



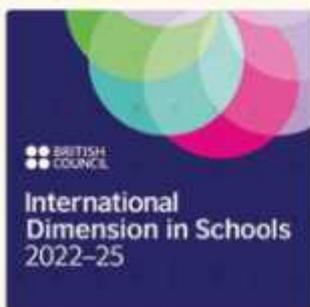
(AN ISO 21001:2018 CERTIFIED EDUCATIONAL INSTITUTION)

SACRED HEART SCHOOL

AFFILIATED TO THE COUNCIL FOR INDIAN SCHOOL CERTIFICATE EXAMINATIONS, NEW DELHI

ELIXIR

The flow of magical writings...



www.shsmoga.com

 Dosanj Road, Moga, Punjab, 142001

My child, follow your father's instruction, and never forsake your mother's teaching. They are ornaments like a graceful flower garland on your head and a pendant around your neck. Proverbs 1: 8-9



The Lord's Prayer

Our Father in Heaven | Holy be your name |

Your Kingdom come | Your will be done |

On Earth As in Heaven||

Give us today | Our daily bread, |

Forgive us our sins | As we forgive |

Those who sin against us. ||

Do not bring us to the test

But deliver us from evil. ||

For Thine is the Kingdom |

The Power and the Glory |

Forever and Ever || AMEN ||

EDITORIAL BOARD

Editor-in-Chief



Mrs. Vijaya Jebakumar
(Principal)

Managing Editors

In-House Editor

Mr. Harsha Kumar
(Dept. of English)



Mr. Joji Joseph
HM (Junior Wing)



Mrs. Shanti Rajan
HM (Primary Wing)

In-House Editor



Mr. Manoj Davidnathan
(Senior Wing)



Ms. Jaspal Kaur Rakhra
(Senior Wing)



Ms. Devindra Kapoor
(Senior Wing)



Mr. Yari Christian
(Primary Wing)



Mr. Raja Pandi
(Primary Wing)

Student Editors



NEIL ARYA
(XII-NM)



ABHIREET KAUR
(X-Jade)



JASLEEN KAUR
(XII-SMED)



Students Council

(SESSION: 2022-23)

| No. | DESIGNATION | STUDENT NAME | CLASS | SECTION |
|-----|---------------------------------|--|-------|---------|
| 1 | HEAD BOY |  SHIVAM NARULA | XII | NMED |
| 2 | HEAD GIRL |  DHADKAN RAJPOOT | XII | NMED |
| 3 | SPORTS CAPTAIN (PRIMARY) |  SHABADPREET KAUR SANDHU | V | JADE |
| 4 | SPORTS VICE CAPTAIN (PRIMARY) |  PARTH SINGH BISHT | IV | TOPAZ |
| 5 | SPORTS CAPTAIN |  GURKIRAN KAUR DHILLON | XII | COM-1 |
| 6 | SPORTS VICE CAPTAIN |  AJAYBEER SINGH VIRK | XII | COM-3 |
| 7 | CULTURAL SECRETARY |  HARKOMALPREET SINGH GILL | XII | NMED |
| | |  ADITI VERMA | XII | COM1 |
| 8 | SOCIAL RESPONSIBILITY SECRETARY |  MANNAT | XII | NMED |
| | |  JASHANPREET KAUR | XII | NMED |
| 9 | SOCIAL MEDIA SECRETARY |  LAKSHIT BANSAL | XII | NMED |
| | |  GAUTAM BANSAL | XII | COM2 |
| 10 | STUDENT EDITOR (ENGLISH) |  NEIL ARYA (Eng) | XII | NMED |
| 11 | STUDENT EDITOR (PUNJABI) |  ABHIREET KAUR | X | JADE |
| 12 | STUDENT EDITOR (HINDI) |  JASLEEN KAUR | XII | SMED |
| 13 | CLUB COORDINATORS (STUDENTS) |  VIKRAMJEET SINGH BAWA | XII | NMED |
| | |  TARANVEER SINGH SANDHU | XII | NMED |



The Editor's Desk

On his deathbed, Alexander the Great called his commanders and explained his last wishes to be performed during his funeral ceremony. First, he demanded that his dead body should be carried by his doctors. Second he wanted the road to his grave must be filled with gold, silver and precious stones. Finally he ordered to keep his hands out of the coffin. All his commanders stood stunned and they asked him the meaning of all those demands. With a tranquil and solace look, the Great Invader explained, "Nobody, even the best doctors, can stop death. I want to show this truth to the world. So let the doctors carry my deadbody. By keeping gold, silver and precious stones on the road I intend to make the people aware that whatever wealth I possess, nothing can be taken at the time of death. With empty hands I came to this world and with the same I am going back, this is what the 'meaning of my last demand."

This story conveys the true reality of life. We are so attached to worldly things. Many a times forget to value other things/ relations while desperately pursuing with our goals and targets. At the end of the run, when we achieve something, we understand that it is not as much good as we have anticipated. In short when we compare the things which we sacrificed for getting something with the thing we have achieved, it will be a shocking fact that that we lose many valuables for gaining something which is rather worthless. Keep a proper balance in life. Try to accomplish the things by holding every valuable things/ persons than breaking them. Let the people and the things come and go; but we have to move forward to our focus by embracing them all.

Value your life and appreciate your blessings

For The Editorial Board

Mr. Harsha Kumar



INTERVIEW

Dr. Sumit Singla, reputed Anaesthetist (Our former Student)

1. What was your batch?
 - My passing batch was 2003.
2. How your school experience as the school will celebrate its 50th anniversary and asking pass outs about it their experience?
 - I completed my schooling in 2003 after completing my 10th. I would say that if I would not have been a part of Scared Heart I would not be sitting in front of you as a successful person. Being a doctor I would say, school has played a great role that I have reached at this level.
3. How do you think school was academically?
 - I think academically it was and still is one of the best school in Moga and I also think no other school can compete it in such field in the coming future too as the staff, faculty, principal all factors are highly contributing toward its success.
4. How were you as a student?
 - I was just a normal student nothing more.
5. What was your favorite subject?
 - I mostly loved studying science subjects such as physics and chemistry. Even I was the topper in physics subject as I loved the experimentation of the general laws and other stuff. While the botany and animal related stuff was secondary to me.
6. Which subject you disliked the most?
 - It was definitely history and geography both social studies subjects.
7. Is any particular reason for that?
 - Actually I hate cramming and both subjects needed cramming and the other reason is that I always wanted to get into sciences field so I did not see any advantage out of studying these subjects.
8. So you already did decide that you would become a doctor?
 - Yes, even though no one from my family has become a doctor, I am the only one who chose to become one. I was the only one from my friends who opted for medicals.
9. What were your interests while growing up?
 - I did not have any particular interests at that time. I was a studious student who just enjoyed messing around sometimes.
10. What was the school environment like when you were a student?
 - It was very nice especially the class I belonged too. I quite remember it was section E. My class was not very studious and I liked the environment very much there. But in class 10th, my section was changed to section A where all the studious students were gathered together. I had to run a mile to compete with other students academically.

11. Who was your favorite teacher?

- It was none other than Mr. PC Shekhar, even you might know him. I met him last year and it was very nostalgic. He used to call me 'Golden Apple Boy' as I showed no interest in biology and remain dumb while he took our lecture. He still remembers me quite well.

12. Is there any other teacher who inspired you?

- Yes! I remember Mrs. Suman. She was our Hindi subject teacher and she was quite a nice lady. She taught us the importance of Hindi subject as none of us took it seriously while on the other hand she always told us that Hindi will benefit you in future too.

13. What skill you had during school period which helped later on?

- It is none other than observation. I still use this skill as a benefit while treating with my patients as I gain a lot of experience from it and let me come to know the root cause of problem or disease. It helped me in my studies too.

14. Do you have a sibling?

- Yes. I have two brothers.

15. Were you compared to them academically and who was the better one out of you three?

- No I was never compared to them. I think we all were good in academics. One of them is also a doctor currently he is studying in US while other one has done MSE in Mathematics. WE all studied here in Sacred Heart School. But my younger brother was jealous of my top ranking academics later when he came to know that I will become a doctor he also tried to pursue the same career but backed off after knowing that it takes several years to become a successful doctor.

16. How come you decided to stay in Moga even though your brothers are abroad?

- I want to live with my parents here in Moga and give them a comfy life. In western countries such as US or Canada, elderly conduct is not as favorable and nice as it is in India. I want to give time to my parents which are not possible in western countries. My brother forces me to come settle in US but I refuse him every time.

17. What was the biggest difference when you moved from school to college?

- There was no much big difference for me generally but as I studied through Sacred Heart which follows I.C.S.E pattern, made a great difference for me academically as I had to compete with students who belonged to C.B.S.E who were way behind me. I became a teacher for them in some subjects as there was no partition in sciences at that time in C.B.S.E board.

18. Was it difficult becoming a doctor?

- I would say no. As I previously said you have to have e good observations skills to become a good doctor that I already had.

19. Why did you opt to become an Anaesthetist?

- I really like to take people out of their pains. The joy that comes on one's face when a patient is relieved of a certain pain, that is priceless and by becoming an anaesthetist I could feel that.

20. Was it worth it to choose such a field?

- Undoubtedly yes!!

I am living my dream, what could possibly be better than that? When you are the only person who can make a patient feel better when he/she comes to you crying with pain; it gives a sense of satisfaction which I could not have experienced if I had opted any other field.

21. What is the most fulfilling part of your job?

- I believe that the most fulfilling part is the status and respect that one receives. I still remember if I go to any of the rural areas, people starve for doctors. They are ready to wait for me for hours , that is the kind of respect that one earns by becoming a doctor; which for me if the most fulfilling part.

22. Can you share any of your favourite school time memory with us for our readers?

- The memory that I can never forget is how we used to enjoy the Gandhi Jayanti Mela every year on 2nd of October. Me and my friends even used to sell tickets of the Mela. I still remember that I pushed my dad to buy tickets from me if he wanted me to score good marks for my 10th boards.

23. What do you have to say about our school's current infrastructure.?

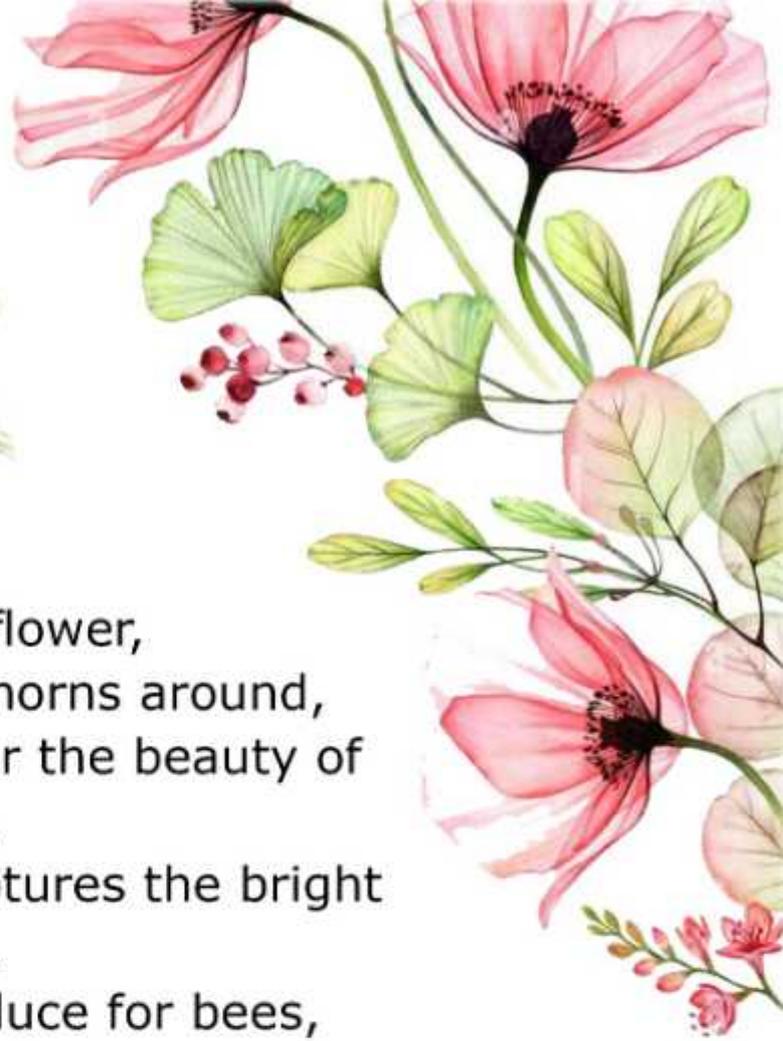
- It has been a really long time since I visited our school but as much as i can recall, there were only blackboards at our times. But now, by the grace of God, with changing technology our school has smartboards. Also two new schools have been built near the main school-Primary and Kindergarten, which is something I find much honour in.

24. What do have to say about other achievements of our school?

- I can recall that our school was the first in Moga to have provided the facility of computers. I was in 6th standard when we used to have computer classes and Sukhjinder Sir was our computer teacher who is by the way still working in the administrative department of the school. Also, our school was the first to have provided trips internationally including NASA. At my time, we only had trips to Delhi, Jaipur and Agra which I also visited thrice when I was in 7th, 8th and 9th standards. It would have been a wonder if even we had an opportunity to visit Abroad so I also am quite jealous of you guys that you have such opportunities now. School trips were very awesome and the only reason I begged my parents to send me was because of the amount of fun me and my peers had.

25. What will be the final message from your side to our students and the school on its 50th anniversary occasion?

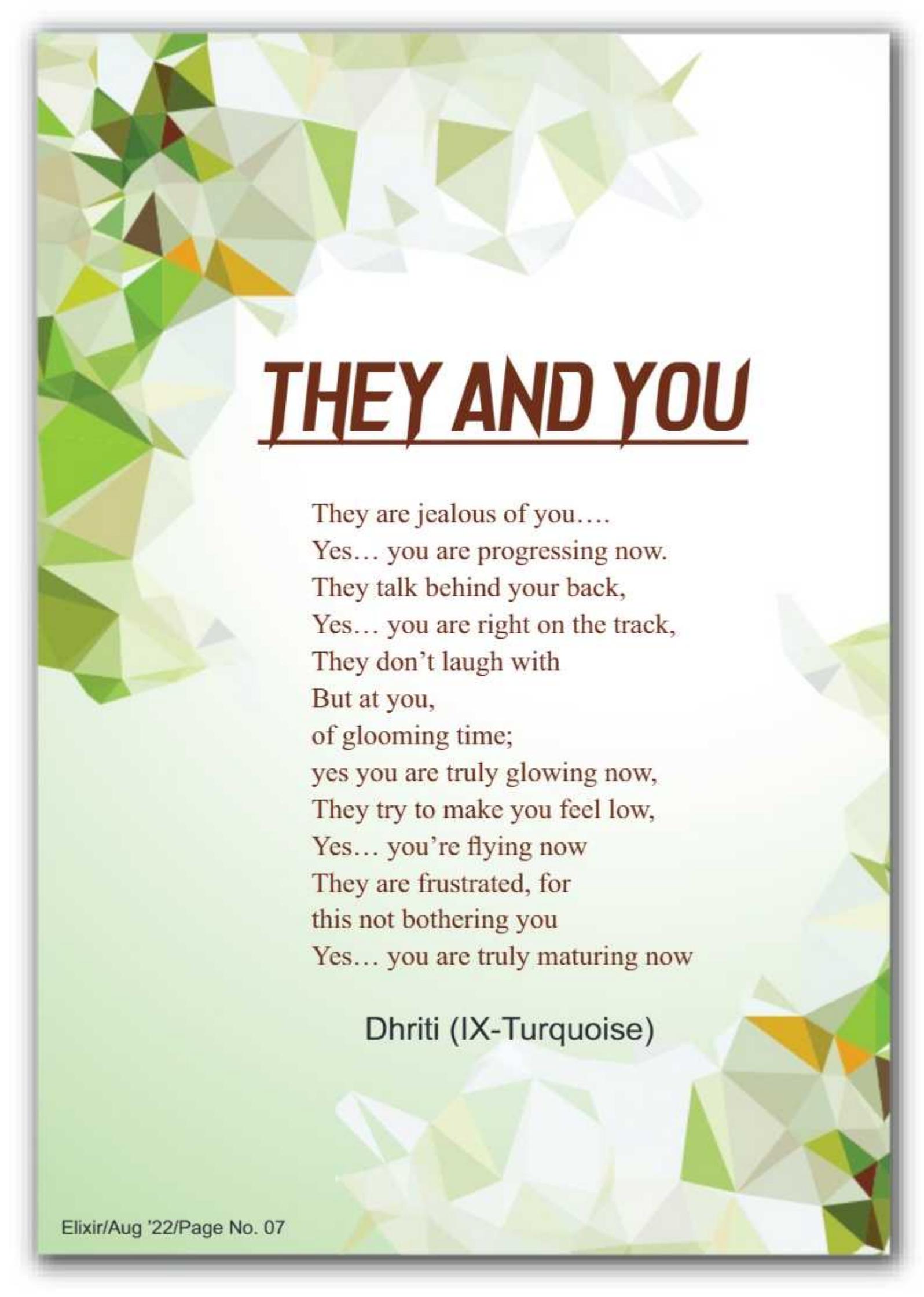
- For the students I'd say, this is one of the greatest institutes of Moga and will give you much more in return than you can give it. I can say with confidence that all of my batch members are settled and are in a good position currently whether they are in India or abroad. All of the thanks goes to the school and the faculty, especially Mrs Vasantha Abraham. She was an extremely nice lady who took care of everyone. I am so proud of my school and I am so confident about the good it brings in the lives of students that it would be a matter of great honour for me to send a year and a half year old daughter to be a part of this school.



There is this flower,
growing beside the thorns around,
growing nutritiously for the beauty of
garden,
Sun, for how nicely captures the bright
colours,
Sweet nectar to produce for bees,
and looks around peer happy geese,
A strange friend of nature,
just acts a pearl on top,
eyes for all beings to capture,
the flower goes through
what seems eternity
and makes this muddy place
fantabulous for same.

Harman Kaur (VIII-Ruby)





THEY AND YOU

They are jealous of you....
Yes... you are progressing now.
They talk behind your back,
Yes... you are right on the track,
They don't laugh with
But at you,
of glooming time;
yes you are truly glowing now,
They try to make you feel low,
Yes... you're flying now
They are frustrated, for
this not bothering you
Yes... you are truly maturing now

Dhriti (IX-Turquoise)

The life is very beautiful,
It has experiences,
for us wonder to Vanish,
sometime the understanding
seems to be spanish,
It seems to pass by
worth a clock,
for sounding endless.
This great beauty of life,
world left to explore,
living our lives is not an option,
but to make better is what
doesn't sell in an auction.

Beauty of life

Savreen Kaur Bhullar (Viii-Ruby)



“Importance of Friends in our life”

“Friends are the best gifts of life”

Friends only seem to be an unimportant part of life to others, but having friends can make living much better for us. Good friends make our life great.

Good friends help us in our bad times and celebrate with us in our good times, as it is said, 'A friend in need is a friend indeed'. Our parents or teachers say that having friends may ruin our lives. But the true friends support us when we need them, give a shoulder for our cries and become a laugh box for our fun time. Friends are just polymorphised gifts of god.

Harman Kaur (VIII-Ruby)





IMPORTANCE OF MENTAL HEALTH AWARENESS

Our total wellbeing depends upon physical and mental health. Most of the population of world suffers from issues related to mental health. The awareness related to it is not much but every one in ten person suffers. There is no voice being raised for anyone, lack of confidence and awareness. This is not at all common here in this world. Everyone is just criticized on how they could even be diagnosed with such a thing. The modern society may still value but all the do not make this world a better but worse place to live, there is need of having awareness of mental health in schools, colleges, homes and all other institutions of human resources.

Nasihath Kaur Sangha
(VIII Ruby)

OUR INDIA



The land of diversity where people live in harmony,

Our history today tells us all,

About where from our lives began,

To the reason all we are alive today,

Due to the wise ancestors

Of many among us,

The Himalayan wear as a crown,

The birth to jewels of rivers.

The atmosphere of serenity here brings us together.

Jai Hind

Divnoor Kaur
(VII Zircon)



PARENTS

The boon itself by God,
They one only me who make us happy
Parents are only well wishers
For whom our heart beats,
The face of lord
Dwells in them
Their one word
Changes the days
Bad to good,
Only ones to value
Our living
Yes, parents
Are our saviors

Yashmine Kaur
(VIII Sapphire)

HAPPY MEMORIES OF SCHOOL

As we sowed
So we have reaped

Reaped love from this lovely land
Reflections of us,

In each other shown,
The place seen
From woods to concrete grow.

The colourful daydreams,
The fragrant flowers,
Bring back the happiness

The nook and corner of the walls,
Place a show in our heart,
The together spent time
Difficult to part,

The time to come for wave goodbye,
Refreshing the days gone by.

Yachna
(VIII-Ruby)

LIVING FOR.....LAUGHING

Some days I wonder,
I might not have been born!!
As the windmill asks,
Standing alone in the field of corn.
But there is surely same reason,
Behind the arrival of every reason.
I am also here for something unknown,
as the fat of seed is before it is sour.
I want to laugh and smile and smile big,
but I feel I am immature to handle anything;
I do not want to grow rich and high.
Instead, I want to laugh at the end of every sigh.
There is no end of any beautiful way.
Thus follow your heart whatever it says everything will stop,
but life will not
As the bear is happy whether it is cold or hot.

Dapinder Kaur
(XII-SMED)



Anjali Gupta
X- Opal



Jasmeen Kaur Sandhu
(XII-SM)



ਪੰਜਾਬੀ ਵਿਭਾਗ



ਮੈਨੂੰ ਪਹਿਚਾਣਿਓ ਜੀ

ਮੈਨੂੰ ਜੇ ਤੁਸੀਂ ਸਿਖਾਇਆ, ਉਹੀ ਸੀ ਸਿੱਖਣ ਆਇਆ
ਸਿੱਖਕੇ ਮੈਂ ਥੋਡੀਆਂ ਗੱਲਾਂ, ਮਾਰੂੰਗਾ ਜੱਗ ਤੇ ਮੱਲਾਂ।
ਸੱਚੀ ਗੱਲ ਜਾਣਿਓ ਜੀ, ਕਰਦੂੰਗਾ ਨਾਂ ਮੈਂ ਰੋਸ਼ਨ,
ਮੈਨੂੰ ਪਹਿਚਾਣਿਓ ਜੀ, ਕਰਦੂੰਗਾ ਨਾਂ ਮੈਂ ਰੋਸ਼ਨ।

ਸਕੂਲੇ ਸੀ ਮਾਪਿਆਂ ਲਾਇਆ, ਪਾਕੇ ਮੈਂ ਬਸਤਾ ਆਇਆ,
ਬਣਕੇ ਮੈਂ ਆਗਿਆਕਾਰੀ, ਖੇਡੂੰਗਾ ਪੂਰੀ ਪਾਰੀ।
ਮਨ ਮੇਰੇ ਨੂੰ ਜਾਣਿਓ ਜੀ, ਕਰਦੂੰਗਾ ਨਾਂ ਮੈਂ ਰੋਸ਼ਨ
ਮੈਨੂੰ ਪਹਿਚਾਣਿਓ ਜੀ, ਕਰਦੂੰਗਾ ਨਾਂ ਮੈਂ ਰੋਸ਼ਨ।

ਤੁਸੀਂ ਸੀ ਗਲ ਨਾਲ ਲਾਇਆ, ਪੜ੍ਹਨੇ ਦਾ ਚਸਕਾ ਪਾਇਆ
ਪੜ੍ਹਕੇ ਮੈਂ ਵਿੱਚੋਂ ਕਿਤਾਬਾਂ, ਕਰਦੂੰਗਾ ਪੂਰੇ ਖੁਆਬਾਂ
ਲਗਨ ਮੇਰੀ ਨੂੰ ਜਾਣਿਓ ਜੀ, ਕਰਦੂੰਗਾ ਨਾਂ ਮੈਂ ਰੋਸ਼ਨ,
ਮੈਨੂੰ ਪਹਿਚਾਣਿਓ ਜੀ, ਕਰਦੂੰਗਾ ਨਾਂ ਮੈਂ ਰੋਸ਼ਨ।

ਮਨ ਸੀ ਮੈਂ ਪੂਰਾ ਲਾਇਆ, ਗੱਲ ਥੋਡੀ ਨੂੰ ਖਾਨੇ ਪਾਇਆ
ਕਰਕੇ ਮੈਂ ਮਿਹਨਤ ਪੂਰੀ, ਲਾਉਂਗਾ ਸਿਰੇ ਜਰੂਰੀ
ਦਿਲ ਵਿੱਚ ਕੀਏ ਜਾਣਿਓ ਜੀ, ਕਰਦੂੰਗਾ ਨਾਂ ਮੈਂ ਰੋਸ਼ਨ
ਪ੍ਰਭ ਨੂੰ ਪਹਿਚਾਣਿਓ ਜੀ, ਕਰਦੂੰਗਾ ਨਾਂ ਮੈਂ ਰੋਸ਼ਨ

Prabhjot Singh Rai
(X-Sapphire)

ਆਸ ਅਜ਼ਾਦੀ

ਉਡਣ ਦੀ ਆਸ
ਉੱਡ ਕੇ ਡਿੱਗਣ ਦੀ ਆਸ
ਫੁੱਲ ਬਣ ਕੇ ਖਿਲਣ ਦੀ ਆਸ
'ਤੇ ਮਾਲਾ ਵਿੱਚ ਪਰ੍ਹੇ ਜਾਣ ਦੀ ਆਸ
ਧੀ ਹੋ ਕੇ ਪੁੱਤਰ ਬਣਣ ਦੀ ਆਸ
ਮਾਂ—ਪਿਓ ਨੂੰ ਖੁਸ਼ ਕਰਨ ਦੀ ਆਸ
ਕੁਝ ਕਰ ਦਿਖਾਉਣ ਦੀ ਆਸ
ਚੰਗਾ ਇਨਸਾਨ ਬਣਣ ਦੀ ਆਸ
ਚੰਗੀ ਧੀ ਬਣਣ ਦੀ ਆਸ
ਚੰਗੀ ਭੈਣ ਬਣਣ ਦੀ ਆਸ
ਚੰਗੀ ਦੋਸਤ ਬਣਣ ਦੀ ਆਸ
ਸਭ ਨੂੰ ਸੁੱਖ ਦੇਣ ਦੀ ਆਸ
ਸਭ ਤੋਂ ਸੁੱਖ ਲੈਣ ਦੀ ਆਸ
ਰੱਬ 'ਤੇ ਹੀ ਹੈ ਮੇਰੀ ਆਸ
ਰੱਬ ਹੀ ਹੈ ਮੇਰਾ ਵਿਸ਼ਵਾਸ.....

Nandita
(X-Diamond)

ਇੱਕ ਦਿਨ ਬੈਠੇ ਸੋਚਿਆ
ਮਨਾ ਅਜ਼ਾਦੀ ਕੀ ਐ ਭਲਾ
ਕਿਤਾਬਾਂ ਕਹਿੰਦੀਆਂ ਇਤਿਹਾਸ
ਸੁਣਕੇ ਜਿਸਨੂੰ ਭਰ ਆਵੇ ਗਲਾ
ਜਾਨਾਂ ਵਾਰ ਗਏ ਸੀ ਯੋਧੇ
ਇਹ ਮਹਿਜ਼ 15 ਅਗਸਤ ਨਹੀਂ
ਮਾਂ ਬੈਠੀ ਪੁੱਤ ਨੂੰ ਉਡੀਕਦੀ ਸੀ
ਮਨਾਉਣ ਵਾਲੀ ਕੋਈ ਖੇਡ ਮਸਤ ਨਹੀਂ
ਜੇਰਾ ਕਰਕੇ ਪੁੱਤ ਉਹਨਾਂ ਤੋਰਿਆ ਸੀ,
ਦਿਲ ਦਾ ਡਰ ਵੀ ਸਾਰਾ ਖੋਰਿਆ ਸੀ
ਸਮਝਾਂਗੇ ਇਹਨੂੰ ਸਾਡੀ ਅੱਕਾਤ ਨਹੀਂ
ਸੰਘਰਸ਼ ਸੀ ਇਹ ਲੋਕੋ, ਸੰਗਾਤ ਨਹੀਂ
ਛੁੱਟੀ ਸਮਝਕੇ ਹੱਸਦੇ ਆਂ
ਫਰਜ਼ ਤੋਂ ਆਪਣੇ ਨੱਸਦੇ ਆਂ,
ਆਮ ਜਿਹਾ ਦਿਨ ਲੱਗਦਾ ਹੈ
ਅੱਤਵਾਦੀਆਂ ਦਾ ਮਨ ਠੱਗਦਾ ਹੈ।
ਕਹਿੰਦੀ ਨਹੀਂ ਕਿ ਜ਼ਰੂਰੀ ਲਹਿਰਾਓ ਝੰਡਾ
ਮਾਰੋ ਦੇਸ਼ ਲਈ ਜੀਹਦੀ ਅੱਖ ਚ ਕੰਡਾ
ਪਰ ਮਾਣ ਦੇ ਨਾਲ,
ਇੱਕ ਪਲ ਲਈ ਯਾਦ ਕਰਿਆ ਕਰੋ ਜਵਾਨਾਂ ਨੂੰ
“ਦੇਸ਼ ਦੀ ਖਾਤਿਰ ਵਾਰ ਗਏ
ਜੋ ਪਿਆਰੀਆਂ-ਪਿਆਰੀਆਂ ਜਾਨਾਂ ਨੂੰ”

Abhireet Kaur Gill
X-Jade

August

D'un coup d'oeil





*Reading maketh a full
Man; conference a
Ready man; and
Writing an exact man.*



*Thank
you*

