



(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...*

November

2022



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)

Assistant Editors



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

Among the four friends, three were eminent scholars and the fourth one was a small holder. One day they came to know about a Proclamation of their King and his plan of honouring the scholars after checking their pedantic skill. The highly excited three scholars determined to meet the King by visiting his palace. They embarked the journey with their illiterate friend. On the way, they had to cross a forest. At the middle of the forest, the first scholar found some pieces of bones. By using his knowledge he assumed it as the vestige of a lion. Then the second scholar started explaining the structure of its backbone. When his turn came, the much awaited third one claimed that he would use his expertise to give life to the dead brute. Within time he proved the fathom of his knowledge by giving life to the bone pieces and made a formidable lion. Suddenly the fourth one, their illiterate friend, climbed up a tree. By seeing his act, all others started laughing at him for his stupidity. Subsequently, they made themselves busy in praising their wisdom and knowledge. Meantime the hungry lion jumped over and killed the scholars.

Knowledge, no doubt, is power. But it may have positive as well as negative impact. Becoming an educated, talented, wise and intellectual figure is, definitely, not so easy. But all the acquired knowledge and skills should be utilized for the betterment of others or at least for ourselves. Everyone needs to get the minimum sense of productive utilization of knowledge. Moreover, it is the base of all knowledge.

BE SENSIBLE; BUT NOT SENSITIVE

For The Editorial Board

Mr. Harsha Kumar

Nature

Rivers, valley and wonderful mountains,
Look around! how wonderful are fountains!

Live your life free,
Just plant at home tree,
It gives you fruit, oxygen and everything,
And asking for nothing?

Honey is collected by a little bee,
Asking for whom it is ?

She is saying for thee,
Nature is like a pantomime,
Dawn to dusk it always shines,
If you look clearly at it,
It is so miniature,

I love you nature.....

Spend time in nature and get peace,
Leave your worries and take a long breathe,

Live your life with full enjoy,
From little things just extract your joy,
For little worries you don't need to cry,
Leave your worries and see what a creature,
Wonderful gift of god is Nature.

Jasmanjot Singh Sran
(VIII-Ruby)



TAKE TIME

TAKE TIME TO THINK.....

It is the source of power

TAKE TIME TO PLAY.....

It is the secret of perpetual youth.

TAKE TIME TO READ.....

It is the foundation of wisdom

TAKE TIME TO PRAY.....

It is the great power on earth

TAKE TIME TO BE FRIENDLY.....

It is the road to happiness.

TAKE TIME TO LAUGH.....

It is the music of the soul.

TAKE TIME TO GIVE.....

It is too short a day to be selfish.

TAKE TIME TO WORK.....

It is the price of success.

Naresh Kumar
(HOD Mathematics)

The Importance of SDG Goals

We all know about the SDG Goals (Sustainable Development Goals) launched by the UNO to be achieved by the year 2030 and there are 17 goals. In our school morning assembly a few weeks back we used to listen about these and answered some quizzes. The importance for these goals is not understood by the world and the awareness is not spread enough to make this world a better place at sustainable cost and every inch of the world, unites together to spread it. The people that are unaware about this could at least have an idea to come up with a way to prove the SDG goals to be true by only 2030. The UN has held up their hopes to the world to ensure the quality of life to everyone, just by working a little every day, small steps each day will make us all happy along with next generations. Any SDG goals, accomplished, will be long term, well nourishes forever . It will be hard to bring it down once fulfilled and the disturbed economic of human sources would stand somewhere better in the world check graph years from now.

**Yachna
(VIII-Ruby)**

GURU NANAK GURUPURB

“ The one who told God created the earth
The one who told the world will end because of snow
And this one who is though to be holder of
Any supernatural power because he knew
About the stars and planets before anybody else.”

Gurupurab marks the birth of Sri Guru Nanak Dev Ji, the first sikh Guru in Talwandi, born in the home of Mehta kalyan Das Ji and Mata Tripta ji. He proved to be such a spiritual person that he is worshipped everywhere today.

His birthday is celebrated everywhere on Katak Pooranmashi. He travelled around the world teaching people the message of *ik onkar* who dwells in every one of his creations and constitutes the eternal truth. He set up a unique social and political platform based on equality, fraternal love, goodness and virtue.

From his udasis to updesh *Japji Sahib* to *Asa-di-waar*, *naam jpo kirt kro vand shko to kyu mnda aakhie jitt jmhe rajan*, *sajan thag to vlig gandhari*; every single part of his life was completely different and had a hidden truth and a lesson.

His every word and every sentence is very deep it itself. Irrespective of any greed or prosperity, he devoted himself to the ultimate God and to his people and this devotion made him a great one an a precious soul.

Wishing you all a very happy Gurupurab. Have a wonderful day ahead.

**Abhireet Kaur Gill
(X-Jade)**

“VIOLENCE AGAINST WOMEN AND GIRLS”

In the year 2000, the UN General Assembly officially designated 25th November as the International Day for the Elimination of Violence against Women.

It is a global crisis which knows no boundaries of geography or culture. Violence against women represents the burning issue of torture, denial or rights and discrimination against women across multiple sectors of the society. We need to stand together to fight not just because you have a sister, a mother or a daughter, as it is often quoted; but because she is a human being who deserves just as equal rights as you do.

Gender based violence not only devastates women's lives and divides communities, but also it undermines development efforts and the building of strong democracies and just, peaceful societies. Statistics reveal that subjected to violence in their lifetime. But unfortunately, due to the stigma and shame surrounding it, these acts are usually hushed up.

The sheer lack of oversight in societal members & their values to the root cause of violence against women and girls. These notions perceive women as weak and submissive. But where does this all start?

Girls are being followed and ridiculed by even young folks at teenage . Does that ring a bell? Such events mostly go unreported, because in 9 out of 10 cases, it is the girl whose freedom is curtailed. These incidents marked & deemed harmless by many however, truth remains that it makes society believe that they are at zero fault, that it is very common to objectify a girl. Gradually, they begin to see women as their inferior; the weaker sex whom they possess control over. That is how, the seed of violent and discrimination is sown.

It is important to remember that violence against women is not only a women's issue, but it is a human issue also. This fight cannot be won, as we often hear, if only half the population is involved. We can change the stereotypical notions, the harmful societal beliefs at the core of this problem. What was learnt can be unlearned. It is time for us all, women, men, boys and girls to end violence against women and girls.

It is time to say “enough is enough”

One day, the world will become a safer place for each one of us.

**Inayatpreet Kaur Sran
(XI-SMED)**

SELF-DOUBT

I don't know what it is about,
I can't even say it aloud,
Can I cry out?
I am not even allowed.
Get me a shroud
Or lemma just shout.
‘Tis a severe illness bout.
But what is it all about?
All it does to me is hound
And pestering mound.
Hopeless! I feel,
Suffering the inner rout.
How can I heal?
Or can I even?
I guess,
It's something called self-doubt.
Since, with it,
I don't know,
How to deal?

Divya Bajaj
(XI-Commerce)



ਪੰਜਾਬੀ ਵਿਭਾਗ

ਨਾਨਕ

ਕਲਯੁੱਗ ਸੀ ਭਾਰੀ,
ਕਾਮ, ਕ੍ਰੋਧ, ਲੋਭ, ਮੋਹ ਹੰਕਾਰ ਨੇ
ਦੁਨੀਆਂ ਸੀ ਮਾਰੀ,
ਸਾਰੀ ਲੋਕਾਈ ਸੀ ਦੁਸ਼ਮਣ ਇਕ ਦੁਨੀ ਦੀ,
ਜਦੋਂ ਲਿਆ ਅਵਤਾਰ ਇੱਕ ਗੁਰ ਨੇ ਭਾਰੀ।
ਤਾਰਣ ਆਇਆ ਉਹ ਸਾਧੂ ਪਰਉਪਕਾਰੀ
ਇੱਜ਼ਤ ਰੱਖੀ ਉਸ ਨੇ ਮਰਦ ਤੇ ਨਾਰੀ
ਜਿਸ ਨੇ ਦੱਸਿਆ ਰਾਹ ਸੱਚ ਦਾ ਦੁਨੀਆਂ ਨੂੰ ਸਾਰੀ
ਓਹ ਤੇਰਾ-ਤੇਰਾ ਤੋਲ ਦਾ
ਹੱਕ ਸੱਚ ਦੀ ਕਮਾਈ ਟੋਲਦਾ,
ਅਕਾਲ ਨੇ ਉਸ ਨੂੰ ਘੱਲਿਆ,
ਉਹ ਬਾਬਾ ਨਿਰੰਕਾਰੀ
ਜਿਸ ਨੂੰ ਤੂੰ ਖੋਜਦਾ ਜੋਹਲਾ
ਉਹ ਨਾਨਕ ਸੀ ਝੱਲਿਆ।

ਸੁਖਵੀਰ ਸਿੰਘ ਜੋਹਲ
(X-Zircon)

ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ

ਭਾਗਾਂ ਭਰੀ ਤਲਵੰਡੀ ਦੀਏ ਧਰਤੀਏ ਨੀ,
ਤੇਰੇ ਵਿੱਚ ਓਹ ਜਗਤ ਦਾ ਪੀਰ ਆਇਆ।

ਉਸ ਅਰਸ਼ਾ ਦੇ ਨੂਰ ਨੇ ਜੱਗ ਅੰਦਰ,
ਰੱਬੀ ਗਿਆਨ ਦਾ ਆਣ ਦੀਵਾ ਜਗਾਇਆ
ਕੱਢ ਵਹਿਮਾਂ ਭਰਮਾਂ ਚੋਂ ' ਬਾਬੇ ਨਾਨਕ,
ਪ੍ਰੇਮ ਅਤੇ ਰਹਿਨੁਮਾਈ ਦਾ ਸੰਖ ਵਜਾਇਆ।

ਲਾਲੇ ਜਿਹੇ ਕੁਮਲਾਏ ਨੇ ਫੁੱਲ ਜਿਹੜੇ,
ਪਾਉਣ ਉਹਨਾਂ ਤੇ ਆਪਣਾ ਨੀਰ ਆਇਆ।

ਇੱਕ ਨਾਮ ਜਪਣਾ, ਦੂਜਾ ਕਿਰਤ ਕਰਨਾ,
ਤੀਜਾ ਵੰਡ ਛਕਣ ਦੀ ਜਾਂਚ ਸਿਖਾਉਣ ਆਇਆ
ਜਿਹਨੂੰ ਆਖਦੀ ਰੱਬ ਰਹਿਮ ਦੁਨੀਆਂ,
ਭੈਣ ਨਾਨਕੀ ਦਾ ਚੰਨ ਵੀਰ ਆਇਆ।

ਤੇਰ੍ਹਾਂ-ਤੇਰ੍ਹਾਂ ਤੋਲ ਗੁਰੂ ਨਾਨਕ ਨੇ,
ਸਾਨੂੰ ਸਤਿਨਾਮ ਦਾ ਪਾਠ ਪੜ੍ਹਾਇਆ।

ਅਮ੍ਰਿਤਪਾਲ ਕੌਰ
(ਪੰਜਾਬੀ ਵਿਭਾਗ)

ਅੱਜ ਦੀ ਦੁਨੀਆਂ

ਅਕਲ ਦੇ ਜ਼ਿੰਦਗੇ ਟੁੱਟੇ
ਮਾਹੌਲ ਗਰਮਾਏ ਨੇ
ਭਵਿੱਖ ਦੇ ਸਾਰੇ ਫੁੱਲ ਸੀ ਜੋ
ਅੱਜ ਪਏ ਮੁਰਝਾਏ ਨੇ
ਖਾ ਲਿਆ ਬਚਪਨ ਪਤਾ ਨੀ ਕੀ ਬਿਮਾਰੀ ਏ
ਚੰਦਰੇ ਨਸ਼ੇ ਤੇ ਕੂਲ ਲਿਵਿੰਗੋ ਦੀ ਖੇਡ ਏ ਮਾਰੀ ਏ
ਹੰਡੇ-ਹੰਡਾਏ ਹੱਡ
ਸਮਝ ਨਾ ਸਕਣ ਅੱਜ
ਨਿੱਕਿਆਂ ਦੇ ਮੂੰਹਾਂ ਤੇ ਜੋ
ਇਹ ਸ਼ਬਦ ਸਾਡੀ ਜ਼ੁਬਾਨ ਤੇ ਕਿਉਂ ਆਏ ਨਾ
ਸਾਡੀ ਇੱਜ਼ਤ ਉਛਾਲਦੇ
ਰੂਹਾਂ ਪਏ ਗਾਲਦੇ
ਕੁੜੀਆਂ ਕੀ ਮੁੰਡੇ ਸਭ, ਮਹਿਸੂਸ ਕਰ ਪਾਏ ਨਾ
ਮਤਲਬ ਕੱਢ ਸਾਰਿਆ
ਬੇਗਾਨਾ ਪੁੱਤ ਕੋਈ ਮਾਰਿਆ
ਕਿਸਮਤ ਦੇ ਮੱਥੇ ਮੜ ਦਿੱਤਾ
ਸੱਚਾ ਇਨਸਾਨ ਅੱਜ ਹਾਰਿਆ
ਖੋਜ ਮਾਰੀ ਦੁਨੀਆਂ ਸਾਰੀ
ਕੋਈ ਨਾ ਮਿਲਿਆ ਪੱਕਾ ਆੜੀ
ਕੰਮ ਕਰ ਤੇ ਸਾਥ ਲੈ
ਕੱਲੇ-ਕੱਲੇ ਦੀ ਪਈ ਆ ਮੱਤ ਮਾਰੀ

ਜੇ ਮਿਲਿਆ ਬਿਨਾਂ ਮਕਸਦ ਦਾ ਹਾਣੀ ਏ
ਸਮਝ ਸਕਦੀ ਨਹੀਂ, ਇਹ ਦੁਨੀਆਂ ਕਾਣੀ ਏ
ਕੋਈ ਰੁੱਝਿਆ ਪੈਸੇ ਦੀ ਪੰਡਾਂ ਬੰਨਦਾ
ਕਿਸੇ ਫਿਕਰ ਨੇ ਆਣ ਘੇਰਿਆ
ਵੀ ਮੈਂ ਸ਼ਾਮ ਦੀ ਰੋਟੀ ਵੀ ਖਾਈ ਏ
ਉੱਪਰ ਵਾਲਿਆਂ ਕਿਉਂ ਨਾ ਸੁਣਦਾ ਦੁੱਖ ਤੂੰ
ਖੋਟੀ ਕਿਸਮਤ ਹੀ ਅੱਜ ਤੱਕ ਮਾਣੀ ਏ
ਭੈਣ ਕਹਿਕੇ, ਭਰਾ ਅਖਵਾਕੇ
ਆਪਣੀ ਹਰ ਰੀਝ ਪੁਗਾ ਗਿਆ
ਝੂਠੇ ਹੰਝੂ ਨੇ, ਮੈਂ ਖੁਦਗਰਜ਼ ਆਂ
ਰੱਖੜੀ ਬਨਾ ਕੇ ਵੀਰ ਸਮਝਾ ਗਿਆ
ਰੋਣਾ, ਮਰਨਾ, ਹਰ ਦੁੱਖ ਵੀ ਜਰਨਾ
ਇੰਝ ਈਰਖਾ ਕਰਕੇ ਨਹੀਂ ਸਰਨਾ
ਹਰ ਪਲ ਦਿਲ ਮਚਾਵੇਗਾ
ਹੰਝੂ ਵੀ ਅੱਖਾਂ ਚੌ ਵਹਾਵੇਗਾ
ਨਰਕ ਚ ਬੈਠਿਆਂ ਜਦੋਂ
ਕੀਤਾ ਗੁੱਸਾ ਯਾਦ ਆਵੇਗਾ
ਜਿਹੜੇ ਦਿਨ ਨੇ ਹੱਸਕੇ ਸਾਰ ਮਨਾਂ
ਫਲ ਤੈਨੂੰ ਆਪੇ ਰੱਬ ਖਵਾਵੇਗਾ
ਐਸੀ ਮਰਨੀ ਜੋ ਮਰੈ
ਬਹੁਰਿ ਨ ਮਰਨਾ ਹੋਇ ॥
ਜੇ ਰੱਬ ਦੇ ਆਖੇ ਅਨੁਸਾਰ ਚੱਲੇਗਾ
ਨੇੜੇ ਨਾ ਲੱਗੋ ਭੁੱਖ ਕੋਇ

Abhireet K Gill (X-Jade)
Gurjot Singh Brar (X-Diamond)



हिंदी विभाग



बचपन

बचपन है ऐसा खजाना
आता है न जो दोबारा
मुश्किल है इसको भुलाना
वो खेलना, कूदना और खाना,
मौज मस्ती में बलखाना!
वो माँ की ममता, वो पापा का दुलार,
भुलाए न भूले, वो सावन की फुहार!
मुश्किल है इसको भुलाना...
वो कागज की नाव बनाना
वो बारिश में खुद का भीगना!
वो झूले झूलना और मुस्काना,
वो पतंगो का उड़ना उड़ाना।
मुश्किल है इसको भुलाना
वो यारों की यारी में सब भूल जाना,
और डंडे से गिल्ली को दूर उड़ाना!
वो होमवर्क से जी चुराना,
और टीचर के पूछने पर बहाने बनाना!
मुश्किल है इसको भुलाना
वो एग्जाम में रहे लगाना,
फिर रिजल्ट के डर से घबराना!
वो दोस्तों के साथ साइकिल चलाना
वो छोटी-छोटी बातों पर रूठ जाता
मुश्किल है इसको भुलाना...
वो माँ का प्यार से मनाना
वो पापा के साथ घूमने जाना
और पिज्जा और बर्गर खाना
याद आता है अब वो जमाना,
बचपन है ऐसा खजाना,
मुश्किल है इसको भुलाना।

Upkeerat Kaur
(VIII-Opal)

November

D'un coup d'oeil

Shalom Sports Day-2022



Children's Day 2022



November

D'un coup d'oeil

Shalom Sports Day-2022





HAPPY
GURPURAB

Japjeet Singh
Vi-Turquoise



Shabadjot
VI-Zircon

Pandit Jawaharlal Nehru



Diksha
VI-Turquoise



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

*Thank
you*



www.shsmoga.com