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Sacred Heart School

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

www.shsmoga.com

Merry Christmas & Happy New Years



The flow of magical writings...



📍 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.



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 ||

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(SESSION: 2022-23)

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The Editor's Desk



Christmas is marked as the symbol of new beginning. By the birth of Jesus, the existing belief and perception of the world drastically changed and subsequently started to follow the path of the Good Shepherd. Hence we chose the Christmas eve of 2021 to proceed with 'ELIXIR' after a long break. On the last day of Christmas celebrations [on 24th December 2021], Respected Principal Ma'am released the first edition of this online magazine.

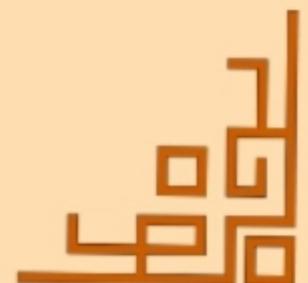
It's been successfully completed the journey of a calendar year with 'ELIXIR' showcasing the multi-faceted hidden talents of the students and teachers as well. This online platform extends more opportunities to explore and experiment the budding skills with a wide range of readers. By contributing something to the magazine, the partakers get enough confidence and exposure to the world of creativity.

On behalf of the Editorial Board members, I sincerely extend my heartfelt gratitude to the Management, Staff and Students for the solid support and cooperation rendered in all the way to this endeavor.

WISHING A MERRY CHRISTMAS & A PROMISING NEW YEAR

For The Editorial Board

Mr. Harsha Kumar



DO YOU KNOW?

What is the meaning of life ?

A rich man says, Money is life.

A poor man says, Handwork is life.

A student says, Study is life.

A lover says, Love is life.

A principal says, Discipline is life.

A Scientist says, Science is life.

A doctor says, Medicine is life.

A priest says, Art is life.

An actor says, Acting is life.

But I say, Struggle is life

Mr. Naresh Kumar
(HOD Mathematics)

Interesting facts taking us away from reality or actually meeting reality

- 1) Gravity travels at speed of light.
- 2) Jupiter does not orbit the sun. Instead, they both orbit each other. The sun orbits Jupiter in a small orbit known as Barycenter.
- 3) There are some things which can travel faster than light such as tachyons, quantum, Entanglement, wrap drive.
- 4) Heat death theory is the most probable way our universe would die. It would keep on expanding and losing heat till it reaches absolute zero every star will die, all matter will decay and that all will be left is merely a soup of particles and radiations.
- 5) When we touch anything, actually we are not. Each body electrons repel the electrons of every other body so keep your hand over the other hand is just a case of levitating your one hand over other.
- 6) Einstein special theory of relativity says the closer you reach to speed of light you will experience zero time and zero distance covered.

Compiled by,
Ms. Ruchi Guleria
(Physics Department)

How to prepare for Board Exams Effectively?

Assessment is an integral part of Teaching Learning process. Board exam (X/XII), Assessment helps students to shape their careers and it proves to be a focal point of career progression to reach their destiny.

In order to study effectively, some learners uses Repetitive, Read, Revise and Review techniques, but are they really useful?

In fact these are not scientifically proved techniques.

Here are certain scientific techniques to make your study more effective and productive:

1. Check the updated/revised syllabus of respective Board and Competitive examination (if registered).
2. Do SWOT analysis. Identify your Strength, Weakness, Opportunity and Threat.
3. Make flexible schedule for months, weeks, days and hours.
4. Set SMART (Specific, Measurable, Achievable, Realistic and time bound) goals. Schedule the works for a month, week and a day.
5. Do regular exercise or meditation. Keep worry at side.
6. Revise the syllabus from NCERT books and summary pages (for Science & Mathematics). Do make mind maps, fish bone diagrams.
7. Devise strategies to manage time.
8. Take 6 hours of sleep.
9. Break time between study hours. E.g. after every 25 min, 05 min Break.
10. Keep Digital distractions away when studying.
11. Take the task of teaching as a teacher. This method involves explaining objects. Project method helps to build strong memory.
12. Do practice Model Test papers or Mock Test.
13. Do concept based questions and study rather than asking questions?
14. Follow PDCA technique. (Plan, Do, Check and Act).
15. Link the study materials, formulas with the objects in your surroundings and remember by relating with the objects.
16. Identify common errors in Practice Tests and plan for improvement.
17. Maintain a balance between your School Life, Social Health, Mental Health and Physical Health.
18. Learn Time Management Strategies.
19. Solve numericals.
20. Take appropriate Nutrition.

There might be number of methods for effective study other than the points explained above.

Best thing is to choose these techniques which suits you the best.

All the best for your Board Exams.

Rajiv Jain
HOD, Dept. of Chemistry

The Winter Days

All the roles have come to rest,
And the year ends up to its final scene.
To prepare themselves for the upcoming day.
As the snowflakes sheen.

The weather is cool and crisps
And short-lived sunshine gleams.
The woods are frozen
And the dew is settled on the winter-green.

The sky is dim and the ground is white,
The days are calm, cold and keen,
People out in the freezing night, blow the tobacco dudeen.

The fire place is warm
The soup is poured into tureen.
Hopping in the copse of Oaks, Chipmunks can be seen.

World around is calm and steady,
The cold is still obscene
The next shift will be full of life.
This is what, we always ween.

Amber Bansal
IX Ruby

Bidding Adieu to 2022

"The year is coming to an end, WOW! . What a year it has been! , Here are some of my favourites of year 2022. Let's rewind a bit"

My favourite article: Building the Cognitive Budget for Your Most Effective Mind(by Jordan Birnbaum)

The neuroscience is clear: Our brains are capable of processing only a fraction of the information available to them, and we have a fixed amount of mental energy at our disposal, regardless of how much we want or need in any given moment. Consequently, our brains use as little mental energy as possible whenever possible. It isn't laziness — it's fuel efficiency.

The bottom line is that there is a limit to how much thinking we can do and how much energy is available to us on any given day, so it's essential that we spend our precious mental energy deliberately and thoughtfully. We can't afford to waste it on things that serve to distract and deplete us in harmful ways.

So, what's a good approach to avoid wasting our finite energy on that which doesn't serve us? A budget, of course, to forecast resources, estimate need, and create a plan for future decision-making. But for our minds? A "cognitive budget" is hardly a natural pairing of concepts. Our days are unpredictable, and our brains don't work like spreadsheets, so a cognitive budget will necessarily be sloppy. But creating one, and revisiting it often, allows us to enact proactive and reactive strategies that leave us happier with more effective minds.

- Argentina won the world cup, Yay! (Bad news for portugal)

My favorite Moment: During September, My friend and I took part in SIF (Satyan Inovation fest) at Sat Paul Mittal School, Ludhiana. To summarize in few words, it was the best event I witnessed in this year so far. From friendly people to helpful teachers, I honestly do not know where to begin.

Lastly, I want to talk about my role as the Student Editor. Well it was exiting, as the editor I planned, coordinated, and revised material for publication in books, newspapers, or periodicals or on websites. I reviewed story ideas and decided what material will appeal most to readers. During the review process, I believe that I have improved the Magazine a lot and also the teacher-editor-in-chief (Mr Harsha) and editor-in-chief (Principal Madam) helped me along the way.

I have a long way to go after 12th grade, and I really enjoyed my time as the Editor of Elixir and the 12 years of being the student of SACRED HEART SCHOOL, MOGA.

I am really exited for my upcoming sheninigans.

Happy Hanukkah, Merry Christmas and a Happy New Year.

Neil Arya
XII-NM

A True Reflection

“We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us. The old skin has to be shed before the new one can come.”²— Joseph Campbell

It's coming to an end...all of this is coming to an end. What I have feared the most is happening. I'm going to graduate. I'm going to complete Grade 12. I'm going to sit for my Board Examinations in less than 2 months. After that, I'll never set foot in school...in the same building, where I have been going every day for the last fifteen years of my life. The routine that I have been following for the last 15 years is going to change. A new phase of my life will begin.

I've always loved going to school. My earliest memory is from my Dance performance for Christmas back in LKG. I used to religiously take part in events for Christmas Celebration, be it Dance or Skit. Christmas Celebration was, and still is, the biggest event of SHS, followed closely by Sports Day. Every year in December, the school premises would light up and all the students would come together to prepare. This is a time I cherish because I've made many friends this way. Moreover, on Sports Day, everyone would gear up to score for their houses. The house rivalry used to be at its peak. The sense of competitiveness in the air would enthrall everyone.

A normal day at school included attending 9 periods every day. Sometimes, it was grueling for my younger self, but overtime, I got used to it. On Saturdays, various competitions like poem recitation, essay writing, painting, slogan writing etc. would be organized. I would regularly take part in all of them. But gradually, it all became monotonous. As I grew up, these competitions kept reducing. We would solely focus on academics. Moreover, it was hard to keep up with the growing level of difficulty of my studies. I struggled a great deal back in 6th Grade. My grades were the lowest and my confidence hit rock bottom. 11 year old me found it really difficult to cope up with the competition. At this point, it had become all about academics.

Gradually, I started getting back up. 8th Grade was what I like to call the best grade ever! My academics were at peak. I took part in almost every competition and won. More importantly, I became an NCC cadet. Being an NCC cadet impacted my character to a huge extent. I became a better version of myself.

Through NCC, I was introduced to Shooting. I developed so much passion for the game that I went on to participate in The Nationals twice. Similarly, 9th Grade was continuous and steady as well. And then in 10th Grade, Pandemic hit. Online classes made me lose all of my interest in studies. Being on screen continuously for many hours impacted my eyesight too. I thought I was going to miss out on my experience in High School.

Finally, in the midst of Grade 11, things started getting back on track...somehow. I had heard that the jump from Grade 10 to Grade 11 is the most difficult one. And I experienced the full blow of this "jump". I also became the Captain of Red House. This was a post that required great social and communication skills. So, I had to work on myself a lot. Eventually, I found myself trying to improve to be worthy of this post. In fact in Grade 11, when I became Head Girl, these qualities helped me to a great extent. Becoming the Head Girl of the school was overwhelming. I had to work hard to keep up to the expectations of the teachers and students. Although it was tough to balance my studies and duties, I gained some life-enriching experience.

A big reason I'll miss my school life is the bonding between teachers and students. Every teacher taught me something new, academic or non-academic. Whenever I meet teachers who taught me 9 or 10 years ago, they always talk with me with the same love and affection they had when I was their student. This just shows how every student matters to the teachers.

Looking back at my school years, I observe that the grades did not matter much. They are just a superficial trait that sometimes fail to show the actual potential of a student. Sometimes, the experience that we gain while sitting in a class with students of various backgrounds, religions and cultures is what actually helps us in life ahead. The making and breaking of friendships, stress due to deadlines, disappointment from bad grades, all of these prepare us for all kinds of situations.

In the end, I would say that I'll miss going to school. I'm happy with what I'm going out of the school, the precious friendships, the love of teachers, various life skills and of course, a treasure of knowledge! I want everyone to take the best from their time in school, as it's not going to come back, and also because, believe it or not. Everyone, even the ones who hate going to school, recalls school life as the best time of their life!

Dhadkan Rajput
XII NON-MED

Evil in Disguise

If it can't be reused, reduced or recycled, then it should be restricted or removed from production. Plastic pollution is a global issue from killing wildlife to contaminating our oceans and waters, and lasting longer than it is used. Out of all wastes we generate, plastic bags have become the greatest symbol of our throwaway society. They are used and then forgotten but they leave a drastic impact.

Have you ever thought where do the useless plastic go after you use it?

It is not fair to manufacture billions of objects that are used for a matter of minutes and then stay with us for centuries!

I realized that plastic had become such a part of my life that it had become invisible to me. I did not see it until it was being pointed out to me. We humans have become dependent on plastic for a range of uses, from packaging to products. Reducing the use of plastic bags is an easy way to start getting our addictions under control. There are a lot of ways to reduce the usage of plastic. REPLACING plastic bags with the paper or cloth ones is the best start.

BANGLADESH was the first country to ban plastic. In India, the first state to do so, was Himachal Pradesh. Spreading the awareness is the most reliable way by which, we students can contribute in saving the environment.

Instead of dumping the plastic wastes, recycle them. Buying the food in bulk is the easiest way to reduce plastic usage. Replace the Plastic Tupperware for glass or steel containers. There are the small steps which can lead to a better future.

Bhumi Kansal
(XI-Non-Med)



AMAZING FACTS

- i. Most of the pollution is found in America.
- ii. Most of the fat persons can be seen in America.
- iii. If Mosquitos drink blood of 7 people they die very fast.
- iv. The picture on Rupees of Mahatma Gandhi was taken in 1946.
- v. Tiger cubs are usually born between March and July.

Navreet Kaur Gill

I found a shell, a curly one,
Lying on the sand,
I picked it up and took it home,
Cold inside my hand.
Mummy cooked at it and then
She held it to my ear,
And from the shell there came a song,
Soft, sweet and clear.
I was surprised- I listened hard.
But it was really true.
I wish you'd find a nice big one
And hear it singing too!

Harman Kaur
(VIII-Ruby)

He feeling of getting LOST IN a book
Aren't books just inked dead trees?
No!!

The World just considers readers,
nerds, bookworms pretty much an image to be set to
world.

The lost mind in fandom creates just an own kingdom
The whole emotion of being the feelers of characters,
visions of each perspective form to the nerve.

The bulge on the level of excitement for the end just settles
to word.

A book contains whole new globe
All Just wish to get in there and live,
the best feeling!

Inderpreet
(XI-SM)

We may appreciate the feeling (best) to get lost in a book
Hats off to Authors + Readers

Transparent Sheet

I hereby ask today's people,
to be a little transparent.
I've seen the mask you wear
hide your flaws as if your parent
tell me the issue,
I promise to offer a tissue.
But please unpack your kit,
Before it adds to your sorrow's pit.
Open up with your friends,
tell them your mental trends,
trust me, even if you cry,
they'll help you re-try
And fix everything
with an undercooked potato fry
If you ever complain
to have in your life, a little rain
Then remember to be low
on the day you see a rainbow.
I assure you a happy bubble
And my desk with a vacant seat
to the people I know,
please be a "transparent sheet"

Yachna
(VIII-Ruby)

Discipline

The marines have a saying. "Everybody wants to go to heaven, but nobody wants to die 99% of the people don't do what it takes to make their dreams come true. The centre of bringing any dream into friction is self discipline

which is not about our body as much as it is about your mind. It's getting command of your mind to be able to choose actions that arc in your own best interest. Students usually maintain discipline to escape punishments.

Discipline should be maintained in the sense that you forego immediate pleasure for the exchange of long term self respect.

There are people who make an excuse of not having motivation to maintain discipline. If you study people who are at the pinnacle of anything, you recognize that to get their, motivation is perhaps be one percent of the

formula. However, discipline is the bedrock of the formula. Do you think Nelson Mandela was motivated to do it and were disciplined to see through it.

Discipline leads you to control your feelings and overcome your weaknesses. The problem is that we rarely exercise our self-discipline muscle. Discipline begins with the mastery of your thoughts. If you can't control

what you think, you cannot control what you do. Self discipline is the magical power that makes you virtually unstoppable. It is the center of the universe for success. The greatest things in life take sacrifice and discipline. You cannot win the war against the world if you cannot win against your own mind.

Rajkiran Kaur
(X-Sapphire)



ਪੰਜਾਬੀ ਵਿਭਾਗ

ਯਿਸ਼ੁ ਧਰਤੀ ਤੇ ਆਇਆ

ਰੱਬ ਦੀ ਮਹਿਰ ਦਾ ਸਿਤਾਰਾ ਚਮਕਾਇਆ ਏ,
ਇਹ ਨਵਾਂ ਸਾਲ ਮੇਰੇ ਲਈ ਬਹਾਰ ਲੈ ਕੇ ਆਇਆ ਏ,
ਕਈ ਸਾਲਾਂ ਤੋਂ ਭਟਕੀ ਪਈ ਨੂੰ ਇਹ,
ਨਵਾਂ ਸਾਲ ਸੋਹਣਾ ਉਪਹਾਰ ਦੇਣ ਆਇਆ ਏ।
ਪਿਆਰਾ ਜਿਹਾ ਮਸੀਹਾ ਮੇਰੀ ਜ਼ਿੰਦਗੀ ਚ' ਆਇਆ ਏ,
ਕਿੰਨਾ ਕੁ ਮੈਂ ਦੱਸਾਂ ਕਿਹੜਾ-ਕਿਹੜਾ ਸੁਖ ਪਾਇਆ ਏ।
ਦੁੱਖਾਂ ਦੇ ਹਨੇਰੇ ਵਿੱਚ ਜ਼ਿੰਦਗੀ ਸੀ ਰੁਕ ਗਈ,
ਕਰਮ ਖੁਦਾ ਦਾ ਓਹਨੇ ਆਣ ਬਚਾਇਆ ਏ।
ਐਂਵੇ ਮੈਂ ਤੇ ਥਾਂ-ਥਾਂ ਤੇ ਧੱਕੇ ਪਈ ਖਾਂਦੀ ਸੀ,
ਰੱਬ ਦੇ ਦੂਤ ਓਹਨੇ ਸਿੱਧੇ ਰਾਹੇ ਪਾਇਆ ਏ।
ਦੁਨੀਆਂ ਚ' ਰਹਿੰਦੇ ਫਸ ਪਾਪਾਂ ਵਿੱਚ ਜਾਣਾ ਸੀ,
ਇਹ ਤਾਂ ਕਿਰਪਾ ਯਿਸ਼ੁ ਦੀ ਜਿਹਨੇ ਪੁੰਨ ਨੂੰ ਵਿਖਾਇਆ ਏ।
ਓਹਦੇ ਨਾਮ ਬਿਨ੍ਹਾਂ 'ਅੰਮ੍ਰਿਤ' ਟਿਕਾਣਾ ਕਿਤੇ ਹੋਰ ਨਾ,
ਸਾਡੇ ਲਈ ਸਵਰਗ ਛੱਡ ਧਰਤੀ ਤੇ ਆਇਆ ਏ।
ਸਾਡਾ ਓਹ ਮਸੀਹਾ ਯਿਸ਼ੁ ਧਰਤੇ ਤੇ ਆਇਆ ਏ,
ਸਾਡਾ ਹਰ ਕੋਨਾ ਅਤੇ ਵਿਹੜਾ ਰੁਸ਼ਨਾਇਆ ਏ।
ਸਾਡਾ ਓਹ ਮਸੀਹ ਯਿਸ਼ੁ ਧਰਤੇ ਤੇ ਆਇਆ ਏ। (2)

ਅੰਮ੍ਰਿਤਪਾਲ ਕੌਰ
(ਪੰਜਾਬੀ ਵਿਭਾਗ)

ਚਾਰ ਸਾਹਿਬਜਾਦੇ

ਅਸੀਸ ਝੁਕਦਾ ਹੈ ਤੇਰੇ ਪਰਿਵਾਰ ਅੱਗੇ,
ਬਾਜਾਂ ਵਾਲਿਆਂ ਅੱਖ ਵੀ ਰੋ ਪੈਂਦੀ।
ਕਿੱਡਾ ਸਿਦਕ ਹੋਣਾ ਉਹਨਾਂ ਬੱਚਿਆਂ ਦਾ
ਕਿਹੜੇ ਹੌਂਸਲੇ ਦੇ ਬੋਲੁ ਹੋਣੀ ਦਾਦੀ ਕਹਿੰਦੀ।
ਕਿਵੇਂ ਠੰਢ ਦੇ ਬੁੱਲੇ ਸਹੇ ਹੋਣੇ,
ਉਹਦੇਂ ਗੁਰੂ ਦੇ ਲਾਲ ਦੁਲਾਰਿਆਂ
ਕੰਬ ਉੱਠਿਆ ਹੋਣਾ ਹਿਰਦਾ ਪਤਾਲ ਤਾਈਂ,
ਹੰਝੂ ਬਹਾਏ ਹੋਣੇ, ਓਦੇਂ ਤਾਰਿਆਂ ਨੇ।

ਵੱਡੇ ਵੀਰ ਚਮਕੌਰ ਗੜ੍ਹੀ ਵਿੱਚ ਸ਼ਹੀਦ ਹੋਏ,
ਛੋਟੇ ਕੰਧਾਂ ਵਿੱਚ ਖੜ੍ਹ ਸਿੱਖੀ ਦੀਆਂ ਕੰਧਾਂ ਉਸਾਰ ਗਏ।
ਬੀਬੀ ਠੰਢੇ ਬੁਰਜ ਵਿੱਚ ਸਰੀਰ ਤਿਆਗ ਦਿੱਤਾ,
ਇੰਞ ਸ੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਸਰਵੰਸ ਕੌਮ ਤੋਂ ਵਾਰ ਗਏ।
ਧੰਨਵਾਦ।

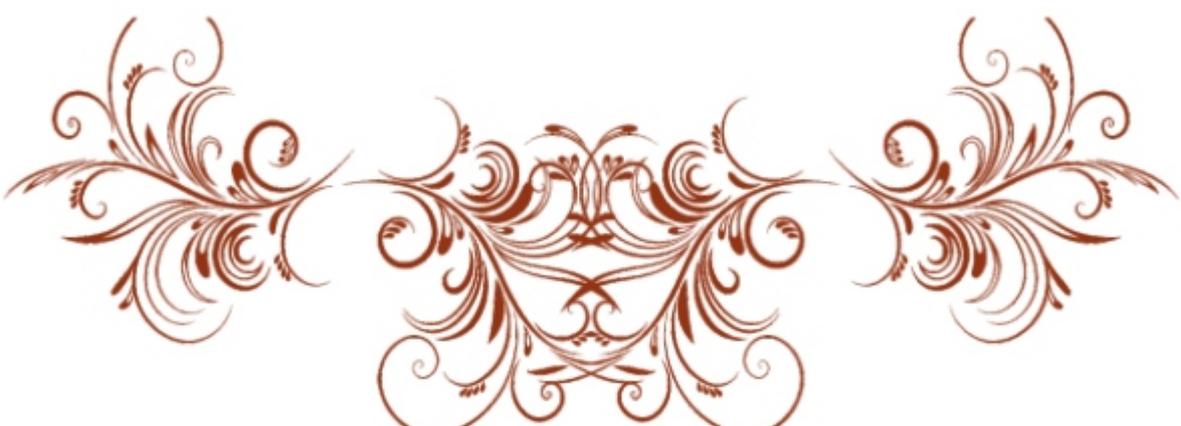
ਜਪਲੀਨ ਕੌਰ ਸੰਧੂ
(VI-ZI)

ਚਾਰ ਸਾਹਿਬਜ਼ਾਦੇ

ਖਾਲਸਾ ਰਾਜ ਦੀ ਨੀਂਹ ਰਖਾਈ ਗਈ
ਆਣ ਚੁਕੇ ਸੀ ਕਈ, ਰਵਾਇਤ ਪਈ
ਚਮਕੌਰ ਦੀ ਗੜੀ ਕਾਲਾ ਕਿਲ੍ਹਾ ਜਾਪੇ
ਸਰਹੰਦ ਨੂੰ ਨਿੰਦਿਆ ਮਿਲਦੀ ਏ
ਸਰਸਾ ਨਦੀ ਨੇ ਪਾਏ ਪੁਆੜੇ ਸਾਰੇ
ਹਰੇਕ ਇੱਟ ਸਰੀਰ ਨੂੰ ਛਿੱਲਦੀ ਏ
ਜੇਰਾ ਕਰਕੇ ਸੀ ਵੱਡਾ ਪੁੱਤਰ ਤੋਰਿਆ
ਨਾਲ ਪਿਆਰੇ ਖੂਨ ਵਹਾ ਗਿਆ
ਸਿੱਖੋ ਨਾ ਜਾਣਿਓ ਬਾਲ ਤੁਸੀਂ
ਮੈਂ ਤਾ ਕੌਮ ਤੋਂ ਜਾਨ ਬਹਾ ਗਿਆ
ਕਿੰਨੀਆਂ ਖਾਦੀਆਂ ਸੱਟਾ ਅਜੀਤ ਸਿੰਘ ਨੇ
ਪਰ ਖਾਲਸਾ ਅਸਰ ਜਾਲਮਾਂ ਤੋਂ ਕਹਾ ਗਿਆ
ਗਿਣ ਹੋਣੇ ਨੀ ਤੀਰ ਜੋ ਖੁੱਬੇ ਸੀ
ਛਾਤੀ ਤਾਣ ਕੇ ਜੁਝਾਰ ਸਿੰਘ ਖੜਾ ਸੀ
ਉਮਰ ਤਾ ਭਾਵੇਂ ਉਹਦੀ ਛੋਟੀ ਸੀ
ਪਰ ਚਿਹਰੇ ਤੇ ਨੂਰ ਉਦਾਂ ਬੜਾ ਸੀ
ਮੁਗਲਾਂ ਨੇ ਨਿਆਣਾ ਸਮਝਕੇ ਸੀ ਕਰਤੀ ਗਲਤੀ
ਪਰ ਉਹਦਾ ਹੌਂਸਲਾ ਤਾਂ ਨਿਰਾ ਕੋਰਾ ਘੜਾ ਸੀ
ਦਾਦੀ ਗੱਲਾਂ ਚੋ ਘੋਲ ਕੇ ਪਿਆਵੇ ਹਿੰਮਤ
ਇੱਜ਼ਤ ਖਾਲਸੇ ਦੀ ਵਧਾਈ ਜਾਂਦੀ ਏ
ਹੱਡ ਤਾਂ ਮੰਨਿਆ ਪੁਰਾਣੇ ਨੇ
ਨਾ ਠੰਢ ਨਾ ਉਸਾਦੀ ਦੀ ਚੋਟ ਖਾਂਦੀ ਏ
ਆਇਆ ਬੁਲਾਵਾ ਤੇ ਪੋਤੇ ਪਈ ਤੋਰਦੀ ਏ
ਨਾਲੇ ਹੰਝੂਆਂ ਦੇ ਬੰਨ ਸਾਰੇ ਖੋਰਦੀ ਏ
ਆਜਾ ਜੀਤੋ ਰਾਣੀਏ, ਆਪਾਂ ਘੋੜੀਆਂ ਗਾਈਏ

ਜੋਰਾਵਰ ਸਿੰਘ ਫਤਹਿ ਨੂੰ ਆਪਾਂ ਜੰਝ ਚੜਾਈਏ
ਕੰਬ ਉੱਠਿਆ ਸੀ ਹਿਰਦਾ ਸਰਹੰਦ ਦਾ
ਤਾਰੇ ਗੜੀ ਦਾ ਹਾਲ ਦੇਖ ਰੋਏ ਸੀ
ਬਾਪੂ ਤੱਕਦਾ ਕਿਲੇ ਦੀ ਝਾਤ ਵਿੱਚੋਂ
ਇਨ ਪੁਤਰਨ ਕੇ ਸੀਸ ਪਰ ਵਾਰ ਦੀਏ ਸੁਤ ਚਾਰ
ਚਾਰ ਮੁਏ ਤੋਂ ਕਿਆ ਹੁਆ ਜੀਵਤ ਕਈ ਹਜ਼ਾਰ॥
ਤੋਰੇ ਨੇ ਅਸੀਸ ਦੇਕੇ, ਹੋਣੀ ਨਹੀਂ ਕਦੇ ਹਾਰ
ਕੱਲਾ-ਕੱਲਾ ਜਿਹੜਾ ਟੱਕਰੂ, ਉਹ ਪਹੁੰਚੂ ਵਿੱਚ ਮਜ਼ਾਰ
“ਅਬ ਰੀਝ ਕੈ ਦੇਹੁ ਵਹੈ ਹਮ ਕਉ
ਜੋਉ ਹਉ ਬਿਨਤੀ ਕਰ ਜੋਰ ਕਰੇ॥
ਜਬ ਆਵ ਕੀ ਅਉਧ ਨਿਧਾਨ ਬਨੈ
ਅਤਿ ਹੀ ਰਨ ਮੈ ਤਬ ਜੂਝ ਮਰੇ॥ ”
ਸਿੱਖੀ ਨੂੰ ਮਕਾਉਣ ਵਾਲੇ ਛੱਡਿਓ ਨਾ
ਚਾਹੇ ਖੁਦ ਤੇ ਵੱਜੀ ਹਰ ਚੋਟ ਜਰੇ॥
ਜੇ ਨਾ ਵਾਰੇ ਹੁੰਦੇ ਧਰਮ ਤੋਂ ਸ਼ਾਹਿਬਜ਼ਾਦੇ
ਅੱਜ ਕਿੱਥੇ ਨਗਾਰੇ ਵੱਜਣੇ ਸੀ
ਜੇ ਨਾ ਕੀਤਾ ਹੁੰਦਾ ਹੌਂਸਲਾ ਉਹਨਾਂ ਚਾਰਾਂ ਨੇ
ਤੇ ਅੱਜ ਸਾਡੇ ਪਰਦੇ ਕੀਹਨੇ ਕੱਜਣੇ ਸੀ
ਜੇ ਦਾਦੀ ਹਿੰਮਤ ਕੀਤੀ ਪਿਤਾ ਨੇ ਕੀਮਤ ਦਿੱਤੀ
ਤਾਂ ਹੀ ਇਹ ਇਤਿਹਾਸ ਬਣ ਗਏ
ਨਾ ਮੋਤੀ ਦਿਸਣਾ ਸੀ ਨਾ ਗੰਗੂ ਹਰਾਮੀ
ਹਰ ਆਮ ਨੂੰ ਖਾਸ ਬਣਾ ਗਏ
ਇਹ ਗੁਰੂ ਦੇ ਚਾਰ ਸਾਹਿਬਜ਼ਾਦੇ
ਸਿੱਖੀ ਦਾ ਮੁੱਲ ਪਵਾਗਏ।

Abhireet Kaur Gill
(X-Jade)



हिंदी विभाग



सदाचरण बिना ज्ञान अधूरा

मेरे कदमों के नीचे
सुदृढ़ आधार रहे
मेरी नींव में सदा
मेरे अपनों के
दिए संस्कार रहे
सदा मुझमें सदाचार रहे
मेरे कदमों के नीचे
सुदृढ़ ये आधार रहे

सदाचरण संस्कृत के सत् और आचरण शब्दों से मिलकर बना है जिसका अर्थ है सज्जनों जैसा आचरण या व्यवहार करना। हमारी संस्कृति ज्ञान को विशेष महत्व देती है। ज्ञान हीन पुरुष को विद्वानों ने पूँछविहीन पशु की संज्ञा दी है। लेकिन ज्ञान से भी बढ़कर है हमारा चरित्र और सदा चरण। हमारे कल्याण के लिए सिर्फ ज्ञान ही महत्वपूर्ण नहीं है, उसके साथ जरूरी है, संस्कार और अच्छा आचरण। आप चाहे कितने भी ज्ञानी क्यों न हों लेकिन अगर आपका आचरण अच्छा नहीं है अर्थात् आप सदाचरण का पालन नहीं करते हैं तो आपके ज्ञानी होने पर पानी फिर जाता है। जैसा कि लंकापति रावण वेदों के ज्ञाता, शिव-भक्ति, यज्ञ करने वाले थे लेकिन सदाचरण के अभाव के कारण उन्होंने परायी स्त्री माता सीता का छल से हरण करके ले गए थे जिसके कारण परमज्ञानी होने के बावजूद भी वह दुराचारी कहलाए गए। इसके विपरीत ज्ञान के साथ-साथ सदाचरण अपनाने के कारण युधिष्ठिर धर्म-राज कहलाए और अपने सदाचरण के कारण ही हरिश्चंद्र सत्यवादी हरिश्चंद्र कहलाए। यह सब बातें सिद्ध करती हैं कि ज्ञानी होने के बावजूद भी अगर आपमें सदाचरण नहीं है तो आपका ज्ञान अधूरा है। ऐसी स्थिति में कोई भी आपके ज्ञान का सम्मान नहीं करता। सदाचरण सफलता प्राप्त करने की एक सुनिश्चित कुँजी है, जो व्यक्ति अपने जीवन में सदाचरण को अपना लेता है वह निरंतर सफलता की ओर आगे बढ़ता है। यह एक मूल्यवान अस्त्र है जो दोस्त बनाने, लोगों पर जीत हासिल करने और प्रशंसा पाने में मदद करता है। सदाचरण हमारे चरित्र निर्माण का सबसे महत्वपूर्ण माध्यम है। यह हमारे जीवन को तो सुंदर बनाता ही है साथ ही आपके व्यक्तित्व को भी निखारता है। एक अच्छे आचरण वाले व्यक्ति की पूछ, हर जगह होती है, सदाचरण कभी भी आप में घमंड नहीं आने देता और बेहद निर्मल स्वभाव को बनाता है।

लोगों में अच्छे और बुरे का भेद किस प्रकार पता चलता है।

लोगों में अन्तर उनके व्यवहार, बोलने के तरीके से, वे किस प्रकार लोगों की सहायता करते हैं इन सब बातों से लोगों में अंतर पता चलता है। हमारे इतिहास में ऐसे कई उदाहरण हैं जो इस बात को प्रमाणित करते हैं कि अगर आप सदाचरण को अपनाते हैं तो सदाचरण आपके व्यक्तित्व को निखार देता है और दूसरों से कुछ खास और अलग पहचान दिलाता है। जिससे दुनिया से जाने के बाद भी आप लोगों की यादों में हमेशा जीवित रहते हैं। विश्व में प्रसिद्धि पाने वाले जितने भी महापुरुष हुए उन्होंने सदाचरण का पालन किया था जैसे गुरु नानक देव, संत कबीर, रामकृष्ण परमहंस, स्वामी विवेकानंद, मोरार जी देसाई, लोकमान्य, बाल गंगाधर तिलक, महात्मा गांधी जी, पंडित जवाहर लाल नेहरू आदि नेताओं ने अपने सदाचरण के कारण ही बड़े-बड़े आन्दोलनों का सफलतापूर्वक नेतृत्व किया। विशाल जनसमूह उनके पीछे ऐसे चलता था जैसे बांध को तोड़कर जल बहता चला जाता है और किसी के रोके नहीं रूकता। आज भी टी.एन.शेषन और किरण बेदी ने अपने सदाचरण के कारण अपनी एक अलग छवि का निर्माण किया। सदाचरण का प्रभाव इतना व्यापक और असरदार होता है कि उसके सम्पर्क में आने पर दुष्ट व्यक्ति भी सच्चरित्र बन जाता है जैसे डाकू अंगुलीमाल महात्माबुद्ध के सम्पर्क में आने पर उनका अनुयायी बन गया था।

सदाचारी व्यक्ति अपने आचरण से सबका मन हर लेता है और सदाचारी व्यक्ति सदैव अपने आचरण एवं शिक्षा को उच्चता देता है, सदाचरण को अपनाने वाला व्यक्ति हमेशा क्रोध से दूर रहता है और किसी को ठेस नहीं पहुँचाता। सदाचरण हमें सबका सम्मान करना सिखाता है।

समाज में सदाचरण को अपनाने वाले व्यक्ति का होना बहुत आवश्यक है क्योंकि समाज में कई मानसिकता वाले लोग रहते हैं। सदाचरण को अपनाने वाला व्यक्ति जीवन में चाहे कितनी भी कठिनाइयाँ आ जाये वे कभी भी पीछे नहीं हटते और डट कर मुसीबतों का सामना करते हैं। सदाचरण व्यक्ति को कभी भी मुसीबत में नहीं डालता इसलिए अपने बच्चों को सदाचार अवश्य सिखाएँ और सदैव सदाचरण को अपनाकर इसका पालन करने की सीख दें और उन्हें बताएँ कि जीवन का उद्देश्य केवल धन कमाना मात्र ही नहीं बल्कि उन्हें जनहित तथा समाज के कल्याण के लिए भी कुछ समय देना चाहिए। क्योंकि "इत्र से कपड़ो को महकाना कोई बड़ी बात नहीं, मज़ा तो तब है जब आपके किरदान से खुशबू आये।"

द्रेविन्दा कपूर
हिन्दी विभाग



Babita
12/12/22



Babita
22/1/22



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

*Thank
you*

