੱਧੂ ਕਹਿੰਦਾ ਹੈ ਜੋ ਸਾਹਿਤ ਅਕਾਦਮੀ ਦਾ ਐਤਕੀ (2003) ਮਿਲਿਆ ਇਨਾਮ ਉਸ ਨੂੰ 10 ਸਾਲ ਪਹਿਲਾਂ ਹੁੰਦਾ ਤਾਂ ਉਹ ਸ਼ਾਇਦ ਹੋਰ ਉਤਸ਼ਾਹ ਨਾਲ ਰਚਨਾ ਕਰਦਾ। ਉਹ ਮੰਨਦਾ ਹੈ ਕਿ ਉਸਨੇ ਜੋ ਲਿਖਣਾ ਸੀ ਲਿਖ ਲਿਆ ਹੈ। ਸ਼ਾਇਦ ਏਨਾ ਸੱਚ ਬੋਲਣ ਦਾ ਹੀਆ ਕੇਵਲ ਸਿੱਧੂ ਵਿੱਚ ਹੀ ਹੋ ਸਕਦਾ ਹੈ।

KEWAL DHALIWAL

Simranjit Kaur

Roll No. 127

It will be said dishonourable to Punjabi theatre, if we talk about theatre and do not take the name **Kewal Dhaliwal**. He is the proud of Punjabi theatre. Perhaps we can say 'Kewal Dhaliwal has become the honourable name of Punjabi theatre'. He is the



Punjabi play writer and the president of **Punjab Sangeet Natak Academy**, Chandigarh. He was born on 7th October, 1964 in a village near Ajnala,



Amritsar district, Punjab in the family of Shiv Singh and Mohinder Kaur. Dhaliwal has been active in theater for more than thirty-five years. In 1978, he joined the theatre group of Gursharan bhaji as an artist and worked there for ten years. In 1988, Kewal Dhaliwal joined the National School of Drama. Then he came to Amritsar and founded **Punjabi Theatre Group Manch Rangmanch**. Every theatre artist in Punjab praises his work. He wrote many plays for adults as well as for children. Some of his plays are *MAWAM, AJE TAN SUPNE SULGHDE, DHUKHDA ROH, JAJZBAYAN DE AAR PAAR, ITIHAS DE SAFFE TE, HEER SALETI* etc. Dhaliwal edited many plays i.e. *Das Baal Natak, Das Nukad Natak, It Marg Pair Dhreejai, Purja Purja Kat Mare and Bal Hua Bandhan Chhoote*. He wrote book on Punjabi theatre "*rangkarmi di teesri akhkh*". Dhaliwal has been bestowed the **Manohar Singh Smriti Puraskar (2006)** by the **National School of Drama, New Delhi**, the **Punjab Sangeet Natak Academy Award (2006)**, and **Shiromani Natak Award of the Language Department of the Government of Punjab**. There is no doubt that Dhaliwal's efforts has made special place for theatre in Punjab. His name will be written in golden words in Punjabi Theatre.

We especially congratulate Mr. Dhaliwal for getting **Punjab Sahit Academy Award (2020)**

Importance of Arts and Craft in School Curriculum

Amandeep Kaur

Roll No. 1058

In today's academic scenario the creative arts have all but entirely disappeared from the Indian

education system. There was a time when creative classes were compulsory for students and were given their due importance by parents, teachers and kids alike.

Learning the arts and crafts doesn't just foster the creative development of a child, but also assists in advancing and refining his or her core skills.

1. Children learn positive habits behaviours and attitudes: Arts education helps foster a positive culture, and climate in school. Learning musical instruments, creating a painting, learning to dance, practising to improve and being patient are important for children's growth and development.

2. Arts enhance creativity: Arts education develops creativity students who receiving an arts rich education perform better on assessments of creativity than students receiving little or no arts education. Performing arts students show greater flexibility and adaptability in thinking than their peers.

3. Students sharpen critical intellectual skills: The arts foster higher levels of thinking that carry over to learning other academic subjects as well as to life outside of school. Through the arts children learn to observe interpret, see different perspectives analyze and synthesize.

4. Art education increases capacity for leadership: Students who participate in the arts develop leadership skills including decision making, strategy building, planning and reflection.

5. Enhanced Focus: All from of arts including sketching or dancing, require and train the

perseverance and focus of a child, making them absolutely essential in enhancing his or her cognitive development. When teachers encourage children to put their creativity into practice they boost their capacity to focus and group the subject matter at hand.

Modern Art vs Ancient Arts

Harleen Kaur

Roll No. 1067

Art is the product of human expression. In human history, art has been used as a documentation and expression of life in a particular period of time. Art records not only the lifestyle of a certain period or people, but also the personalities that shaped history.



Modern and ancient art are two classifications or art in human history. Both periods have distinct characteristics that help identify human perceptions and lives in their respective times.

Ancient art, as its name implies, is the art product during the ancient times. This particular art period ranges from the paleolithic period to the middle Ages. On the other hand, modern art is the direct opposite of Ancient Art. The dawn of modern art as some suggested took place in 1860-1970.

Ancient art reflects the particular culture, religion politics and lifestyle of its place of origin. Where modern art is more expressive and less format than ancient art. It questions or rejects the traditional means, treatment or mind set of creating art.

There are ancient art forms that were created for a certain purpose, Either for ceremonial purpose or as a valuable piece that later served as an historical artifact. Modern art is often used as means of self-expression. Modern art includes Cubism, Surrealism, Dadaism, Impressionism, Expressionism, Art Deco, Pop Art, and many other art movements. In contrast, ancient art does not have art movements.

Unlike ancient art and modern art can be product by any person from any country. It is not unique to any culture or society. It has world wide and global phenomenon.



Online Academic Bonanza



Online Entertainment Felicitation



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Star Gallery

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Diksha
2nd (M.Ed. Sem-III) 367/450



Amandeep Kaur
2nd (M.Ed. Sem-III) 360/450



Surbhi Arora
1st (B.Ed. Sem-III) 285/300



Jaspreet Kaur
2nd (B.Ed. Sem-III) 284/300



Harjot
3rd (B.Ed. Sem-III) 283/300



Sakshi
1st (B.Ed. Sem-I)
386/450



Sumreet Kaur
2nd (B.Ed. Sem-I)
369/450



Gurpreet Kaur
3rd (B.Ed. Sem-I)
368/450

CORONA WARRIORS



Lovedeep Kaur



Navdeep Kaur



Nidhika Yadav



Ranjit Kaur



Sangeeta



Aanchal Agarwal



Diksha



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GOVT. / UGC PRECAUTIONS COVID-19 CORONA VIRUS



ज्ञान-विज्ञान विमुक्तये

STAY HOME.

Guidelines

SAVE LIVES.

1. Keep a safe distance.

- Maintain a safe distance from anyone who is coughing or sneezing.

2. Wash Hands often.

- Clean your hands often. Use soap and water, or an alcohol-based hand rub.
- Don't touch your eyes, nose or mouth.

3. Cover your cough.

- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.

4. Avoid crowding of staff members.

- Maintenance, Cleanliness and in personal area, e.g. (table, personal belonging etc)



सामाजिक आयोजनों और भीड़-भाड़ वाली जगहों से दूर रहें



अपने हाथों को बार-बार साबुन और पानी से धोएं।



साबुन और पानी उपलब्ध न हो तो, कम से कम 60% अल्कोहल-आधारित हैंड सैनिटाइजर का उपयोग करें



अपनी आंखों, नाक और मुंह को छूने से पहले हाथों को धो लें



छींकते और खांसते समय अपनी नाक और मुंह को रुमाल/टिशू से ढकें



प्रयोग किए गए टिशू को तुरन्त बंद कूड़ेदान में डालें

Sanitization



MRS. ROMA RALHAN
STAFF EDITOR

MANPREET SINGH
STUDENT EDITOR

अंधकार ही प्रकाश का जन्मदाता है

रोमा रलहन (सहायक प्रोफ़ेसर)

लवदीप कौर (67)

गुरप्रीत कौर (04)

अंधकार ही प्रकाश का जन्मदाता है,
हमको संभालने वाला वो ही विधाता है।
घबराने की आवश्यकता नहीं किसी को,
कुछ दिन की दूरी ही एकमात्र सहारा है।
कोरोना रूपी अंधेरे के बीच उजाले भी बहुत हैं और वो
उजाले इस महासंकट से मुक्ति की राह बना रहे हैं। हम
कोरोना रूपी मानव इतिहास की सबसे बड़ी त्रास्दी एवं
महासंकट के गवाह बन रहे हैं। आज फिर मौका है हमारे
पास, दुनिया को सिखाने का, खुद को बचाने का, हिन्दुस्तान
में एकता जगाने का और विश्व को बताने का, कि भारत
अखंड था अखंड रहेगा, ना किसी दुश्मन से हारेगा न किसी
बिमारी से हारेगा।

सिर्फ शांतिपूर्ण सहअस्तित्व संयम और सहयोग से कोरोना
मुक्ति की उम्मीदों को साकार किया जा सकता है। हम
अपनी संस्कृति एवं विरासत को जीवित करके कोरोना से
अधिक सशक्त तरीके से लड़ सकते हैं।

कोरोना एक बीमारी नहीं युद्ध है और युद्ध में हमेशा भारत को
जीतने की आदत रही है। आइए हम सब मिलकर इस युद्ध
को जीतकर दिखाएँ और इसी संकल्प के साथ यह प्रतिज्ञा
लें—

संकट की इस विचित्र घड़ी में हम विवेकशील बनेंगे,
इस वैश्विक आपदा से भारत की लड़ाई में पूर्ण रूप से
सहभागी बनेंगे,

अपनी जिम्मेदारी का पूर्णतः पालन करते हुए एवं अनुशासन
में रहेंगे,

सरकार की ओर से जारी सभी नियमों के पालन को अपनी
प्राथमिकता बनाएँगे, जीवन में आए इस परिवर्तन को सहज
रूप से स्वीकार करेंगे और सामाजिक संपर्क एवं स्वकेंद्रित

गतिविधियों पर ज़ोर देंगे,
प्राकृतिक जीवनशैली को अपनाएँगे और प्रकृति के
रख-रखाव में पूर्ण सहयोग करेंगे, अपने निज हितों पर
भारत को सशक्त करने में कार्यरत रहेंगे। इस चुनौतिपूर्ण
समय में भारत की अर्थव्यवस्था को संभालने का ही संभव
प्रयत्न करेंगे, हर कठिनाई में ही उसका हल छिपा होता है,
यह चुनौती भारत के लिए एक अवसर भी हो सकती है, इस
त्रास्दी से उबरने के बाद भारत अपनी उत्पादन और निर्यात
को बढ़ाकर अर्थव्यवस्था को मजबूत कर सकता है।
सरकारी आयोग और कारोबारी मिलकर भारत को सक्षम
बनाने में अहम् योगदान दे सकते हैं।।

स्वदेशी वस्तुओं को अपनाकर हम भी अपने भारतीय होने
का प्रमाण दे सकते हैं।

त्रस्त प्रकृति पुनः मुस्कुराएगी,
खुशहाल मेरा चमन होगा,
बस धैर्य हमें बनाना है।

एक जुट होकर दिखाना है।।

अनगिनत दीप जलाकर हमने,

हमारे संकल्प को मजबूत किया है

आइए सब मिलकर अपनी विशिष्ट शक्तियों एवं प्रतिभा का
आवरण करते हुए कोरोना मुक्ति की योजना बनाएँ और
भारत को इस प्राकृतिक आपदा का विश्व विजयी बनाएँ।

एक संदेश और शपथ।

बोलो ना?

पनवदीप

अनुक्रमांक 1038

बोलो ना?

कोरोना, कोरोना, कोरोना,

सब तरफ है इसी का ही रोना।

अब क्यों कर रहे हो रोना धोना,

यदि पहले ना दिखा प्रकृति का रोना।

क्या सच में होता है भगवान् का होना?

यदि हाँ! तो क्यों नहीं करते वह खत्म कोरोना।

और ओ! पागल इन्सान

तुम घर पर ही रहना।

तांकि न पड़े पुलिस को तुम्हे धोना,
और जल्द यह झंझट खत्म हो ना।
आप इससे न डरो ना,
बल्कि घर पर रहकर इसका डटकर सामना करो ना,
आस पास यदि भूखा कोई हो ना,
कुछ तो उनका भी सोचो ना।
डॉक्टर, प्रशासन, और जो लोग हैं,
इस जंग को लड़ते, उनका भी ध्यान करो ना।
कृप्या प्रशासन का साथ दो ना,
करते हो वादा, बोलो ना?
बोलो ना? बोलो ना?

बुरा वक्त कोरोना वायरस

मुकेश कुमार
अनुक्रमांक 308

कोरोना बीमारी नहीं, एक महामारी है,
जिससे सारी दुनिया, आज हारी है
दबंग देशों ने भी आज घुटने टेक दिए,
शायद! अगली बारी हमारी है
इसीलिए अभी से ही सावधान हो जाओ,
अपने ही घर में अन्तर्ध्यान हो जाओ,
भूल जाओ नौकरी जिन्दगी के आगे,
कुछ दिन सफर और
सड़क से अंजान हो जाओ
क्योंकि ये बुरा वक्त है गुजर जायेगा,
गर कुछ दिन तू घर में ठहर जायेगा

हाँ हम सब को जरूर परेशानी होगी,
और कैद जैसी जिंदगी बितानी होगी,
पर आज अगर हमने संयम दिखाया,
तभी हमारी स्वस्थ जिंदगी होगी
इसीलिए कुछ दिन परिवार के साथ जीना सीख लो,
भूल की शराब शरबत पीना सीख लो,
जो रखी है दिल में बातें करदों अपनों से बयां,
जख्मों को प्यार से अब सीना सीख लो
फिर देखना ये कहर भी मर जाएगा,

गर कुछ दिन तू घर में ठहर जाएगा,
यह बुरा वक्त गुजर जायेगा।
डॉक्टर नर्स पुलिस आपका शुक्रिया बहुत है
इस कयामत में आपने हमारे लिए किया बहुत है
उस सभी सेवादारों को भी सलाम है दिल से
जिन्होंने इस मुसीबत में साथ दिया बहुत है
इसीलिए अब हमें भी कुछ करके दिखाना है
कानून के नियमों को दिल से निभाना है
छोड़ कर लालच और बेईमानी की बातें,
आज किसे भूखे को भी खाना दिलाना है
देखना फिर अपना देश संवर जाएगा
गर कुछ दिन तू घर में ठहर जाएगा
यह बुरा वक्त गुजर जाएगा।

बस कुछ दिन की बात है थोड़ा संग रह लो
अपने घर में अपनों के संग रह लो
सदियों बाद वतन में अच्छी खामोशी छायेगी है
अब इसे खामोशी कह लो या जंग कह लो
इसीलिए, इस जंग को हमें कामयाब बनाना है
माही के सुर में यही गीत गाना है
ना बाहर जाना ना कोरोना साथ लाना
कोरोना का हमने नामो निशां मिटाना है
इस महामारी का जल्द ही जहर जाएगा
गर कुछ दिन तू घर में ठहर जाएगा
यह बुरा वक्त गुजर जाएगा।

कोरोना महामारी का कहर

मुकेश कुमार
अनुक्रमांक 308

कोरोना कहर कुछ इस कदर छा रहा है,
इंसान ही इंसान से अब खुद को बचा रहा है।
कुदरत से खिलवाड़ का नतीजा मिला सबको,
इसलिए यह जहान लाइलाज सजा पा रहा है।।
कोरोना का कहर कुछ.....

सब जगह हार कर हम मंदिर मस्जिद जाते थे,
अब खुदा के दरबार भी बंद होते जा रहे हैं।
कोरोना का कहर कुछ.....

पहले हैलो या गले मिलना बहुत आसान था,
अब सहमा दिल दोस्तों से भी दूरी बना रहा है।
कोरोना का कहर कुछ.....

सारी दुनिया दहशत में कैद हुई अपने घरों में,
मौत के खौफ से बादशाह भी घबरा रहा।
कोरोना का कहर कुछ.....

अमीर गरीब सबको जकड़ा है अपने पंजे में,
कोरोना सबको एक जैसे बेदर्द सता रहा है।
कोरोना का कहर कुछ.....

रोज कमाकर जो खाने को लाया करता था,
आज भूख की फ्रिक में बस डर खा रहा है।
कोरोना का कहर कुछ.....

बेईमानों ने इस कदर आज लूट मचाई है,
सस्ती चीजों के भी महंगे दाम लगा रहा है।
कोरोना का कहर कुछ.....

डॉक्टरों और सिपाहियों को सलाम है हमारा,
जान पर खेलकर जिन्हें सेवा करना पड़ रहा है।
कोरोना का कहर कुछ.....

फैली इस महामारी में खुद को बचा माही,
गर मौत हुई तो कोई ना शोक पर आ रहा है।
कोरोना का कहर कुछ.....

अपने घर में समय बिताओ।
कोरोना से खुद को बचाओ।।

रब की सजा

शिवांगी सेठ
अनुक्रमांक 11

मैंने अक्सर लोगों को कहते सुना था
मैं हिन्दू, वो मुसलमान
मैं सिख, वो ईसाई
कहते थे बहुत फर्क है हम सब में
पर आज जब रब ने
सज़ा देने को अपनी लाठी उठाई
ज़रा देखो तो सज़ा सबको बराबर ही आई

कुछ आर्टिस्टिक करो ना

अर्षदीप
अनुक्रमांक 1044

जीवन में कुछ नए रंग भरो ना,
आओ कुछ आर्टिस्टिक करो ना।
आज तो कुछ पल है हमारे पास,
नई उमंगों के, बहती हुई तरंगों से,
इन्हें कोई नई दिशा दे दो ना,
ऐ मेरे दोस्त कुछ तो आर्टिस्टिक कर लो ना।

आज जब यह घोर अंधेरा छाया है,
कोरोना का कहर मचाया है,
लोगों को मरने की कसौटी पर ले आया है,
उसे अपनी समझ से दूर कर जाओ ना,
कुछ तो आर्टिस्टिक कर लो ना।

कल अगर कुछ ना भी हुआ कमाने को,
तो कोई तो आशा होगी इस देश को बचाने को,
उसी आशा के दीप को ज्ञान की किरणों से रूषना ना,
ऐ मेरे दोस्त कुछ तो अद्भुत कर लो ना।

जब—जब बुरा समय आया है,
हम सब ने मिलकर विजय को पाया है
किसी ने चलाकर तलवार तो किसी ने चलाकर कलम,

अपना एक इतिहास बनाया है।
तुम भी इस वक्त अपना एक इतिहास बना लो ना,
कुछ अपने मन मंदिर में दीपक को जला लो ना।

अंतिम पंक्तियों में भी यही हूँ कहती,
छोड़ो यह आलस्य छोड़ो यह सुस्ती,
अपने आप को तराश कर 'अर्ष' हीरा बना लो ना,
ऐ मेरे दोस्त कुछ तो आर्टिस्टिक कर लो ना,
ऐ मेरे दोस्त कुछ तो आर्टिस्टिक कर लो ना।

अपना कुछ ना करना ही सब कुछ करना है।

राघवी

अनुक्रमांक 1001

आओ कोरोना से मिलकर लड़ते हैं,
धारा 144 की पालना मिलकर करते हैं,
व्यस्त जीवन की भागदौड़ में
चलिए दोस्तो कुछ दिन घर पर रुकते हैं।
निरंतर जान जोखिम में डालने वाले डॉक्टर
पुलिस और हर एक उस व्यक्ति को सलाम करते हैं,
भारत के नागरिक हैं हम,
जिम्मेदार बनते हैं,
चलिए दोस्तो कुछ दिन घर पर रुकते हैं।
हथियार हमारा सूझ-बूझ है, कोरोना को रोको ना करते हैं,
मानव जाति की रक्षा के लिए
चलिए दोस्तो कुछ दिन घर पर रुकते हैं।
सरकार हमारे साथ है, एक मन में यह विश्वास भरते हैं,
बिना वजह से घर से ना निकले,
मंत्री जी हमसे यह आस करते हैं
देश के ही नागरिक की वह भी तो चिंता करते हैं,
हम स्वस्थ जग स्वस्थ,
भारत की इस मुहिम की पालना करते हैं,
चलिए दोस्तो कुछ दिन घर पर रुकते हैं।
जिम्मेदारी उठा कर अब आगे बढ़ते हैं,
अफवाह खत्म कर साकारात्मक बनते हैं,

मुश्किल के इस वक्त में एक दूसरे से दूर रहकर
भारत सरकार का सहयोग करते हैं,
चलिए दोस्तो कुछ दिन घर पर रुकते हैं।
घर में ही यह हारेगा,
चलिए घर पर रहकर ही कोरोना से लड़ते हैं,
चलिए दोस्तो कुछ दिन घर पर रुकते हैं।

॥ जय हिंद जय भारत ॥

क्यों?

पूजा

अनुक्रमांक 26

ये कैसा साया दुनिया पे,
सनसनी बनकर है छाया....
क्यूँ इंसान अपने ही घर में,
कैद होकर है रह गया....
ये कैसी अजीब बेबसी,
कोरोना लेकर है आया....
क्यूँ हर रोज ये कितने,
मासूमों की जान ले गया....
ये कैसी रची है,
भगवान ने माया....
क्यूँ खुलेआम घूम रहे हैं,
जानवर यहाँ वहाँ....
ये नतीजा है तेरे ही,
किये हुए कर्मों का....
क्यूँ इंसान तूने हमेशा,
प्रकृति के साथ खिलवाड़ किया....
ये एक मौका मिला है तुझे,
तेरी गलतियों को सुधारने का....
क्यूँ डर रहा है अब इतना,
रख विश्वास उस खुदा पे....
ये मुश्किल वक्त भी कट जायेगा,
कोरोना नौ दो ग्यारह हो जाएगा....

कैसी है असमंजस?

अर्षदीप

अनुक्रमांक 1044

किस असमंजस में फंस गया है ज़माना,
हम तो फंस गये हैं जनाब, यही है अफ़साना।
जिसके पास कभी वक्त नहीं था एक पल का,

आज उनके लिये भरा पड़ा है समय का खजाना ।
लेकिन,
क्या करें? कैसे करें?
कुछ पागलों का अभी भी यही है बहाना ।
अरे दुनिया वालो, क्या? क्या? कर क्या रहे हो?
घरों में बंद रह कर भी समय को ही कोस रहे हो
अगर अब भी नहीं कुछ किया तो कब कर पाओगे?
देश को तरक्की की राह पर फिर कैसे मोड़ पाओगे?
आइये मिल कर इस व्रत का पालन करें ।
अर्ष की यही है पुकार,
देश को 'कोरोना' मुक्त करें,
देश को 'कोरोना' मुक्त करें,

कुदरत दा कहिर

मनप्रीत सिंਘ
ਰੋਲ ਨੰ. 304

ਪਹਿਲਾਂ ਬਹੁਤ ਢਾਇਆ ਕਹਿਰ ਤੁਸੀਂ,
ਜੀਵ ਜੰਤੂਆਂ ਦਿੱਤਾ ਜ਼ਹਿਰ ਤੁਸੀਂ ।
ਜਦ ਆਪਣੀ ਆਈ ਵਾਰੀ ਉਦੋਂ,
ਬੈਠੇ ਰੱਬ ਦੇ ਫਤ ਕੇ ਪੈਰ ਤੁਸੀਂ ।

ਭੀਖ ਮੰਗਦੇ ਉਹ ਹੁਣ ਜਾਨਾਂ ਦੀ,
ਪਹਿਲਾਂ ਬਿਰਤੀ ਸੀ ਹੈਵਾਨਾਂ ਦੀ ।
ਕਿਉਂ ਭੁੱਲੀ ਬੈਠੇ ਪੀੜ ਤੁਸੀਂ,
ਮਾਸੂਮ ਤੇ ਬੇਜ਼ੁਬਾਨਾਂ ਦੀ ॥

ਹਾਲੇ ਤੱਕ ਮਜ਼ਾਕ ਬਣਾਇਆ ਏ,
ਨਾ ਆਉਂਦੀ ਭੋਰਾ ਸੰਗ ਥੋਨੂੰ ।
ਫਿਰ ਥਾਂ ਮਾਫੀ ਲਈ ਬਣਨੀ ਨੀ,
ਜਦੋਂ ਦਿਖਾਇਆ ਕੁਦਰਤ ਰੰਗ ਥੋਨੂੰ ॥

ਜਿਸ ਘਰਾਂ ਦੇ ਬੁੱਝ ਚਿਰਾਗ ਗਏ ਕਿਤੇ ਮਿਲੀ ਜਾ ਕੇ ਉਹਨਾਂ ਨੂੰ,
ਨਾ ਮਜ਼ਾਕ ਸਮਝਣ ਦੀ ਭੁੱਲ ਕਰੀਓ ਇਸ ਲਾ ਇਲਾਜ ਕੋਰੋਨਾ ਨੂੰ ।

ਕੋਵਿਡ-19

ਸੰਗੀਤਾ
ਰੋਲ ਨੰ. 95

ਓ ਮੰਨਿਆ ਕਿ ਚਾਈਨਾ ਨੇ ਸ਼ੁਰੂਆਤ ਕੀਤੀ
ਜਿਉਂਦੀ ਕੁਦਰਤ ਨਾਲ ਛੇੜ-ਛਾੜ ਕੀਤੀ
ਉਂਝ ਘੱਟ ਤਾਂ ਅਸੀਂ ਵੀ ਨਹੀਂ
ਨਾ ਚਸਕਿਆ ਨੇ ਲਗਾਮ ਲੀਤੀ
'ਕਰੋਨਾ' ਤਾਂ ਸਦੀਆਂ ਚਲੀ ਆ ਰਹੀ
ਪੰਛੀਆਂ, ਜਾਨਵਰਾਂ ਇਹੋ ਅਰਦਾਸ ਕੀਤੀ
'ਕਰੋ ਨਾ' ਬਖਸ਼ ਦੋ ਇਸ ਬੇਜ਼ੁਬਾਨ ਨੂੰ
ਉਹ 'ਡਾਢੇ ਸਾਈਂ' ਦੀ ਕੁਦਰਤ ਖਰਾਬ ਕੀਤੀ
ਸੁਣਕੇ !
ਐਡਾ ਭੋਲਾ ਖਸਮ ਨਹੀਂ ਹੋ ਮਗਰ ਚਲਿੰਤਰ ਨਾ ਜਾਣੇ
ਉਹਦੇ ਘਰ ਵਿੱਚ ਉਹੀਓ ਵਸ ਸਕਦੀ, ਜਿਹੜੀ ਸਭ
ਚਤੁਰਾਈਆਂ ਭੁੱਲ ਜਾਵੇ ।
ਕਿੰਨੀ ਸੋਹਣੀ ਜਾਪੇ ਜਦ ਲਹਿਰਾਵੇ,
ਉੱਤੇ ਬੈਠੇ ਤੋਤਿਆਂ ਦੀ ਡਾਰ
ਇਕ ਆਵੇ ਇਕ ਜਾਵੇ
ਟਾਹਣੀਆਂ ਝੁੰਮਣ ਜਦ ਖਹਿ ਜਾਵਣ ਇਕ ਦੂਜੇ ਨਾਲ
ਜਦ ਦੇਖਦੀ ਸਾਂ ਭਰੀਆਂ ਉਸ ਬੇਜ਼ੁਬਾਨਾਂ ਦੀਆਂ ਗੱਡੀਆਂ
ਦਵੀ ਮਸ ਉਸ ਭਲੇ ਇਨਸਾਨ ਨੂੰ
ਤੇਰੀ ਸ਼੍ਰਿਸ਼ਟੀ ਦਾ ਕਰਦਾ ਜੋ ਨੁਕਸਾਨ ਸਾਈਂ
ਤੇਰੀ ਕੁਦਰਤ ਦਾ ਕਰਦਾ ਜੋ ਨੁਕਸਾਨ ਸਾਈਂ
ਰੋੜ ਦੇ ਬਦੀਆਂ ਬਣ ਕੇ ਆਜਾ
ਖੱਲ ਸਮੁੰਦਰ ਦੀ
ਕੋਈ ਗੱਲ ਸੁਣਾ ਦੇ ਅੰਦਰ ਦੀ
ਨਾ ਮਸਜਿਦ ਦੀ ਨਾ ਮੰਦਰ ਦੀ
ਕੋਈ ਗੱਲ ਸੁਣਾ ਦੇ ਅੰਦਰ ਦੀ

ਇੱਕ ਸੋਚ

ਨਵਦੀਪ ਕੌਰ
ਰੋਲ ਨੰ. 25

ਇੱਕ ਸੋਚ ਜਿਹੀ ਮਨ ਵਿੱਚ ਆਈ ਏ,
ਖੇਡ ਕਰੋਨਾ ਦੀ ਸਾਰੇ ਜਗ ਵਿੱਚ ਤੂਫਾਨ ਦੀ ਤਰ੍ਹਾਂ ਛਾਈ ਏ,

ਕੀ ਕੋਈ ਬਦਲਾਅ ਸੰਸਾਰ ਵਿੱਚ ਏ ਲਿਆਵੇਗੀ?
ਕੀ ਕੁਦਰਤ ਵਿੱਚ ਜੀਵ ਜੰਤੂ ਨੂੰ ਇਕ ਸਮਾਨ ਜਗ੍ਹਾ ਮਿਲ ਪਾਵੇਗੀ।

ਨਹੀਂ! ਨਹੀਂ!

ਇਹ ਕਲਯੁੱਗ ਦਾ ਜ਼ਮਾਨਾ ਏ,
ਇੱਥੇ ਨਾ ਕੋਈ ਆਪਣਾ ਨਾ ਕੋਈ ਬੇਗਾਨਾ ਏ,
ਸਭ ਆਪਣੇ ਆਪਣੇ ਮਤਲਬ ਦੀ ਸੋਚਦੇ ਨੇ,
ਆਪਣੇ ਖੂਨੀ ਰਿਸ਼ਤਿਆਂ ਤੋਂ ਵੀ ਤਾਂ ਬਸ ਖੁਸ਼ੀਆਂ ਈ ਲੋਚਦੇ ਨੇ,

ਅੱਜ ਕਰੋਨਾ ਦੇ ਡਰ ਤੋਂ,
ਇਕ ਅਰਥੀ ਮਾਂ ਨੂੰ ਮਿਲਦੀ ਨਹੀਂ,
ਫਿਰ ਜੀਵ ਜੰਤੂ ਨੂੰ ਸਮਾਨਤਾ ਮਿਲਜੇ,
ਕੀ ਇਹ ਕਿਹਾ ਹੈ ਸਹੀ?

ਲੋਕਡਾਓਨ ਤੋਂ ਬਾਅਦ ਮਨੁੱਖ ਉੱਦਮਾਂ ਹੀ ਲਲਚਾਏਗਾ,
ਪੈਸੇ ਕਮਾਉਣ ਲਈ ਹਰ ਉੱਚਾ ਨੀਵਾਂ ਰਸਤਾ ਅਪਣਾਏਗਾ,
ਉਸੇ ਤਰ੍ਹਾਂ ਪਸ਼ੂ ਪੰਛੀਆਂ ਦੀ ਹੱਤਿਆ ਕੀਤੀ ਜਾਵੇਗੀ,
ਵਾਹਨ ਫੈਕਟਰੀਆਂ ਚਲਾਕੇ ਦੁਨੀਆ,
ਫਿਰ ਪ੍ਰਦੂਸ਼ਣ ਨੂੰ ਸੱਦਾ ਦੇਵੇਗੀ,

ਹਾਂ, ਕੁੱਝ ਕੁ ਬਦਲਾਅ ਵੀ ਮਨੁੱਖ ਵਿੱਚ ਆਉਣਗੇ,
ਮਹਾਂਮਾਰੀ ਦੇ ਡਰ ਨੂੰ ਲੈ ਕੇ,
ਕੁੱਝ ਪਰਹੇਜ਼ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਲੈ ਆਉਣਗੇ,
ਦੇਸ਼ ਵਿਦੇਸ਼ ਵਿੱਚ ਇਕਤਰਤਾ ਨਜ਼ਰ ਆਵੇਗੀ,
ਮੁਸੀਬਤ ਦੀ ਘੜੀ ਚ ਦਿੱਤਾ ਜੇ ਇੱਕ ਦੂਜੇ ਦਾ ਸਾਥ ਤਾਂ,
ਇਕ ਸਾਂਝ ਜਿਹੀ ਬਣ ਜਾਵੇਗੀ।

ਚਲੋ ਥੋੜਾ ਹੀ ਸਹੀ, ਕੁਝ ਚੰਗਾ ਤਾਂ ਹੋਵੇਗਾ,
ਆਲੇ ਦੁਆਲੇ ਦੀ ਸਾਫ ਸਫਾਈ ਤੇ ਹੁਣ ਧਿਆਨ ਤਾਂ ਰੱਖਿਆ
ਜਾਵੇਗਾ
ਥੋੜੀ ਥੋੜੀ ਕਰਕੇ ਇੱਕ ਵੱਡੀ ਲਹਿਰ ਚਲਾਵਾਂਗੇ,
ਹਰ ਇਨਸਾਨ ਕਰੇ ਕੋਸ਼ਿਸ਼ ਤਾਂ ਇੱਕ ਸੋਹਣੀ ਸੁਨਿਹਰੀ ਸਵੇਰ ਵੀ
ਦੇਖ ਪਾਵਾਂਗੇ।
ਹਰ ਕਰੋਨਾ ਵਰਗੀ ਮਹਾਂਮਾਰੀ ਨੂੰ ਫਿਰ ਅਸੀਂ ਹਰਾਂਵਾਂਗੇ।

ਕਰੋਨਾ ਦਹਿਸ਼ਤਗਰਦ

ਸਾਕਸ਼ੀ

ਰੋਲ ਨੰ. 08

ਕਰੋਨਾ ਵਾਇਰਸ ਕਿਉਂ ਇਸ ਜੱਗ ਤੇ ਆਇਆ?
ਤੇਰੇ ਆਉਣ ਤੋਂ ਪਹਿਲਾਂ ਇਸ ਜੱਗ ਤੇ ਸਭ ਖੁਸ਼ਮੰਦ ਸੀ।
ਫਿਰ ਕਰੋਨਾ ਵਾਇਰਸ ਕਿਉਂ ਇਸ ਜੱਗ ਤੇ ਆਇਆ?
ਅੱਜ ਸਾਡੇ ਸਾਰਿਆਂ ਲਈ ਬੰਦ ਹੋ ਰਬ ਦੇ ਵੀ ਦਰਬਾਰ ਗਏ!
ਕਰੋਨਾ ਵਾਇਰਸ ਕਿਉਂ ਇਸ ਜੱਗ ਤੇ ਆਇਆ?
ਲੱਖਾਂ ਕਰੋੜਾਂ ਬੰਦਿਆਂ ਦੀ ਜਾਨ ਦੇ ਤੂੰ ਪਿੱਛੇ ਪਿਆ!
ਕਰੋਨਾ ਵਾਇਰਸ ਕਿਉਂ ਇਸ ਜੱਗ ਤੇ ਆਇਆ?
ਬੇਦਰਦੀ ਕਰੋਨਾ ਦੀ ਦੇਖੋ ਅੱਜ ਭੁੱਖਾ ਹੀ ਕਿਸਾਨ ਸੋਇਆ!
ਕਰੋਨਾ ਵਾਇਰਸ ਕਿਉਂ ਇਸ ਜੱਗ ਤੇ ਆਇਆ?
ਕਾਲ ਇਸ ਜੱਗ ਤੇ ਇਕ ਹਨ ਮਹਾਕਾਲ ਜਿਸ ਨੂੰ ਕਹਿੰਦੇ ਹਨ!
ਉਹ ਹੀ ਹੁਣ ਤੇਰਾ ਕਾਲ ਬਣ ਤੈਨੂੰ ਇਸ ਜੱਗ ਤੋਂ ਭਜਾਓਗੇ!
ਤੇਰਾ ਕਾਲ ਬਣ ਤੈਨੂੰ ਇਸ ਜੱਗ ਤੋਂ ਭਜਾਓਗੇ!
ਕਰੋਨਾ ਦਹਿਸ਼ਤਗਰਦ ਦੀ ਹਾਰ ਹੀ ਹੁਣ ਮਨੁੱਖ ਦਾ ਕਲਿਆਣ
ਬਣੂਗੀ!

ਕੈਦੀ ਬਣਾ ਕੇ ਰੱਖਦਾ ਸੀ

ਰਵੀ ਕੁਮਾਰ

ਰੋਲ ਨੰ. 1201

ਕੈਦੀ ਬਣਾ ਕੇ ਰੱਖਦਾ ਸੀ ਇਨਸਾਨ ਜਾਨਵਰਾਂ ਨੂੰ.
ਅੱਜ ਖੁਦ ਕੈਦੀ ਬਣ ਕੇ ਰਹਿ ਗਿਆ।
ਪੰਛੀ ਉੱਡਣ ਖੁੱਲ੍ਹੇ ਆਸਮਾਨ ਚ,
ਇਨਸਾਨ ਪਿੰਜਰੇ ਚ ਪੈ ਗਿਆ।
ਲੱਖਾਂ ਕਰੋੜਾਂ ਜੋੜਨ ਵਾਲੇ ਮਨੁੱਖ ਨੂੰ,
ਹੁਣ ਫਿਕਰ ਰੋਟੀ ਦਾ ਪੈ ਗਿਆ।
ਸੜਕਾਂ ਨੇ ਸੁੰਨੀਆ ਜਿਹਨਾਂ ਲਈ ਰੁੱਖ ਉਜਾੜੇ ਸੀ,
ਸੋਹਲ ਹੁਣ ਹਿਸਾਬ ਰੱਬ ਦਾ ਰਹਿ ਗਿਆ।
ਇੱਕੋ ਆਸਮਾਨ ਸਾਰਿਆਂ ਲਈ ਆਸਮਾਨ ਕਿੰਨਾ ਸੋਹਣਾ,
ਦੱਸੋ ਮਿੱਤਰੇ ਧਰਤੀ ਤੇ ਕੀ ਰਹਿ ਗਿਆ।

ਰੱਬ ਨੂੰ ਅਰਦਾਸ

ਪੂਜਾ ਦੇਵੀ
ਰੋਲ ਨੰ. 06

ਰੱਬਾ ਤੇਰੀ ਇਸ ਕੁਦਰਤ ਵਿੱਚ,
ਤੂੰ ਕੈਸਾ ਖੇਡ ਰਚਾਇਆ।
ਸਾਰੇ ਹੀ ਇਨਸਾਨਾਂ ਨੂੰ,
ਤੂੰ ਬੰਦ ਪਿੰਜਰੇ ਵਿੱਚ ਪਾਇਆ।

ਨਾ ਹੀ ਹੁਣ ਕਿਤੇ ਵਜੋਂ ਸ਼ਹਿਨਾਈਆ,
ਤੇ ਨਾ ਹੀ ਪੈਣ ਸ਼ੋਰ ਸ਼ਰਾਬੇ।
ਚਾਰੇ ਪਾਸੇ ਕਿਉਂ ਇੱਕ ਅਜੀਬ
ਜਿਹਾ ਸੰਨਾਟਾ ਛਾਇਆ।

ਸਾਰੇ ਪੰਛੀ ਚਹਿਕ ਰਹੇ,
ਤੇ ਕਰਨ ਆਪਸ ਵਿੱਚ ਗੱਲਾਂ
ਕਿ ਰੱਬ ਨੇ ਇਸ ਧਰਤੀ ਤੇ,
ਇਹ ਕੈਸਾ ਕਹਿਰ ਮਚਾਇਆ।

ਸਭ ਵਪਾਰ ਠੱਪ ਹੋਏ,
ਤੇ ਰੁਕ ਗਏ ਕਾਰੋਬਾਰ।
ਹੁਣ ਚਾਰੇ ਪਾਸੇ ਮਚ ਗਈ,
ਇਕ ਅਜੀਬ ਜਿਹੀ ਹਾਹਾਕਾਰ।

ਕਿਤੇ ਕੋਈ ਕਿਸਾਨ ਸੋ ਰਿਹਾ,
ਤੇ ਕਿਤੇ ਕੋਈ ਰੋ ਰਿਹਾ ਦਿਹਾੜੀਦਾਰ।
ਤੇ ਸੋਚ ਰਿਹਾ ਕਿਸ ਤਰ੍ਹਾਂ ਗੁਜ਼ਾਰਾ,
ਕਰਨਾ ਹੈ ਇਸ ਵਾਰ।

ਏ ਇਨਸਾਨ ਨੇ ਕੀਤਾ ਸੀ,
ਬੇਜ਼ੁਬਾਨਾ ਤੇ ਅਤਿਆਚਾਰ।
ਜਿਸਦਾ ਫਲ ਹੁਣ ਭੋਗ ਰਿਹਾ
ਹੈ ਪੂਰਾ ਸੰਸਾਰ।
ਸਭ ਘੁੰਮਣ ਜੀਵਨ ਹੁਣ ਬੇਫਿਕਰ ਹੋਕੇ

ਤੇ ਰੱਬ ਦਾ ਕਰਨ ਸ਼ੁਕਰਗੁਜ਼ਾਰ।
ਨਾ ਹੀ ਹੁਣ ਪੈਸਾ ਕੰਮ ਆਵੇ,
ਤੇ ਨਾ ਹੀ ਕੰਮ ਆਵੇ ਕੋਈ ਦੁਆ,
ਤੇ ਨਾ ਹੀ ਕੋਈ ਦਵਾ।

ਪ੍ਰਮਾਤਮਾ ਇਸ ਮਹਾਂਮਾਰੀ ਵਿੱਚ,
ਹੁਣ ਡੁੱਬਦਾ ਜਾ ਰਿਹਾ ਸੰਸਾਰ।
ਹੁਣ ਮੈਂ ਪ੍ਰਮਾਤਮਾ ਅੱਗੇ ਕਰਾਂ ਇਹੀ ਅਰਦਾਸ,
ਦਾਤਿਆ ਤੂੰ ਮਿਹਰ ਕਰਦੇ ਇਸ ਵਾਰ।

ਅਸੀਂ ਹਾਂ ਮੂਰਖ ਪ੍ਰਾਣੀ,
ਤੇ ਤੂੰ ਹੈ ਬਖਸ਼ਣਹਾਰ।
ਪਰਮਾਤਮਾ ਅਸੀਂ ਤੇਰੇ ਬੱਚੇ ਹਾਂ,
ਸਾਡੇ ਤੋਂ ਭੁੱਲਾਂ ਹੋਈਆਂ ਹਜ਼ਾਰ।

ਹੁਣ ਤਾਂ ਦਾਤਿਆ ਮਿਹਰ ਕਰੀਂ,
ਇਹ ਕੰਬ ਉੱਠਿਆ ਸੰਸਾਰ।
ਪ੍ਰਮਾਤਮਾ ਸੁਣ ਲੈ ਮੇਰੀ ਅਰਜ਼ੋਈ,
ਦੁਨੀਆ ਨੂੰ ਕਰਦੇ ਪਹਿਲਾਂ ਦੀ ਤਰ੍ਹਾਂ ਇਕ ਵਾਰ।
ਫਿਰ ਖਿੜਾ ਦੇ ਤੂੰ ਇਸ ਆਪਣੀ ਸੁੰਦਰ ਫੁਲਵਾੜੀ ਨੂੰ,
ਤੇ ਕਰਦੇ ਬਾਗੋ-ਬਾਗ।

ਕੋਰੋਨਾ ਗੀਤ

ਮੁਕੇਸ਼ ਕੁਮਾਰ
ਰੋਲ ਨੰ. 308

ਹੋ
ਪੰਛੀ ਆਜ਼ਾਦ ਉੱਡਦੇ-ਬੰਦੇ ਤਾਂ ਕੈਦ ਹੋ ਗਏ
ਨੇਚਰ ਨੂੰ ਕੀਤਾ Sad ਤਾਂ ਹੀ ਸਭ Sad ਹੋ ਗਏ।
ਹੋ

ਚਾਇਨਾ ਦੇ ਵਾਇਰਸ ਨਾਲ
ਦੁਨੀਆ ਨੂੰ ਰੋਣਾ ਪੈ ਗਿਆ
ਘਰ ਵਿੱਚ ਹੁਣ ਬਹਿ ਜੋ ਟਿਕ ਕੇ
ਪਿੱਛੇ ਕੋਰੋਨਾ ਪੈ ਗਿਆ।
ਕੀਤੇ ਗੁਨਾਹਾਂ ਦੀ ਮੰਗ ਲੋ

ਹੁਣ ਰੱਬ ਤੋਂ ਮਾਫੀ....
 ਕੁਦਰਤ ਦਾ ਕਹਿਰ ਫੁੱਟਿਆ
 ਪਾਪਾਂ ਦੀ ਭਰ ਗਈ ਕਾਪੀ
 ਜੀਵਾਂ ਤੇ ਖਮਜ਼ਰ ਵਾਰੇ....
 ਆਪਣਿਆਂ ਨੂੰ ਖੋਣਾ ਪੈ ਗਿਆ....
 ਘਰ ਵਿੱਚ ਬਹਿ ਜੋ ਟਿਕ ਕੇ
 ਪਿੱਛੇ ਕਰੋਨਾ ਪੈ ਗਿਆ....
 ਵੱਡੇ ਰਾਜੇ ਮਹਾਰਾਜੇ ਵੀ
 ਇਹਦੇ ਸ਼ਿਕਾਰ ਹੋ ਗਏ
 ਭੁੱਖੇ ਮਜ਼ਦੂਰ ਤਾਂ ਪੈਦਲ
 ਪਿੰਡ ਨੂੰ ਤਿਆਰ ਹੋ ਗਏ
 ਚੈਨ ਦੀ ਨੀਂਦ ਉੱਡ ਗਈ
 ਦਹਿਸ਼ਤ ਵਿੱਚ ਸੋਣਾ ਪੈ ਗਿਆ
 ਘਰ ਵਿੱਚ ਬਹਿ ਜੋ ਟਿਕ ਕੇ
 ਪਿੱਛੇ ਕਰੋਨਾ ਪੈ ਗਿਆ....
 ਐਸੀ ਮਹਾਂਮਾਰੀ ਫੈਲੀ
 ਜਿਹਦਾ ਇਲਾਜ ਨਾ ਕੋਈ
 ਕਾਦਿਰ ਤੋਂ ਵੱਡਾ ਮਾਹੀ
 ਇੱਥੇ ਸਰਤਾਜ ਨਾ ਕੋਈ
 ਆਖਿਰ ਨੂੰ ਆਈ ਮੌਤ
 ਮਿੱਟੀ ਹੋ ਹੋਣਾ ਪੈ ਗਿਆ
 ਘਰ ਵਿੱਚ ਬਹਿ ਜੋ ਟਿਕ ਕੇ
 ਪਿੱਛੇ ਕਰੋਨਾ ਪੈ ਗਿਆ....
 ਘਰ ਵਿੱਚ ਬਹਿ ਜੋ ਟਿਕ ਕੇ
 ਪਿੱਛੇ ਕਰੋਨਾ ਪੈ ਗਿਆ....

ਕੋਰੋਨਾ ਵਾਇਰਸ

ਰਾਜਵੀਰ ਕੌਰ
 ਰੋਲ ਨੰ. 1135

ਸਾਡੀ ਵਸਦੀ ਰਸਦੀ ਧਰਤੀ ਤੇ ਕੋਰੋਨਾ ਨੇ ਪਾਏ ਪੰਗੇ,
 ਲੱਖਾਂ ਹਸਦੇ ਵਸਦੇ ਪਰਿਵਾਰ ਇਸਨੇ ਸੂਲੀ ਟੰਗੇ।
 ਜਨਮ ਹੋਇਆ ਇਸਦਾ ਚੀਨ ਦੇ ਸ਼ਹਿਰ ਵਿੱਚ ਵੁਹਾਨ,
 ਰੱਖਿਆ ਗਿਆ ਇਸਦਾ ਕੋਰੋਨਾ ਵਾਇਰਸ ਨਾਮ।
 ਲਿਆ ਲਪੇਟ ਕੋਰੋਨਾ ਨੇ ਉਨ੍ਹਾਂ ਲੋਕਾਂ ਨੂੰ ਲੰਬੇ ਹੱਥੀ,

ਖਾਧੇ ਜਿਨ੍ਹਾਂ ਨੇ ਜ਼ਿੰਦਾ ਜਾਨਵਰ ਤੇ ਬੇਜ਼ਬਾਨ ਪੰਛੀ।
 ਦਿੱਤਾ ਜਵਾਬ ਰਬ ਨੇ ਪਲਟ ਕੇ ਕਹਿਰ ਸੀ ਢਾਇਆ,
 ਮਿੰਟ-ਮਿੰਟ ਤੇ ਹੋਈਆਂ ਮੌਤਾਂ ਕੁਦਰਤ ਨੇ ਮੀਂਹ ਵਰਸਾਇਆ।
 ਜਾਪੇ ਮੈਨੂੰ ਇੰਝ, ਜਿਵੇਂ ਜਮਾਂ ਨੇ ਡੇਰਾ ਹੀ ਧਰਤੀ ਤੇ ਲਾਇਆ।
 ਪਿਆ ਡਰ ਹਿੰਦੂਸਤਾਨ ਨੂੰ ਜਦ ਹੋਰ ਵਿੱਚ ਜਾਦੂ ਛਾਇਆ,
 ਫਿਰ ਹਿੰਦੂਸਤਾਨ ਨੂੰ ਚੇਤਾ ਆਇਆ ਜਦ ਇਟਲੀ ਚ ਕਹਿਰ
 ਮਚਾਇਆ।
 ਅਸਾਂ ਫਿਰ ਵੀ ਨਾ ਟਲੇ ਮਜ਼ਾਕ ਸੀ ਖੂਬ ਉਡਾਇਆ,
 ਆਏ ਪਰਦੇਸੀ ਜਦ ਆਪਣੇ ਵਤਨਾਂ ਤਾਈਂ।
 ਮੋਢੇ ਬੈਠੀ ਆਇਆ ਕੋਰੋਨਾ, ਫਿਰ ਦੁਨੀਆ ਪਛਤਾਈ।
 ਆਖਿਰ ਹੋਇਆ ਐਲਾਨ ਮੋਦੀ ਦਾ ਜਨਤਾ ਕਰਫਿਊ
 ਲਗਾਇਆ,
Stay Safe, Stay at Home ਦਾ ਨਿਯਮ ਬਣਾਇਆ।
 ਲੱਗਦਾ ਸੀ 22 ਮਾਰਚ ਕਰਫਿਊ ਕਰਕੇ ਇਕ ਦਿਨ ਪਵੇਗੀ ਠੱਲ੍ਹ
 ਤੇਜ਼ੀ ਨਾਲ ਫੈਲੀ ਜਾਵੇ ਇਹ ਰੋਗ ਦਿਨ-ਬ-ਦਿਨ।
 ਲੇਕਿਨ ਗੱਲ ਆਈ ਫਿਰ ਕਰਫਿਊ ਤੇ 21 ਦਿਨ ਹੋਰ ਵਧਾਇਆ
 ਨਾ ਕੋਈ ਆਵੇ, ਨਾ ਕੋਈ ਜਾਵੇ, ਆਪ-ਆਪਣੇ ਘਰੀਂ
 ਬਠਾਇਆ।
 ਏਹੀ ਅਰਦਾਸ ਹੀ ਰਾਜਵੀਰ ਦੀ ਮੁੜ ਆਵਣ ਖੁਸ਼ੀਆਂ ਦੇ ਉਹ
 ਪਲ,
 ਵੇ ਰੱਬਾ! ਜਾਂ ਤਾਂ ਚੇਨ ਤੋੜਦੇ ਜਾਂ ਕੱਢਦੇ ਕੋਈ ਹੱਲ।
 ਰੱਬਾ ਮੁਕਾਦੇ ਛੇਤੀ ਇਸਨੂੰ ਅੱਜ ਨਹੀਂ ਤਾਂ ਕੱਲ੍ਹ, ਅੱਜ ਨਹੀਂ ਤਾਂ
 ਕੱਲ੍ਹ।

ਰੱਬ ਦਾ ਸੁਨੇਹਾ

ਨਵਦੀਪ ਕੌਰ
 ਰੋਲ ਨੰ. 25

ਰੱਬ ਬਰੰਗੀ ਕੁਦਰਤ ਦੇ ਰੰਗ ਨੂੰ ਸੀ ਵਿਗਾੜਿਆ,
 ਧਰਤੀ ਪਾਣੀ ਆਸਮਾਨ ਸਭ ਨੂੰ ਫਿਟਕਾਰਿਆ,
 ਕਰਦੇ ਰਹੇ ਖਿਲਵਾੜ ਜੋ ਰੱਬ ਦੀ ਬਣਾਈ ਫੁਲਵਾੜੀ ਨਾਲ,
 ਰਚਣਹਾਰ ਵੀ ਬੈਠਾ ਸੀ ਲੱਗਦਾ ਪੂਰੀ ਤਿਆਰੀ ਨਾਲ,
 ਸੁਣਿਆ ਸੀ ਰੱਬ ਲਈ ਸਭ ਜੀਵ ਜੰਤੂ ਇੱਕ ਹੁੰਦੇ ਨੇ,
 ਤਾਂਹੀ ਅੱਜ ਪਸ਼ੂ-ਪੰਛੀਆਂ ਨੂੰ ਮਾਰਨ ਵਾਲੇ ਖੁਦ ਹੀ ਤਾ ਰੋਂਦੇ ਨੇ,
 ਇਹ ਕਰੋ, ਇਹ ਨਾ ਕਰੋ-ਕੋਰੋਨਾ ਇਹ ਕੁੱਝ ਕਰਾ ਗਿਆ,
 ਜਿਨ੍ਹਾਂ ਕੋਲ ਨਹੀਂ ਸਮਾਂ ਇੱਕ ਪਲ ਦਾ

ਉਨ੍ਹਾਂ ਕੋਲੋਂ ਸਭ ਛੱਡਾ ਕੇ ਆਪਣਿਆਂ ਕੋਲ ਬਿਠਾ ਗਿਆ,
 ਕਲਜੁੱਗ ਤਾਂ ਬਹੁਤ ਚਿਰਾਂ ਦਾ ਚਲਦਾ
 ਸੋਚਿਓ ਨਾ ਇਹ ਹੁਣ ਆ ਗਿਆ,
 ਸਤਜੁੱਗ ਵਾਲਾ, ਮੈਨੂੰ ਤਾਂ, ਸਮਾਂ ਏ ਜਾਪਦਾ, ਜੋ ਪਸ਼ੂ-ਪੰਛੀਆਂ
 ਵਿੱਚ ਚਹਿਕਾਂ ਪਾ ਗਿਆ,
 ਇਹਦੇ ਚ ਵੀ ਸੁਨੇਹਾ ਰੱਬ ਦਾ, ਏ ਮਨੁੱਖ, ਜੰਮਣਾ ਨਹੀਂ ਤੂੰ
 ਵਾਰ-ਵਾਰ,
 ਕਰੋ ਕੁਦਰਤ ਦੇ ਨਾਲ ਪਿਆਰ ਨਹੀਂ ਤਾਂ ਸਭ ਨੂੰ ਦਿਆਂਗੇ ਇਕ
 ਦਿਨ ਮਾਰ।

ਸ਼ੈਲੀ ਕਾ ਡਰ

ਸ਼ਿਵਾਂਗੀ ਸੇਠ
 ਅਨੁਕ੍ਰਮਾਂਕ 11

ਅਬ ਤੂੰ ਕਯੁੰ ਕਾਂਪ ਰਹਾ ਸ਼ੈਲੀ ਕੇ ਡਰ ਸੇ
 ਕੁਦਰਤ ਸੇ ਢੇਡਢਾਡ ਕਰਕੇ,
 ਤੋ ਤੂੰ ਕਯੁੰ ਕਾਂਪਾ ਨਹੀਂ ਥਾ....
 ਅਬ ਕਯੁੰ ਲਗ ਰਹਾ ਹੈ
 ਬਰ ਮੈਂ ਰਹਨਾ ਸਜ਼ਾ।
 ਪੰਛੀਆਂ ਕੋ ਪਿੰਜਰੇ ਮੈਂ ਕੈਦ ਕਰਨਾ
 ਮੀ ਤੋ ਤੇਰਾ ਹੀ ਸ਼ੌਕ ਥਾ।

Stay Home....Stay Safe....

Gurpreet Kaur
 Roll No. 04

Stay home....
 Stay safe....
 Obey the lockdown....
 Corona will surely fall-down...
 Together we can
 Together we will...
 Join the hands till we win...

World after COVID-19

Pratibha
 Roll No. 96

Pandemics are large-scale outbreak of infectious disease that can greatly increase morbidity and mortality over a wide geographic area and cause significant economic,

social and political disruption. COVID-19 will bring a huge shift in the lifestyle of people once it's over. People will start to take their health seriously. Some will begin with incorporating daily exercise routine into their lifestyle and others will restrict their diets from certain cuisines. People will be more conscious about their immunity levels and personal hygiene. Proper sanitation and keeping a clean surrounding will be on the top of priority list. In addition to this, individuals will be more generous with natural resources and will use them wisely. The love for nature will be profound as no one can save us better than mother earth. People will start to think on deeper levels; materialistic things are good but sensitivity, unity and higher consciousness is the actual deal. The pandemic will strengthen the state and reinforce nationalism. The Indian Government has evacuated more than 1400 of its citizens and those of its neighbors from high risk countries, including China, Japan, Iran and Italy which clearly shows humanitarian nature of Indians. We never abandon our people no matter what the situation is. Governments of all types will adopt emergency measures to manage the crisis, and many will be loath to relinquish these new powers when the crisis is over. There is also a new-found realization that in times of crisis like this, only the state can and is expected to provide security of citizens' lives and can legitimately demand compliance and obedience. COVID-19 crisis has already forced people back to accepting that expertise matters. While the economic impact of a pandemic may not be long-lasting if the underlying cause is contained quickly, it can be powerful enough to shutter some businesses and lead to sharp spikes in unemployment. Government must support the individuals who are self-employed and small businesses are requiring a boost up at this time. People should co-operate with each other and realize that need is more important than want. Many creative ideas are being strategized by young economists to tackle with this huge crisis. At last, I would only say that "We are in this together". We are only as strong as we are united, as weak as we are divided.

Online Education-A Boon during COVID-19 Lockdown

Dr. Naresh Kumar

Assistant Prof.

The coronavirus pandemic has been responsible for millions of infections globally, affecting almost every sector across the world. The Government of India under Honb'le Prime Minister Sh. Narendra Modi announced a nationwide lockdown on 24th March, 2020 as a preventive measure due to worldwide spreading of Corona Virus. During this lockdown UGC notified all the universities and colleges to carry on the study of the students through online mode. Although online classes were already in place in many places but COVID-19 has paved a new way of teaching and learning throughout the country. Almost all schools, colleges and universities have now started online classes so that the students may not suffer. These online classes are being helpful for the teachers and students in completing the syllabus of the different subjects, which has not been possible in any other way during this pandemic. At present, both teachers and students have adopted this new model of education and are trying to get used to it with each passing day.

Online Education

Online education is an electronically supported learning that relies on the Internet. It is a flexible instructional delivery system that encompasses any kind of learning. It involves the use of a computer or other electronic devices which means to provide training, education, or learning

material. In online education, both teacher and students interact synchronously and asynchronously to make the teaching learning process effective. It also gives educators an opportunity to reach students who may not be able to enroll in a traditional classroom course and supports students who need to work on their own schedule and at their own pace.

Platforms of Online Education

Covid-19 has drastically changed the face of modern education. The enrolment in Massive Open Online Courses (MOOC) has increased tremendously. India has started various projects for offering MOOC courses. The following are the various platforms that are offering online education to the students:

1. **SWAYAM:** It is a programme initiated by Government of India and designed to achieve the three cardinal principles of education policy viz., access, equity and quality. The objective of this effort is to take the best teaching learning resources to all, including the most disadvantaged.
2. **NPTEL:** It was initiated by seven Indian Institutes of Technology (Bombay, Delhi, Kanpur, Kharagpur, Madras, Guwahati and Roorkee) along with the Indian Institute of Science, Bangalore in 2003. NPTEL is a good opportunity for who is willing to do course based on their qualification. The main goal of NPTEL was to build on the engineering and core science courses.
3. **MooKIT:** It is a lightweight MOOC management system built entirely using open-source technologies by Indian

Institute of Kanpur (IITK), in 2014. It is a powerful system that can be used to offer online courses at any scale, from micro to macro. It is specially designed to offer cMOOC (connectivist MOOC).

4. **IITBX:** It is implemented as the basic version of the blended learning MOOC with the help of edX organization. Blended learning is a combination of both face-to-face class room learning and online education methods. This approach is adopted to combine the direct supervision in face-to-face learning and academic freedom with the self paced learning using the online courses. This model is named as “Blended Learning - MOOC Model of IIT Bombay (BLMM)”. In this system prime universities from India are offering MOOC courses to Indian local college learners.
5. **MOODLE:** It is a learning platform designed to provide educators, administrators and learners with a single robust, secure and integrated system to create personalized learning environments.
6. **Skillshare:** Skillshare is one of the most popular online learning platforms. It has a massive collection of over 20,000 classes that are divided into three categories: Thrive (Lifestyle, Productivity), Build (Business Analytics, Freelance & Entrepreneurship, Leadership & Management, Marketing), and Create (Animation, Film & Video, Graphic Design, Music, Creative Writing, Photography, Web Development, and more). Skillshare believes in a project-based approach to learning that allows students to expand creativity and apply new skills in life. All courses consist of two parts: a video presentation (which usually lasts around 20-30 minutes) and a class project.
7. **LinkedIn:** LinkedIn Learning has a single monthly subscription fee that gives you access to all the content on the platform. The courses consist of bite-sized modules that help absorb information better. LinkedIn learning allows you to download any course for offline mode.
8. **Master Class:** It is an online learning platform that everyone is talking about. What makes it different is that the courses are taught by world-famous experts and celebrities.
9. **Udemy:** It is another popular online learning platform. It has a huge library of over 150,000 courses which makes it the best one when it comes to content. With Udemy, we can expand your knowledge and skills in any field imaginable from business and marketing, to hand weaving and clowning. The goal of Udemy is to disrupt and democratize the educational system.
10. **EdX:** It is one of the best providers of college-level online courses. The company was founded by Harvard and MIT, and the quality of courses is top-notch. All the courses on edX, with the exception of professional education courses, can be taken for free.
11. **Udacity:** It is widely known for its Nano degree programs. A Nano degree is a skills and project-based learning program. Each Nano degree consists of a series of courses on topics like Artificial Intelligence, Coding, Robotics, Mobile Programming, Business, and Data Science. Most programs can be completed in 3-6 months.

Udacity offers one-on-one technical mentorship to all Nano degree students.

12. Coursera: It is an online learning platform that offers university-level courses and certification programmes. The courses are taught by instructors from top companies and universities such as Stanford, Yale, and Princeton.

13. Futurelearn: It is an online education platform that offers hundreds of courses from the world's leading universities. The majority of courses can be audited for free, but access to course tests and a Statement of Participation or Certificate of Achievement becomes available only if we upgrade to a paid course.

Online Learning Tools

The following are the main online learning tools:

- **Google Classroom:** It is a free web service designed for schools to help them with drafting, mass distribution and grading assignments in a paperless form. With Google Classroom, the learning process becomes extremely easy and is streamlined by way of sharing files between teachers and students. Here the students can post their queries on the lessons taught in the classrooms and receive answers from teachers and other students. Teachers can also post study materials for students to review at home. Google Classroom combines Google Drive for assignment creation and distribution, Google Docs, Sheets and Slides for writing, Gmail for communication, and Google Calendar for scheduling.
- **Seesaw:** Seesaw is a user friendly learning portfolio tool that empowers students to independently students can use photos, videos, drawings, text notes, links and also built-in audio recording and drawing tools to showcase their knowledge imbibed, and also explain how they got their answers. Student's projects are stored securely in the cloud. Seesaw is made available on several different devices, such as Chromebooks, Computers, iOS devices, Android devices as well as Kindle devices through which parents can access their wards work.
- **EPathshala:** EPathshala is a portal initiated by the Ministry of Human Resource Development and National Council of Educational Research and Training was launched in November 2015 as one of the initiatives of digital India campaign. Epathshala is a gigantic educational reserve that hosts resources for teachers, students, parents, researchers and educators which is available on multiple platforms such as Web, Android, IOS and windows platforms. The students can get access of all the required material, including textbooks, audio, video, periodicals and a variety of other print and non-print materials through ePathshala and can be downloaded by the user for offline use with absolutely no limits on downloads. ePathshala also allows users to carry many books as their device supports. These books allow users to pinch, select, zoom, highlight, navigate, share and make notes digitally.
- **Kahoot:** It is a game-based learning platform where students can learn via games or, 'Kahoots,' which are multiple-

choice quizzes. With this digital tool, which can be accessed via a web browser, teachers can draft extra questionnaires, discussions online with academic lessons. The material can be then projected in the classrooms and questions are answered by students while playing and learning at the same time. This not only enhances student engagement but also creates a dynamic, social, and fun educational environment.

- **Zoom Cloud Meeting:** Zoom is a cloud based service which offers Meetings and Webinars and provides content sharing and video conferencing capability. Zoom offers video, audio and screen sharing experience across a wide range of devices and platforms.
- **Cisco Webex:** Cisco Webex Meetings offers integrated audio, video, and content sharing with highly secure web meetings from the Cisco Webex cloud. Cognitive Collaboration features such as Webex Assistant and People Insights bring artificial intelligence to automate meeting tasks and teams can work with anyone from a browser, mobile, or video device.
- **Microsoft Teams:** It is another video conferencing tool that has mostly been used by businesses, but many schools are now using it as well and especially appreciate how it keeps the online classroom secure.

Why Online Education is a Boon during Covid-19?

Online learning is a boon during Covid-19 Lockdown due to following pros:

1. **Study Anywhere/Anytime-** Online classes

are available to a student sitting anywhere in the world provided he/she has a proper internet connection. So, if students are not in the city of their school or college then also they can avail the online classes easily. All they need to have is a working internet connection and they can learn anywhere and anytime.

2. **Elimination of Travel Time and Cost-**

Online classes have eliminated the time and cost required to reach the school or college. In this way students are saving a lot of their precious time which they can utilize in any other productive work. Also, the cost incurred in daily travel to school and back to home has been totally eliminated with online classes.

3. **Prevention of Loss of Studies-**

In this time of pandemic, online classes have come up as a boon for students. This is because if schools and colleges did not use online classes for studies, students would have wasted a lot of time in the session and it would have been really difficult to cover the entire course later. Through online classes, the session is going on at a similar pace as it would have been in offline classes.

4. **Individualized Study-**

Online classes provide an individualized study environment to a student where he/she can study alone. Many times, students become shy in asking queries in front of the entire class but in online classes no one is around, so students can easily ask questions. Moreover, this individualized study also prevents students from any kind of disturbance.

5. **Monitoring by Parents-**

With the help of online classes, parents are also able to

check and know what their children are studying, how teachers are teaching in the class. Also, they can also motivate their children to take up doubts. Basically, online classes also involve parents in the studies of students which was not the same in case of offline classes.

6. Introduction to New Technologies- Online classes have introduced students to new technologies. They now know how to use particular software through which the school is teaching or have knowledge about various other platforms which are being used for online classes. So, these classes are also making the students technologically advanced.

7. More Individual Attention- A classroom environment lacks individual attention. With several students, a teacher might not be able to dedicate that kind of attention to a single student. E-learning solves this issue in an effective manner. Ed-tech platforms allow the students to learn at their own pace. Each student is able to receive more attention to clear their doubts and help them learn better.

8. Synergy- The online format allows a dynamic interaction between the instructor and students and among the students themselves. Resources and ideas are shared, and continuous synergy will be generated through the learning process. Each individual can contribute to the course discussions and comments on the work of others. The synergy that exists in the student-centered Virtual Classroom is one of the most unique and vital traits that the online learning format possesses.

9. High Quality Dialog- Within an online asynchronous discussion structure, the learner may reflect on comments from others before responding or moving on to the next item. This structure allows students time to articulate responses with much more depth and forethought than in a traditional face-to-face discussion situation where the participant must analyze the comment of another on the spot and formulate a response or otherwise lose the chance to contribute to the discussion.

10. Student Centered- Within an online discussion, the individual student responds to the course material (lectures and course books, for example) and to comments from other students. Students usually respond to those topics within the broader conversation that most clearly speak to their individual concerns. These situations result in smaller conversations taking place simultaneously within the group. In this way, students control their own learning experience and tailor the class discussions to meet their own specific needs.

11. Level Playing Field- In the online environment, learners have a certain measure of anonymity. Discriminating factors such as age, dress, physical appearance, disabilities, race and gender are largely absent. Instead, the focus of attention is clearly on the content of the discussion and the individual's ability to respond and contribute thoughtfully and intelligently to the material at hand.

12. Access to Resources- It is easy to include distinguished guest experts or students

from other institutions in an online class. Further, today's students have access to resources and materials that may be physically located anywhere in the world. An instructor can compile a resource section online with links to scholarly articles, institutions, and other materials relevant to the course topic for students to access for research, extension, or in depth analysis of course content material.

13. Creative Teaching- In the online environment, the facilitator and student collaborate to create a dynamic learning experience. The realization of a shift in technology creates the hope that those who move into the new technology will also leave behind bad habits as they adopt this new paradigm of teaching. As educators transform their courses to take full advantage of the online format, they must reflect on their course objectives and teaching styles. Many of the qualities that make a successful online facilitator are also tremendously effective in the traditional classroom.

14. Learn at your Own Pace- One issue that many students struggle with is finding classes which are suited to their pace of learning. In an advanced class, material may be presented in a rapid format which is too dense to follow unless you are very familiar with the topic. On the other hand, introductory courses can feel slow and dull

to students who have experience in the subject. Online learning alleviates this by allowing students to choose from a wide range of courses and to work at their own pace.

15. Documentation- All the information we can easily and safely store in an online database. This includes things like live discussion documents, training materials and emails. This means that if there's ever anything that needs to be clarified, the student will be able to access these documents fast, saving valuable time.

16. Access to Expertise- An online college education might give students access to specialized degree courses that may not be available in an easily accessible or local institution of learning. Online classes allow the sharing of expertise that helps more people have access to education that is not readily available in certain geographic locations.

17. Social Distancing- Amidst the regulations of social distancing and self isolation, the students if allowed to attend schools may not be able to exercise the safety precautions in an effective manner. It would be very tough to control the students for playing or touching the each other's which might make the situation of virus spread out of control. Online classes can be provide the same quality of education in the comfort

of their homes thereby helping in securing their future and also in controlling the virus spread.

Cons of Online Education

As online classes/education has emerged as the only solution for education during lockdown, there are many cons related to it. However, these can be minimized with a little care.

- 1. Network Issues-** One of the biggest problems of online classes is network issues. It has been seen students struggle a lot to connect to the session due to internet issues. Many times, teachers are not audible, not visible and much more. In such cases of network disruption, all the students start to talk at the same time which again creates another mess. So, network issues must be resolved for proper conduction of online classes.
- 2. Lacks One to One Teaching-** Online classes lack one to one teaching means these lack proper communication between students and teachers. Although students have the option to ask their queries in the online classes but students find it difficult to get their doubts solved in a proper way. So many students are asking or putting their queries in the chat section that some are missed.
- 3. Continuous Use of Mobile/Laptop-** One major concern of online classes is that students have to be on electronic devices like

mobile phones, laptops or tablets continuously for 5-6 hours. This is not beneficial for students and will also cause health issues like eye strain to the students.

- 4. Need of Self-Discipline-** In online classes, teachers are not able to monitor the students in the same way as offline classes, so these require a student to be self-disciplined. If a student is not disciplined, he/she may not pay attention to what the teacher is teaching in the class.
- 5. Lack of Social Interaction-** An important part of attending school or college is the peer to peer interactions and socialization. These face to face interactions on a regular basis are necessary for one to maintain a healthy social life. Unfortunately, online learning takes away this element. Despite technological evolutions making online classes as interactive as possible, actual face to face interaction is a great lack.
- 6. Computer Literacy-** Both students and facilitators must possess a minimum level of computer knowledge in order to function successfully in an online environment. For example, they must be able to use a variety of search engines and be comfortable navigating on the World Wide Web, as well as be familiar with Newsgroups, FTP procedures and email. If they do not possess these technology tools, they will not succeed in an online program; a student or

faculty member who cannot function on the system will drag the entire program down.

Conclusion

At last, I would like to say that online learning, which came as a panacea for the crisis, is increasingly seen as a new paradigm in education. To make online learning effective in such difficult time, we need to focus on the use of technology more efficiently, that is, the usage of that technology which has minimum procurement and maintenance costs but can effectively facilitate educational processes. Before bringing in and adopting any

online learning tool, platform or technology, its pros and cons need to be weighed. There should be proper clarity on the purpose and context of technology adoption. Though the world may be shaken, the only way out of this mayhem is to upgrade knowledge. We have many lessons to learn from this pandemic but what clearly stands out is that learning cannot stop. Awareness is the key, and we cannot let the education of the students suffer. Online learning is a powerful recourse and is a beacon of hope as we get into murky waters of "corona scare."





NEWS SECTION



STAFF EDITORS

DR. HARVINDER KAUR (LIBRARIAN)

MRS. ARCHANA VASUDEV

DR. NARESH KUMAR

Releasing Ceremony of College Magazine Shikshodaya (2018-19)

Annual College Magazine “Shikshodaya (2018-19) of D.A.V. College of Education, Hoshiarpur was released by Dr. Anoop Kumar, President, D. A. V. College Managing Committee, Hoshiarpur along with Vice-President Prof. R.M. Bhalla, Hon'ble Secretary Sh. D.L. Anand (Retd. Principal), Joint Secretary Prof. Sharanjit Saini, Sh. Harish Chander Sharma (Secretary, Muffosil Schools), Sh. Subhash Chander (Member, Management) and College Principal Dr. S.S. Sharma on **24th May, 2019**. On this great occasion President Dr. Anoop Kumar addressed the gathering and highlighted the importance of college magazine that it creates an opportunity for the students to enhance and improve their creative skills. President Dr. Anoop Kumar and Hon'ble Secretary Sh. D.L. Anand congratulated and appreciated the sincere efforts of the college Principal Dr. S.S. Sharma, Dr. Harvinder Kaur (Editor-in-Chief), Dr. Naresh Kumar (Associate Editor), Staff Editors Dr. Arti Saluja (Vice-Principal), Mrs. Archana Vasudev, Mrs. Chetna Sharma, Dr. Poonam Saini, Dr. Harpreet Singh, Mrs. Priya Sharma, Mr. Manjit Singh, and Student Editors of all sections for the successful release of the college magazine.

Releasing Ceremony of School Library and Information Services Book

A book of School Library and Information Services for B.Ed. Semester-IV according to latest syllabus

of Panjab University, Chandigarh, Co-authored by Dr. Harvinder Kaur (Librarian) was released on **24th May, 2019** by President Dr. Anoop Kumar along with Vice-President Prof. R.M. Bhalla, Hon'ble Secretary Sh. D.L. Anand (Retd. Principal), Joint Secretary Prof. Sharanjit Saini and other eminent Members of the Management, College Principal Dr. S.S. Sharma and Vice-Principal Dr. Arti Saluja in the Auditorium of the College. President Dr. Anoop Kumar, Hon'ble Secretary Sh. D.L. Anand (Retd. Principal) and Principal Dr. S.S. Sharma congratulated and appreciated the efforts of Dr. Harvinder Kaur (Librarian) and motivated the other faculty members for such type of endeavour.

Inauguration of Academic Session (2019-20)

With the infinite grace of almighty and blessings of President Dr. Anoop Kumar Academic Session 2019-20 of M.Ed./B.Ed. was started at D.A.V. College of Education, Hoshiarpur by performing “Havna Yajna”. On this great occasion Vice-President Prof. R.M. Bhalla, Hon'ble Secretary Sh. D.L. Anand (Retd. Principal), Joint Secretary Prof. Sharanjit Saini, Sh. Y.P. Joshi along with Mrs. Joshi, Sh. Harish Chander Sharma, Sh. Subhash Chander, Mrs. Shashi Bala Anand, Mrs. Prabodh Bala, other eminent Members of the Management, Dr. Neerja Dhingra, Principal, D.A.V. College Hoshiarpur and Mrs. Monika Sood, Principal D.A.V. School graced the occasion with their esteemed presence. The “Havna Yajna” was performed with the help of Veda Mantras in an eco-friendly way. All the Members of the Management,

Principals, Faculty Members and Students of Semester-I actively participated in it and seek the blessings of the almighty. Mr. and Mrs. Y.P. Joshi (Member, Management) were the “Yajmans” to perform the ritual activities of the Havana Yajna. While addressing the students; Secretary Sh. D.L. Anand (Retd. Principal) initially made the students aware with the history of the college, its major achievements and functioning of the college. He also gave his blessings for their bright future. In the valedictory session Principal Dr. S.S. Sharma extended his vote of thanks to all eminent guests and wished the students for their heights of life and bright future.

Orientation Programme

Orientation programme facilitate the transition and integration of new students into college learning environment. For this purpose, orientation programme was conducted at the college for the new academic session **2019-2020** from **27th August, 2019 to 29th August, 2019** in order to provide an introductory guidance to new students. Under this programme, students were introduced to the rules & regulations, code of conduct, curriculum, activities, staff and time schedule. In addition to this, students were given acquaintance to the classroom setup, examination patterns, syllabi, sessional work, library services and co-curricular activities by teacher educators.

Morning Assembly

The College has been following the tradition of conducting Morning Assembly on every Tuesday from a long time. This also gives training to new teacher trainees to organize the same in future which

they learn under the guidance and support of Coordinator and Teacher-in-Charges of their respective houses. This year many national and international days were organized by different houses by showing documentaries, delivering speeches, Poems or Bhajans. The students are motivated to practice yoga and meditation during morning assemblies. Total strength of students of B.Ed. - I & II Year are divided into seven units while M.Ed. - I & II year constitute one unit. These units are recognized under various houses named after great Educationists and Philosophers. For proper management of each house, office bearers are elected via vote system. List of the office bearers of various houses is given below:

Office Bearers of Various Houses

Name of the House	Co-ordinator	Teachers-in-Charge	President	Vice-President	Secretary	Joint Secretary	Cashier
Dyananda House (Section A)	Mrs. Rama Rallab	Ms. Iswinder Kaur Ms. Vishakha Broola	Harpreet Singh (101)	Gurpreet Kaur (04)	Lovdeep (67)	Prabjot (31)	Surajjit Kaur (127)
Vivekananda House (Section B)	Dr. Poonam Saini	Dr. Harpreet Singh Dr. Bandana Kaur	Amia (86)	Anshul (02)	Pooja (26)	Shivangi (11)	Shruti (122)
Gandhi House (Section C)	Ms. Cherna Sharma	Ms. Priya Sharma	Saham Singh (206)	Anita Rani (45)	Deepika Rani (72)	Shruti Sami (21)	Harj (312)
Rabindranath Tagore House (Section D)	Dr. Vipinder Nagra	Ms. Navreet Singh Ms. Jyotsna Sami	Harpreet Kaur (1037)	Jasdeep (1046)	Sachin (1010)	Mansi Singh (1204)	Devi Kaur (1064)
Jawahar Lal Nehru House (Section E)	Ms. Anshu Vasudev	Ms. Indu Sharma	Balvinder Kaur (1020)	Sourav (1205)	Anshdeep (1044)	Rajjit Kaur (1008)	Anrita (1011)
Rachakrishnan House (Section F)	Ms. Sachin	Ms. Poonam Malik	Suman (1068)	Alka (1075)	Kirandeep (1024)	-----	Jaspreet Kaur (1030)
Aurobindo House (M.Ed.)	Dr. Monika	Dr. Nareish Kumar	Diksha (509)	Ananddeep (504)	-----	-----	-----

Plantation of a Sapling

On **26th July, 2019** ‘Defenders of Environment Group’ under Social Awareness Club of the college started a drive ‘Go Green’ by planting air purifying plants to spread awareness of the threats posed by climate change and to mitigate adverse impacts on the same by involving every student of the college with the slogan “Ghar Ghar Hariyali and each one have to plant a sapling” to

increase the Hariyali in the college campus as well as in the whole state. The drive was a huge success empowering students with substantial knowledge of environment and plants and simultaneously enhancing their social skills. Hon'ble Secretary Sh. D.L. Anand (Retd. Principal), along with Vice-President Prof. R.M. Bhala, Joint Secretary Prof. Sharanjit Saini, Principal Dr. S.S. Sharma, Vice-Principal Dr. Arti Saluja, Dr. Monika; Coordinator of the Social Awareness Club and other Faculty Members and Students planted a sapling in the College campus to make the drive successful. They also congratulated and appreciated the efforts of the 'Defenders of the Environment Group'.

Seminar on Water Conservation

Water Conservation Club under Social Awareness Club of D.A.V. College of Education, Hoshiarpur organized a seminar on water conservation on **6th August, 2019**. Worthy Chief Guest, Sh. Avinash Rai Khanna made the students aware regarding the value of water and suggested the practical ways of water conservation. College Principal Dr. S.S. Sharma also highlighted the value of water in our life and alerted the students regarding the future danger. Mr. Sanjeev Kumar, Member, A4C NGO Dasuya (Hoshiarpur) emphasized the degrading level of water under earth by presenting statistical data of Government. B.Ed. student Raghvi recited a poem and students also prepared the posters on the same conveying a beautiful message to the youth and in this contest Kamaljeet Singh, Sumanpreet Kaur and Simranjeet Kaur got first, second and third prizes respectively. Nidhika and

Jaswinder Kaur awarded consolation prizes by Chief Guest, Hon'ble Secretary and Principal Dr. Monika, Coordinator of Social Awareness Club also highlighted the importance of such seminars. Sh. D.L. Anand (Retd. Principal) presented vote of thanks to the worthy chief guest for sparing valuable time for the event.

Book Exhibition at College Library

In the Library of D.A.V. College of Education, Hoshiarpur a book exhibition was organized on **6th August, 2019** in collaboration with National Book Trust, New Delhi. Sh. Avinash Rai Khanna, National Vice-President, BJP (Worthy Chief Guest) along with Secretary Sh. D.L. Anand (Retd. Principal) inaugurated the book exhibition. On this great occasion Vice-President Prof. R.M. Bhalla, Joint Secretary Prof. Shranjit Saini, Secretary Muffosil Schools Sh. Harish Chander Sharma, Sh. Y.P. Joshi, Principal Gautam Mehta, Principal Dr. S.S. Sharma, Faculty Members and students were also present. In this exhibition the books published by National Book Trust, New Delhi and the spiritual library collection related to Arya Samaj and other religions were displayed to attach the students with their culture and to develop the reading habits among the students. Students and staff members actively participated in this exhibition and bought lots of books. Two books named "Human Rights" and "Ek Sankalp" authored by Sh. Avinash Rai Khanna were also gifted to the library. On this great occasion Secretary Sh. D.L. Anand (Retd. Principal), Principal Dr. S.S. Sharma and Librarian Dr. Harvinder Kaur also gifted one copy of

Shikshodaya (2018-2019) and Information Brochure to the worthy chief guest.

Celebration of Teeyan Teej Diyan

Teeyan is the Punjabi name of the festival of Teej which is celebrated in all over Punjab and dedicated to the onset of the monsoon and focuses on daughters and sisters. The festival is celebrated during the monsoon season from the third day of the lunar month of Sawan on the bright half, up to the full moon of Sawan (about 13 days), by women. The **Kalpana Chawla Women Development Club organised this festival 'Teeyan Teej Diyan' on 11th August, 2019** in the Auditorium of the D.A.V. College of Education, Hoshiarpur. All the female faculty members glorified the occasion by dressing themselves in the colourful Punjabi attires and were gracefully welcomed in traditional style by the college students. Various events were performed by the students as well as faculty members' viz. Folk Singing, Folk Dance, Giddha etc. Giddha performed by female faculty members was the main attraction of the event. Vice Principal, Dr. Arti Saluja congratulated the event organiser Dr. Monika, all the female faculty members and students on this great festivity and highlighted the significance of the same.

Celebration of Teachers' Day

Literacy Club of D.A.V. College of Education, Hoshiarpur celebrated Teachers' Day on **5th September, 2019**. The organizers of the programme Dr. Poonam Saini and Prof. Jaswinder Kaur along with students heartily welcomed the

college Principal Dr. S.S. Sharma and Teachers with a tilak and bouquet. The programme was started with chanting of Gayatri Mantra and College prayer. Principal, Dr. S.S. Sharma along with Faculty Members and Students cut a cake on the birth anniversary of Dr. Saravepalli Radha Krishnan. The students also performed an interesting programme like speeches, songs, poems, dances etc. Principal, Dr. S.S. Sharma highlighted the importance of a teacher in Vedas and other Scriptures. He also highlighted the significance of a good relation between a teacher and a taught. Vice-Principal, Dr. Arti Saluja also addressed the students by highlighting the importance of a teacher in the society. She said that we have to become a good teacher not the sellers of the education.

Handwriting Competition by Language Club

Language Club of D.A.V. College of Education, Hoshiarpur organised a handwriting competition in the three languages viz. Hindi, English and Punjabi on **13th September, 2019**. All the teacher trainees actively participated in it. The main purpose of this competition was to encourage students to improve their calligraphy skills; which is an essential skill for students to encourage them to develop fine motor skills and confidence. It activates the brain and contributes to reading fluency. It also encourages and recognizes the good handwriting skills, thus providing students with an opportunity to display their competency of legible writing. The response of the students was very encouraging. Majority of students had put their best

efforts to enhance their writing skills. Principal Dr. S.S. Sharma awarded the winners and congratulated the teachers-in-charge Mrs. Archana Vasudev, Mrs. Chetna Sharma, Dr. Poonam Saini, Mrs. Navneeta Sood, Ms. Jaswinder Kaur and Dr. Naresh Kumar for the success of the event. In each category winners further participated in the cut throat competition of Panjab University Zonal Level Youth and Heritage Festivals-2019 and brought laurels for the college.

Celebration of Hindi Divas

Hindi Sahitya Sabha of D.A.V. College of Education, Hoshiarpur Celebrated 'Hindi Divas' to commemorate the importance of our National Language on **14th September, 2019** under the guidance of Dr. Poonam Saini and Prof. Navneeta Sood. Principal Dr. S.S. Sharma was the worthy chief guest of the day. The students gave fabulous speeches and recited poems on this great day. Principal Dr. S.S. Sharma in his presidential address congratulated the students and gave an insight and importance of Hindi in our daily life and urged everyone to feel proud of our National Language Hindi. Language and culture of any country plays an important role in making people to connect with each other & helps in making a strong nation. Thus, the celebration concluded with a positive note and singing of national anthem.

Formation of Different Clubs under Social Awareness Club

Under the guidelines of President Dr. Anoop Kumar and Secretary Sh. D.L. Anand (Retd.

Principal) and with the inspiration of Sh. Avinash Rai Khanna, National Vice-President, BJP, five different clubs were formed at D.A.V. College of Education, Hoshiarpur to conserve the environment on **23rd September, 2019** namely **Water Conservation Club, Energy Conservation Club, Defenders of Environment Club, Swachh Bharat Abhiyan Club and Nasha Mukat Bharat Club**. All the students were distributed equally among these groups under the guidance of various teacher educators. House bearers out of students were also appointed to deliver their duties responsibly. The Co-ordinator of Social Awareness Club Dr. Monika inspired the members of all the clubs to work together for the conservation of the environment. Principal Dr. S.S. Sharma also congratulated the Teachers-in-Charge and Office Bearers of all the clubs.

Awareness Rally against Drug by Nasha Mukat Bharat Club

Students of Nasha Mukat Bharat Club of D.A.V. College of Education, Hoshiarpur took out an awareness rally against drug on **27th September, 2019**. Principal Dr. S.S. Sharma flagged off the rally by showing the green flag. Carrying playcards and banners on anti-drug themes, students marched in the streets of Hoshiarpur city shouting slogans and made the people aware to stay away from drugs and alcohol. On the way the students visited the SDM office. Major Amit Sareen, SDM, Hoshiarpur appreciated the efforts done by the prospective teachers. Principal Dr. S.S. Sharma congratulated the Teachers-in-Charge Prof. Navneeta Sood and Prof. Manjit Singh of Nasha Mukat Bharat Club

and students for the success of the rally.

Retirement of Mr. Jaswinder Singh (Assistant Prof.)

A retirement party was organized in the Conference Hall of D.A.V. College of Education, Hoshiarpur to bid farewell to Mr. Jaswinder Singh, Asstt. Prof. (Pedagogy of Social Studies) on **30th September, 2019**. President Dr. Anoop Kumar, Vice-President Prof. R.M. Bhalla, Hon'ble Secretary Sh. D.L. Anand (Retd. Principal), Joint Secretary Prof. Sharanjit Saini, Sh. Harish Chander Sharma and Sh. Subhash Chander glorified the occasion with their esteemed presence. In this party Mr. Jaswinder Singh along with family garlanded and welcomed by the Management Members, Principal and Faculty Members. President Dr. Anoop Kumar while sharing his views and feelings addressed Mr. Jaswinder Singh as "Sincere and Hardworking Faculty Member". Hon'ble Secretary Sh. D.L. Anand also praised Mr. Jaswinder Singh and highlighted his sense of punctuality and dedication towards his job. At the end President Dr. Anoop Kumar and Secretary Sh. D.L. Anand, other eminent personalities of the college managing committee, Principal Dr. S.S. Sharma and faculty members presented a token of love to Prof. Jaswinder Singh and he also extended his vote of thanks to the Members of the Managing Committee, Principal Dr. S.S. Sharma and Faculty Members for this great party and honour.

Panjab University Zonal Level Youth and Heritage Festivals, 2019

Panjab University Zonal Level Youth and Heritage Festivals, 2019 (Professional Zone-A) was organised by Guru Gobind Singh College of Education, Kamlooh, Mukerian from **3rd October, 2019 to 6th October, 2019**. The college participated in the literary items and fabulous prizes were won by the students. Manpreet Singh won second prize in Creative writing (Poem), Zarina Begam also won second prize in creative writing (Story) and Priya again got second prize in Hand writing (English). President Dr. Anoop Kumar, Hon'ble Secretary Sh. D.L. Anand (Retd. Principal) and Principal Dr. S.S. Sharma congratulated the Contingent Incharge Mrs. Roma Ralhan, Students and Teachers-in-Charge Ms. Archana Vasudev and Dr. Naresh Kumar for this great success and splendid performance in the Youth and Heritage Festivals-2019.

Representation of College at International Level by Dept. of Performing Arts

Dr. Harpreet Singh, (Asstt. Prof. in Performing Arts) visited New Zealand as a resource person in an International Conference on "Mother Tongue Punjabi" organized by Punjabi Bhawan, Auckland. He also performed a stage play on the theme "Farmer's Suicide" organized by Saheed Bhagat Singh Charitable Trust, Auckland. President Dr. Anoop Kumar and Hon'ble Secretary Sh. D.L. Anand (Retd. Principal), and Principal Dr. S.S.

Sharma congratulated to Dr. Harpreet Singh for this visit and to present the college at international level.

Nukkad Natak on “Jal Hai Toh Kal Hai” by Water Conservation Club

Water Conservation Club which is working under the Social Awareness Club of the College organised a Nukkad Natak under the ample Guidance of Principal Dr. S.S. Sharma and Dr. Monika Coordinator of the Social Awareness Club in the Ch. Balbir Singh School on **4th October, 2019**. Dr. Poonam Saini and Dr. Naresh Kumar were the Teachers-in-Charge of the event. The Natak was on the theme of “**Jal Hai Toh Kal Hai**” to highlight the significance of water in our life. The students of the club performed Nukkad Natak in a very effective way and suggested the practical ways to the students of the school to save the water in our daily life. Students also gave fabulous speeches and highlighted the importance of water through posters. School Principal Ms. Ranjana Anand and worthy staff members were also glorified the event. All the students as well as faculty members took a pledge on water conservation.

Skit on “Aaj Nahi Toh Phir Kab” by Energy Conservation Club

Energy Conservation Club of D.A.V. College of Education, Hoshiarpur organised a programme on “Save Energy, Save Earth” on **10th October, 2019** in the Auditorium of the college. The programme was organized by Mrs. Archana Vasudev and Mrs. Chetna Sharma. The students

performed skit on the theme “**Aaj Nahi Toh Phir Kab**” in front of the students of D.A.V. Public school. They also gave fabulous speeches and recited poems on the same and made the students aware regarding the energy conservation. All the students and teachers took a pledge to save energy and to save earth. Students also participated in the essay writing and quiz competitions. The winners were awarded by the Principal Dr. S.S. Sharma. He also congratulated the Teachers-in-Charge and students of the Energy Conservation Club for the success of the event.

Mehendi Designing Competition on the Eve of Karva Chauth

D.A.V. College of Education, Hoshiarpur organized a traditional Mehendi designing contest on the eve of **Karva Chauth** to expose the hidden talent of the B.Ed. students on **16th October, 2019**. Total 50 students participated in this competition. Alumnus Mr. Jasbir Singh (Department of Fine Arts) was the judge of the event. In this contest Dipika got first prize, Shivangi second and Amarjit got third prize. Principal Dr. S.S. Sharma along with judges and faculty members congratulated and awarded the winners of the contest.

Paradigms in Social Sciences-Effective Usage Competition

Social Sciences Media Club of D.A.V. College of Education, Hoshiarpur organized a competition of Paradigms in Social Sciences-

Effective Usages on **21st October, 2019** under the guidance of Coordinator Dr. Monika and other Teachers-in-Charge Mrs. Poonam Mehta and Mrs. Jyotsna of the Social Sciences Media Club. All the teacher trainees of Pedagogy of Social Studies participated in the demonstration of six methods of pedagogy of social studies viz. Lecture Method, Group Discussion Method, Project Method, Problem Solving Method, Source Method and Socialized Recitation Method. There were twenty two groups of the students and Dr. Arti Saluja (Vice-Principal), Mrs. Archana Vasudev and Dr. Naresh Kumar acted as judges of the event. Principal Dr. S.S. Sharma awarded the winners with certificates and appreciated the efforts of the members of the Social Sciences Media Club.

Candles Exhibition by Asha Kiran Special School

An exhibition of Candles and Diyas by Special Children of J.S.S. Asha Kiran Special School and Teachers Training Institute, Jahan Khelan was organized at D.A.V. College of Education, Hoshiarpur on the eve of Diwali on **22nd October, 2019**. School President Er. Malkiat Singh Maheru, Finance Secretary Er. Harbans Singh and Principal Mrs. Shelly Sharma were also present in this exhibition. They provided the knowledge to the teacher trainees about the different candles, diyas and other items prepared by special children of the school to celebrate eco-friendly Diwali. They also expressed their heartfelt gratitude to the College President Dr. Anoop Kumar and Secretary Sh. D.L. Anand (Retd. Principal) for permitting the exhibition in the college campus. In this exhibition

faculty members and students of B.Ed. and M.Ed. bought the Candles and Diyas with keen interest and praised the efforts of the special children. On this great occasion, Principal Dr. S.S. Sharma appreciated the efforts of the school to replenish the confidence among the special children and to play a pivot role in alleviating the suffering of distressed society.

“Diwali Mela” at D.A.V. College of Education, Hoshiarpur

Social Awareness Club of D.A.V. College of Education, Hoshiarpur organized a “Diwali Mela” in its premises on **24th October, 2019**. In this “Diwali Mela” students of B.Ed. and M.Ed. participated in different competitive activities viz. Rangoli Designing, Diwali Pooja Thali, Candle and Diya Decoration Competition, Diwali Pooja Place Decoration, Diwali Special Toran and Wall Hanging Making Competition. Students also participated in Collage Making Competition on the theme “Eco-Friendly Diwali”. In this event Hon'ble Secretary Sh. D.L. Anand (Retd. Principal) was the worthy chief guest. Ms. Rajni Bala (Department of Fine Arts), Ms. Shally Sharma (Department of Home Science) and Ms. Manpreet Bagga (Department of Fashion Designing) of D.A.V. College, Hoshiarpur acted as judges. In this “Diwali Mela” all the students showed their hidden talent with great enthusiasm and Section-C of B.Ed. stood first and won overall trophy. Section-B was runner up and Section-A of B.Ed. was stood at third position. On this great occasion college Vice-President Prof. R.M. Bhalla, Joint Sectary Sh.

Sharanjit Saini, Member Mangement Y.P. Joshi glorified the occasion with their esteemed presence. Principal Dr. S.S. Sharma congratulated the Coordinator; Dr. Monika and Teachers-in-Charge for the success of the function.

Celebration of Diwali

Diwali, the festival of lights, came alive at D.A.V. College of Education, Hoshiarpur, on **26th October, 2019** when the whole college wore a festive look with Diyas and Rangolis adorning the corridors of the college. Swami Vivekananda House under the guidance of Teachers-in-charge Mrs. Archana Vasudev, Dr. Poonam Saini and Ms. Jaswinder Kaur organised the celebration. The students welcomed the Principal and Faculty Members by Tilak. After that, cake was cut together. The Rangoli on the theme of eco-friendly Diwali added the perfect setting to the festivity. Students delivered the fabulous speeches and performed other activities with great zeal. The Principal Dr. S.S. Sharma greeted teachers and students a joyous Diwali and requested to all to celebrate green Diwali and **SAY NOT TO CRACKERS**.

Seminar on Anti-Corruption in Collaboration with Vigilance Bureau

Social Awareness Club of D.A.V. College of Education, Hoshiarpur organised a seminar on the theme of Anti-corruption on **1st November, 2019** in collaboration with Vigilance Bureau. Secretary Sh. D.L. Anand (Retd. Principal) was the worthy chief guest. Other dignitaries Vice-President Prof. R.M. Bhalla, Mr. Harbans Lal, Inspector,

Vigilance Bureau, Mr. Preet Kohli, Assistant Director, Youth Welfare Department, Inspector Talwinder Singh, Mr. Y.P. Joshi glorified the occasion with their esteemed presence. Students performed Nukkad Natak on the theme to make the students aware regarding the anti-corruption. In the presidential address Secretary Sh. D.L. Anand (Retd. Principal) said corruption is a very dangerous disease and we have to take a pledge to eradicate it by roots. Inspector Harbans Lal also made the students aware regarding the anti-corruption and discussed the ways to register a complaint for the same. Principal Dr. S.S. Sharma extended his vote of thanks to all the dignitaries for sparing time and congratulated the teachers and students for the success of the programme.

Panjab University Inter Zonal Youth and Heritage Festivals-2019

61st Panjab University Inter Zonal Youth and Heritage Festivals, 2019 was organised by Guru Nanak National College, Doraha from **1st November, 2019 - 4th November, 2019**. The winners of the college in Zonal Youth and Heritage Festival (Professional Zone-A) Manpreet Singh, Zarina Begam and Priya again participated in the Inter Zonal Youth and Heritage Festivals, 2019. In this competition Manpreet Singh won third prize in Creative writing (Poem) and Zarina Begam also won third prize in creative writing (Story). President Dr. Anoop Kumar, Hon'ble Secretary Sh. D.L. Anand (Retd. Principal) and Principal Dr. S.S. Sharma congratulated to the students as well as teachers-in-charge Ms. Archana Vasudev

and Dr. Naresh Kumar for this great success and fabulous performance in the Inter Zonal Youth and Heritage Festivals-2019.

Effective Use of Globe in Teaching of Social Studies

Globe is a crucial learning tool in a myriad of classes - social studies and geography to name a few. Although globes have been used as teaching aids for quite some time, interactive globes have become a mainstay in many elementary classrooms. Interactive globes incorporate technology to answer questions and provide information, allowing for an immersive experience for the teachers and students alike. A competition on effective use of globe in teaching of social studies was organised by Dr. Monika, Coordinator of Social Awareness Club along with Jury namely Mrs. Chetna Sharma, Mrs. Navneeta Sood and Ms. Jaswinder Kaur on **6th November, 2019**. Teacher trainees of the group of pedagogy of Social Studies gave fabulous demonstrations on different topics by using the globe. In this cut throat competition Mandeep Kaur, Shruti, Sakshi and Mukesh got First, Second, Third and Consolation prizes. Principal Dr. S.S. Sharma appreciated the efforts of the students and congratulated the Co-ordinator of the club and Teachers-in-Charge for the success of the event.

Practical Use of Library and N- List E-Resources: A Training Programme

Two days Training Programme for Practical use of Library and N-List E-Resources was organized from **7th November to 8th November, 2019** in the college

library. Speaking on the event, Dr. (Mrs.) Harvinder Kaur (Librarian) informed M.Ed. and B.Ed. Students about the library resources and its use in the teaching learning process. She also gave the practical demonstration of internet based N-List programme through which the library members can access 31,35,000+ e-books and 6000+ e-journals sitting at their home using their user name and password. **The students who explored maximum the N-LIST program during session 2019-20 for their study and research were awarded by the library.**

Top-3 Users of N-List (M.Ed.)

Sr. No.	Roll No.	Name	Class/Semster	Pages Usage
1	555	Kulwant Kaur	M.ED. (Sem. IV)	516
2.	554	Amandeep Kaur	M.ED. (Sem. IV)	209
3.	551	Diksha	M.ED. (Sem. IV)	171

Top-3 Users of N-List (B.Ed.)

Sr. No.	Roll No.	Name	Class/Semester	Pages Usage
1.	14	Divya Uppal	B.ED. (Sem. II)	503
2.	02	Anchal Verma	B.ED. (Sem. II)	324
3.	45	Anita	B.ED. (Sem. II)	286

Celebration of 550th Birth Anniversary of Shri Guru Nanak Dev Ji

Shri Guru Nanak Dev Jayanti is a sacred festival of the Sikh community and is widely celebrated to commemorate the birth anniversary of Shri Guru Nanak Dev Ji. This year, it falls on 12th November and was celebrated as the 550th birth anniversary of Shri Guru Nanak Dev Ji. It was celebrated across the country as Prakash Parv. Social Awareness Club of D.A.V. College of Education, Hoshiarpur under the ample guidance of Dr. Monika organized

declamation contest on the topic of “Relevance of Philosophy of Shri Guru Nanak Dev Ji in Present Scenario” on **9th November, 2019**. All the students of M.Ed. and B.Ed. actively participated in it. Dr. Harvinder Kaur, Ms. Jaswinder Kaur and Dr. Harpreet Singh were the eminent judges of the event. Through the fabulous speeches, students highlighted the relevance of the teachings of Sh. Guru Nanak Dev Ji in the present scenario. On this great day; the religious books of Library were exhibited to make the students aware regarding the philosophy of Shri Guru Nanak Dev Ji. Principal Dr. S.S. Sharma congratulated the winners of the event and appreciated the efforts of the members of the Social Awareness Club and Department of Library Science.

Celebration of Children's Day

Children's Day was celebrated in the premises of D.A.V. College of Education, Hoshiarpur on **14th November, 2019**. This day was commemorated with immense joy, enthusiasm and magnificence. It is not just a day to let the future generation have its say. The day is celebrated to pay tribute to the legendary freedom fighter and our first Prime Minister Pt. Jawaharlal Nehru popularly known as Cha-Cha Ji. The entire D.A.V. College of Education, Hoshiarpur's campus was filled with enthusiasm which echoed in the air throughout the day. Students gave other mesmerizing performances viz. traditional songs, mimicry, poems, speeches etc. and enjoyed a lot. The power-packed performance of dance by the teacher trainees set the stage on fire. Vice-Principal Dr. Arti Saluja also addressed the students by highlighting the importance of the day.

She further said that in contemporary scenario there are several crimes and exploitations that are taking place against children. Child labour is one of them. We and you all need to be careful at every moment in life whether you are at home or school. The entire programme was applauded by everybody present and will always remain etched in the memory of one and all.

Participation in National Level Essay Writing Competition

A national level essay writing competition on Dr. B.R. Ambedkar Jayanti was organized by Dr. B.R. Ambedkar Centre, Panjab University, Chandigarh on **15th November, 2019**. Our college students Sakshi and Anita participated in this national level completion. The students were to write the essay in any language viz. Hindi, English, Punjabi and Urdu. The results of the event were announced on **29th November, 2019**. Students got certificates and their essays were also published in a national level book entitled “**Essay on Current Topics**”. President Dr. Anoop Kumar, Secretary Sh. D.L. Anand (Retd. Principal) and Principal Dr. S.S. Sharma congratulated the students for this great achievement and appreciated the efforts of the Teachers-in-Charge Mrs. Archana Vasudev and Dr. Naresh Kumar.

Celebration of 70th Anniversary of Indian Constitution

Social Awareness Club of D.A.V. College

of Education, Hoshiarpur celebrated 'Constitution Day' or 'Samvidhan Diwas' on **26th November, 2019** in the college Auditorium to mark the 70th anniversary of the adoption of the Constitution by the Constituent Assembly. Dr. Monika, Co-ordinator of the Club along with Mrs. Poonam Mehta organized a Poster Making and quiz competition on the topics of "Fundamental Rights and Duties". In the poster making competition all the teacher trainees actively participated in it and highlighted the significance of the fundamental rights and duties through their posters. In this competition Mrs. Roma Ralhan, Mrs. Archana Vasudev and Mrs. Chetna Sharma were the eminent judges. In this cut throat competition B.Ed. Semester-I student Mandeep Kaur got the first prize and Sangeeta got the second prize. In this lieu Ruhi Sharma and Simranjit Kaur got third prizes and Lovedeep Kaur got the consolation prize. Further M.Ed. Semester-III student Amandeep Kaur also highlighted the importance of the fundamental duties in her speech. She said Fundamental Duties were introduced by the 42nd Amendment Act, 1976- Article 51-A. It shall be the duty of every citizen of India to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem and to cherish and follow the noble ideals which inspired our national struggle for freedom. Principal Dr. S.S. Sharma congratulated the Coordinator of the Social Awareness Club and students for the success of the programme. The programme was ended with the national anthem the pride of the nation.

Releasing Ceremony of Modern Approach to Pedagogy of Mathematics and ICT Books

With the blessings of President Dr. Anoop Kumar, two books titled "Modern Approach to Pedagogy of Mathematics for B.Ed. Semester-I&II and also useful for B.Ed. four years integrated course according to the syllabi of various universities, authored by Mrs. Roma Ralhan and book on Information and Communication Technology (ICT) for B.Ed. Sem.-I according to the latest syllabus of Panjab University, Chandigarh co-authored by Mrs. Priya Sharma was released by President Dr. Anoop Kumar along with Hon'ble Secretary Sh. D.L. Anand (Retd. Principal), Vice-President Prof. R.M. Bhalla, Joint Secretary Prof. Sharanjit Saini, Secretary Muffosil Schools Sh. Harish Chander Sharma, Member Management Prof. P.C. Sharma, Principal Dr. S.S. Sharma and Faculty Members. All the dignitaries congratulated and appreciated the efforts of both the teachers.

Celebration of Human Rights Day

Social Awareness Club of D.A.V. College of Education, Hoshiarpur celebrated 'World Human Rights Day' on **10th December, 2019** in the college auditorium under the guidance of Dr. Monika, Coordinator of the Club along with Mrs. Poonam Mehta. A documentary was shown to the students on the human rights. With this documentary the history as well as the awareness regarding the human rights was given to the

students. The students were also delivered the informative speeches on the same. Further the coordinator of the club Dr. Monika interacted with the students. She differentiated between the fundamental and human rights. Principal Dr. S.S. Sharma congratulated the Teachers-in-Charge and students for the success of the event.

National Level Seminar on Water, Energy and Environment Conservation

Social Awareness Club of D.A.V. College of Education, Hoshiarpur organized a national level seminar on water, energy and environment conservation on **16th December, 2019**. Sh. Avinash Rai Khanna, National Vice-President, BJP (Worthy Chief Guest) directed to form the different clubs of the students to conserve the environment and Dr. Monika, Coordinator of the Social Awareness Club formed the different clubs of the students performed different activities like processions on Drug De-Addiction, Seminars, Nukkad Nataks, Poster Making Competitions etc. to aware the students as well as the people. Sh. Avinash Rai Khanna appreciated the efforts done by the different clubs and made the students aware regarding the half bottle scheme run in the Shatabadi Trains by the Govt. of India. He made the students aware regarding the fundamental rights and duties and interacted with them that how much they contributed for the conservation of environment. Principal Dr. S.S. Sharma presented vote of thanks to the dignitaries for sparing their valuable time for the event. He also thanked the faculty members as well as the students for contributing in this endeavour.

Mr. Punjab and Miss Punjabian DAVCE-2019 Contest

Under the ample guidance of President Dr. Anoop Kumar and Secretary Sh. D.L. Anand (Retd. Principal), Kalpana Chawla Women Development Club of D.A.V. College of Education, Hoshiarpur organized a contest of Mr. Punjab DAVCE-2019 and Miss Punjabian DAVCE-2019 in the Auditorium of the College on **21st December, 2019**. The Co-ordinator of the Club Dr. Monika along with Teachers-in-Charge Mrs. Roma Ralhan, Mrs. Chetna Sharma, Ms. Jaswinder Kaur and Mrs. Priya Sharma organized the whole event. Principal Dr. S.S. Sharma, Vice Principal Dr. Arti Saluja and Co-ordinator of the club Dr. Monika welcomed the worthy chief guest Hon'ble Secretary Sh. D.L. Anand (Retd. Principal) by presenting a bouquet. They also welcomed the Prof. P.C. Sharma, Member Management who specially came from Canada to attend this event. On this great occasion Vice-President Prof. R.M. Bhalla, Joint Secretary Prof. Sharanjit Saini, Mr. Y.P. Joshi, Mr. Harish Chander Sharma, Secretary Muffosil Schools and Principal Gautam Mehta also glorified the occasion by their esteemed presence. Mrs. Chetna Sharma conducted the stage very splendidly and Mrs. Sarabjit, Dr. Harpreet Singh and Mrs. Poonam Mehta acted as judges. There were twenty one participants in this competition. All the participants have to go through from three rounds viz. Modeling, Activity and Question-Answer Round. There were competitions for the girl's participants

like Saggi Phul Sajauna and Saag Cheerna. Vice President Prof. R.M. Bhalla along with judges evaluated the girls for the same. On the basis of the performances of the three rounds, amongst the boys and girls participants Manpreet Singh was declared as Mr. Punjab DAVCE-2019 and Ms. Anita was declared as Miss Punjaban DAVCE-2019 respectively. Chief Guest Secretary Sh. D.L. Anand (Retd. Principal) appreciated the efforts of all the participants for their splendid performances and congratulated the winners, Principal Dr. S.S. Sharma and whole team of the Kalpana Chawla Women Development Club for the success of the function.

Celebration of Lohri

With the blessings of President Dr. Anoop Kumar and Secretary Sh. D.L. Anand (Retd. Principal), D.A.V. College of Education, Hoshiarpur celebrated "Lohri" in its premises with great exuberance and fanfare on **13th January, 2020**. The programme kicked off with Lohri Poojan and lighting the sacred bonfire by Hon,ble Secretary Sh. D.L. Anand (Retired Principal) along with Vice-President Prof. R.M. Bhalla, Joint Secretary Prof. Sharanjit Saini, Principal Dr. S.S. Sharma and all the faculty members. Immersed in rich cultural folklore of Punjab, dances and melodious songs were presented. Groundnuts, Rewaris, Gachak and Sweets were also distributed. Secretary Sh. D.L. Anand (Retd. Principal) congratulated all the faculty members and highlighted the significance of the same. Throwing light on the festival of Lohri, he said that the festival marks the end of winter and prompts people to be thankful for God's provisions.

Celebration of Republic Day and Alumni Get-Together of the Batch (1979-81)

71st Republic Day of India and Alumni Get-Together of Batch (1979-81) were celebrated by Hindi Sahitya Sabha with gaiety and patriotic fervour at D.A.V. College of Education, Hoshiarpur on **24th January, 2020**. Prestigious members of management, Principal S.S. Sharma, Alumni of the Session 1979-81, Staff Members and students of B.Ed. and M.Ed. added colours to the celebration by their esteemed presence. Teachers-in-Charge of the Hindi Sahitya Sabha, Dr. Poonam Saini and Mrs. Navneeta Sood along with students welcomed all the dignitaries. The students performed cultural programmes, dances, patriotic songs, poems and gave fabulous speeches. The energetic performances by the alumni of the Batch 1979-81 filled the crowd with great energy and enthusiasm. The heartfelt renditions of patriotic songs by them aroused feelings of love and brotherhood among all. They also shared their experiences with the students. On this great occasion Secretary Sh. D.L. Anand (Retd. Principal), Worthy Chief Guest congratulated Principal Dr. S.S. Sharma, Members of the Hindi Sahitya Sabha and students for the celebration of this great day.

Celebration of Basant

"Basant Panchmi" is an occasion which marks the advent of the spring season and is also celebrated to worship Saraswati, the Goddess of knowledge and wisdom. Yellow colour –

representative of spiritual knowledge, is given importance on Basant Panchmi. Under the ample guidance of President Dr. Anoop Kumar and Secretary Sh. D.L. Anand (Retd. Principal), Social Awareness Club of D.A.V. College of Education, Hoshiarpur celebrated Basant Panchmi in the premises of the college on **30th January, 2020**. Vice-president Prof. R.M. Bhalla, Joint Secretary Prof. Sharanjit Saini, Member Management Sh. Y.P. Joshi, Sh. Gautam Mehta, Principal Monika Sood also glorified the occasion with their esteemed presence. All the students were dressed up beautifully in yellow attires. The whole auditorium was decorated with yellow balloons and kites. The function was started with the Sarsvati Vandana followed by various performances like Songs, Dances, Bhangra and Speeches to make the programme more charming. Principal Dr. S.S. Sharma also highlighted the significance of the Basant panchmi and extended vote of thanks to all the dignitaries for sparing the valuable time for the event. The programme was over with lots of fun with kite flying.

Seminar on Legal Awareness

Legal Awareness Club of D.A.V. College of Education, Hoshiarpur organised a seminar in collaboration with District Legal Services Authority, Hoshiarpur on **31st January, 2020** to make the students aware about their rights and laws relating to offences against women and children besides the provision under the Constitution of India for their own benefits. The programme was organized by Mrs. Roma Ralhan and Mrs. Navneeta Sood. Assistant Director, District Legal Services Authority, Hoshiarpur was the worthy chief guest.

He made the students aware of their entitlements under the law and apprises them about laws relating to offences against women and children with special emphasis on Protection of Children from Sexual Offences (POSCO) Ordinance and Juvenile Justice Act. Further highlighting the importance of this Act, he said that stringent laws are formed to provide protection to women and children against offences and advised the students to get awareness about such laws. He also resolved the queries of the students.

On-the-Spot Teaching Aid Preparation Competition

Using a well-tested and result-oriented teaching aid in classroom teaching is an integral part of our professional training programme. In context to same, on **3rd & 4th February, 2020**, On-the-Spot Teaching Aid Preparation Competition for Major and Minor Subjects was organized for B.Ed. Semester-III students under the ample supervision and guidance of the coordinator Dr. Arti Saluja and Teachers-in-Charge Mrs. Archana Vasudev and Mrs. Chetna Sharma. The idea of competition was to create awareness and develop a sense of understanding among students to make innovative aids themselves out of waste material already available at home. Worthy Secretary Sh. D. L. Anand (Retd. Principal) along with other eminent members of the committee applauded the efforts of the students for presenting such innovative ideas through teaching aids and best aids were awarded in each teaching subject. The winners further participated in the P.U. Zonal On the spot Teaching Aid Preparation Competition, 2020.

College Hosted P. U. Zonal On-the-Spot Teaching Aid Preparation & Skill-in-Teaching Competition

P.U. Zonal On-the-Spot Teaching Aid Preparation and Skill-in-Teaching Competition was held this year under Zone-A in three different Groups as follows:

Sr. No.	Venues	Date
1.	Dev Samaj College of Education for Women, Sector 36- Chandigarh (Group-III)	07.02.2020
2.	D.A.V. College of Education, Hoshiarpur (Group-II)	11.02.2020
3.	S.B.H.S.M. Khalsa College of Education, Mahilpur (Group-I)	12.02.2020

This year D.A.V. College of Education, Hoshiarpur hosted P. U. Zonal On-the-Spot Teaching Aid Preparation & Skill-in-Teaching Competition (Social Sciences Group) on **11th February, 2020** under the guidance and supervision of Dr. Arti Saluja (Coordinator) and Teachers-in-Charge Mrs. Archana Vasudev and Mrs. Chetna Sharma. Total nine Colleges of Education of Professional Zone – A participated in this competition. Dr. Anil Taneja, Principal G.M.T. College of Education, Ludhiana visited as an observer for the said competition as appointed by Panjab University, Chandigarh. Many Judges from various institutions were appointed for various subjects. Participant teacher trainees presented their teaching skills and their innovative ideas by preparing On-the-Spot Teaching Aids. The positions held by our students in the above said competitions are as follows:

Sr. No.	Student Name	Roll No.	Subject	Event	Position
	Raghvi	1001	Music	Skill-in-Teaching	I
1.	Ranjit Kaur	1008	Punjabi	Skill-in-Teaching	II
2.	Balwinder Kaur	1020	English	On the Spot Teaching Aid Preparation	III
3.	Pawandeep	1038	Hindi	On the Spot Teaching Aid Preparation	II
4.	Money Singh	1204	Economics	Skill-in-Teaching	II
5.	Jaspreet Kaur	1124	S.St.	Skill-in-Teaching	II
6.	Rajinder Singh	1210	S.St.	On the Spot Teaching Aid Preparation	I

Winner of P.U. Inter Zonal Skill-in-Teaching & On the Spot Teaching Aid Preparation Competition held at Doraha College of Education, Doraha on 20th February, 2020

Sr. No.	Student Name	Roll No.	Subject	Event	Position
1.	Money Singh	1204	Economics	Skill-in-Teaching	III

Inter College Quiz Competition

An Inter College Quiz Competition was organized at D.A.V. College, Hoshiarpur in remembrance of Late Principal Major Raj Kumar on **11th February 2020**. President D.A.V. College Managing Committee Dr. Anoop Kumar, Dr. (Mrs.) Jasveera Anoop Minhas, Dr. Arvind Kumar, Dr. Rakesh, Joint Secretary Prof. Sharanjit Saini, Principal Dr. S. S. Sharma, Principal Dr. Neerja Dhingra, and other eminent Management Members glorified the event by their esteemed presence. Hon'ble Secretary Sh. D. L. Anand (Retd. Principal) paid his deference to Major Raj Kumar and shared his priceless memories with the audience. Quiz Competition was held at two levels- Junior as well as Senior. At senior level, competition was held between the two teams of D.A.V. College of Education and D.A.V. College, Hoshiarpur respectively. Our College team managed to bring glory to our college by winning third prize. The questions put forth to the teams were intriguing, exciting and made audience applaud excitedly when these were answered correctly. Respected President Dr. Anoop Kumar addressed the gathering with his valuable and motivational words. The winning teams were awarded by the Chief Guest along with Worthy Members of the Management and applauded by

everyone for their marvellous performance. They also awarded Teachers-in-Charge Mrs. Archana Vasudev and Mrs. Sarabjit for their relentless efforts and constant guidance to the participants of the event.

Celebration of International Mother Language Day

Language Club of D.A.V. College of Education, Hoshiarpur celebrated International Mother Language Day on **21st February, 2020** with great festivity. On this great day a unique kind of zeal and zest was observed among both the students and teachers. The main purpose of this celebration was to promote the awareness of language and cultural diversity among all the teacher trainees. Students of all sections actively participated in the competition of essay writing and poster making in different languages. They also recited poems and gave fabulous speeches. Principal Dr. S.S. Sharma worthy chief guest of the event addressed the students profoundly about the importance of mother tongue, values and skills that we acquire from our mother tongue. He further explained that though language has become the parameter to judge the intelligence and knowledge, however, our mother tongue plays an important role in a vehicle of expressions. He also congratulated the Teachers-in-Charge and students for the success of the event and prizes were given to the winners.

Seminar on Nature and Bird Conservation

Under the ample guidance of President Dr. Anoop Kumar and Secretary Sh. D.L. Anand (Retd. Principal), Defenders of Environment Group of

D.A.V. College of Education, Hoshiarpur organised a seminar on the theme of nature and bird conservation on **25th February, 2020**. Co-ordinator Dr. Arti Saluja along with Ms. Vishakha Broota and students organised the whole event. Dr. Amandeep Singh, President, Social Welfare and Awareness Society, Hoshiarpur was the worthy chief guest of the day. He talked about the most critical threat facing threatened birds is the destruction and fragmentation of habitat. The loss of forests, plains and other natural systems into agriculture, mines, and urban developments, the draining of swamps and other wetlands, and logging reduce potential habitat for many species. He also suggested the practical ways to conserve the nature and birds. Emphasizing on the conservation of birds and nature, Principal Dr. S.S. Sharma extended vote of thanks to the eminent resource person to enlighten the students on such an important topic.

Celebration of International Women Day, World Wild Life Day and Holi

Students of Swami Dayanand House of D.A.V. College of Education, Hoshiarpur organised a Special Morning Assembly on **3rd March, 2020** on the themes of International Women Day, World Wild Life Day and Holi. Students gave fabulous speeches on world wild life day to provide the knowledge regarding varied forms of wild fauna and flora and to raise awareness of the multitude of benefits that their conservation provides to people. A documentary on

International Women Day was also shown to the students. Ms. Jaswinder Kaur and Ms. Vishakha Broota recited beautiful poems on women. Students also recited poem on Holi and highlighted the importance of colours in our life. Principal Dr. S.S. Sharma congratulated the organisers of the programme Mrs. Roma Ralhan, Ms. Jaswinder Kaur and Miss Vishakha Broota and addressed the students by highlighting the achievements of the women in the society. He also made students aware regarding the wild life and extended his heartiest congratulations to the faculty members and students for the Celebration of Holi.

AIDS Awareness Programme

Pedagogy of Science Students of D.A.V. College of Education, Hoshiarpur organised AIDS awareness programme on **6th, March, 2020**. The Co-ordinator, Dr. Arti Saluja along with Ms. Vishakha Baroota organized the programme and students actively participated through their speeches, poem recitation, poster making and one act play to aware the students regarding the AIDS. In the poster making completion, Aanchal, Nidhi, Anita Rani and Anita Devi got first, second, third and consolation prizes. Dr. Arti Saluja made the students aware regarding the AIDS disease and provided the detail information on the causes and precautions of AIDS. Principal Dr. S.S. Sharma congratulated the Teachers-in-Charge and students for the success of the programme. He specially appreciated the efforts of Dr. Harpreet Singh who directed the play on the above said theme namely “Supne Te Parchhavein” written by Dr. Som Pal Heera.

Online Poster Making and Essay Writing Competition

Library and Information Literacy Cell of D.A.V. College of Education, Hoshiarpur organized Online Poster Making and Essay Writing Competition on the topic “Online Learning” during lockdown. The competition was organized by Co-ordinator Dr. Harvinder Kaur (Librarian) along with Mrs. Roma Ralhan, Mrs. Archana Vasudev and Mrs. Priya Sharma. Near about eighty students of B.Ed. Semester-IV actively participated and conveyed the beautiful message through their posters and essays to remain safe from covid-19 during lockdown. Principal Dr. S.S. Sharma congratulated the winners and appreciated the efforts of the cell. He also appreciated the efforts of the faculty members to provide the study material through video lectures and Whatsapp groups and to involve them in teaching-learning process through online mode. Further he appreciated the efforts of the Dr. Harvinder Kaur, Coordinator, Library and Information Literacy Cell to provide the library services to the students during lockdown through online mode.

Online Slogan Writing and Video Shooting Competition

English Literacy Club of D.A.V. College of Education, Hoshiarpur organized an online slogan writing competition and video shooting to make the students and teachers aware regarding the Covid-19. Mrs. Archana Vasudev and Dr. Naresh Kumar were the organizers of the event. Students conveyed beautiful messages through their slogans

as clean your hands often. Use soap and water, or an alcohol-based hand rub. Maintain a safe distance from anyone who is coughing or sneezing. Don't touch your eyes, nose or mouth. Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze. Stay home if you feel unwell. If you have fever, cough and difficulty in breathing, seek medical attention. Call in advance. Follow the directions of your local health authority, boost your immunity and practice yoga regularly. They also made the students aware regarding the care of children, old persons and animals during the lockdown. In this competition, Gurpreet got first prize in video shooting, Anchal and Shruti got second and third prizes in slogan writing and Surbhi got consolation prize. Principal Dr. S. S. Sharma appreciated the efforts of the English Literacy Club to make the students and teachers aware regarding Covid-19.

Online Competition on Creation of Teaching-Learning Material

Kalpana Chawla Women Development Club of D.A.V. College of Education, Hoshiarpur organized online competition on creation of teaching-learning material for school students. Dr. Monika, Coordinator of the club along with teacher-in-charges Mrs. Sarabjit, Dr. Bandana, Mrs. Poonam Mehta and Mrs. Jyotsna organized the event and

students were asked to create the teaching-learning material for sixth to tenth standard and shoot a video on the same. By using different teaching methodologies, skills, live examples and teaching aids, students demonstrated their teaching skills effectively. In this competition, Ranjit Kaur got first prize in pedagogy of Punjabi, Samriti got second in Pedagogy of Mathematics, Gurpreet Kaur got third prize in Pedagogy of English and Babli got appreciation prize in Pedagogy of Music. Principal Dr. S. S. Sharma congratulated the winners and members of the club for the success of the event. He informed that all the recorded videos are available on YouTube and definitely will be beneficial for the school students. He thanked all the coordinators of the different clubs, teacher educators, students, News Publication and Record Committee for their sincere efforts during this pandemic.

Celebration of Pi-Day

Aryabhata Ganita Club of D.A.V. College of Education, Hoshiarpur celebrated Pi-day with full enthusiasm. The students were asked to write various facts, history and interesting information about mathematics and in this competition Kajal and Sandeep Kaur got first prize, Pratibha and Diksha got second, Bhavna third and Alka got appreciation prize. The club also conducted online Ramanujan Mathematics Quiz-2020. There were forty three participants in the preliminary test and twelve were selected for the quiz. They were divided into four teams' viz. Alpha, Beta, Gamma

and Delta. The quiz had five rounds including the rapid fire one. The role of quiz master was played by Nidhika B.Ed. Semester-IV. In this cut throat competition the team Delta got first prize, team Alpha got second, team Beta got third and last but not least team Gamma got appreciation prize. Principal Dr. S. S. Sharma congratulated the winners of both the events and Teacher-in-Charge Mrs. Roma Ralhan for the success of the events.

Online Video Shooting Competition on Mother's Day

Mother's Day is celebrated to salute the motherhood, to increase the influence of mothers in the society and to increase the maternal bond to children. Kalpana Chawla Women Development Club of D.A.V. College of Education, Hoshiarpur organized online video shooting competition on international mother's day. Students were asked to shoot a video along with their mothers in this online competition. With the help of videos students highlighted the significance of mother in their life. They highlighted the difficulties faced by their mothers in the society. In this competition, Mandeep got first prize, Arshpreet and Sona got second, Navdeep and Simran got third and last but not least Anchal and Harneet Kaur got appreciation prizes. Principal Dr. Shyam Sunder Sharma congratulated the winners and the organisers Dr. Monika, Coordinator of the club along with teachers-in-charge Mrs. Roma Ralhan, Mrs. Archana Vasudev, Mrs. Chetna Sharma, Mrs. Poonam Mehta and Miss Indu Sharma for the success of the event.

Spectacular Performance in National Level Creative Writing Competition

The students of D.A.V. College of Education, Hoshiarpur participated in the national level online creative writing competition (Essay, Poem, Story) organized by Guru Nanak College, Moga in collaboration with Department of Youth Welfare, Panjab University, Chandigarh. Under the ample guidance of Mrs. Archana Vasudev and Dr. Naresh Kumar; Samriti and Neeta Rani got second and third prizes in creative writing (Essay) and Simranjeet Kaur got consolation prize in creative writing (Story). President Dr. Anoop Kumar, Hon'ble Secretary Sh. D.L. Anand and Principal Dr. S. S. Sharma congratulated the winners and the Teachers-in-Charge for this great success.

Online National Level Folk Song Contest

D.A.V. College of Education, Hoshiarpur organized online national level folk song contest. Dr. Monika, Mrs. Roma Ralhan and Mrs. Chetna Sharma were the organizers of the event. Students from different colleges at nationwide actively participated in the competition. Sh. Gurdeep Singh, Renowned Doordarshan Artist and Eminent Music Director and Lyrics Writer, Sh. Ramesh Chand, Renowned Doordarshan Artist, Dr. S.S. Sharma, Principal, D.A.V. College of Education, Hoshiarpur were the eminent judges of the event. In this competition Anuradha from Guru Nanak

National College, Doraha (Ludhiana) got first prize, Gursharan Singh from B.C.M. College of Education, Ludhiana and Simarjeet Kaur from Khalsa College of Education, Amritsar got second prizes, Baldeep Kaur from Government College, Hoshiarpur and Jaswinder Singh from G.H.G. Khalsa College of Education, Gurusar Sadhar (Ludhiana) got third prizes respectively. Last but not least Deepa from D.A.V. College, Hoshiarpur and Sunainan Devi of Adarsh Bhartiya College, Pathankot (Punjab) got appreciation prizes. President Dr. Anoop Kumar, Hon'ble Secretary Sh. D.L. Anand (Retd. Principal) and Principal Dr. S. S. Sharma congratulated the winners and Teachers-in-Charge for the success of the event.

National Level Inter-College Competition on Design and Development of Online Learning Material

D.A.V. College of Education, Hoshiarpur organized national level online inter-college competition on Design and Development of Online Learning Material for school students. Dr. Monika and Mrs. Roma Ralhan were the organizers of the event. Different colleges at nationwide actively participated in the competition. Dr. Manju Gera, Associate Professor, USOL, P.U. Chandigarh, Dr. Jagpreet Kaur, Assistant Professor, Department of Education, Punjabi University, Patiala and Dr. Manpreet Kaur, Assistant Professor, Institute of Teacher Training and Research, Kurukshetra

University, Kurukshetra were the eminent judges. In this cut throat competition Gursharan Kaur and Abhisheta from B.C.M. College of Education, Ludhiana got first and second prizes, Jagriti and Rishamdeep Kaur from Nankana Sahib College of Education, Kot Gangu Rai (Punjab) got third and appreciation prizes. Amanpreet Kaur from S.B.H.S.M. Khalsa College of Education, Mahilpur (Hoshiarpur), Chandrani Karmarkar from Institute of Education for Women, Kolkata and Mita Das from El-Bethel College, Rasapunja, Kolkata also got appreciation prizes. President Dr. Anoop Kumar, Hon'ble Secretary Sh. D.L. Anand and Principal Dr. S. S. Sharma congratulated the winners and the teachers-in-charge for the success of the event. Principal Dr. S.S. Sharma also extended his sincere thanks to the eminent judges, Principals and students of different colleges to spare the time and to participate actively in the said competition during this COVID-19 lockdown.

Online Inter-College Competition on Photography

Under the ample guidance of President Dr. Anoop Kumar and Hon'ble Secretary Sh. D.L. Anand (Retd. Principal), D.A.V. College of Education, Hoshiarpur organized online inter-college photography competition in collaboration with Department of Youth Welfare, Panjab University, Chandigarh. Dr. Arti Saluja (Vice-Principal), Dr. Monika, Mrs. Roma Ralhan, Mrs. Chetna Sharma and Prof. Vishakha Broota were the organizers of

the event. The students from different colleges actively participated in the competition. Mr. Subhash Chandra, Awardee of President Award (2008) and Mr. Rubin Bahalvi, Two times Gold Medalist in Inter-University Youth Festival in Painting were the eminent judges. In this stiff competition, Vikas Pour from B.A.M. Khalsa College Garhshankar (Hoshiarpur) got first prize, Sebastian Topno from D.A.V. College, Hoshiarpur got second and Aastha Dhawan from Government College for Girls, Ludhiana got third prize. Further, Aaruksh from P.G. Government College, Sector-46, Chandigarh and Manik Bhola from B.C.M. College of Education, Ludhiana got appreciation prizes respectively. President Dr. Anoop Kumar, Hon'ble Secretary Sh. D.L. Anand and Principal Dr. S. S. Sharma congratulated the winners and the teachers-in-charge for the success of the event. Principal Dr. S.S. Sharma also extended his sincere thanks to the eminent judges and Principals of the different colleges for the enthusiastic participation of their students during this COVID-19 lockdown.

Online Inter-College Competition on Giddha/Bhangra Bolian Singing

D.A.V. College of Education, Hoshiarpur organized online inter-college Giddha and Bhangra Bolian Singing (Solo) competition in collaboration with Department of Youth Welfare, Panjab University, Chandigarh. Dr. Arti Saluja (Vice-Principal), Dr. Monika, Mrs. Roma Ralhan,

Mrs. Chetna Sharma and Ms. Vishakha Broota were the organizers of the events. The students from different colleges actively participated in the said competitions. In the first category of Giddha Bolian Competition, S. Pal Singh Samao, International Cultural Coach & Research Scholar (Folk Songs & Dances), Prateek Mann, Punjabi Folk Singer (Gold Medalist in Folk Dance) and Navdeep Kaur Brar, International Gold Medalist in Giddha, Folk Song & Attires were the eminent judges and in this stiff competition Satminder Kaur from S.B.H.S.M. Khalsa College of Education, Mahilpur (Hoshiarpur) got first prize, Ashwinder Kaur and Radhika from Khalsa College for Women, Ludhiana got second prizes, Anmolpreet Kaur from Government College for Girls, Ludhiana and Bhimakshi from B.A.M. Khalsa College, Garhshankar got third prizes. In this category further Amrit Kaur from Government College for Girls, Ludhiana and Kiranjot Kaur from Government College Hoshiarpur got appreciation prizes respectively. In the second category of Bhangra Bolian Competition, Saheed-E-Aazam Bhagat Singh State Awardee S. Harjeetpal Singh, Member Punjab Art Council, Chandigarh & Captain, Bharti Team Folk Dances (1992-95), S. Azad Sandhu, Gold Medalist (Folk Song) & winner of the Competition "Big Boli Star", and S. Maninder Singh, International Gold Medalist (Folk Dance) were the eminent judges and in this category Jaswinder Singh and Harjinder Singh from G.H.G. Khalsa College of Education, Gurusar Sadhar, Ludhiana got first and second prizes and Gurmeet Singh from Guru Gobind Singh

College of Education, Beghpur Kamlooh, Mukerian got third prize. President Dr. Anoop Kumar, Hon'ble Secretary Sh. D.L. Anand and Principal Dr. S. S. Sharma congratulated the winners and the teachers-in-charge for the success of the event. Principal Dr. S.S. Sharma also extended his sincere thanks to the eminent judges to spare the time for the events and he also thanked to the Principals of the different colleges for the enthusiastic participation of their students during this COVID-19 pandemic.

Celebration of National Doctors' Day

Every year National Doctors' Day is celebrated on 1st July to mark the importance of doctors in our lives

and this year the theme is 'Lessen the Mortality of COVID-19' which is dedicated to the hard work of doctors amid the pandemic. On this great day worthy President Dr. Anoop Kumar (Urologist) and Hon'ble Secretary Sh. D.L. Anand (Retd. Principal) visited the college and aware the faculty members regarding the symptoms and safety measures of COVID-19. Hon'ble worthy Secretary Sh. D.L. Anand and Principal Dr. S.S. Sharma along with faculty members congratulated to President Dr. Anoop Kumar (Urologist) on Doctors' day and expressed their gratitude for their priceless instructions to the staff members especially in the time of ongoing Corona virus pandemic to ensure the safety of all.

List of Online Activities during Lockdown Period

Date	Name of the Activity	Cell/ House/ Club	Teacher- in- Charge	Level
24.03.20	'Apka Kuchh Na Krna hi Sab Kuchh karna Hai' By Raghvi	Awareness Campaign against Covid- 19	Mrs. Roma Ralhan	College
25.03.20	'Waqt Yeh Bhi Guzar Jayega' by Mukesh	Awareness Campaign against Covid- 19	Mrs. Roma Ralhan	College
25.03.20	'Ardaas Kro Mazak Nhi' By Manpreet Singh	Awareness Campaign against Covid- 19	Mrs. Roma Ralhan	College
29.03.20	'Let's Be Safe and Keep others Safe' By Sangeeta	Awareness Campaign against Covid- 19	Mrs. Roma Ralhan	College
08.04.20	Humble request to World: Regrets to Spoil Nature and to spread Positivity in the form of Prayers, Poems	Awareness Campaign against Covid- 19	Mrs. Roma Ralhan	College

10.05.20	Express the Gratitude to Celebrate Mother's Day	Kalpna Chawla Women Development Club	Dr. Monika Mrs. Roma Ralhan Mrs. Archana Vasudev Mrs. Chetna Sharma Mrs. Poonam Mehta Miss Indu Sharma	College
11.05.20	Poster Making Competition on awareness about COVID-19	Library And Information Literary Cell	Dr. Harvinder Kaur Mrs. Roma Ralhan Mrs. Archana Vasudev Mrs. Priya Sharma	College
11.05.20	Be Positive	Mahatma Gandhi House	Mrs. Chetna Sharma Mrs. Priya Sharma	College
11.05.20	Corona Ka Sakaratmak Paksh	Hindi Sahitya Sabha	Dr. Poonam Saini Mrs. Navneeta Sood	College
12.05.20	Gratitude to Teaching Fraternity	Distance Education and Life Long Learning	Mrs. Poonam Mehta	College
14.05.20	Make the Lockdown Productive and Creative: Be Positive	Social Awareness Club	Dr. Monika	College
14.05.20	Jeet Jayenge Hum	Radhakrishnan House	Mrs. Sarabjit Mrs. Poonam Mehta	College
16.05.20	Creation of Online Learning Material Competition	Social Sciences Media Club	Dr. Monika Mrs. Sarbjit Dr. Bandana Rani Mrs. Poonam Mehta Mrs. Jyotsna Saini	College
20.05.20	Jindagi Ka Safar- A Tribute		Mrs. Poonam Mehta	
20.05.20	Praying for Eternity in the Voice: Baljit Kaur	Awareness Campaign against Covid- 19	Dr. Monika	College
21.05.20	Yoga & Meditation	Understanding the Self	Miss Indu Sharma	College
22.05.20	International Day for Biological Diversity on theme Our Solutions are in Nature	Pedagogy of Science	Dr. Arti Saluja Miss Vishakha Broota	College
26.05.20	Believing in Universal Brotherhood	Kalpna Chawla Women Development Club	Dr. Monika Mrs. Roma Ralhan Mrs. Archana Vasudev Mrs. Chetna Sharma Mrs. Poonam Mehta Miss Indu Sharma	College
16.04.20	'Kadam Mila Kar Chalna Hoga' Written By Gurpreet	Awareness Campaign against Covid- 19	Mrs. Roma Ralhan	College
16.04.20	Pi -Day	Aryabhatta Ganita Club	Mrs. Roma Ralhan	College
19.04.20	Pre Quiz Competition	Aryabhatta Ganita Club	Mrs. Roma Ralhan	College
23.04.20	Happy World Book Day	--	Mrs. Roma Ralhan	College
24.04.20	Quiz Competition	Aryabhatta Ganita Club	Mrs. Roma Ralhan	College
25.04.20	'Kudrat Kaisi Khed Rachayi' By JR Singh (Batch 2010)	Alumni Association	--	College
26.04.20	'Sharing Experience of B.Ed. College' (Batch 2011-12)	Alumni Association	--	College
29.04.20	Pray for Humanity	Awareness Campaign against Covid- 19	Mrs. Roma Ralhan	College
04.05.20	Poem Recitation Activity	Amrita Pritam Punjabi Sahit Club	Mrs. Chetna Sharma Ms. Jaswinder Kaur	College
05.05.20	Lockdown Happier and Easy: Possible	Awareness Campaign against Covid- 19	Mrs. Roma Ralhan	College
06.05.20	Video Shooting and Poster Making Competition	English Literacy Club	Mrs. Archana Vasudev Dr. Naresh Kumar	College
08.05.20	No Lockdown for Learning: A Campaign	Social Sciences Media Club	Dr. Monika Mrs. Sarbjit Dr. Bandana Rani Mrs. Poonam Mehta Mrs. Jyotsna Saini	College
09.05.20	We Shall Overcome!! Have Faith	Social Awareness Club	Dr. Monika	College
10.05.20	Video Shooting Competition on theme "Mom & Me" On Mother's Day	Kalpna Chawla Women Development Club	Dr. Monika Mrs. Roma Ralhan Mrs. Archana Vasudev Mrs. Chetna Sharma Mrs. Poonam Mehta	College

28.05.20	National Memorial Day- A Tribute to Corona Warriors	Swami Dayananda House	Mrs. Roma Ralhan Ms. Jaswinder Kaur Miss Vishakha Broota	College
30.05.20	Participation in Creative Writing Competition: Essay, Story, Poetry writing	English Literacy Club	Mrs. Archana Vasudev Dr. Naresh Kumar	Inter- College
30.05.20	World Tobacco Day	Swami Vivekananda House	Dr. Poonam Saini Dr. Bandana Kumari	College
03.06.20	World Bicycle Day	Mahatma Gandhi House	Mrs. Chetna Sharma Mrs. Priya Sharma	College
04.06.20	Stay Home – Stay Fit	Life Long Learning and Well Being	Mrs. Poonam Mehta	College
05.06.20	Plantation of a Sapling at College Campus on World Environment Day	--	Dr. S.S. Sharma (Principal)	College
05.06.20	World Environment Day on theme Bio diversity	Mahatma Gandhi House	Mrs. Chetna Sharma Mrs. Priya Sharma	College
06.06.20	Top E- Learning Platforms in India	Distance Education and Life Long Learning	Mrs. Poonam Mehta	College
06.06.20	Design and Development of Online Learning Material for School Students competition	College	Dr. Monika Mrs. Roma Ralhan Miss Vishakha Broota	National
06.06.20	A Word of Gratitude	--	Dr. S.S.Sharma (Principal)	--
07.06.20	World Food Safety Day	Tagore House	Mrs. Navneeta Sood Mrs. Jyotsna Saini	College
07.06.20	College Folk Idol	Inter-College	Dr. Monika Mrs. Roma Ralhan Mrs. Chetna Sharma	National
09.06.20	Photography & Giddha/ Bhangra Boliyan Singing (Solo) Competition	College Activity in Collaboration with The Department of Youth Welfare, Panjab University, Chandigarh	Dr. Arti Saluja Dr. Monika Mrs. Roma Ralhan Mrs. Chetna Sharma Miss Vishakha Broota	Inter- college
10.06.20	Preparation of Curriculum Vitae	Placement Cell	Mrs. Roma Ralhan Mrs. Chetna Sharma	College
12.06.20	World Day against Child Labour	Tagore House	Mrs. Navneeta Sood Mrs. Jyotsna Saini	College
14.06.20	World Blood Donor Day	Jawaharlal Nehru House	Mrs. Archana Vasudev Miss Indu Sharma	College
15.06.20	“DAD & ME- DO ALIKE, LOOK ALIKE” on Father’s Day	--	Dr. Monika	College
16.06.20	International Yoga Day	Jawaharlal Nehru House	Mrs. Archana Vasudev Miss Indu Sharma	College

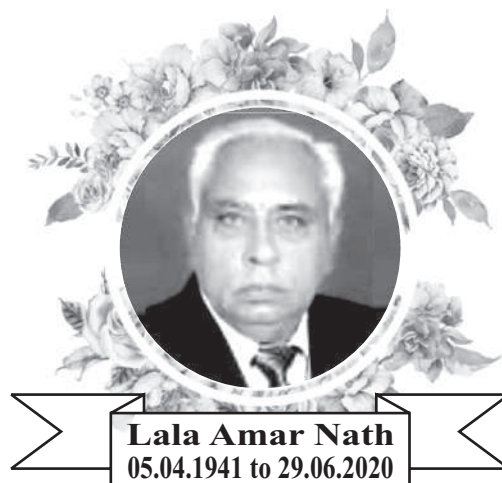
Concluding Remarks

The coronavirus outbreak came to light on **31st December, 2019** when China informed the World Health Organization about the cluster of cases of pneumonia due to unknown causes in Wuhan City of Hubei Province. Subsequently the disease spread to more Provinces in China, and to the rest of the world. The WHO has declared it a pandemic. The virus has been named SARS-CoV-2 and the disease is now called COVID-19. Due to worldwide spreading of corona virus, the Government of India under Honb'le Prime Minister Sh. Narendra Modi ordered a nationwide lockdown. During this lockdown UGC notified all the universities and colleges to teach the students through online mode. D.A.V. College of Education, Hoshiarpur is a renowned college of the Punjab state working under the ample guidance of President Dr. Anoop Kumar and Honb'le Secretary Sh. D.L. Anand (Retd. Principal). In this period all the faculty members worked very hardly from their residences under the dynamic leadership of Principal Dr. S.S. Sharma. Faculty members taught the students through online modes like Google and Zoom Classrooms and provided the study material through other online modes like Whatsapps, YouTube, Websites and Moodles. As per the university guidelines all the faculty members completed the syllabus of their concerned subjects till **9th May, 2020**. Moreover during this period various College, State and National Level Competitions were organized by the different departments the college and students from nationwide actively and enthusiastically participated in these competitions. Our college students also participated in various competitions at national level and hold spectacular positions. College Principal Dr. S.S. Sharma also congratulated the winners and appreciated the efforts of the faculty members during this COVID-19

pandemic. He also extended his gratitude through his video that is also an inspiration to all of us. From **8th June, 2020**, a new ray of hope came when Government of India announced unlock 1.0 that the life may lead towards normalcy. From **16th June, 2020** the Government also announced the presence of faculty members in the institutions with the guidelines of the Government and functioning of the institutions have started after a long lockdown of two and half months. At last it's a humble prayer in the holy feet of the Lord that our college may flourish day by day and may this pandemic eliminate and the normal life may start as soon as possible.

Dr. Harvinder Kaur
Editor-in-Chief

Obituary



Lala Amar Nath joined as teacher in D.A.V. Sen. Sec. School, Hoshiarpur and worked as Headmaster in D.A.V. High School Hariana. Later he remained as the worthy member of D.A.V. College Managing Committee, Hoshiarpur. Shikshodaya family condoles his death and prays for consolation to the bereaved family.

Cultural Activities



Academic Activities



D.A.V. College Managing Committee, Hoshiarpur

S.No.	Name	Designation	Phone No.
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2	Sh. R.M. Bhalla	Vice-President	01882-221966
3	Sh. Rahul Sharma	Vice-President	98726-70478
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5	Sh. Sharanjit Saini	Joint Secretary	98553-52655
6	Sh. Harish Chander Sharma	Secretary, Muffosil Schools	94640-57040
7	Sh. Chander Mohan	Treasurer	93564-10084
8	Sh. Devinder Mohan Sharma	Correspondent Schools	98143-14877
9	Dr. Arvind Kumar	Manager, Ch. Balbir Singh S.S. Public School	98143-45701
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24	Sh. Y.P. Joshi	Member, CMC	94639-04466
25	Sh. Prem Nath	Member, CMC	83601-33157
26	Principal, D.A.V. College, Hoshiarpur	Ex-Officio Member	98148-28295
27	Principal, D.A.V. Sr. Sec. School, Hoshiarpur	Ex-Officio Member	98149-33737

Form IV

(See Rule 8)

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magazine and partner
shareholders holding
more than one percent of
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I, Dr. Shyam Sunder Sharma hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd./- Dr. Shyam Sunder Sharma

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Members of Non-Teaching Staff



1. Secretary Sh. D.L. Anand, Principal Dr. S.S. Sharma and Dr. Harvinder Kaur (Editor-in-Chief) presenting a copy of Shikshodaya to Sh. Avinash Rai Khanna 2. Hon'ble Lok Sabha Speaker Sh. Om Birla being honoured by President Dr. Anoop Kumar, Secretary Sh. D.L. Anand and Sh. Avinash Rai Khanna 3. Vice-President Prof. R.M. Bhalla judging the students during Mr. Punjab and Miss Punjab-2019 Contest 4. Cabinet Minister Sunder Sham Arora being welcomed by President Dr. Anoop Kumar with Secretary Sh. D.L. Anand & other dignitaries 5. Hon'ble Secretary Sh. D.L. Anand with Vice-President Prof. R.M. Bhalla and other dignitaries observing rangoli designs during Diwali Mela 6. President Dr. Anoop Kumar with Secretary Sh. D.L. Anand and eminent members releasing Shikshodaya (2018-19) 7. Dr. Anoop Kumar, President 8. Sh. D.L. Anand (Retd. Principal), Secretary 9. Dr. S.S. Sharma, Principal 10. Students celebrating Basant Panchami 11. Prof. P.C. Sharma being accorded with floral welcome by Principal Dr. S.S. Sharma & Vice-Principal Dr. Arti Saluja 12. Students performing during Mr. Punjab and Miss Punjab Contest 13. Participants and winners of Mr. Punjab and Miss Punjab Contest celebrating their victory 14. Principal Dr. S.S. Sharma being honoured by S. Partap Singh, Chairman, S.W.S. 15. Faculty Members and Students celebrating Teachers' Day