



THE BDPS RESONANCE E-NEWSLETTER

VOLUME: 2
JULY TO SEPTEMBER 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

THE VISIONARY LEADERSHIP BEHIND OUR SCHOOL'S SUCCESS.



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

THE HEART OF THE SCHOOL, BEATING WITH POSITIVITY AND PROGRESS



MRS. HARPREET KAUR
PRINCIPAL



MRS. BHARATI KWATRA
INCHARGE (JUNIOR WING)

IN THE REALM OF LEARNING, A DEDICATED PRINCIPAL IS A MASTER BUILDER OF TOMORROW'S SUCCESS



Heartiest Congratulations to our Respected **Principal Ma'am, Mrs. Harpreet Kaur** for being honoured by Patiala Sahodaya Schools Complex with an Award of Excellence in the field of Education and for the smooth execution of CBSE initiatives and fostering a collaborative educational environment as the City Coordinator. The award resonates her phenomenal leadership, enduring dedication and commitment in shaping the young minds and elevating standards of education.

BORN WITH SUPREME ART OF THE TEACHER TO AWAKEN JOY IN CREATIVE EXPRESSION AND KNOWLEDGE



We are pleased to share that **Mrs. Taranjeet Kaur** from the English Department has been felicitated with the “Excellence in Teaching Award” by the Patiala Sahodaya Schools Complex on 23rd July 2025. Her unwavering commitment, passion for teaching and relentless pursuit of excellence have truly made a lasting impact on her students.

ANOTHER FEATHER IN OUR CAP

AGAM RANJIT KAUR GREWAL



With unmatched precision and nerves of steel, Agam Ranjit Kaur Grewal of Class XII has carved her name in glory at the 16th Asian Shooting Championship held in Shymkent, Kazakhstan. Competing in the 10 m Air Pistol Youth Women's Event, Agam secured a Silver Medal in the Individual category and a Gold Medal in the Team category. Her focus and determination have earned her international acclaim and inspired peers to aim high.



Her remarkable performance is a true reflection of her dedication, hard work, and perseverance, making our school proud at the international level. Agam's journey to this championship has been marked by relentless practice, unwavering focus, and a deep passion for the sport. From early morning training sessions to meticulous attention to technique and mental preparation, every step of her journey has been a lesson in discipline and determination. Her victory is not just a personal milestone but also a shining example for fellow students, showing that consistent effort and a never-give-up attitude can transform dreams into reality. The support of her coaches, mentors, family, and friends has been instrumental in shaping her success, guiding her through challenges and motivating her to push beyond limits. By excelling at an international platform, Agam has brought recognition not only to her own talent but also to the school, motivating others to pursue excellence in academics, sports, and extracurricular activities. Her achievement is a reminder that dedication, resilience, and courage can help young achievers make a mark on the world stage.



Heartiest congratulations to Agam Ranjit Kaur Grewal for bringing laurels to the school and raising our flag high on the international stage. Her achievement will continue to inspire generations of students to aim higher and pursue their passions with courage, perseverance, and pride. Her triumph will continue to inspire and motivate everyone to pursue excellence with passion and perseverance.

AD-VENTURE: A CREATIVE AD COMPETITION

SELLING IDEAS, SHOWCASING INGENUITY



Budha Dal Public School, Patiala, organized an exciting AD-MAD Competition, which combined creativity with social awareness. The event saw enthusiastic participation from students representing all four houses of the school, who presented short plays on themes related to environmental conservation and sustainability. The plays were scripted with originality and performed with great confidence. Each team highlighted crucial issues such as reducing plastic use, adopting renewable energy, and promoting eco-friendly lifestyles.



To enhance the impact of their presentations, students made use of innovative props and stage setups, which gave authenticity to their performances and captured the audience's attention. The creative blend of humor, drama, and meaningful messages kept the spirit of the competition lively while also spreading awareness on pressing environmental concerns.

The performances were evaluated by the teachers based on creativity, relevance to the theme, presentation, and overall impact. All the houses put forward commendable efforts, and their hard work was appreciated by teachers and fellow students alike.



The competition not only showcased the acting and imaginative abilities of the students but also reinforced the importance of adopting sustainable practices in everyday life. Above all, the event instilled a sense of responsibility among the young learners to adopt greener practices in daily life and become ambassadors of environmental conservation in their communities. It was truly a memorable and thought-provoking celebration of talent, teamwork, and awareness.

NURTURING AWARENESS THROUGH THE POWER OF KNOWLEDGE

INTER HOUSE ENVIRONMENT QUIZ



BABA AJIT SINGH JI HOUSE



BABA JUHAR SINGH JI HOUSE



BABA ZORAWAR SINGH JI HOUSE



BABA FATEH SINGH JI HOUSE



Budha Dal Public School, Patiala, organized an engaging Inter-House Environmental Quiz Competition for students of Classes VI to X. The event aimed to test students' awareness about pressing environmental issues and to encourage them to broaden their knowledge about sustainability and conservation. The quiz covered a wide range of topics, including climate change, biodiversity, pollution control, renewable energy, and global initiatives for a greener planet. Students from all four houses participated enthusiastically, answering questions with confidence and clarity. Their quick responses, logical reasoning, and well-prepared knowledge reflected the depth of their understanding and awareness.

The quiz was evaluated and judged by the dedicated teachers of the school's Science Department, who appreciated the students' presence of mind and their ability to tackle challenging questions.

The event not only brought out the competitive spirit among the houses but also served as a meaningful platform for promoting environmental awareness. It inspired students to take greater interest in ecological issues and motivated them to play an active role in building a sustainable future.

STRENGTHENING SAFETY PROTOCOLS WITH PRACTICAL FIRE DRILL TRAINING



“Safety isn’t expensive, it’s priceless and drills like these help us to protect what matters most.”

Budha Dal Public School organized a Fire Safety Drill on the school campus to promote awareness and preparedness among students and staff. The drill was conducted under the able guidance of Mr. Kaka Ram Verma, who shared his expertise on fire prevention and emergency response.

The program began with an introduction to different types of fire extinguishers, followed by live demonstrations. Students were actively involved in operating extinguishers and learning how to control small fires, which boosted their confidence in handling such situations. The interactive session stressed the importance of quick thinking, calmness, and teamwork during emergencies.

This initiative also helped assess the school’s readiness to face fire-related risks, ensuring that everyone understood evacuation routes, rescue techniques, and first-response actions. Such drills not only enhance safety skills but also instill a sense of responsibility among young learners to protect themselves and those around them.



The session concluded with a Q&A segment where students clarified doubts and shared their thoughts on fire safety practices. Teachers emphasized the importance of remaining vigilant and prepared both at school and home. Overall, the drill fostered a culture of awareness, responsibility, and proactive safety measures among the entire school community.



ਸਾਵਣ ਦਾ ਸੱਜਣਾ ਲੱਗਿਆ ਮੇਲਾ, ਆਈ ਤੀਆਂ ਦੀ ਤੀਜ ਮੇਲੇ ਤੋਂ ਲਿਆ ਦੇ ਵੰਗਾਂ, ਇਕੋ ਮੇਰੇ ਮਨ ਦੀ ਰੀਜ



Budha Dal Public School, Patiala celebrated Teej with immense zeal and cultural vibrancy. The campus was beautifully decorated with traditional motifs and colourful embellishments, creating a festive setting that reflected Punjab's rich heritage. Students arrived in bright Punjabi attire, bringing the cultural spirit of the festival to life. The celebration began with a melodious shabad, setting a devotional tone, followed by enthusiastic renditions of Punjabi folk songs that highlighted the beauty of the region's musical traditions. A bangle and mehndi ceremony was organised for the Principal, Ms. Harpreet Kaur, making the occasion even more delightful.



A special poem dedicated to Teej was also recited, reminding everyone of the importance of valuing and preserving cultural traditions in the modern world. A lively Punjabi dance was performed by the students, which became one of the most vibrant attractions of the programme. The celebration concluded on a melodious and cheerful note with the performance of the school choir. The students sang in perfect harmony, and their soulful voices filled the campus with warmth and festive spirit. Alongside the choir performance, a traditional peengh was set up in the campus, which became a centre of attraction for both students and staff.



The students also presented a vibrant Giddha performance that became one of the most cheerful highlights of the day. Their lively expressions, rhythmic claps, and traditional boliyan created an atmosphere of festivity and joy. The performers showcased the playful spirit of Punjabi women, and their energy on stage kept the audience fully engaged.

ECHOES OF TALENT SHADES OF TRIUMPH

District level Kala Utsav



The talented students of BDPS once again proved their mettle, emerging victorious at the District-Level Kala Utsav Competition held in Patiala. Competing against the finest talent across the district, Bdprians left an unforgettable impression with their mastery in music, dance and visual arts. The winners of the various competitions are:

- * Aarman Saka from XI- 2nd position Visual Art 3D Competition.
- * Keshav from XI- Consolation prize in Visual Art 2D Competition .
- * Anmoldeep Kaur from XI - 3rd position in Solo Dance Competition.
- * Anupreet Kaur - Class IX ,
- * Ananya Kashyap - Class IX
- * Prabhleen Kaur- Class X
- * Manveen Kaur- Class XII- 3rd position in Group Song Competition.

AMANUENSIS HONoured



In an effort to promote inclusivity and equal access to education, our school organized a special initiative recognizing the role of scribes in examinations. A scribe assists candidates who are unable to write independently due to physical, visual, or medical impairments, ensuring that their academic performance is assessed purely on knowledge and understanding. The Principal Mrs. Harpreet Kaur addressed the students with an inspiring speech, explaining the responsibilities of a scribe and highlighting their importance in supporting differently-abled learners. She emphasized that education must be rooted in empathy, fairness, and equality. To acknowledge their valuable contribution, the students who volunteered to serve as scribes during the examinations were honoured with certificates of appreciation. The event reflected the school's commitment to fostering an inclusive and compassionate environment where every learner is given the opportunity to succeed, regardless of physical limitations.

जिसका ताज हिमालय है, जहां बहती गंगा है, जहां अनेकता में एकता है, 'सत्यमेव जयते' जहां नारा है, वो भारत देश हमारा है।



With hearts brimming with pride and voices echoing “Jai Hind”, Budha Dal Public School, Patiala celebrated Independence Day with unmatched zeal and patriotic fervour. The day began with the majestic hoisting of the Tricolour flag by the School Principal, Mrs Harpreet Kaur as the National Anthem reverberated across the campus, filling the atmosphere with emotion and unity. The students of the four houses marched in a disciplined parade, their steps echoing the rhythm of national pride and commitment. A peaceful shabad added a spiritual touch to the occasion, invoking blessings for peace and prosperity. The stage came alive with power-packed cultural performances that beautifully captured the essence of the day. The stage came alive with power-packed cultural performances.



As part of the **Har Ghar Tiranga** campaign, a week-long series of activities was organised in the school. Students showcased their creativity through tricolour Rakhi-making, rangoli designs and corridor decorations, expressing their love and respect for the nation in vibrant hues.

In her address, the School Principal encouraged the students to be torchbearers of integrity, peace, and responsibility, reminding everyone that the true essence of freedom lies not only in celebrating it once a year but in contributing meaningfully to the nation's growth every single day.

The celebration concluded with a collective pledge to keep the spirit of Independence alive — in thought, word and action.

Long live our freedom, long live our India!

NCC IS A JOURNEY OF CREATING LEADERS FOR OUR NATION



Our NCC cadets brought pride to the school with their exceptional performance in various NCC camps and training sessions, showcasing discipline, leadership, and dedication. Their outstanding participation earned them the Best Cadet Award, and recognition for their excellence and commitment to the spirit of the National Cadet Corps. The cadets were honoured by our Principal, Mrs. Harpreet Kaur, who commended their determination and congratulated them for upholding the values of service and integrity.

Manjot Singh- Honoured Best Cadet 2023-24 (AIR WING)

Ramneek Kaur- Received special appreciation from group captian, Ajay Bhardwaj (AIR WING)

DREAMER, DOER AND BELIEVER IN CHASING PASSIONS



Ujjaldeep Singh, a talented student of Class IX, brought immense pride to the school with his outstanding achievements. He secured a Gold Medal in the Debate Competition, showcasing his sharp intellect and confident expression. Adding to his list of accomplishments, he also earned a Gold Medal in Shooting, reflecting his precision and focus, and a Silver Medal in the Dance Competition, in the NCC CAMP CATC 82 of 5 Punjab Battalion NCC Patiala held at NCC Training School, Ropar. proving his versatility and creative flair. In recognition of his remarkable performance across diverse fields, he also won a Gold Medal in Javelin at Zonal level.

PREVENTION IS BETTER THAN CURE, ESPECIALLY WHEN SOMETHING HAS NO CURE



“ Knowledge is the best defence against the world’s deadliest diseases.” – Kofi Annan

AIDS (Acquired Immunodeficiency Syndrome) is a serious condition caused by the HIV virus, which weakens the body’s immune system and makes it difficult to fight infections. To mark **AIDS Awareness Day**, students of the school took part in an informative activity focused on spreading awareness and empathy. They created posters and banners carrying powerful messages about prevention and compassion. Teachers also delivered educational speeches highlighting the importance of understanding the disease and breaking social stigma. The activity inspired everyone to stay informed and support a healthier, more aware community.



जैसे माथे पर कुमकुम बिंदी, ऐसे भाषा का श्रृंगार है हिंदी

To celebrate Hindi Divas, students of the school created colourful posters highlighting the beauty and significance of the Hindi language. The occasion was addressed during the school assembly, where teachers and students spoke about the importance of preserving and promoting Hindi as a symbol of our cultural identity. A short skit and thought-provoking speeches by students highlighted the theme of environmental awareness, urging everyone to respect and care for “Dharti Ma”. The message beautifully linked love for language with love for nature, making the occasion both educational and inspiring.



POCSO- Protecting Children:

Ensuring Justice



The Protection of Children from Sexual Offences (POCSO) Act 2012, is a comprehensive law designed to safeguard children from all forms of sexual abuse and exploitation. It ensures that victims receive justice while maintaining confidentiality and sensitivity throughout the legal process. It also emphasises on creating awareness, encouraging early reporting, and providing emotional and psychological support to affected children, ensuring their safety and dignity are upheld at every stage.



In an effort to build a safer and more informed community, the school recently organised an awareness programme on POCSO – Protecting Children: Ensuring Justice, led by the school counsellor, Dr. Mrs. Roopam Batra. The session aimed to educate both students and parents about the importance of child safety, awareness of rights, and the emotional well-being of children in today's fast changing world.

Addressing the students, she spoke about recognizing safe and unsafe situations, the importance of speaking up, and seeking help from trusted adults without fear or hesitation. Her talk went beyond mere legalities—it touched the emotional core of child protection, underlining how self-awareness, empathy, and mutual respect create a truly secure environment.

A separate session was also conducted for parents, where she discussed how children often struggle with psychological conflicts arising from fear, confusion, or unexpressed emotions. She guided parents on how to build open communication at home, notice behavioral changes, and support their children through trust and understanding. The discussion highlighted how emotional safety is as vital as physical safety in a child's growth.

The programme was both motivational and enlightening, leaving the listeners with a deeper sense of responsibility toward ensuring justice, protection, and compassion for every child. Through initiatives like these, the school continues to uphold its commitment to nurturing not only bright minds but also safe, confident, and emotionally resilient individuals.

THE POWER OF REAL DEBATE IS IN THE LANGUAGE AND INTELLECTUAL HONESTY



Our students brought immense pride to the school with their stellar performance at the recent inter-school debate competition. The topic, "Should space exploration be prioritised over solving Earth's problems?", sparked intense discussion, and our team showcased exceptional research, reasoning, and eloquence throughout the event. The school secured Second Prize overall, reflecting the collective effort, preparation, and teamwork of our participants: Yanadeep Kaur, Tavleen Kaur, and Gurganimat Kaur. Special mention goes to Gurganimat Kaur, who impressed the judges with her confident arguments, clarity, and persuasive style, earning the First Prize as an individual debater.



We are immensely proud to celebrate the outstanding achievements of our students at AVSMUN, held at Angels Valley School, Rajpura on 24th and 25th August 2025. Their dedication, hard work, and confidence in the Model United Nations setting have brought great pride to our school. Gurreet Dhaliwal (Class XI) was awarded the International Press Award for Best Photographer, along with a cash prize of ₹2,500. Sehajleen Kaur (Class XI) earned an Honourable Mention in the UNGA (DISEC) committee as the delegate of IRAQ. Japnoor Kaur (Class XI) and Manjot Singh (Class X) were recognized with Verbal Mentions in the UNCSW and UNSC committees, respectively. Our Principal, Mrs. Harpreet Kaur, warmly congratulated all the students and encouraged them to continue excelling and bringing laurels to the school in all their future endeavors.

THEATRE WHERE STORIES COME ALIVE !



Our school proudly participated in the Inter-School English Playlet Competition hosted by DAV Public School, Patiala, and brought immense pride home by securing the First Prize. Representing the institution, our talented team presented “The Silver Tassie” by Seán O’Casey — a deeply moving play that explored the haunting aftermath of war and the emotional toll it left on soldiers and their families. The play portrayed the contrast between youthful heroism and the painful disillusionment that follows, revealing how the scars of war often remain invisible yet lifelong.



The students brought this powerful theme to life with remarkable realism and sensitivity. Their performance was marked by expressive dialogue, confident delivery, and impeccable coordination. Each actor portrayed their role with conviction, transforming the stage into a living canvas of emotion — from the zeal of youth to the quiet agony of loss. The audience was captivated by their authenticity, and every scene resonated with depth and sincerity. The students showcased their talent and love for literature and drama with this mesmerising performance

The distinguished panel of judges — Mrs. Arshdeep Mangat, Head of the English Department, YPS Patiala, and Mr. Sukhpal Singh, Head of Indian Languages — commended the performance for its emotional intensity, articulate expression, and flawless execution. The play stood out not only for its technical excellence but also for the heartfelt interpretation of its message. The team’s outstanding effort was warmly appreciated by Mr. Vivek Tiwari, Principal of DAV Public School, Patiala, who praised the students for their powerful portrayal and disciplined teamwork.

Our Principal, Mrs. Harpreet Kaur, extended her heartfelt congratulations to the participants and their mentors for their creativity, dedication, and exemplary achievement. She remarked that the team’s performance was not merely a play but a reflection of artistry, passion, and the true spirit of expression that defines our school.



SNUGGLES AND SMILES ALL DAY



The Junior Wing of Budha Dal Public School, Patiala celebrated Teej with great excitement and cultural spirit. The campus was filled with colours, music, and laughter as children came dressed in traditional attire. They danced joyfully to Punjabi folk songs and enjoyed the beautifully decorated peeng (swing) set up for the occasion. The celebration truly captured the joy of Indian tradition.



"In the art of declamation, words are not merely spoken; they are woven into a tapestry of eloquence"

Budha Dal Public School, Patiala organised Inter Section English Extempore Competition for grade 2 students to enhance their auditory skills. The young participants enthusiastically embraced the challenge, showcasing their impressive speaking abilities and creativity. The event was a great success, highlighting the importance of effective communication skills at an early age.



The Preparatory Wing of Budha Dal Public School, Patiala celebrated World Emoji Day with great enthusiasm. Students came dressed as their favourite emojis, filling the campus with colour and cheer. Classrooms were beautifully decorated with bright emoji cutouts and creative artwork. Teachers explained how emojis help us share emotions and connect with others in the digital world. The celebration ended with smiling faces and a message to always express happiness and kindness—both online and offline.



"Let the light of Lord Krishna's teachings guide our path and bring harmony to our lives."

On the auspicious occasion of Janmashtami, Budha Dal Public School, Patiala celebrated the birth of Lord Krishna with great enthusiasm and devotion.

The children eagerly participated in the event, dressing up as little Krishnas, Radhas, and other characters from the life of Lord Krishna. Their colorful attire and radiant smiles brought the festivities to life, creating a captivating atmosphere of devotion and celebration.

The celebrations concluded with a message on the importance of following the teachings of Lord Krishna in our daily lives, fostering unity, and spreading peace.



"After the flood comes not just water, but lessons for life."

At Budha Dal Public School, Patiala, students were shown placards and given an informative presentation highlighting the aftereffects of floods. The awareness session encouraged them to stay prepared, safe, and empathetic during natural calamities. Such knowledge helps children remain calm in emergencies, understand safety measures, and act responsibly to support their community.



The Junior Wing of the school came alive with joy and gratitude as students celebrated Teachers' Day with heartfelt enthusiasm. The assembly was a delightful blend of music and poetry, where young learners expressed their appreciation for their mentors. Melodious songs filled the air, and beautifully recited poems conveyed deep respect and affection for the teachers who guide them every day. The event reflected the warmth, creativity, and innocence of the students, making it a truly memorable tribute to the spirit of teaching.



"Saluting the past, celebrating the present, inspiring the future."

The Independence Day celebration at Budha Dal Public School, Patiala, was a vibrant display of patriotism and pride. The school community came together to honour the day India gained her freedom. An Inter-House Patriotic Song Competition beautifully showcased India's unity in diversity, leaving everyone inspired and proud of the nation's heritage.



From classroom whispers to playground laughter, friends make every moment special. To celebrate this beautiful bond, the students of Budha Dal Public School, Patiala observed Friendship Day with warmth and joy. They created colourful handmade cards filled with love and kind words, exchanging them to express gratitude and affection for their friends.



Dohe sikhate hain jeevan jeene ki kala!

Budha Dal Public School, Patiala, organized an Inter-section Doha Vachan Pratiyogita on the occasion of Tulsidas Jayanti for Grade 4 students. The children recited Dohas of Tulsidas, Kabir, and Rahim with great enthusiasm, expression, and clarity. They were also introduced to the life lessons and teachings of these saint-poets, helping them connect with the moral depth of our Hindi literary heritage.

Santo ke dohe – chhote shabdon mein bade sandesh!

FROM PRESSURE TO PEACE

LEARNING HOW TO MANAGE STRESS

Stress is like a ‘funny’ and ‘silly’ emotion! It starts even before we are born and stays with us till the last moment when we meet our maker. Stress is not dependent upon whether you are young or old, educated or uneducated, boy or girl. It is very complicated and experts spend decades on understanding and then treating stressful people. I want to share with you simple ways by which we can surely reduce stress even upto 88%

Today, a typical problem causing stress is “success” in your profession or business or studies. Well, why should it? One can take failures and successes in stride. You can make your life either very stressful or very simple depending upon what you choose. Your life is a series of choices.



There are many factors which can cause stress:

- Conflict of motives
- Stressful life events
- Environmental sources
- Household hassles
- Hassles due to time
- Work hassles
- Hassles arising due to financial responsibility

When too many problems are causing you enormous stress and strain, do the following:

- Ask, ask, ask... Ask yourself and from others, how to do things in better ways. Don't forget that even stupid questions will get you intelligent and common sense answers.
- Don't forget to prioritise your problems first.
- Don't forget to check and re-check your work till last.
- Convert your foolish pleasures into simple pleasures.
- Change yourself before you change others.
- Don't worry over what other people are thinking about you. They are busy worrying over what you are thinking about them.
- If you want happiness for a lifetime, learn to love what you do.
- Don't compare yourself with others.
- Arrange things in such a manner that if you want a thing, you can get it fast.
- Don't stuff your life with too many activities.
- Never lose your self-respect.
- Shout whenever you are stressful.
- Learn to love what you do for a living.
- Manage your time as you manage your money.

Good Luck

Warm Regards

Dr (Mrs.)Rroopam Batra

School Counsellor

CREATION OF BEAUTY IN WORDS

Empowerment or Illusion?

We live in a world that proudly proclaims women's empowerment, yet every day proves how hollow these words can be. True empowerment means that every woman should feel safe, free, and respected, able to study, work, dream, and make choices without fear.

But the reality is harsh. In 2022, India recorded 445,256 cases of crimes against women almost 1,220 cases every day, or 51 FIRs every hour. Cruelty by husbands or relatives accounts for about 31.4% of these cases. Nearly one-third of married Indian women aged 18-49 have experienced domestic or sexual violence. How can we talk of empowerment when women are forced to live in constant fear?.

The shackles often begin inside families. In countless households, daughters are silenced in the name of "honour" and "ethics." Brown parents often claim to protect their daughters, but that protection turns into restriction, "don't wear that", "don't go there", "don't talk to him" and what not.

While sons enjoy limitless freedom. Instead of nurturing confidence, these rules teach girls submission and silence. Real empowerment will not come from commissions or politicians. It will come when society stops controlling women and starts respecting them. It will come when families support their daughters as much as their sons.

Empowered women are not just a dream, they are the backbone of an empowered nation.

Gurreet Dhaliwal
Editor

"How can I spread peace and kindness"

We can spread peace and kindness by positively influencing people in our daily life. Let's be kind to those around us such as family, friends and strangers. For spreading happiness we don't have to become , Mother Teresa, even a 10 year old child can also spread peace and kindness. If one makes at least 10 people smile in his day it means one is fulfilling the real purpose as it is contagious. Kindness can be shown in various ways such as opening a door for someone, donating for a good cause, by helping the needy, using the five golden words etc. ripple effect of positivity that can impact those around us and make the world a happier place.

Vedika Singh Godava
5-B

My Superpower – Skill that Helps me Shine

Everyone has something special in them. I believe my superpower is my ability to stay calm and solve problems. When others get worried, I try to stay cool and think to act smart. I try to find simple ways to fix things. This skill helps me in school, at home and with my friends.

I also listen carefully to others because of this, people trust me and share their problems with me. I don't get angry quickly and I always try to understand others feelings. This makes me a good friend and helpful person. My superpower also helps me learn better. When I don't understand something , I don't give up. I keep trying until I get it.

This skill may not look magical, but it truly helps me shine in my own way and that makes me feel proud.

Brahmnoor Singh
5-B

School

My school is like a second home,
A place where happy children roam.
We read, we write, we laugh, we play,
And learn new things in every day.

The teachers guide us with a smile,
They make our journey worth the while.
With friends beside, the world feels bright,
My school makes every heart feel light.

Duravika
1-A

Cobbler Claims the Repaired Shoe

In one blink of the shoe, Esther grew up.

She loved her dog, who tore it one day.
Neither could she leave the dog, nor the shoe,

for her heart was divided into two.
In her hindsight was a cobbler, who fixed it.

But a contract bled before its being.
Cobbler repaired and didn't plead.
She thanked him, showered him with regards.

Then clouds passed-so did cobbler's poverty.

He made a fortune and ran into Esther again, helped Esther get her first pair of socks.

She didn't fit in, but kept them out of love.

The holes in it aggravated her,
for she knew the feeling of unconditional warmth.

Esther thanked him anyway.

Months passed by;
these months prepared a poisonous porridge.

She took one spoonful every day while he pretended to scoop out his.

Finally, he left the town one day.
Weeks later, a message came by:
He claims my shoe to be his.

Ekampreet Kaur Mann
12-G

ਆਜ਼ਾਦੀ ਦੀ ਖਾਮੋਸ਼ ਚੀਕ

ਕਿਵੇਂ ਭੁੱਲੀਏ 47, ਰਾਤ ਕਾਲੀ ਕਿਵੇਂ ਭੁੱਲੀਏ
ਰਹਿ ਗਏ ਘਰ ਖੇਤ ,ਤੇ ਪੰਜਾਲੀ ਕਿਵੇਂ ਭੁੱਲੀਏ
ਛੱਡੇ ਪਿੰਡ ਕਸਬੇ ਤੇ ਸ਼ਹਿਰ ਕਿਵੇਂ ਭੁੱਲੀਏ
ਪੰਜਾਬ ਉੱਤੇ ਹੋਇਆ ਜਿਹੜਾ ਕਹਿਰ ਕਿਵੇਂ ਭੁੱਲੀਏ
ਖੁਸ਼ੀਆਂ ਤੇ ਖੇੜੀਆਂ ਨਾਲ ਭਰਿਆ ਸੀ ਜਿਹੜਾ
ਲਾਸ਼ਾਂ ਨਾਲ ਭਰਿਆ ਉਹ ਵੇੜਾ ਕਿਵੇਂ ਭੁੱਲੀਏ
ਕੈਸੀ ਪਾਈ ਵੰਡ ਸਰਕਾਰ ਕਿਵੇਂ ਭੁੱਲੀਏ
ਅੱਖਾਂ ਮੂਹਰੇ ਮੋਏ ਪਰਿਵਾਰ ਕਿਵੇਂ ਭੁੱਲੀਏ
ਵਿਛੋੜੇ ਦਾ ਜੋ ਆਇਆ ਸੀ ਸੈਲਾਬ ਕਿਵੇਂ ਭੁੱਲੀਏ
ਲਹੂ ਨਾਲ ਭਰੀ ਸੀ ਚਨਾਬ ਕਿਵੇਂ ਭੁੱਲੀਏ
ਪਹਿਲਾਂ ਦੇਵੇਂ ਵੰਡ ਪਾ ਪੰਜਾਬ ਸੀ ਉਜਾੜੇ
ਫਿਰ ਗੱਲ ਵਿੱਚ ਟਾਇਰ ਪਾਕੇ ਸਾੜੇ ਕਿਵੇਂ ਭੁੱਲੀਏ।

Yuvraj Singh Maan

11-G

ਮਾਂ

ਜ਼ਿੰਦਗੀ ਦੀ ਪਹਲੀ शिक्षिका माँ,
ਜ਼ਿੰਦਗੀ ਦੀ ਪਹਲੀ दोस्त माँ,
जिंदगी भी माँ क्योंकि,
जिंदगी 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।

Vanshika

5-C

अध्यापिका

कक्षा में पढ़ाने वाली अध्यापिका कहूँ या मुश्किलों को प्यार से दूर करने वाली माँ। पता नहीं क्यों इस उलझन में दिल मेरा। दिल कह बैठा आज मुझे कि कह दे आज जो दिल में है, क्यों संकोच करती है, माँ जैसा ही तो वह प्यार करती है। प्यार तो करती ही है और दिल को भी मेरे समझती है, गलती करने पर डांटती है तो क्या हुआ, सक्षम होने पर शाबाशी भी तो देती है। सलाम है इन अध्यापकों को जो इतनी नौकरियाँ पढ़ाते हैं, किसी को डॉक्टर तो किसी को इंजीनियर बना देते हैं। पर अब तो यह कलम भी कहती है कि नहीं हैं कोई शब्द मेरे पास अब, नहीं हैं कोई शब्द मेरे पास अब।

सुंदर जीवन

खुशी से जीओ,
तो मस्त है जिंदगी,

दुख से जीओ,
तो नष्ट है जिंदगी,

तुलना करते रहो,
तो पस्त है जिंदगी,

इंतज़ार में गुज़ारो,
तो सुस्त है जिंदगी,

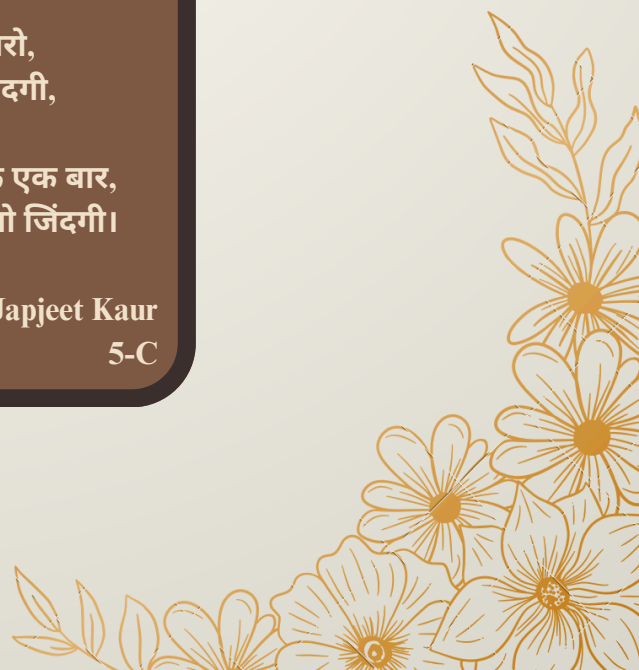
पढ़ने में गुज़ारो,
तो किताब है जिंदगी,

दिखावे में गुज़ारो,
तो बर्बाद है जिंदगी,

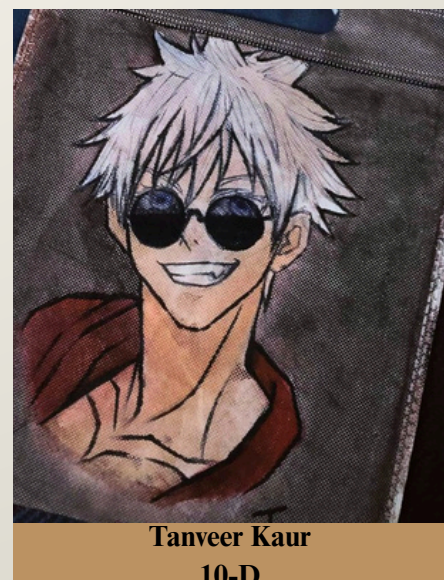
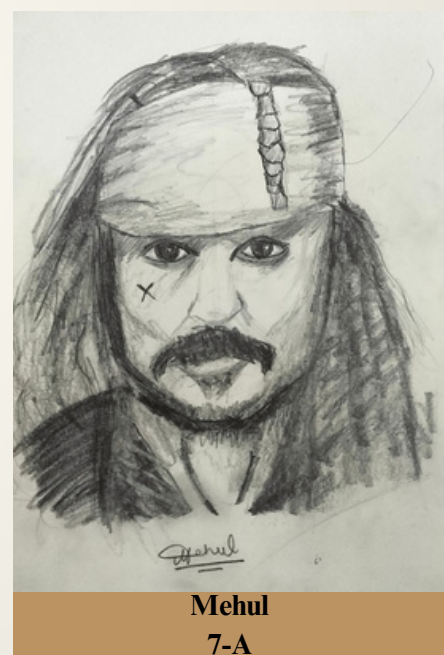
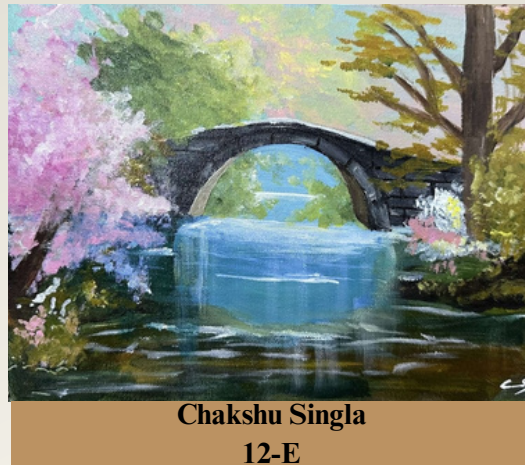
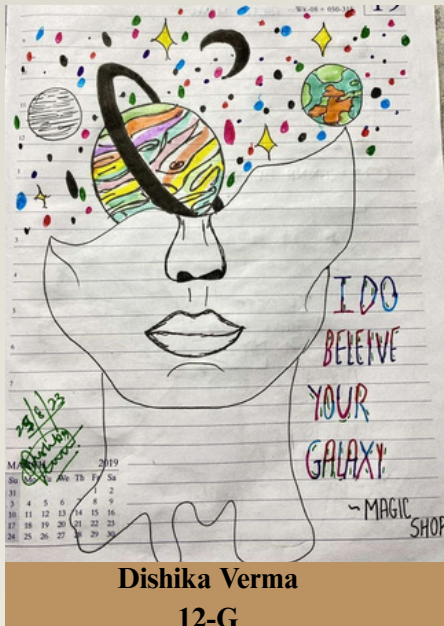
मिलती है सिर्फ़ एक बार,
प्यार से बिताओ जिंदगी।

Japjeet Kaur

5-C



CREATIVE MINDS, VIBRANT VISIONS



EDITORIAL

Dear Reader

"The future belongs to those who believe in the beauty of their dreams." – Eleanor Roosevelt

The second quarter of the session has been a time of enthusiasm, celebration, and achievement. A variety of activities, cultural festivals, competitions, and sports events have provided students with opportunities to showcase their skills, pursue their passions, and celebrate their talents. Each experience has added meaning to their journey of growth, instilling values of perseverance, teamwork, and confidence.

Special accomplishments and sporting triumphs stand as proud milestones, reflecting the dedication of our learners and the guidance of their mentors. Together, they embody the spirit of learning that goes beyond classrooms and nurtures the whole individual.

As we look ahead, let us remember, "Success is the sum of small efforts, repeated day in and day out." – Robert Collier

Happy reading!

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)

