



THE BDPS RESONANCE E-NEWSLETTER

VOLUME: 3
OCTOBER TO DECEMBER 2025

bdpsnewsletter@gmail.com



THE SCHOOL CAMPUS

The senior school site is situated on the Lower mall. The sprawling campus includes a four storey instructional block. The Nursery Wing, the Preparatory Wing and Junior Wing are located in a separate building, equipped with modern amenities. As per the CBSE direction, the school has a Math Lab and a fully functional English Lab. An Air-conditioned Conference Room, a Music Room, Art and Craft Room, Dance Room and a well-equipped Library are the other hallmarks of the school. Both the junior as well as the senior wing, boast of state-of-the-art Computer Laboratories, well equipped and modern Science Laboratories, which makes an emphatic statement about the commitment of the school to gear its students to navigate the information superhighway that is changing the world. To add a feather in our cap the school has become techno savvy with the establishment of E-Smart classes.

Well-equipped Biology, Physics and Chemistry laboratories are constantly buzzing with activities. Our automated library subscribes to a variety of newspapers and magazines. A canteen serves and refreshes the students during recess. RO Systems installed in the school ensure clean drinking water for the students. Responding to the need of the hour, the school authorities have installed CCTV Cameras in the school premises for additional security. The School Management is particular in providing the best infrastructure, therefore a multi utility hall in the junior wing and a new activity building in the senior wing have been added to the campus.

The school also takes pride in the fact that a lift has been installed in the senior wing to facilitate movement of teachers and students.

To enhance student comfort, concentration, and overall learning environment, leading to improved academic performance and well-being, improve indoor air quality, reduce the spread of illnesses, and contribute to a more productive learning environment for both students and teachers we have fully air conditioned classrooms that put the school amongst the best of the institutions that boast of all the latest and modern amenities.

SCHOOL MANAGEMENT

A COMBINATION OF STRATEGY AND CHARACTER.



SINGH SAHIB JATHEDAR BABA BALBIR SINGH JI (AKALI)

**96 CRORI 14TH CHIEF SHIROMANI PANTH AKALI BUDHA DAL PANJAWAN TAKHT
THE SIKH EDUCATIONAL SOCIETY SHIROMANI BUDHA DAL PANJAWAN TAKHT (REGD.)**

CHIEF PATRON



MRS. SUKHVINDERJIT KAUR

PRESIDENT



MRS. PARMINDERJIT KAUR BRAR
ADMIN OFFICER



Adv. S. KARAN RAJBIR SINGH
DIRECTOR OF EDUCATION AND ADVISOR

LEADING WITH HEART AND SOUL



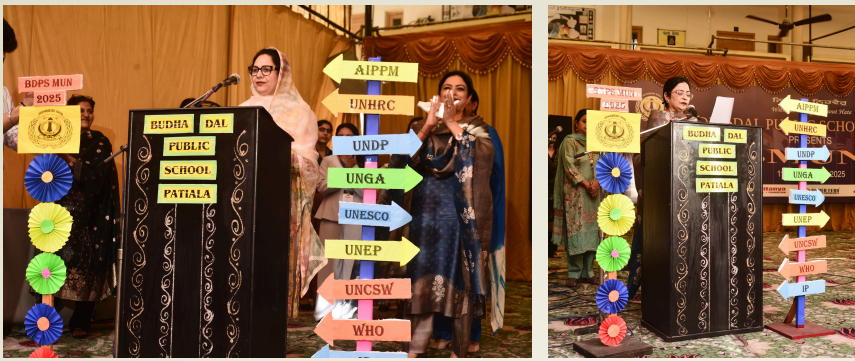
MRS. HARPREET KAUR
PRINCIPAL



MRS. BHARATI KWATRA
JUNIOR WING INCHARGE

BDPSMUN'25

A GLOBAL STAGE THAT SHAPES FUTURE



In a grand Opening Ceremony, Budha Dal Public School, Patiala began the 5th Edition of Model United Nation Conference 2025 in the school campus on 11 October 2025.

Our most honourable Chief Patron Singh Sahib Jathedar Baba Balbir Singh ji extended his best wishes and blessings for the success of the conference.



The event was graced by the Honourable School President, Mrs. Sukhvinderjit Kaur and the Director of Education and Advisor, S. Karan Rajbir Singh. S. Tarvinder Singh Kapoor, Member Income Tax Appellate Tribunal was the Chief Guest of the occasion. Among the other dignitaries present were Mrs. Harpreet Kaur, Principal, Budha Dal Public School, Patiala, Mrs. Amandeep Kaur, Principal, Budha Dal Public School, Samana and Junior Wing incharge Mrs. Bharati Kwatra. The programme commenced with the lighting of the Ceremonial lamp followed by the rendition of shabad. The ceremony became more momentous with the Folk dance performance. The musical fiesta by the school choir group set the mood of the audience. Hon'ble S. Tarvinder Singh Kapoor in his addressal congratulated BDPSMUN'25 committee members for their remarkable work. He urged the delegates to shoulder the responsibility of being a global citizen with pride. He was enthralled to see the adept agendas of all the 9 committees- AIPPM, UNHRC, UNCSW, UNGA, UNDP, UNEP, UNESCO, WHO and INTERNATIONAL PRESS. The School President, Mrs. Sukhvinderjit Kaur in her speech appreciated the strenuous efforts of the teachers as well as students.

Mrs. Harpreet Kaur, the school Principal expressed that it was a unique experience to watch hundreds of future world leaders getting groomed up under one roof. She felt proud of the delegates who not only kept the beacon of knowledge flaming but also passed on a rich legacy of values to their peers.

The conference was declared open by the School President Mrs. Sukhvinderjit Kaur and handed over gavel to Secretary General Ms. Yanadeep kaur.



BROADENING HORIZONS



The Model United Nations witnessed enthusiastic participation from students, making the conference both engaging and impactful. Delegates came well prepared, representing their assigned countries with confidence, clarity, and a strong sense of responsibility. The committee sessions were marked by active debates, thoughtful questioning, and meaningful discussions on global issues, reflecting the dedication and effort put in by the participants.

What truly stood out was the spirit of collaboration and diplomacy displayed throughout the conference. Delegates listened to diverse perspectives, negotiated respectfully, and worked together to draft resolutions, mirroring the functioning of real international forums. The chairs and executive board played a crucial role in guiding discussions and ensuring that sessions remained productive and inclusive. The conference proved to be a valuable learning experience for all involved. Participants enhanced their public speaking skills, developed critical thinking abilities, and gained a deeper understanding of international relations and global challenges. Beyond academic learning, the event fostered confidence, leadership, and teamwork among students.

Overall, the Model United Nations was not just a simulation but a platform that encouraged students to voice their opinions, respect differing viewpoints, and grow as informed global citizens. The enthusiasm and commitment shown by the participants made the event a memorable and enriching experience for the entire school community.



ਕਲਜੁਗ ਮਹਿ ਕੀਰਤਨ ਪਰਧਾਨਾ। ਗੁਰਮੁਖਿ ਜਪੀਐ ਲਾਇ ਧਿਆਨਾ।



Budha Dal Public School, Patiala, under the divine guidance of its Chief Patron, Singh Sahib Jathedar Baba Balbir Singh Ji (Akali) 96 Crori, organized a magnificent Gurmat Samagam to commemorate the 350th Martyrdom of Shri Guru Tegh Bahadur Ji. Held on the school premises, the sacred event was graced by distinguished personalities who enhanced its spiritual grandeur. The School President, Mrs. Sukhvinderjit Kaur, the Director of Education and Advisor, Advocate S. Karan Rajbir Singh and Mrs. Manpreet Kaur blessed the gathering. The programme also witnessed the presence of Mrs. Harpreet Kaur, Principal Patiala, Mrs. Amandeep Kaur, Principal Samana, and Mrs. Bharati Kwatra, Junior Wing Incharge.

The Samagam offered a profound platform for students, staff, and the sangat to connect deeply with the supreme sacrifice of Guru Tegh Bahadur Ji, who gave his life to uphold religious freedom and human dignity. The atmosphere was filled with devotion as everyone reflected on Guru Ji's unparalleled courage and compassion. The Chief Patron, Singh Sahib Jathedar Baba Balbir Singh Ji, delivered an inspiring address, highlighting Guru Ji's timeless teaching, standing firm in righteousness, protecting the oppressed, and living with unwavering faith. His words resonated deeply, urging all to embody these values in daily life and become beacons of truth and compassion in society.



Understanding the significance of this sacred occasion and the wish to spread Guru Ji's teachings widely, the entire Samagam was broadcast live, enabling devotees across various locations to join the divine congregation. This live telecast allowed countless individuals who could not be physically present to connect spiritually with the programme, experience its divine vibrations, and seek Guru Ji's blessings. The initiative reflected the school's commitment to making spiritual wisdom accessible to all, transcending physical boundaries and uniting the global sangat in collective prayer and remembrance. The magnificent Gatka display, showcasing the traditional Sikh martial art, brought the session to a spectacular close. Young warriors displayed courage, discipline, and grace through their synchronized movements, highlighting Sikhism's rich martial heritage and the spirit of fearlessness embodied by Guru Tegh Bahadur Ji. The rhythmic clashing of swords and the warriors' agility left the audience spellbound, reminding all of the power of physical strength blended with spiritual fortitude.



ਮਹਾਨ ਗੁਰਮਤਿ ਸਮਾਗਮ



The spiritual essence of the Samagam was beautifully captured through the soul-stirring Shabad Kirtan performed by the talented students of Budha Dal Public School. Their melodious voices, filled with devotion and purity, created an atmosphere of profound serenity and divine connection that transported the sangat into a state of spiritual bliss. Each Shabad was rendered with deep emotion and perfect harmony, with sacred hymns echoing through the school premises and touching every heart present. The students had prepared extensively for this performance, understanding the sanctity of the occasion and their responsibility as vessels for the Guru's divine word. The Kirtan included compositions that specifically celebrated the life and martyrdom of Guru Tegh Bahadur Ji, recounting his supreme sacrifice and unwavering commitment to protecting religious freedom. Following the spiritual congregation, Guru Ka Langar was served throughout the day, exemplifying the fundamental Sikh principles of equality, community service, and sharing. Volunteers, including students, teachers, and community members, worked tirelessly in the spirit of seva to prepare and serve nutritious meals to all attendees, regardless of their background, caste, creed, or social status. Everyone sat together in pangats on the floor, sharing the same simple meal and reinforcing the message of humility and equality. The Langar not only nourished the body but also fed the soul, as it was prepared and served with love and devotion. As people from all walks of life sat together sharing food and fellowship, the true essence of Guru Tegh Bahadur Ji's teachings, that all humanity is one, was beautifully manifested. The Samagam concluded with everyone feeling spiritually enriched and inspired to carry forward the legacy of righteousness, courage, and compassion in their lives.



MYSTIC MELANGE

THE SCHOOL ANNUAL DAY

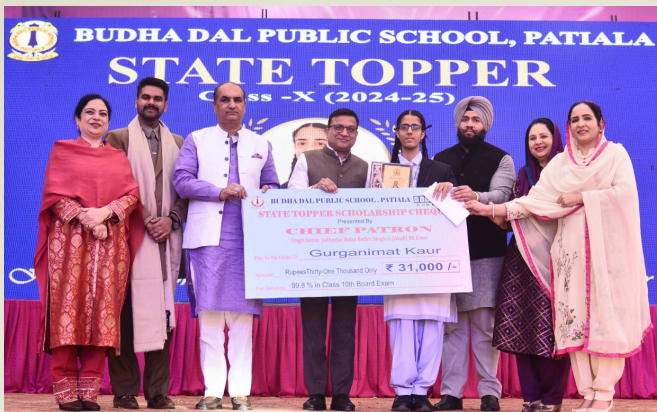


Budha Dal Public School, Patiala celebrated its Annual-Day-Cum Prize Distribution on 2nd December 2025 with unprecedented enthusiasm, marking another milestone in the institution's journey of excellence. The evening was graced by the divine presence of the Chief Patron of the School, Singh Sahib Jathedar Baba Balbir Singh Ji (Akali) 96 Crori, whose blessings sanctified the entire gathering and set a spiritual tone for the celebrations.

The eminent galaxy of guests included the School President, Mrs. Sukhvinderjit Kaur; Advocate S. Karan Rajbir Singh, Director of Education and Advisor to Budha Dal Public Schools; and Dr. Simran, whose continued guidance has been instrumental in shaping the school's vision. The occasion was further graced by the presence of distinguished dignitaries, Mr. Vinay Bublani (IAS), Divisional Commissioner Patiala; Dr. Preeti Yadav (IAS), Deputy Commissioner Patiala; Ms. Simerpreet Kaur (PCS), Additional Deputy Commissioner Patiala; Mr. Kuldeep Singh Chahal (IPS), DIG Patiala Range; and other eminent officers and advisors. The guests were warmly welcomed by the school's leadership trio—Mrs. Harpreet Kaur, Principal, Budha Dal Public School Patiala; Mrs. Amandeep Kaur, Principal, Budha Dal Public School Samana; and Mrs. Bharati Kwatra, Incharge, Junior Wing Patiala. The programme commenced with a soulful Shabad, followed by the lighting of the ceremonial lamp, symbolizing the triumph of knowledge and wisdom. The atmosphere resonated with enthusiasm as students, teachers, and parents gathered to celebrate excellence, talent, and holistic development fostered by the institution.



A UNIQUE BLEND OF DIVERSITY



The Annual Day celebrations showcased the exceptional talent and creativity of Budha Dal Public School students across both wings. The Junior Wing students opened the performances with vibrant and energetic acts that captivated the audience from the very beginning, earning thunderous applause and setting a high bar for the evening's entertainment. Their innocent charm combined with well-rehearsed performances demonstrated the careful nurturing of talent at the foundational level. The Senior Wing students then took center stage, presenting a colourful array of folk dances that celebrated Punjab's rich cultural heritage and transported the audience through the region's diverse traditions, leaving spectators mesmerized by their grace, rhythm, and expressive storytelling.



The evening reached its crescendo with several spectacular performances that left an indelible mark on every spectator. The most riveting performance was “Punjabi Virsa,” an astounding visual treat that enthralled the audience and drew unceasing applause, magnificently celebrating Punjabi culture, traditions, and values in a breathtaking spectacle. The thought-provoking Punjabi play “Panj Aab” presented a poignant portrayal of Punjab's intimate relationship with its five rivers, capturing both the devastation wrought by floods and the enduring, indomitable spirit of its people in the face of natural calamities.



“The Dribbling Moves” by sports students demonstrated how athletic prowess can transform into a dance form through synchronized movements. The grand finale featured the Sikh martial art of Gatka, where students set energy levels soaring with a precision-filled performance, showcasing agility and warrior spirit. The evening concluded with the prize distribution ceremony, honoring achievers and performers, leaving everyone inspired and proud of the institution's commitment to nurturing well-rounded individuals who excel in academics, arts, sports, and cultural activities.

CELEBRATING SKILL AND SPIRIT OF SPECIALLY ABLED



Budha Dal Public School, Patiala, in collaboration with the School for Deaf and Blind, organized a heartwarming exhibition that celebrated the creativity, skill, and spirit of specially-abled students. The event showcased an impressive collection of handcrafted items, including candles, bags, greeting cards, aprons, wall hangings, and beautifully woven rugs — each piece reflecting the dedication and artistic excellence of the students.

The atmosphere was filled with pride and joy as these young artists presented their creations to visitors, parents, and teachers. The exhibition drew an overwhelming response from all attendees who were deeply moved by the students' creativity and hard work. Visitors admired the intricate craftsmanship, innovation, and attention to detail that went into each product. The event served as a testament to the students' ability to overcome challenges and express themselves through art. It also provided them with a valuable platform to gain confidence, interact with the community, and receive appreciation for their efforts. Principal Mrs. Harpreet Kaur lauded the initiative and commended the exemplary work of the special students, emphasizing that such collaborations nurture empathy, sensitivity, and inclusivity among all learners. She further encouraged the school community to continue supporting and creating spaces that recognize diverse talents.



Teachers and volunteers from both institutions worked tirelessly to make the event a success, ensuring that every student felt proud of their contribution. The exhibition concluded with heartfelt applause and admiration, leaving a lasting impression on everyone present. It stood as a beautiful reminder that true education lies not just in academics, but in celebrating every individual's uniqueness and potential.

DIWALI CELEBRATION

WITH SPIRIT OF JOY AND FESTIVITY



Budha Dal Public School, Patiala organized a grand celebration to mark the auspicious occasion of Diwali, bringing together students and staff in a spirit of joy and festivity. The event was a beautiful blend of cultural performances, environmental awareness, and spiritual reflection. The celebration began on a spiritual note with a melodious shabad, invoking the blessings of the Almighty and setting a serene atmosphere for the festivities that followed. Students from Class VIII took center stage to deliver thoughtful and insightful speeches that enlightened the audience about the historical and cultural significance of both Bandi Chhor Diwas and Diwali. Their presentations highlighted the deeper meanings behind these celebrations and their relevance in contemporary times. One of the highlights of the event was a compelling street play performed by talented students, which carried an important message about celebrating an eco-friendly and pollution-free Diwali. Through their dramatic performance, the young actors successfully conveyed the urgent need to protect our environment while enjoying traditional festivities, encouraging everyone to adopt sustainable practices during the festival season. The school choir added a magical touch to the celebration with their mesmerizing musical performance. Their harmonious voices resonated throughout the venue, captivating the audience and enhancing the festive spirit. The musical rendition showcased the students' artistic talents and added to the overall charm of the event. The celebration concluded on a patriotic and unifying note with the singing of the National Anthem. This powerful ending left everyone present feeling inspired, uplifted, and filled with a renewed sense of pride and responsibility. The event successfully combined tradition, awareness, and patriotism, making it a memorable occasion for the entire school community.



EUROPE TRIP - A GLOBAL EXPOSURE

Twenty-two students from Classes 6 to 12, accompanied by two teachers, embarked on an enriching educational tour across Paris, Switzerland, and Italy. This memorable journey offered students a perfect blend of cultural exploration, historical learning, and adventure, providing them with invaluable global exposure and experiences that broadened their horizons beyond the classroom.



The tour began in Paris, where students experienced the magic of Disneyland, enjoyed a scenic cruise along the Seine River, and marveled at the city's skyline from the iconic Eiffel Tower. The journey continued to Switzerland, where the group explored cutting-edge science at the CERN Science Gateway and visited landmarks including the United Nations headquarters and the symbolic Broken Chair Sculpture. A city tour of Geneva was followed by a visit to the Maison Cailler Chocolate Factory and an ascent to Mount Titlis aboard the Rotair Cable Car. The final leg took students to Italy, starting with the Leaning Tower of Pisa. In Rome, they explored the Colosseum, Palatine Hill, and Roman Forum. The grandeur of St. Peter's Basilica and Square in Vatican City left a lasting impression, followed by an Italian dinner. A shopping excursion at Castel Romano concluded the tour, leaving students with cherished memories and enriching experiences.



EXPLORING, LEARNING AND ENJOYING WITH SCHOOL SQUAD



School organised enriching educational trips that perfectly blended learning with adventure. Students explored KidZania's child-sized city, experiencing real-world professions like doctors, pilots, and chefs while earning KidZos and learning financial literacy. The Museum of Illusions captivated them with mind-bending exhibits like the infinity mirror and tilted room, while Pushpa Gujral Science City, Kapurthala, unveiled the marvels of physics, space exploration, and life sciences through interactive galleries and a spectacular laser show. Students also savored authentic Punjabi cuisine at Rangla Punjab, Jalandhar, making the experience truly memorable and delightful.



The highlight was an extraordinary four-day journey to Rajasthan's golden deserts—exploring Bikaner and Jaisalmer's magnificent forts, wandering through vibrant local markets filled with traditional handicrafts, experiencing the rich cultural heritage, and creating unforgettable memories. These immersive experiences ignited curiosity, fostered teamwork, and reminded students that true education extends far beyond textbooks, nurturing young minds through hands-on exploration and joyful discovery.



ਸਫ਼ਰ-ਏ-ਸ਼ਹਾਦਤ

A TRIBUTE TO CHAAR SAHIBZADE



A Special Assembly was organized to observe Shaheedi Week, paying heartfelt tribute to the Chaar Sahibzaade—the four young sons of Guru Gobind Singh Ji who made the ultimate sacrifice for their faith and principles. The assembly commemorated their martyrdom, highlighting their supreme sacrifice, unparalleled courage, and unwavering devotion in the face of brutal injustice. The programme began with solemn prayers, followed by soul-stirring shabads that evoked the spirit of sacrifice and resilience. Students presented thoughtful reflections on the lives of the Sahibzaade, recounting how Sahibzada Ajit Singh Ji, Sahibzada Jujhar Singh Ji, Sahibzada Zorawar Singh Ji, and Sahibzada Fateh Singh Ji demonstrated extraordinary bravery at tender ages. The younger Sahibzaade, aged just six and nine, chose martyrdom over renouncing their faith, while the elder brothers fought valiantly on the battlefield. Through dramatic presentations and speeches, students were inspired to imbibe the values of bravery, righteousness, justice, and selfless service exemplified by these young martyrs. The assembly served as a powerful reminder of their timeless legacy, encouraging students to stand firm in their convictions and uphold moral values in their own lives.



INTER- HOUSE MATHS QUIZ

MATHEMATICS IS THE MUSIC OF REASON



An exciting Inter-House Mathematics Quiz Competition for students of classes VI to IX was organised on the occasion of National Mathematics Day. The event was designed to celebrate the beauty of mathematics and honor the legacy of the great mathematician Srinivasa Ramanujan, whose birthday is commemorated as National Mathematics Day. The competition witnessed enthusiastic participation from all four houses, with students showcasing their comprehensive mathematical understanding, analytical thinking, and problem-solving skills. The quiz was meticulously structured into five engaging rounds, each testing different aspects of mathematical knowledge and aptitude. The rounds included a challenging Riddle Round that tested logical reasoning, an adrenaline-pumping Rapid Fire Round that demanded quick thinking and accuracy, a True-False Round that assessed conceptual clarity, along with two other intellectually stimulating rounds that kept participants and spectators alike on the edge of their seats. Students demonstrated remarkable proficiency as they tackled complex mathematical concepts, numerical patterns, and logical puzzles with confidence and enthusiasm.



Results:

I Position - BASH House

II Position - BFSH House

III Position - BZSH House

Heartiest congratulations to all the proud winners. The event not only tested mathematical skills but also fostered healthy competition and teamwork among students.

CHILDREN'S DAY

SMALL HANDS, BIG DREAMS - THAT'S THE BEAUTY OF CHILDHOOD



Children's Day was celebrated with great enthusiasm and warmth at Budha Dal Public School, Patiala, with the aim of honouring the innocence, creativity, and potential of every child. The day holds special significance in India as it is observed on 14 November, the birth anniversary of Pandit Jawaharlal Nehru, the first Prime Minister of independent India, who was deeply fond of children and believed that they are the true strength and future of the nation. His vision emphasised the importance of education, care, and opportunities for children to grow into responsible and confident citizens.

Keeping this spirit alive, the celebration at the school was dedicated entirely to the students. Teachers took the initiative to make the day memorable by presenting songs and sharing heartfelt messages that reflected their love, care, and unwavering commitment towards their students. Their performances conveyed not only joy but also the deep bond shared between teachers and learners.

Adding a nostalgic charm to the programme, the teachers included old and familiar rhymes, allowing both students and staff to relive the simplicity and happiness of childhood. The cheerful atmosphere, filled with smiles and laughter, made the celebration truly special for the students.

The programme was further graced by an address from the respected School Principal, Ms. Harpreet Kaur, who extended her warm wishes to all the students on the occasion of Children's Day.

In her speech, she highlighted the importance of nurturing young minds with values, discipline, and compassion, while encouraging students to dream big and believe in themselves.

The celebration concluded on a joyful and meaningful note, reinforcing the school's commitment to creating a nurturing environment where children feel valued, supported, and inspired to grow into thoughtful and capable individuals.



ਨਾਨਕ ਨਾਮ ਜਗਾਜ ਹੈ ਚੜ੍ਹੇ ਸੇ ਉਤਰੇ ਪਾਰ



Budha Dal Public School, Patiala commemorated the sacred birth anniversary of Sri Guru Nanak Dev Ji with profound devotion and reverence. The celebration began with a traditional Prabhats Pheri that filled the campus with divine energy and spiritual bliss, setting a tone of deep spiritual connection.



The campus resonated with soulful Shabad Kirtan as students beautifully recited hymns, highlighting Guru Nanak Dev Ji's divine teachings of peace, humanity and universal brotherhood. A heart-touching poem depicting Guru Ji's life was presented, capturing the essence of his eternal message. The sacred Karah Prashad was respectfully distributed among students and staff, symbolizing the values of equality, gratitude and collective harmony. School Principal Mrs. Harpreet Kaur extended warm wishes on this auspicious occasion and encouraged everyone to imbibe Guru Nanak Dev Ji's teachings in their daily lives. The celebration stood as a heartfelt tribute to Guru Sahib's guiding light, encapsulated in the spirit of "Nanak Naam Chardi Kala, Tere Bhane Sarbat Da Bhala," inspiring every learner to walk the path of truth, seva, compassion and humility in their everyday conduct.



LITTLE FINGERS BIG HEARTS



ART: THE HEARTBEAT OF ACTIVISM



Aalia Tabassum
9th A



4thB



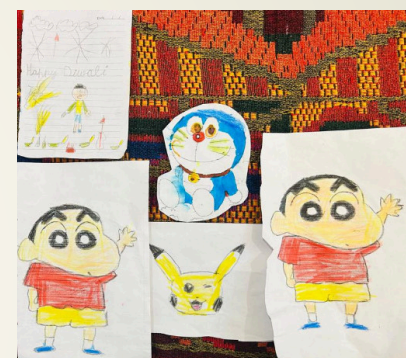
Dilraj Singh



Urshita
7th D



Harnoor
5thA



Agamveer Singh
Prep 2 B



Gurreet Dhaliwal
Editor



Sehajleen Kaur
Editor



I WRITE , THEREFORE I AM

The role of Exercise and Games in keeping us fit

Exercise and games are very important for a healthy life. In today's generation, many children spend hours on their phones, TV and video games. This makes the body lazy and weak. But when we play sports or exercise, our body becomes active and strong. Sports improve our flexibility and balance. They also keep our heart healthy. Games teach us teamwork, discipline, confidence and leadership. Playing outdoors gives us fresh air, sunlight and happiness. Indoor games help improve focus and reduce stress. Exercising also improves flexibility and gives us joy. It not only makes our body fit but also keeps our mind fresh and positive. So, we should play and exercise everyday and make it a part of our life.

Vanya Suri
5 – B

Healthy Habits : Small Steps Towards Big Change

“Success is the product of daily habits, not once in a lifetime transformations.” (By : James Clear)

Health is the greatest gift and this reminds us that it is one of the important things, which need care. We can maintain condition of human body which means staying healthy mentally, physically and socially. Big changes often feel over whelming but we can start with small daily steps. We can adopt healthy habits by adding to routine like eating fresh fruits, drinking enough water, spending time outside while playing games or exercising. We can inculcate sense of healthy habits by introducing cleanliness, personal hygiene, timely sleep and good talks with family and friends.

“Small daily steps lead to big lifelong changes.”

Therefore small steps taken today can build a bright and healthy tomorrow. So let's start now.

Gurprateek Singh
5 – D

The Magic of Autumn

Autumn comes with gentle cheer, as summer slowly disappears. The sun feels warm but never strong and cool winds sing a happy song.

Leaves change colours on every tree, red and yellow as bright as can be.

They fall and dance upon the ground, making soft and crunchy sounds.

The sky is clear, the air feels new, morning sparkles with silver dew. Autumn's magic fills the day, in every step and every way.

Simple moments calm and bright, make this season feel just right. Autumn's magic warm and true brings a smile to me and you.

The magic season feels so true, painting dreams in every view. Autumn's show is soft and kind, happy moments for the mind.

Ashneer Kaur
V B

Artificial Intelligence : Can robots be our helpers

Artificial intelligence is changing the way we live, and one question many people ask is: Can robots be real helpers? Today AI – powered machines can do simple tasks like cleaning homes, answering questions or guiding us through directions. In hospitals, they assist doctors by keeping track of patients data or even performing precise surgeries. Robots don't get tired, forget tasks or need breaks, which makes them reliable assistants for repetitive work. However, they still lack emotions, creativity and human judgement, so they cannot replace personal care or decision making completely. Despite these limits, AI robots can save time, reduce stress, and support humans in countless times. They may not feel like friends but they can certainly be valuable helpers in every day life.

Gurleen Kaur
V C

If I were a peace messenger for a day

If I were a peace messenger for a day, I would try to spread kindness and calm wherever I go. I would start in my school, reminding students that peace begins with simple things – sharing, helping and treating everyone with respect.

I would also bring people together to talk instead of arguing. Many problems can be solved just by listening to each other. To make the day special, I would set up a small “Peace Board” where students could write kind messages or draw symbols of peace.

My message to everyone would be simple: peace is not created by one person, but by all of us. If we choose kindness everyday, even in small ways, we can make the world a more peaceful place.

Prabhasees Singh
V B



The land of flowers

The land of flowers looking so beautiful

Daisy ,roses and tulips too.

Perfume of Jameen and Lily so,
If you look them, you will inspire too.

La La La, Bloom like a Flower
Leave the life with love And dedication.

Ha ha ha, Laugh every time, make your personality, good, and nice.

Bloom like a flower, every time,
Stay calm and healthy, always shine.

Always shine up to the sky, like a Golden Star .

The land of flower, looking very nice bloom like a flower, every time.

Nimrat Kaur
4B

माँ

ज़िन्दगी की पहली शिक्षिका माँ,
ज़िन्दगी की पहली दोस्त माँ,
ज़िन्दगी भी माँ क्योंकि,
ज़िन्दगी देने वाली ही माँ।

सबका हरदम ध्यान रखती,
कभी न करती आना-कानी,
परिवार का आधार है माँ,
माँ बिना अधूरी सबकी कहानी।

तेरे डिब्बे की वो दो रोटियाँ,
कहीं बिकती नहीं माँ,
महंगे होटलों में आज भी,
भूख मिटती नहीं माँ।

मैं अपने छोटे मुख से,
कैसे गाऊँ तेरा गुणगान,
माँ तेरी ममता के आगे,
फीका-सा लगता है ये संसार।

वंशिका
कक्षा: V-C

सुंदर जीवन

खुशी से जीओ,
तो मस्त है ज़िंदगी,

दुख से जीओ,
तो नष्ट है ज़िंदगी,

तुलना करते रहो,
तो पस्त है ज़िंदगी,

इंतज़ार में गुज़ारो,
तो सुस्त है ज़िंदगी,

पढ़ने में गुज़ारो,
तो किताब है ज़िंदगी,

दिखावे में गुज़ारो,
तो बर्बाद है ज़िंदगी,

मिलती है सिर्फ़ एक बार,
प्यार से बिताओ ज़िंदगी।

जपजीत कौर
कक्षा: 5-सी

Nature: Lessons Written In Green

In a world dominated by screens, schedules, and constant noise, nature remains the quiet teacher we often overlook. From the rustle of leaves in the morning breeze, to the steady rhythm of rainfall, nature offers lessons no textbook can fully capture. It is a classroom without walls—open to all, asking only that we pause and observe.

Nature teaches us patience. A seed does not grow overnight, nor does a tree rush its seasons. In watching plants grow and rivers flow, we are reminded that progress takes time and that not everything needs to be hurried. This lesson is especially important for students, who often feel pressured to achieve quickly without allowing themselves space to grow and learn naturally.

It also teaches balance. Every ecosystem thrives on harmony—predators and prey, sunlight and rain, growth and decay. When one element is disturbed, the entire system feels the impact. Similarly, our lives require balance between work and rest, ambition and well-being. Ignoring this balance can lead to burnout, just as environmental neglect leads to destruction.

Perhaps most importantly, nature teaches responsibility. Climate change, deforestation, and pollution are not distant problems; they are consequences of human choices. As the next generation, students have a role in protecting the environment, whether through small actions like reducing waste or larger efforts such as spreading awareness.

Nature does not speak in words, yet its message is clear. It asks us to listen, to respect, and to protect. By reconnecting with the natural world, we not only preserve the planet but also rediscover ourselves. In caring for nature, we learn how to care for our future.

Mehakdeep Kaur Pannu
(Editor)



ऐसी वाणी बोलिए मन का आपा खोय औरन को शीतल करे
आपहुँ शीतल होय।

वाणी हमारे व्यक्तित्व का आईना होती है। यह विचारों और भावनाओं को व्यक्त करने का शक्तिशाली माध्यम है। वाणी ही है जो अपनी कटुता के कारण महाभारत का युद्ध करवा सकती है, और यही वाणी जब कोमल रूप धारण कर लेती है तो शत्रुओं को मित्र बना सकती है।

छात्र जीवन संपूर्ण जीवन की नींव होता है। अतः प्रत्येक छात्र को चाहिए कि अभी से मीठी वाणी को अपने स्वभाव में शामिल करें। वाणी का प्रयोग करते हुए केवल मीठा बोलना ही काफी नहीं। एक सफल व्यक्ति बनने के लिए कई महत्वपूर्ण बातों का ध्यान रखना चाहिए घमंड छोड़कर मीठी और विनम्र भाषा का उपयोग करना चाहिए।

इससे सुनने वाले और बोलने वाले दोनों के मन को खुशी मिलती है। बिना सोचे समझे या क्रोध में कुछ भी नहीं बोलना चाहिए। वाणी का प्रयोग करते हुए दूसरों की भावनाओं का ध्यान रखना चाहिए व सम्मानजनक शब्दों का प्रयोग करना चाहिए। किसी ठीक सभा को हंसी ठिठोली के शब्द बोलना अनुचित है। इस प्रकार वाणी के प्रयोग में सावधानी रखते हुए हम पराए को भी अपना बना सकते हैं।

“मानव मर जाता है लेकिन, शब्द कभी न मरता है। शब्द-बाण से आहत मन का घाव कभी न भरता है।”

Sahib Kaur Toor
IVA

जल बचाओ

पानी हमारे जीवन के लिए बहुत जरूरी है। बिना पानी के कोई भी जीवित नहीं रह सकता। आजकल कई जगहों पर पानी की कमी हो रही है। इसलिए हमें पानी बचाना चाहिए।

हम रोज़मर्रा के कामों में बहुत पानी बर्बाद कर देते हैं। हमें नल को खुला नहीं छोड़ना चाहिए। दाँत साफ़ करते समय, हाथ धोते समय या नहाने समय पानी को कम इस्तेमाल करना चाहिए। घर में पानी का रिसाव हो तो उसे तुरंत ठीक करवाना चाहिए।

पेड़ लगाना भी पानी बचाने का अच्छा तरीका है, क्योंकि पेड़ बारिश को बढ़ाते हैं। हमें बारिश का पानी इकट्ठा करने के लिए वर्षा जल संग्रह भी करना चाहिए।

अगर आज हम पानी बचाएँगे तो आने वाले समय में पानी सबको पर्याप्त मिलेगा। पानी बचाना हमारा कर्तव्य है।

अविजोत कौर
कक्षा: चौथी -बी

विद्विआरथी अਤੇ कित्ताबं

कित्ताबं मनुੱਖੀ ਜੀਵਨ ਵਿੱਚ ਬਹੁਤ ਹੀ ਮਹੱਤਵਪੂਰਨ ਸਥਾਨ ਰੱਖਦੀਆਂ ਹਨ। ਕਿਤਾਬਾਂ ਇੱਕ ਸੱਚੇ ਸਾਥੀ ਦੀ ਤਰ੍ਹਾਂ ਹਮੇਸ਼ਾ ਮਨੁੱਖ ਦੇ ਨਾਲ ਰਹਿੰਦੀਆਂ ਹਨ ਅਤੇ ਸਮਾਜ ਦੇ ਹਰ ਪੱਖ ਅਤੇ ਪਹਿਲੂ ਨੂੰ ਸਮਝਣ ਵਿੱਚ ਅਹਿਮ ਭੂਮਿਕਾ ਅਦਾ ਕਰਦੀਆਂ ਹਨ। ਕਿਤਾਬਾਂ ਸਿੱਖਿਆ ਗਿਆਨ ਅਤੇ ਸਮਝ ਦਾ ਸਰੋਤ ਹਨ। ਵਿਦਵਿਆਰਥੀ ਲਈ ਕਿਤਾਬਾਂ ਸਿਰਫ ਪੜ੍ਹਾਈ ਦਾ ਮਾਧਿਅਮ ਨਹੀਂ ਸਗੋਂ ਜੀਵਨ ਦੇ ਅਨੇਕ ਰੰਗਾਂ ਨੂੰ ਸਮਝਣ ਦਾ ਰਸਤਾ ਵੀ ਹਨ। ਕਿਤਾਬਾਂ ਵਿਦਵਿਆਰਥੀਆਂ ਨੂੰ ਅਜਿਹਾ ਗਿਆਨ ਵੀ ਦਿੰਦੀਆਂ ਹਨ ਜੋ ਉਨ੍ਹਾਂ ਨੂੰ ਸੁਪਨਿਆਂ ਦੀ ਦੁਨੀਆਂ ਵਿੱਚ ਲੈ ਜਾਂਦਾ ਹੈ। ਕਿਤਾਬਾਂ ਦੀ ਮਦਦ ਨਾਲ ਹੀ ਵਿਦਵਿਆਰਥੀ ਆਪਣੇ ਸੁਪਨਿਆਂ ਨੂੰ ਸਾਕਾਰ ਕਰ ਸਕਦੇ ਹਨ ਅਤੇ ਸਮਾਜ ਵਿੱਚ ਇੱਕ ਚੰਗੇ ਨਾਗਰਿਕ ਬਣ ਸਕਦੇ ਹਨ। ਕਿਤਾਬਾਂ ਵਿੱਚ ਸਮਾਜਿਕ, ਆਰਥਿਕ ਅਤੇ ਰਾਜਨੀਤਿਕ ਜਾਣਕਾਰੀਆਂ ਹੁੰਦੀਆਂ ਹਨ ਜੋ ਹਰੇਕ ਵਿਦਵਿਆਰਥੀ ਲਈ ਮਹੱਤਵਪੂਰਨ ਹੈ। ਕਿਤਾਬਾਂ ਸਾਡੇ ਅੰਦਰ ਸੋਚਣ ਅਤੇ ਸਮਝਣ ਦੀ ਸਮਰੱਥਾ ਨੂੰ ਵਿਕਸਿਤ ਕਰਦੀਆਂ ਹਨ। ਵਿਦਵਿਆਰਥੀ ਜੀਵਨ ਕਿਤਾਬਾਂ ਦੇ ਆਸ ਪਾਸ ਗੁੰਝਿਆਂ ਰਹਿੰਦਾ ਹੈ। ਕਿਤਾਬਾਂ ਵਿਦਵਿਆਰਥੀ ਜੀਵਨ ਵਿੱਚ ਨਿਰੰਤਰ ਪ੍ਰੇਰਨਾ ਸ੍ਰੋਤ ਬਣ ਕੇ ਹਰ ਸਮੱਸਿਆ ਦਾ ਸੁਝਾਅ ਦਿੰਦੀਆਂ ਹਨ। ਇੱਕ ਸੱਚਾ ਵਿਦਵਿਆਰਥੀ ਸਮਾਜਿਕ ਬਦਲਾਅ ਲਈ ਕਿਤਾਬਾਂ ਦੇ ਸਹਾਰੇ ਕੰਮ ਕਰਦਾ ਹੈ। ਇਨ੍ਹਾਂ ਦੀਆਂ ਸਿੱਖਿਆਵਾਂ ਨਾਲ ਹੀ ਸਾਡਾ ਸਮਾਜ ਸੁਰੱਖਿਅਤ ਅਤੇ ਸੁਧਾਰਵਾਦੀ ਬਣਦਾ ਹੈ। ਕਿਤਾਬਾਂ ਸਾਡੇ ਜੀਵਨ ਦੇ ਹਰ ਪੱਖ ਨੂੰ ਗਿਆਨ ਦੀ ਰੋਸ਼ਨੀ ਦੇ ਕੇ ਰੋਚਕ ਬਣਾਉਂਦੀਆਂ ਹਨ। ਵਿਦਵਿਆਰਥੀਆਂ ਅਤੇ ਕਿਤਾਬਾਂ ਦਾ ਰਿਸ਼ਤਾ ਗਹਿਰਾ ਅਤੇ ਅਹਿਮ ਹੈ, ਜੋ ਸਾਡੇ ਜੀਵਨ ਨੂੰ ਸੰਵਾਰਦਾ ਹੈ ਅਤੇ ਇਸ ਗੱਲ ਦਾ ਪ੍ਰਣਾਮ ਪੰਜਾਬੀ ਦੇ ਇੱਕ ਮਸ਼ਹੂਰ ਕਵੀ ਨੇ ਇੰਝ ਕੀਤਾ ਹੈ :

ਕਿਤਾਬਾਂ ਨੇ ਗਿਆਨ ਦਾ ਡੰਡਾਰ ਬੱਚਿਓ
ਕਿਤਾਬਾਂ ਨਾਲ ਕਰੀਦਾ ਪਿਆਰ ਬੱਚਿਓ
ਮਨ ਲਾ ਕੇ ਬੱਚੇ ਜੋ ਕਿਤਾਬਾਂ ਪੜ੍ਹਦੇ
ਤਰੱਕੀ ਵਾਲੀ ਪੌੜੀ ਵੀ ਉਹੀ ਚੜ੍ਹਦੇ
ਕਿਤਾਬਾਂ ਦੇਣ ਜ਼ਿੰਦਗੀ ਸਵਾਰ ਬੱਚਿਓ
ਕਿਤਾਬਾਂ ਨਾਲ ਕਰੀਦਾ ਪਿਆਰ ਬੱਚਿਓ।

ਗੁਰਪ੍ਰਤੀਕ ਸਿੰਘ
ਜਮਾਤ ਪੰਜਵੀਂ ਡੀ

ਪੰਜਾਬੀਓ ਤੁਸੀਂ ਹੌਸਲੇ ਬੁਲੰਦ ਰੱਖਿਓ!

ਨਾ ਆਸ ਵਾਲੇ ਬੁਰੇ ਕਦੇ ਬੰਦ ਰੱਖਿਓ!
ਸ਼ੇਰਾਂ ਵਾਲਾ ਰਾਜ ਆ ਸਾਡਾ, ਸ਼ਾਹੀ, ਜੀਵਨ ਦਾ ਤੁਸੀਂ ਢੰਗ ਰੱਖਿਓ!

ਜੇਸ਼ ਅਤੇ ਹੇਸ਼ ਵਿੱਚ ਰਹਿਣਾ ਸਿੱਖਿਆ,
ਖੁਸ਼ੀ ਵਾਲਾ ਸਦਾ ਤੁਸੀਂ ਰੰਗ ਰੱਖਿਓ!
ਜੇ ਅੱਖ ਅੱਜ ਆਈ ਤੇ ਲੰਘ ਜਾਏਗੀ,
ਸੋਚ ਆਪਣੀ ਨਾ ਤੁਸੀਂ ਤੰਗ ਰੱਖਿਓ!
ਰੰਗਲੇ ਪੰਜਾਬੀਓ, ਸੂਰੇ ਰੰਗ ਰੱਖਿਓ!
ਸੰਕਟ-ਮੁਸੀਬਤ ਵਿੱਚ ਜਾਰੀ ਜੰਗ ਰੱਖਿਓ !

ਹਿੰਮਤ ਹੌਸਲੇ ਦਾ ਰੰਗ ਰੱਖਿਓ !
ਪੰਜਾਬੀਓ ਤੁਸੀਂ ਹੌਸਲੇ ਬੁਲੰਦ ਰੱਖਿਓ !

ਸ਼ਬਦਪ੍ਰੀਤ ਸਿੰਘ
ਪੰਜਵੀਂ ਸੀ

EDITORIAL

Dear Readers

As we turn the pages of this third quarter, we are filled with immense pride witnessing the remarkable energy and enthusiasm that have defined these past three months. Our school has been a vibrant hub of activity, with students pouring their hearts into diverse platforms from intellectual pursuits and cultural celebrations to artistic expressions and collaborative endeavours. Each event has been a testament to the incredible talent and dedication that thrives within our community. The Annual Function stood out as the highlight of this time. Each performance showcased the dedication of students and teachers who worked behind the scenes to create an unforgettable evening. In a different but deeply meaningful way, the Kirtan Samagam held in honour of Guru Tegh Bahadur Ji offered a moment for quiet reflection. Sports brought another wave of excitement. Our athletes displayed determination and focus, achieving impressive results in both inter-house and inter-school competitions. This quarter has proven that our students are not just dreamers but achievers who transform vision into reality through perseverance and teamwork.

“Coming together is a beginning, keeping together is progress, working together is success.” — Henry Ford

Regards

Student Editors (Senior Wing)

Team Editorial:

(Teachers)

Ms Gurpreet Kaur Khurana (Senior Wing)

Ms Ravneet Kaur Mander (Senior Wing)

Mr Ophil Goyal (Senior Wing)

Ms Harinder Kaur Gill (Junior Wing)

Ms Preety Madaan (Junior Wing)

(Students)

Mehakdeep Kaur (12 C)

Gurreet Dhaliwal (11 E)

Sehajleen Kaur (11 I)

Mehar Mallick(V E)

Sargun Kaur (V A)

Jasveen Kaur (V A)

Sonit Mittal(V C)

