

HEARTIANS' AROMA

2020



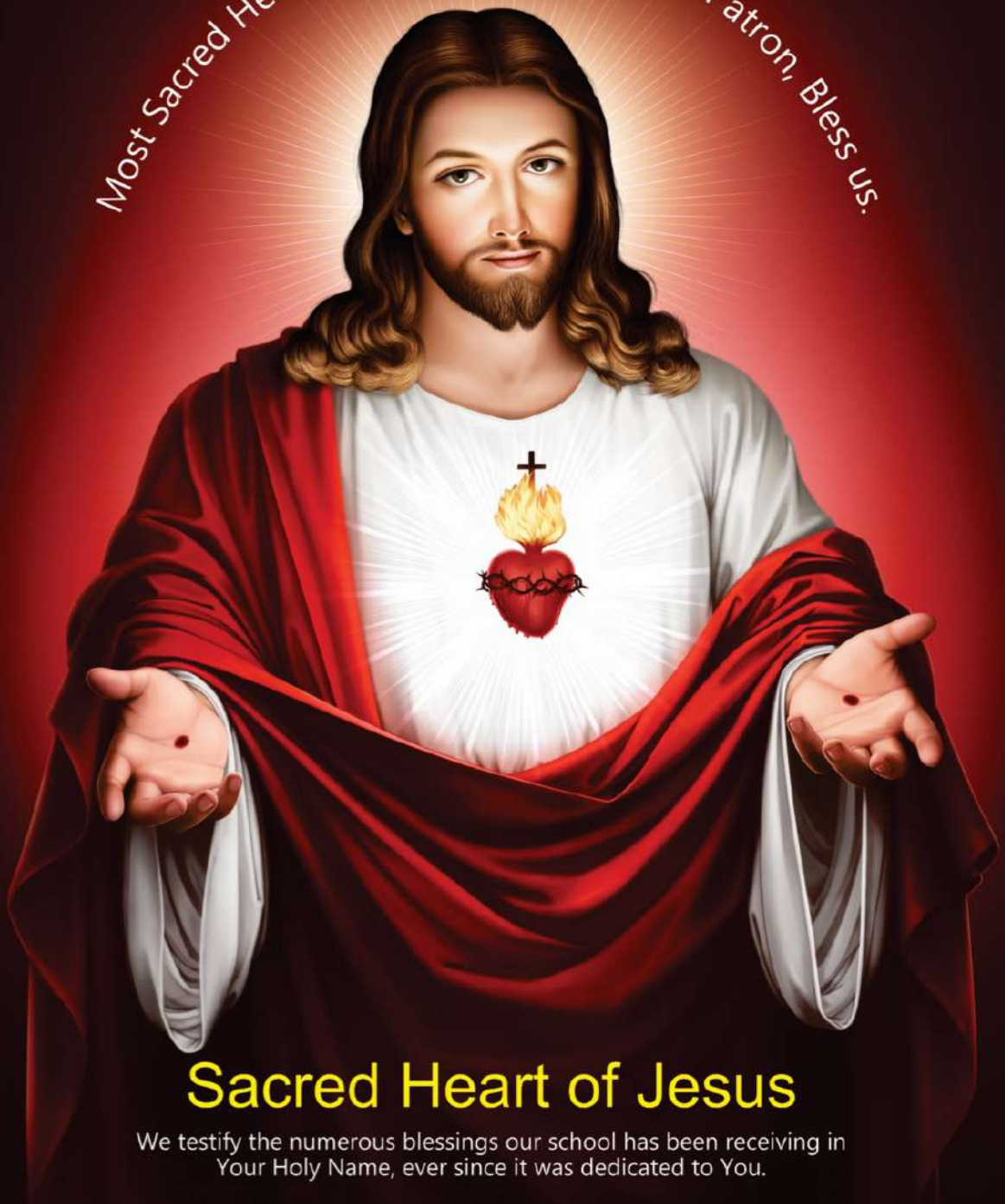
Sacred Heart Convent Sr. Sec. School

(Established, owned and administered by Diocese of Jalandhar)
(Affiliated to the CISCE, New Delhi, Vide No. PU-080)
Majara Road, Sahnewal, Dist. Ludhiana, Pb.-141120
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Visit us at: www.shcssnl.in

Most Sacred Heart of Jesus, Our Heavenly Patron, Bless us.



Sacred Heart of Jesus

We testify the numerous blessings our school has been receiving in
Your Holy Name, ever since it was dedicated to You.



His Holiness Pope Francis
Head of the Catholic Church

Every Child is a Gift

“We need to see each child as a gift to be welcomed and cherished.”

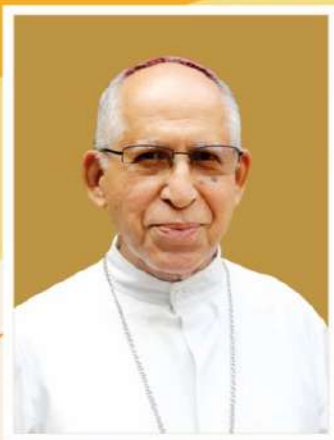
Education is a family matter. Parents and teachers must collaborate openly and constructively to form children in core values which enable them to face modern challenges. Parents and teachers must put themselves in the shoes of the others, **“understanding the objective difficulties that one and the other encounter today in education, thus creating greater solidarity.”** Building up a strong relationship between teachers and parents is very important.

Dear Parents, you must be involved in child's education and I also urge you to pray for your children by blessing them at the beginning and end of the day. Blessing one's child is a prayer.

Dear Teachers, teaching is all about giving young people values and hope. You have to teach not just about a subject, but also life's values and habits because when it comes to learning about a subject, a computer is sufficient but to understand how to love and to understand what the values and habits are that create harmony in the world, you need a good teacher. In addition to teaching 'the contents' of a particular subject, teachers need to build an edifying relationship with all students who must feel welcomed and loved for who they are, with all their limits and potential.

What we say and how we say it, our every word and gesture, ought to express God's compassion, tenderness and forgiveness for all.

Franciscus
His Holiness Pope Francis
The Head of the Catholic Church



His Excellency
Rt. Rev. Dr. Agnelo Rufino Gracias
Apostolic Administrator, Diocese of Jalandhar



Message

Glad to know that the school is publishing the fourth edition of its school magazine, **HEARTIANS' AROMA**. It is a matter of pride that even in these trying times of hardships caused by the lockdown imposed on us due to the COVID-19 pandemic, the staff and students of the school are actively engaged in such useful endeavours, although closed up in their homes. While the world is struggling to combat the virus, it is equally important that we look beyond 'bad' times to dream for a bright future, once we have overcome this time of struggle. Sacred Heart Convent Sr. Sec. School, Sahnewal, gives us a lead in this as it prepares to bring out its school magazine as per schedule. It plainly conveys the message that the young generation of today is not deterred by any obstacles on their way of progress and in fulfilling their dreams.

Sacred Heart Convent School is already one of the premier schools in the whole of the District of Ludhiana and especially it renders remarkable and noteworthy service to the people of Sahnewal and surrounding villages. The school has many achievements to its credit as often highlighted by the local social media and through the regular publication of its news bulletin. To mention a few very conspicuous ones, I am aware that it secured the first position in the senior category of CISCE; **Creative writing competition 2019 at the Zonal as well as at the Regional level on 26th July 2019 and another feather has also been added in the cap by securing position in the SGFI competitions.** The school Principal received the Educational Leadership Award 2019 from the American Leadership Board, Bangalore. Adding another feather to its cap, the school has retained for the three consecutive years, including in the current year, the Diocesan Award of Excellence in overall performance among all the Diocesan schools and has been awarded the prestigious rolling trophy for excellence for the fourth time. These are but a few of the formidable list of achievements, the school has in its credit. I am sure that the present edition of the school magazine would be a sumptuous display of talents and an array of achievements of the Sacred Heartians to gratify its readers.

On the occasion of the launching of the 4th issue of **Heartians' Aroma**, I invoke God's blessings on the School, its Principal, staff and students. May the School continue to spread the 'Aroma' of goodness and love all around!

+ Agnelo

+ **Agnelo Rufino Gracias**
Apostolic Administrator
Diocese of Jalandhar





Sh. Varinder Kumar Sharma, IAS
Deputy Commissioner, Ludhiana



Message

It gives me immense pleasure to learn that Sacred Heart Higher Secondary Convent School, Majara Road, Sahnewal, Ludhiana is going to publish their Annual School Magazine- **HEARTIANS' AROMA** (Session- 2019-2020). Sacred Heart Higher Secondary Convent School is one of the pioneer institutions in the State, which has given excellent results in sharpening the talents of the students, besides inculcating qualities of dedication, patriotism and moral values. I congratulate the management, teachers and students of the school on this occasion and wish the school a great success.


(Varinder Kumar Sharma) IAS
Deputy Commissioner,
Ludhiana



Fr. Xavier Thazhathuveetil
Chairman, Diocesan Board of Education,
Diocese of Jalandhar.



Message

It is a matter of immense joy to pen these few lines to congratulate and appreciate the Sacred Heart Convent Senior Secondary School, Sahnewal for its literary venture in bringing out the fourth edition of its school magazine- **HEARTIANS' AROMA**. True to its name, I am certain, the magazine will pervade its aroma to all those who will have a perusal of this talent chest. As I am personally associated with the day to day growth of all the Diocesan schools, I must confess that every attempt that 'Sacred Heartians' endeavour has been turning out to be one of its crowning feats. I hope that the present edition of the school magazine will highlight all the achievements in the literary and creative talents of its students. I wish that adding to the many achievements, the 'Sacred Heartians' have been gaining in the past years, like retaining the **"Rolling Trophy of Excellence"** for four years consecutively, hosting the mega event of the Science Exhibition and the regular attractive features of its Annual Sports meet etc, the school magazine will turn out to be another milestone in the steady growth and progress of the school. A school magazine in which the students are encouraged to contribute their literary and other artistic talents, is definitely a bold venture of the school management to encourage its wards to showcase their talents and to give expressions to their developing thought process in manifold attractive ways. I wish to convey my best wishes to the entire Sacred Heart Fraternity.

This creative venture of the school management is certainly a golden opportunity to explore the literary and creative talents of the students. My appeal to the students is never to miss the boat, but to make use of every opportunity the school provides you to arouse your latent talents. I think it is opportune to share with you the actual life story of the man whom the world envies today. The real-life story of **Colonel Harland Sanders** who was disappointed umpteen times in his life and still made his dream come true late in his life is really inspiring. He was a seventh grade dropout who tried many ventures in life but tasted bitter every time. He started selling chicken at his age of 40 but his dream of a restaurant was turned down many times due to conflicts and wars. Later he attempted to franchise his restaurant. His recipe got rejected 1,009 times before the final approval. And soon the secret recipe, **"Kentucky Fried Chicken"** became a huge hit worldwide. KFC was expanded globally and the company was sold for 2 million dollars and his face is still celebrated in the logos. Therefore, never give up, you are born to win!

I take this opportunity to congratulate all the budding artists who have contributed to the issue of the publication. I extend my special appreciation and applause to the Editorial team, to the Director and the Principal of the school for maintaining the high profile of the publication by their concerted effort and conscientious attention to arrive at the height of perfection.

Wishing you all the blessings of God for success in all spheres and for a relentless march towards higher and higher excellence.

With Prayerful Greetings,

Fr. Xavier Thazhathuveetil
Chairman, Diocesan Board of Education,
Diocese of Jalandhar.



Rev. Sr. Giles DM

Superior General
Congregation of the Daughters of Mary



Message

"Blessed is the one who finds wisdom, and the one who gets understanding, for the gain from her is better than gain from silver and her profit better than gold".

(Proverb 3: 13, 14)

Sacred Heart Convent School, Sahnewal, stands in the heart of the city with its head held high as an imposing structure to all passers-by. Its magnificent and outstanding architecture stands out as a monument of the time, culture and epoch of its holy mission for the generations to come. From the year of its inception in 2003, it has been imparting value education, transforming the kids into full-fledged, personalities who are academically outstanding by their intellectual pursuit, physically fit through excellence in sports, mentally healthy by the proper dealings of the staff through their guidance and counseling; and spiritually envisioned through a holistic education which leads a child to God and his eternal destiny. A well stocked library of the school provides ample opportunity to the students to cultivate reading habits and to satisfy their appetite for knowledge. Besides, the openness of the school to the fast growing information technology is a boon for the students. Different activities and team competitions organized by the school keep the students in good competitive spirit, to train them to work in a team and to develop efficiency in their communication skills. The annual tours, organized by the school, especially to abroad, enrich the experience of the students, and help them to sublimate their wider knowledge to develop an attitude of universal brotherhood. Over and above through the various charity works to which the students are exposed, they are helped to inculcate in them an attitude of sharing, and caring for one's less fortunate fellowmen and thus putting into practice the theme "education for Humanism". In every way, Sacred Heart Convent School, Sahnewal is engaged in the cultivation and moulding of a generation spiritually deep rooted, and at the same time, holistic personalities who uphold humanitarian values, and are emotionally mature and intellectually versatile. The school has been steadily progressing by leaps and bounds and achieving awards of excellence every year as a benchmark of its profile of perfection. I congratulate the Principal for the excellent administrative skills, leadership qualities, organizing ability, and above all for maintaining a healthy bond and rapport between the staff and the students. I also take this opportunity to congratulate the Director of the School, all the colleagues and collaborators, parents and students. May the heavenly Patron, Sacred Heart of Jesus, shower all His blessings upon the institution!

Sr. Giles DM
Superior General



Rev. Sr. Flowerlet DM
Provincial Superior



Message

My heartiest congratulations to the students, staff and management of Sacred Heart Convent Sr. Sec. School, Sahnewal on your collective efforts in bringing out the School Magazine **Heartians' Aroma**. We live in a world where there are no limits for those who can create mystery in history.

Education is not an act of acquiring knowledge but learning a skill to lead life forming one's personality. This is an ennobling process of growth. I wish all the students to draw out maximum benefits from the service provided by Sacred Heart Convent Sr. Sec. School which will enable you to have a holistic education through the development of intellectual competence and personality skills for the social transformation. The erosion of values in brotherhood, unity and justice is causing havoc in all societies around the world. The worldly needs and situations before us may tempt us to take short cuts. However, one who abides ever against these challenges proves victorious and successful in life. Perseverance is one of the secrets of success. If we keep moving towards our goal, never quitting, we shall eventually reach it, as the school motto: "TO LOVE, TO ENLIGHTEN" - points to each one, specially our students. Congratulations on your remarkable achievement of gaining the evergreen rolling trophy for the last four consecutive years. I wish the School Management and teaching faculty the best reward for your enthusiasm and effort, for all the lovely children the blessings of God in abundance, to the well wishers, "Good will to all, ill will to none."

Warm wishes,


Sr. Flowerlet DM
Provincial Superior



Rev. Fr. William Sahota
Director



Message

*"Intelligence plus character - that is the goal of true education."
Martin Luther King Jr.*

It gives me great delight to see that the **HEARTIANS' AROMA** in its 4th edition comes with new vigour and new vision, showcasing the creativity and talents of our young buds who are blooming with sweet fragrance of manifold feats. Each bud in a garden that blooms, gives fragrance to the people but the bud that does not bloom does not emit its fragrance. It is indeed fitting that the magazine is named as **HEARTIANS' AROMA** as it conveys the message of parading the result of the utilization of all provided opportunities to the many budding artists among the students. The magazine is meant to display their manifold artistic and literary talents, thus to spread the AROMA of their achievements all around. I am indeed happy that our students are provided ample possibilities and opportunities to grow. The student who tries to make use of every given chance to actualize the hidden potentialities; is like the flower that blooms and gives fragrance and the student who does not try is like the bud that does not bloom and therefore fails to achieve the purpose of education.

Very truly **Tagore** has written in his 'Gitanjali', "Hidden in the heart of things thou art nourishing seeds into sprouts, Buds into blossoms and ripening flowers into fruitfulness." In a way, this is what education aims at. Seeds must be nourished into sprouts; those little buds in the little minds must be brought into blossoms of full blown flowers of aspirations which must turn out to be fruitful realization. Education is nothing but is the process of making a child grow into full stature with maturity and making him/her into a person of social responsibility.

My advice to my students is to make use of each opportunity that knocks at your door. You need to be equipped with 21st century skills such as critical thinking, communication, creativity, scientific temper, media literacy and technological literacy etc., in order to be ready to face future challenges.

A blind person once asked **St. Mother Teresa**, "Can there be anything worse than losing your sight?" She replied, "Yes, losing your vision". Dear students, you need to have a vision, for the one who has no vision, there is no hope left to look forward to. Success knocks at your door only if you believe that each sunrise ushers in new opportunities to give meaning to your life by unfolding your powers, capabilities and potential. I wish that every student makes use of this wonderful chance to develop all the invaluable skills and talents in order to spread the fragrance for the good of the humanity.

I take this opportunity to extend my sincere thanks to Rev. Sr. Crispin Maria, the Principal, for her unremitting commitment and hard work in bringing out this magazine. I also appreciate and thank the editorial board for their sustained efforts and also the staff and the students who have ventured to contribute to complete the magazine '**AROMA**' in this beautiful shape.

May God bless you and my best wishes for a happy and successful session ahead!


Fr. William Sahota
Director



Rev. Sr. Crispin Maria DM

Principal



Message

Dear Students, Parents and well-wishers,

It is with great contentment and joy that we bring forth the 4th edition of our School Magazine, **HEARTIANS' AROMA** wherein one can feel through its pages the AROMA of the quality of education imparted by the school and the noble values, it is wedded to. But as you thumb through this edition of AROMA, you will encounter not just a chronology of events of the year gone by but a potpourri of thoughts, views and reminiscences from alumni, faculty, parents and students which emits a sweet fragrance like the aroma of the scented candles gives a refreshing touch to one's soul. **Heartians' AROMA** is nothing but an added feather in the most spectacular display of those memorable moments of various events, functions and activities of the successive sessions put together on record for the future generation to vie and contest. It's a reflection of the school ethos, an affirmation of our unwavering personal commitment, a vivid articulation of the conviction with which we pursue our goals. Our school is highly regarded, for its achievements, within its campus and outside and it always makes me proud to hear consistently positive feedback from visitors from all walks of life. The successive years and the one just concluded were of great accomplishments to the school by bringing in very many positive changes, growth and development for us in recognition of which we could retain the "**Rolling Trophy of Excellence**" for four consecutive years. Let us thank God for the wonderful years gone by leaving very many happy memories.

Every new academic year is a blessing from God and an opportunity for growth and progress. It opens up our minds to new horizons of knowledge and wisdom. In the process of learning, we march ahead in life finding new ways and methods to make life better for the future. In the teaching and learning process, both the teachers and the learners have a single goal, that is, to help each other in gaining wisdom to live one's life in its fullness, in the most worthwhile manner. Each of us is accountable to the ONE who has gifted us with our life. Therefore, it is of prime importance that we begin the year with prayer, seeking God's blessing and guidance for the days to come. Dear children, 'Believe, You Can Achieve' as great things are achieved by those who don't stop believing, learning and trying. Believe in your hearts that you can add something to the world's beauty and make it a better place to live in. "Your attitude is like the aroma of your heart. If your attitude stinks, it means your heart's not right", –says **Alex Kendrick**. "The purpose of education is to form a correct attitude towards life", as **Cardinal Newman** said. Spread the aroma of your goodness wherever you are. **Henry David Thoreau** said, "Behave so the aroma of your actions may enhance the general sweetness of the atmosphere". Think Positive! Positivity spreads like aroma. Let's work together to make this year memorable for a better tomorrow. My message to my young readers is to develop a 'never give up' attitude towards life and to respect the precious gift of life. A good career is important but a good character is paramount. Problems and challenges need to be faced courageously with conviction in our principles and confidence in our inner strength and dreams.

In conclusion, I wish to express my sincere gratitude to Rev. Fr. William Sahota, the Director of the school for his invaluable support and guidance. I also thank the editorial team for their sincere efforts to bring out this edition of the school magazine and all those who have contributed to it through their writings. It's our students who made all our efforts truly meaningful and rewarding by their significant effort to do their best and becoming knowledgeable, skilled and responsible citizens. I am proud of every one of them.

I entreat you all to begin the year in full earnestness with fervent and strong resolutions for a united effort in bringing out another year of great success. I extend my sincere prayers and best wishes for the new session. May God bless you all!


Sr. Crispin Maria DM
Principal

From the Editorial Board

"Learn from yesterday, live for today, hope for tomorrow".
— Albert Einstein

Another year has come to a close and it is time to put together those memorable moments on record for posterity. It is indeed a moment of immense joy and pleasure to declare that the fourth edition of the school magazine, which is our honest and earnest endeavor to make the readers feel the sweet AROMA of this great institution, is complete. **HEARTIANS' AROMA** offers our young writers the fertile ground, to pen down their thoughts and dreams displaying their creativity. It unfolds not only the effervescent activities and pulsating events of school life but seeps into the culture and spirituality of its learners which spreads as a pleasing aroma all around.

It has been an exhilarating experience sifting, editing and putting together the diverse contributions from all corners of the campus. We sincerely hope that you will have the same sense of satisfaction going through this edition as much as we have had putting it all together. Each page is filled with valuable vision and expression which are priceless treasures, for they are the result of creative thinking and steady labour of teachers and students. We hope that this artistic prodigy of our creativity will indeed spread its magnificent and artful fragrance all around as you turn the pages of 'AROMA'.

We wish to express our sincere gratitude to our school Director Rev. Fr. William Sahota, the Principal Rev. Sr. Crispin Maria and K.G. In charge Sr. Remya, who have been of immense help to bring to you the 4th edition of **HEARTIANS' AROMA** as per the schedule. Our school Principal Sr. Crispin Maria, whose brainchild is this magazine, deserves our appreciation and thanks for her painstaking efforts in introducing various new ventures in helping the students to bring out their dormant talents. The Editorial Team extends heartfelt thanks to all who have assisted and made the task light and pleasant.

May every child who passes through the portals of this temple of knowledge, spread the sweet AROMA of the values and virtues of their Alma Mater wherever they may be.

With all good wishes and prayers!
"Wishing you happy reading."

EDITORIAL BOARD

**Rev. Sr. Crispin Maria DM, Aarti Sharma, Navdeep Kaur, Jasmin Kaur,
Seema Rattan, Evleen Kaur (XII-Sci.), Hardil Singh (XI-Sci.)**



"Pleasure in the job puts perfection in the work." - Aristotle

AWARDS AND ACHIEVEMENTS

Sacred Heartians retained the Rolling Trophy for the fourth time consecutively.

Winning spirit of SHCS, Sahnewal is the best aspect to be appreciated besides all its remarkable qualities. It is known for its active participation in every field of competitions.

Sacred Heartians retained the Rolling Trophy for the fourth time consecutively by a sweeping victory of gaining 9580 points which is an all time benchmark achievement among all the Diocesan Schools.

Consistent effort with complete dedication and commitment towards duties and responsibilities is the benchmark of ultimate success and this is what Sacred Heart Sahnewal is recognized and applauded for.

Diocesan Board of Education of Diocese of Jalandhar felicitated the awardees on 22nd November 2020 on the occasion of the Feast Day Celebration of the Christ the King at Sahnewal for their overall performance of the academic session-March 2019 to February 2020. The highest point to the credit of the Rolling Trophy holder this year has taken a huge jump from 4076 points to 9580. The local management appreciated the entire school community for their indomitable competitive spirit and relentless efforts for this great achievement.

Heartians won the Rolling Trophy for the 3rd Consecutive year

Continuing with the legacy to achieve excellence, the school was felicitated with **ST. FRANCIS AWARD OF EXCELLENCE** for retaining the Rolling Trophy for the 3rd Consecutive year for its Overall performance in the Academic Session 2018-2019 with 4076 points. The school has been adjudged as **Best Performing Diocesan School** by the Diocesan Board of Education, Jalandhar for **last three consecutive years** for its consistent effort in enhancing the bests in the overall performance. The survey included around 60 schools of the Diocese from Punjab and Himachal Pradesh.

The award of Excellence and certificate was received by the school Director Fr. William Sahota, the Principal Sr. Crispin Maria, along with the representatives of staff and students from the Patron of the Diocesan Schools, Bishop Agnelo Rufino Gracias at a grand felicitation ceremony **held on 5th October 2019**, on the occasion of **DIOCESAN DAY CELEBRATIONS** held at St. Francis School, Amritsar wherein the high level intellectuals graced the occasion with their benign presence.

The whole school fraternity feels proud for such accomplishment and pledges to work hard for bringing new revolution in the field of education for the further betterment of society.





The School is felicitated for the second time with the Rolling Trophy ST. FRANCIS AWARD OF EXCELLENCE 2017-2018

The school has retained the Rolling Trophy for the year 2017-2018 by scoring 1,703 points for the overall performance of the year and was awarded with ST. FRANCIS AWARD OF EXCELLENCE for the Best Performing ISC Diocesan School by the DIOCESAN BOARD OF EDUCATION, JALANDHAR at a grand felicitation ceremony held on 25th November 2018 on the occasion of Celebrations of Annual Feast of Christ the King held at Sahnewal.



SCHOOL AWARDED WITH ROLLING TROPHY ST. FRANCIS AWARD OF EXCELLENCE 2016-2017

*Vision without action.....Is just a dream, Action without vision.....Just passes the time...
...But vision and actionCan change the world.*

The school won the Rolling Trophy of the Year 2016-2017 by scoring 1334.78 points out of total 2100 points in the survey conducted by the Diocesan Board of Education to assess the overall performance of the year 2016 - 2017 and was adjudged as the best performing school among all the Diocesan Schools. The School was conferred with prestigious **ST. FRANCIS AWARD OF EXCELLENCE** by the DIOCESAN BOARD OF EDUCATION, JALANDHAR at a grand felicitation Ceremony held on 4th October 2017 on the occasion of DIOCESAN DAY CELEBRATIONS held at St. Francis School, Amritsar.

Glorious Achievements

St. Francis Award of Excellence

Award of Appreciation 2019-2020



"Leadership is the capacity to translate vision into reality."--Warren Bennis

Hearty congratulations dear Sister on your well-deserved success. You have made us all proud!

Our School Principal Rev. Sr. Crispin Maria DM was honoured with **BEST PRINCIPAL AWARD OF APPRECIATION** of the Academic Session 2019-2020 on 22nd November 2020 from Most Rev. Bishop Agnelo Rufino Gracias, the Patron of the Diocesan Schools, as a recognition of her dedication, commitment and relentless efforts in leading the school to achieve the First position among the Diocesan schools and for retaining the Rolling Trophy for the 4th Consecutive year.

The Sacred Heart Fraternity appreciates the tireless efforts of our beloved Principal for retaining the most prestigious **AWARD OF EXCELLENCE** continuously for the fourth time. Her leadership qualities and farsightedness are praiseworthy which brought her **THE BEST PRINCIPAL AWARD**. Indeed, she is an inspiration for all of us. May God bless her abundantly in all her future endeavours!



CT Intellectual Awards 2019 (SUPER-100)

CT University in association with Wednesday Times, organized 'CT Intellectual Award Super 100 and Symposium on 'National Education Policy'. The event was graced by various school Principals from PAN India. Recognizing those Principals who go beyond to the day-to-day demands of their position to create an exceptional educational environment and those personalities, who have set high standards for the education and are enlightening the path for others to follow, the CT University honoured the Educationists and Intellectuals with 'CT INTELLECTUALS AWARD-2019' (SUPER-100) on the occasion.

It was a great honour for the school that our school Principal Rev. Sr. Crispin Maria being felicitated with **CT INTELLECTUALS AWARD-2019 (SUPER-100)** in recognition of her outstanding accomplishments and leadership for the school's continuous success.



BEST PRINCIPAL AWARD- ST. FRANCIS AWARD OF EXCELLENCE 2018-2019

Our School Principal Sr. Crispin Maria was felicitated with **BEST PRINCIPAL AWARD- ST. FRANCIS AWARD OF EXCELLENCE** in recognition of her valuable contribution to raise the institution as the Best Performing Diocesan School, consecutively for three years and for her visionary leadership and committed efforts to keep setting new benchmarks in providing holistic education and her unique contribution in the Ministry of Education in the Diocese of Jalandhar.

She received the award from the Patron of the Diocesan Schools, Bishop Agnelo Rufino Gracias at a grand felicitation ceremony held on 5th October 2019 on the occasion of **DIOCESAN DAY CELEBRATIONS** held at St. Francis School Amritsar. It is all the reflection of the dedication and commitment with which she serves the society that has brought laurels to her. The whole Sacred Heart Fraternity congratulates her on her great achievement.

21ST CENTURY EDUCATIONAL LEADERSHIP AWARDS 2019

Inspiring Contribution Deserves Splendid Recognition

The Principal honoured^{with} Educational Leadership Award²⁰¹⁹ by the American Leadership Board

The school Principal Rev. Sr. Crispin Maria was felicitated by American Leadership Board with the 21st Century Educational Leadership Award at a high-profile event in Bangalore on December 21, 2019.

The American Leadership Board Educational Leadership Award recognizes educators who fulfill their roles with vision, dedication, creativity and skill development and an exceptional commitment to achieve excellence in education. Sacred Heart Fraternity is extremely proud to have such a brilliant and committed educational leader.

EDUCATIONAL LEADERSHIP AWARDS 2019

INSPIRING CONTRIBUTION
DESERVES
RECOGNITION
BANGALORE
WWW.ALB.ORG



HEARTIEST CONGRATULATIONS TO THE PRINCIPAL, SR. CRISPIN MARIA FOR BEING CHOSEN AS THE MEMBER OF THE COUNCIL INSPECTION TEAM.

The school Principal, Sr. Crispin Maria was felicitated with **ST. FRANCIS AWARD OF APPRECIATION** - a token of appreciation by the Diocesan Board of Education for being chosen by the Council to be in the inspection team of the Council for the inspection of ICSE /ISC Schools. She has been the member of inspection team from 2016 onwards. The recognition is the clear reflection of her immense dedication and outstanding accomplishments.

ANOTHER DAZZLING GEM IN THE SCHOOL'S CROWN

Another feather has been added in the cap when **Lovish Kumar S/O Mr. Naresh Kumar** of Class XII - member of the CISCE football team was awarded with Bronze medal in the **SGFI National U-19 Football Tournament** held at **Portblair-Andaman Nicobar** from 27th November to 6th December 2019. Lovish gave a stupendous performance in the CISCE National Football Tournament held at Kolkata and on the basis of this performance, he was selected in the CISCE-Football team under-19 to participate in the 65th SGFI National Football. Acknowledging his achievements, he was felicitated by presenting a memento by the school management in the morning assembly. The school Director Fr. William and the Principal Sr. Crispin lauded his efforts, appreciated his coaches and congratulated his parents for this great achievement.



Outstanding Achievement

Evleen Kaur of Class XII outshone in the CISCE - Regional Level Creative Writing Competition 2019.

Hard work, Perseverance and Dedication pave way for success has rightly been exemplified by **Evleen Kaur of Class XII**. **Evleen Kaur D/O Mr. Darshan Singh** of XII-Standard secured First Position in the Senior category of CISCE Creative Writing Competition 2019 at the Zonal level as well as at the Regional level which took place at St. Stephens School, Chandigarh on 26th July 2019 and participated in the CISCE National Level competition held in Hyderabad-Ramoji Film City representing the Northern Region.



Moments of Glory

The school feels proud of **Prince Billung and Anjna Lakra of Class XII** who were adjudged as the **Best Catholic students** for the Session 2018-2019 by the **DIOCESAN BOARD OF EDUCATION, JALANDHAR** and were awarded on the **DIOCESAN DAY CELEBRATIONS** held at St. Francis School Amritsar on 5th October 2019.



A Champion Always Prepares to Win

Gautam Roderpal S/O Mr. Raman Kumar, class XII Commerce made the School as well as his parents proud by his stunning performance at CISCE –Zonal as well as Regional Level Sports and Games. He was the Best Athlete U-19 in both the competitions and was awarded with Best Athlete Trophy and certificate.



A Remarkable Achievement by young Champ!!



"Our Moral Character is the most important aspect of our life. We may run around and achieve a lot on materialistic front but it is human values that give worth to our lives".

Prabhjot Kaur D/O Gurpreet Singh of VII standard secured First position in Ludhiana District and 18th rank at National Level in the 5th INTERNATIONAL HUMANITY OLYMPIAD 2019 an exam of excellence in values of humanity, morality and ethics organized by 'Satyug Darshan Trust' to evaluate the Humanity Quotient (HQ) in individual and to bring forth the innate human virtues. This online test was open for all irrespective of age, caste, creed, religion and the result was declared on Equanimity Day- 7th September. She was awarded with a glittering Trophy and a Certificate of Merit for her outstanding performance in the award ceremony held on 7th September 2019 at Satyug Darshan Vasundhara, Faridabad.

MIND WARS

LAURELS AT 'MIND WARS QUIZ FEST'

ZEE Entertainment's multi-platform *quiz contest* aims participation by 1 crore students studying in over 40,000 schools. *MIND WARS* is India's biggest knowledge platform on National Level *Quiz competition* for school students.

It is a matter of great pride for Divya Thakur D/O Mr. Kamal Kumar, student of class IX of the school to be felicitated with a **memento and certificate of appreciation** for winning in the LIVE 'MIND WARS QUIZ FEST'. The school fraternity congratulates her for her remarkable achievement.



Certificates of Excellence

Certificates of Excellence



ISC Ist 2016-2017



ISC Ist 2017-2018



Rolling Trophy 2017-2018



ISC Ist 2018-2019



Rolling Trophy 2018-2019

Certificates of Excellence

Certificates of Excellence



VISITORS' IMPRINTS

WHAT THEY THOUGHT OF OUR INSTITUTION?

(From the Visitors' Diary)

16th November 2018

Chief Guest

At the Inaugural Ceremony of

'THE ACME'

Grand Exhibition 2018

The ACME- Fabulous Exhibition. The teachers and students have done excellent work.

Ms. Swaranjit Kaur

District Educational Officer (SE), Ludhiana

16th November 2018

16th November 2018

Guest of Honour

At the Inaugural Ceremony of

'THE ACME'

Grand Exhibition 2018

As the chairman of the Education Board, I felt highly honoured to be the GUEST OF HONOUR for the Magnificent Science Exhibition organized by the school. The Exhibition named "THE ACME" has been a new milestone in the history of the school as it exhibited the talents of the school children in its highest peak.

I congratulate the Director, the Principal, the staff and students for their concerted effort to organize such marvelous exhibition which gained applause from many dignitaries who visited the exhibition and from the social media.

I wish and pray for the continuous growth of the school.

Fr. Xavier Thazhathuveetil

Chairman, Diocese Board of Education, Diocese of Jalandhar,

16th November 2018

16th November 2018

Guest of Honour

At the Inaugural Ceremony of

'THE ACME'

Grand Exhibition 2018

Today, I visited this great school. The function organized by the school was exceptionally perfect. The Exhibition titled 'THE ACME' shows the efforts put up by the teachers and energy of the students. I must congratulate the management and administration of the school.

God Bless You!!

Prof (Dr.) Satbir Singh Sehgal

Executive Director, Chandigarh University

16th November 2018

17th November 2018

Chief Guest

At the Closing Ceremony of

'THE ACME'

Grand Exhibition 2018

The teachers and students have done excellent job under the leadership of the Principal. Best Wishes to all!

Mr. Rajveer Singh Boparai

Additional Deputy Commissioner of Police, Ludhiana.

17th November 2018

VISITORS' IMPRINTS

17th November 2018
Guest of Honour
 At the Closing Ceremony of
'THE ACME'
 Grand Exhibition 2018

Hearty congratulations to Rev. Fr. William Sahota, Rev. Sr. Crispin, the staff and all the students for the great and wonderful exhibition and cultural performance. It is really your hard work that made it possible. Let the presence of God's plentiful blessings be upon all of you and may the school make steady progress to be a light to the people around this area and humanity as a whole. Congratulations and Best Wishes!

Fr. Jose Palakuzha
 Zonal Director of Diocesan Schools, Jalandhar.
 17th November 2018

22nd December 2018
Chief Guest
 Christmas cum Sarv Dharam
 Sammelan

It has been an exciting and exhilarant experience to attend your Christmas 2018 celebrations here in S.H.C. School, Sahnewal. The all religions get together provided a unique face to the celebration. The mutual admiration and appreciation make India a land of peace, joy and love. This admirable expression is praiseworthy. Apart from the talks the carol singing gave a Christmas atmosphere.

Two classical dances recitals were excellent. The beauty, dexterity, choreography, rhythm & movements, everything was beyond the imagination. Congratulations!

Rev. Dr. John Edappilly CMI
 Director, Sacred Heart College of Dance
 & Christian Centre for Culture and Communication.
 22nd December 2018

19th March 2019
Chief Guest
 Vidyarambham Ceremony
 of Nursery students

It was a wonderful programme. I have witnessed today - the Vidyarambham Ceremony. This programme showed the hard work of the school. As I have noticed, the school has been progressing very well. It is wonderfully forming the children.

Fr. Felix Shergil
 Parish Priest Sacred Heart Church, Khanna.
 19th March 2019

27th March 2019
Chief Guest
 Investiture Ceremony

Dear Loving Sr. Crispin Maria,

I appreciate your hard work and enthusiasm. It was a wonderful experience for me to be the part of this function. My sincere congratulations to the Principal and to her team for the creativity, novel ideas and discipline. Thank you for inviting me and making me glad. A person like you, so innovative can change the world. Keep it up. Wish you all the best. May the Good Lord bless you and all your undertakings!

Sr. Flower Therese DM, Principal
 Sacred Heart Convent School, Macchiwara.
 27th March 2019

20th July 2019
Chief Guest
Vanmahotsav Celebration

Sacred Heart Convent School, Sahnewal organized a Vanmahotsav function at school. We all are happy to see the craze, the dedication about NATURE in students. Even the surroundings of this school is also very beautiful with greenery and lots of beautiful plants.

S. Jasvir Singh
Block Forest Officer
20th July 2019

14th August 2019
Chief Guest
Independence Day

It was really a memorable experience to come to this school. It was really a lovely programme by tiny tots. I congratulate the administration, teachers and students for organizing such a great function. I wish everyone a Happy Independence Day. Thanks for inviting me.

Dr. Kirti Dua, Professor Veterinary Medicine
GADVASU, Ludhiana,
14th August 2019

9th September 2019
School Inspection
By Diocesan Board of Education,
Jalandhar headed by
Rev. Fr. George Edayal

Hearty congratulations dear Fr. William , Sr. Crispin , members of the staff and students for maintaining high standard of education and discipline in the school. We appreciate the eco-friendly and clean campus. May God continue to shower His blessings upon each one of you to make everything better in the days to come. Let this school be an epitome of knowledge for the people of this area and humanity as a whole. Congratulations and Best Wishes!.

Fr. George Edayal
For the Inspection Team
9th September 2019

8th November 2019
Chief Guest
Opening of Annual Sports Meet
cum Cultural Bonanza
'EXSUPERO-2019'

I am immensely glad to be here to witness this well organised Annual Sports Meet of the School. I appreciate the fruitful efforts of the School Management, teachers and students. I assure my support and concern for the well being of this prestigious institution.

Mr. Sharanjit Singh Dhillon (MLA), Sahnewal.
8th November 2019

8th November 2019
Guest of Honour
Opening of
Annual Sports Meet cum
Cultural Bonanza
'EXSUPERO-2019'

Hearty Congratulations to the Director, the Principal and the entire staff for organizing the mega event of the sports day opening ceremony. My heartiest appreciation for the creativity and discipline displayed during the **Opening ceremony of 'EXSUPERO-2019'**. The standard of the ceremony could match with any International Sports Meet. I wish the school every success also in the years to come. My heartiest thanks for having invited me to grace the occasion.

Fr. Xavier Thazhathuveetil
Chairman of Diocese Board of Education, Diocese of Jalandhar.
8th November 2019

9th November 2019
Chief Guest
Closing of Annual Sports Meet
cum Cultural Bonanza
'EXSUPERO-2019'

It is a wonderful day today, clear sky, good weather, wonderful performance of little kids and spectacular arrangements and also meticulously organized function by the faculty of Sacred Heart Convent School.

It is an honour for me to visit this wonderful educational institution on the Annual Sports Day. It takes me back to my childhood as my memories start pouring back in my mind after watching the mesmerizing performances of the students. This shows the dedication of the teachers of this school who have prepared the students for these very professional performances. Please accept my thanks for inviting me and accept my best wishes for the overall success of students as well as the school. Jai Hind.

Bhupinder Singh Sidhu

Assistant Inspector General of Police (STF), Jalandhar.
9th November 2019

9th November 2019
Guest of Honour
Closing of Annual Sports
Meet cum Cultural Bonanza
'EXSUPERO-2019'

It was really a privilege to be part of this great day. It was really seen that the school management, staff and students have given their best. Everything was meticulously done.

I really congratulate the Director Fr. William Sahota and Sr. Crispin Maria the Principal for their management. God bless this school and the inmates.

Fr. Martin Sadiq

Director of Parthna Bhawan T.V Channel, Ludhiana.
9th November 2019

21st December 2019
Chief Guest
Christmas cum Sarvdharam
Sammelan

I am honoured and privileged to be part of today's celebration. Excellent performance by students, which proved dedication of teachers and all staff. Wishing you all success and prosperity in 2020.

Dr. William Bhatti, Director CMC, Ludhiana.

21st December 2019

21st December 2019
Guest of honour
Christmas cum Sarvdharam
Sammelan

Congratulations and best wishes to Rev. Fr. William Sahota and Sr. Crispin Maria and all the staff members for the beautiful programme. You have conveyed very well the message of Christmas. Hearty Congratulations to tiny tots too. May God bless each and every one of you. Wish you all Happy Christmas and Happy New Year!

**Fr. Dr. Simon Kalladayil, Director Parthana Bhavan
Retreat Centre, Macchhian Khurd, Ludhiana.**

21st December 2019

"I think the success of any school can be measured by the contribution the alumni make to our national life." – John F. Kennedy.

'TODAY'S LITTLE SCHOOL MOMENTS BECOME TOMORROW'S PRECIOUS MEMORIES.'



Finding the right path to success at the right time is really very important and for that right way my parents had preferred Sacred Heart Convent Sr. Sec. School, Sahnewal. The friendly environment, the systematic approach towards imparting education at SHCS made me a competent individual. The various co-curricular activities built confidence and leadership skills in me. The school paved the path leading to my great success as an ICSE topper. I scored 96 % and was the topper of my school in Session 2017-2018. I scored 100 marks in Physical Education, 99 marks in Mathematics and 97 marks in Science and Social Studies. All this has been possible because of the Principal Sr. Crispin Maria, the management of the school and the respected teachers those had supported me at every step. To my juniors, I personally advise to do hard work and make full and positive use of latest technologies and bring laurels to the school. May the Almighty God bless my school with greater heights in years to come!

– *Jasmine Kaur Deol, Topper –ICSE (2017-2018)*

'ALL THE MEMORIES OF SCHOOL ARE FILLED WITH GOLDEN MOMENTS.'



I have been fortunate enough to be a part of Sacred Heart Convent Sr. Sec. School, Sahnewal. The days I spent in this reputable institution, I still cherish. I am very delighted to be in contact with school activities through newsletters, school magazines and now on internet. It gives me immense pleasure that our school is progressing in leaps and bounds, being techno – friendly and equipped with the best modern infrastructure.

I am highly indebted to the entire SHCS fraternity for helping me to develop a positive attitude towards my life and decision making capacity in all aspects of my career. It has been two years to that amazing evening when I topped and everyone was so happy. I would not have done it without the support and encouragement of my parents, the Principal Sr. Crispin Maria and all my teachers. I would always be grateful to my teachers for their priceless teachings and guidance. My teachers have shaped my personality and imparted in me the value of perseverance, truthfulness, sincerity and obedience.

My dear juniors, I just want to say that a school is the place to be the best version of yourself. Learn a lot, develop new ideas, be focused and bring laurels to the school as well as to your parents.

May God always bless our lovely Sacred Heart family!

– *Diksha, Topper ISC-Commerce (2017-2018)*

'SCHOOL MEMORIES ALWAYS LIVE IN HEART.'



It is rightly said that 'School is the temple of learning.' I believe this because my school has made me live a moral and disciplined life. I am privileged to have been a part of this wonderful institution. Here we were taught that School is the storehouse of knowledge and we have to gather as much as we can. I still cherish the day when the results came out and I realized that the limit is infinity. I would never have become what I am today without the efforts, commitment, stewardship of our teachers and our Principal Sr. Crispin Maria who were always there as a friend, authority and guide. They constantly mentored me in achieving academic excellence. Our school provided me with the platform to enrich and nurture my talents and an environment where I learnt to grow as an individual. The quality of the manifold activities of the school was outstanding every year and an example of what can be achieved by the combination of dedicated teachers, supportive parents and motivated students. I pray and wish that the blessings of the Almighty God rest upon this school.

– *Simran Spal, Topper -ICSE (2015-2016)*

'SCHOOL LIFE IS THE MOST IMPORTANT PART OF LIFE AND A TREASURE OF MEMORIES.'

At the very outset, I would like to express my heartiest thanks to the Sacred Heart family. It is unique in its field. Discipline is like in the air of its environment. I am so grateful to be the part of this Alma Mater.

I am sharing my experience of my school life. It was my wonderful journey. I can't forget those golden days of my life. I studied in this school from UKG to 12th standard and I had active participation in various functions and awareness programmes like Republic Day, Labor Day, Annual functions and Swachh Bharat Abhiyan. I also participated in many co-curricular activities like Essay Writing, Salad Making and Best out of Waste. Even I was an active Basketball player and secured various medals. Everyone recognized my talent with open arms always. I am also a National Level Champion in this game. Besides this, I had topped in ISC board exam with 88% in Medical stream. Talking about the school staff, the teachers helped me wherever I faced problems as well as clarified my doubts in every subject.

Last but not the least, I would like to thank the Principal Sr. Crispin Maria for her guidance in day-to-day activities, organising orientation programmes as well as for imparting quality education to the students with high desired academic goals. I am indebted to my teachers and my Alma Mater for embellishing my life with the most brilliant hues of success.

– Nisha Sharma, Topper –ISC-Medical (2017-2018)



'SCHOOL MEMORIES NEVER DISAPPEAR!'

It was a wonderful experience at SHCS with an excellent exposure provided across the various platforms. SHCS targets for an overall development of every student, be it education, cultural awareness and practical exposure to the technical world.

Focusing not on the quantity of syllabus but on the quality that I should study was the only recipe that I followed to score in my ISC board exams. Study was surely a priority for me but it did not mean that I shifted my gears that easy and became a bookworm rather I didn't sacrifice my leisure time, as for me getting good results was important but not at the cost of ruining my mental state. I also believe that procrastination is the thief of time. I never put off till tomorrow what I can possibly do today. Undoubtedly my school Principal and my subject teachers emboldened me a lot. They made me believe that I was close to the victory and didn't dare to give up then. Our combined efforts were so imperishable that I scored 93.8% in my ISC board exams in Science stream, scoring highest marks in 3 subjects including Physics, Chemistry and Physical Education.

I cherish the memories, the favorite past times, I had in my life! I look forward to keep in touch always while I am away. May my Alma Mater get to new heights of success!

– Sakshi Gairola, Topper –ISC-Non Medical (2017-2018)



SCHOOL LIFE..... "GOLDEN PERIOD OF LEARNING."

From a blooming bud to a flower SHCS has helped me to blossom in my budding stage. As a gardener nurtures a plant, I was nurtured by this school in such an affectionate as well as disciplined manner that being an alumnus of this great institution fills me with pride and nostalgia. In every walk of my life, every new venture I opted, the experiences gained during my school days guided me like guiding stars.

I spent ten years in this prestigious institution. This school introduced me to the world and more so my own self. My school life is all about the memories I deeply cherish. The memories are of not only the fun, friendship and all the sports and extra curricular activities but also the way it helped me to find my interests. My experience at SHCS led me to explore and learn new things in terms of personal and professional aspects. Currently, I'm pursuing final year of MBBS at Government Medical College and Rajindra Hospital in Patiala. I owe it all to my school life. I got numerous opportunities to enhance my personality, boost my self confidence, overcome my inhibitions, develop my skills and discover my intellectual abilities. I am thankful to my reverend teachers, worthy Principal and convey my gratitude to the Almighty for making me a speck of this institution.

May God bless our Sacred Heart Fraternity with more glorious years in future!

– Jaskaran Singh, Topper –ICSE (2012-2013)



GOOD TIMES COME AND GO BUT THE SCHOOL MEMORIES WILL LAST FOREVER



It is my pleasure to place on record the wonderful years I had under the auspices of SHCS fraternity. I feel privileged to study in an environment where teachers are amicable and learning seems easy. I must say that the learning and exposure which Sacred Heart family gives is just commendable. The quality of education it imparts is the finest, a student can get. The school not only provides well-equipped laboratories, but also renders great amenities for sports.

Furthermore, the students are encouraged to participate in manifold activities of their interests along with proper attention to academics. I, therefore, believe that SHCS Sahnewal is the best school for the holistic development of the students. I've found that SHCS has not only helped me to develop life long friendships, work strategies and career goals, but has also functioned as one of my primary means of inspiration. SHCS has nurtured my aspirations and laid the foundation to realize those aspirations. It boosts confidence and teaches the students to establish and maintain relations and helps the students to

learn how to work together as a team.

I am highly obliged to my teachers, the worthy Principal and the management for inspiring me to have firm faith in my abilities and for providing ethical knowledge which always helps me to pave the way towards fruitful and enriching career. I'll definitely cherish these moments forever.

Wishing my Alma Mater greater heights of success!

— *Mankirat Singh Hundal, Topper-ICSE (2010-2011)*

'SCHOOL MEMORIES ARE STILL THE BEST!'



SHCS is a place of knowledge and bliss. I am blessed that I was part of this institution from the very beginning. I became the part of Sacred Heart family in the year 2007 and since then no day has passed when I did not thank for what I had learnt from this school. The foundation of my bright future was laid when I stepped in this school.

Till my last day in this school, I was taught by the best teachers with whom I had a great bond and a sense of belonging. I did not receive only the education but also the values.

Here I was taught how to be the best version of myself and excel at whatever I do. The responsibilities I had when I was the Head Boy taught me, the leadership qualities that I still apply in my life. I fondly remember being the 'Star Athlete' of the school where I got the boost for studies as well as for curricular activities. I would like to express my gratitude to the Principal and the staff those who have influenced my life in a big way and whose guidance and encouragement have always strengthened my confidence.

SHCS was not a school to me but it was like a 'family' and becoming a Sacred Heartian was one of the best decisions. I can proudly say, "YES I am a Sacred Heartian."

— *Pawandeep Singh, Topper-ICSE (2011-2012)*

'SCHOOL TIMES END BUT MEMORIES LAST FOREVER.'



I feel immense pleasure for having got the opportunity to write in the column as the topper 2012. I do cherish the love and guidance of my teachers, worthy Principal and the Director of the school. Schooling at Sacred Heart remains the most valuable experience I have ever had in my life till date. The school fraternity has relentlessly imparted the knowledge and skills in me. To say by heart, I still cherish the personal touch I have received by every teacher and even the Principal of the school which I have never ever experienced in any of the educational institution, I have attended. The school paved the path leading to my great success as an ICSE topper. My school life was one of the best experiences of my life. It brought clarity of thought, knowledge, confidence, courage and conviction to me and my goals. SHCS provides a great platform for learning as it is a whirlpool of opportunities for the growth and development of its students.

My Alma Mater made me intellectually well trained, spiritually grounded, socially responsible and morally upright. I have qualified CA from the institute of Chartered Accountant of India (ICAI). Students here are given lessons about life, righteousness, discipline and punctuality. Eco Club, Arts Club, Science Club and Social service group are very active in my school. I would like to express my gratitude to my parents, Respected Principal and teaching staff for imparting moral values in my life.

To all my juniors in this school, to say from personal experience, none of the other institution can help you explore yourself to the extent this school does. Make the best of it. May this institution keep soaring to greater heights!

PROUD SACRED HEARTIAN!

— *Gurjot Singh, Topper-ICSE (2012-2013)*

'BEST SCHOOL MEMORIES ALWAYS MAKE YOUR HEART HAPPY.'

Greetings to the management, staff and students of SHCS!

I deem it a privilege to pen down a few lines as a grateful alumna of this institution. I do cherish the love and guidance of my teachers, the Principal Rev. Sr. Crispin Maria and the Director Rev. Fr. William Sahota.

I consider SHCS as a temple and the teachers over here as my God. Under the guidance of my parents, the Principal, the teachers and the Almighty God, I was able to secure first rank in my ISC board examination in all over the district with 95% marks in Medical stream. The staff here has always been supportive and ever ready to help. The rigorous academic curriculum of this institution is unparalleled in being supplemented by activities to develop oneself along multiple dimensions by participating and leading activities at a cultural, literary, sports and scientific level in a highly creative environment.

I have spent about seven years of my life here and currently pursuing BDS at Luxmi Bai Institute of Dental Sciences and Hospital in Patiala.

I am really thankful to this school for making me what I am today and for giving me the best teachers, the best friends and incredible school life. I wish SHCS to keep reaching greater heights as always.

– *Gurjot Kaur, Topper- ISC Medical (2016 – 2017)*



"THERE IS NO SUBSTITUTE FOR HARD WORK." –Thomas A Edison

Heavenly Father has been extremely generous in blessing me with the best school and the best faculty of teachers.

Sacred Heart Convent School has endeavored to accomplish the goal of spreading the glory of knowledge and education to millions of lives and being a part of this glory makes me feel immense pleasure and proud. I gave importance to all three ways of preparations, be it school, coaching and self-study, as everything has its own relevance. We can't skip any one of them. I got a right balance at home and at school.

I really want to thank my Principal and the school staff that helped me to achieve success in my life and encouraging me for further studies. The teaching here is dynamic and creative and I have flourished both academically and socially. Matches, Tournaments, Cultural shows, Competitions, Outings, Picnics made my school life lively, interesting and enjoyable. Besides the co-curricular activities, utmost importance is given to academic pursuits in school along with remedial classes for weak students to clarify their doubts. Academic excellence has been the hallmark of my school. Recollection of the fond memories of those bygone days bring a smile on my face even today. They will continue to sweeten my mind and fill my life with vigour and zest throughout my life.

I am really amazed that SHCS has reached new heights. Talent is emerging day by day and SHCS is playing a great race in furnishing these in- born talents of students. With the grace of God and blessings of Sacred Heart family, I'm pursuing B.E. chemical engineering at Thapar Institute of Engineering and technology in Patiala and continuing the Sacred Heart's tradition of participating in extra co-curricular activities.

My prayers to the Almighty would always to comprehend the success of my school.

*"Times have changed and days are gone, But the journey of life is still going on,
Busy in ourselves though we are, We miss a lot the days gone far....."*

– *Simran Kaur Birdi, Topper - ICSE (2013-2014)*



Voice of the Alumni

"Sometimes, it's better to bunk a class and enjoy with friends, because now, when I look back, marks never make me laugh, but memories do."

~ APJ Abdul Kalam



THINGS END BUT MEMORIES LAST FOREVER. GOOD MEMORIES ARE THE BEST EXPERIENCES.

The memories of school life are timeless treasures of heart. It was the golden period of learning and gaining values and life lessons. The Principal of our school, Rev. Sister Crispin Maria was so supportive and brought about a significant advancement in school's appearance and in learning methods.

As a student, I furnished self-confidence, punctuality and dedication that harmoniously developed me under the guidance of the members of this esteemed institution. I still remember the first and last day at school and the entire journey enabled me to venture out in the world as an adult. My teachers have taught me more than what is taught in the books. Thus, school life is a wonderful chapter in my entire memories. When I walked out of the gate of this institution, the memories that were created will always be with me throughout my life.

Jasnoor Kaur Saran, Session 2017-2018

**"LEARN AS MUCH AS YOU CAN WHILE YOU ARE YOUNG,
SINCE LIFE BECOMES TOO BUSY LATER."**

**"LEARNING IS A TREASURE THAT WILL FOLLOW
ITS OWNER EVERYWHERE."**

It's said that you are exactly where you are meant to be. It is also true that you go to places where you will explore not only the physical world but also yourself. My school time has been that for me. It made me human in ways that'll help me sustain my sanity in today's world and I'm grateful for it.

I have been fortunate enough to be a part of Sacred Heart Convent School. Any child that goes to any institution has a foundation on which they stand and if an institution can uplift that pedestal that is the best achievement for him/her as well as for the members of the institution. I passed out of this school in 2018 and my journey thereafter always takes me back to the school somehow, either through the memories, the lectures, the morning assembly, or the advices, the conversations, the extracurricular activities and so much more.

Harsirat Kaur, Session 2017-2018



NO MATTER WHAT'S GOING ON IN YOUR LIFE RIGHT NOW, SCHOOL MEMORIES ALWAYS MAKE YOU HAPPY.

Taking a walk down memory lane, I feel overwhelmed with all that I've learnt from this school. I look back at my formative years with profound adoration and gratitude. The seeds of consideration, exploration, creativity, and of simply being a wholesome human being, governed by years of catholic school learning, continue to blossom, and give us Sacred Heartians' pride in having a common place of belonging in the outside world. The years spent here made me intellectually well trained, spiritually grounded, socially responsible and morally upright. I would forever be grateful for all the learning experiences. This school does not just teach curriculum, it teaches life.

- Prabhleen Singh Bedi, Session 2015-2016

Voice of the Alumni

THE BEST MEMORIES ARE MADE AT SCHOOL. "I WILL FOREVER BE GRATEFUL."

I have been fortunate enough to be a part of this institution from 2003-2018. I am very thankful to my parents who chose this school for me as the teaching here is dynamic and creative which has made me flourish both academically and socially. I really admire the positive learning environment that I had and also our knowledgeable and enthusiastic staff, who always encouraged us to study hard and to actively participate in the curricular and extra curricular activities as well.

We got good learning experience, self confidence, motivation and the will to do our best. No one can forget the lavish infrastructure of our school which is always kept up to date by our school management. Academic excellence has been the hallmark of my school. Recollection of the fond memories of those bygone days bring a smile on my face even today. They will continue to sweeten my mind and fill my life with vigour and zest throughout my life.

Harjot Kaur, Session 2017-2018



School Life; a journey to be cherished...

When I look back to the years that I spent being a student of Sacred Heart Convent School, Sahnewal, it makes me feel proud of being a part of one of the best education systems. The 8 years I spent here laid the basic foundation of my life and was one of the indispensable phase that helped me in building my overall personality. It helped me grow in every aspect, be that in studies, sports, extracurricular activities. Moreover, I was taught by the best faculty members of my Alma Mater who put great efforts in teaching their specific subjects. All I can say is that Sacred Heart Convent School is the best school and I would always cherish the sweet memories of my school days.

Harleen Kaur, Session 2012-2013

Heartfelt Gratitude for shaping into a better human being.

At Sacred Heart, I have lived the best days of my life. It feels great to be taught by amazing teachers who are the best. They always motivated and encouraged me to face the risks boldly. At Sacred Heart Convent School, Sahnewal, I gained innumerable experiences which added a different perspective to my life. My heartfelt gratitude goes to the management and staff for providing us all the facilities with healthy environment which has transformed me into a better and responsible individual.

Komal Sharma, Session-2009-2010



ACADEMIC ACHIEVERS (2019-2020)

TOPPERS OF THE ICSE (CLASS X)



NAZAMPREET KAUR
School Topper (97.8%)

2nd in District



HARDIL SINGH
2nd Position (97.4%)

3rd in District



EKAM SARAN
3rd Position
96.2%



GURSIMRAN KAUR
3rd Position
96.2%



ARSHJOT KAUR
95.4%



GURNOOR KAUR
GREWAL
94.8%



DIYA KAPILA
94.8%



MEHAKDEEP KAUR
94.6%



SIMRANJEET KAUR
93.8%



AZAD VASHISHTH
GANDE
93.6%



DILPREET KAUR
93.4%



NIKHIL SHARMA
93.2%



RITIKA
92.8%



HARGAGANDEEP
KAUR
92.4%



RISHU SONDHI
91.8%



SIMRAN KAUR
SANDHU
91.6%



MANTAJ SINGH
91.4%



UDAY GARG
90.6%



SIMRANJEET KAUR
90.2%

TOPPERS OF THE ISC (CLASS XII)



EYLEEN KAUR
Topper - Non-Med
94.75%



JEEVANJOT KAUR
2nd - MEDICAL
93.25%



SANJANA SUKHILJA
3rd-MEDICAL
92.25%



SEEVAM AUJLA
3rd-MEDICAL
92.25%



CHIRJOT SINGH
NON-MEDICAL
92%



GURJOT SINGH
NON-MEDICAL
91.75%



JALJEET SINGH DHILLON
NON-MEDICAL
91.25%



MOHIT BHATIA
NON-MEDICAL
91.25%



JASMANJIT KAUR
MEDICAL
91%



AMANJOT S. SANDHU
MATHS-100%



TANVI PANDEY
PHY.EDU.
100%



BIPASHA KAPIL
PHY.EDU.
100%



GAURI SHARMA
PHY.EDU.
100%



PRAISE S VARGHESE
PHY.EDU.
100%



LOVISH K. SHARMA
PHY.EDU.
100%



AMANPREET KAUR
PHY.EDU.
100%



HARSHANGEET KAUR
PHY.EDU.
100%



JASKIRAT S. BAJRAL
PHY.EDU.
100%



GURPARNEET SANDHU
PHY.EDU.
100%

GOOGOLPLEX SPEAK ENGLISH PROGRAMME

Improve your Communication Skills



To increase proficiency in spoken English as per the IELTS standard, the school has introduced 'Speak English Programme' (Junior IELTS) as per the level of students as 'Beginners/ Juniors/ Seniors and Masters' by SR EDU SOLUTIONS. The programme runs along with the English Classes remaining within the school timetable and schedule. The main thrust of the new venture of Junior IELTS programme in the school is to make the children speak English fluently with proper pronunciation, diction and accent. Qualified staff from SR EDU SOLUTIONS assists the school in training the teachers to teach the students by using its prescribed study materials.

The Googolplex Academy has designed the entire course in a specialized way to improve the Listening, Speaking, Reading, Writing, Vocabulary building and the Voice and Accent skills of the students with variety of activities such as School Radio, interactive summer activities and English Club activities etc.

Abacus/Vedic Maths Brain Development Course

Abacus/ Vedic Maths Classes (Speed and Accuracy Development Programme) have been introduced in our school curriculum with a view to provide an opportunity to develop the God given skills and talents. SR EDU SOLUTIONS (GOOGOLPLEX ACADEMY) which is assisting the school in training the teachers to teach the students these courses by using its study materials (special work kit) through the computerized animation programs. Students from Classes I to VIII have enrolled for this programme.

This Brain Development Course which was started 3 years ago in our school has brought a great impact on the students who have enrolled for this programme. They have completed 4 levels of this course and are proceeding with the next level in the current session. It is the result of rigorous training sessions attended by our experienced teachers every year. In the session 2019-2020 our 17 teachers were trained for Abacus and Vedic maths to teach various levels of the same.



Teaching of their curriculum goes on in a very structured manner. Continuous practice sessions are given to our students on each topic. Our students have learnt to use visual imagery. Moreover, they arrive at the answers quickly as compared to the other students. Beyond the basics they have also mastered the techniques of square root, cube roots, etc. The exams are conducted twice in a year as per the levels. Abacus and Vedic Maths programmes are now a part of the Academic report card.

It has enhanced memory, logical thinking, reasoning power, concentration and self-confidence of the students. It has also improved analytical, creative and imaginative skills. The technique is unique in its nature.

Mr. Barjinder Kumar Aneja
Coordinator



School Infrastructure

A Key Element of Students' Learning Experience.

New developments in 2019-2020 making Infrastructure Smart.

A school is actually a home away from home for any student. There is no denying how significant a school is in shaping up a student's personality and holistic learning process. Like an experienced teacher and teaching pedagogy play a critical role in shaping students' academic lives, infrastructure is also vital. Certainly it's an established fact that a school with good infrastructure goes a long way in improving the interest of both – students and teachers alike in learning. It creates a favourable environment for students' holistic development. It's but obvious that every parent want to spend money where their children feel safe and secure while learning and enjoying their student life. They wish to ensure the schools have ample safety standards and facilities to make learning a joy. Our school has got an excellent infrastructure with sprawling playground, the most impressive campus incorporating vast green spaces in the region. The academic year 2019–2020 witnessed many remarkable developments, refurbishment of existing infrastructure and added facilities to this institution. Some of these enhancements are;

- School's Digital Infrastructure- Speeding up Learning
- Installed several high-resonances CCTV Cameras all over in the school premises.
- High-tech audio visual equipments
- Renovation of Labs
- Newly furnished Children's park
- Spacious and refurbished building
- Renovation of Music room with Musical Instruments
- Well-maintained sanitation facilities
- Computer Lab for Kindergarten
- Upgradation of Computer lab
- Upgraded Website facility
- Renovation of Library.



A peep
into the
academic Year

REPORT OF THE SCHOOL EVENTS

English

SECTION

Motto for the Year:

"Remember Yesterday, Dream for Tomorrow, Live for Today."

Value to be practiced for the year:

"Admire and Value TIME."



From the Editor's Desk

"When something can be read without effort,
great effort has gone into its writing."

– Enrique Jardiel Poncela.

Dear Reader,

Greetings to you!

"Aroma" is a reflection of collaborative teamwork and hidden potential of the twinkling stars who are ready to flood the sky with their everlasting luminance. Indeed, it is a repertoire and epitome of our adorable Sacred Heartians. I am feeling overwhelmed to invite you all to take a peek into the annals of the esteemed institution and to listen to the lilting music of Sacred Heart family's excerpts, experiences and expressions.

Education is a wholesome, holistic process and so at Sacred Heart Convent Sr. Sec. School, our mission is to inculcate the passion for knowledge in the students and for this they are nurtured to develop the skills and demeanour of life long 'learning' which will set them apart from the others. They will become the global citizens who will face the future with resilience and optimism. On a deeper level, we try to instil the values of respect and trust which are the bedrock of real success and its glimpse can be found in this marvellous artwork.

I extend felicitation to all those beautiful souls who are

intrinsic part of bringing out the magazine, "AROMA." My thanks is due to our school Director Rev. Fr. William Sahota and our beloved Principal Rev. Sr. Crispin Maria, Editorial Board, Sacred Heartians and teachers to have been of immense help in breathing life into these pages.

We the Sacred Heart Family always try to achieve excellence and become spark plugs to creativity of students. We give thought provoking prompts to trigger critical thinking and hone writing skills and lead each individual to complete own self to fulfil their desire. Sacred Heartians have attempted to venture into the realm of expressing creatively in a simple but imaginative way. Savour the magazine as a precious stimulation of child's new perspective to life. Don't go by its volume and keep it aside, but enjoy each child who gathered the wits to think big, think ahead as creativity is no one's monopoly.

Let us together acknowledge the unique talents of our blooming flowers.

Lots of Love,
Ms. Aarti Sharma,
(Coordinator-English Dept.)

Heralding the new session 2019-2020 with a Big Cheer!!!

The beginning of new school year is for all occasions of joy and hope. The formal opening of the academic year 2019-2020 was ceremoniously inaugurated on 12th March 2019 with great zest and fervor. The function was presided over by Rev. Fr. William Sahota, the Director of the school.

As a mark of surrendering all our endeavors in the hands of God, a special Prayer Service was led by our Respected Principal Rev. Sr. Crispin Maria. With folded hands we thanked the Almighty for gracing us with blessings to successfully conclude the previous session and sought His blessings for the new session which lay ahead. The School Choir melodiously sang beautiful hymns invoking the Almighty to pour out His spirit upon the





Sacred Heart Fraternity. Ms. Shweta and Ms. Nidhi Kapila the staff representatives along with the students' council offered special intercessory prayers seeking the blessings of the Almighty. In his Presidential address Rev. Fr. William Sahota said that the first day is always full of energy, enthusiasm and hope and he urged the students to achieve academic excellence and also emphasized the need to cultivate moral and spiritual values in their life. Further, he advised the students to take up hobbies to make their life more colourful.

Then Principal Sr. Crispin announced the theme for the new session, *"Remember yesterday, dream for tomorrow, live for today," and the value to be practiced for the year – "Admire and Value time"*. The teachers were given the yearly curriculum and a lighted candle to illuminate their paths forever. The students who scored above 90 percent in the previous academic session were felicitated with small gifts. The National Anthem brought down the curtain to this occasion.

Jaspreet Kaur, VIII-Rose



Heartians *Carve* *New* Pathways *of Academic Progress*

The right to education is not only the right to access education but also the right to receive an education of good quality. Sacred Heart Convent Sr. Sec. School, Sahnewal has for the past 17 years endeavored to provide the same. We adopt various innovative methods to make education a joyful learning experience for the students. The Diocesan Board of Education-Jalandhar provides many practical guidelines time to time to create a stimulating learning environment in our school. Following are the main pathways of academic progress the school has adapted in recent years.

1. Aim high : A high target of academic achievement is fixed at the entry point, from the Nursery class and it is conveyed to the teachers of the kindergarten that they should strive hard so as to help every student to obtain 100% marks for the subjects taught. The

minimum Marks, even the weakest student should obtain, must be between 80 to 90%. This is the challenge that every teacher should be prepared to take up from the beginning of the academic session. The syllabus fixed for the K.G. section is given high priority for mastering the English Language (in an English medium school) and the Mother tongue along with the basics in Maths. **Maximum care should be taken** that every child is given personal attention,



while teaching, so that **each child learns the entire content of the Syllabus.**

2. Proficiency awards: Earlier it was restricted to just three students in a class with the variation of one or a half mark or even a minuscule difference of a point or two to decide the awardees of proficiency. The school has introduced the practice of awarding the Proficiency awards to all those students who **score 95 and above marks from Nursery to 3rd standard.** Those who obtain **90 and above marks** are granted the proficiency award from **4th standard onwards.** The new initiative helps to reduce the mental stress of the students and parents.



3. Awarding badges to the toppers : The practice is that the toppers are decorated with colorful badges which would be worn by the students till the publishing of the date-sheet for the next term examination. After the term exam and the announcement of the results the new toppers will get the badges. This practice has been highly appreciated by the parents. This has brought healthy competition among the students in improving their standard of study.



4. Peer-group study method is introduced to help the weaker students : Motivation to help the weaker companions are instilled among the bright students by this method.



5. Personal briefing to the Parents : Inviting the parents of the weak students after each term examination and briefing them regarding the poor performance of their ward is a regular feature in the school.

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6. The remedial classes for those students who are promoted to the higher classes obtaining below 50% marks will begin immediately after the commencement of the new session. **The teachers are asked to prepare a Chart** in the beginning of the term indicating the date of the completion of each chapter and the dates for the class tests and remedial classes for the weak students.

7. Internal Assessment : Each subject teacher should help every child to complete the necessary requirements in fulfilling the norms to obtain the maximum marks for the internal assessment in each term-examination.

8. There are regular meetings of the subject-teachers to evaluate their performance and to share the difficulties they face in the class to give maximum attention to all the students. The academic coordinator, along with the subject coordinators and moderators, plans out new methods for an effective learning experience and to make sure that no student should fail to achieve the average minimum score limit set by the board.

9. Strict monitoring of the Lesson Plans: Insisting on the duty of the teachers to prepare the lesson plan well by using extra sources of knowledge and information and to teach accordingly is made mandatory and proper monitoring is done time to time. I am proud to say that over the past few years SHCS Sahnewal has grown from strength to strength and the Academic standards are comparatively high, as proved by our students in the I.C.S.E. /I.S.C Board results. The number of students who score above 90% marks in the final examination, both in the school level and the Board level has gone up very significantly, thanks to these new initiatives by our committed staff.

At this juncture I would like to thank the Chairman of the Diocesan Board of Education, Jalandhar for guiding, supporting, inspiring and empowering us at every step. I also express my sincere thanks to our school Director Rev. Fr. William Sahota, the Principal, Rev. Sr. Crispin Maria and the Nursery wing In-charge Sr. Remya for their hard work and committed service, to lead the Sacred Heartians to the soaring heights of success, with their indomitable spirit and never-say-die resolve and approach to every challenge before them.

- **Rajwant Kaur Bedi**
Academic Coordinator





Awarded Appreciation Certificate for commendable behavioural qualities.

In the wake of increasing misdemeanors committed by school students being reported from different parts of the country, it has been decided to put in more and more positive efforts from the part of the school administration to find ways and means to deter our students from such wrong thoughts and actions. This can be done only by helping them through corrective instructions and personal monitoring so that they may develop a habit of doing good and

avoiding evil. Accordingly a plan has been prepared for the implementation in our school.

The school administration through the help of its staff will communicate to the students and parents the basic social values the students are expected to imbibe during their school years. After having explained to them in the class, the class teachers and the subject teachers and the entire staff are advised to monitor if the students are behaving in tune with these instructions. There are TEN main titles given in the progress report as personality traits. During the course of the entire school year, marks will be awarded for each behaviour pattern given under each personality trait title. A daily and monthly monitoring assessment will be regularly marked in the register maintained for each student in each classroom.

At the end of every month and after every term the positive and negative marks will be tallied to demonstrate the current status of each student. Finally, at the close of the academic year the class teacher, with the help of subject teachers, will compile the assessment chart along with the final academic result. Every year on the re-opening day, those students who are having above 90% marks and more than 90% of positive character traits are awarded with an Appreciation Certificate for their commendable behavioural qualities and personal traits.



Ms. Aarti Sharma, English Teacher

Investiture Ceremony

Preparing Children to Become World Leaders

Leadership and Learning are two sides of the same coin. Leaders aren't born, they are made; and they are made just like anything else, through hard work. Our school gives ample opportunities to all the students to develop their leadership qualities. The newly elected Student Council Members for the academic session 2019-2020 were sworn in on 27th March 2019 at an impressive investiture ceremony. Rev. Sr. Flower Therese DM the Principal of Sacred Heart Convent School Macchiwara graced the occasion as the capacity of the Chief Guest. Rev. Sr. Crispin Maria, the Principal accorded a warm welcome to all the eminent guests, parents, teachers and students. The proud parents of prefects were the special invitees on the occasion. The day began with special prayers by invoking blessings from the Almighty to fill the hearts and souls of the students who were to be invested.

Thereafter, the much awaited event began. The members of the Students' Council accompanied by their respective House mistress/master walked with pride and responsibility to receive badges from the dignitaries.

Master Abhishek Singh of class IX and Manya of class IX were sworn in as Head Boy and Head Girl and took charge of their responsibilities along with the other Cabinet Ministers at the presence of the Chief Guest for the session 2019-2020. As many as 48 students took oath of leadership to serve the institution. The Chief Guest addressed the audience and sensitized students the responsibilities of wearing the title of a leader and how to be genuine leaders in the school and later in life. She also congratulated all the Council Members and the school management for the wonderful event all witnessed.

Rev. Fr. William Sahota, the Director of the School proposed the vote of thanks in which he thanked the honourable Chief Guest and all the parents and members of the committee for making their presence felt. He also lauded the efforts of the staff and students. Finally the ceremony came to an end with the National Anthem.



Manya, IX-Rose





Success Comes To Those Who Toil.....

Sacred Heart fraternity has always believed in commending the students to inspire them to scale greater heights. A Felicitation Ceremony was organized on 5th June 2019 to honor the brilliant stars of ISC and ICSE, who scored above 90% marks in the Board Examination. The function was sponsored by HDFC Bank, Sahnewal. The HDFC Sahnewal Branch Manager Mr. Khushpal Singh graced the occasion as the Chief Guest of the day. The function started with a prayer song followed by reading from the Holy Bible, invoking God's blessings.

The toppers of ISC and ICSE expressed their heartfelt gratitude to the Almighty and to those who helped them to achieve superb success. It was followed by Felicitation of Toppers by the Guests, the Director of the school, teachers and parents. The Chief Guest presented the mementos to the toppers for their meritorious performance. The Ceremony was witnessed by the proud parents of the achievers.

Mrs. Kuldeep Kaur, the mother of Balraj Singh Gill, the ICSE topper expressed her gratitude to the school management and teachers for their tireless efforts.

Addressing on the occasion, the honorable guest of the day Mr. Khushpal Singh congratulated the students and their parents. He emphasized upon the importance of hard work and dedication for attaining success. The ISC topper Sharandeep Singh along with the ICSE toppers Balraj Singh Gill and Nimrat Deol shared their views with a heartfelt gratitude cherishing the excellent guidance of management and the teachers.



The Director, Rev. Fr. William Sahota also applauded the students and urged them to be focused and more dedicated towards their studies. He wished them a successful life ahead. Thereafter, the school Principal Sr. Crispin Maria proposed a word of gratitude to the HDFC Bank officials, parents and the toppers. The school choir sang a melodious song wishing them good luck for their future, entailed with an exuberant Giddha performance by the tiny tots. The function culminated with the National Anthem.

Balraj Singh Gill,
XI-Non Med



'Van Mahotsav'

IMPARTING GREEN VALUES TO STUDENTS

On 20th July 2019, we celebrated 'Van Mahotsav' to remind everyone about their responsibility towards Mother Earth. The day focused on sensitizing, reinforcing and mobilizing the students to contribute towards cleaner environment. The Chief Guest of the day was Mr. Jasvir Singh Rai, Range Officer, Forest Department, Ludhiana. He was cordially welcomed with a sapling by the Director, Rev. Fr. William Sahota and the Principal, Rev. Sr. Crispin Maria. The celebration implored all to get outdoors and into nature, to appreciate its beauty and its importance, and to take forward the call to protect the earth that we share.

It was followed by a thought provoking skit. Students also presented a soulful dance dedicated to the planet. The school choir presented a melodious and inspiring song. The pledge was taken by all to protect and save the depleting natural resources. To familiarize Sacred Heartians with different species of medicinal plants and their usage, a plant recognition activity 'Who am I?' was conducted by Stephen Science Club of our school.

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One of our students, Sukhraj Singh Sandhu with his peer group was applauded for planting around 50 trees in a month in Sahnewal. The Management congratulated them for their inspiring endeavour.

The ECO Club organized a tree plantation drive to make the environment greener. A rally was also taken out by the students holding posters and banners in support of 'Environment Drive- My Earth, My Duty'. The Chief Guest encouraged students to preserve trees which play a vital role in maintaining the ecological balance. He added that it is the responsibility of each citizen to not only grow trees but also to take care and nurture them. Rev. Fr. William Sahota appreciated staff and students for the exemplary enthusiasm in spreading the crucial message. He articulated that in the wake of uprising environmental degradation graph, it becomes the duty of every member of the society to contribute a little towards saving the environment. The celebration culminated with the National Anthem.

Himanshu Kumar Rai, IX-Green



Releasing the 4th issue of the school Newsletter 'RECALLS'

Our glory soars high...Giving us new wings... Every effort is a song..., That each heart sings.....

The 4th issue of the school Newsletter christened as 'RECALLS' was released on 14th August by Dr. Kirti Dua Senior Scientist and In charge, Centre for Wild life Studies GADVASU, Ludhiana. The occasion was combined with Patriotic fervor as it occurred on the eve of Independence Day.

Amidst the cultural events, the Chief Guest Dr. Kirti Dua released the school newsletter 'RECALLS' by presenting the first copy to the School Director Rev. Fr. William Sahota. Ms. Aarti Sharma, the Editor of the newsletter expressed her heartfelt gratitude to the Management and the Literary Club for their untiring efforts in bringing out the 4th edition of the newsletter.

Our School Principal Rev. Sr. Crispin Maria congratulated and appreciated the members of the Literary Club for their flowering efforts for the remarkable compilation of the school newsletter. She wished everyone 'Happy Independence Day' and motivated all to respect our motherland. The function culminated with the rendition of the National Anthem.

*Ms. Aarti Sharma,
(Coordinator English Club)*



Students Organized a Voter Awareness Rally

It was a wonderful day at Sacred Heart Convent Sr. Sec. School, Sahnewal to build public opinion about the importance of voting during elections. The day commenced with a devotional prayer song invoking God's blessings. Ms. Secma Rattan, one of the teachers of the school, delivered a motivational speech wherein she highlighted the significance of how each vote is crucial for the formation of government at both the state and the central level. Sukhraj Singh Sandhu and Gursimran Kaur, students of Class XII, chimed in their views about casting vote and updated their fellow students regarding the total number of constituencies in Punjab and all over India.

The school choir in melodious voices trajected message that each one of us should exercise our constitutional fundamental rights and choose leaders as per our choice. A nukkad natak was also staged by the students representing the current political scenario. The natak laid emphasis on the significance of 'Why should one vote and how to choose leaders wisely?' to bring about a change in society as responsible citizens of India.

Principal Rev. Sr. Crispin Maria congratulated the entire team of staff and students for their noble efforts. She apprised the staff and students of the famous quote by **Abraham Lincoln** stating, "The Ballot is stronger than the Bullet."

Thenceforth, our students and teachers moved to participate in the 'Election Awareness Rally' which made people aware of the gravity of casting a vote and reconstruct a stronger as well as an honest government. Around 200 students participated in the rally and raised various slogans, sending across the message that democracy could be successful only if all stakeholders, especially young voters, participate in the poll process.

Abhishek Kumar Jha, XI-Non Med



The School Inspection by Diocesan Board of Education



The school was inspected on 9th September 2019 by the team constituted by the DIOCESAN Board of Education led by Rev. Fr. George Edayal. The inspection team was given a warm welcome by the Sacred Heartians. The team appreciated the various features of our school like morning assembly, musical mass drill, general discipline, academic standard, extracurricular activities, students-staff coordination, administrative efficiency, the eco-friendly, neat and tidy green campus etc. Based on the findings by the inspection team the school was accorded with an 'A' Grade status. To quote from the report presented by the inspection team to the Diocesan Board of Education:

"The Inspection team has taken serious cognizance of the leadership quality of the Principal and the staff under the timely guidance of the Director of the school which has contributed in bringing up the school as one of the best Educational institutions of the area. Excellence in



maintaining the study environment and the serenity and beauty of the school campus was appreciated by the team of Inspectors. The long list of 148 activities in which the students have been getting involved was very conspicuous achievement of the school as these activities along with the best of academic pursuits will help the students to gain life skills accompanied by intellectual growth. The active involvement of teachers under many committees constituted by the school management was highly appreciated."

While addressing the staff, during the staff meeting held on the occasion of the school inspection, Rev. Fr. Edayal, the Head of the inspection team appreciated the Director, Principal and the entire staff for their committed service to the institution and the good works they perform for the well being of the students.

The school Director, Rev. Fr. William Sahota appreciated the Principal and her team of the staff for the optimum number of "A" Grades the school has been awarded by the Inspection team.

Ms. Harprit Aneja, Economics Teacher



Exsupero-2019

Annual Sports Meet cum Cultural Bonanza

*Busy like bees, we hardly ever rest,
See the glory of our Sports meet.*



Sacred Heartians celebrated its 16th Annual Sports Meet cum Cultural Bonanza 'Exsupero-2019' with pomp and splendor on 8th and 9th November, 2019 with an objective to inculcate the spirit of sportsmanship and fondness for sports in children. The distinguished Chief Guest of Opening Ceremony was Mr. Sharanjit Singh Dhillon, former MLA, Sahnewal and the Guest of Honour was the most Rev. Msgr. Xavier Thazhathuveetil, Chairman of Diocese Board of Education. The special Guest was our alumnus Gurkomal Singh who proved his mettle at National Level Athletics. The dignitaries were welcomed with saplings and were pinned badges by the Director of the school Rev. Fr. William Sahota, the Principal Rev. Sr. Crispin Maria and the School Cabinet.

The Opening Ceremony commenced with the Guard of Honour presented to the Chief Guest by the members of the Students' Council. The Chief Guest hoisted the school flag followed by the lighting of the torch. The Annual Sports meet 2019 was declared open formally by our esteemed Chief Guest. An oath was administered to students to participate in the sports day with true sportsman spirit followed by spectacular march-past. Prayer





Dance laid the ground for other lovely performances like Musical P.T, Drill Dance, Aerobics, Zumba and Fusion Dance etc. The spectators were particularly enthused by the gymnastic performances and praised the efforts profusely.

The word of appreciation by the Chairman of the Diocesan Board of Education Rev. Msgr. Xavier Thazuthuveetil added colour to the opening ceremony. He said, "Consistent effort with complete dedication and commitment towards duties and responsibilities is the benchmark of ultimate success and this is what Sacred Heart Sahnewal is recognized and applauded for."

All the students participated with great excitement in track and field events. The audience appreciated the races and cheered the athletes. The students touched the hearts strings of one and all with their scintillating performances, spelling out happiness to an amazed audience. The ground echoed with the triumphant yells of the winners.

Ritesh Kumar Mishra, XI-Non Med



The Closing Ceremony of 'Exsupero-2019'

The Closing Ceremony of 'Exsupero-2019' was graced by Mr. Bhupinder Singh Sidhu, AIG of Police (STF) accompanied with his son Mr. PunarPratap Singh Sidhu, National Level Shooter and the Guest of honour for the second day was Rev. Fr. Martin Sadiq, the Director of Parthna Bhawan T.V.(Television). The special Guests were our alumni Nawaz Singh Panaich, National Level Basketball player along with the upcoming singing sensation Prabh Bains.

The Closing Ceremony kicked off with the most electrifying house wise events of 400m

relay race. Tug of War between participants added bling to already geared up crowd. The sparkling performance of the day was Grand finale showcasing the theme declared by United Nations for the year 2019 'International Year of Indigenous Languages'. The parents were left awestruck and they enjoyed the show with great fervour.

The Chief Guest awarded medals and trophies to the meritorious achievers and to the winners of different races and competitions. 'The Best Athlete of the year' trophy in the junior boys' and girls' category was bagged by Anmol Singh Rai, Hussan Preet Kaur, in the sub senior boys' and girls' category Ratandeep Singh and Nitasha and in the senior category by Akash Kumar and Sukhmandeep Kaur respectively. 'Saraswati House' was declared the 'Best House' in Sports for the year 2019. The Mascot donned Unicorn was declared as the Best House Representative from Saraswati House. Finally, the show penultimate with vote of thanks and encouraging words by the Chief Guest. He praised the endeavours of the school and congratulated all the winners. The Sports Meet culminated with the National Anthem.



Sukhmanpreet Kaur, XI-Com.



Sarv Dharam Sammelan Communal Harmony-Need of the Hour

The Annual event of Sarv Dharam Sammelan cum Christmas celebration was organised in the school on 21st December 2019. Dr. William Bhatti, the Director of CMC Hospital, Ludhiana was the Chief Guest of the occasion. Rev. Fr. Dr. Simon Kalladayil, the Director of Parthna Bhawan Retreat Centre, Ludhiana also graced the occasion with his benign presence as the guest of honour.

Religious heads of different religions were specially invited and people from different religions gathered at the school. The management, the staff and the students accorded warm welcome to the eminent guests from different religions-Mr. Michael Patrick - Founder Chairman (The People for People Welfare Society), Pandit Prahlad, Bhai Jagtar Singh, Head Granthi Gurudwara Reru Sahib and Mohd. Iqbal Chana for gracing the occasion with their benign presence. The function began with Prabhu Vandana by the tiny tots followed by the ceremonial procession with The Holy Bible followed by lighting of the lamp. To make the environment more divine and serene, there was the Bible reading followed by Religious Harmony Prayer by Rev. Fr. William Sahota, the Director of the school. The charm of the day was the 'Nativity Presentation'- the true meaning of Christmas and carol singing. Christmas crib was the resplendent feast for the eyes.

All the religious luminaries conveyed the message of love, brotherhood and cooperation for the spiritual, moral, social, intellectual and political growth of the society, nation and the world as a whole. They also expressed the desire that these types of religious conventions is the need of the hour.

The Chief Guest and the Guest of Honour highly appreciated the management for organizing such function to strengthen the unity among the religions. It was thus a day of joy and sharing of love for everyone. The programme culminated with the National Anthem.



Divya Thakur, IX-Green

Bon Voyage- Au Revoir



Amidst cheer and applause, class XII students were ushered into the 'pandal' and rose petals were showered on them. A formal welcome note was accorded to the students by their mentors. The event commenced with a prayer. A

number of cultural items including songs, poems, speeches and dance performances were presented to mark the nostalgic moment which would go down the memory lane of the outgoing students who made their Alma Mater proud in various fields. Rev. Fr. William Sahota, the Director and Sr. Crispin, the Principal enlightened the students with their inspiring message and wished them every success in life. Students expressed their gratitude to the committed Management and hardworking teachers who moulded them all through their life at Sacred Heart campus and they also thanked the Principal and teachers for their support and guidance and they expressed their heartfelt emotions through a medley of songs. The emotional farewell session was embedded with a variety of programmes and exchange of views and pieces of advice to their juniors. A ramp walk stole the show. Based on their performance in dance and rapid fire round students were given the titles. The highlight of the function was the crowning of Ms. SHCS-Komal Kapila of Class XII Commerce Group and Gurjot Singh as Mr. SHCS of Class XII Non-medical Group. The students reminisced their fun filled days at school. One could see the overflow of excitement and zeal on their faces as they were all set to venture into the new horizons. It was a splendid afternoon filled with fun, frolic and a sumptuous lunch.

Jeevanjot Kaur, XII-Non Med





A GRACE FILLED PRAYER SESSION FOR GRADE X AND XII

As a mark of surrendering all the endeavors in the hands of the Lord, a special prayer session was organized for Grade X and XII on 3rd February 2019. Upholding the tradition Rev. Fr. William and Rev. Sr. Crispin lit and handed over the candles of knowledge to the students imbibing the spirit of 'learn and enlighten'. Reading and reflections from the Holy Bible delivered by our school Director Rev. Fr. William enlightened everyone present. Divine blessings of the Almighty were sought through the intercessory prayers offered by the students of lower classes. Rev. Fr. William motivated the students with an inspiring message. All through the prayer session, sacred hymns were sung by the school choir helped them to experience the presence of God. The school Director and the Principal blessed the students by offering special prayers for them. This prayer session indeed benefitted them to rely more on the Almighty and also strengthened them in spirit to prepare themselves for the forthcoming board examinations.



Vanshita, X-Rose



A Memorable Get-together for Class-X

"We come together not to say good bye but to wave hello to new opportunities."

The campus of Sacred Heart Convent School echoed with blessings on the morning of February 8, 2019 when class X students came together for their get-together party. The day marked the end of the academic year, wherein the students thank their teachers for their care, concern and knowledge provided to them for the last thirteen years of their learning at SHCS, Sahnewal. The day was a fiesta devoted to the years spent together with friends and teachers to reminisce joyous moments.

The celebration started at 10 a.m. with a welcome note from Madam Jasmit Kaur welcoming the school management, staff and students of class X. The programme started with a prayer, in which children thanked the Almighty for His blessings and sought God's blessings through intercessory prayers.

Fun games were conducted by the staff for the students which were won by Aniket Mishra, Kartik Tiwari and Harneet Kaur. Mr. and Ms. Elegant titles were bagged by Hardil Singh and Vanshita respectively. A beautiful message was delivered by school Director Rev. Fr. William Sahota describing the importance of keeping an aim in students' life. Further, he added that life without aim is like a boat without sailor. School Principal Rev. Sr. Crispin Maria enlightened students by explaining the importance of four pillars of education. Ms. Geetu thanked everyone for making event a success. Students honoured the school management by presenting them mementoes. Bhangra was the grand finale of the programme. The party came to an end with snacks treat and with a bang with upbeat party songs. Students and teachers enjoyed the day in each other's company.



Mehakpreet Kaur, X-Rose





OUR THEME BASED ASSEMBLIES

Education for Growth of the Inner Spirit

We, the Sacred Heartians always believe in holistic growth and development of students. Daily Morning Prayer and assembly is one of the several important and good practices we have at SHCS, Sahnewal. Each class prepares well for it with a specific theme with motivational thoughts/talks, skits and news. Our school is a Catholic Institution, well-known for its values and ethics. Morning assemblies have become vibrant and exciting with the theme based presentations on various social issues.

Information on national and international days is imparted by students in the assembly. One way of making students better in learning is public speaking. It develops confidence and willingness among them and they turn out to be better version of themselves who are filled with courage and belief. Students take part in delivering speeches in the morning assembly keeping in mind the significance of important days in our lives. It includes speeches on moral values, current issues, good habits and life of famous personalities, freedom fighters etc.

SHCS has always created an open and loving atmosphere within and around its campus, where all are respected and loved. In this era of communal disharmony, we help our students to live in love and harmony respecting one another's faith and beliefs by celebrating the major religious festivals with meaningful prayer services and programmes, thereby fostering unity and tolerance.

- Ms. Shweta, Maths Teacher
Coordinator Morning Assembly



The dangers of Drug Addiction... SAY NO TO DRUGS.

Buddy Groups Sensitised Students To End The Drug Menace

To make the students aware of the ill-effects of drugs, the state government has formed "Buddy Groups" in all government and private schools. Apart from students, class teachers have also been deputed as Senior Buddies to spread awareness against drugs among students. Under the "Buddy" programme a group of five students is formed and to educate them about drug abuse under the supervision of a teacher- a Senior Buddy. These groups spread awareness on drug abuse and inform the Principal about the extent of drug addiction among the students. Besides spreading awareness on drug abuse, these groups have organized various activities with Power Point Presentations.

Taking the initiative forward, two Buddy Programmes were organized under the supervision of a faculty-Senior Buddies to spread awareness regarding Drug Abuse. They also presented a small skit in the assembly in an educational way. The short act clearly demonstrated the dangers of Drugs addiction. Further, the Senior Buddy explained the ill-effects of drugs. Poster Making and Slogan Writing activities were also held as a part of the initiative.

- Irwanpreet Kaur, IX-Blue



HEARTIANS' AROMA 2020

World No Tobacco Day

'Make every day World No Tobacco Day.' (WHO)

World No Tobacco Day is an annual awareness day sponsored by the World Health Organisation (WHO) since 1987. The event is intended to highlight the health risks associated with tobacco use and encourage governments to adopt effective policies to reduce smoking and the use of other tobacco products.

The focus of World No Tobacco Day 2019 is "**Tobacco and Lungs Health.**" The WHO is drawing attention to the essential role of lungs in the health and well-being of all people and the harmful effects of tobacco on lung health. As per the Govt. instructions the school has formed a Tobacco Control Committee to monitor the Tobacco Control initiatives of the school.

To bring about greater awareness about the harmful effects of tobacco use and Tobacco Control Laws, senior class students under the guidance of the TC committee performed an act in the school assembly. The day was observed with much enthusiasm displaying placards of Tobacco free school, posters with information about the harm effects of tobacco, in order

to spread awareness among the students. An anti-tobacco slogan march was also conducted by class X students under the guidance of Ms. Navdeep Kaur and Ms. Jaspreet Kaur. Poster Making on Tobacco Control theme and Anti-Tobacco Slogan Writing activities were also held as a part of the initiative.

Ms. Navdeep Kaur, the coordinator spoke on the significance of the day and apprised the students of the ill-effects of tobacco and other tobacco products on health. She urged the students to keep themselves away from smoking and other tobacco products to maintain a healthy lifestyle. Pledge was administered to the students to abstain from all sorts of tobacco consumption on the occasion.

- Ms. Rajeshwari Shrikant Joshi
Eco Club



'Say No To Plastic.'

*"Nature is for everyone's need but not for anyone's greed.
So discard plastic from environment."*

They are bad, destructive, non-biodegradable and well, just not cool! With this thought in mind, the Sacred Heartians conducted a special assembly on 'Say no to Plastic.' They highlighted the message in the assembly wherein the participants recited a poem followed by a pledge and a skit for students making their concepts clear on the harm done by plastic. The centre of attraction was the display of paper bags with quotes on 'Say no to plastic'. Students showed the alternative materials that can be used in place of plastic bags. In the motivational talk delivered by Ms. Pushpinder Kaur it was emphasized that if we want to protect our Mother Earth from pollution, then we must SAY NO TO PLASTIC.

-Ms. Kiran Bala, Teacher



OUR THEME BASED ASSEMBLIES

NEGATIVE EFFECTS OF SOCIAL MEDIA



On September 9th, 2019 our students presented a spectacular educative play on the negative effects of social media. Students from class 8th participated in the act and delivered skillfully the story of a person who was very prone for using social media and eventually she just regretted on wasting her fruitful time. Students enacted themselves as social media apps displaying their perils. Through an effective use of the flash cards, dialogues and audio aids, students highlighted how social media enslaves us and we go off-off.

The short act clearly demonstrated that Social media is not just an activity but a wastage of valuable time and resources. Our school Principal Sr. Crispin also shared her enlightening words on the ways to manage time without getting addicted to social media.

Ms. Geetu, Science Teacher



CHANGING FOOD TRENDS

Food is essential for the growth and the development of a child. Good food means the right kind of food for good health. It is nutritious. It contains natural substances that body needs to grow properly and to stay healthy. We must choose the right food in our daily diet. A healthy diet is rich in vitamins, antioxidants and healthy fats.

Food habits of our children are changing these days. Many of children are fond of ready made outside food that is called fast food or junk food but junk food can cause an array of problems in our body. It can cause memory and learning problems. Junk food can be very high in calories while also being low in nutrients.

An act was conducted in the morning assembly depicting by class 9th the benefits of healthy food in the supervision of the teachers Ms. Amandeep and Ms. Sarika in the month of May. The main objective behind this theme based assembly was to make the children aware of the bad effects of junk food on the health. For the sake of health of children, the big step that is taken by our school lists top the outside things permanently by closing the cafeteria in school.

—Ms. Jyoti Bhatia, English Teacher





SAVE WATER SAVE LIFE

We live in a world in which we need to share responsibility for our community and protect the natural resources provided to us by Mother Earth. Water is the most precious gift of nature. It is an essential component of life and is vital for sustenance. Without water nothing can live, thus water conservation has become a need of the hour. Our school commemorated World Water Day with a special programme solemnized in the morning assembly.

The students of Grade VI conducted the assembly highlighting some amazing facts about water and enacted a small skit on "CONSERVATION OF WATER." The students displayed their creativity through a series of beautiful posters and wrote inspiring slogans which left a deep impact on everyone. Thereafter, a pledge was taken to "SAVE WATER AND NEVER WASTE IT". Mrs. Seema Bhatia highlighted some amazing facts about water saying that Water is an invaluable gift of God on the earth and it is the most important requirement for all the living beings. To make the people aware, Water Conservation day is celebrated on 22nd of March every year. She also urged the students to stand together to conserve water to save life. Principal Rev. Sr. Crispin Maria appreciated the efforts of the students and asked the children to make an effort consciously to ensure that they should not waste water and also encouraged them to join the mission of conserving water.

Payal Sharma, VII-Blue



Hygiene and Health Care

"To insure good health; eat lightly, breathe deeply, live moderately, cultivate cheerfulness and maintain an interest in life."

The word hygiene is derived from the name of the ancient Greek goddess of healthful living – Hygeia. Our school makes arrangements time to time for the awareness programme for the students. Our Principal Rev. Sr. Crispin Maria proposed to conduct theme based assembly every month to enhance the good habits in the students. With the increase in health risks to humans, it has become very important to stay healthy. Basic cleanliness is absolutely necessary for the existence of a person and to maintain a healthy lifestyle.

The students of class V were selected to demonstrate the importance of maintaining good personal hygiene through a short skit during the morning assembly. This play was exhibited successfully to teach the students in many ways to get rid of infectious diseases and contagious disorder while maintaining a hygienic lifestyle.

Ms. Naresh Rani gave a motivational talk reminding them the golden words of Mahatama Gandhi - "It is health that is real wealth and not pieces of gold and silver."

– Ms. Naresh Rani, S.St. Teacher





LEARN TO RESPECT TO EARN RESPECT

To make the students responsible and respectful citizens, in the month of April, the teachers weaved the theme of 'Learn to respect to earn respect' into few activities. The students of 10th standard worked into smaller groups to brainstorm responses to question, what does respect mean to me? Students were asked to share books in which respect is the clear theme. Students were asked to look through the magazines for pictures that show the people respecting others. Last but not the least the students of 10th standard performed a play on this topic which left a never ending impression on the minds of students that respect is the glue that holds our relationship together.

Ms. Kulwinder Kaur Sandhu,
S. St. Teacher



A CLEANLINESS DRIVE BY SWACHHATA AMBASSADOR COMMITTEE

Cleanliness is next to Godliness.

Our school organized cleanliness drive under SAC (Swachhata Ambassador Committee) with the guidance and blessings of our beloved Principal Rev St. Crispin Maria. Committee had appointed students from grade V to IX to check the cleanliness of the whole school. Under this committee, the volunteers created awareness among the students regarding cleanliness and its importance.

Volunteers of SAC motivated the students for not to throw any wrappers in the campus and to keep it always clean and green. This year school organized Cleanliness Drive under Swachh Bharat Swasth Bharat Abhiyaan Programme on the occasion of Gandhi Jayanti. The main purpose of this programme was to create awareness among the students regarding Cleanliness and its benefits. During the morning assembly a play on 'Clean India' was also enacted to highlight the importance of hygiene, sanitation and cleanliness. Students from different classes recited poems and delivered speech on Swachh Bharat. The students took a pledge to clean their school, homes, public places and surroundings. Students were given handy tips to keep their surroundings and school clean.

The whole drive was quite inspiring and motivating for the staff and students. The students realized that any work is best done when it is carried out by a person himself. It also made the students aware of the dignity of labour.

- Ms. Sarika Sethi, Coordinator Comp. Sci.





TRAINING AND SEMINARS FOR THE STAFF

FACULTY IMPROVEMENT PROGRAMME

Technology has revolutionized every sphere and impacted the education sector as well. Increased use and integration of technology brought tremendous changes in the role of teachers in the education system. New demands are often placed on the schools in addition to the existing ones, to be equipped with current knowledge and modern methods of acquiring new knowledge. Accordingly it was deemed fit to reflect, discuss and assess the possible ways to improve the day to day communication between teachers and their wards in the classrooms. Hence, a two days workshop on 'New Trends in Education' was conducted by **Mr. Thomson Philip** (Regional Director, Southern Asia at American Leadership Board) & the founder and CEO of **ELOIT INNOVATIONS PVT. LTD.**, an Education Technology that supports the whole school management and system - level improvement.

With the help of videos and PowerPoint he explained the concepts to teachers, including three Cs, difference between old and new environment, effective classroom management skills etc.

The main objective of the two days seminar was to share knowledge among teachers, to discuss strategies for effective classroom teaching - learning and to motivate teachers to use creative and effective ways in teaching to reduce the stress in students and to make learning a joyful experience for the young generation. The resource person held interactive sessions and emphasized the need to revamp our systems and bring in the new methodologies, so as to prepare not only the students but also teachers for this futuristic trend in education.

Overall the workshop was motivational, inspiring and effective. It was an amazing and wonderful experience for all the participants learning new methods in their profession. The dynamic vision of the Principal Sr. Crispin gave very encouraging and stimulating note to the whole programme. The school Director Rev. Fr. William expressed his gratitude towards the resource person for sharing his expertise with the staff.

Ms. Jasprit Kaur, Maths Teacher



"Education is to be reinvented!"

Good teachers are the foundations on which the quality education system rests. With the objective of teachers' empowerment, the School organised an orientation programme on the topic "Education is to be reinvented!" The key speaker was **Rev. Fr. Dr. Joe Arimpoor, SDB**, the Director Don Bosco Animation and Research Kendra, Delhi accompanied by a team of five members.

The resource person for the programme shared his expertise in refreshing the learning. It was an engaging session wherein problems confronted by students as well as teachers were discussed. Multiple ways to handle different situations in a dynamic classroom environment were recommended. It was an enlightening and enriching experience for the teachers who got to learn various new methods to keep pace with the rapidly changing and evolving world of education. The motivational seminar commenced with a tag line "Youth are the now of God." So, it was emphasized that the onus is on the teachers to nourish the students with love and care as teachers are doing God's work. It is rightly said that 'Growth takes place, when we act on our insights', keeping this in mind the inspiring interaction was aimed at generating insight awareness. The workshop emphasized on equipping the participants with the power of the dream and were enlightened that before having dream it is necessary to have vision because visions are exhilarating. The session was interactive and engaging. It comprised of various inspiring presentations and activities.

It was a wholesome learning experience for all the teachers. The seminar involved recreational and thought-provoking brain storming activities also. Music and Dance provided the recreational and entertaining motif to the program. The Principal, Rev. Sr. Crispin Maria motivated the teachers to adopt positive aspects of verbal and non-verbal communication in the classroom teaching environment and to set an example before the students to follow by being their role models and mentors. The School Director Rev. Fr. William expressed his gratitude towards the resource person for sharing his expertise with the staff.

Ms. Sukhpreet Kaur, English Teacher





Orientation Session for the Staff

**"Teachers frame the future of students.
They are aegis of change in the future."**

The role of a teacher has been constantly changing with the scientific, cultural, social and moral transformations in the world. Accordingly it was deemed fit to reflect, discuss and assess the possible ways to improve the day to day communication between teachers and their wards in the classrooms.

In an effort to improve continuously and better the pedagogical practices, the school Management organized an Orientation Programme for the staff. **Rev. Fr. Robin Azad**, the former Director of Sacred Heart Convent Sr. Sec. School, Khanna. An experienced educationalist, who is pursuing his research degree in Spain, conducted the session. The session dealt with various aspects of education and congenial learning environment in the classrooms. He motivated the teachers to set high expectations for every student's progress and ambitious targets for improving classroom performances. He articulated that we should not forget that teaching is a noble profession and every teacher is doing God's work by nourishing child's mind, body and soul. He further emphasized that success can be achieved only when we are the best version of ourselves. The Director Rev. Fr. William Sahota and the Principal Rev. Sr. Crispin Maria lauded the efforts of Rev. Fr. Robin Azad for sharing his words of wisdom. Teachers felt highly motivated and grateful towards the management for organizing such learning and inspiring session.

Ms. Meena, Maths Teacher



Orientation Session for the Students

Youth Life Skills Training Programme

The school organized a special 'Youth life skills training programme' for the students of classes VI to XII by Don Bosco Animation and Research Kendra, New Delhi. This training session was presided over by **Fr. Joe Arimpoor**, Director of Don Bosco Animation and Research Kendra along with his highly esteemed team. Mr. Allhyn, Mr. Sekar, Ms. Sunita and Ms. Meelyn Freeda were the resource persons of this training programme. The team was accorded a floral welcome by the Principal Rev. Sr. Crispin Maria. The students attended it with zest and zeal. Enthusiasm of the resource persons and their way to train the students' mind was praiseworthy. They taught the students to love themselves as our life is very precious. The students learnt various arts of living to live a beautiful life and to tackle the adverse situations.

As **Benjamin Franklin** has rightly said, "Tell me and I forget, teach me and I may remember, involve me and I learn." Following this thinking, Sacred Heart School conducts various training sessions for the blooming buds so that they can blossom at their best, by shedding away obstacles of their lives. School enhances resilience in our personalities by conducting these training sessions.

This training session was very fruitful and left inevitable imprints on the tender minds of the students. This one week long session was culminated with vote of thanks by Rev. Sr. Crispin Maria.

Dilpreet Kaur, IX-Rose





Session on 'Space Science and Astronomy'

"Do not look at the stars as bright spots only. Try to take the vastness of the universe."

It is with this firm belief that the Stephen Science club organized an inspiring Orientation Programme – 'Space Science and Astronomy' for the students of grade V to XII. **Mr. Aman Mittal** a mechanical engineer by practice and an amateur astronomer from Space Organisation, Delhi was the resource person for the day. He was cordially welcomed by the Principal Rev. Sr. Crispin on the occasion. It was an interacting, exciting and fun filled session for the students wherein they performed various hands on activities. The resource person motivated the students to fulfill their unrelenting inquisitiveness towards space and astronomy.

He made the students familiar with the knowledgeable facts pertaining to astronomical terminology. He also demonstrated a live example of how a satellite is launched into the space from a space station. The school Director Rev. Fr. William Sahota and the Principal Sr. Crispin lauded the efforts of the resource person and motivated the students to develop a good academic career and interest in space and astronomy to pursue their careers as upcoming astronomers and astronauts. The session concluded with the vote of thanks proposed by Ms. Nidhi Kapila the Activity Coordinator.

Gurnoor Singh, VIII-Rose



Seminar on Cyber Security

In order to create awareness amongst the students of 21st century about the hazards of the virtual world, a workshop was organised on cyber crime for the senior class students by **Mr. Jaswinder Singh Sekhon** and **Mr. Jaspreet Singh-CT** staff. The entire session was meticulously designed to cover a whole range of issues, including identifying online predators and cyber bullying, among others. Students were informed about cyber bullying, cell phone stalking, online gaming, cyber grooming, social-media abuse and cyber offense through smart phone among others. He also educated students about cyber crimes and how innocent children can be exploited by crime groups.

He said with a surge in cyber crimes, one should be careful while using Internet services.

The team generated an awareness among students about various cyber crimes such as cyber bullying, impersonation, pornography and hacking. Students were also guided about various ways to protect their personal information on various social networking sites. Special emphasis was also laid on the hazardous effects of playing games and using internet for long hours. Mr. Jaswinder Singh said, "Spending long hours on video games lead to aggression and violence among students."

The Principal Sr. Crispin thanked the resource persons for sharing their wisdom. She said it was crucial for students to have accurate cyber knowledge in today's tech-savvy environment and advised students to be responsible digital citizens.

Sailesh Sethi, VIII-Rose



Orientation Session for the Students



“DEEP –Developmental Encouraging and Effective Parenting” - an orientation session for the parents

Our school organized a special orientation programme for parents called “DEEP –Developmental Encouraging and Effective Parenting.” The forum was presided over by Mr. Michael Patrick, the Founder Chairman of “The People For People Welfare Society” and the resource person Mr. Manish Sharma, the Certified Behavioral Coach in Parenting and Brand Strategist. The programme commenced with a devotional prayer song by the school choir. The guests were accorded a floral welcome by the Principal Rev. Sr. Crispin Maria. Thereafter, Mr. Michael Patrick addressed the parents and discussed with them about the challenges of parenting in the present scenario.

Further, there was an enthusiastic interactive session between the resource person, Mr. Manish Sharma and the parents. He shared his findings and data published by the Government of India about the problems faced by adolescents. He guided the parents about the techniques, best practices and strategies to improve the behavior of the teenagers Vis a Vis their performance at home, in school and in life. He laid special emphasis on making the parents aware of the consequences of ‘Child abuse and Menace of drugs’ along with the safety measures to be taken care of by the parents. He especially advised the parents to monitor their wards’ activities without fail. The resource person suggested the parents to circumscribe their wards from using mobiles and spend quality time with them. They should not only take them for the outings but also give them undivided attention. They were advised not to make any comparison of their children with others.

Indeed, it was a very interactive, engaging and an insightful session. The Director of the school Rev. Fr. William Sahota and the Principal Rev. Sr. Crispin Maria also motivated the parents to follow up with the guidelines given by the resource person by developing a strong Parent-Child Bond. The session culminated with a word of gratitude.

Ms. Manpreet Kaur, Maths Teacher



Traffic Rules to Protect Life

Today, the education of the children is the joint responsibility of the school, parents and the society. To achieve our goal of making them “good human beings” is possible only with the cooperation and triune unity of parents, teachers and the management. Safety and Security of the children, while in school and during their transportation to and fro, are of paramount importance and concern for all of us. The school strictly follows the **SAFE SCHOOL VAHAN POLICY** as per the instructions of the State Commission for the protection of Child rights, Mohali, Chandigarh and has officially banned all the defaulting transporters from transporting the students to this School.

Since the school is not having its own transportation for all its wards the school management has instructed all the private transporters to follow the Government safety norms mandatory as per the High Court order. Parents are also strictly advised to choose only those vehicles which follow the “Safe School Vahan Scheme” of the Government for the safety of their wards.

The parents of the newly admitted students are also advised to negotiate with private vehicle operators who are willing to follow the “Safe-School Vahan Policy” even if they may have to pay a bigger amount as bus fare. This is meant for their children's safety and to abide by the Supreme Court ruling which all are bound to obey. To make sure the compliance of the “Safe School Vahan Policy” by the parents and the transporters the school management has constituted a Transport committee as part of the above said policy to verify the documents and to inspect the vehicles from time to time.

The school Principal circulates the policy of the govt. to all the parents, time to time to remind them to cooperate with the school authority to take care of the life of our innocent children by arranging decent transportation for them just as they have chosen one of the best schools for their education. The school organizes seminars and orientation sessions every year for the students, parents and private vehicle operators to make them aware of the safety measures, guidelines and instructions of the Govt.

Ms. Jasmit Kaur, English Teacher



HEARTIANS' AROMA 2020





BALANCE YOUR BRAIN AND MIND THROUGH YOGA

Yoga is basically the most important ancient art that aims towards the building up of a healthy mind within a healthy body. For that reason, it is considered to be the harmonizing system which rejuvenates the body, mind as well as the soul. The great saints, therefore, have mentioned yoga to be a universal attribute of mind which enhances the physical, spiritual and mental status of the human body.

On the whole, the yoga in daily life is practiced based on few core principles. Those are:

- It is a kind of technique to control the mind as well as body.
- It can be the disciplined and well-organized method to attain the goal.
- Yoga reflects the darsanashashtra or the philosophical part of life.

The basic advantages of yoga are: It helps in dealing with various difficulties, conflicts, distractions, problems, and dissipation faced by the children. By that manner, it will reduce the stress within the children during the education and get better grades.

The role of yoga in education as per the spiritual aspect helps the students to perform their daily

duties in the day to day lives. Thus, the distinctive features of yoga which will help in establishing a positive impact on children during education are:-

- It enhances the self-realization or self-awareness within the children.
- It unfolds the physical, mental and spiritual attributes which eventually inculcates the social as well as ecological awareness within children.
- It promotes uniqueness within the child.
- It promotes the perseverance as well as will power within the child.
- It helps in unfolding the creative consciousness.
- Yoga provides ease to respiratory system, neuro-endocrine system, cardiovascular system and musculo-skeletal system to enhance the determination within the child.
- Regular practice of yoga helps the child in managing the stress disorders.

Yoga, supports teachers in learning self-care techniques, and provides them with tools for engaging, focusing, relaxing, and energizing students in their classrooms.

- Ms. Nishi Kanti, English Deptt.



MOCK DRILL ON DISASTER PREPAREDNESS



Following the guidelines from Govt. dept. and the ICSE Council Delhi, Sacred Heart Convent Sr. Sec. School conducted the MOCK DRILL on 27th November wherein the building was evacuated and material including posters, slogans and paintings regarding first aid and educative material on essentials of disaster preparedness and emergency services prepared by the students were put as exhibits to cause awareness among the children as to how they can prepare themselves for any kind of disaster.

Jyoti, VIII-Blue



CLUBS AND HOUSE SYSTEM

A Unique Identity of SHCS

INDUS HOUSE



The House gets its name after one of the longest rivers in Asia (locally called Sindhu). The colour of Indus House is red which signifies creativity, optimism, victory and love. The House comprised of students from classes 1st to 10th. The year 2019-2020 brought with it many new hopes, challenges, joys, new obligations and responsibilities. The Indusians participated in all the events with great zeal and enthusiasm. Indusians are known for their excellent performance in various activities and for bringing glory to the House as well as to the school.



With a mindset of never surrendering before difficulties a great keenness was shown by the students of Indus House competing for top honours. Under the able guidance and motivation of our House teachers and prefects, the Indus House secured first position in the Inter-house Caption Contest, GK Quiz Contest, Science Activity, Poster making, Creative story writing, self introduction, and Punjabi calligraphy.



Indus House lipped a bit in its performance and secured second position in the Inter House Board Decoration on the theme 'New Year and the Christmas'. Keeping in mind the effort to win, they fought hard enough to get third position in events like Inter House Carol Singing, Solo Singing, Fashion Show, Solo Dance Competition and English calligraphy.

Indeed, Indusians are versatile performers as they performed to the best of their abilities in Sports as well as in Academics. In the Annual Sports meet Indusians represented their house with a colourful cultural performance and with a mascot Red Rose by Harmehak Kaur of class 9th Rose.

All this has been possible with the valuable guidance and wholehearted cooperation of our House teachers. We are grateful to them and assure them to strive harder to put up still better performance in the years to come.

We thank God for showering His blessings upon us and we are highly indebted to our School Director Fr. William, the Principal Sr. Crispin and Sr. Remya for their constant encouragement and guidance. We extend our sincere thanks to our Indus House family for their whole hearted cooperation, hard work and close coordination.



House In charge
Ms. Harjeet Kaur

House In charge
Ms. Arvinder Kaur

House Captain:
Gurkirpal Singh (VIII-Rose)

Vice Captain:
Jashandeep Kaur (IX-Rose)



GANGES HOUSE

CLUBS AND HOUSE SYSTEM
A Unique Identity of SHCS

The Ganges House stands for HEIGHTS OF SUCCESS. Its Green colour symbolizes prosperity and harmony. Gangians are known for their dogged determination and strong will power. A healthy mind lives in a healthy body. So, Gangians are not only good at academics but also in games and sports. During the session the young Gangians worked very hard and shone like gems. Participating in various Inter House Competitions not only gives the students a chance to display their talents but also helps them learn valuable lessons on team work and selfless service whether it is debate, quiz or sports events.

Academics: Academics take an overriding priority for the Gangians. As far as ICSE results are concerned, we exhibited quality results in the Board examinations as well as in the school annual results.

Games and Sports: We were champions in Volleyball Match for boys, Basketball Match for boys and Cricket Match tournament, in which Abhinandan Kapila was adjudged the best player. We were also champions of Basketball for Girls.

The Gangians again proved their supremacy by a good contribution in the School Teams which participated in the Inter School Competitions. In the school Annual Athletic Meet Gangians represented their house with a colourful cultural performance and with a mascot FAIRY by Deepakjot Kaur of class 10th Blue.

Co-Curricular Activities: We bagged the first position in Science Activity, Solo Dance, Story Telling, Self Introduction, Fancy Dress Competition, Inter House Rangoli and Carol Singing Competition. The House stood second in Solo Singing, Hindi Calligraphy, Punjabi Calligraphy, Poster Making, Drawing and Painting, Declamation, Science Quiz and third in Fashion Show, Christmas Tree Decoration, Maths, G.K and S.St. Quiz Competition. Gangians proved their artistic talents by decorating the House Bulletin Board creatively and beautifully.

Every member of Gangian family deserves appreciation and applause for making the session 2019-2020 a grand success. The credit for all these achievements goes to our House in charge teachers who extended their loving support and cooperation to each one of us. We thank God for His benevolence and express our gratitude to the school management for their valuable guidance.



House In charge
Ms. Mankamal Kaur

House In charge
Ms. Poonam Sharma

House Captain:
Samarjot Singh Sandhu (VIII-Rose)

Vice Captain:
Milanpreet Kaur (IX-Rose)



HEARTIANS' AROMA 2020

CLUBS AND HOUSE SYSTEM

A Unique Identity of SHCS

YAMUNA HOUSE

'Keeping together is progress and working together is success.'

Having firm faith in the above saying, Yamunaiaans believe that the starting point of all the achievements is the desire as it is the key motivation. The colour of Yamuna House is blue which symbolizes trust, loyalty, wisdom and confidence.

In the session 2019-2020, every competition or every event brought new challenges and responsibilities. Yamunaiaans put in their best in the curricular and co-curricular activities. Their punctuality, good manners and impressive performance in various activities received a wide appreciation even from other houses.

Yamunaiaans participated in all the competitions with great fervour. Competitive zeal and indomitable will power were found to be truly alive in the students. This spirited endeavor of the students brought the house laurels in many fields such as Kanav Prashar (VII-Green) stood first and Sehajpreet Kaur (VIII-Green) stood second in science activity conducted, Manpreet Singh Deol (IV-Rose) stood first and Raghuwar Agnihotri (IV-Rose) stood second in Fashion show, Tejasav Kumar (III-Green) stood second in solo dance competition, Gurkamal Kaur (VIII-Blue) stood third in caption contest.

Not only this, Yamuna house was also triumphant in many of the sports competitions and group Inter-House Board Decoration competitions, Rangoli competition, Table setting competition, Tree decoration and in Quiz competition, Solo Dance, Poster Making, Creative Story Writing, Drawing and Painting Competition. Moreover, in the Annual Sports Meet, Yamuna House represented a beautiful Mascot-Peacock, the National bird which truly added charm to the spectators. The greatest strength lies in the sheer instinctive way of continuously reinventing ourselves to always stand out in a crowd.

All this has been possible due to the hard work put in by all the students and constant motivation by the House Staff. By injecting zeal and zest in the mind and body of the students. They processed intense intellectual vitality. We are deeply indebted to them and assure them to strive harder to keep the House flag fluttering high.

We express our deepest gratitude to the Almighty for bestowing His blessings and being benevolent on our school. We owe our sincere thanks to the school management for guiding us at every step and always encouraging and keeping our morale high. We stand deeply thankful to them.



House In charge
Ms. Isha Tarnach

House In charge
Ms. Naresh Rani

House Captain:
Avdeep Singh (VIII-Rose)

Vice Captain:
Ravleen Kaur (IX-Green)



SARASWATI HOUSE

CLUBS AND HOUSE SYSTEM
A Unique Identity of SHCS

"Success is not given, it is earned."

The House gets its name after one of the Rigvedic Rivers mentioned in the Rig Veda. Saraswatians started the new session with full exuberance and put in their sincere efforts to bag glory in most of the competitions.

The colour of Saraswati House is YELLOW which stands for freshness, energy and happiness. Golden Yellow being the colour of the sun, is the shining example for the students of the school. It was proved by the members of the **Saraswati House by proudly lifting the Rolling Trophy as the Best House' of the year 2019-2020**. However, it is Sacred Heartians' ethos not to sit on past laurels but always aspire to scale further heights of glory.

Academics: As academic is the backbone of education, we lay ample stress on it. Saraswatians have put up excellent results during the session. Many students scored above 90% in the over all result of the session.

Games and Sports: The Saraswatians have put up an equally impressive performance in games and sports. We were champions of both Interhouse Basketball Tournament and Volleyball Match for boys. We were also second In Interhouse Cricket Match. We bagged second place in the Interhouse Kho-kho Match. Saraswatians made the best display of their skill and stamina in the Annual Athletic meet –EXSUPERO -2019 and made a clean sweep by bagging Championship Trophy. The House represented Mascot Unicorn in rainbow colours during the cultural performances. The students of Saraswati House overjoyed with excitement and ran victory lap around the field with the **ROLLING TROPHY** in their hand.

Co-Curricular Activities: Throughout the year, the Saraswatians participated wholeheartedly in all the co-curricular activities. The House bagged first position in Quiz, Art and Design competitions, Table Setting, Solo Singing, Solo Dance, Rangoli and Fashion Show, Story Telling Competitions, Calligraphy Competitions (English, Hindi, Punjabi). Saraswatians also secured second position in many more school activities such as science activity, drawing and painting competitions, self introduction competitions. These healthy competitions instill such skills that textbooks alone cannot teach. The house system of the school is an excellent method to bring out hidden talents in the students and give them opportunities to explore themselves. We applaud all the students for their hard work and impressive performance in various activities.

All this has been possible only due to the valuable guidance and support of our School Director Rev. Father William Sahota and respected Principal Sr. Crispin Maria. We are highly thankful to them. We stand grateful to our House Staff for their loving care and motivation at every step. We assure them to strive harder to scale further heights of success in the years to come.



House In charge
Ms. Meenakshi

House In charge
Ms. Anita Verma

Vice Captain:
Diya Kapil (IX-Green)

House Captain:
Shivam Abhepal (VIII-Green)



HEARTIANS' AROMA 2020

Inauguration of Clubs

Competition brings out the best in you

The school offers a plethora of opportunities through various clubs and provides a platform for the overall development of the students. The students are encouraged to choose the clubs according to their interest. They are provided a conducive environment through various activities of the clubs to hone their skills. Under the umbrella of these clubs, students participate in various activities following the motto: "Bloom To Spread the Fragrance".

The inauguration of clubs was commenced with the lighting of the lamp followed by reading from the Holy Bible and Intercessory Prayers on 27th March 2019. Rev. Sr. Flower Therese DM the Principal of Sacred Heart Convent School Macchiwara presided over the function as the Chief Guest of the day. Teacher In charge of each club presented a brief report on the progress of the school in the past years and plethora of activities conducted by various clubs i.e. Literary Club, Eco Club, Arts Club, Science Club, Sports Club and Charity Club etc. followed by beautiful Kathak Dance performance by the junior class girls which added colour to the inauguration of Fine Arts club.

Appreciating the club In charges Principal Sr. Crispin said, "I congratulate all the club members, for being imaginative and creative in the attempt to improve the overall image of the school."

Thereafter, the best house for the year 2018-19 was awarded with a Rolling Trophy. It was bagged by 'Indus House' and a special appreciation award for the best disciplined class and for maintaining cleanliness in the school was also given to VII-Rose to boost their morale. The prizes to the best Dancer Smilepreet Kaur of class XII-Med., best Artist Sehajpreet Kaur of class VIII-Green, best Singer Shivom of class VII-Rose and best orator Mehakpreet Kaur of class X-Rose were also distributed on the occasion.

The Arts Club secretary proposed the vote of thanks in which she thanked the honourable Chief Guest and all the parents and members of the committee for making their presence felt and untiring efforts to ensure successful conduct of the event. Finally the ceremony came to an end with the National Anthem.

Aakriti Sinha, VIII-Rose





FINE ARTS CLUB

"CREATIVITY IS CONTAGIOUS, PASS IT ON."
- Albert Einstein.

Art is considered not as a subject or a product, but as a part of all formal and informal life experiences. Art is a vital aspect of all learning, essential to growth, a valuable means to an enriched awareness of the world and a greater ability to express one's individuality. The goal of art education is to bring out the creative, expressive and aesthetic potential of each child. It also accentuates attitude, thinking and discipline necessary for excelling in life. The Art department encourages responsiveness to new ideas and respect for individual differences by fostering self-esteem, respect for others as well as for their work, cultures and art.

The artistic talents of the students are brought out and developed through a number of competitions and activities of art and craft. The club also envisaged the need to encourage participation in the wide range of performance activities. Hence, some activities related to SUPW i.e. Socially Useful and Productive Work were combined in the school curriculum at par with studies. The Cultural Activity sessions that are allotted in the time table, provide them ample opportunity to practice and refine their skills.

This year many students became a part of the Art club and enjoyed indulging in lot of activities. For instance, Poster making, Rangoli making, Flower and Puppet making. We feel glad to state that our students were successful in assembling around 500 greeting cards for our valorous soldiers.

Students of Arts club participated in several cultural, literary and academic school competitions and won rich laurels for the school at District as well as National level. Students participated in several government organized programmes and competitions like "Bee National Painting competition", PCRA Saksham National Essay writing, Painting and Quiz competitions etc.

Under the government organized, 'Twinning of schools' programme, Arts club and government school shared their learning and culture jointly. Arts club also rendered a helping hand in preparing a decorative stage for different occasions.

Ms. Beena Sharma,
Coordinator, Arts Club



REPORT OF CLUB ACTIVITIES



ECO CLUB

Knowledge and proper understanding are the primary steps of any action. The main objective of Eco Club is to promote, monitor and operate the Environmental activities for students under the guidance of Social Science teachers. The main objective is to help students to take steps for saving the environment. It helps students to develop their personal skills and leadership qualities. Students become more confident, creative and develop a sense of purpose as they are able to put their ideas into practice. Through the idea of sustainable development they learn to protect the natural resources for the future generation.

Eco club empowers the students to participate and take up meaningful environmental activities and projects. The club provides a plethora of activities to sensitize the children, the future generations to safeguard the environment and enable them to move towards a greener tomorrow. This year, Eco club celebrated

REPORT OF CLUB ACTIVITIES

International Earth Day on the theme "Protect Our Species" and Vanmahotsav by Tree plantation drive followed by various activities to create social awareness. It was a forum through which students could reach out to influence and engage their parents and neighborhood communities to promote sound environmental behavior. The club also organized an Eco friendly rally, Swachh Bharat Mission Campaign and an awareness campaign on "Go Green, Go Clean" etc. To create the consciousness towards the use of biodegradable products, the ECO Club planned 'Paper Bag Making' activity which inspired the students to use paper bags and to say no to plastic bags. The club also conducted "Poster Making and Slogan Writing Competition" on the theme "Say No To Plastic" and a skit with the theme "Save The Earth". The Eco Club of the school motivates and stimulates young minds by involving them in action projects related to environmental conservation.

Ms. Amandeep Kaur
Science Coordinator



Stephen Science Club

"The whole of Science, is nothing more than a refinement of everyday thinking."

- Albert Einstein.

The main objective of this club is to introduce world's rich scientific heritage to the students in order to kindle scientific temperament within them and to identify and appreciate students with flair for science and technology. It helps to motivate the young generation to take up science as a career and encourage them to contribute new ideas towards technology. The Scientific and technological advancement of today is a long forward journey from the stone age. Science Club provides an opportunity to the Sacred Heartians to express their creative abilities and it also aims to inculcate the children with moral values in life.

The Science Club is affiliated to VIPNET with a unique authorization number VP-PB0139. Various activities like Science fiesta, Science quiz, poster making competition are conducted by the club to trigger the thought process of the students. Based on activity reports submitted for the annual evaluation, Stephen Science Club has been upgraded to bronze category club in the previous year. It is instrumental in providing ample opportunities to the students to discover and develop their inherent skills and thereby boosting their self-confidence.

Ms. Harleen Walia
Stephen Club In charge





Social Science Club



Social Science Club aims to promote cultural harmony along with dedication, loyalty and discipline among the students. The club tries to extend the understanding of various cultures within school environment. Various awareness activities propagating the idea of social, political and environmental issues are conducted. Various days of National and International importance are celebrated to spread the message of peace and harmony.

The club extends unlimited opportunities to its students through various competitions to polish and refine different skills needed to excel in the competitive world of today. The activity includes Debate, Mock Parliament, Poster making and Quiz etc.

Organized Parliamentary Debate on 13th November 2019.

The School organized a Parliamentary Debate for the high school students. Sixteen students participated in the debate. All participants were given a fair chance to crack the whip as they showcased their oratory skills. The students debated on a wide range of topics like finances, economics, good governance and future growth prospects. Events like these are at times transformational experiences for young

students and help them think on their feet, build their self confidence, hone their public speaking skills and improve their knowledge of current affairs. Debates have the capability to engage the students in relevant learning and inspire them to think deeply and broadly. Ratandeep Singh from Class IX was the most eloquent debater amongst the lot and adjudged the winner. He was felicitated for his accomplishment during Republic Day Function. Kudos to the school management for introducing such concepts to arouse enthusiasm amongst school children for a subject like public speaking.

Mock Parliament for Nurturing the Budding leaders.

Future Leaders got their first taste of governance in a Mock Parliamentary session organized in our school on 11th January 2020. The session's debate was contested between the ruling party and the opposition party. The students of Grade VI to VIII participated in this competition. About 20 young parliamentarians took part in the competition. Topics which were discussed in this session were Rising Prices, Unemployment, Social Media, Women Safety, Article 370 and 35A.

The most appealing was to watch the young leaders taking oath in Hindi and English. They paid obituary to departed leaders, followed by two minutes silence. This was followed by the introduction of new ministers and the Question Hour, which was completely different and ideal kind of session. It was unlike the one's see in the Parliament these days which is dominated by confusion and quarrel.

The objectives of the Mock Parliament were:

1. To make students understand the Parliamentary procedure.
2. To make them consider current issues and form their opinion on them.
3. To develop among them respect and tolerance for the views of others.
4. To make them aware of various problems faced by our society and the country.
5. To develop the quality of leadership.
6. To make them understand the common man's point of view and express it in an articulated manner.

The Ruling party headed by Agam Aujla shared his experience after the session by saying, "It is a great learning experience. We get to know how Parliament system works and we understand the correct usage of language to put our views."

Aakriti Sinha, a student of grade VIII headed the opposition party. She said: "Being a part of mock Parliament enhanced our Debating abilities." Agam Aujla was acknowledged as the preminent debater. The School Principal Rev. Sr. Crispin Maria moderated the session. Young leaders amazed the audience with their debating competence.

Ms. Gurmeet Kaur
Social Sci. Coordinator





IT CLUB

Technology in an institution plays a vital role in streamlining the whole system of education. The main objectives of the IT club are to keep the students abreast with the latest developments in IT sector apart from the regular IT syllabus. It gives them practical hands on experience and enhances their analytical and logical skills. The club helps the students to bring out the best in students and grooms individual's capacities/potentials by providing an environment to work independently. It helps the students to be familiar with various career opportunities in the IT industry and related job profiles. The IT club remained active throughout the year with a plethora of activities for enhancing the brilliance of advanced learners. The club organized various Competitions like –PowerPoint Presentation, Quiz, Audio editing, App designing etc. to boost their talents and knowledge.

Mr. Sunpreet Singh
IT Club Incharge



LIBRARY CLUB

The School Library Club serves as a vital part of the intellectual development of the students by providing a robust collection of books of all genres from a wide range of authors. It has also subscribed to a number of periodicals and magazines for the benefit of the students and the staff. The School Library Club helps the students to develop reading habits and focuses on helping the children to broaden their horizons and to promote the literary zeal.

The guided library period every week awakens in them a taste to value books and creates a desire to read good books and not just depend on the internet for their assignments. Every exposure/interaction is an opportunity to learn, only if we are interested in improving and exploring. Realizing this, we provide ample opportunities to our students for outdoor learning.

Every year the School Library Club awards the 'Best Readers' of the school who are selected for having read the maximum number of books in the academic session. This year the club organized a three days book fair in collaboration with Scholastic India Pvt. Ltd, and at the end of the book fair the best reader of the year was awarded with a set of books and cash award by the school management.

The School Library Club also organizes various activities and events to ensure the participation of maximum students. Book fairs and Story writing contests are organized in collaboration with Scholastic India foundation. A number of activities

like Bookmark making and Story-telling competitions are also organized for senior and junior classes respectively.

Ms. Jasprit Kaur, Librarian



School Charity Club- Strengthening the Solidarity

Albert Pine said, "What we do for ourselves dies with us. What we do for others and the world remains and is immortal."

With the aim of helping the poor and needy people of our society we have started the functioning of the Charity Club in our school. The club volunteers always motivate the students, to keep a preferential option for the poor and the needy. The club organizes motivational Seminars and Orientation Sessions time to time to make them better human beings. We have succeeded in inculcating those qualities in them through which they are able to develop a soft corner for the needy and help them in the hour of need. Sacred Heartians are not only the best in the academic excellence but school makes its wards to excel in humanitarian virtues also.

The Club collected an amount of Rs. 50,000/- to render medical help to one of our students namely Gaurav Kumar of class III for his heart surgery. This year students contributed Rs. 62,800/- towards the Smile Foundation for the underprivileged children and also generously shared to Global Cancer Concern India, Rs. 65,000/-. This year in solidarity with the poor children, the students enthusiastically contributed their own little mite to the Holy Childhood fund as well.



Christmas Warmth

"Virtues are planted in this small paradise; There's no limit how high the shoots will rise."

SHCS tries to make its students humane and empathetic towards the less privileged of the Society. This year Christmas was celebrated in a different manner. Students undertook humanitarian services to share the joy of Christmas and they contributed many things such as new clothes and various eatables to wipe away the darkness of sadness from the lives of underprivileged brethren and to fill their lives with joy and peace. They also collected stationery items and gifted them to underprivileged children and needy people. The rickshaw pullers of Sahnewal locality were called in the school and a tea party was organised for them sharing the joy of Xmas. Apart from this, students gifted blankets and eatables to the needy people. The essence of true joy lies in sharing our God given gifts with those who are in need. Thus, Sacred Heartians brought warmth to poor people on the occasion of Christmas.

- Ms. Harvir Joshi
Staff Secretary



Health and Wellness Club

Health and Wellness of students are the foremost concern for school and parents. In today's era, parents are not only worried for academic results but also for well-being of a child in the school. Our institution continuously strives to provide a healthy environment which is conducive to excellent teaching and learning.

This year school has taken the initiative to prepare a brief medical report of every student to be maintained in the infirmary of the school. Health education sessions are conducted time to time by the Health club in charge. Through these sessions, our students were encouraged to adopt healthy habits and good health practices at an early age to prevent health problems. Wellness has been defined as the constant and deliberate effort to stay healthy and achieve the highest potential for well-being. Seven simple life style habits can significantly contribute to wellness. 1. Sleeping 7-8 hours every night 2. Eating breakfast everyday 3. Not eating between meals 4. Abstaining from sweets and fats 5. Maintaining ideal body weight 6. Regular exercises 7. Avoid Junk Food.

Health Education session by the CMC Doctors

The school organizes various health informative sessions for the students by the team from Christian Medical College & Hospital, Ludhiana from the Department of Rural Health & Outreach Programmes (RHOP). The topics covered by the team were very important to maintain the health of our adolescents. The team emphasized Adolescent stresses, Health issues in Adolescence, Adopting a Healthy Lifestyle and causes and impact of diseases, like HIV, AIDS and Cancer etc.

Seminar provided a forum for guiding and motivating the teen agers to develop minds, and make them better at thinking and planning ahead. Experts equipped the students with vital life skills which provided the students better tools for leading a healthy life.

DE- WORMING PROGRAMME :

The National De –worming Day observed on 10th February by the Ministry of Health and Family Welfare has been popularized among the students through poster display, assembly announcements and health counselling sessions. During the academic session 2019-2020, De-worming Programme was conducted in school on 10th February 2019 in which students were provided with free medicine for de-worming in the presence of their class teachers

HEALTH and WELLNESS DISPLAY:

Posters based on the theme of season specific healthy practices, cleanliness and personal hygiene, benefits of cycling as an exercise, causes, prevention and treatment of Diarrhoea etc.



were developed and displayed on the notice-boards in the corridors.

During Health and Hygiene week, several aspects of healthy living including assessment of BMI and ways to control obesity were also displayed with the help of charts and models.

During the academic session, the following activities were undertaken by the club:-

1. A. Yoga session, B. Meditation, C. Physical exercises, D. Distribution of deworming tablets by the doctors of Civil Hospital, Sahnewal.
2. Health awareness programmes conducted by the experienced doctors of Christian Medical College and Hospital, Ludhiana.
3. Health Tips
4. Celebrated Healthy Food Day.
5. Measles and Rubella vaccination.
6. Health and Hygiene awareness session
7. Harmful effects of Junk food etc.

Ms. Ashu
School Nurse





Mathematics Club

Mathematics is described as “the Queen of the Sciences and the King of the Arts”. The main aim of the club is to develop interest of the students in Mathematics and identify their hidden potential. The club helps the students in developing critical thinking. It gives importance to solve problems in creative and innovative ways thereby, making it enjoyable. Various mind boggling mathematical puzzles and problems are given to hone the mathematical skills of the students. The Maths club organises fun based activities for the primary classes basically to eradicate their phobia for the subject in their formative years. It helps the middle school children to enjoy, appreciate and acquire basic knowledge of the subject by organizing competitive group activities, puzzles, visits to museum and expos conducted by other school organizations. Maths club provides a platform for the secondary and senior secondary students to enrich and

discover the elegance of the subject, its intrinsic aesthetics and inner beauty by organizing Maths Expo and so on.

School Mathematics Club continuously works to eradicate 'Maths' fear' from the students. It discusses various innovative methods so that learning may be extended beyond the limits of the classroom. Abacus and Vedic maths classes are a milestone in the same advancement. Many children this year have made mathematics their best friend, from being their worst fear. Like every year, the Maths Club organized Maths quiz for the junior and the senior categories. The quizzers tested the participants' speed in calculations and mostly out of the box thinking. The Maths Club will continue this tradition year after year and keep improving and innovating.

Ms. Jasmin Kaur
Maths Coordinator



Literary Club

Literary Club has been the most vibrant with its activities spanning over the entire academic year of the school. The objectives of the club are (i) Exposure to new vocabulary (ii) To enhance public speaking skills (iii) To improve communication skills (iv) To develop listening, speaking, reading and writing skills (v) Getting rid of stage fear and developing self confidence.

The aim of the club is to inculcate among students a fondness for language and enhance their literary skills. It helps them groom their personalities so that they feel confident about themselves. The literary activities encourage our students to foster reading and effective communication skills. Students participated in a number of activities like, Newspaper reading, Declamation, Poem composition, Story telling, Extempore, Debate, Role play and Group discussion conducted during the year. Dramatics has been our core activity, truly loved and cherished by our students. Drama promotes the love for language and builds confidence. It also adds to the fun

of teaching-learning. We have inculcated the practice of introducing a new word, its meaning and its usage in a sentence, every-day to the students to increase their vocabulary proficiency. The Literary Club also encourages students to write poems, stories, articles in order to publish in the School Annual Newsletter and Magazine, etc.

Ms. Mankamal Kaur
English Teacher





SPORTS CLUB



"What can be learned on the ground cannot be learned in the classroom."

'Healthy mind resides in a healthy body', Keeping this in mind, Sports Club emphasizes on physical fitness. Sports club provides students an opportunity to learn life skills that will assist them in school as well as future careers and personal relationships. By engaging in sports, they learn leadership, problem-solving, responsibility, teamwork, self-discipline and a sense of initiative.

Our school extends unlimited opportunities to its students through various sports and games to excel in the competitive world of today. Sports today have also evolved as a form of entertainment and also offer promising careers. The CISCE Physical Education curriculum enhances skills like strength, speed, endurance, agility, flexibility, control and balance, etc. Students are trained for different sports according to their interests. The importance of team spirit, discipline and leadership qualities are fostered among the students.

Our students participated in a number of sports events at inter-school, state, national and international level conducted by both PSEB and CISCE. Every student is encouraged to join at least one school sports team. The P.E. teachers of our school are very enthusiastic with a good amount of expertise in sports and provide coaching for sports like football, basketball, throwball, hand ball and athletics etc.

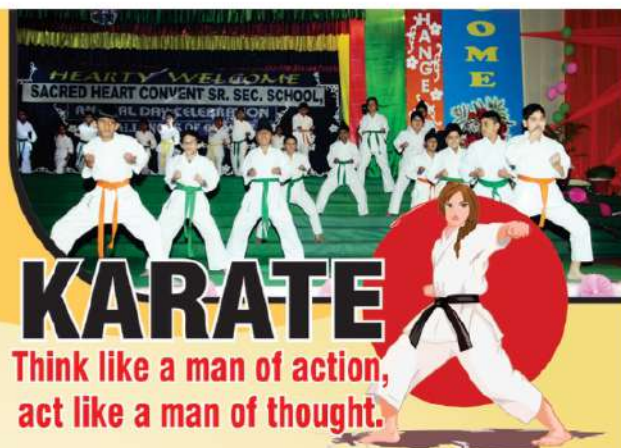
We feel greatly exulted to share the efforts of the clubs that have brought laurels to the school at the district as well as national level. Many of our students have set a stamp of excellence on the annals of sports list by winning various Inter School matches at District and State level competitions.

Mr. Gurjit Singh
HOD Phy. Edu.



HEARTIANS' ARONA 2020

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KARATE

**Think like a man of action,
act like a man of thought.**

The benefits of children learning Martial Arts:-

- Self-Discipline. Martial arts will help to teach children the art of self-discipline.
- Get Active. ...
- Setting Goals. ...
- Respect. ...
- Listening. ...
- Increases self-esteem and confidence. ...
- Teamwork. ...
- Conflict Resolution...

Karate Lessons improve the physical health as well as the mental health of children. Karate Lessons will also promote teamwork and Positive Social Interaction. As a result, children will excel in physical activity, improve their ability to stay focused, and become an astute listener in the dojo, at home, and in school.

Karate classes for the students are one of the important activities in the school. Five of our students participated in the championship at Amritsar and were awarded with medals and certificates. These students are being trained for the black belt.



Anupa Ekka, IV-Green



"I hear and I forget. I see and I remember. I do and I understand."
(Confucius)



The Roads explored and the Journey so far



The True Education aims at training in excellence as well as transforming a being into a responsible citizen. We believe that learning takes place all the time and everywhere. Academic excellence has been just one agenda of the Sacred Heartians' curriculum which mostly results in attaining intellectual development. Our school firmly believes in the holistic development of a child and that's where co-curricular activities come in. So, no stone is left unturned in probing our children towards excellence in various inter-school events. Our teachers put in their best efforts to ensure that our students are encouraged and live up to the saying 'TO BE BETTER THAN THE BEST'.

My responsibility as an activity coordinator is to first ensure that our school participates in various activities, curricular and co-curricular, at different levels ranging from Intra School to International level.

By participating in various competitions pupils are molded into confident, competitive and motivated beings. They develop the qualities of

team spirit and leadership, resulting in the all-round development of their personalities. Talent is one's own gift which one can present it at any moment with the cumulative force of a whole life's cultivation. The C.A. sessions that are allotted in the time table, provide them ample opportunity to practice and refine their skills. Many competitions were too held to stimulate and promote the abilities of our students. Our students performed excellently in CISCE, PSEB and other various competitions held at Zonal, District, Regional and National level and have brought laurels to the institution.

We owe sincere gratitude to Rev. Fr. William Sahota and the Principal Rev. Sr. Crispin Maria whose initiatives proved rewarding to the students and they were able to develop and gain appreciation for different forms of arts and unfurl their various artistic skills. We also appreciate the dedication and hard work of teachers and students to excel in various competitions.

It is my humble privilege to report on the activities and achievements of our school in the academic year 2019-2020. Hearty Congratulations to all the winners!

Ms. Nidhi Kapila
Activity Coordinator

Sacred Heartians outshine....

IN THE CISCE ZONAL LEVEL COMPETITIONS 2019-2020

Sacred Heartians once again stamped their supremacy in CISCE (Council for the Indian School Certificate Examination) Northern Zonal Level competitions 2019-2020. There were 9 schools in which around 1500 students under the Jr. and Sr. category participated in various competitions under the CISCE Ludhiana Zone.

In the Zonal Level athletics, our skilled athletes won 49 Gold Medals, 26 Silver Medals and 14 Bronze Medals in the Senior and Junior categories.

Best Athletes in the Zonal Athletic Meet

1.	Sukhmandeep Kaur, D/O Mr. Kuldeep Chahal	(U-14)
2.	Sukhmandeep Kaur, D/O Mr. Manjit Singh	(U-17)
3.	Gautam Roderpal, S/O Mr. Raman Kumar	(U-19)

Positions secured in the CISCE -Zonal Level Games 2019-2020

Throw ball - Junior Girls	First Position	Badminton U/19 Girls	First Runner Up
Throw ball - Senior Girls	First Position	Badminton U/14 Girls	Third Position
Basketball -U/17 Boys	First Position	Badminton U/17 Girls	Third Position
Basketball -U/19 Boys	Third Position	Cricket U/17 Boys	Second Position
Basketball -U/14 Girls	Third Position	Carrom Board U/19 Boys	Second Position
Kho-Kho-U/14 Girls	First Position	Carrom Board U/17 Boys	Third Position
Kho-Kho U/17 Girls	Third Position	Chess Contest U/14 Boys	Third Position
Badminton U/19 Boys	First Position	Chess Contest U/17 Girls	Third Position
Badminton U/17 Boys	First Runner Up	Football Senior Boys	Third Position

HEARTIANS WON THE OVERALL ATHLETICS CHAMPIONSHIP TROPHY

ASISC Zonal Level Arts Competition (Senior Category) 2019-2020

1. Evleen Kaur D/O Darshan Singh, Class- XII	Creative Essay Writing	1st Position
2. Jagjeet Singh - Class- XII	Quiz Competition	2nd Position
3. Chirjot Singh- Class-XII	Quiz Competition	2nd Position
4. Anjana Lakra - Class-XII	Drawing and Painting Competition	3rd Position
5. Abhishek Kumar Jha-Class-XI	Debate Competition	Best Speaker

HEARTIANS EXCELLED IN THE CISCE NORTHERN REGION ATHLETIC MEET-2019

Once again our students excelled in the CISCE (Council For Indian School Certificate Examination) Northern Region Athletic Meet-2019.

The annual athletic meet of CISCE Northern Region was held on 7th and 8th August 2019 at Jamalpur. Around 500 students participated in the athletic event from 10 zones of the Northern region such as Delhi, Haryana, Himachal Pradesh, Ludhiana, Jalandhar, Muktsar, Barnala, Amritsar, Hoshiarpur and Gurdaspur, respectively. It was really a tough competition in which participants of every zone tried their best to outshine over one another.

Our school won :-

1. Gold Medal - 7
2. Silver Medal - 5
3. Bronze Medal - 4

Best Athlete in the Regional Athletic Meet

Gautam Roderpal S/O Mr. Raman Kumar (U-19)

Positions obtained at the Regional Level Games

1. Lovish Kumar, Kavish Aneja, Anoop Kullu, Navpreet Singh Chopra	Football (Boys) U-19	2nd
2. Parneet Kaur, Harshvir Kaur, Shivneet Kaur	Throwball (Girls) U-19	2nd
3. Nandini	Throwball (Girls) U-17	2nd
4. Parveer Singh, Balbir Singh, Gaurav Maini, Samarjot Singh	Badminton (Boys) U-19	1st

Enthusiastic Heartians won the CISCE Regional Sports & Games-Runners Up-Championship Trophy

Participated at the National Level Athletic Meet in Pune

1. Akash Kumar, Class-XII	100m, 200m, 4x100m Relay	U-19
2. Kavish Aneja, Class-XI	200m, 4x100m Relay	U-19
3. Gautam Roderpal, Class-XII	400m, 800m, Long-Jump, 4x100m Relay	U-19
4. Sukhmandeep Kaur, Class-VII	High-Jump, 400m	U-14

Participated at the National Level Games

1.	Lovish Kumar Class-XII	Football	U-19	6.	Parneet Kaur Class-XII	Throw Ball	U-19
2.	Kavish Aneja Class-XI	Football	U-19	7.	Shivneet Kaur Class-XII	Throw Ball	U-19
3.	Parveer Singh Class-IX	Football	U-17	8.	Nandini Class-XI	Throw Ball	U-17
4.	Sukhmandeep Singh Class-VII	Football	U-17	9.	Balbir Singh Class-XI	Badminton	U-19
5.	Harshvir Kaur Class-XI	Throw Ball	U-19	-	-	-	-

Participated at the School Games Federation of India (SGFI)

1.	Lovish Kumar Class-XII	Football	U-19	3rd
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Secured Positions in the Zonal PSEB Competitions 2019-2020

1.	Tamanjot Kaur, Class-VII R	Badminton (GIRLS)	U-14	2nd
2.	Swapandeep Kaur, Class-VII R	Badminton (GIRLS)	U-14	2nd
3.	Ratandeep Singh, Class-X B	Basketball (BOYS)	U-17	2nd
4.	Akshit Kumar Sharma, Class-X G	Basketball (BOYS)	U-17	2nd
5.	Jaskaran Singh Jhaggi, Class-IX B	Basketball (BOYS)	U-17	2nd
6.	Handball (GIRLS)		U-19	1st
7.	Handball (BOYS)		U-17	2nd
8.	Handball (GIRLS)		U-17	1st
9.	Handball (BOYS)		U-19	1st
10.	Handball (GIRLS)		U-14	1st
11.	Avineet Kaur, Class-VII-B	Shotput, Discuss Throw	U-14	1st
12.	Husanpreet Kaur, Class-VII-G	Long Jump, 200m, 4*100 Relay	U-14	1st
13.	Sukhmandeep Kaur, Class-VII-B	400 m, 600 m, 4*100 m Relay		1st
		High Jump		2nd
14.	Khushpreet Kaur, Class-VII-B	400 m	U-14	3rd
		4*100 m Relay	U-14	1st
15.	Beantjit Kaur, Class-VII-B	200 m	U-14	2nd
		600m	U-14	4th
		4*100 m Relay	U-14	1st
16.	Parneet Kaur, Class-XII-Com.	100 m, 200 m	U-19	1st
		Shotput	U-19	2nd
17.	Sharanpreet Kaur, Class-X-R	Walk-3000m	U-17	1st
18.	Sukhmandeep Kaur, XI-Com.	400m, Hurdle -100 m	U-19	1st
		800 m	U-19	2nd

WINNERS AT PSEB DISTRICT LEVEL

1.	Husanpreet Kaur Class-VII G	200m	U-14	3rd
2.	Sukhmandeep Kaur Class-VII B	High Jump	U-14	1st

STUDENTS PARTICIPATED AT STATE LEVEL

1.	Husanpreet Kaur, VII-G	200m	U-14	
2.	Sukhmandeep Kaur, VII-B	High Jump	U-14	

EXCELSIORS OF SACRED HEART

WINNERS OF VARIOUS NATIONAL COMPETITIONS

	Name	Event	Category	Level	Rank
1.	Jaspreet Kaur Jhaggi, VIII-R	Orange Global Olympiad	English	National	45 th
2.	Jasjit Kaur, IV-B	Orange Global Olympiad	English	National	145 th
3.	Jasjit Kaur, IV-B	Orange Global Olympiad	Maths	National	141 st
4.	Jasjit Kaur, IV-B	Orange Global Olympiad	Science	National	486 th
5.	Jaspreet Kaur Jhaggi, VIII-R	SOF-National	Science	International	946th
				Zonal	61st
6.	Jaspreet Kaur Jhaggi, VIII-R	SOF-International	Maths	International	2404th
		Mathematics Olympiad		Zonal	96th
7.	Alankrit Kaushal, VI-R	Discovery And Byju's Quiz Contest		School	Topper
8.	Jasmeen Kaur, VII-R	Discovery And Byju's Quiz Contest		School	Topper
9.	Gursimran Kaur, X-G	Blooming Buds		State Level	Silver Medal
10.	Hardil Singh, X-G	Blooming Buds		State Level	Silver Medal

WINNERS OF SILVERZONE INTERNATIONAL OLYMPIAD OF SCIENCE

(GOLD MEDAL)		(SILVER MEDAL)	(BRONZE MEDAL)
1. Supreet Kaur Saran, V	3. Shailesh Sethi, VIII-R	1. Ishika Sharma, VI	1. Jaskirat S. Garcha, VI
2. Yarusha Masih, VI	4. Gursimran Kaur, X-G	2. Jaspreet Kaur, VIII	2. Agam Aujla, VIII

Kudos to the winners



Dazzling Performers

Our National/State Level Players



INVINCIBLE HEARTIANS



CISCE NATIONAL LEVEL FOOTBALL
U-19 BOYS (PARTICIPATION)



CISCE REGIONAL LEVEL FOOTBALL
U-19 BOYS (II POSITION)



CISCE THROWBALL REGIONAL LEVEL
U-19 GIRLS (II-POSITION)



CISCE ZONAL LEVEL BASKETBALL
U-17 BOYS (I POSITION)



CISCE ZONAL LEVEL BASKETBALL
U-19 BOYS (III POSITION)



CISCE ZONAL LEVEL THROWBALL
U-19 GIRLS (I POSITION)



HALF MARATHON WINNERS
(21 KM)



PSEB DIST. LEVEL CRICKET TOURNAMENT
U-17 BOYS GURKAMAL SINGH (II - POSITION)



PSEB DIST. LEVEL HANDBALL
BRONZE MEDAL



PSEB DIST. LEVEL BASKETBALL
U-17 (II-POSITION)



PSEB DIST. LEVEL FOOTBALL
U-14 BOYS (PARTICIPATION)



PSEB DIST. LEVEL FOOTBALL
U-17 BOYS (PARTICIPATION)



PSEB ZONAL LEVEL BADMINTON
U-14 (II POSITION)



PSEB ZONAL LEVEL HANDBALL
(I- POSITION)



PSEB ZONAL LEVEL HANDBALL
U-17 (I-POSITION)



WINNERS IN SPORTS AND GAMES



CISCE ZONAL LEVEL BADMINTON
U-19 (II-POSITION)

INVINCIBLE HEARTIANS



CISCE ZONAL LEVEL BASKET BALL U-19 BOYS , III POSITION



CISCE ZONAL LEVEL HANDBALL U-17 GIRLS (I POSITION)



CISCE ZONAL LEVEL BADMINTON U-19 BOYS (I POSITION)



CISCE ZONAL LEVEL HANDBALL U-19 GIRLS (I POSITION)



CISCE ZONAL LEVEL FOOTBALL U-17 BOYS



PSEB ZONAL LEVEL HANDBALL U-17 BOYS (II POSITION)



PSEB ZONAL LEVEL HANDBALL U-19 (I-POSITION)



OPENING OF BASKETBALL TOURNAMENT



OPENING OF THROWBALL TOURNAMENT

International Olympiads

Students are required to put their minds and skills to a test beyond the academic curriculum. For this purpose, Olympiad tests are conducted on an annual basis by the school. These Olympiads provide a platform to the students to think analytically and prepare them for competitive exams by testing students' aptitude.

Our school continues with the practice of organizing Olympiads, collaborating with different organizations. In the previous academic session, the school organized Olympiads with globally acknowledged establishments, viz., Silver Zone International Olympiads, Science Olympiad Foundation and Orange Olympiad; subjects like Science, Mathematics, General Knowledge, Cyber education, English and Astronomy. Silver Zone Olympiads also organized Spelling Bee contests for elementary classes in Hindi and English languages. Several of our students were selected for consecutive levels of these Olympiads and were awarded Gold, Silver and Bronze medals for their exemplary performance in the aforementioned Olympiads.



Albert Barrow Memorial All India Creative Writing 2019

Sacred Heart Convent Sr. Sec. School, Sahnewal hosted the prestigious Albert Barrow Memorial All India Inter School Creative Writing Competition 2019, Category-I of this event, which was for classes XI and XII, on 12th July 2019 on behalf of the Council. Around twelve ISC schools from Punjab and its vicinity participated in the competition.

The competition began with a prayer session seeking blessings from the Almighty. The Principal accorded a cordial welcome to the supervisor and all the participants for the competition. The topic was given 30 minutes before the writing commenced. The topics were political in nature and were relevant in the present day context. Mrs. Shivani one of the faculty members of Sacred Heart Convent School, Machhiwara was the Supervisor for the competition who declared the topics. Participants were provided with only 30 minutes for collecting their thoughts in a unique and creative manner. The writing time started at exactly 10:00 a.m. and ended at 11:00 a.m. Creativity unleashed confidently by all the participants.

Ms. Pushpinder Kaur,
Subject Coordinator, English



Regional Level CBCI Education Mastermind Quiz Competition 2019-2020

In today's competitive age, where children have to develop globally to achieve their goals, and keeping this in mind, the CBCI Office for Education and Culture has created a platform to offer direction to the students of catholic schools. This platform would provide them to perform on various activities where they can ardently exhibit their hidden talents, like; participating in quiz, singing, dancing, drawing, elocution and so on. Every year to mark Children's day, the CBCI Office for Education and Culture will host Education Master minds and talent hunt competition for children PAN India. The competition would play a good platform for discovering and encouraging young talents.

The regional level competition was hosted by our school on 18th January 2020. The participating schools covered the states of Jammu, Punjab, Haryana, Delhi and Himachal Pradesh. It was an added feather of recognition and high honour for the host school and its management. The school activity coordinator Ms. Nidhi Kapila accorded a cordial welcome to all. The competition began with the lighting of the ceremonial lamp followed by a prayer song invoking God's blessings. Rev. Fr. William Sahota, the Director of the host school in his inaugural address reminded the

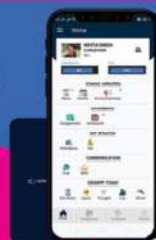
participants of the opportunity that knocks at the door of every individual, but, however, only those who recognize it and are willing to take up the challenges become the winners in all walks of life.

The participants demonstrated a neck to neck competition. **Mr. Siddharth** the representative of CBCI Mastermind Quiz team was the Quiz Master. Around 25 schools participated from the Northern Region and six students from our school also participated in the event. It was a new and wonderful experience for our school.

Ms. Harpreet Kaur
Maths Teacher



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CONNECTING PARENTS,
TEACHERS AND THE SCHOOL
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SCHOOL APP NOW



Edisapp ERP by ELOIT

managed by Edisapp ERP by ELOIT. Online Parent-student Portal through website keeps the parents updated with allround development of their wards.

The school teachers are efficiently using the school Mobile App, which has now become an important tool of communication between the teachers and parents. Teachers and students are both assisted and encouraged to adopt E-Learning.

Ms. Meenakshi,
Computer Teacher



Technology in education is an area of great current focus and the school has ensured the implementation of technology in many relevant spheres. The school has installed Academic Management (CCE) Software. This has increased the work efficiency of both the office staff as well as teachers and taken the school further ahead on the path of modernization. The school office is efficiently

Newborn Scholars of SHCS



NURSERY-BLUE



NURSERY-GREEN



NURSERY-ROSE

Newborn Scholars of SHCS



NURSERY-YELLOW



LKG-BLUE



LKG - GREEN

Blooming Buds of SHCS



LKG - ROSE



UKG - BLUE



UKG - GREEN

Blooming Buds of SHCS



UKG - ROSE



I - BLUE



I - GREEN



KIDDIES CORNER *Kindergarten Vibes...*

The Academic Year 2019-2020 became a part of our school's history after cherishing the blessings of the Almighty. The year gone by providing our students with ample opportunities to nurture and polish their talents. On 12th March 2019 the tiny tots of Kindergarten wing walked into the school exultant with joy and enthusiasm to commence the new academic year filled with new dreams and surprises. They were warmly welcomed at the special school assembly. After the assembly, they were courteously led to their respective classes by the class teachers beaming with a bright smile of welcome on their lips and in their hearts full of warmth, concern and love for the little ones. Soon they were initiated into the year's programmes through the colorful smart-board presentation of picturesque activities.

Here, we have in the Kindergarten wing, a unique educational environment in which we commit ourselves to the vision of aiming at achievements, nurturing the aspirations and enriching and strengthening our partnerships. Our focus on the tiny tots is built on the vision of fulfilling the aspirations and dreams of their parents and the future of our great nation as these youngsters are the architects of our country. It is through this vision that we create an environment of steady growth and success in the life of our students. We provide a happy and safe environment in which students can experience opportunities beyond the classroom so that they can become independent learners and responsible and confident adults.

At SHCS, teaching is not limited to "listening and learning". By using smart classroom technology and interactive whiteboards with easy access to Online Resources, we have a multi-pronged approach to teaching. Extracurricular activities provide a channel for reinforcing the lessons learned in the classroom in a real-world context, and are thus considered an integral part of a well-rounded education. Realizing this, opportunities are provided to the students to take part in a number of activities and competitions every year.

Our enrollment has an upward trend as more and more parents flock to this temple of learning making Sacred Heart School as the first-choice for their wards. This year the academic year began with an additional section of the Nursery Class.

Professional and on-going learning by the staff is the key to quality teaching-learning experience at Sacred Heart, as it is the source and spring from which gushes forth the core strength of the teaching staff. This practice has ensured in them the desire to search for manifold ways and means for helping the students to develop their multiple skills; it has created in them a passion for knowledge and quench for better understanding of the curriculum and an insatiable ardor to plunge into the modern and current trends in teaching and learning technology. Before the new academic year commenced, the entire staff had a two day session on "New Trends in Education" by Mr. Thomson, CEO of ELOIT INNOVATIONS PVT. LTD and another seminar on "Education is to be reinvented" by Rev. Fr. Dr. Joe Arimpoor, SDB, Director DBARK Delhi. In the Kindergarten wing we have a team of committed teachers who are enriched with indomitable spirit of enthusiasm, fairness, effectiveness, knowledge and patience and who have in them a passion for helping the children to learn and accomplish. They do these with a love beyond all telling for their students. The loving affinity they cherish in their hearts towards every child entrusted to their care is so genuine that they treat them with deep felt empathy and angelic respect.

I take this opportunity to thank all the staff members, both teaching and non-teaching for their professionalism, their commitment and generous involvement in the upgradation of the school. I extend my sincere thanks to the parents of the Kindergarten pupils for their interest, enthusiasm and constant support, for it adds wings to our efforts.

Thanking the Almighty for His benevolence once again and seeking His constant guidance for future endeavours.

With all good wishes and prayers,
Sr. Remya DM, KG In charge





A Blissful Beginning... Tiny tots initiated into world of learning.

Starting school is an exciting new chapter in every child's life and helping them to feel confident and positive about school will give them a good start. The Vidyarambham Ceremony, the formal opening of the Nursery classes for the academic year 2019-2020 was held on 19th March with great zeal and enthusiasm. The function was presided over by Rev. Fr. Felix Shergil, the Director of Sacred Heart Convent Sr. Sec. School, Samrala as the Chief Guest of the Day. The function commenced with the lighting of the lamp by the dignitaries. Sacred Heart family extended a warm welcome to the parents and the tiny tots who became a part of the institution.

The ceremony began with a Prayer Service led by our school Principal Rev. Sr. Crispin Maria DM. The Director Rev. Fr. William Sahota, captivated the audience with couplets and verse from the Holy Bible. With folded hands every one present sought the blessings of the Almighty. Dance and Music performances marked the solemn inauguration of the Vidyarambham Ceremony. Cultural programmes performed by the tiny tots were well organized.

In his Presidential address Rev. Fr. Felix Shergil exhorted the students to cultivate healthy habits. While academic achievement is important, he said that a person should grow in all other aspects of life. He congratulated the school management for the innovative initiative to begin the Nursery session with a solemn Vidyarambham Ceremony. Further, he added saying, 'The school has achieved greater heights with the hard work and painstaking efforts of the management and staff'. He motivated the parents and the school management to come together for the harmonious development of children.

Then the School Director strictly instructed the parents to read and understand all the rules and regulations printed in the school prospectus, school diary and timely circulars issued from the office of the Principal. After which the little kids were led to the world of letters by writing the first letter in a tray of rice grains in the name of God. Bright, smiling faces trooped into the premises with joy and hope and with promises of change and betterment.

The function concluded with the National Anthem.

Ms. Prince Sood
KG Coordinator



KIDDIES CORNER
HEARTIANS' AROMA 2020

Grandparents' Day

"There's nothing like a grandchild to put a smile on your face, a lump in your throat and a warm feeling in your heart."



On the occasion of Children's Day, the students of kindergarten and primary wing organized a special cultural programme for their loving grandparents to make them feel special. The celebrations began with the lighting of lamp and a prayer dance. The Chief Guest **Dr. Sanjay Bahl, Director at Pyramid College of Business and Technology**, was welcomed with a sapling presented by the Principal Rev. Sr. Crispin Maria.

The day was celebrated by conducting plethora of activities for the grandparents in the school. The function was also decorated with various cultural events performed by tiny tots. The spark of the show was 'The Bhangra' which made the grandparents swing and swoon with the little angels. To make grandparents cherish their old memories, myriad of games were organized and grandparents enjoyed a fun-filled game of musical chair the most. A reward of appreciation was awarded to the winning grandparents. Students expressed their love, respect and gratitude to their grandparents through speech and poem. The school was buzzing with excitement and colorful dressed students. To capture all these precious moments, a selfie corner was also setup. Refreshments were offered to all the grandparents present at the function. The Chief Guest lauded the school's effort. He congratulated the school for taking an effort of reviving moral values in our society. To express gratitude towards the Chief Guest, he was honored with memento and was also adorned with Siropa. Many grandparents appreciated the efforts and endeavor of the school to teach the young generation the priceless role that the grandparents play in their lives. The function ended with the National Anthem.



Ms. Ranjita, KG Teacher



Kindergarten Day Celebrations

The tiny tots of Kindergarten Section celebrated their Annual Day on the occasion of Christmas celebration cum Sarv Dharam Sammelan. The programme commenced with lighting of the ceremonial lamp by the dignitaries.

The evening witnessed a spectacular collection of multicultural, entertaining and thought provoking stage performance by the students. The little munchkins read out the Annual Report of the school sharing all the activities conducted in the school and the prestigious moments during the academic year 2019-2020.

Various facts of Christmas like joy, peace and fraternal love and charity were exhibited in the musical theatrics. The tiny tots wished everybody a Merry Christmas and a Happy New Year with a wonderful dance performance. The cake cutting ceremony was held with the Christmas wishing song by the school choir. The Chief Guest and the Guest of Honour highly appreciated the talent showcased by the tiny tots.

The Director, Rev. Fr. William Sahota wished everybody a Merry Christmas and expressed his gratitude towards all the guests, parents, teaching and non-teaching staff and the students for making this function a grand success. The function culminated with enthralling performance 'Bhangra' followed by the National Anthem.



Ms. Beant, KG Teacher





"Beat The Heat"—"A Beach Party."

Tiny tots of the kindergarten wing enjoyed a beach party organized in the school campus in July, 2019. Our adorable munchkins cooled themselves off with outdoor water activities. The party was organized to give relief to the tiny tots from scorching heat and humidity. The beach ambience came alive with a pool setting, coconut-water and colourful umbrellas. Tiny tots enjoyed splashing in the water and tapped feet on their favourite music. Smiling faces, twinkly eyes and vibrant actions of the little ones expressed their happiness and joy. They relished lip smacking dishes made of coconut.

Our school Director Rev. Father Willam Sahota, the Principal Rev. Sister Crispin Maria and Kindergarten Incharge Rev. Sister Remya were very happy to see the kids having fun at beach party. They also cut cake with little ones. The Principal Rev. Sister Crispin Maria lauded the efforts of the kindergarten teachers for organizing the party. Indeed, it was a euphoric moment to see the kids having fun at the Beach Party.

Ms. Manpreet Kaur, KG Teacher



CREATIVITY PERSONIFIED IN FANCY DRESS COMPETITION

"The secret of great style is to feel good in what you wear."

What an unforgettable day it was! One of the most awaited events of the year, fancy dress competition for the kindergarten students. This year the competition was held on 25th October 2019 with the theme 'Science and Technology' for L.K.G, 'Advertisements' for U.K.G and 'Vegetables' for Nursery standard students.

The competition started with a prayer session. The Multimedia hall was beautifully decorated with splendid art and craft and elegant flowers. Children were smartly dressed as plump tomatoes, cute cauliflowers, peas and brinjals. They also came dressed as mobiles, ATM and washing machine, etc. U.K.G students depicted advertisements like Colgate, Corn flakes and Maggi, etc. It was a pleasure to watch our younger ones dressed up as different characters and speaking confidently. They gave wonderful messages with slogans like "Beti Bachao, Beti Pado" and "Say No To Plastic". There was a lot of enthusiasm and excitement as the little ones walked forward displaying their vibrant costumes. The spectators were truly mesmerized to see the devices and gadgets incarnated

on the stage.

Rev. Fr. William Sahota, the Director of the school appreciated the efforts of parents and students for their wonderful performance. This activity helped the students to overcome their stage fear and bring out their inner talent to give them a platform to build their self confidence. It also stimulated creativity in parents. The competition brought an amiable ambience and each participant left the stage with prolonged deafening applause. The school Principal, Rev Sister Crispin Maria lauded the efforts of the students and teachers and appreciated the winners.

Ms. Samridhi, KG Teacher



The Tiny Tots Celebrated

Watermelon Day



It was a perfect day to celebrate the summer season through a fun filled activity in the form of 'Watermelon Day'. The children of UKG dressed up as watermelon and performed various activities related to the fruit as it was a fun filled day for the children. The arena was decorated with the Watermelon décor images, printables, banners, crafts, wreath, placemat, doormat, cupcake, cake, coasters, along with the Watermelon Bowls and Serving Sets. Students brought variety of decorated watermelon and displayed them in different forms. They also wore beautiful paper cut-outs of watermelon around their necks. The teachers arranged the exhibits very attractively with the involvement of the students.

The event was held to promote consumption of the summer fruit as well as educate the children on the ill effects of junk foods and aerated drinks. Juicy watermelons were cut into slices and offered to the children, who devoured them enthusiastically.

The coordinator of KG wing Ms. Prince Sood explained that idea behind the activity was to make children understand the importance of drinking home-made juices in summer, rather than other beverages available in the market. Watermelons are an excellent source of vitamins A, B6 and C and are known to contain fibre and potassium. The fruit contains about 90 percent of water, making it highly recommendable for summer months. Apart from the value of its water-content, watermelons have medicinal values with strong diuretic effect and are useful in cases of dropsy. The oil obtained from its seeds is used to cure people suffering from high blood pressure while its pulp is used as a remedy for sunburn.

The School Director Rev. Fr. William Sahota and the Principal Rev. Sr. Crispin appreciated the efforts of the teachers and the students for presenting a beautiful show on the occasion. She also instructed the students to include fruits in their daily diet as these are essential for health. At the end of the fun filled activity everyone delightfully enjoyed watermelon slices, watermelon flavored jellies and juice.

Ms. Beant, KG Teacher



The festival of rain and swings was celebrated by the tiny tots.

TEEJ CELEBRATION

The festival of Teej celebrates the bounty of nature, arrival of rains and greenery surrounded by social activities, rituals and customs. Tiny tots celebrated Teej with great enthusiasm and joy. Students, dressed in Punjabi cultural attire, drenched themselves in Bhangra and Giddha beats. Creating a Teej atmosphere, girls applied mehendi on the hands and enjoyed the swings set up in the campus. Punjabi song presented by tiny-tots of pre-nursery class was a treat to the ears. The star attraction was a ramp walk. Kids relished various sweet dishes, Whole Wheat Flour and Jaggery dumplings, Sweetened Rice, Kheer, Malpuras (Pancake dipped in sugar syrup). Namanreet Kaur Gill of Nursery Green and Anahat Singh of Nursery Green from KG were declared Teej Queen and Mr. Punjab, respectively.

Ms. Vaishali, KG Teacher



SOLO Dance COMPETITION



A solo dance competition was organised for the budding stars of KG wing. Students danced on the tunes of Punjabi folk songs and western beats of Hip-Hop. The KG section in charge Rev. Sr. Remya appreciated the efforts of the students and motivated them to fuel their passion of dancing.

Ms. Renu Bala, KG Teacher



Mango day

15th July was celebrated as

'Mango Day' in the KG wing with a lot of enthusiasm.

Children had pinned up the mango-shaped badges to honour the cause and were excited to make it memorable for themselves. Students had brought diced mangoes cut in artistic ways. The teachers made them aware of the values/benefits of this natural fruit.

Students were dressed in mango attire and performed various activities related to the fruit. The Nursery students prepared the colourful chart papers with mango paper cuttings. A mango café activity was conducted on this occasion. Students enjoyed eating mangoes and relished their sweetness. Life cycle of this fruit and its importance was highlighted among the small pupils. At the same time students did lots of art and craft activities related to the topic. At the end of the day the children left for their homes with immense pleasure in their hearts and this event will be cherished in their little minds for a long time.

Ms. Prince Sood, KG Coordinator



ADORNING CHILDHOOD DAYS

LEMONADE PARTY



To introduce sweet and sour taste to the tiny tots and also to show the method of making this healthy drink instantly, a 'Lemonade Party' was organised for the students of K.G Section. It was a sweet juicy morning for the tiny tots of Sacred Heart kindergarten. The children were demonstrated how to prepare "Lemonade" by stirring sugar in the water and then squeezing lemon into it. To enhance the taste, salt and black pepper were also added into it. Later on, this instant and healthy lime water was relished by all the children and staff members. Toddlers enjoyed this learning by heart. The idea behind this activity was to make the little ones understand the importance of drinking lemonade in summers rather than other beverages available in the market.

Ms. Vaishali, KG Teacher



ARENA OF GAMES AND Sports

The Annual Sports meet for the K.G section was conducted in the first week of November, 2019. Classes Nursery, L.K.G and U.K.G participated in the fun filled track and field events. The Sports Meet was declared 'Open' by the Director of the school Rev. Fr. William Sahota. The budding athletes participated in events like:- Pick Up Stones, Musical Chair, Frog Race, Passing the Ball and Obstacle Race, etc. Children showed great enthusiasm in such events and they were cheered up by the spectators. After the races finished, the winners were honoured with medals and certificates. At the end of the day the children learnt valuable lessons in Sportsmanship and they departed with a clear smile on their faces.

Ms. Kuljit Kaur, KG Teacher



Food without Fire

To develop the skills of non- flame dishes, an activity 'Cooking without fire' was organized in the Kindergarten wing. It was conducted with a view to create awareness about the nutritional value of food cooked without flames, the necessity and advantages of the healthy eating and to encourage students to stay away from the junk food.

The students prepared healthy dishes like Sprouted Bhel, Cheesy Biscuit Canopy, Cucumber Avocado Rolls, Butterfly Pea Lemonade, Cashew Paan Delight and many more using easy and quick recipes. They served the dishes in the artistic and aesthetic way which was most appealing and the displays were a visual treat tickling to the taste buds.

Ms. Sheetal, KG Asst. Teacher





KALIDOSCOPE OF ACTIVITY

Celebrations

Earth Day Celebrations



Seeds of Virtue Sown today Become Trees of Happiness All the Way.

Sacred Heart Fraternity celebrated "International Earth Day" on 22nd April 2019 on the theme "Protect Our Species". A special assembly was conducted by the members of Science and Eco Club to sensitize the students about the importance of trees and its species, recycling and to raise awareness about the ill effects of plastic pollution.

The Kindergarten students also displayed various cultural items like action song, poems and choreography to mark the importance of the occasion. The School Choir presented a melodious song in reverence to Mother Earth making the students aware about environmental issues and global warming. Students of senior classes presented a mime with an aim to sensitize students about the importance and ways to save planet earth. The School Principal Sr. Crispin addressed the students encouraging them to be a good caretaker of our planet Earth and also appreciated the efforts of the staff and students making the function enchanting one.

The programme concluded with an oath and with the belief that the students would respect their natural inheritance and be a good conductor of the Mother Earth. The assembly was concluded with vote of thanks paying special gratitude to the Eco Club members for organizing such an important event in the school.

Ashmi Sharma, XI-Med



Director's Day

Service to Man is Service to God.

The school celebrated the birthday of our honourable Director Rev. Fr. William Sahota on 1st May 2019 with a variety entertainment programme. He was accorded a warm welcome with applause and cheer. The celebration commenced with a prayer service in which staff and students offered intercessory prayers for Rev. Fr. William to bless all his endeavors. After seeking blessings from the Almighty, the students portrayed their love for him through plethora of performances. The class teachers along with their students accorded floral greetings to him.

While the school choir wished him with the melodious singing, Fr. William was invited ceremoniously to cut the Festal Cake. The enthralling programmes performed by the students added colour to the celebrations. Rev. Sr. Crispin Maria in her short address appreciated and thanked Fr. William for the interest and effort that he is putting in towards the welfare of the school. The Staff Secretary and the Head Boy offered felicitations. The celebration ended with a note of appreciation and gratitude by the Director to each and every one who had made the day a very happy one for him and for all.

Simardeep Kaur, XI-Med





Workers' Day Celebrations



Make gratitude Your Attitude....

The school has always acknowledged and appreciated the contribution of its real workforce 'The Support Staff'. On 1st May a Special prayer service and an entertainment programme was organized in the school auditorium to honor the ancillary staff of the school on the occasion of Workers' Day. The function kicked off with a speech welcoming the workers and acknowledging their hard work followed by a blissful prayer session.

The beautiful dance performance of the juniors was amazing to watch and kept the audience enthralled. Then the speech and poem by seniors lauded the ceaseless efforts of the work force of the nation and the school in particular.

The ancillary staff was overwhelmed watching the function and expressed their gratitude towards the school management, teachers and students for their endeavours. School Principal congratulated the workers and thanked them for their selfless services. After this, the School Director focused on the priceless contribution of the workers for the smooth functioning of the institution.

The teachers and the students presented gifts to the school Support Staff and a tea party was hosted in their honor by the school management. The day concluded with a vote of thanks by one of the ancillary staff members.



Kalpana, VI-Blue



Celebrated Independence Day of our Nation



Heartians Spread the Aroma of Patriotism!

Sacred Heartians celebrated the Nation's 73rd Independence Day and remembered with gratitude the sacrifices of the freedom fighters. The whole school was beautified in tri-colour with vibrant rangolies and beautifully decked up young freedom fighters. The National Flag was hoisted by Mr. Sadhu Singh, ASI along with Mr. Bhupinder Kumar ASI (Assistant Police Inspector, Sahnewal). All in unison saluted the National Flag in tune with the National Anthem.

Students presented a cultural programme like Patriotic speeches, songs and choreography on the eve of the celebration. Tiny tots of the KG wing came dressed as freedom fighters and National leaders of India to spread the message of love and peace. 'The spirit of freedom and Nationalism' was well exhibited through a skit which threw light on national integration of the Nation.

Dr. Kirti Dua Senior Scientist and In charge, Centre for Wild life Studies GADVASU-Ludhiana was the Chief Guest on the occasion. In his address, he exhorted the students to follow the ideals of the great leaders and to become better citizens by inculcating values in their young age. The school choir roused patriotic fervour with a rendition of patriotic songs.

Prizes were distributed to the winners of CISCE Arts and Sports in the Zonal and Regional level competitions held in July. The programme culminated with a word of gratitude. Sweets were distributed to the students after the celebration.



Rudraj Singh, VI-Green

HEARTIANS' AROMA 2020



*Daring and indomitable, Fearlessly we move onward...
Heights challenges us to rise, Be it Oxford or Harvard.*

The International Youth Day was observed across the world on August 12 to recognize the efforts put in by the youth for the betterment of the society. The theme of International Youth Day- 2019 "Transforming Education", highlights efforts to make education more relevant, equitable and inclusive for the youth, including efforts by youth themselves.

Sacred Heartians celebrated International Youth Day by organizing a special assembly in the Multimedia hall emphasizing the theme of the year, 'Transforming Education' by the senior class students. They highlighted the efforts required to make education more relevant, equitable and inclusive for youth organized activities. The Principal Sr. Crispin addressed the students during the assembly saying that "Youth is the backbone of a nation and they can play a vital role in every sphere of life. There are ample opportunities before them, which they can utilize for the betterment of the society." She also emphasized that it is the need of the hour to channel positive energy of the youth for the development of the country. Education must combine knowledge, life skills and critical thinking, and advance gender equality, human rights and a culture of peace. An intra-class group discussion was also organized for Class XI and XII on the topics of Artificial Intelligence, Cyber Security and Threats, Cyber Bullying, Internet Addiction and Safety Measures for social networking.



Dilpreet Kaur, IX-Rose



A Colourful

TEEJ CELEBRATION

was held on 14th August 2019.

"Keep your chin up, Happen what may!"

Teej festival basically marks the significance of arrival of monsoon. Keeping the theme of merriment and festivity, a function was organized in our school on 14th August 2019. The girls performed Giddha elegantly on the occasion.

A swing was installed in school premises and beautifully decorated with scented flowers. Girls with their respective partners and friends drew beautiful designs of Heena. Punjabi folk dances and songs made the occasion more colorful and meaningful. Heena Sharma of class XII was given the tag of "Miss Teej". 'Mehandi competition' was also held for the senior students and Gurleen Kaur of class XII bagged the first prize.

The Principal Rev. Sr. Crispin Maria was overwhelmed with the preparations and creativity of students and appreciated the joint efforts of students and teachers. She conveyed a message that motto of organizing these kind of cultural activities is to help the students to relate and bind them with their culture.



Mehakdeep Kaur, X-Rose



Mother's Day Celebration

The tiny tots of the school celebrated Mother's Day with great enthusiasm. A special assembly was conducted in which students exhibited their gratitude, love and regard for their mothers through speeches, poems and songs. The Principal highlighted the importance of the mother and said that she is the first teacher of a child. She advised all students to be more appreciative towards all that their mothers do for them, right from making their food, helping them with homework, telling them stories and putting them to bed. The teachers enacted stories to tell them the importance of their mother in their lives. Children expressed their love and affection for their mothers through participation in card-making and flower-making competitions.

The Principal Sr. Crispin thanked and appreciated all the teachers, who play the role as mothers and help the students to gain all the knowledge through hard work and determination.

Damanpreet Kaur, V-Green



Our Teachers, Our Inspiration

To mark the Birthday of great teacher and Philosopher, Dr. Saravapalli Radhakrishnan, Teachers' Day was celebrated with great fervor and enthusiasm on 5th September 2019. Both the students and the staff of the school gathered joyfully for celebration. The function commenced with the singing of the ecstatic invocation song in praise of the Almighty God. The Principal of the school Rev. Sr. Crispin Maria showered God's blessings by reading psalms from the Holy Bible followed by a spirit filled prayer service with special intercessory prayers.

It was followed by a grand reception along with floral felicitation to the Principal. Student volunteers presented flowers to all the teachers as a token of their love and respect with a welcome song. A cultural extravaganza was organized by the students to appreciate the unwavering commitment of the teachers. To honour the teachers who have transformed their lives for the better, the students left no stone unturned to truly entertain them by means of various cultural items. They paid reverence to their worthy teachers through a mellifluous song and also expressed their gratitude through an inspiring speech. The skit presented by students put everyone into a fit of laughter. Bhangra girls left everyone spellbound. Sacred Heartians earned a huge round of applause from their gurus for their splendid performance. The students set the stage ablaze with their foot tapping dance.

Rev. Sr. Crispin Maria laid special emphasis on the importance of teachers by chanting Sanskrit Shloka "Guru Brahma, Guru Vishnu, Guru Devo Maheshwarah, Guru Sakshat Param Brahma, Tasmai Sree Gurave Namah". She also enlightened the fact how students revered their teachers quoting eminent personalities like Dr. Bhim Rao Ambedkar and Dr. S. Radhakrishnan. She appreciated the teaching faculty for their constant endeavors in bringing Sacred Heart Convent School, Sahnewal to such greater heights. The aura was brimmed with zeal and enthusiasm and heartfelt gratitude towards the teachers. Programme culminated with the singing of the National Anthem. Thereafter, all the teachers enjoyed delicious lunch at Maharaja Queen-hotel at Doraha.

Diya Kapil, LX-Green



C E L E B R A T I O N S



Principal's Day Celebrations



"If you can't be a brush.....Be a bit of grass,.....If you can't be a highway...Be a trail,.....If you can't be the sunBe a star. But be the best of whatever you are."

The School Principal's Day is a special time to celebrate, appreciate and thank her for all the hard work and leading the school to greater heights by creating an environment where young learners can grow and succeed in life.

A beacon of light for our school Rev. Sr. Crispin Maria the Principal of our school was grandly felicitated on her feast day, on 25th October 2019. Students were exulted and excited to celebrate our Principal's feast day. It was a joyful occasion where the SHCS family came together to greet and wish the Principal. Students offered her potted plants to be planted in the school campus as they know their Principal's love for plants.

The programme began with the Principal's favorite prayer song 'Bless the Lord, Oh my soul, Oh my soul, Worship His Holy name'. A short prayer service was conducted by the staff and students followed by a prayer dance thanking God for gifting us with Sister Crispin as our Principal. The children showed their love and gratitude through a small programme and a presentation. Great zeal was visible among the students. We all poured our overflowing love. Each class did their bit in making this day a special one for the Principal. The school choir wished her with a melodious greeting song.

The Director Rev. Fr. William felicitated her on the occasion and upheld the hard work done by her and the services to humanity. The Staff Secretary Mrs. R.K Bedi conveyed her greetings on the behalf of the members of the staff and highlighted all the wonderful achievements of the school under her able guidance. The day's celebrations culminated with the singing of the birthday song and cutting of the birthday cake in the presence of the students and the staff. Sr. Crispin was overwhelmed with the items put for her and expressed her joy and gratitude to all the teachers and students. The celebrations concluded with the Principal's inspiring message.

Harneet Kaur, X-Rose



Cultural Event Mark

Children's Day Celebrations

The Staff put up an excellent show of their talents and entertained the children on the occasion of Children's day which was celebrated on 14th November.

Sacred Heartians celebrated a fun-filled Children's Day for students with enthusiasm and vigour. To pay tribute to the legendary freedom fighter Pandit Jawaharlal Nehru, the first Prime Minister of India, a special assembly was conducted in the school. The celebrations began with a prayer service followed by intercessory prayer for the students. Students spoke about the life of Chacha Nehru and recited poems on the occasion. The Principal Sr. Crispin greeted the students in the assembly and boosted them to render their roles as responsible youth of the society. Ms. Nidhi Kapila the coordinator donned as Chachaji and delivered an inspirational speech addressing blooming buds of the school.

To come out with something new for students, the school organised 'Grandparents' Day' on the occasion with various entertainment programme. The campus was buzzing with excitement and joy. The children came dressed as their beloved 'Chacha Nehru'. A small cultural programme was presented by teachers to entertain the small kids. The celebration reached to its zenith when teachers and students together played musical chair. Chocolates were distributed at the end.



Manu, VIII-Blue



School observed 550th Parkash Purb of Guru Nanak Dev Ji

Keeping up with the ongoing worldwide celebrations of 550th birth anniversary of Guru ji and to commemorate the day, a special assembly was conducted in the morning. The assembly commenced with a beautiful rendition of 'Mool Mantra' by students. They paid tributes to Guru Nanak Dev Ji by spreading His divine message of harmony, humility and equality through poems, speeches and orations. On this occasion, 'Kirtan' was performed by the school choir. Karan Singh, a student of Class XII, threw light on the life and teachings of Guru Nanak Dev Ji. Children captivated the gathering with a soulful skit based on teaching of Guru Nanak Dev Ji. Rev. Fr. William Sahota advised the students to follow the path of righteousness and truth as shown by the great Guru. The celebrations culminated with a beautiful rendition of Ek Onkar linking everyone present with one God.

Milanpreet Kaur, IX-Rose



Students welcome festival of lights with Rangolis



The school celebrated a clean and green Diwali with festive gusto. The campus was decorated with earthen lamps, flowers and buntings. A special morning assembly was organized wherein students vowed to celebrate Green Diwali. Students delivered speeches on the significance of the festival and the relevance of eco-friendly celebrations. Melodious songs were sung by students on importance of "Cracker free Diwali". The Principal shared the guidelines to celebrate a green, safe and peaceful Diwali. She encouraged us to celebrate a safe and eco-friendly Diwali.

A wide range of activities were held for students, including Inter-House Earthen Lamp Decoration and Pot Decoration competition. Students of senior wing participated in an Inter-house Rangoli-making competition. Students decorated their classes with buntings, wall hangings and other decorative materials made up of waste materials. The school Director Rev. Fr. William Sahota appreciated the efforts of the teachers and students for using waste material to decorate school campus.

Nazampreet Kaur, X-Green



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Welcoming Christmas Caroling door to door..



No Christmas is complete without carol singing. This year the school management visited almost all the teachers' houses during Christmas. The church choir armed with guitars and drums, along with Fr. William and all the sisters walked into teachers' homes and rendered popular carols, bringing messages of hope, love and joy. Family members of teachers were very happy to receive us at their houses. Rev. Fr. William gave a small message on Christmas after reading the nativity part from the Holy Bible followed by prayer and blessing.



*"The birth of Jesus Christ" -
the Christmas Day was celebrated
with great joy and festivities.*

Christmas Fiesta



The birth of Jesus Christ - the Christmas Day was celebrated with great joy and reverence. The whole school decorated with festoons, stars, bells and balloons. School campus was adorned magnificently to cheer the mood of Christmas. Rev. Fr. William Sahota the Director, Rev. Sr. Crispin Maria the Principal and staff members along with the school choir led the class to class carol singing. Inter-House Christmas Tree decoration and Carol Singing competition were conducted to add colours to the celebration. Santa danced to the tune of carols during the cake cutting ceremony. The students enthralled everyone with a variety of cultural bonanza and Santa danced to the tune of carols. The students put their heart and soul to make it a gala event.

Rev. Fr. William Sahota, the Director delivered the Christmas message and wished everyone a prosperous New Year. Christmas carols were sung, cakes and sweets were distributed to the students. It was thus a day of joy and sharing of love for everyone.



Arshpreet Singh, X-Blue



HEARTIANS' AROMA 2020



Temperature touched the chilly Fahrenheit of what we call the 'full swing' of winters in Northern states. However, the heat was on at Sacred Heart Convent Sr. Sec. School with its Christmas Carnival setting the tone of the season and its festivities. The school playground was all decked up in the festive mode with red, green and white decorations to suit the vibe. It was more like a day out for everyone with their family and loved ones.

This year too, the Carnival began with a bang, drawing a swarm of visitors, civil officers, well-wishers and staff children along with their family with great fervour and enthusiasm on 22nd evening. Caught in the whirl of fun and excitement, the visitors at the Carnival enjoyed the unlimited sprawl of new Christmas Carols with exciting musics complimented by lip-smacking and attention-grabbing food stalls.

The function started with the lighting of the ceremonial lamp by the school management and other dignitaries. A special prayer service was conducted imbining the spirit of the occasion. Everybody prayed for the permanent existence of love and peace in this violent-torn world. The description of nativity was read out from the Holy Bible by Rev. Fr. William Sahota followed by an inspiring message.

Then the cultural programmes started with a prayer dance. The students enthralled the audience by enacting the scene of Nativity. The staff wards danced to the joyful tunes of Christmas spreading cheer with their smiles and lovely attires. A nonstop extravaganza painted by Christmas decorations, with the carol singing, dance floors highlighted the exclusivity and thrill of the Carnival. Santa's entry made everyone happy and excited. Overall, it was a boisterous triumph which brought everyone together to celebrate God becoming man.



Japjot Singh, VI-Blue



Heartians celebrated 71st Republic Day with Patriotic Zeal



The 71st Republic Day was celebrated here with solemnity and grandeur in the school. The celebrations began with a special assembly during which various cultural items were presented by the students. The students pledged to serve their Nation with integrity and loyalty.

Patriotic songs, poems and speeches narrated by the students filled the atmosphere with fervour and concern for their country. A dance performance on a medley of patriotic songs filled all hearts with the spirit of love for motherland. The school Director spoke at length about the gist of the constitution. He advised the students to preserve the oneness of India and prove to be ideal future nation builders. The school choir enlivened the celebrations with calming tunes that reminded and motivated the students how rich our country is and to work to take the country to newer heights and fulfill the aspirations of our heroes of freedom struggle.

The school echoed with patriotic fervour as the school premises was adorned in the hues of tri-colour balloons, flag and kites. To mark the importance of the day, various competitions such as Flag making, Patriotic story telling, Oratory on patriotism and Declamation contest were also organized on the occasion. Sweets were distributed to all the students after the celebration.



Sania Mehendru, IX-Green



FIELD EXPOSURE PROGRAMMES

VISIT TO POLICE STATION

The students visited the Police Station at Sahnewal. The students were accompanied by Mr. Barjinder Kumar Aneja and Ms. Nidhi Kapila. Sacred Heartians were made aware of the functioning of the police station, the role of police in society. A discussion with the senior Police Inspector and other officials helped the students to understand the procedure of filing an FIR. The overall experience was quite enriching.



VISIT TO CIVIL HOSPITAL

A visit to Civil Hospital in Sahnewal was arranged for the students of X and XII. The students were taken to the different departments of the hospitals like ICU, Pathology Lab and Operation Theatres, etc. A detailed explanation regarding each department was given during the visit. The experience was very informative.

VISIT TO SAANJH KENDRA

The students learnt about the relevance of Saanjh Kendras. They learnt that these centres are a kind of initiative taken by the government to improve community and police relations and also build confidence of the people in crime management and grievance redressal.



VISIT TO TEHSIL

A visit was arranged for the students to the local Tehsil. They had an interaction with the Tehsildar. Here the students came to know that it is the ultimate executive agency for land records and related administrative matters. They were taken to the office where all the records are maintained.

AN INTERACTION WITH THE HDFC BANK

The banking is an integral part of the present economic system. It is also a vital part of the curriculum. Getting to grips with the functioning of the banks, a fieldtrip was organised for X and XII commerce students after taking a prior appointment from the Branch Manager Mr. Khushpal Singh. Mr. Barjinder Kumar accompanied them. The students were explained the process of opening the saving accounts, filling of pay-in-slip to deposit money, withdrawal of money through cheque. The bank officials were quite cooperative and answered all the queries put up by the students. They came back with lots of information.



Ms. Swati Shoree,
Moderator Science Subject

VISIT TO SEWA KENDRA

With a view to enrich our students with the knowledge of services provided by Sewa Kendras, the Sacred Heartians were taken to the local Sewa Kendra where they were informed about some of the important services rendered through these centres such as issuance or renewal of Birth and Death certificate, social security benefits to the old age, the handicapped or the widow, Aadhar related and Passport related offices. The students were full of knowledge by the end of the day.



A Life without Travel is Life Unlived An International Trip to Singapore

"Experience, Travel—These Are Education In Themselves." -EURIPIDES

An educational trip to the charming city of Singapore was organized from 28th April 2019 to 4th May 2019. Students of classes VII to X visited the Republic of Singapore, an exquisite island country in South East Asia spread in 137 Kilometers.

The students arrived in Singapore at Changi Airport on 29th April 2019, thereafter, they savoured lunch and checked into Aqueen Hotel on Lavender Street Singapore which became their humble abode for the next 4 days.

Post lunch, they visited the famous Mustafa centre, that offers a unique market style shopping experience. Products are in abundance at low prices with everything from textiles to watches and electronics on sale.

Day 2 included Singapore city tour which encompassed a ride in Singapore Flyer, the world's largest observation wheel that offers a magnificent view of the spectacular scenery of Singapore. The city tour also included the Merlion, an unofficial mascot of Singapore, Esplanade Bridge, Fullerton Bay and Merlion Park that provided a breathtaking view of the city. Enroute, the students also witnessed Little India, Suntec City and City Hall. Soon after a scrumptious lunch, everyone visited the well known Chocolate Factory to collect fresh and delicious chocolates and keyed up for Sentosa Island tour - It included the cable car experience that let them witness the captivating Island from miles above. All were clicking selfies, making videos creating this trip memorable and late evening returned to hotel.

The icing on the cake was the light and water show- 'Wings of Time', that left everyone spellbound. The show was set in the majestic open sea. The spectacular show mesmerized everyone with the awe-inspiring display of water, laser, fire effects and music.

The 3rd day saw the students brimming with excitement to experience the thrilling rides at Universal Studios. Universal Studios is South Asia's first and only universal studio theme park featuring 24 rides, shows and attraction in seven themed zones. They also witnessed the remarkable shows at Universal Studios such as Water World Show, Shrek 4D Adventure Show, Madagascar Ride and finally the Giant Roller Coaster

Journey. The thrilling day was full of bumps and rides that ended up with a quite dinner and sound sleep.

Day 4 was the day of science and discovery, innovation and invention, as the students visited the National Science Center and Imax Theatre that let them explore the world of technology, discovery and advancement.

The final day called for a heart wrenching good bye to the city of dreams. After breakfast, all left for city tour shopping at Little India and shopping mall. Purchased Singapore special for their loved ones before they boarded the flight to India, bidding farewell to Singapore. The students landed at Amritsar at 9.20 p.m. with a kaleidoscope of cherished memories and a profound and enriching learning experience. It was a wonderfully organized, well planned and amazing trip.

Saniya Bhatia, IX-Blue



TOURS AND TRIPS



A Memorable trip to Mussoorie-Dehradun

"The lessons children learn through observations and experiences become lessons for life."

Since excursions and visual aids are important features of teaching and learning, school ensures an educational tour of at least 4 days for the senior class students every year. This year class X, XI, XII students had an informative and an adventurous educational tour to Mussoorie-Dehradun from 9th October to 12th October 2019. The students had a thrilling experience enjoying the beauty of nature at Kempty falls. They also visited places like Buddhist Monastries, Company Bagh, Har-Ki-Pauri. The students enriched their knowledge by visiting Forest Research Institute (F.R.I.) at Dehradun. After three days stay at the hill station, the children came back enriched and bubbling with joy.

Arshpreet, XI-Med



One day trip to F2 Race Way

The school has a tradition of the outgoing. The students are going for an outing to build up their solidarity. As a regular activity, this year also Kindergarten section enjoyed one day picnic to F2 Race Way, Ludhiana on 7th October 2019. The students were thrilled to see the mind boggling array of adventurous rides like Paint Ball, ATV, Gokarting, Jeep and Kids cars etc. Rev. Sisters, teachers, and students became one in the mood of enjoying together. The laughter and joy that was witnessed amongst the children was something beyond words. Altogether the picnic was a memorable one for the tiny tots as a unique occasion of happiness, love and enjoyment.

Ms. Veena, KG Asst. Teacher





Trip to Fun City-Chandigarh

Fun City, Chandigarh is an amazing amusement and water park. The park offers the most advanced 20 hydraulic rides, which are simply thrilling. These include Big Apple, Crazy Cars, Spin-O-Spin and Space walk amongst others. Students of classes VII, VIII and IX enjoyed one day picnic to Chandigarh on 9th October 2019. In the morning the whole school was full of hustle and bustle when the students of different classes were seen making their way towards their respective buses. While on the way, the students enjoyed in the buses and sang and danced energetically all along. The children clearly enjoyed their day to the fullest and created beautiful memories to be cherished by them for a long time to come. It was a rejuvenating and refreshing trip as the students enjoyed a lot.

Mehak Sharma, IX-Rose



TOURS AND TRIPS

A full day enjoyment at Fun Island Water and Amusement Park

A break from the routine hectic schedule is always a welcome treat for the mind and body. It rejuvenates the tired spirits. A memorable trip to FUN ISLAND WATER AND AMUSEMENT PARK, Talwandi Bhai, was organized for the students from III to VI. Ecstasy and joy of students while enjoying the rides was a sight to behold. The beautiful day ended with fun and frolic along with unforgettable memories. Everyone had a big smile on their faces indicating that they had a great fun.

Harroop Kaur Deol, VI-Rose





TEACHERS' DAY OUT

"Creating memories is a priceless gift as they will last for a lifetime."

The staff picnic which is a beloved tradition at SHCS, Sahnewal is a very important annual ritual that is well organized with planned activities. This helps the teachers to interact, integrate and bond with each other in an informal setting which is an important part of a well rounded staff appreciation programme. A one-day trip was organized for the teachers to Jang-e-Azadi Memorial, Kartarpur on 14th March, a day to rejoice and celebrate.

The prestigious Jang-e-Azadi Memorial at Kartarpur has emerged as the educational and cultural hub with the number of visitors across the country. There were around six galleries and all about freedom fighters, in commemoration of the unparalleled sacrifices of Indian's for independence of India. The teachers enriched their knowledge by visiting this historical and cultural hub.

Teachers also had a great time when they enjoyed a movie 'Chal Mera Putt-2' and they also visited Haveli -Rangla Punjab in Jalandhar and had a sumptuous lunch. They had a wonderful time clicking photos, chatting, laughing and we really felt relaxed as we had no tension of corrections, syllabus or even of our monotonous household jobs. It was one of the thrilling and enthusiastic trips and the beautiful day ended with a nostalgic feeling of love and togetherness among the teachers.

Mr. Daljeet Singh Panesar
Maths Teacher



A Day of Break for the Non-Teaching Staff

A trip to Chandigarh

Picnics are probably a great way to spend quality time with friends and colleagues away from the rut of life. A one day picnic for the non-teaching staff of the school was organized by the school management on 10th March to Chandigarh. The picnic was a much needed break from the regular schedule of the non-teaching staff in the school and they made the best out of the day.

They went around the popular picnic spots in Chandigarh like Rose Garden, Sukhna lake and Zoological Park etc. and spent a few relaxing hours with the management. They also visited most popular Christ The King Cathedral, Chandigarh, Sector 19-A and offered prayers. A delicious lunch was a welcome gift to conclude the day with.

The day was filled with fun and frolic coupled with games, music, dance and laughter. It was truly enjoyable and memorable and provided a much needed respite from their hectic schedule.



Kudos to the Winner in the ASISC

Zonal and Regional Level Creative writing Competition 2019
Category-I, Position : 1st

Evleen Kaur

(D/O Mr. Darshan Singh)

TOPIC: SELFIES AND SOCIAL MEDIA IMAGE- IS SELF-IMAGE BECOMING A MATTER OF MENTAL HEALTH ISSUE?

Rays from the dazzling white screen in front settled deep in the folds of her confused expression. Does this pass as a success?, she pondered. Her anxious eyes shuffled from side to side as she scanned her selfie yet another time: stewed-grape blouse, textured hair cascading down the shoulders, wine lips hugged together in a pout, and the perfect streaks of filter complementing her dusky skin. Solitary dribblets of perspiration trickled down her temples, onto the cheeks, turning every inch of her face a shade paler. She let out a weary sigh and with a dagger of anticipation buried deep in her heart, Alesha finally hit the 'upload' button.

Time slowed down to an agonising crawl of wait. The torture of not hearing her phone give a ring of notification consumed her more viciously by the moment. "Relax! They won't be able to ignore this masterpiece", she huffed, trying to chill out.

After a rather long period of clandestine patience, her phone finally gave a 'ting'. Alesha felt as if her breath had solidified, lodged itself in her throat, making it hard to breathe. As her mind was running riots about gathering fame, she picked up her beastly device, beaming with hope. Little did she know of the peril that lay in store.

Fast enough, the dire reality of the situation fell upon Alesha and her mind let out a silent scream. The hope that had just ignited, fizzled with chagrin. Her insides began to rot, sending a deluge of nausea deep down her stomach. A suffocating patch of misery clinged to her, struggling to take a life of its own. There, dropped as a comment on her recent post, were few of the most cynical words she had ever received

"I HATE TO BREAK IT TO YOU BUT EVEN THE FILTERS COULDN'T FIX THE CRAP OUTTA YOUR FACE. NO OFFENSE!"

No offense?

Having lost the appetite for any further responses, all she wanted to do for the rest of the day was cry. Cry, until she had no tears left. Cry, until she could grab hold of such an uncouth statement- a statement so final and succinct, that it tended to hang in the trail of her thoughts like a burial shroud caught in a puff of wind.

All across the globe, being no exception to her case, strive a million Aleshas, insecure, obsessed with social media. They are helplessly seeking self-approval, trying to build a self-image stacked upon the opinions of others. In fact, strangers. And in the process, they lose themselves. They lose their authenticity, their essence.



"Do you remember who you were
Before the world told you who you should be?"

They are crying, some locked in the bathroom, others tucked in their already drenched pillows. They are stressed out, depressed, visiting psychiatrists, undergoing therapies, taking regular counselling. Who's to blame? Social media. But above all, they themselves.

Social media has enslaved people, very literally in every sense. However, it is the folks themselves who have let themselves grow addicted to such a subject which becomes nuisance after a certain stratum. Who knows the art of living a moment of their lives without conceiving the idea of posting about it on social media? The funny part is that it's all done for those who don't care a fig about your life.

It's high time people realized that they have shackled themselves to the whirls of a horrendous tornado of selfies and social media. Pretending to put their pants on one leg at a time, they have surrendered their mental health and well-being. In a vile attempt to mingle with the crowd, people continue moving heaven and earth in order to create a plausible, however fake, self-image on social media. But at what cost?

*"There is freedom waiting for you
On the breezes of the sky;
You ask, "What if I fall?"
Oh but my darling, what if you fly?"*



MY LONG **CHERISHED** DREAM FINALLY CAME **TRUE**...

"Always bear in mind that your own resolution to succeed is more important than any other thing." - Abraham Lincoln

The system of education should work as a catalyst in making each child a balanced human being, having his core strength embedded in the learning experience emanating from our rich socio-cultural roots. It is true that play ground can strengthen the plinth of the society. Being a national level football player, I strongly support this English proverb – "A smooth sea never makes a skilful mariner." I feel overwhelmed when I commemorate my unforgettable experiences of tournament which I attended at Port Blair - the capital city of the Andaman and Nicobar Islands.

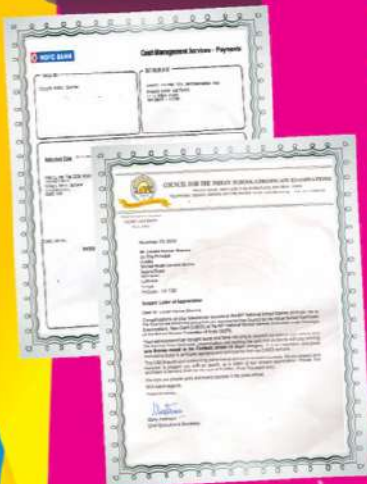
I took part in the 65th SGFI Tournament which was held in Andaman and Nicobar Islands from 27th November to 6th December 2019 as member of CISCE Team. There was a seven days conditioning camp, arranged by CISCE, so our team had to reach at Port Blair on 20th November 2019. As we were representing the council (CISCE), arrangement of our stay was in Don-Basco school which was the only CISCE school in the whole island.

Opening ceremony of the tournament filled us with zest and zeal. I can never forget excitement of our team when we were ready to play our first match against West Bengal. Our team competed with teams of different states as Dadra and Nagar Haveli, Chattisgarh, Chandigarh etc. during this tournament. Finally, the CISCE team was in the lush green ground to defeat the team of Haryana in the last match. Our team bagged third position in this tournament and took hold on Bronze Medal.

I feel a sea change in my outlook towards life and its adversities. In my opinion Sports foster the students with courage that kindles optimism and the will power not to give up during adversities and to face all life's challenges head on.

I want to pay my heartfelt gratitude to my school Director, Rev. Fr. William Sahota and the Principal Sr. Crispin Maria and my mentor Mr. Gurjit Sir to guide me and giving me such an exposure at the national level.

— **Lovish Kumar Sharma, XII-Non-Med.**
National Level Football Player





Sweet Memories of my Schooling

From having 'stomach aches' in the morning to waiting for the last bell to ring, the seven hours of school every day seemed like they'd never end, but they did. Now that I think of school I only remember the fun I had.

Big bang of friends, colourful uniforms, silly fights, vigilant Principal, friendly teachers, combined studies, group photographs, justified mistakes, lovable journeys—Life was just a heaven.

Whenever anyone asks me, "What are the best moments in your life?" The answer always comes down to the same place. Yes, the best moments in our lives are spent in our school. School is not just a building, it's a home full of love and a true bond that we share. We get to know the true meaning of school and its significance when we go away from it. It is

painful too! We know normally children hate school but we were a bit abnormal. We just hated holidays and could not wait to go back to school. I still remember all that fun sneaking around the corridors. The last page of all the books was our creative corner with tic-tac-toe and doodling. We found fun in subtle but beautiful things.

The best memories of our school make us laugh, cry and grow. All the sweet memories of the school will always remain with us throughout our lives. Sometimes these memories sneak out from eyes roll down on cheeks. However, far away, no one can steal those golden moments from us.

Sweet Memories
Karandeep Singh



EDUCATION in Times of Corona Virus

Virtual Classroom experienced by teachers

Virtual classroom is the preferred application in distance education since it provides simultaneous interaction and a communication environment between the student and the instructor.

Covid-19 outbreak has taken the entire world by storm with a rising number of cases across the globe. India too has called for a nationwide lockdown on Tuesday, March 24, as the Prime Minister Mr. Narendra Modi addressed the nation to stay at home. The worst effected are the schools. As the students understand the language of technology, it is now up to the teachers to jump into the era of technology.

Here is an experience by the Sacred Heart Convent School teachers in how they are taking classes online, while it is quite a challenge to grab the attention of the students who are asked to stay at home. They downloaded the Zoom App and asked the students to download the app in their respective mobiles. The time-table is made for the zoom classes from class I to XII. The time for zoom meeting is set and shared in the WhatsApp groups.

Lo and behold, the teachers are ready for the meeting. Although the teachers are under pressure but they are being motivated and encouraged by the School Management, the Principal and the parents who have proved a great support to the teachers.

- Ms. Nishi Kant, English Deptt.



You are fantastic...
-Really? She said.
And the sky, moon, universe nodded...



*Twinkle, twinkle, little star,
 How I wonder what you are!
 Up above the world So high,
 Like a DIAMOND in the sky.*

That is the only rhyme I loved in my childhood. I never bothered to know its meaning then. The last two lines in this verse always have lingered in me. During my childhood, gazing at the stars was our post dinner family time ritual. I was always fascinated about the innumerable dots of light and was curious to know and to question the gap between the gaps. Nothing happened. The little me then, was very disappointed, but gazing never failed to hold my interest. Even today sky and star gazing are close to my heart. I always felt the sky and the stars have something to tell me. So far, it had been more of an understanding between us rather than a conversation.

My all friends know that I am such a look at the moon person and love gazing sky. A few days back, one of my friends gave me a photograph of the star studded sky that he had pictured, on a clear night, during his visit to Himachal. I was awed at the multitudinous stars visible high up in the mountains during the night-a sight not possible to experience from plains. I just couldn't take my eyes off the picture. I was transported to the world of imagination growing in the admiration for the stars-what are the adventurous stories that each you have for us? Can you catch thoughts I have about you? My thoughts were lost in the stars. As I was happily lost in such wonderment, I realised the sky, in parallel was calling me to get my attention! During those moments, something within me started to relate the vast

encompassing sky to my dreams and goals. And, here it goes.

Sky: I'm always a clear sky. It's you who filled the air with dust and wished me away from sight. Just clear the air and you'll see me again.

It hinted to me, You are gifted with clarity about your dreams. Don't cloud your mind with unwanted thoughts. Just clear your doubts and fears, and you'll see the clarity of your dreams that's already there.

Sky: To be with me, you have to climb the mountains and the hills and the journey is laden with challenges and difficulties.

It conveyed to me, You have to constantly strive to scale up for greater goals in your life. You cannot settle for less. If your journey is to scale different peaks in your life, it'll be adventurous but dotted heavily with challenges. Do you want to still climb towards your dreams to see the stars or just give up?

Sky: Look up and I'm always there.

It suggested, When you can look-up and aim for the sky why are you busy looking sideways? Your goals are higher up and don't be lost in any form of distraction.

Sky: The stars show up only in the dark.

I realized only dark moments do I notice the stars of inspiration- those amongst us who have weathered storms in their lives and have become specks of light and hope for others to face their lives.

Sky: During night, you cannot see what's just next to you. But you are able to see stars that are several light years away from you.

It said, You are much more than you think you are.

This is just a sample of what you are capable of, you being able to see stars that are unimaginable far away! Don't you now believe you can also reach your dreams and goals that may now appear to be beyond your reach? Go get it, it's waiting for you.

Sky: When I change from dusk to dawn and from dawn to dusk, I paint different colours.

In a hushed tone it whispered, Even during the changing seasons of your life, you can paint your own colourful strokes.

Sky: Heavenly bodies don't know it can shine yet it shines. It's the observers who relish it.

It nailed into me, Some beautiful aspects in life like love, happiness, ethics, morality, hard work, peace, affection and strive-for-more have found its home in you. When you reverberate and resonate with it, you naturally shine. People around you enjoy your good heartedness and cherish you for what you are! Dreams adore you more, if you shape yourself!

Sky: I house countless stars. They all are in my vicinity, under my umbrella.

It whispered to me, I show you the myriad stars I hold. This is for you to understand that you have to house within you many roles in your life as a child, parent, entrepreneur, teacher, friend, mentor, artist et al and do justice for each one of them. It should be in your vicinity and under your umbrella as they are your responsibilities.

As the sky unfolded these messages to me, my eyes widened, the pupil within dilated and I went through a larger than life experience. There's so much more to life! was the wave that breezed over me. It gave me a feeling to aim higher, to soar up higher and to fly higher and to places unknown and untouched.

To my rhyme now the sky flashed.

Twinkle, twinkle, little star, NOW

How I WONDER what you are!

Up above the world So high,

You are a diamond in the sky.

Together let's glow eternally!

Ms. Aarti Sharma
(Coordinator-English Dept.)



Discipline In One's Life

"March on your toe,
With the head towards time;
Work with your hands,
With your heart, looking at time.
A second missed is time lost,
Never be late at any cost.
Different duty, different time,
But all sing the same rhyme.

Discipline is where value of time exists.
Desire is dream where
Discipline doesn't exist.
Don't confuse your mind now,
But do your work in
Time anyhow."

Gurleen Kaur Jhaji
VI Green



Nature - My Best Friend

My best friend is nature,
Who gives shelter to every creature.
It gives us fresh things,
And we return it all dirty things.
It gives us rain, And we return it pain.
We don't ever care, For nature's repair.
For this it feels sad, But never feels bad.
Though it feels compassionate,
We never become its care mate.
It teaches us to be kind,
But we never just bind. So it is a request,
To do your best. Planting a tree, Makes
me free.
My best friend is nature.
Who gives shelter to every creature.

Jashan Jindal,
IV-Green



MY QUEST TO BE A SCHOOL Radio Jockey!



*Hellooooo and welcome everyone.....to
the Sacred Heart's English Radio and this is your
RJ.....(radio jockey)..... signing in!*

Today, I would like to share my exceptional quest of becoming one of the leading radio jockeys of my school. On July 17th, 2019 our school management introduced School Radio as part and parcel of the Junior IELTS programme to hone the listening and speaking skills of students as well as providing an unparalleled platform to the camera-shy pupils. We were a team of about ten students who were trained rigorously beforehand by our facilitators. On that significant day, I felt a little nervous before the broadcast but with the support and encouraging words of my mentor, I gathered the courage and went on air with enthusiasm. As the program was aired during the recess, so we shared the school achievements, the recipe for Choco lava cake followed by the famous track 'Where do you go' by Peter Sarstedt. Post my first colloquy as a school radio presenter, all my friends and teachers were delighted at the grand success of this endeavour and showered upon us all the words of praises and appreciation. At that very moment it struck me that I had immensely benefitted from being part of such a wonderful programme. I sincerely express my heartfelt gratitude to the school management and the staff for initiating this novel concept. I would sincerely recommend all my juniors and batchmates to actively participate in this programme.

And here's your school RJ signing off for now, will catch you in the next segment of Aroma, till then take care, goodbye.....

SAYONARA and GOD BLESS!

Harmanpreet Kaur
XI-Med



My Neighbour

I do not know my neighbour
although they live so near
They never asked for favour
though I'm always ready to hear.

I never saw them going,
do they work?

I never saw them coming,
I think they are 24x7 clerk.

They never hosted parties
I have never visited them.
They don't even have queries
for which they need guidance.

I have often waved at them,
Whenever I am in sight
From their, Those busy gems,
waved roughly with hands tight.

The puzzle isn't different,
I got to know the reason
They live in the world
Which is changing like season

They talk to people, even they don't know
They are busy with their
They just smile and speak very low
and simply attend to their ringtones.

I do not know my neighbours,
not because I don't talk
They live in the world unclear
Out of which everyone needs to
walk.

Ashmi Sharma, XI-Med





MAN IS LONELY IN THE CROWD

Even when it seems that there is no one else always remember that there is one person who never ceased to love you. (Yourself)

We often think of loneliness as a product of being alone, but the two terms are not as intervened as you think. Loneliness has less to do with how many people are around you and more to do with your head space.

A person is never lonely it is the way one thinks as our mind is very powerful tool to manipulate our

actions. We are born alone, we live alone and we die alone. Being alone doesn't mean we don't want to socialize with others. There are many reasons why we want to be alone. Just like me, I prefer to be alone in a crowd. Sometimes want to be alone for sole reasons of meditating.

"If no one comes, walk alone".

*Viraj Bhatia,
VI-Rose*



Covid-19 Lockdown impacts on Society

Over two weeks of the lockdown brought on by the Covid pandemic has struck people in the long period of isolation. Social distancing seems to be hitting people even more than the fear of the deadly virus. People are getting highly restive and agitative in spite of social media connectivity. An increase in levels of anxiety, aggression, depression, forgetfulness and hallucination are possible psychological effects of isolation. Personal relationship helps us to cope with stress, and if we lose this outlet for letting off steam, it results in a huge emotional void which, for an average person, is difficult to deal with. There are youngsters living away from their families, trapped in small



apartments with abysmal cooking skills. This long-term lockdown brings along a series of social, economic and religious upheavals in societies. Wages for labor shot up as did the cost of manufactured goods. Covid passage; experts say it is going to be a long and a damaging battle. Tough times are still ahead; let us not make it worse for ourselves.

*Prabhjot Kaur,
VIII Green*



Have mobiles overtaken books?



Our path of life depends on experiences—personal or that we get from reading books.

Reading from books or from internet is the only option that we are accustomed to. Nowadays, people prefer using mobile and internet because 'today' is the age of digitalization. Whenever a doubt pops-up, we decide to Google it out. It seems as if books and libraries have just no importance left.

It only seems but the reality is that books and libraries are still preferred by a few. Some people still think that books are their better and silent friends and help them unconditionally. In today's era too, people like us still prefer going to libraries and finding relevant information regarding the topic.

Though, we define internet as online or electronic library but still there is a lot of difference between both. Internet, though is a boundless library giving instant delivery of information we want, it rather is a better mode of distraction whereas, libraries only provide us with the information we want and doesn't let us insight into any thing we don't need. They give us only the information that we required. They don't distract us and keep us concentrated.

Libraries provide the best environment for studying, discussing some topics and many more productive works. We have no disturbance, no sound, no one with a different motive than ours and everybody busy with themselves. Internet, whereas

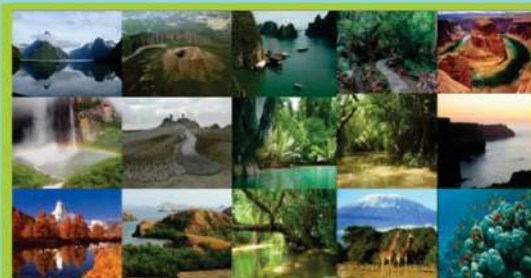
has no peaceful atmosphere, each and every instant, there's a new notification popping out from social media sites, which is none other than the biggest distraction for students and many more users.

Information that we get is though boundless on internet but libraries give us an insight of great writers and their writing pieces with antiquity.

It is also true that the pleasure we get by reading books is no where else available. The satisfaction, happiness and joy can be found nowhere else.

Arshpreet Kaur Mangat

X-Green



The Wonder of Nature

Nature! Nature! So lush and green, the wonder of wonder anyone has seen. So cool, calm and full of life. Makes us forget all our strife. Think of a forest full of trees, fluttering and dancing in the breeze, cut them down and constructs towers, wait for ages to get a shower. The birds that soar high in the sky, can we imitate them however hard we try.

Learn to wonder and gape at things, and see the happiness it brings. We have got such wonderful things, do what you can and save a wing. So that our children in future can see the things we have nurtured.

—Niharika Pathak

VIII-Green





Mummy, I need your mobile, I have to put up my morning selfie for today on Instagram." I told my mother, just after stretching my arms, when the sunshine peeped into the room through the window.

I left my bed and took mom's mobile from the bedside table. I opened the app and took my selfie from the camera with a simple lazy face and added it to my Instagram story. Grandpa and Granny sitting in the next room, noticed my behaviour but said nothing.

After 30 minutes, I was ready for my morning prayers. I offered prayers and then I left for Granny's and Grandpa's room. I wished them good morning as usual. I said "Dear ones, I'd love to sit with you but I've to go to school too, so I'm sorry."

Granny interrupted and said, "My child, do you want to go to school even on Sunday?" Grandpa giggled and smiled behind my back. I realised then that being busy with my school work and my social media posts, I had forgotten the day. Mom came to the room, with her usual apron around her neck and said "Come fast! The steamy breakfast is ready. Later on, if you get late, don't complain that you missed your favorite breakfast." We just really drooled like a dog on hearing "Aloo paranthas".

I sat at the table with my ready plate and took a foodgasm selfie with my "paranthas" and put a caption "# steamy aloo paranthas by mom" and added it to my Instagram story.



Grandpa scolded and said, "You children just can't stay away from this ghastly, idiotic junk!" Everyone on the table was completely shocked by his sudden action. The mobile just slipped from my hands on to the table. He returned to his senses and pacified me "I'm sorry, but dear, this is not good. You are just addicted to it. You can't leave even a moment unpublicized. I understand that we should share our joys and sorrows with others but not every moment."

Every day you are just busy with either your mobile or books which leaves no time for the family and this makes me upset. You keep just hovering over it like a bee as if nobody's around you. I really hate this device which makes you just so UNSOCIAL."

His deep seated pain was clearly visible in his eyes. I was very sorry for my behaviour and said "Today I swear I will not touch it without any important phone call or other important work."

Everyone will leave their work and we all will sit together and play, eat and watch television." The smile on everybody's face just made my day. We played games and watched television together for complete day. At the end of the day, while I was about to be in the bed, I just grabbed mom's mobile from the table before anyone else could and started checking my posts and social media sites. I nearly spent one complete hour before lying down on bed. While recalling the day's events, I was astonished that how social media completely controlled my life along with my books. These days, we, the youngsters are just behind mobile and have grown badly unsocial. I really felt disgusted from myself. Our generation is completely in the clutches of social media but we just ignore others' warnings and it gets too late when we realise we are completely trapped in this swamp. Truly, it seems social media, today has our life's remote control.

Jaspreet Kaur

VIII-Rose





IN CONVERSATION WITH MYSELF

"You know, whenever I wear them I just feel so amazing, so secure and so safe. They are my best accessory. I feel they complete me or I complete them. I think we both were created to be destroyed together.

But people often think that I am in a state of captivity. When I wear them everyone else's viewpoint just changes about me, they neglect me, they hail me as weak but they don't know that they are my real strength. They don't know how precious they are to me. They don't realise their worth but often even I doubt that was it worth to wear them. Do I want to remove them?

But what would happen if I remove them?

The world would accept me. But would I be able to accept myself? The world would be happy. But would I be happy? No no! The world is never going to be happy. So I would rather wear them or better never remove them. The world doesn't care for anyone actually no one cares for anybody. So, now I have started keeping myself first. My happiness matters more," said I.

"But what are 'they' which I will never remove?" asked my soul.

"GOLDEN HANDCUFFS!!

The Golden Handcuffs of my family which make me beautiful but bound," said I.

"Bound???" asked my soul.

"Yes! 'Bound' to beauty of heart and true human values."

Hardil Singh, X-Green



Corona Virus

While the near mention of corona virus sends waves of panic across the globe, A S K V S Sharma, a scientist from Central Food Technological Research Institute (CFTRI), had written about it and had also mentioned the name of virus around 31 years ago, in an article, that appeared in a Kannada magazine 'Taranga'. Speaking to DH, Sharma said, corona virus is not a newly- detected virus as being feared by many. Corona and Rhino virus are two common viruses that have been prevalent since very long. These viruses cause cold and infection. A strain or a variety that becomes virulent causes damage to lives, he said. The article under the heading 'Negadi-nagabedi', with bylinekollegal Sharma, appeared in the magazine in year 1989. A clipping of article says, Except human beings, the cold virus has not been detected in any animals. The virus, which is inactive outside enters lungs of human being for reproduction. The body has the strength to fight the virus. As it varies from human to human, the people with low immunity level face danger. Similarly, children are more prone to cold as their immunity level is

Divya Maini, IX-Rose



Pollution and Solution

Environment Pollution: Our environment is very important for life. It is our environment that provides us air, water and food to live. But environment pollution is increasing day by day.

Environment pollution is caused by our careless activities. We are polluting our pure environment.

There are many disadvantages of environment pollution. It has increased earth's temperature. Polluted air is cause of many diseases.

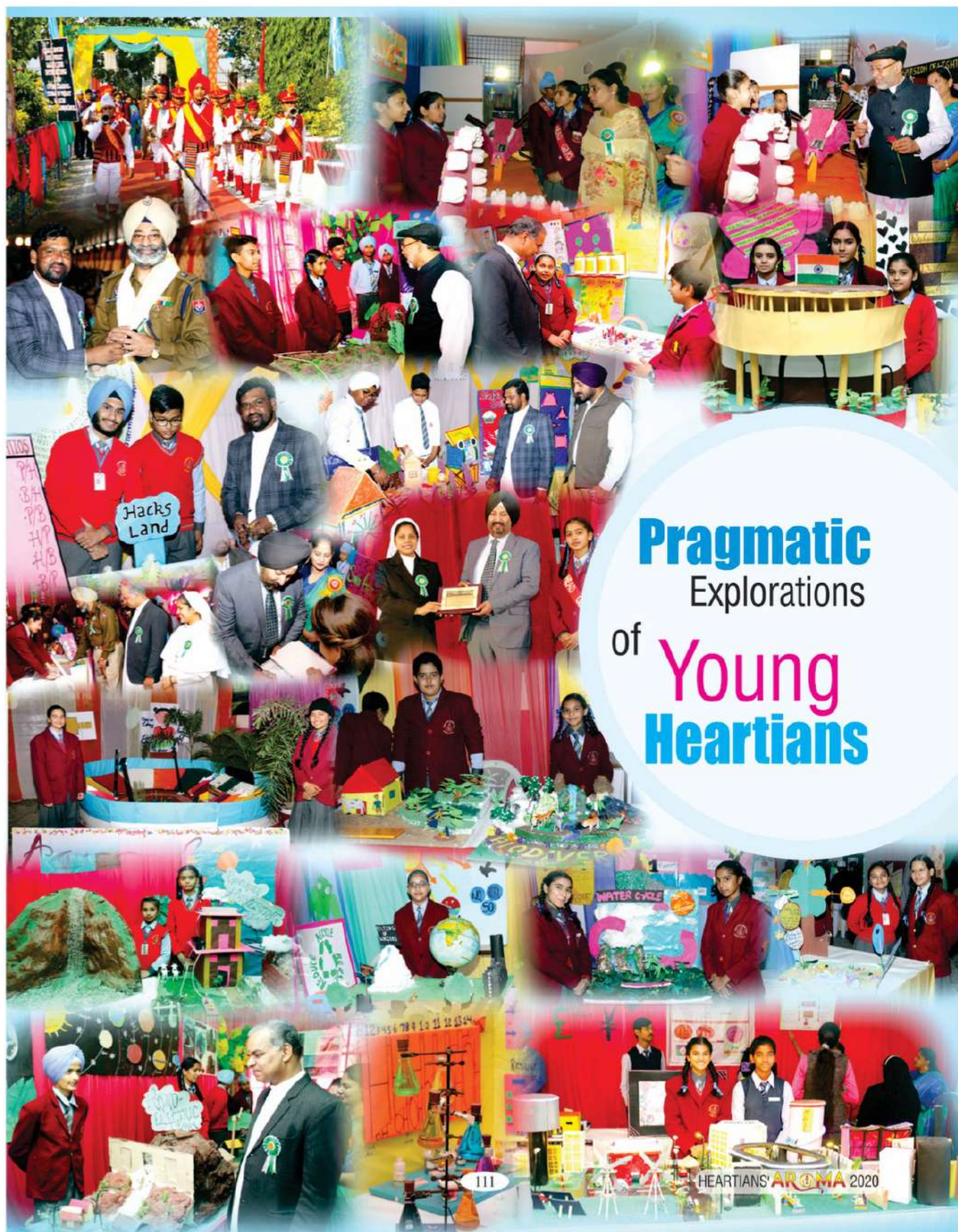
Solution- It is our duty to save environment beauty.

We should plant more trees because trees purify our air and beauty of our environment. We will be able to live a healthy life, when our environment will be healthy.

Jasman Kaur

IV-Blue





Pragmatic
Explorations
of **Young**
Heartians

HEARTIANS' AROMA 2020



Pragmatic Explorations of **Young Heartians**

HEARTIANS' AROMA 2020

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Beaming Blooms of the Sacred Heart Garden



I - ROSE



I - YELLOW



II - BLUE

Beaming Blooms of the Sacred Heart Garden



II - GREEN



II - ROSE



III - BLUE

Beaming Blooms of the Sacred Heart Garden



III - GREEN



III - ROSE



IV - BLUE

Beaming Blooms of the Sacred Heart Garden



IV - GREEN



IV - ROSE



IV - YELLOW

Beaming Blooms of the Sacred Heart Garden



V - BLUE



V - GREEN



V - ROSE

Our Budding Artists



Hardil Singh, X-Green



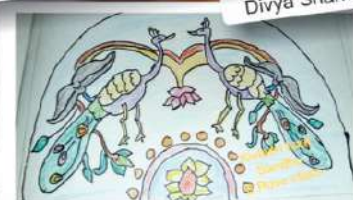
Divya Sharma, XII-Medical



Amritpal Kaur Chahal, IX-Blue



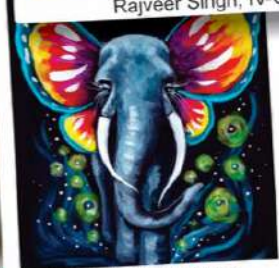
Rajveer Singh, IV-Green



Kivleen Kaur Sandhu, V-Blue



Ayush Kumar, X-Rose



Viraj Bhatia, V-Green



Viraj Bhatia, V-Green



Mehakdeep Kaur, VII-Blue



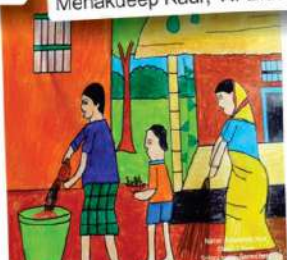
Hameet Kaur, X-Rose



Harmehak, IX-Rose



Gursimran Kaur, X-Green



Amanpreet Kaur, VI-Blue



Aishmeen Kaur, VII-Blue



Ekam Saran, X-Rose



Jaisleen Kaur, VII-Blue



Jaspreet Kaur, VIII-Rose



Nikhil Sharma, X-Rose



ਸੰਪਾਦਕ ਦੀ ਕਲਮ ਤੋਂ...

ਸਾਹਿਤ ਅਤੇ ਸਮਾਜ ਦਾ ਆਪਸ ਵਿੱਚ ਬਹੁਤ ਗੂੜ੍ਹਾ ਰਿਸ਼ਤਾ ਹੈ ਕਿਉਂਕਿ ਸਾਹਿਤ ਹਮੇਸ਼ਾ ਸਮਾਜ ਲਈ ਹੀ ਸਿਰਜਿਆ ਜਾਂਦਾ ਹੈ। ਸਮੇਂ, ਸਥਾਨ ਅਤੇ ਜਰੂਰਤ ਮੁਤਾਬਕ ਸਾਹਿਤ ਦਾ ਰੂਪ ਜਰੂਰ ਬਦਲ ਸਕਦਾ ਹੈ। ਕਿਸੇ ਵੀ ਦੇਸ਼ ਦੀ ਸਭਿਆਚਾਰਕ ਮਹਾਨਤਾ ਦਾ ਪਤਾ ਉਸਦੇ ਸਾਹਿਤ ਨੂੰ ਪੜ੍ਹਕੇ ਲਗਾਇਆ ਜਾ ਸਕਦਾ ਹੈ ਕਿਉਂਕਿ ਸਾਹਿਤ ਨੂੰ ਸਮਾਜ ਦਾ ਦਰਪਣ ਕਿਹਾ ਜਾਂਦਾ ਹੈ। ਸਾਹਿਤ ਇੱਕ ਅਜਿਹਾ ਦੀਵਾ ਹੈ ਜਿਸਦਾ ਗਿਆਨ ਰੂਪੀ ਪ੍ਰਕਾਸ਼ ਕਦੇ ਵੀ ਘੱਟਦਾ ਨਹੀਂ ਸਗੋਂ ਹਮੇਸ਼ਾ ਵੱਧ ਹੁੰਦਾ ਰਹਿੰਦਾ ਹੈ।

ਦਿਲ ਦੀਆਂ ਡੂੰਘਾਈਆਂ ਅਤੇ ਦਿਮਾਗ ਦੀਆਂ ਉੱਚਾਈਆਂ ਵਿੱਚ ਕਿਸੇ ਵੀ ਸਮੇਂ ਦੀ ਮਜ਼ਾਲ ਫੜਕੇ ਚੱਲਣ ਵਾਲੇ ਬੱਚੇ ਉਹ ਹੁੰਦੇ ਹਨ, ਜੋ ਲੋਕਾਂ ਦੀਆਂ ਭਾਵਨਾਵਾਂ ਨੂੰ ਆਪਣੀਆਂ ਲਿਖਤਾਂ ਵਿੱਚ ਪ੍ਰਗਟ ਕਰਦੇ ਹਨ। ਸਮਾਜ ਵਿੱਚ ਆ ਰਹੇ ਉਤਰਾਅ - ਚੜ੍ਹਾਅ ਅਤੇ ਲੋਕਾਂ ਦੇ ਵਿਚਾਰਾਂ ਨੂੰ ਬੱਚਿਆਂ ਨੇ ਜਿਸ ਤਰ੍ਹਾਂ ਪੂਰੀ ਰੀਝ ਨਾਲ ਆਪਣੀ ਲਿਖਤਾਂ ਵਿੱਚ ਸੁਲਝੇ ਹੋਏ ਤਰੀਕੇ ਨਾਲ ਬੰਨ੍ਹਿਆ ਹੈ ਉਹ ਕਾਬਿਲੇ - ਤਾਰੀਫ਼ ਹੈ। ਮੈਨੂੰ ਇਸ ਮੈਗਜ਼ੀਨ ਦੇ ਜਰੀਏ ਬੱਚਿਆਂ ਦੀਆਂ ਇਹਨਾਂ ਰਚਨਾਵਾਂ ਨੂੰ ਜੋ ਆਪ ਸਭ ਦੇ ਰੁਬਰੂ ਕਰਨ ਦਾ ਸੁਭਾਗ ਪ੍ਰਾਪਤ ਹੋ ਰਿਹਾ ਹੈ ਉਹ ਮੇਰੇ ਲਈ ਬੜੀ ਹੀ ਮਾਣ ਵਾਲੀ ਗੱਲ ਹੈ। ਬਹੁਤ ਸਾਰੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਆਪਣੀਆਂ ਰਚਨਾਵਾਂ ਭੇਜੀਆਂ ਹਨ ਪਰ ਲੋੜ ਅਤੇ ਮਿਆਰ ਨੂੰ ਮੁੱਖ ਰੱਖਦੇ ਹੋਏ ਕੁਝ ਚੋਣਵੀਆਂ ਰਚਨਾਵਾਂ ਛਾਪੀਆਂ ਜਾ ਰਹੀਆਂ ਹਨ। ਉਮੀਦ ਹੈ ਆਪ ਸਭ ਨੂੰ ਪਸੰਦ ਆਉਣਗੀਆਂ। ਆਪਣੇ ਸ਼ਬਦਾਂ ਨੂੰ ਲਿਖਤਾਂ ਵਿੱਚ ਪਰੋਕੇ ਜਿਸ ਵੀ ਵਿਦਿਆਰਥੀ ਨੇ ਇਹ ਮੂਖ਼ਰਤ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ ਹੈ ਉਹ ਸਾਰੇ ਹੀ ਵਧਾਈ ਦੇ ਹੱਕਦਾਰ ਹਨ ਭਾਵੇਂ ਉਹ ਰਚਨਾ ਛਪੀ ਹੈ ਜਾਂ ਨਹੀਂ ਇਹ ਵੱਖਰੀ ਗੱਲ ਹੈ।

— ਨਵਦੀਪ ਕੌਰ
ਕੋਆਡੀਨੇਟਰ ਪੰਜਾਬੀ ਵਿਭਾਗ



ਮਾਪੇ ਅੱਜ ਪ੍ਰਸ਼ੰਸਾ ਜਾਂ ਸ਼ਰਮਿੰਦਗੀ ਦੇ ਹੱਕਦਾਰ?

ਮਾਤਾ-ਪਿਤਾ ਚੱਲਦੀ ਗੱਡੀ ਦੇ ਦੋ ਪਹੀਏ ਹਨ ਪਰ ਦਮ ਤੋੜ ਦਿੰਦੀ ਹੈ
ਮਾਂ-ਬਾਪ ਦੀ ਮਮਤਾ,
ਜਦ ਬੱਚੇ ਕਹਿ ਦਿੰਦੇ ਨੇ,
ਤੁਸੀਂ ਸਾਡੇ ਲਈ ਕੀਤਾ ਹੀ ਕੀ ਹੈ?
ਮਾਵਾਂ ਠੰਡੀਆਂ ਛਾਵਾਂ ਬਾਪੂ ਹਵਾ ਦੇ ਬੁੱਲੇ ਨੇ।
ਬਾਪੂ ਕਰਨ ਕਮਾਈਆਂ,
ਤਾਹੀਂ ਤਪਦੇ ਚੁਲ੍ਹੇ ਨੇ।
ਮਾਵਾਂ ਨੂੰ ਵੀ ਪੂਜੋ,
ਪਿਤਾ ਨੂੰ ਸਤਿਕਾਰ ਦਿਓ।
ਬਿਰਧ ਆਸ਼ਰਮ ਵਾਲਾ ਸੁਪਨਾ,
ਮਨੋ ਵਿਸਾਰ ਦਿਓ।
ਮਾਤਾ ਪਿਤਾ ਦਾ ਸਤਿਕਾਰ ਕਰੋ,
ਆਪਾਂ ਕਰਜ਼ ਨਹੀਂ ਲਾਹ ਸਕਦੇ।
ਖੁਦ ਤਾਂ ਪੂਜੇ ਮਾਪੇ,
ਜੇ ਨਹੀਂ ਲੋਕਾਂ ਨੂੰ ਸਮਝਾ ਸਕਦੇ।

ਸਨੇਹਾ, ਪੰਜਵੀਂ (ਬਲਿਊ)



ਇੱਕ ਸੋਚ

ਅੱਜ ਦੀ ਰਾਤ
ਬਸ ਅੱਜ ਦੀ ਰਾਤ
ਮੈਨੂੰ ਹੋਰ ਜੀਉਣ ਦੇ
ਆਉਂਦਾ ਦੇਹੁੰ ਭਾਵੇਂ ਹਸਰ ਹਸਾਬ ਦਾ ਹੋਵੇ
ਜਦੋਂ ਕਬਰਾਂ ਪਾਤ ਕੇ ਲੋਕੀਂ ਨਿਕਲੇ
ਚਿੱਟੀਆਂ ਕੋਬੀਆਂ ਕਫਨੀਆਂ ਦਵਾਲੇ
ਵਲ ਵਲ ਨਿਕਲੇ ਤੇ
ਕਿਸੇ ਨੇ ਕਿਸੇ ਨੂੰ ਵੇਖ ਕੇ ਇਹ ਨਹੀਂ ਕਹਿਣਾ
“ਘੁੰਗਟ ਉਹਲੇ ਨਾ ਲੁਕ ਸੋਹਣਿਆਂ”
ਅੱਜ ਦੀ ਰਾਤ
ਬੱਸ ਰਾਤ-ਰਾਤ ਲਈ
ਰੁਹ ਤੇ ਬੁੱਤ ਇਕ ਥਾਂ ਨੇ
ਤੂੰ ਪਿਛਲੇ ਲੇਖ ਮੇਰੇ ਨਾਲ ਮੁਕਾਲੇ
ਓ ਵੇਲੇ ਤੇ ਤੈਨੂੰ ਮੇਰਾ, ਮੈਨੂੰ ਤੇਰਾ
ਨਾਂ ਵੀ ਯਾਦ ਨਹੀਂ ਰਹਿਣਾ
—ਧੰਨਵਾਦ

ਸੰਨਤ ਸਚਦੇਵਾ, ਸਤਵੀਂ (ਬਲਿਊ)





ਲੇਖਾ ਮਾਵਾਂ ਦਾ

ਹੱਥੀ ਛਾਂਗਕੇ ਰੁੱਖਾਂ ਨੂੰ, ਸੁੱਖ ਲੱਭ ਦੇ ਛਾਵਾਂ ਦਾ
ਸਾਰੀ ਉਮਰ ਨਹੀਂ ਦੇ ਸਕਦੇ ਬੱਚੇ ਲੇਖਾ ਮਾਵਾਂ ਦਾ।
ਮਾਂ ਦੀ ਪੂਜਾ ਕਹਿੰਦੇ, ਹੁੰਦੀ ਰੱਬ ਦੀ ਪੂਜਾ ਬਈ
ਮਾਂ ਵਰਗਾ ਘਣਛਾਵਾਂ ਬੂਟਾ, ਹੋਰ ਨਾਂ ਦੂਜਾ ਬਈ
ਮਾਂ ਸਾਹਮਣੇ, ਅਸਰ ਨਾਂ ਕੋਈ ਬਦਦੁਆਵਾਂ ਦਾ
ਸਾਰੀ ਉਮਰ ਨਹੀਂ ਦੇ ਸਕਦੇ, ਬੱਚੇ ਲੇਖਾ ਮਾਵਾਂ ਦਾ।
ਧੀਆਂ ਧਨ ਬਿਗਾਨਾ, ਜੱਗ ਦੀ ਰੀਤ ਪੁਰਾਣੀ ਬਈ
ਕੁੱਖ ਵਿਚ ਕਤਲ ਕਰਾਲੇ, ਕਿਸਨੇ ਧੀ ਨਿਮਾਣੀ ਬਈ
ਕੀ ਕਸੂਰ ਵਿਚਾਰੀਆਂ ਧੀਆਂ-ਚਿੜੀਆਂ-ਗਾਵਾਂ ਦਾ
ਸਾਰੀ ਉਮਰ ਨਹੀਂ ਦੇ ਸਕਦੇ ਬੱਚੇ ਲੇਖਾ ਮਾਵਾਂ ਦਾ।
ਰਿਸ਼ਤੇ-ਨਾਤੇ ਭਾਵੇਂ ਜੱਗ ਵਿਚ ਬਹੁਤ ਪੁਰਾਣੇ ਬਈ
'ਪ੍ਰਭ' ਆਵੇ ਵਕਤ ਤਾਂ ਸਭ ਜਾਣੇ-ਪਛਾਣੇ ਬਈ
ਆਖਰ ਚੇਤਾ ਆਉਂਦਾ ਗਲ ਨੂੰ ਭੱਜੀਆਂ ਬਾਹਵਾਂ ਦਾ
ਸਾਰੀ ਉਮਰ ਨਹੀਂ ਦੇ ਸਕਦੇ ਬੱਚੇ ਲੇਖਾ ਮਾਵਾਂ ਦਾ।
ਪ੍ਰਭਦੀਪ ਸਿੰਘ, ਸਤਵੀਂ ਬਲਿਊ



ਮਨੁੱਖੀ ਜੀਵਨ ਲਈ ਘਾਤਕ ਜਲਵਾਯੂ ਦਾ ਬਦਲਦਾ ਪ੍ਰਭਾਵ

ਇਹ ਵੀਹਵੀਂ ਸਦੀ ਵਿਗਿਆਨ ਨੇ ਆਪਣੀ ਅਦਭੁੱਤ ਕਾਂਢਾਂ ਰਾਹੀਂ ਮਨੁੱਖੀ ਜੀਵਨ ਖੁਸ਼ਹਾਲ ਬਣਾ ਦਿੱਤਾ ਹੈ ਅਤੇ ਦੂਸਰੇ ਪਾਸੇ ਅੱਜ ਇਹਨਾਂ ਵਿਗਿਆਨਕ ਉਪਕਰਨਾਂ ਦਾ ਉਲਟਾ ਪ੍ਰਭਾਵ ਸਾਡੇ ਜਲਵਾਯੂ ਤੇ ਪੈ ਰਿਹਾ ਹੈ। ਇਸ ਨੇ ਜਿੱਥੇ ਸਾਰੇ ਜੱਗ ਦੇ ਰੂਪ ਰੰਗ ਬਦਲੇ ਹਨ, ਉਹਥੇ ਹੀ ਇਸਦਾ ਅਸਰ ਸਾਡੀ ਕੁਦਰਤੀ ਕਦਰ ਕੀਮਤਾਂ ਤੇ ਪਿਆ ਹੈ। ਇਸ ਦੇ ਭਾਗੀਦਾਰ ਅਸੀਂ ਖੁਦ ਹੀ ਹਾਂ ਹੁਣ ਸਾਨੂੰ ਨਤੀਜੇ ਵਜੋਂ ਆਪ ਹੀ ਭੁਗਤ ਰਹੇ ਹਾਂ।

ਉਦਾਹਰਨਾਂ ਰਾਹੀਂ ਜੇ ਦੇਖਿਆ ਜਾਵੇ ਸਾਡੀ ਸੁਨਹਿਰੀ ਜਿੰਦਗੀ ਅਸੀਂ ਬਰੇਂਗੀ ਕਰ ਦਿੱਤੀ ਹੈ। ਕਈ ਤਰ੍ਹਾਂ ਦੀਆਂ ਬੀਮਾਰੀਆਂ ਜਿਵੇਂ ਕਿ ਕੈਂਸਰ, ਸਾਹ ਲੈਣ ਦੀ ਬੀਮਾਰੀ ਤੇ ਹੋਰ ਕੋਈ ਹਾਨੀਕਾਰਕ ਰੋਗਾਂ ਨੇ ਸਾਨੂੰ ਜਕੜ ਲਿਆ ਹੈ। ਇਸ ਬਦਲਾਵ ਦਾ ਸਾਡੇ ਅੰਨ ਦਾਤੇ ਤੇ ਵੀ ਅਸਰ ਪਿਆ ਹੈ। ਕਿਉਂਕਿ ਲਗਾਤਾਰ ਬਦਲਦੇ ਵਾਤਾਵਰਣ ਅਤੇ ਪ੍ਰਦੂਸ਼ਣ ਨਾਲ ਸਾਡੀ ਉਪਜਾਊ ਧਰਤੀ ਬੰਜਰ ਬਣਦੀ ਜਾ ਰਹੀ ਹੈ। ਇਸ ਨਾਲ ਫਸਲਾਂ ਦਾ ਉਤਪਾਦਨ ਘੱਟ ਗਿਆ ਹੈ। ਭੂਮੀ, ਹਵਾ, ਪਾਣੀ ਸਭ ਗੰਧਲਾ ਹੋ ਗਿਆ ਅਤੇ ਹਰ ਇੱਕ ਜੀਵ ਤੇ ਅਸਰ ਪਿਆ ਹੈ।

ਦਿਨੋ-ਦਿਨ ਵੱਧ ਰਹੀ ਗਰਮੀ ਜਿਸ ਨਾਲ ਧਰਤੀ ਦਾ ਤਾਪਮਾਨ ਵੱਧ ਰਿਹਾ ਤੇ ਸਾਡੀ ਓਜੋਨ ਪਰਤ ਵਿੱਚ ਛੇਦ ਹੋ ਰਹੇ ਹਨ ਜਿਸ ਨਾਲ

ਹਾਨੀਕਾਰਕ ਕਿਰਨਾਂ ਦਾ ਪਸਾਰ ਸਾਡੀ ਧਰਤੀ ਤੇ ਵੱਧ ਰਿਹਾ ਹੈ। ਇਸ ਨੂੰ ਹੀ ਵਿਸ਼ਵ-ਤਾਪੀਕਰਨ ਕਹਿੰਦੇ ਹਨ। ਇਸ ਦੇ ਕਈ ਪ੍ਰਭਾਵ ਹਨ ਜੋ ਕਿ ਆਉਣ ਵਾਲੀਆਂ ਪੀੜ੍ਹੀਆਂ ਲਈ ਵੀ ਖਤਰਨਾਕ ਹਨ। ਅਸੀਂ ਤਰੱਕੀ ਦੀ ਰਫਤਾਰ ਰੁੱਖਾਂ ਦੀ ਲਗਾਤਾਰ ਕਟਾਈ ਕਰ ਰਹੇ ਹਾਂ। ਸਭ ਦਾ ਅਸਰ ਅਸੀਂ ਹੀ ਭੁਗਤਣਾ ਹੈ। ਗਰਮੀਆਂ ਵਿੱਚ ਬਹੁਤ ਗਰਮੀ ਤੇ ਸਰਦੀਆਂ ਵਿੱਚ ਬਹੁਤ ਸਰਦੀ, ਬਰਫ ਦਾ ਪਿਘਲਣਾ, ਹੜ੍ਹ ਆਉਣਾ ਤੇ ਸੋਕਾ ਪੈਣਾ, ਸਮੁੰਦਰੀ ਜਲ-ਪੱਧਰ ਵੱਧਣਾ ਆਦਿ ਦੇ ਖਤਰਨਾਕ ਪ੍ਰਭਾਵ ਪੈ ਰਹੇ ਹਨ।

ਅੱਜ ਸਮੇਂ ਦੀ ਮੰਗ ਹੈ ਕਿ ਵਾਤਾਵਰਣ ਬਚਾਉਣ ਲਈ ਹਰ ਘੋਰ ਕਦਮ ਚੁੱਕਣ ਦੀ ਲੋੜ ਹੈ। ਸਾਨੂੰ ਸੁੱਖ ਸਾਧਨਾਂ ਤੇ ਕਾਬੂ ਪਾ ਕੇ, ਕਾਰੋਬਾਰ ਵਿੱਚ ਬਦਲਾਵ ਕਰਕੇ ਵਾਯੂਮੰਡਲ ਨੂੰ ਸੁੱਧ ਕਰਨ ਲਈ ਯੋਗਦਾਨ ਪਾਉਣਾ ਚਾਹੀਦਾ ਹੈ। ਇਸ ਲਈ ਲੋੜ ਹੈ ਆਪਣੇ ਆਪ ਨੂੰ ਬਦਲਣ ਦੀ ਇਸ ਲਈ “ਵਾਤਾਵਰਣ ਦੀ ਰੱਖਿਆ ਲਈ ਕਰੋ ਕਰਮ ਇਹੀ ਹੈ ਅੱਜ ਦਾ ਸੱਚਾ ਧਰਮ” ਕਿਉਂਕਿ ਜਦੋਂ ਸਾਨੂੰ ਹਰਿਆਲੀ ਮਿਲਣੀ ਹੈ ਉਹਦੇ ਹੀ ਸਾਨੂੰ ਖੁਸ਼ਹਾਲੀ ਪ੍ਰਾਪਤ ਹੋਵੇਗੀ।

ਏਕਮ ਸਰਾਂ, ਦਸਵੀਂ ਰੋਜ



ਭੀੜ ਵਿੱਚ ਮਨੁੱਖ ਦਾ ਇੱਕਲਾਪਨ

ਕੀ ਇਹ ਇੱਕਲਾਪਨ ਸਾਡੇ ਤੇ ਭਾਰੀ ਪੈ ਰਿਹਾ ਹੈ? ਜੀ ਹਾਂ ਇਸ ਤਰੱਕੀ ਦੀ ਦੌੜ ਵਿੱਚ ਮਨੁੱਖ ਇਹਨਾਂ ਅੱਗੇ ਨਿਕਲ ਗਿਆ ਹੈ ਕਿ ਉਸ ਨੇ ਸੰਸਾਰਿਕ ਆਪਸੀ ਮੋਹ ਪਿਆਰ ਤੋਂ ਦੂਰ ਹੋ ਗਿਆ ਹੈ। ਜਿਵੇਂ ਕਿ ਮੈਂ ਲੋਕਾਂ ਤੋਂ ਸੁਣਿਆ ਸੀ ਕਿ ਵਕਤ ਬਦਲਦਾ ਆ, ਫਿਰ ਵਕਤ ਤੋਂ ਪਤਾ ਲੱਗਾ ਕਿ ਲੋਕ ਬਦਲਦੇ ਨੇ। ਇਹ ਸੱਚ ਹੈ ਕਿ ਮਨੁੱਖ ਕੋਲ ਸਾਰੇ ਸੁੱਖ ਸਾਧਨ, ਖਾਣ-ਪੀਣ ਦਾ ਵਧੀਆ ਪ੍ਰਬੰਧ ਅਤੇ ਮਨੋਰੰਜਨ ਭਰਿਆ ਜੀਵਨ ਹੈ, ਪਰ ਉਹ ਫਿਰ ਵੀ ਇੱਕਲਾ ਹੈ। ਇਹ ਸਭ ਦਾ ਮੁੱਖ ਕਾਰਨ ਹੈ ਕਿ ਮਨੁੱਖ ਨੇ ਆਪਣੇ ਆਪ ਨੂੰ ਇੱਕ ਮਸ਼ੀਨ ਦੀ ਤਰ੍ਹਾਂ ਬਣਾ ਲਿਆ ਹੈ ਜੋ ਕਿ ਹਮੇਸ਼ਾ ਪਾਣੀ ਦੇ ਤੇਜ ਵਹਾ ਵਾਂਗ ਸਿਰਫ ਅੱਗੇ ਵੱਧਣ ਤੇ ਲੱਗਿਆ ਹੋਇਆ ਹੈ। ਉਹ ਇਸ ਅਜੋਕੇ ਯੁੱਗ ਵਿੱਚ ਪੈਸੇ ਦੀ ਹਿਰਸ ਵਿੱਚ ਦੌੜਿਆ ਜਾ ਰਿਹਾ ਹੈ ਕਿ ਇਸ ਬੇਚੈਨੀ ਨੇ ਉਸਨੂੰ ਇੱਕਲਾ ਕਰ ਦਿੱਤਾ ਹੈ।

ਪੁਰਾਣੇ ਸਮੇਂ ਵਿੱਚ ਜਿੱਥੇ ਮਨੁੱਖ ਨੂੰ ਆਪਣੇ ਸੁੱਖ-ਸਾਧਨ ਆਲੇ-ਦੁਆਲੇ ਦੇ ਲੋਕਾਂ ਨਾਲ, ਆਪਣੇ ਰਿਸ਼ਤੇਦਾਰਾਂ ਨਾਲ ਵਕਤ ਬਤੀਤ ਕਰਕੇ ਮਿਲਦੇ ਸਨ। ਅੱਜ ਉਥੇ ਹੀ ਇਹ ਮਨੁੱਖ ਆਪਣੇ

ਪਰਿਵਾਰ ਨਾਲ ਖਾਣਾ ਖਾਂਦੇ ਸਮੇਂ ਵੀ ਦੋ ਵਕਤ ਸਾਂਝੇ ਕਰਨਾ ਸਹੀ ਨਹੀਂ ਸਮਝਦਾ। ਇਸ ਦੇ ਕਾਰਨ ਹਨ ਕਿ ਮਨੁੱਖ ਧੜਾ-ਧੜਾ ਇੱਕ-ਦੂਜੇ ਤੋਂ ਅੱਗੇ ਵੱਧਣ ਲਈ ਹੈਕਤਬਾਜੀ ਵਿੱਚ ਸਾਰੇ ਰਿਸ਼ਤਿਆਂ ਤੋਂ ਵਾਂਝਾ ਰਹਿ ਗਿਆ ਹੈ। ਜੇ ਦਿਮਾਗ ਤੋਂ ਕੰਮ ਲਿਆ ਜਾਵੇ ਤਾਂ ਮਨੁੱਖ ਇੰਨੀ ਜਿਆਦਾ ਅਜਾਦੀ ਵਿੱਚ ਵੀ ਇੱਕਲਾ ਹੈ। ਇਹ ਸਭ ਦਾ ਜ਼ਿੰਮੇਵਾਰ ਉਹ ਖੁਦ ਆਪ ਹੈ।

ਮੁੱਦੇ ਦੀ ਗੱਲ ਇਹ ਹੈ ਕਿ ਸਾਨੂੰ ਉਹ ਦਿਹਾੜੇ, ਉਹ ਦਿਨ ਯਾਦ ਕਰਨੇ ਚਾਹੀਦੇ ਹਨ ਜਦੋਂ ਆਪਸੀ ਮੋਹ, ਪਿਆਰ, ਭਾਈਚਾਰਾ ਕਾਇਮ ਸੀ ਅਤੇ ਹਰ ਇੱਕ ਰਿਸ਼ਤੇ ਦੀ ਕਦਰ ਹੁੰਦੀ ਸੀ। ਇਸ ਲਈ ਸਾਨੂੰ ਮੁੜ ਤੋਂ ਪਦਾਰਥਵਾਧੀ ਯੁੱਗ ਨੂੰ ਤਿਆਗ ਕੇ ਮੁਹੱਬਤਾਂ ਦੀਆਂ ਕੈਨੀਆਂ ਫੜਨ ਦੀ ਲੋੜ ਹੈ, ਨਹੀਂ ਤਾਂ ਨਤੀਜੇ ਵਜੋਂ ਇੱਕ ਮੁਰਝਾਏ ਹੋਏ ਸੁੱਕੇ ਫੁੱਲ ਵਾਂਗ ਬਿਨਾਂ ਕਿਸੀ ਰੌਣਕ ਤੋਂ ਹਮੇਸ਼ਾ ਲਈ ਇੱਕਲੇ ਰਹਿ ਜਾਵਾਂਗੇ।

ਏਕਮ ਸਰਾਂ, ਦਸਵੀਂ ਰੋਜ





ਇੰਟਰਨੈਟ

ਵੱਡਾ ਸੋਮਾ ਗਿਆਨ ਦਾ,
ਹੈ ਇਲਮ ਅਕਲਾਂ ਜਾਣਦਾ।
ਘੱਲਣਾ ਸੁਨੇਹਾ ਖੇਲੂ ਹੈ ਚਿੱਠੀ ਨਹੀਂ ਈ-ਮੇਲ ਹੈ।
ਟਵਿੱਟਰ ਬਣਿਆ ਲੋਕ ਪਸੰਦ,
ਵਰਤੋਂ ਬਲਾਗ ਹੈ ਲਾਹੇਵੰਦ।
ਜੇ ਇਸ ਦੇ ਇਹ ਸਭ ਫਾਇਦੇ ਹਨ,
ਤਾਂ ਇਸ ਦੇ ਵੀ ਹਨ ਨੁਕਸਾਨ,
ਇੰਟਰਨੈਟ ਨੇ ਖੋਹਲੀ ਕਈਆਂ ਦੀ ਮੁਸਕਾਨ।
ਇੰਟਰਨੈਟ ਨੇ ਕਈਆਂ ਦੇ ਕੰਨ ਕਰਤੇ ਬੋਲੇ,
ਇੰਟਰਨੈਟ ਨੇ ਸਾਰਿਆਂ ਦੇ ਆਪਣੇ ਵੀ ਖੋਹਲੇ।
ਬਣਾਕੇ ਬੰਬ ਇੰਟਰਨੈਟ ਦੀ ਜਾਣਕਾਰੀ ਨਾਲ,
ਜਿਸ ਨਾਲ ਹੁੰਦੇ ਅੱਤਵਾਦੀ ਮਾਲਾ-ਮਾਲ।
ਬੱਚੇ ਗੋਮਾਂ ਖੇਡਦੇ ਰਹਿੰਦੇ,
ਖੇਡਾਂ ਤੋਂ ਹਨ ਉਹ ਅਣਜਾਣ।
ਹੁਸਨ ਜੋ ਇਸਦੇ ਫਾਇਦੇ ਹਨ,
ਤਾਂ ਇਸਦੇ ਵੀ ਹਨ ਨੁਕਸਾਨ।
ਇੰਟਰਨੈਟ ਦੇ ਫਾਇਦੇ ਤੇ ਨੁਕਸਾਨ
- ਹੁਸਨਜੋਤ ਕੌਰ ਸਤਵੀਂ ਗਰਨਿ



ਪ੍ਰਦੂਸ਼ਣ

ਚਿੱਟੀ ਮੂਲੀ ਲਾਲ ਟਮਾਟਰ, ਹਰੇ ਰੰਗ ਦੇ ਖੀਰੇ,
ਇਸ ਧਰਤੀ ਚੋਂ ਤੇਲ ਨਿਕਲਦਾ, ਸੋਨਾ ਚਾਂਦੀ ਹੀਰੇ।
ਤਿੰਨ ਤਿੰਨ ਫਸਲਾਂ ਕੱਟਕੇ ਪੂਰੇ ਕਰਦਾ ਖਰਚੇ,
ਉਹ ਧਰਤੀ ਹਵਾ ਪਾਣੀ ਬੰਦਿਆ, ਤਿੰਨੇ ਗੰਦੇ ਕਰਤੇ।
ਪਵਨ ਗੁਰੂ ਪਾਣੀ ਪਿਤਾ, ਮਾਤਾ ਧਰਤ ਮਹੱਤ,
ਸੁਬਹ-ਸ਼ਾਮ ਨਿਤ ਪੜ੍ਹਦਾ-ਸੁਣਦਾ, ਫਿਰ ਨੀ ਆਉਦੀ ਮੱਤ।
ਜੇ ਇਸ ਤੇ ਅਸਰ ਨੀ ਕਰਨਾ, ਕਿਉਂ ਫੋਲਦਾ ਵਰਕੇ,
ਉਹ ਧਰਤੀ ਹਵਾ ਪਾਣੀ ਬੰਦਿਆ, ਤਿੰਨੇ ਗੰਦੇ ਕਰਤੇ।
ਪੰਜ ਪੰਜ ਬੋਰੀਆ ਰਿਉ ਚੁੱਕ ਕੇ, ਇੱਕ ਏਕੜ ਵਿੱਚ ਪਾਈ,
ਕੀੜੇ ਮਾਰ ਦਵਾਈਆ ਛਿੜਕ ਕੇ, ਆਪੇ ਜਾਨਾ ਖਾਈ।
ਸੱਭ ਤੋਂ ਵੱਧ ਪੰਜਾਬ ਚ ਕੈਂਸਰ, ਵੇਖ ਅਖਬਾਰਾਂ ਪੜ੍ਹਕੇ,
ਉਹ ਧਰਤੀ ਹਵਾ ਪਾਣੀ ਬੰਦਿਆ, ਤਿੰਨੇ ਗੰਦੇ ਕਰਤੇ।
ਪਿੰਡ ਸ਼ਹਿਰਾਂ ਦਾ ਗੰਦ ਚੱਕ ਕੇ, ਪਾਣੀ ਵਿੱਚ ਰਲਾਤਾ,
ਆਪਣੇ ਹੱਥੀ ਮੌਤ ਬੁਲਾਈ, ਕੀ ਕਰੂਗਾ ਦਾਤਾ।
ਇਹ ਗੱਲਾਂ ਤੇ ਧਿਆਨ ਕਰੋ ਤਾਂ ਕਿਉਂ ਭਾਣਾ ਵਰਤੇ,
ਉਹ ਧਰਤੀ ਹਵਾ ਪਾਣੀ ਬੰਦਿਆ, ਤਿੰਨੇ ਗੰਦੇ ਕਰਤੇ।
ਚੱਪਾ ਚੱਪਾ ਇਸ ਧਰਤੀ ਮਾਂ ਦਾ, ਕਰ ਦਿੱਤਾ ਜਹਿਰੀਲਾ,
ਇਕਬਾਲ ਸਿੰਘਾਂ ਵੇ ਹੁਣ ਨੀ ਲਭਣਾ, ਜੋ ਪਾਣੀ ਸੀ ਨੀਲਾ।
ਹਵਾ ਨੂੰ ਸਾਫ ਜਿਹੜੇ ਸੀ ਕਰਦੇ, ਹੁਣ ਦਰਖੱਤ ਵੀ ਪੱਟਕੇ ਧਰਤੇ,
ਧਰਤੀ ਹਵਾ ਪਾਣੀ, ਤਿੰਨੇ ਗੰਦੇ ਕਰਤੇ।
ਧਰਤੀ ਹਵਾ ਪਾਣੀ, ਤਿੰਨੇ ਗੰਦੇ ਕਰਤੇ।

ਇਕਬਾਲ ਸਿੰਘ, ਦਸਵੀਂ ਗਰੀਨ





ਸਮਾਂ ਤੇ ਫੋਨ

ਪਿਆਰ ਨਾਲ ਬੁਲਾਉਂਦੇ,
ਸਭ ਨੂੰ ਹਾਂ ਜੀ ਹਾਂ ਜੀ ਕਹਿੰਦੇ ਸੀ।
ਬੱਚੇ ਸੀ ਜਦ ਸ਼ੈਤਾਨੀ ਕਰਦੇ,
ਮਾਪੇ ਹੁੰਦੇ ਸੀ ਝਿੜਕਦੇ।
ਬੈਠ ਵਿਹੜੇ ਵਿੱਚ ਨਾਨੀ-ਦਾਦੀ,
ਹੁੰਦੇ ਸੀ ਦੁੱਧ ਰਿੜਕਦੇ।
ਚੰਗਾ ਸੀ ਉਹ ਸਮਾਂ,
ਅਸੀਂ ਘੱਟ ਪੜ੍ਹੇ ਹੀ ਚੰਗੇ ਸੀ।
ਮਸ਼ੀਨਾਂ ਨਾਲੋਂ ਵੱਧ ਤੇਜ਼ੀ ਨਾਲ,
ਕੰਮ ਕਰਦੇ ਸਭ ਬੰਦੇ ਸੀ।
ਫੋਨਾਂ ਦਾ ਇਹ ਦੌਰ
ਸਾਡੇ ਹਾਸਿਆਂ ਨੂੰ ਖਾ ਗਿਆ
ਵਧੌਦੇ-ਫੁੱਲਦੇ ਬੱਚਿਆਂ ਨੂੰ
ਭੈੜੀ ਬਿਮਾਰੀ ਲਾ ਗਿਆ।
ਸਮਾਂ ਸੀ ਉਹ ਅਵੱਲਾ,
ਜਦ ਕੌਣੇ ਸਾਰੇ ਰਹਿੰਦੇ ਸੀ।

-ਗੁਰਲੀਨ ਕੌਰ ਝੱਜ, ਛੇਵੀ ਗਰੀਨ



ਪਹਿਲੂ ਇਨਸਾਨ ਦਾ

ਦੁਨੀਆ ਵਿੱਚ ਤੋਰਾ ਫੇਰਾ ਸੀ।
ਰੰਗਾਂ ਵਿੱਚ ਚਾਰ ਚੁਫੇਰਾ ਸੀ,
ਹੱਸ-ਹੱਸ ਕੇ ਸਾਰੇ ਮਿਲਦੇ ਸੀ,
ਹਰ ਮੋੜ ਤੇ ਯਾਰਾਂ ਦਾ ਡੇਰਾ ਸੀ
ਪਰ ਇਹ ਚੱਕਰ ਦੋ ਰੋਟੀਆਂ ਦਾ ਨਾ ਰਿਹਾ।
ਲਾਲਚ ਨੇ ਮਨਾਂ ਵਿੱਚ ਘਰ ਕਰ ਲਿਆ
ਇੱਕ ਦੋੜ ਜਿਹੀ ਲੱਗੀ ਸਾਰੇ ਸੀ
ਹਰ ਇੱਕ ਬੰਦਾ ਵਪਾਰੀ ਸੀ।
ਪੌਣ ਪਾਣੀ ਦਾ ਵਪਾਰ ਕੀਤਾ
ਧਰਤੀ ਦਾ ਤਿਸਕਾਰ ਕੀਤਾ
ਹੁਣ ਅੰਦਰ ਬੈਠਕੇ ਰੋਂਦਾ ਏ
ਜਿਸ ਰੱਜਕੇ ਸੀ ਹੰਕਾਰ ਕੀਤਾ
ਪਰਿਵਾਰ ਨਾਂ ਤੇਰੀ ਗਿਣਤੀ ਵਿੱਚ
ਬੱਸ ਕੰਮ ਹੀ ਕੰਮ ਲਈ ਕਾਹਲਾ ਸੀ
ਹੁਣ ਵੀ ਮਨ ਮਾਰਕੇ ਬੈਠਾ ਏ
ਉਦੋਂ ਨਾਂ ਧੁੱਪ ਸੀ ਨਾਂ ਪਾਲਾ ਸੀ
ਹੁਣ ਹੋ ਉਦਾਸ ਤੂੰ ਬੈਠ ਗਿਆ
ਤੇ ਉਡੀਕੇ ਆਪਣੀ ਵਾਰੀ ਨੂੰ
“ਕੂੰਨਰ” ਰੋਕ ਨੀਂ ਸਕਦਾ ਪੈਸਾ ਵੀ
ਆਈ ਇਸ ਬਿਪਤਾ ਭਾਰੀ ਨੂੰ-੨

-ਜਸਰਾਜ ਸਿੰਘ ਕੁੰਨਰ
ਜਮਾਤ-ਸਤਵੀਂ ਬਲਿਉ



ਸਵੈ-ਇਕਾਂਤਵਾਸ ਇਕੱਲਤਾ ਤੇ ਸਮਾਜਿਕ ਦੂਰੀ

ਸਵੈ-ਇਕਾਂਤਵਾਸ, ਇਕੱਲਤਾ, ਸਮਾਜਿਕ ਦੂਰੀ ਵਰਗੇ ਜਨਤਕ ਸਿਹਤ ਅਭਿਆਸ ਨੂੰ ਲੋਕਾਂ ਦੀ ਸੁਰੱਖਿਆ ਲਈ ਵਰਤਿਆ ਜਾਂਦਾ ਹੈ ਤਾਂ ਕਿ ਬਾਕੀ ਵਿਅਕਤੀ ਉਹਨਾਂ ਵਿਅਕਤੀਆਂ ਦੇ ਸੰਪਰਕ ਵਿੱਚ ਆਉਣ ਤੋਂ ਬਚ ਸਕਣ ਜਿਹਨਾਂ ਨੂੰ ਕੋਰੋਨਾ ਵਰਗੀ ਕੋਈ ਬਿਮਾਰੀ ਹੈ ਜਾਂ ਹੋਣ ਦਾ ਸ਼ੱਕ ਹੈ। ਸਵੈ-ਇਕਾਂਤਵਾਸ : ਸਵੈ-ਇਕਾਂਤਵਾਸ ਉਸ ਸਮੇਂ ਦੇ ਆਧਾਰ ਤੇ ਹੁੰਦਾ ਹੈ ਜਿਸ ਨਾਲ ਬਿਮਾਰੀ ਦੇ ਲੱਛਣਾਂ ਦਾ ਪਤਾ ਲੱਗ ਸਕੇ। ਸਵੈ-ਇਕਾਂਤਵਾਸ 14 ਦਿਨਾਂ ਦਾ ਹੁੰਦਾ ਹੈ।

ਸਵੈ-ਇਕਾਂਤਵਾਸ ਕਦੋਂ ਕਰਨਾ ਹੈ? : ਬਿਮਾਰੀ ਰੋਕਥਾਮ ਅਤੇ ਨਿਯੰਤਰਣ ਕੇਂਦਰ ਅਨੁਸਾਰ ਜੇਕਰ ਕਿਸੇ ਵਿਅਕਤੀ ਦੀ ਰਿਹਾਇਸ਼ ਕੋਰੋਨਾ ਨਾਲ ਸੰਕੁਮਿਤ ਕਿਸੇ ਮਰੀਜ਼ ਨਾਲ ਹੈ ਤਾਂ ਉਸਨੂੰ ਸਵੈ-ਇਕਾਂਤਵਾਸ ਵਿੱਚ 14 ਦਿਨ ਰਹਿਣਾ ਚਾਹੀਦਾ ਹੈ।

ਇਕੱਲਤਾ : ਜੇਕਰ ਕਿਸੇ ਵਿਅਕਤੀ ਵਿੱਚ ਕੋਰੋਨਾ ਦੇ ਲੱਛਣ ਜਿਵੇਂ ਕਿ ਸੁੱਕੀ ਖੰਘ, ਤੇਜ਼ ਬੁਖਾਰ ਅਤੇ ਸਾਹ ਲੈਣ ਵਿੱਚ ਤਕਲੀਫ਼ ਹੁੰਦੀ ਹੈ ਤਾਂ ਉਸਨੂੰ

ਇਕੱਲਤਾ ਵਿੱਚ ਰਹਿਣਾ ਚਾਹੀਦਾ ਹੈ।

ਇਕੱਲਤਾ ਕਦੋਂ ਕਰਨੀ ਹੈ? : ਜੇਕਰ ਕਿਸੇ ਵਿਅਕਤੀ ਨੂੰ ਸੁੱਕੀ ਖੰਘ, ਬੁਖਾਰ ਜਾਂ ਸਾਹ ਲੈਣ ਵਿੱਚ ਤਕਲੀਫ਼ ਹੋਵੇ ਤਾਂ ਉਸਨੂੰ 7 ਦਿਨ ਇਕੱਲਤਾ ਵਿੱਚ ਰਹਿਣਾ ਚਾਹੀਦਾ ਹੈ।

ਸਮਾਜਿਕ ਦੂਰੀ : ਸਮਾਜਿਕ ਦੂਰੀ ਛੂਤ ਦੀਆਂ, ਖੰਘਣ ਜਾਂ ਛਿੱਕਣ ਨਾਲ ਫੈਲਣ ਤੋਂ ਰੋਕਣ ਲਈ ਚੁੱਕੇ ਗਏ ਉਪਾਵਾਂ ਦਾ ਇੱਕ ਸਮੂਹ ਹੈ।

ਸਮਾਜਿਕ ਦੂਰੀ ਕਦੋਂ ਕਰਨੀ ਹੈ : ਜੇਕਰ ਦੁਨੀਆ ਵਿੱਚ ਛੂਤ ਨਾਲ, ਖੰਘਣ ਜਾਂ ਛਿੱਕਣ ਨਾਲ ਕੋਈ ਰੋਗ ਫੈਲਦਾ ਹੋਵੇ ਤਾਂ ਸਾਨੂੰ ਸਮਾਜਿਕ ਦੂਰੀ ਦਾ ਪ੍ਰਯੋਗ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।

ਉਮਰਪ੍ਰੀਤ ਸਿੰਘ, ਜਮਾਤ- ਦਸਵੀਂ ਬਲਿਉ



ਅਨੁਸ਼ਾਸਨ ਦਾ ਮਹੱਤਵ

“ਖੁਦ ਤੇ ਖੁਦ ਦਾ ਸ਼ਾਸਨ, ਕਹਿਲਾਉਂਦਾ ਹੈ ਅਨੁਸ਼ਾਸਨ”

ਅਨੁਸ਼ਾਸਨ ਦਾ ਮਤਲਬ ਹੈ-ਨਿਯਮਾਂ ਅਤੇ ਕਾਨੂੰਨਾਂ ਦੀ ਪਾਲਣਾ ਕਰਨਾ। ਸੰਸਾਰ ਵਿੱਚ ਹਰ ਥਾਂ ਨਿਯਮ ਅਤੇ ਕਾਨੂੰਨਾਂ ਦਾ ਰਾਜ ਹੁੰਦਾ ਹੈ ਜਿਸ ਦੀ ਮਨੁੱਖਾਂ ਨੂੰ ਪਾਲਣਾ ਕਰਨੀ ਪੈਂਦੀ ਹੈ। ਕਾਮਯਾਬੀ ਦਾ ਰਾਜ ਵੀ ਅਨੁਸ਼ਾਸਨ ਨੂੰ ਹੀ ਕਿਹਾ ਜਾਂਦਾ ਹੈ। ਕਾਮਯਾਬੀ ਉਸ ਦੇ ਹੱਥ ਆਉਂਦੀ ਹੈ, ਜੋ ਅਨੁਸ਼ਾਸਨ ਦੀ ਪਾਲਣਾ ਕਰਦਾ ਹੈ। ਇਸ ਹੀ ਲਈ ਅਨੁਸ਼ਾਸਨ ਮਨੁੱਖੀ ਜੀਵਨ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਸਥਾਨ ਰੱਖਦਾ ਹੈ।

ਅਨੁਸ਼ਾਸਨ ਹਰ ਸੱਭਿਆ ਸਮਾਜ ਦੀ ਨੀਂਹ ਹੁੰਦਾ ਹੈ। ਇਹ ਮਨੁੱਖੀ ਜੀਵਨ ਨੂੰ ਕਾਬੂ ਵਿੱਚ ਰੱਖਦਾ ਹੈ। ਅਨੁਸ਼ਾਸਨ ਤੋਂ ਬਿਨਾਂ ਮਨੁੱਖ ਉਸ ਛੱਡੀ ਹੋਈ ਮੱਝ ਵਰਗਾ ਹੁੰਦਾ ਹੈ ਜਿਸਨੂੰ ਕੋਈ ਸੰਭਾਲਣਾ ਨਹੀਂ ਚਾਹੁੰਦਾ। ਇਸ ਤੋਂ ਬਿਨਾਂ ਸਾਡੀ ਜਿੰਦਗੀ ਫਿੱਕੀ, ਬੇ-ਰਸ ਅਤੇ ਨੀਰਸ ਹੁੰਦੀ ਹੈ। ਜੇਕਰ ਨਿਯਮ ਅਤੇ ਕਾਨੂੰਨ ਨਾ ਹੋਣ ਤਾਂ ਜਿਉਣਾ

ਅਸੰਭਵ ਹੋ ਜਾਵੇ। ਜਿਸ ਨਾਲ ਹਰ ਪਾਸੇ ਹੱਫੜਾ-ਦੱਫੜੀ ਮੱਚ ਜਾਵੇਗੀ। ਅਨੁਸ਼ਾਸਨ ਤੋਂ ਬਿਨਾਂ ਸਾਡੇ ਆਲੇ-ਦੁਆਲੇ ਵਿੱਚ ਕਿਸੇ ਵੀ ਚੀਜ਼ ਦੀ ਹੋਂਦ ਸੰਭਵ ਨਹੀਂ।

ਧਿਆਨ ਨਾਲ ਦੇਖੀਏ ਅਤੇ ਸੋਚੀਏ ਤਾਂ ਸਾਨੂੰ ਸਾਰੀ ਕੁਦਰਤ, ਸੂਰਜ, ਚੰਨ, ਤਾਰੇ ਇੱਕ ਅਨੁਸ਼ਾਸਨ ਵਿੱਚ ਬੱਝੇ ਦਿਖਾਈ ਦਿੰਦੇ ਹਨ। ਜੇਕਰ ਕੁਦਰਤ ਨਿਯਮਾਂ ਵਿੱਚ ਬੱਝ ਕੇ ਕੰਮ ਨਾ ਕਰੇ ਤਾਂ ਸਾਨੂੰ ਦਿਨ-ਰਾਤ ਦਾ ਪਤਾ ਨਾ ਲੱਗੇ। ਇਹ ਇੱਕ ਕੀਮਤੀ ਖਜ਼ਾਨਾ ਹੈ, ਜਿਸ ਦੀ ਸੰਭਾਲ ਕਰਕੇ ਅਸੀਂ ਸੁੱਖ, ਅਰਾਮ, ਖੁਸ਼ਹਾਲੀ ਤੇ ਸਨਮਾਨ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਦੇ ਹਾਂ।

-ਰਿਤਿਕਾ, ਜਮਾਤ-ਦਸਵੀਂ ਬਲਿਉ



ਕਰੀਂ ਤੂੰ ਰਹਿਮ ਮਾਲਕਾ ਵੇ

ਮੁੱਕ ਗਏ ਸਭ ਭਰਮ ਭੁਲੇਖੇ
ਦੁਨੀਆ ਤੇਰੇ ਰੰਗ ਪਈ ਵੇਖੇ।
ਜਿਹੜੇ ਸ਼ੌਂਕ ਕਰਦੇ ਸੀ ਤੇਰੇ ਤੇ
ਟੁੱਟ ਗਏ ਵਹਿਮ ਮਾਲਕਾ ਵੇ।
ਗੱਲ ਹੋ ਗਈ ਵੱਸ ਤੋਂ ਬਾਹਰ
ਕਰੀਂ ਤੂੰ ਰਹਿਮ ਮਾਲਕਾ ਵੇ।
ਭੁੱਲਕੇ ਤੈਨੂੰ ਦੁਨੀਆ
ਖੁਦ ਨੂੰ ਰੱਬ ਕਹਾਉਂਦੀ ਸੀ।
ਜੀਵ ਜੰਤੂਆਂ ਪੰਛੀਆਂ ਉਤੇ
ਕਹਿਰ ਜੋ ਢਾਹੁੰਦੀ ਸੀ।
ਹੁਣ ਹੱਥ ਜੋੜਦੇ ਆ
ਆਇਆ ਐਸਾ ਟਾਇਮ ਮਾਲਕਾ ਵੇ।
ਗੱਲ ਹੋ ਗਈ ਵੱਸ ਤੋਂ ਬਾਹਰ
ਕਰੀਂ ਤੂੰ ਰਹਿਮ ਮਾਲਕਾ ਵੇ।
ਤੂੰ ਭੁੱਲਾਂ ਨੂੰ ਬਖਸ਼ਣਹਾਰਾ
ਬਖਸ਼ਦੇ ਕਰੇ ਗੁਨਾਹਾਂ ਨੂੰ।
ਫਿਰ ਤੋਂ ਕਰ ਆਬਾਦ ਦਾਤਿਆ
ਪਏ ਸੁੰਨੇ ਮੋੜਾਂ ਰਾਹਾਂ ਨੂੰ।

ਐਸੀ ਪਈ ਏ ਮਾਰ
ਦੁਨੀਆ ਗਈ ਸਹਿਮ ਮਾਲਕਾ ਵੇ।
ਗੱਲ ਹੋ ਗਈ ਵੱਸ ਤੋਂ ਬਾਹਰ
ਕਰੀਂ ਤੂੰ ਰਹਿਮ ਮਾਲਕਾ ਵੇ।
ਸੰਗੋਵਾਲੀਆ ਗੁਰਮੁੱਖ ਆਖੇ
ਆਓ ਅਰਦਾਸਾਂ ਕਰੀਏ।
ਹੱਥ ਜੋੜ ਕੇ ਭੁੱਲਾਂ ਬਖਸ਼ਾਈਏ
ਉਸ ਡਾਢੇ ਤੋਂ ਡਰੀਏ।
ਹਰ ਰੋਗੀ ਨੂੰ ਕਰਦੇ
ਫਿਰ ਤੋਂ ਕਾਇਮ ਮਾਲਕਾ ਵੇ।
ਗੱਲ ਹੋ ਗਈ ਵੱਸ ਤੋਂ ਬਾਹਰ,
ਕਰੀਂ ਤੂੰ ਰਹਿਮ ਮਾਲਕਾ ਵੇ।
ਗੱਲ ਹੋ ਗਈ ਵੱਸ ਤੋਂ ਬਾਹਰ,
ਕਰੀਂ ਤੂੰ ਰਹਿਮ ਮਾਲਕਾ ਵੇ।

-ਤਨਮੀਤ ਕੌਰ ਗਿੱਲ
ਚੌਥੀ ਰੋਜ



ਇੰਟਰਨੈੱਟ ਦਾ ਮਾਇਆਜ਼ਾਲ

ਕਿਵੇਂ ਦੀ ਇਹ ਵਿਗਿਆਨ ਦੀ ਮਾਇਆ
ਹਰ ਪਾਸੇ ਬੱਸ ਇੰਟਰਨੈੱਟ ਹੈ ਛਾਇਆ।
ਜਿਸ ਨਾਲ ਕਦੀ ਨਹੀਂ ਭਰਦਾ ਆਦਮੀ ਦਾ ਪੇਟ
ਇਹੋ ਜਿਹੀ ਭਿਆਨਕ ਬਲਾ ਦਾ ਨਾ ਹੈ ਇੰਟਰਨੈੱਟ।
ਅੱਜ ਹਰ ਆਦਮੀ ਇਸਦੇ ਚੁੰਗਲ ਵਿਚ ਫਸ ਚੁੱਕਾ ਹੈ,
ਬੱਚਾ-ਬੱਚਾ ਅੱਜ ਸਿਰਫ ਇੰਟਰਨੈੱਟ ਦਾ ਭੁੱਖਾ ਹੈ।
ਪਹਿਲਾ ਆਦਮੀ ਚੋਰਾਹਿਆ ਤੇ ਤਾਸ਼ ਖੇਡਦਾ ਸੀ,
ਰਿਸ਼ਤੇਦਾਰਾ ਨੂੰ ਮਿਲਣ ਦੀ ਮੁਸੀਬਤ ਵੀ ਝੇਲਦਾ ਸੀ।
ਗਲੀ-ਮੁਹੱਲੇ ਵਿਚ ਹੁੰਦੀ ਸੀ ਚਹਿਲ-ਪਹਿਲ ਅਤੇ ਸ਼ੌਰ,
ਸਾਰੇ ਕਹਿੰਦੇ ਸੀ ਮਿਲ-ਜੁਲ ਕੇ, ਰਹਿਣ ਵਿਚ ਹੈ ਪ੍ਰੇਮ ਦੀ ਡੋਰ।
ਪਰ ਉਹ ਮਹੌਲ ਹੁਣ ਕਿਤੇ ਖੋ ਗਿਆ ਹੈ

ਕਿਉਂਕਿ ਅੱਜ ਮਨੁੱਖ ਫੇਸਬੁੱਕ ਦੀ ਗੋਦ ਵਿਚ ਸੌ ਗਿਆ ਹੈ।
ਇੰਟਰਨੈੱਟ ਉਤੇ ਅੱਜ ਦੇ ਨੌਜਵਾਨ ਚੈਟਿੰਗ ਕਰਦੇ ਹਨ,
ਕੰਪਿਊਟਰ ਤੇ ਘਰ ਬੈਠ ਸੈਟਿੰਗ ਕਰਦੇ ਹਨ।
ਕਿਸੇ ਦੀ ਸੋਚ ਮੈਲੀ ਹੈ ਤੇ ਕਿਸੇ ਦਾ ਚਰਿੱਤਰ ਹੀ ਮੈਲਾ ਹੈ,
ਸਾਈਬਰ ਕਰਾਈਮ ਦਾ ਪੂਰੀ ਦੁਨੀਆ ਵਿਚ ਬੋਲ ਬਾਲਾ ਹੈ।
ਇਸ ਤੋਂ ਬਚਾਉਣ ਲਈ ਨਾ ਤਾਂ ਰਾਮ ਨਾ ਹੀ ਨੰਦਲਾਲਾ ਹੈ,
ਜੋ ਵਿਗਾੜੁ ਰਿਹਾ ਹੈ ਮਨੁੱਖ ਦੇ ਸੰਸਕਾਰ।
ਨਹੀਂ ਚਾਹੀਦਾ ਵਿਗਿਆਨ ਦਾ ਅਜਿਹਾ ਚਮਤਕਾਰ,
ਮੈਂ ਤਾਂ ਕਹਿੰਦੀ ਹਾਂ ਕਿ ਇੰਟਰਨੈੱਟ ਉਹ ਲੱਭੂ ਹੈ।
ਜੋ ਖਾਏ ਸੋ ਪਛਤਾਏ, ਜੋ ਨਾ ਖਾਏ ਉਹ ਵੀ ਪਛਤਾਏ,
ਪਰ ਕੋਈ ਵੀ ਇਸ ਦੇ ਚੁੰਗਲ 'ਚੋਂ ਬਚ ਨਹੀਂ ਪਾਏ।

ਵਿੱਦਿਆ ਇੱਕ ਮੌਲਿਕ ਅਤੇ ਮਨੁੱਖੀ ਅਧਿਕਾਰ

ਸਿੱਖਿਆ ਨਾਲ ਦੇਸ਼ ਸਜਾਵਾਂਗੇ, ਦੇਸ਼ ਨੂੰ ਹੋਰ ਸੁੰਦਰ ਬਨਾਵਾਂਗੇ।

ਅੱਜ ਦੇ ਯੱਗ ਪੜ੍ਹਾਈ-ਲਿਖਾਈ, ਪੜ੍ਹਿਆ-ਲਿਖਿਆਂ ਦਾ ਯੱਗ
ਹੈ। ਅੱਜ ਦੇ ਯੁੱਗ ਵਿੱਚ ਅਨਪੜ੍ਹਤਾ ਨੂੰ ਕਿਤੇ ਥਾਂ ਨਹੀਂ ਹੈ। ਅੱਜ ਦੇ ਯੱਗ
ਵਿੱਚ ਅਨਪੜ੍ਹਤਾ ਨੂੰ ਕਿਤੇ ਥਾਂ ਨਹੀਂ ਹੈ। ਅੱਜ ਪੜ੍ਹੇ ਲਿਖੇ ਬੰਦੇ ਦਾ ਹਰ
ਥਾਂ ਮਾਨ ਸਤਿਕਾਰ ਹੁੰਦਾ ਹੈ ਜਦ ਕਿ ਅਨਪੜ੍ਹ ਬੰਦੇ ਨੂੰ ਹਰ ਜਗ੍ਹਾ ਧੱਕੇ
ਪੈਂਦੇ ਹਨ। ਵਿੱਦਿਆ ਦਾ ਏਨਾ ਪਸਾਰਾ ਹੋਣ ਦੇ ਬਾਵਜੂਦ ਵੀ ਅਫਸੋਸ
ਹੈ ਕਿ ਸਾਡੇ ਦੇਸ਼ ਵਿੱਚ ਕਾਫੀ ਅਨਪੜ੍ਹਤਾ ਹੈ। ਅੱਜ ਸਾਡਾ ਦੇਸ਼ ਤਰੱਕੀ
ਦੀਆਂ ਪੌੜੀਆਂ ਚੜ੍ਹ ਰਿਹਾ ਹੈ ਅਤੇ ਦੁਨੀਆ ਦੀ ਪੰਜਵੀਂ ਸਭ ਤੋਂ ਵੱਡੀ
ਅਰਥਵਿਵਸਥਾ ਵੀ ਬਣ ਚੁੱਕਾ ਹੈ ਪਰੰਤੂ ਸਾਡੇ ਭ੍ਰਿਸ਼ਟਾਚਾਰੀ ਨੇਤਾ
ਇਸ ਨੂੰ ਅੱਗੇ ਵੱਧਣ ਤੋਂ ਰੋਕ ਰਹੇ ਹਨ। ਦੇਸ਼ ਵਿੱਚ ਭਿਸ਼੍ਟਾਚਾਰ ਵੀ
ਅਨਪੜ੍ਹਤਾ ਦਾ ਕਾਰਨ ਹੀ ਹੈ। ਜੇ ਸਾਡੇ ਦੇਸ਼ ਵਿੱਚ ਸਾਰੇ ਪੜ੍ਹੇ ਲਿਖੇ
ਹੋਣ ਤਾਂ ਇਹਨਾਂ ਭਿਸ਼੍ਟਾਚਾਰੀ ਨੇਤਾਵਾਂ ਨੂੰ ਵੀ ਪਤਾ ਲੱਗ ਜਾਵੇ ਕਿ
ਦੇਸ਼ ਨਾਲ ਧੋਖਾ ਕੀ ਚੀਜ਼ ਹੁੰਦੀ ਹੈ। ਭਾਰਤ ਦੀ ਧਰਤੀ ਤੇ ਕਈ ਪੀਰ-
ਫਕੀਰਾਂ ਨੇ ਜਨਮ ਲਿਆ ਹੈ, ਪਰ ਅਸੀਂ ਇਸ ਪਵਿੱਤਰ ਧਰਤੀ ਨੂੰ
ਗਰੀਬੀ, ਭੱਖੁ-ਮਾਰ, ਅਨਪੜ੍ਹਤਾ ਅਤੇ ਭਿਸ਼੍ਟਾਚਾਰੀ ਨੂੰ ਸਹਿ ਦਿੱਤੀ
ਹੈ। ਡਾ. ਬੀ. ਆਰ. ਅੰਬੇਦਕਰ ਜੀ ਨੇ ਸਾਡੇ ਸੰਵਿਧਾਨ ਵਿਚ ਹਰ

ਮਨੁੱਖ ਨੂੰ ਬਿਨਾਂ ਕਿਸੇ ਭਦੇ ਭਾਵ ਨਾਲ ਵਿੱਦਿਆ ਹਾਸਲ ਕਰਨ ਦਾ
ਅਧਿਕਾਰ ਦਿੱਤਾ ਹੈ, ਪਰ ਅਸੀਂ ਇਸ ਕਾਨੂੰਨ ਨੂੰ ਦੇਸ਼ ਵਿੱਚ ਚੰਗੀ
ਤਰ੍ਹਾਂ ਲਾਗੂ ਨਹੀਂ ਕਰ ਪਾਏ। ਹੁਣ ਵੀ ਸਮਾਂ ਹੈ ਕਿ ਇਨ੍ਹਾਂ ਗਰੀਬ
ਬੱਚਿਆਂ ਨੂੰ, (ਜੋ ਹਾਲੇ ਤੱਕ ਵਿੱਦਿਆ ਨਹੀਂ ਪ੍ਰਾਪਤ ਕਰ
ਸਕੇ) ਆਪਣੀ ਪਹਿਚਾਨ ਬਨਾਉਣ ਦਾ ਮੌਕਾ ਦਿੱਤਾ ਜਾਵੇ ਕਿਉਂਕਿ
ਸਿੱਖਿਆ ਸਭ ਦਾ ਅਧਿਕਾਰ ਹੈ।

“ਸਿੱਖਿਆ ਸਭ ਦਾ ਅਧਿਕਾਰ,
ਦੇਸ਼ ਨਹੀਂ ਸਕਦਾ ਹਾਰ।
ਵਿੱਦਿਆ ਦਾ ਮਾਨ
ਵਿਦਿਆਰਥੀ ਦੀ ਇਹ ਜ਼ਾਨ
ਮੇਰਾ ਇਹ ਅਧਿਕਾਰ,
ਮੇਰੇ ਭਵਿੱਖ ਦਾ ਹਾਰ
ਭਿਸ਼੍ਟਾਚਾਰੀ ਨੂੰ ਜਵਾਬ
ਸਿੱਖਿਆ ਹੈ ਨਾਯਾਬ”

ਰਿਤਿਕਾ, ਦਸਵੀਂ ਬਲਿਊ



LOCKDOWN

ਲਾਕਡਾਊਨ, ਇੱਕ ਜੀਵਨ ਦਾ ਗਿਆਨ

ਪ੍ਰਮਾਤਮਾ ਇਨਸਾਨ ਨੂੰ ਕੁੱਝ ਸਿਖਾਉਣ ਲਈ ਮੁਸ਼ਕਿਲ ਰਾਹਵਾਂ ਵਿੱਚ ਪਾਉਂਦਾ ਹੈ..ਜੋ ਸਿੱਖ ਜਾਂਦੇ ਉਹ ਤਰ ਜਾਂਦੇ ..ਜੋ ਹਿੰਮਤ ਹਾਰਦੇ ਉਹ ਹਰ ਜਾਂਦੇ..

ਲਾਕਡਾਊਨ ਦਾ ਅਰਥ ਹੈ ਸੁਰੱਖਿਆ ਵਜੋਂ ਇੱਕਲੇ ਰਹਿਣਾ।

2020 ਈ. ਵਿੱਚ ਪੂਰੇ ਸੰਸਾਰ ਵਿੱਚ ਕੋਰੋਨਾ ਨਾਮਕ ਬਿਮਾਰੀ ਤੋਂ ਬਚਣ ਲਈ ਇਹ ਤਰੀਕਾ ਵਰਤਿਆ ਗਿਆ ਸੀ। ਲੋਕਾਂ ਦੇ ਘਰਾਂ ਤੋਂ ਬਾਹਰ ਨਿਕਲਣ 'ਤੇ ਪਾਬੰਦੀ ਸੀ। ਜਿਵੇਂ ਸਿੱਕੇ ਦੇ ਦੋ ਪਹਿਲੂ ਹੁੰਦੇ ਹਨ, ਉਸ ਦੀ ਹੀ ਤਰ੍ਹਾਂ ਇਹ ਤਾਲਾਬੰਦੀ ਦੇ ਨੁਕਸਾਨ ਤਾਂ ਸਨ ਪਰ ਇਸ ਨੇ ਸਾਨੂੰ ਕੁਝ ਲਾਭਕਾਰੀ ਸਬਕ ਵੀ ਸਿਖਾਏ। ਇੱਕ ਸਮੇਂ ਲਈ ਨੁਕਸਾਨਾਂ ਨੂੰ ਭੁੱਲਕੇ, ਆਪਾਂ ਕੁਝ ਸਬਕਾਂ 'ਤੇ ਚਾਨਣ ਪਾਉਂਦੇ ਹਾਂ। ਇਨ੍ਹਾਂ ਸਬਕਾਂ ਨੂੰ ਸਿੱਖ ਕੇ ਤਾਲਾਬੰਦੀ ਖਤਮ ਹੋਣ ਤੋਂ ਬਾਅਦ ਇੱਕ ਨਵੇਂ ਸਿਹਤਮੰਦ ਸੰਸਾਰ ਵਿੱਚ ਕਦਮ ਧਰੀਏ।

ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਸਾਨੂੰ ਇਹ ਹੀ ਸਿੱਖ ਮਿਲਦੀ ਹੈ ਕਿ ਘਰ ਤੋਂ ਕੰਮ ਕਰਨ ਨਾਲ ਆਵਾਜਾਈ ਦੀ ਲਾਗਤ ਤਾਂ ਬੱਚਦੀ ਹੈ ਨਾਲ ਹੀ ਪ੍ਰਦੂਸ਼ਣ ਵਿੱਚ ਵੀ ਵਾਧਾ ਨਹੀਂ ਹੁੰਦਾ। 'ਵਰਕ ਫਰੋਮ ਹੋਮ' ਪ੍ਰਦੂਸ਼ਣ ਨੂੰ ਘਟਾਉਣ ਦਾ ਵਧੀਆ ਅਤੇ ਆਸਾਨ ਤਰੀਕਾ ਹੈ ਜੋ ਮਨੁੱਖਤਾ ਨੂੰ ਅਪਨਾਉਣਾ ਚਾਹੀਦਾ ਹੈ।

ਨਾਂ ਹੀ ਸਿਰਫ ਦਫਤਰਾਂ ਦੇ ਕੰਮ, ਸਿੱਖਿਆ ਵੀ ਘਰ ਬੈਠੇ ਪ੍ਰਾਪਤ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ। ਤਾਲਾਬੰਦੀ ਦੇ ਦੌਰਾਨ ਬਚੇ ਸਕੂਲਾਂ-ਕਾਲਜਾਂ ਨੇ ਸੋਸ਼ਲ-ਮੀਡੀਆ ਦੁਆਰਾ ਸਿੱਖਿਆ ਪ੍ਰਦਾਨ ਕਰਨੀ ਆਰੰਭ ਕਰ ਦਿੱਤੀ ਸੀ। ਜਿਸ ਨਾਲ ਸਪੱਸ਼ਟ ਹੁੰਦਾ ਹੈ ਕਿ ਪੜ੍ਹਾਈ ਘਰ ਬੈਠੇ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ। ਇਸ ਨਾਲ 'ਡਿਜੀਟਲ ਇੰਡੀਆ' ਦੇ ਪ੍ਰੋਗਰਾਮ ਵਿੱਚ ਵੀ ਯੋਗਦਾਨ ਪਿਆ ਹੈ।

ਅਸੀਂ ਇਹ ਵੀ ਸਬਕ ਸਿੱਖਿਆ ਹੈ ਕਿ ਤਾਲਾਬੰਦੀ ਜੇਕਰ ਸਾਨੂੰ ਨਹੀਂ ਭਾਉਂਦੀ ਤਾਂ ਪਸ਼ੂ-ਪੰਛੀਆਂ ਨੂੰ ਵੀ ਨਹੀਂ ਭਾਉਂਦੀ। ਇਸ ਲਈ ਸਾਨੂੰ ਉਨ੍ਹਾਂ ਪ੍ਰਤੀ ਦਇਆ ਦੀ ਭਾਵਨਾ ਦਿਖਾ ਕੇ ਉਨ੍ਹਾਂ ਨੂੰ ਆਜਾਦ ਕਰ ਦੇਣਾ ਚਾਹੀਦਾ ਹੈ। ਜਿਵੇਂ ਅਸੀਂ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਆਪਣੇ ਢੰਗ ਨਾਲ ਜੀਣ ਦਾ ਅਧਿਕਾਰ ਰੱਖਦੇ ਹਾਂ ਤਾਂ ਪਸ਼ੂ-ਪੰਛੀ ਵੀ

ਸਮਾਨ ਅਧਿਕਾਰ ਰੱਖਦੇ ਹਨ। ਸਾਨੂੰ ਚਾਹੀਦਾ ਹੈ ਕਿ ਅਸੀਂ ਉਨ੍ਹਾਂ ਨੂੰ ਉਨ੍ਹਾਂ ਦੇ ਮੁਤਾਬਕ ਜੀਵਨ ਜੀਣ ਦਈਏ। ਆਓ ਆਪਾਂ ਸਿੱਖੀਏ ਕਿ ਕਿਵੇਂ ਦੂਰ ਪਰ ਮਨੋਂ ਇੱਕ ਜੁੱਟ ਹੋ ਕੇ ਆਪਾਂ ਹਰ ਲੜਾਈ ਜਿੱਤ ਸਕਦੇ ਹਾਂ। ਆਉ ਲਾਕਡਾਊਨ ਦੁਆਰਾ ਦਿੱਤੇ ਗਏ ਸਬਕਾਂ ਨੂੰ ਸਿੱਖ ਕੇ ਨਵੇਂ ਸੰਸਾਰ ਵਿੱਚ ਕਦਮ ਧਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰੀਏ।

ਉਮਰਪ੍ਰੀਤ ਸਿੰਘ, ਦਸਵੀਂ ਬਲਿਊ



ਕੋਰੋਨਾ

ਸਾਫ ਪਾਣੀ ਦੀ ਟੂਟੀ ਚਲਾ ਕੇ
20 ਸੈਕਿੰਡ ਲਈ ਸਾਬਣ ਲਗਾ ਕੇ
ਜੋ ਹੱਥਾਂ ਨੂੰ ਸਾਫ ਕਰ ਲੈਂਦਾ ਹੈ
ਉਸ ਨੂੰ ਕੋਰੋਨਾ ਕੁਝ ਨਹੀਂ ਕਹਿੰਦਾ ਹੈ।

ਨਮਸਤੇ ਕਰੋ ਜਾਂ ਫਤਿਹ ਬੁਲਾਉ
ਦੂਜਿਆ ਨਾਲ ਕਦੇ ਹੱਥ ਨਾ ਮਿਲਾਉ
ਰੱਖੋ ਜੋ ਧਿਆਨ ਉਠਦਾ ਬਹਿੰਦਾ
ਉਸਨੂੰ ਕੋਰੋਨਾ ਕੁਝ ਨਹੀਂ ਕਹਿੰਦਾ
ਕੰਮ ਜਰੂਰੀ ਆਉਣਾ ਜਰੂਰੀ

ਪਹਿਲਾਂ ਮੂੰਹ ਤੇ ਮਾਸਕ ਲਗਾਉਣਾ
ਇੱਕ ਮੀਟਰ ਤੱਕ ਜੋ ਦੂਰ ਰਹਿੰਦਾ
ਉਸਨੂੰ ਕੋਰੋਨਾ ਕੁਝ ਨਹੀਂ ਕਹਿੰਦਾ

-ਪ੍ਰਭਜੋਤ ਕੌਰ ਜਮਾਤ-ਪੰਜਵੀਂ ਬਲਿਊ





VI - BLUE



VI - GREEN



VI - ROSE

Blossoms of SHCS

Blossoms of SHCS



VII - BLUE



VII - GREEN



VII - ROSE



VIII - BLUE



VIII - GREEN



VIII - ROSE

Blossoms of SHCS



IX - BLUE



IX - GREEN



IX - ROSE



X - BLUE



X - GREEN



X - ROSE

Blossoms of SHCS

Our Vibrant proud Assets



XI - COM.



XI - SCI.

Our Vibrant Proud Assets



XII - COM.



XII - SCI.



Office Assistants



Assistant Teachers



Auxiliary Staff



Teaching Staff

Memorable Visits







सम्पादक की कलम से...

‘पंथियों के पास कहीं होते हैं बरबो,
फिर भी ढूँढ लेते हैं, वो अपने रास्ते।’

किन्हीं भी विद्यालय की नींव ज़मीन पढ़ने वाले विद्यार्थी होते हैं। नई पीढ़ी के इन नन्हें, चंचल जिज्ञासु छात्र-छात्राओं में प्रतिभा की कोई कमी नहीं होती। वे सचमुच प्रतिभा व विलक्षण सोच के धनी होते हैं। छात्र-छात्राओं की इस विलक्षण सोच एवं रचनात्मक प्रतिभा को प्रदर्शित करने एवं ज़मीन निरग्राह्य लाने का सबसे प्रभावशाली माध्यम है ‘विद्यालय पत्रिका’। उचित मार्गदर्शन मिलने पर नटखट व शैतानी करने वाले छात्र भी रचनात्मकता का प्रदर्शन कर सबको चौंका सकने का माहौल रचते हैं। ‘विद्यालय पत्रिका’ उनकी रचनात्मकता, कलात्मकता व भावनात्मकता को प्रकट करने में अत्यंत उपयोगी सिद्ध होती है। अपनी स्वरचित कविता, कहानी, लेख, ज्ञान-विज्ञान व उपयोगी जानकारीयों द्वारा वह दूसरों को सरोबर करने के लिए सदैव लालायित रहते हैं। मानों उन्हें मुक्त खुला आकाश मिल जाता है, जिसमें अपनी कल्पनाओं के पंख लगाकर वे विचरण करते हैं। प्रस्तुत हिन्दी भाग में भी छात्र-छात्राओं द्वारा अपनी मौलिक कविता, कहानी, निबंध एवं एकत्रित ज्ञान सामग्री को बड़े ही नए एवं अनूठे ढंग से प्रस्तुत किया गया है। इन सबसे ऊपर उनके द्वारा इस साल ‘करोना’ महामारी से जूझने को अपने अनुभवों को कविता, कहानी, लेख के रूप में व राष्ट्रभाषा में अभिव्यक्त करने में अपनी विलक्षण तथा नवीन सोच को ज़ावर का प्रयास किया है, जो निश्चित रूप से सराहनीय है। कठिन परिस्थितियों से जूझकर मानव पहलू से भी अधिक सबल व सशक्त हो जाता है। मैं सभी अध्यापकगण एवं छात्र-छात्राओं को उनके पत्रिका में योगदान के लिए शुभकामनाएं देती हूँ। निश्चित रूप से छात्र-छात्राओं की प्रतिभा एवं विचार पहले से भी अधिक रचनात्मक रूप ले कर उभरेंगे और भविष्य के कुछ अच्छे कवि, लेखक, निर्बंधक, हस्य-व्यंग्यकार एवं पत्रकार हमारे सामने आएंगे। मैं अपनी हार्दिक शुभकामनाएं देते हुए सभी विद्यार्थियों से यही कहना चाहती हूँ-

‘अपनी अलग विलक्षण सोच रखने से मत डरो,
आज जो भी सोच मान्य है, वह भी कभी विलक्षण थी।’

सीमा रत्न
हिन्दी विभाग अध्यक्ष



अनमोल विचार

1. लक्ष्य को प्राप्त करने के लिए अपने रास्ते खुद बनाएं, दूसरों के रास्ते पर न चलें।
2. अगर आप किसी को दिखाने के लिए पढ़ रहे हैं, तो आप अपने आपको धोखा दे रहे हैं।
3. गुरु केवल आपको शिक्षा दे सकता है। उसका उपयोग कैसे करना है, यह आपके ऊपर निर्भर करता है।
4. अगर आप दूसरों का सम्मान करेंगे, तो आपको भी सम्मान मिलेगा।
5. एक बात याद रखें, जिंदगी आपको हर दिन एक नया मौका देती है।
6. शिक्षक से सवाल करना अच्छी बात है क्योंकि यह आपको ज्ञान के मार्ग की ओर ले जाता है।
7. अगर आप किसी कार्य को करने का दृढ़ निश्चय कर लें, तो आपको कोई नहीं रोक सकता है।



प्रियांशी सोनी, 5वीं ग्रेड

बूझो तो जानें...



1. पत्थर पर पत्थर, पत्थर पर पैसा।
बिना पानी के घर बनाए, वह कारीगर कैसा।
* * * *
2. नाक को पकड़कर, खींचता है कान।
कोई नहीं है इसे कुछ कहता, बताओ उसका नाम।
* * * *
3. ऐसी कौन सी चीज है, जिसे आप खरीदते हो तो काला, उपयोग करते हो तो रंग लाल और फेंकते हो तो रंग सफेद होता है।
* * * *
4. काला घोड़ा, सफेद सवारी, एक उतरा तो दूजे की बारी।
* * * *
5. एक किले के दो हैं द्वार, उसमें सैनिक लकड़ीदार। टकराए जब सारे, खत्म हो जाए इनका संसार।



तेजस्वी मेहरा, 5वीं ग्रेड

संस्कृत 'एन एम' विभाग 'विद्यार्थी' विभाग-2020

आदर्श वाक्य

- | | |
|-------------------------------------|----------------------------|
| 1. भारत सरकार | - सत्यमेव जयते। |
| 2. लोकसभा | - धर्मचक्र प्रवर्तनाय। |
| 3. सर्वोच्च न्यायालय | - यतो धर्मः ततो जयः। |
| 4. आकाशवाणी | - बहुजनहिताय, बहुजन सुखाय। |
| 5. दूरदर्शन | - सत्यम् शिवं सुन्दरम्। |
| 6. स्थलसेना | - सेवा अस्माकं धर्म। |
| 7. वायुसेना | - नभः स्पर्श दीप्तम्। |
| 8. नौसेना | - शनो वरुणः। |
| 9. राष्ट्रीय अध्यापक शिक्षा परिषद् | - गुरुः गुरुतमो धाम। |
| 10. डाक-तार-विभाग | - अहर्निशसेवामहे। |
| 11. भारतीय जीवन बीमा निगम | - योगक्षेमं ब्रह्मह्यहम्। |
| 12. केन्द्रीय माध्यमिक शिक्षा बोर्ड | - असतो मा सद्गमय। |



छवि सक्सेना, 6वीं, रोज

जीवन में अनुशासन का महत्व

बिना अनुशासन रे मना, सफल ना होते काम।

जीवन स्तर नीचे गिरे, जिसे कोई ना सकता थाम।

हमारे जीवन में 'अनुशासन' एक ऐसा गुण है जिसकी आवश्यकता मानव जीवन में पग-पग पर पड़ती है। अनुशासन शब्द दो शब्दों से मिलकर बना है, अनुः+शासन। बड़े होकर अनुशासन सीखना कठिन है। अनुशासन का पाठ बचपन से परिवार में रह कर सीखा जाता है। अनुशासन ही मनुष्य को एक अच्छा व एक आदर्श नागरिक बनाता है। अनुशासन व शिक्षा के लिए विद्यालय ही सर्वोच्च स्थान है। अनुशासन हमारे जीवन के हर क्षेत्र में आवश्यक है। अगर हम अपने आप को अनुशासित नहीं करेंगे, तो हम कभी लक्ष्य नहीं पा सकते। महात्मा गांधी अनुशासन के सबसे ज्वलंत उदाहरण हैं। अगर हमें किसी भी कार्य को पूरा करने के बारे में सही तरीके से अपनी रणनीति को लागू करना है, तो हमें पहले अनुशासन में रहने की आवश्यकता है। दुनिया में चल रही महामारी कोरोना वायरस से बचने का भी यह सही तरीका है। अगर हम सब अनुशासन में रहेंगे, तो ही कोरोना से लड़ पाएंगे। अगर हम अंदर तो कोरोना बाहर। दुनिया में कोई भी महामारी, कोई भी बीमारी या कोई भी मुसीबत आए उसका सामना हम अनुशासन में रह कर सकते हैं। मेरी आप सब से विनती है कि आप सब हर बनाए गए अनुशासन का पालन करें। ताकि आप अपनी जिंदगी कुशलमंगल से व्यतीत कर सकें।

अनुशासन की डोर में, जो कोई बंध जाए।

जीवन में प्रगति करे, मनचाहा वर पाये।

कोमल शर्मा, 7वीं, रोज



1. एक भिखारी ने दरवाजे पर दस्तक दी, ईश्वर के नाम पर कुछ दे दो अंदर से एक तोतला बच्चा आया और कहने लगा टमाटर खा ले। भिखारी बहुत देर तक खड़ा रहा परंतु बच्चा नहीं आया। एक आदमी ने आकर कहा 'क्या कर रहे हो?' भिखारी ने कहा कि बच्चा टमाटर लेकर आ रहा है, इसलिए यहाँ खड़ा हूँ। आदमी बोला वह टमाटर नहीं लेकर आ रहा। बच्चे ने तुम्हें कहा है कि कमाकर खा ले, बच्चा तोतला है।
2. पत्नी पानी-पुरी खा रही थी। 20-25 पानी-पूरी खाने के बाद उसने पति से पूछा, 10 और खा लूँ। पति नागिन खा ले। पत्नी ने गुस्से से प्लेट उठा के मारी और पूछा नागिन किसे कहा, पति मैंने कहा ना गिन खा ले।
3. सोनू-पापा मुझे मैडम रोज मारती है।
पापा-तू डर मत बेटा। तू तो शेर का बच्चा है।
सोनू-मैडम भी यही कहती है।
पापा-क्या।
सोनू-मैडम कहती है, पता नहीं किस जानवर की औलाद है। पढ़ता ही नहीं है।
4. पत्नी-अपना ख्याल रखना, सुना है डेंगू फैल रहा है।
पति-मेरा सारा खून तो तूने पी लिया है, मच्छर क्या खूनदान करने आएगा।
5. टीचर-एक तरफ पैसा और दूसरी तरफ अक्ल होगी तो तुम क्या चुनोगे।
नीरज-पैसा।
टीचर-गलत, मैं अक्ल चुनता।
नीरज-आपने सही कहा। जिसके पास जिस चीज की कमी होती है वह वही चुनता है। उसके बाद नीरज दो घंटे तक मुर्गा बना रहा।
6. जज साहब-तुमने इसके पैसे क्यों चुराए हैं।
चोर-जज साहब। मैंने चुराए नहीं इसने खुद ही दिए थे।
जज साहब-इसने पैसे कब दिए थे।
चोर-जब मैंने इसे बंदूक दिखाई थी।
7. टीचर-15 फलों के नाम बताओ।
हनी-आम, सेब, आम.....।
टीचर-शाबाश। 12 और फलों के नाम बताओ।
हनी-एक दर्जन केले।
8. बंटी-पापा। चित्र के नीचे हमेशा चित्रकार का नाम क्यों लिखा होता है?
पापा-ताकि हर कोई जान सके कि चित्र सीधा किस तरफ से है।

अमरवीर सिंह, 6वीं, ग्रीन





अगर इंटरनेट न होता...

खुशियों का खजाना है, इंटरनेट का जमाना है...

जैसे ही साल 2020 शुरू हुआ किसे पता था कि एक भयानक महामारी पूरे विश्व को अंदर बंद कर देगी। इसके चलते भारत को पूरी तरह लॉकडाउन कर दिया गया था। लोग बाहर नहीं निकल सकते थे, ना ही किसी को मिल सकते थे। एक शहर में रहने के बावजूद लोग एक दूसरे से नहीं मिल पा रहे थे, तो इंटरनेट उन्हें करीब लाया। लॉकडाउन के चलते इंटरनेट एक वरदान साबित हुआ। जिस इंटरनेट के कारण बच्चों को डॉट पढ़ती थी, वही आज उनके काम आया। आओ जानते हैं.... वास्तव में इंटरनेट क्या होता है।

इंटरनेट चलाना है, जीवन को जीने का नया तरीका लाना है...

इंटरनेट एक प्रकार का नेटवर्क है जिसके द्वारा विश्व के सभी कंप्यूटर एक-दूसरे से जुड़े रहते हैं। इसे महाजाल भी कहते हैं। इंटरनेट की मदद से हम किसी भी प्रकार की सूचना अपने कंप्यूटर पर पा सकते हैं।

महामारी में विज्ञान के वरदान के रूप में आकर इंटरनेट ने अपनी उपयोगिता सिद्ध कर दी है। यह वह समय था जब सबकुछ बंद था। स्कूल, कॉलेज, बाज़ार, यातायात सब बन्द। लेकिन फिर भी सब कुछ चल रहा था, तो एकमात्र इंटरनेट के कारण ही। छात्रों के लिए तो मानो यह किसी वरदान

से कम नहीं था। घर बैठे ही उन्हें वीडियो कॉन्फ्रेंसिंग के जरिए, ऑडियो संदेशों द्वारा हर विषय का ज्ञान दिया जा रहा था। परिवार के अन्य सदस्यों के लिए भी ऐसे समय इंटरनेट अपने लाभ सिद्ध कर रहा था। फिर सुबह उठकर अखबार पढ़ना हो या राशन मंगवाना हो। यहाँ तक कि अपने मित्रों, रिश्तेदारों एवं डॉक्टरों से परामर्श भी इसी की सहायता से ली जा रही थी। किसी ने सही ही कहा है....

हर किसी के दिल पर यह छा गया,
बच्चों के होठों पर मुस्कान ला गया,
देखो-देखो, यह इंटरनेट का जमाना आ गया,
यह क्रांति की तरह पूरी दुनिया पर छा गया।

अंत में, मैं यह कहना चाहती हूँ कि इंटरनेट ने मुश्किल की घड़ी में समाज के हर वर्ग के लिए चाहे सरकारी हो, गृहिणी हो, नौकरीपेशा हो, कारोबारी हो अथवा छात्र हो, सबकी मदद कर अपनी उपयोगिता साबित की है। ऐसी परिस्थिति में यह सोचकर भी मन कौप जाता था कि अगर इंटरनेट न होता तो.....।

दिलप्रीत कौर, 9वीं रोज



अज्ञानता को दूर कर ज्ञान की ज्योति जलाई है,
गुरु के चरणों में रहकर हमने शिक्षा पाई है,
गलत राह में भटके जब हम,
तब गुरु ने ही राह दिखाई है।

शिक्षक शब्द का अर्थ क्या होता है?

शिक्षक शब्द का अर्थ है, वह इन्सान जो हमें ज्ञान देता है और हमारा भविष्य बनाने में भी जिनका बहुत बड़ा हाथ होता है। शिक्षक के पास ज्ञान प्रचुर होता है। एक शिक्षक के पास ही तो हमारे हर प्रश्न का उत्तर होता है। अंग्रेज़ी भाषा में शिक्षक को टीचर कहा जाता है। भारत में शिक्षक को गुरु

भी कहा जाता है। वास्तव में शिक्षक हैं...

शि- शिखर तक ले जाने वाला
क्ष-क्षमा की भावना रखने वाला
क-कमजोरी दूर करने वाला

इसका अर्थ है कि जो विद्यार्थी की हर गलती को क्षमा करने की भावना रखता है और उसको हर कमजोरी दूर कर उसको शिखर सफलता तक ले जाता है। वही सच्चा शिक्षक कहलाता है। बच्चों का पहला 'रोल मॉडल' होता है शिक्षक।

शिक्षक का महत्व क्या होता है?

कैरियर में सफल होने के लिए शिक्षक हमारे जीवन में अहम भूमिका निभाते हैं। एक अच्छा और सच्चा शिक्षक समाज में अच्छा इंसान बनने और देश के अच्छे नागरिक बनने में हमारी मदद करता है क्योंकि अभ्यापक जानते हैं कि विद्यार्थी किसी भी देश का भविष्य है। किसी भी देश के भविष्य का विकास शिक्षकों के हाथ में है। हम जीवन में क्या बनते हैं यह भी शिक्षकों पर निर्भर करता है। हमारे जीवन में शिक्षक का महत्व बहुत होता है। इसलिए तो शिक्षक को उच्च स्थान दिया गया है। कबीर जी ने सही ही कहा है...

गुरु गोविन्द दोऊ खड़े, काके लागू पाय।

बलिहारी गुरु आपनो, जिन गोविन्द दियो
बताय।।

हर्प्रीत कौर, 7वीं ब्लू



संत कबीर



कबीर के दोहे

1. सब धरती कागज करू, लेखनी सब वनराय।

सात समुद्र की मसि करूँ, गुरु गुण लिखना जाएँ।।

अर्थ- अगर मैं इस पूरी धरती के बराबर बड़ा कागज बनाऊँ और दुनिया के सभी वृक्षों की कलम बना लूँ, और सातों समुद्रों के बराबर स्याही बना लूँ तो भी गुरु के गुणों को लिखना संभव नहीं है।

2. जिन खोजा तिन पाइया, गहरे पानी पैठ।

मैं बपुरा बूढ़न डरा डरा रहा किनारे बैठ।

अर्थ- जो लोग लगातार प्रयत्न करते हैं, मेहनत करते हैं, वह कुछ ना कुछ पाने में जरूर सफल हो जाते हैं। जैसे कोई गोताखोर जब गहरे पानी में डुबकी लगाता है तो कुछ ना कुछ लेकर जरूर आता है। लेकिन जो लोग डूबने के भय से किनारे पर ही बैठे रहे हैं, उनको जीवन उपरन्त कुछ नहीं मिलता।

3. यह तन विष की बेलरी, गुरु अमृत की खान।

शीश दियो जो गुरु मिले, तो भी सस्ता जान।

अर्थ- कबीर दास जी कहते हैं कि यह जो शरीर है वो विष (जहर) से भरा हुआ है और गुरु अमृत की खान है। अगर अपना शीश (सिर) देने के बदले में आपको कोई सच्चा गुरु मिले तो ये सौदा भी सस्ता है।

4. काल करे सो आज कर, आज करे सो अब।

पल में परलय होएगी, बहुरि करेगा कब।।

अर्थ- कबीर दास जी कहते हैं कि हमारे पास समय बहुत कम है। जो काम कल करना है वो आज करो और जो आज करना है, वो अभी करो क्योंकि पल भर में प्रलय हो जाएगी, फिर आप अपने काम कब करेंगे।

5. तीरथ गए से एक फल, संत मिले फल चार।

सतगुरु मिले अनेक फल, कहे कबीर विचार।।

अर्थ- तीर्थ करने से एक पुण्य मिलता है, लेकिन संतों की संगति से 4 पुण्य मिलते हैं और सच्चे गुरु को पा लेने से जीवन में अनेक पुण्य मिल जाते हैं।

ऐशमीन कौर, 7वीं ब्यू



लॉकडाउन और जीवन

1. पुरानी तस्वीरों का खोल पिटाया
यादों में उलझकर करेंगे हिसाब
चलो गलतियों की मांगे माफी
आनेवाली यादें बनाएं खूबसूरत।
2. उल्टी गंगा बहाएँ घर बना गढ़
आधे आधे बांट ले अधिकार
आधे कर्तव्य निभाएँ एक दूजे से
अर्धनारीश्वर बन पूरक दूजे के।
3. थोड़ा तुम थोड़ा मैं बदलूंगी
बाहरी हवा खतरनाक है

भी तरकी हवा प्राणवायु

जीतनी है जंग शुद्ध रख इसे।

4. सुनो अब तक घर मैंने संभाला
अनिश्चित समय काल है अभी
घर में मेहमान नहीं साथी बनेंगे
पुरानी उलझनें फिर कभी सही।
5. चलो घर बैठे रिश्ते निभाते हैं
पुराने रिश्ते नई समझ अपनाएं
करोना के कहर से बचकर
एक मौका मिला है सदुपयोग करें।

6. जोड़ हृदय से हृदय के रिश्ते
हम रामायण को दें नई संज्ञा
जोड़े रिश्ते प्रकृति से अपना से
भीतर प्रकाश से जो भूले हम।
7. कलयुग का कदापि अंत हो रहा
इस तरह सतयुग का करें शुभारंभ
सुधार कलयुगी गलतियाँ जो की थीं
रिश्तों से साकार भविष्य करें सृजन।

दमनीत कौर, 6वीं रोज़





हाँ फिर मुझे कुछ सुनाई दे रहा है

हाँ फिर मुझे कुछ सुनाई दे रहा है
स्कूल बंद, कॉलेज बंद,
हर तरह का यातायात बंद,
चारों तरफ पसरा है सन्नाटा
पर हाँ, इस सन्नाटे में भी
मुझे कुछ सुनाई दे रहा है....

मोर की बोली, कोयल की कूक
पंछियों की आवाज़, चिड़ियों की चहचहाट
घरों से आती, फिर हँसी-ठिठोली की आवाज़
और घर की छतों पर खेलती, ये बच्चों की टोली
हाँ... फिर मुझे कुछ सुनाई दे रहा है....

टो.ली. पर आते, फिर से रामायण महाभारत के किस्से
और सुनाई देते, दादा दादी के भी किस्से।
हाँ... फिर मुझे कुछ सुनाई दे रहा है....

जो मानव नहीं कर पाया
प्रकृति ने स्वयं कर दिखलाया
जुझ अपनों पर माँओं
स्वयं ही मरहम लगाया

हाँ, फिर मुझे कुछ सुनाई दे रहा है....

ना कारखानों से अब निकलता धुआँ,
ना वाहनों का आता शोर,
महामारी की त्रासदी से, जुड़ा रहा संसार
इस हाहाकार में भी, मुझे कुछ सुनाई दे रहा।
हाँ... फिर मुझे कुछ सुनाई दे रहा है....

मानो इसे प्रकृति का चीत्कार,
या मानो प्रकृति का साफ संदेश,
हाँ... फिर मुझे कुछ सुनाई दे रहा है....

हे मानव! अगर अब भी न सुधरा,
ना दिया ध्यान स्वास्थ्य-सेवा, जनसंख्या नियंत्रण पर,
ना बचा पाया, अगर अब भी पर्यावरण को,
तो अंजाम सच में तेरा खुदा ही जाने।
हाँ... फिर मुझे कुछ सुनाई दे रहा है....

वर्तमान न संभाला तो,
भूल जाना भविष्य को भी,
वर्तमान न संभाला तो,
भूल जाना भविष्य को भी
हाँ... फिर मुझे कुछ सुनाई दे रहा है

सीमा रत्न
हिन्दी अध्यापिका



HEARTIANS' AROMA 2020



राष्ट्र भाषा का महत्व

प्रत्येक राष्ट्र अपना अस्तित्व रखता है। उसमें अनेक धर्म और जातियों को मानने वाले लोग रहते हैं। विभिन्न प्रांतों में रहने वाले लोग विभिन्न प्रकार की भाषा बोलते हैं। इस विभिन्नता में एकता रहती है। पूरे राष्ट्र का शासन एक ही केन्द्र से होता है। अतः राष्ट्र की एकता को सुदृढ़ बनाने के लिए राष्ट्र को आवश्यकता होती है—वह है 'राष्ट्र भाषा'। अतः कहा भी गया है,

राष्ट्रभाषा का जिसे है सम्पूर्ण ज्ञान, वही है पूर्ण महान।

राष्ट्र शब्द में एक प्रकार सामूहिक चेतना की भावना रहती है। ऐसी भावना को व्यक्त करने के लिए एक सार्वभौम की अपेक्षा होती है। जिसे सर्वभौम राष्ट्रभाषा कहते हैं। राष्ट्रभाषा एक स्वाभाविक गुण है, जिसे बदला नहीं जा सकता। देश के राष्ट्रीय झण्डे के प्रति, राष्ट्र गीतों के प्रति जनता का गहरा सम्बन्ध रहता है। किसी भी देश के निवासी इन सभी वस्तुओं का अनादर सहन नहीं कर सकते हैं। जिस प्रकार राष्ट्र के लिए सभी वस्तुएँ जैसे:

मंत्रिमण्डल, अस्त्र-शस्त्र एवं ज्ञान-विज्ञान आवश्यक है। उसी प्रकार राष्ट्रभाषा भी आवश्यक है। इसलिए राष्ट्र की उन्नति के लिए सरकार प्रयत्न करती है। हमारी राष्ट्रभाषा हिन्दी भविष्य में विश्व की श्रेष्ठ राष्ट्र भाषाओं में एक मानी जाती है। अतः हिन्दी भाषा देश की सर्वोत्तम एवं महान् भाषा मानी जाती है। राष्ट्रभाषा के विकास में देश की उन्नति निहित है।

अमीता गुप्ता, हिन्दी अध्यापिका



तीन चीजें

1. तीन चीजें हमेशा दद देती हैं:
1. गरीबी 2. यादें 3. धोखा
2. तीन चीजें हर एक को प्यारी होती हैं:
1. औलाद 2. दौलत 3. औरत
3. तीन चीजें कभी मत करो:
1. उम्मीद 2. अपमान 3. घमंड
4. तीन चीजें सोचकर करो:
1. प्यार 2. बात 3. फैसला
5. तीन चीजों को हमेशा महत्व दो:
1. परिवार 2. रिश्तेदार 3. मित्र
6. तीन चीजें सोच समझ कर उठाओ:
1. कसम 2. कलम 3. कदम
7. तीन चीजें परदे के योग्य हैं:
1. स्त्री 2. धन 3. भोजन
8. तीन चीजें चुराई नहीं जा सकती:
1. विद्या 2. चरित्र 3. ज्ञान

हैवन, चौथी ग्रीन





सत्य ही कहा गया है,

*रहिमन धागा प्रेम का, मत तोरो चटकाय
टूटे पे फिर न जुर्, जुरे गाँठ परी जाए।*

वर्तमान समय में मानव इतना व्यस्त है, कि उसके पास समय के अभाव होने के साथ-साथ उसके पास संबंधों का भी अभाव हो गया है। आज मनुष्य अपने कार्यों में इतना व्यस्त है, कि उसे अपने रोज़मर्रा की दिनचर्या में अपने सामाजिक दायित्व का आभास ही नहीं होता, जिसके कारण उसके रिश्तों में थोड़ी कड़वाहट या कमजोरी आने लगती है। अतः हमें यह समझना होगा कि बिना प्रतिबद्धता, निष्ठा, प्रेम, धैर्य और दृढ़ता के संबंध नहीं रह सकते। अपने रिश्तों में गर्मजोशी लाने के लिए जरूरी है, कि हम थोड़ा सामाजिक हो, क्योंकि हमारे पारस्परिक सामाजिक संबंध हमें ताकत और शक्ति प्रदान करते हैं। मजबूत रिश्तों के लिए यह अति आवश्यक है, हम कुछ समय अपनों के साथ बिताएं, अपनों के साथ बिताए गए समय से जो खुशी मिलती है, वह दुनिया में कहीं नहीं मिलती और उसकी याद सारा जीवन हमें प्रसन्नता प्रदान करती है, आनंद की अनुभूति के लिए आपको अपने साथ इसे कोई बाँटने वाला चाहिए।

हमें सदैव इन बातों का ध्यान रखना चाहिए कि हमारे संबंध चाहे व्यक्तिगत हो या सामाजिक हमें कभी जाँचना या परखना नहीं चाहिए, क्योंकि यदि रिश्तों में एकबार दरार आ जाए तो वह मधुरता नहीं रहती। हमें यह बात याद रखनी चाहिए, रिश्तों में समस्या इसलिए आती है क्योंकि प्रत्येक व्यक्ति का ध्यान सामने वाले की कमियों पर ही रहता है। अंत में मैं यह कहना चाहूँगी कि रिश्तों का जीवन में बहुत महत्व है, हमें इन्हें संजोकर रखना चाहिए।

*निधि सक्सेना
हिन्दी अध्यापिका*



जलवायु परिवर्तन- एक वैश्विक चुनौती



जलवायु परिवर्तन के कारण मुख्य प्रभाव तापमान में वृद्धि के रूप में देखने को मिलती है और जब पृथ्वी का तापमान बढ़ेगा तो निश्चित ही मानव जाति को गंभीर परिणाम भी भुगतने पड़ेंगे। वर्ल्ड बैंक द्वारा कराये गये सर्वे से यह साफ़ पता चलता है कि कृषि-प्रधान देशों में थोड़ा-सा भी तापमान में अनियमितता के कारण वहाँ का जीवन ही खतरे में आ सकता है।

जब जलवायु परिवर्तन के कारण पृथ्वी का तापमान बढ़ेगा तो निश्चित ही लोगों की मूलभूत आवश्यकता यानि पीने का पानी ही नहीं रह पायेगा और फिर आप समझ सकते हैं कि बिना पानी के जीवन की कल्पना भी नहीं की जा सकती है।

इस प्रकार देखा जाये तो जलवायु परिवर्तन का सीधा असर इस धरती के तापमान में बढ़ोतरी देखने को मिलेगा, जिसके मुख्य परिणाम कुछ इस प्रकार के होंगे :

1. जलवायु में हो रहे इन परिवर्तनों का तत्कालिक प्रभाव रेगिस्तान में बाढ़ आ रही है तो सघन वर्षा वाले क्षेत्रों में सुखा पड़ रहा है।
2. बढ़ते तापमान से हिम-क्षेत्रों में ग्लेशियर पिघल रहे हैं।
3. इससे तटीय स्थानों एवं द्वीपों का अस्तित्व संकट में पड़ गया है।
4. जलवायु परिवर्तन के कारण पेयजल और सिंचाई के लिए जल की उपलब्धता भी प्रभावित होने की संभावना है। साथ ही, सिंचाई पर आधारित भारत जैसे विकासशील राष्ट्रों में फसल चक्र में परिवर्तन होने का खतरा है।
5. जलवायु परिवर्तन संकट के दीर्घगामी परिणाम हैं। चुनौतियाँ हर रोज़ ज्यादा बड़ी होती जा रही हैं।

जलवायु में हो रहे परिवर्तन को यदि समय पर रोका नहीं गया तो अकारण ही मनुष्य समाज को विसंगत परिस्थितियों का सामना करना पड़ सकता है। शिकागो विश्वविद्यालय के पर्यावरणीय वैज्ञानिक डॉ. वी रामनाथन कहते हैं, पृथ्वी का औसत तापमान, जो ग्रीन हाउस गैसों के कारण इतना अधिक बढ़ चुका है और अब प्रदूषणकारी गैसों वायुमंडल में न भी छोड़ी जाए तो भी वर्ष 2030 तक 1980 की अपेक्षा पृथ्वी का तापमान कई गुना बढ़ जाएगा। इस तापमान वृद्धि के परिणाम बड़े भयानक होंगे।

1. जलवायु परिवर्तन से सीधा असर ओजोन परत पर देखने को मिल रहा है, जिसके कारण सूर्य से निकलने वाली अनेक प्रकार के अल्ट्रा वायलेट किरणें सीधा धरती पर पहुंच रही हैं, जिसके कारण अनेक प्रकार के नये नये रोगों का जन्म हो रहा है।
2. जलवायु परिवर्तन से पृथ्वी के तापमान में सीधा असर पड़ रहा है जिसके कारण कहीं भयंकर सुखा, कहीं बाढ़, कहीं भयंकर बारिश और कहीं अत्यधिक ठंडी पड़ने लगी है यानि हर तरफ से इन प्राकृतिक आपदाओं से मनुष्य जाति को ही नुकसान उठाना पड़ रहा है।
3. जलवायु परिवर्तन से हिमस्खलन, भूकम्प, बाढ़, सुनामी, भयंकर चक्रवात, ग्लेशियर का पिघलना, समुंद्र स्तर का बढ़ना जैसे अनेक प्राकृतिक आपदाओं की संख्या बढ़ रही है।
4. जलवायु परिवर्तन से वायु दूषित होती जा रही है जिससे अब तो महानगरो में रहना मुश्किल होने लगा है और अनेक प्रकार के श्वास सम्बन्धी बीमारियां भी जन्म ले रही हैं।
5. जलवायु परिवर्तन से अनेक प्रकार के संक्रामक रोगों का भी जन्म हो रहा है, जिसमे त्वचा, जलन, डेंगू, बुखार, मलेरिया जैसे अनेक गम्भीर बीमारियां अब संक्रामक रोगों के रूप में फैल रही हैं।
6. जलवायु परिवर्तन से सीधा असर पीने वाली पानी पर भी दिखाई देने लगा है। भयंकर सुखे के चलते पीने योग्य पानी की दिन प्रतिदिन किल्लत बढ़ती ही जा रही है और उद्योग, कल-कारखानों से निकलने वाले गंदे पानी, रासायनिक तत्वों आदि के नदियों, तालाबों में मिलने से तो और भी घातक बीमारियां जन्म ले रही हैं।

वन्य जीवन पर प्रभाव

जलवायु परिवर्तन विभिन्न जंगली प्रजातियों के अस्तित्व के लिए एक भीषण खतरे के रूप में उभर कर आया है, जिसकी वजह से जंगली जानवरों और पौधों की कई प्रजातियों की संख्या में गिरावट दर्ज की जा रही है और कुछ तो विलुप्त होने के कगार पर पहुंच गए हैं।

निष्कर्ष:

जलवायु परिवर्तन एक वैश्विक समस्या है। प्राकृतिक कारकों के अलावा, मानव गतिविधियों ने भी इस परिवर्तन में प्रमुख योगदान दिया है। मनुष्य प्राकृतिक कारणों को तो नियंत्रित नहीं कर सकता, लेकिन वह कम से कम यह तो सुनिश्चित जरूर कर सकता है कि वह वातावरण पर नकारात्मक प्रभाव डालने वाली अपनी गतिविधियों को नियंत्रण में रखे ताकि धरती पर सामंजस्य बनाया जा सके।

अग्रम श्रौजला
आठवीं-ग्रेड



राघव यूँ ही छत पर टहल रहा था। घर बैठे-बैठे दिन काटने मुश्किल हो रहे थे। उसकी नज़र अचानक ही पीछे दो गली छोड़ बस्ती पर पड़ी। यहाँ पर तो जैसे महामारी का कोई फर्क न पड़ा हो, बस लोग काम पर नहीं जाते। गंदगी और भूखमरी समान रूप से सभी खेलते हुए बच्चों पर दिख रही है। हालत सभी की ऐसी की कोई भी भयभीत हो जाए। यह दृश्य देख राघव बहुत उदास होता है। वह कमरे में जाकर अपने मित्रों को फोन करता है और सभी सेवा संगठन बनाने का फैसला करते हैं। राघव अगले ही दिन दुकान से काफी सारा राशन मंगवाता है। माता-पिता और उसका बड़ा भाई बहुत हैरान होते हैं। उससे वजह जानने के बाद बहुत गुस्सा होते हैं। कहते हैं कि तू बड़ा दानवीर बनने चला है। कितनों की मदद कर लेगा? वैसे भी कोरोना फैला हुआ है तुझे भी हो गया तो? राघव कुछ उदास हुआ पर बिना बोले सामान उठा चल पड़ा। बाहर चौराहे पर दोस्त भी आ गए। फिर उसके साथ चल बस्ती में सामान बांट आए। अगले दिन अस्पताल में जाकर सेवा करनी थी। इस बार जाएगा तो वापिस आने की जरूरत नहीं, राघव भी चला जाता है। अस्पताल में जरूरी चीजों की काफी कमी थी। सामान के लिए पैसे राघव और उसके दोस्तों ने दिए। अगले दिन कोरोना ग्रस्त इलाकों में सामान बाँटा और आगे भी बस्तियों में जा सेवा करते रहे। एक दिन राघव को खाँसी हुई, दोस्तों के कहने पर कोरोना टेस्ट करवाया। कोरोना टेस्ट में पॉजिटिव पाया जाता है। काफी दिन उपचार चला पर उसकी मृत्यु हो गई। राघव ने सच में अपनी जान की परवाह न करते हुए गरीबों की मदद करता रहा। चाहता तो आराम से घर में बैठ कर 36 पकवान भोग सकता था। पर उसने ऐसा न किया शायद इसे ही सच्ची मानवता और सेवा कहते हैं।

दिव्या ठाकुर, 9वीं ग्रेड



साइबर क्राइम



ऐसी आपराधिक गतिविधि, जहां कंप्यूटर या कंप्यूटर नेटवर्क को साधन, लक्ष्य या आपराधिक गतिविधि के स्थान की तरह इस्तेमाल किया जाता है।

आज दुनिया भर में लोग ऑनलाइन इंटरनेट के माध्यम से घर बैठे लोगों की निजी जानकारी की चोरी कर रहे हैं, जिसे साइबर अपराध कहते हैं। आज के अत्याधुनिक तकनीकी युग में लोग अपना जीवन सरल बनाने के लिए कई उपकरणों का प्रयोग करते हैं। वैश्वीकरण ही एकमात्र ऐसा कारण है जिसके द्वारा दुनिया भर के लोग एक दूसरे से आसानी से जुड़ पाने में सक्षम हुए हैं। तकनीक का आसानी से उपलब्ध होना एवं इसका लगातार प्रयोग, लोगों के संवाद के तरीकों एवं जीवन के संचालन पर गहरा प्रभाव डालता है।

इंटरनेट एक ऐसा माध्यम है जिसके द्वारा लोग एवं कंपनियां दुनिया के एक छोर से दूसरे छोर तक जुड़ पाते हैं। तकनीकी उन्नति ने मनुष्य को इंटरनेट पर हर रूप से निर्भर कर दिया है। इंटरनेट की आसानी पहुंच ने हर चीज को सिर्फ एक जगह पर बैठकर ही उपलब्ध करा दिया है। सामाजिक नेटवर्किंग, ऑनलाइन खरीद, जानकारी का आदान-प्रदान, गेमिंग, ऑनलाइन पढ़ाई, ऑनलाइन नौकरियां, जिस भी चीज के बारे में मनुष्य कल्पना कर सकता है, वह सभी बस एक बिलक के द्वारा इंटरनेट से संभव है।

इंटरनेट आज के युग में हर क्षेत्र में इस्तेमाल किया जाता है। इंटरनेट के बढ़ते फायदों के साथ साइबर अपराध जैसा भयावह मुद्दा भी उभर कर आया है। साइबर अपराध अलग-अलग तरीकों से प्रतिबद्ध होते हैं। कुछ सालों पहले तक इन सब चीजों के बारे में इतनी जागरूकता नहीं थी। अन्य विदेशी देशों के साथ साथ भारत में भी साइबर अपराध की घटनाएं एवं दर दिन-ब-दिन बढ़ती जा रही है।

साइबर अपराध को दो तरह से वर्गीकृत किया गया है :-

1. पहला, ऐसे अपराध जिनमें कंप्यूटर को लक्ष्य के रूप में इस्तेमाल किया जाता है।
2. दूसरा, ऐसे अपराध जिनमें कंप्यूटर को हथियार की तरह इस्तेमाल किया जाता है।

नेशनल क्राइम रिकॉर्ड्स ब्यूरो की एक रिपोर्ट के अनुसार साइबर अपराध की दर साल 2011 में 85% तक बढ़ी है। देश के विभिन्न राज्यों से यह आंकड़ा इकट्ठा किया गया है। साइबर अपराध में गिरफ्तार हुए ज्यादातर अपराधियों की आयु 18 से 30 वर्ष पाई गई।

साइबर अपराध के प्रकार

साइबर अपराध के मुख्य विभिन्न प्रकार हैं -

अनाधिकृत उपयोग एवं हैकिंग-अनाधिकृत उपयोग एक ऐसा अपराध है जिसमें कंप्यूटर के मालिक की अनुमति के बिना कंप्यूटर का किसी भी प्रकार से अवैध उपयोग किया जाता है। हैकिंग एक ऐसा अपराध है जिसमें कंप्यूटर प्रणाली में अवैध घुसपैठ करके उसको नुकसान पहुंचाया

जाता है।

वेब हाईजैकिंग-यह एक ऐसा अपराध है जिसमें किसी व्यक्ति की वेबसाइट पर अवैध रूप से सशक्त नियंत्रण कर लिया जाता है। इस प्रकार वेबसाइट का मालिक उस वेबसाइट पर नियंत्रण एवं ज़रूरी जानकारी खो देता है।

पॉर्नोग्राफी-यह एक ऐसा अपराध है जिसमें यौन क्रियाएं दिखा कर, यौन उत्तेजना द्वारा पीड़ित से गलत काम कराया जाता है।

बाल यौन शोषण-बच्चों के साथ यौन दुर्व्यवहार के मामले इंटरनेट पर भारी मात्रा में देखे जा सकते हैं। छोटे बच्चे ऐसे आपराधिक मामलों में आसानी से शिकार होते हैं। चूंकि कंप्यूटर घर घर में मौजूद है, इस कारण बच्चों की पहुंच इंटरनेट तक बहुत आसानी हो गई है। इंटरनेट पर अश्लील सामग्री बहुत आसानी से उपलब्ध होती है। अपराधी (पीडोफाइल) बच्चों को अश्लील सामग्री देकर ललचाते हैं ताकि वह उनका अनुचित लाभ उठा सकें। अपराधी बच्चों से संपर्क करते हैं, बात करते हैं, मित्रता बढ़ाते हैं, ताकि उनका आत्मविश्वास जीत सके, अथवा उनका शोषण कर सके।

कंप्यूटर उपयोगकर्ता साइबर अपराध को रोकने के लिए विभिन्न तकनीकों को अपना सकते हैं -

कंप्यूटर उपयोगकर्ताओं को हैकर्स से अपने कंप्यूटर की सुरक्षा के लिए एक फ़ायरवॉल का उपयोग करना चाहिए।

कंप्यूटर उपयोगकर्ताओं को एंटी वायरस सॉफ्टवेयर जैसे साइबर विशेषज्ञों ने सलाह दी है कि यूजर्स को केवल सुरक्षित वेबसाइट्स पर ही खरीदारी करनी चाहिए। वे अपने क्रेडिट कार्ड की जानकारी संदिग्ध या अजनबियों को कभी न दें।

उपयोगकर्ताओं को अपने खातों पर मजबूत पासवर्ड विकसित करने चाहिए, अर्थात् अक्षरों और संख्याओं को पासवर्ड में शामिल करें, एवं लगातार पासवर्ड और लॉगिन विवरण का अद्यतन करना चाहिए।

बच्चों पर नजर रखें और उनके द्वारा इंटरनेट के इस्तेमाल को सीमित रखें।

निष्कर्ष

संक्षेप में, साइबर अपराध एक गंभीर खतरे के रूप में विकसित हो रहा है। दुनिया भर की सरकारों, पुलिस विभागों और गुप्तचर एकाइयों ने साइबर अपराध के खिलाफ प्रतिक्रिया देना शुरू कर दिया है। सीमा पार साइबर खतरों पर अंकुश लगाने के लिए अंतरराष्ट्रीय स्तर पर भी कई प्रयास किए जा रहे हैं। भारतीय पुलिस ने देश भर में विशेष साइबर सेल शुरू कर दी है और लोगों को शिक्षित करना शुरू कर दिया है, ताकि वे ज्ञान हासिल करें और ऐसे अपराधों से खुद को बचाएं।



अगम औजला
आठवीं-रोज़

HEARTIANS'AROMA 2020



इंटरनेट से आज कौन परिचित नहीं। हर व्यक्ति किसी न किसी सोशल नेटवर्किंग साइट्स से जुड़ा है। दुनिया की सबसे बड़ी सोशल नेटवर्किंग साइट 'फेसबुक' हम सबके जीवन का हिस्सा बन गई है। आज इसी से जुड़े कुछ रोचक तथ्यों से आपको अवगत कराने जा रहा हूँ।

1. फेसबुक की शुरुआत 4 फरवरी 2004 को की गई थी।
2. फेसबुक पेज को यूजर्स अपनी अपनी सुविधा के हिसाब से 70 अलग-अलग भाषाओं में ट्रांसलेट कर सकते हैं।
3. फेसबुक के नीले रंग के होने के पीछे कारण है इसके संस्थापक मार्क जुकरबर्ग का कलर ब्लाइंड होना है। उन्हें हरे और लाल रंग में अंतर पता नहीं लगता।
4. आप चाहें भी तो फेसबुक के संस्थापक मार्क जुकरबर्ग को ब्लॉक नहीं सकते।
5. 2011 में फेसबुक की मदद से आइसलैंड का संविधान लिखा गया।
6. इस पर रोजाना 'लाख के करीब' हैकर्स अटैक होते हैं।
7. सबसे ज्यादा फेक अकाउंट भारत में बनाए जाते हैं।
8. फेसबुक पर जुड़ने वाली पहली भारतीय मूल की महिला थीं शीला तंदाशेखर।
9. फेसबुक पर काम करने वाली पहली महिला इंजीनियर हैं, रूचि साधवी।
10. फेसबुक पर आज अरबों चेहरे हैं लेकिन पहला चेहरा 'अल पेसीनो' का था।
11. व्हाट्सएप और इंस्टाग्राम को इस्तेमाल करने वालों की संख्या 700 मिलियन है, जो फेसबुक की तुलना में बहुत कम है।
12. फेसबुक के संस्थापक मार्क जुकरबर्ग केवल 1 डालर वेतन लेते हैं।
13. फेसबुक गूगल की तरह हमारी हर गतिविधि पर नज़र रखता है।
14. चाइना ने 2009 में फेसबुक को बैन कर दिया था और अपना खुद का फेसबुक बना लिया। सभी चाइनज यूजर उसे ही यूज़ करते हैं।
15. सबसे अधिक फेसबुक का इस्तेमाल अमेरिका में किया जाता है।

आरूष रत्न, 6वीं रोज़



हिन्दी क्लब रिपोर्ट

विद्यालय के हिन्दी क्लब का उद्देश्य छात्र-छात्राओं में शैक्षणिक गतिविधियों के साथ-साथ साहित्यिक एवं सृजनात्मक गुणों का विकास करना है। उनका उचित मार्गदर्शन कर उन्हें ऐसा मंच प्रदान करना है जहाँ वह हिन्दी भाषा की विभिन्न विधाओं को सीखकर अपनी प्रतिभा व रचनात्मकता से चार चाँद लगा सकें। इसी उद्देश्य को पूरा करने के लिए इस वर्ष हिन्दी कक्षाओं में पाठन एवं वाचन पर विशेष बल दिया गया। अच्छे लेखन के लिए कक्षा 1 से कक्षा 6 तक के विद्यार्थियों में 'सुलेख रचना' की प्रतियोगिता करवाई गई। 'हिन्दी दिवस' 14 सितंबर के उपलक्ष्य पर विशेष प्रातःकालीन असेंबली का आयोजन किया गया। जिसमें सुंदर चार्ट, कविता वाचन व भाषण, अभिव्यक्ति द्वारा हिन्दी भाषा के महत्व से सबको अवगत करवाया गया। 'हिन्दी क्लब' भविष्य में भी ऐसे अनेक क्रियात्मक आयोजनों व गतिविधियों द्वारा छात्र-छात्राओं को 'हिन्दी भाषा' के प्रति जागरूक करने में प्रयासरत् रहेगा।

सीमा रत्न
हिन्दी विभाग अध्यक्ष



आइए राष्ट्रभाषा हिंदी के बारे में जाने

- | | |
|--------------------------------------|------------------------------|
| 1. हिंदी दिवस | 14 सितंबर |
| 2. विश्व हिंदी दिवस | 10 जनवरी |
| 3. लिपि | देवनागरी |
| 4. हिंदी की प्रमुख बोलियाँ | अवधी, भोजपुरी, ब्रजभाषा |
| 5. हिंदी की प्रथम पुस्तक | प्रेमसागर |
| 6. भारत का प्रथम हिंदी विश्वविद्यालय | नालंदा विश्वविद्यालय (बिहार) |

भवनूर कौर, 8वीं रोज़



Parents' View

From the core of the heart....

Sacred Heart Convent School has very high reputation due to the efficient working of the management, highly educated staff and of course, better syllabus which is very important for the students to get into medical or engineering.

I feel tremendously pleased that my child is getting on really well in this school. Sacred Heart Convent School has been awarded as "The Best School" for successive three years for gaining laurels by the students in academics, curricular and co-curricular activities, sports and literary competitions. The Edisapp is a successful attempt made by the management to update the parents about their ward's performance. The school legacy has been brilliantly carried on by the committed management and the staff. I am speaking from experience, admitting my child into a Convent school is going to be one of my best decisions.

Mr. Rakesh Kumar F/O Diya Kapil, X-Green



In this competitive world, parents want their children to excel in each and every aspects of life. Sacred Heart Convent School, Sahnewal gives them perfect platform to learn and to get groomed.

As a parent, I am very proud of my decision of getting my child admitted here. The school is known to be strict, on that sense, that the students learn honesty, kindness and selflessness right from day one. The school provides the students with academic standards, value-added education and safe environment. The school management and faculty members are qualified professionals committed to bring out the best in their students as they grow in knowledge, skills and values. The Principal's long working hours and hard work make such a difference to ensure the learning and overall growth of the students. As per my observations I strongly recommend this school to anyone as the best school in Sahnewal region.

Ms. Ritu Sharma
M/O Divya Sharma
XII-Medical



To build a strong and reliable building one must lay a strong foundation.

Similarly to build a nation, children are the foundation and to have a strong foundation of children, school selection plays a vital role to cater to the ethical and moral education, strong discipline and rationality.

I feel glorified that my daughters Ashmi Sharma (XII) and Namya Sharma (V) are the students of Sacred Heart Convent Senior Secondary School, Sahnewal which I can pronounce as an Architect who designs the Strong foundation of the Nation.

Sacred Heart is educating its students in such a way, so as to have a strong base in helping the Nation for creating future Doctors, Engineers, Scientists, Lawyers, Leaders and many more.

Sacred Heart Convent Sr. Sec. School, Sahnewal is located in a pollution free environment which is easily approachable. Ample school space provides for not only room's requirement for studies, labs and library but also there is huge space for play grounds and other co-curricular activities.

Heartiest thanks to the team of well qualified and dedicated teachers who leave no stone unturned in keeping school's name at the top among other schools under the leadership of the Principal and guidance of the Diocese of Jalandhar.

Mr. Suneel Kumar Sharma
F/O Ashmi Sharma (XII-Med.)
and Namya Sharma (V)



I feel very lucky to say that my child Chiragdeep Singh Kainth is studying in Sacred Heart Convent School, Majara Road, Sahnewal. It provides the best possible education in a very much disciplined way to the students.

He always secures very good position in academics. Apart from studies, the Co-curricular activities conducted in the school help in the development of the mind and personality of children. The students are encouraged to participate in the competitions to polish their talents.

I feel proud that my son is the centre of attraction of my whole family and the relatives because of his communication skills and good manners. It is the good luck of my son that well educated and loyal teachers teach him. The school has left no stone unturned in its march towards excellence and to attain the set goal. I wish and pray that this school may soar to greater heights!.

Ms. Mandeep Kaur
M/O Chiragdeep Singh Kainth
Class-UKG Rose



Studying in a Convent School is a different experience altogether. Right from singing hymns in the assembly every time reminds my son of studying in a disciplined convent environment with joy and enthusiasm.

It gives immense pleasure in writing my experience with **SACRED HEART CONVENT SCHOOL SAHNEWAL**. The management and the staff help to raise and nurture the students in a friendly atmosphere and work as a stepping stone towards self-discipline. Students are provided with plenty of opportunities to get them exposed to outside treasures by various outings. Organizing workshops and seminars on regular basis enhance the students' knowledge. The restless toiling of the Principal helps in continuously keeping this school at number one position in Sahnewal region.

I must say proudly that **SACRED HEART CONVENT SCHOOL** provides all the students with a sense of belonging and motivation to succeed.

C. A. Rakesh Kumar,
F/O Upkar Sharma,
Class XII-Com.



The Sacred Heart Convent Sr. Sec. School Sahnewal, affiliated to CISCE, is unique and it enlightens the child from within. My ward, Roohani Kainth started the journey of her formal education in this school. With the able guidance of teachers, she is filled with confidence to excel in academics and also in extracurricular activities. All the parents want their children to be disciplined and cultured, which I feel is very much taken care of. Finally, I would like to congratulate the school management, the Principal and the teachers to continuously strive for the numero uno position in the field of education and other social work.

Ms. Mansi Kainth
M/O Roohani Kainth
LKG ROSE



I am Mukesh Kumar Singh residing at Doraha. My both children are studying in Sacred Heart Convent Sr.Sec.School,Sahnewal. My daughter Vanshika Singh is in class UKG-Green and my elder son Adivitya Singh is in class 6th-Blue. Knowledge and training imparted by highly qualified staff results in an all round development of the children.

Not only in studies but also in cultural and sports activities Adivitya Singh and Vanshika Singh are getting skilled and developing confidence day by day. I am very glad to state that a special booklet highlighting personality development is also provided to the students to practice moral values and to make them true human being. I personally observed the behaviour pattern of the students of this school; they are much disciplined and have respect for parents and elders. They are confident and fluent in speaking good English as well.

I would like to express my heartiest gratitude and appreciation to the school management for maintaining the 'No. 1 School' in the zone and in the society.

Mr. Mukesh Kumar Sinha
F/O Adivitya Singh -Class: 6th Blue &
Vanshika Singh-Class: UKG Green



The THREE D's, the secret behind the success of 'Sacred Heartians' to retain the GLORIOUS ROLLING TROPHY OF EXCELLENCE consecutively for FOUR YEARS!

The key factors of Success: 3 D's. Dedication, Determination and Devotion

DEDICATION:- It is always dedication that gives us that extra push in order to succeed. The quality of commitment to a task. Single minded focus of purpose. Let nothing interfere or divert your attention or focus. Dedication is like devotion of your soul. You continue to work hard until you achieve a goal.

The famous poem 'DEDICATION' by Ryson D'souza gives us the perfect examples for 'DEDICATION'. The poem goes;

*Ask the Heart
That Always Beats
Ask the brain
That never sleeps
Ask the Sun
That shines each day
And the Stars
Every night they Play
Ask a child
Who always crawls
Learning to stand
Holding the walls
And the River
That keeps on flowing
The Invisible Winds
That's always Blowing.
They Give Us the Perfect indication
An Example set for Dedication*

— Ryson D'souza



DETERMINATION: The word has a simple meaning; the ability to continue doing even if the task is difficult. This is the most important to succeed. Robert Bruce's anecdote of try and try again till you succeed, after watching a spider, comes to mind as an example.

DEVOTION: - It simply means a commitment or profound dedication to some purpose. An assignment or appropriation to any purpose, etc., A religious exercise or practice, devoted to God completely.

In the end, keep your mind focused on the work you do, show complete passion and dedication in the work you do, then definitely you will achieve great satisfaction and success for sure. Success can be achieved only with strong dedication, pure devotion and strong determination.



"A dream does not become reality through magic; it takes sweat, determination and hard work." (Collin Powell)

School Paid Homage to Late Mr. Balwant Singh



**Born on: 04-05-1970
Died On: 06-10-2019**



Sacred Heart Convent School, Sahnewal Fraternity paid a prayerful tribute to the departed soul of late Mr. Balwant on 16th October 2019 one of the ancillary staff members.

A special assembly was conducted with a prayer service to pay homage to the departed soul. Two-minute silence was observed by everyone in the school campus praying for the noble and warm soul to rest in peace. Rev. Fr. William Sahota, the school Director offered special prayers for the departed soul. The Principal Sr. Crispin Maria DM addressed the students and the teachers recalling his committed service to the institution. At the end the representatives of staff and students paid a floral tribute.

He served the school with immense dedication and firm loyalty for 11 years. He was very sincere in his dealings and behavior, very polite and respectful to the management. He has won the hearts of all of us with his innocent smile. His memory will always live in our hearts. May the Almighty grant peace to the departed soul and give solace and strength to the bereaved family members to bear this irreparable loss!

MERIT HOLDERS

Outstanding Academic Performance-Session 2019-20

CLASS – NURSERY BLUE

S.No.	Student's Name	Father's Name	%age
1.	Seerat Kaur Jhajj	Mr. Sagar Singh	99.62
2.	Hasleen Kaur	Mr.Harbans Singh	99.54
3.	Simranjeet Kaur	Mr.Jaswinder Singh	99.54
4.	Sanreet Kaur	Mr.Dharmjeet Singh	99.46
5.	Mohammad Izzansari	Mr.Mustafa	99.42
6.	Harmeen Kaur	Mr.Satwinder Singh	99.42
7.	Ravneet Kaur	Mr.Pardeep Singh	99.17
8.	Akaljot Kaur	Mr.Kulwinder Singh	98.96
9.	Jasmeet Kaur	Mr.Sandeep Singh	98.96
10.	Gursheha Singh Jhajj	Mr.Amandeep Singh	98.92
11.	Sehajpreet Kaur	Mr.Inderjeet Singh	98.88
12.	Kanishak Bhumbra	Mr.Naresh Kumar	98.53
13.	Shreesh Saxena	Mr.Parveen Saxena	98.33
14.	Sargun Kuar Gill	Mr.Kamaldeep Singh	98.21
15.	Yuvraj Singh	Mr.Karamjeet Singh	97.88
16.	Eknoor Singh Jassar	Mr.Balinder Singh	97.67
17.	Angel Kandulna	Mr.Theodeor Kandulna	97.67
18.	Gurshant Singh	Mr.Baljeet Singh	97.29
19.	Ketan Syal	Mr.Kuldeep Kumar	97.08
20.	Rishab Sharma	Mr.Ravi Kumar	96.08
21.	Hargunpreet Kaur	Mr.Sukhwinder Singh	95.81
22.	Japnoor Singh	Mr.Arinder singh	95.75
23.	Hasrat Kaur	Mr.Jagdish Singh	95.54
24.	Daksh	Mr.DinkarChaurasia	95.38
25.	Gurfateh Singh Mann	Mr.Kulveer Singh	95.25

18.	Prabhjot Singh	Jaspal Singh	97.71
19.	Madhav Thukral	Jatin Kumar	97.67
20.	Prabhnor Kaur	Satwant Singh	97.67
21.	Jasmeen Kaur	Hempal Singh	97.58
22.	Manseerat Kaur	Mandeep Singh	97.17
23.	Brishti Kataria	Vikas	97.12
24.	Ravneet Kaur	Jaspal Singh	97.08
25.	Sargun Singh	Jagdeep Singh	97.04
26.	Divraj Singh	Baljinder Singh	96.79
27.	Rakshit	Jaipan	96.5
28.	Jasraj Singh	Hardeep Singh	96.33
29.	Tanveer Singh	Sandeep Singh	96.25
30.	Ashokveer Singh	Danveer Singh	95.71
31.	Japleen Kaur Mangat	Jagpal Singh	95.38

CLASS – NURSERY ROSE

S.No.	Student's Name	Father's Name	%age
1.	Aryan	Kuldeep Singh	99.62
2.	Roohani	Naveen Kumar Kainth	99.62
3.	Naazneet Kaur Bhambra	Jaskaran S. Bhambra	99.54
4.	Sahibjot Kaur Bhatti	Satnam S. Bhatti	99.50
5.	Panav Maini	Munish Maini	99.42
6.	Harsaroop Kaur	Jagdeep Singh	99.33
7.	Mahnoor Pathan	Mohammad Suheb	99.29
8.	Angadbir Singh Mangat	Jagraj Singh Mangat	99.12
9.	Aarav Mehta	Chetan Mehta	98.79
10.	Jasraj Singh	Gaganpreet Singh	98.79
11.	Ekman Kaur Mangat	Labh Singh Mangat	98.71
12.	Harjohanpreet Kaur	Amandeep Singh	98.67
13.	Ritakshi	Rajan Masih	98.62
14.	Harshbir Singh	Ravinder Singh	98.38
15.	Maira Puri	Anshul Puri	97.96
16.	Japjot Singh	Nirmal Singh	97.54
17.	Sayman Kullu	Nilesh Kumar Kullu	97.38
18.	Darshvir Singh	Lakhwinder Singh	97.29
19.	Aadit Kailey	Navdeep Kailey	96.75
20.	Heavenpreet Kaur	Amandeep Singh	96.46
21.	Anhadpreet Kaur	Lovepreet Singh	95.75
22.	Tariman Kaur	Sukhdeep Singh Jhajj	95.50
23.	Ekampreet Kaur Sidhu	Harminder Singh Sidhu	95.46
24.	Nandish	Charanjit	95.21
25.	Ashish Bhatia	Sandeep Bhatia	95.08

CLASS – NURSERY GREEN

S.No.	Student's Name	Father's Name	%age
1.	Anahat Singh	Harinder Singh	99.67
2.	Namanreet Kaur Gill	Gurinder Singh Gill	99.67
3.	Subeg Singh Mangat	Kamalpreet S. Mangat	99.42
4.	Nihal Singh	Gurjit Singh	99.33
5.	Maneet Kaur	Sukhdeep Singh	99.25
6.	Nitya	Nitin Tiwari	99.25
7.	Sahil Verma	Rakesh Kumar Verma	99.12
8.	Sehajpreet Singh	Jaspal Singh	99.12
9.	Maninder Singh Rattay	Mandeep Singh Rattay	99.08
10.	Navraj Singh	Sarbjot Singh	98.96
11.	Taranvir Kaur	Sandeep Singh	98.88
12.	Rhythmpreet Kaur	Amarjeet Singh	98.71
13.	Mehakpreet Kaur	Gurpreet Singh	98.54
14.	Bhavish Arora	Honey Arora	98.08
15.	Jasnoor Kaur	Jaspreet Singh	98.08
16.	Ekampreet Singh	Jaspal Singh	98.00
17.	Nimrat Kaur	Gursimrat Singh	97.75

CLASS – NURSERY YELLOW

S.No.	Student's Name	Father's Name	%age
1	Harleen Kaur	Sukhwinder Singh	99.58
2	Jaspreet Kaur	Harvinder Singh	99.46
3	Birfateh Singh Mangat	Jaspreet Mangat	98.62
4	Manvir Kaur	Birvarinder Singh	98.62
5	Harliv Kaur	Harkamaljeet	98.58

Outstanding Academic Performance-Session 2019-20

**MERIT
HOLDERS**

6	Jaiveer Singh Hara	Amritpal Singh	98.58
7	Devansh Sehgal	Satish Kumar Sehgal	98.38
8	Kirandeep Kaur	Mukhtiar Singh	98.17
9	Harkirat Kaila	Gaurav Kaila	98.12
10	Ana Sachdeva	Juju Sachdeva	97.83
11	Sehajveer Singh	Harmeet Singh	97.33
12	Avleen Kaur	Gagandeep Singh	97.29
13	Gurnoor Kaur	Achhera Singh	97.21
14	Gurman Singh	Harpal Singh	97.08
15	Japnoor Kaur	Manpreet Singh	97.08
16	Ravnoor Kaur	Sukhvinder Singh	96.62
17	Jaskaranpreet Singh	Manpreet Singh	96.08
18	Divyanshi Chandalya	Bhinder Singh	95.12

CLASS – LKG BLUE

S.No.	Student's Name	Father's Name	%age
1.	Gurjot Kaur	Harpreet Singh	99.81
2.	Devam Sachdeva	Munish Sachdeva	99.78
3.	Gunika Bhatia	Amit Bhatia	99.67
4.	Prabjot Singh	Gurlal Singh	99.66
5.	Guransh Bhatia	Rakesh Kumar Bhatia	99.59
6.	Prabhleen Kaur	Tajinder Singh	99.59
7.	Hargun kaur	Sandeep Singh	99.52
8.	Nancy	Nilesh Kumar Kullu	99.48
9.	Gauransh Singla	Deepak Singla	99.29
10.	Tanish Garg	Abhishek Garg	99.22
11.	Jasraj Singh Garcha	Nirmal Singh	99.07
12.	Simarpreet Singh Grewal	Gurjeet Singh	99.00
13.	Anahat Kaur Sandhu	Sukhjeet S. Sandhu	98.93
14.	Jasmeet Singh	Komal Singh	98.74
15.	Vardhnam	Rajender kumar	98.70
16.	Jaiveer Singh Grewal	Harveer Singh	98.67
17.	Gurshan Singh Gill	Kulwinder Singh	98.22
18.	Allison	Joseph	98.00
19.	Gurnoor S. Jhaji	Jagroop Singh	98.00
20.	Aahana Khan	Mumtaz Khan	97.93
21.	Keshav Maini	Sunil kumar	97.44
22.	Harleen Kaur	Param Preet Singh	97.30
23.	Gursewak Singh	Arshdeep Singh	96.89
24.	Nimrat Kaur	Harvinder Singh	96.81
25.	Gurtaj Singh	Harjinder Singh	96.44
26.	Sahib Singh Gill	Jaswinder Singh	96.04
27.	Gurjaap Singh Sandhu	Harpreet S. Sandhu	96.00
28.	Seerat Kaur	Karmjit Singh	95.00

CLASS – LKG GREEN

S.No.	Student's Name	Father's Name	%age
1	Krishmeet Grewal	Harpal Singh	99.22
2	Nitika Vishwakarma	Narendra Vishwakarma	98.78
3	Gurseerat Kaur	Gurwinder Singh	98.67
4	Samarpreet Singh	Rajinder Singh	98.89
5	Parteet Kaur Mukkar	Jagjit Singh	96.22
6	Lovedeep Singh	Tejinderjeet Singh	95.44

CLASS –LKG ROSE

S.No.	Student's Name	Father's Name	%age
1	Aakriti	Deepak Pandey	99.7
2	Chiragdeep Singh Kainth	Gurdeep Singh	99.67
3	Kangna	Sandeep Kumar	99.48
4	Mantej Singh Bhandal	Maninder S. Bhandal	99.41
5	Harsimran Kaur	Jagdev Singh	99.26
6	Hargun Kaur Mangat	Harjinder S. Mangat	99.04
7	Nipun Kumar Gupta	Narinder Kumar Gupta	98.96
8	Hartej Singh Jhaji	Gurdeep Singh Jhaji	98.85
9	Prabhjot Kaur	Ravinder pal Singh	98.67
10	Ananya	Rajan Verma	98.33
11	Armaan Singh Chahal	Sukhdev Singh	98.26
12	Abhijot Singh	Hardeep Singh	97.78
13	Savreet Kaur	Baljinder Singh	97.78
14	Sukhsehaj Singh	Pritpal Singh	97.37
15	Gurkanwar Partap Singh	Harinder Singh	96.74
16	Guneet Kaur	Randhir Singh	96.7
17	Gurnoor Kaur	Baljeet Singh	96.37
18	Anshnoor Singh Grewal	Harpreet Singh Grewal	95.37
19	Tainish Sharma	Amandeep Sharma	95.33

CLASS – UKG BLUE

S.No.	Student's Name	Father's Name	%age
1.	Seerat Randhawa	Mandeep Singh	99.78
2.	Vivansh Puri	Mandeep Puri	99.26
3.	Gurpreet Kaur	Tajinder Singh	98.85
4.	Jaskirat Garcha	Tehal Singh	98.78
5.	Nancy	Sukhchain Masih	98.65
6.	Anureet Kaur	Gurbhej Singh	98.65
7.	Evrajvir Singh	Jaswinder Singh	98.59
8.	Eklavya Kapila	Krishan Kant Kapila	98.51
9.	Gurshan Singh	Kuljinder Singh	98.44
10.	Inaya Bhatia	Hemant Bhatia	98.44
11.	Gursehaj Gautam	Ravinder Kumar	98.41
12.	Jaskirat Garcha	Gurmeet Singh	98.15
13.	Harvish	Rajinder Singh	97.93
14.	Jasmeen	Beant Singh	97.80
15.	Gursirat Kaur	Jagdeep Singh	97.33
16.	Gurshan Jhaji	Dharminder Singh	97.19
17.	Mishi Rani	Maresh Kumar	97.19
18.	Prabhleen Kaur	Tejpal Singh	96.93
19.	Kawanvir Singh	Ravinder Singh	96.89
20.	Sehajpreet Singh	Gurpreet Singh	96.89
21.	Ishman Kaur	Jasvir Singh	96.44
22.	Nihal Singh Chahal	Harmandeep Singh	95.96
23.	Kirat Kaur Gill	Harsimranjit Singh	95.85
24.	Jaskaran Kaur Sandhu	Baljinder Singh	95.67
25.	Sehajpreet Kaur	Tajinder Singh	95.59
26.	Tanveer Singh	Kuldeep Singh	95.56

MERIT HOLDERS

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CLASS – UKG GREEN

S.No	Student's Name	Father's Name	%age
1	Tapnidh Kaur	Ranvir Singh	99.93
2	Aaruhi Arora	Keshav Kumar Arora	99.78
3	Aaradhya	Rahul Kapila	99.59
4	Jeevanjot Kaur	Hardeep Singh	99.48
5	Shivraj Mahindru	Ankur Mahindru	99.11
6	Yadavi Sharma	Pushpinder Sharma	98.96
7	Mankaranjot Singh	Jaswinder Singh	98.93
8	Gurmehak Kaur Sandhu	Gagandeep Singh	98.78
9	Taqdeer Kalia	Avtar Singh	98.67
10	Jaskirat Singh	Gurjeet Singh	98.52
11	Fatehvir Singh	Parminder Singh	98.33
12	Abdullah Shakur	Mohd. Shakur	98.30
13	Armaan Singh Bhatoy	Sukhvinder Singh	98.11
14	Gursewak Singh	Karamjit Singh	98.11
15	Anureet Kaur	Gurminder Singh	97.78
16	Avanpreet Kaur	Paramjeet Singh	97.11
17	Pearlveer Kaur	Ravinder Singh	97.00
18	Aryan Sharma	Mukesh Sharma	96.85
19	Jasleen Kaur	Arvinder Singh	96.74
20	Jobanpreet Singh	Jagdev Singh	96.74
21	Yuvraj Singh	Sunil Kumar	96.59

CLASS – UKG ROSE

S.No	Student's Name	Father's Name	%age
1	Raawiya	Amit Goyal	99.22
2	Pratigya Shakya	Ratnesh Kumar	99.04
3	Gurkirpal Singh	Karamjit Singh	99.00
4	Gurkeerat Kaur Birdi	Mandeep Singh Birdi	98.93
5	Pavneet Kaur	Navdeep Singh	98.93
6	Gurjaap Singh	Pardeep Singh	98.74
7	Mannatpreet kaur Rai	Maninderpal Rai	98.47
8	Gurleen Kaur	Sukhjivan Singh	98.22
9	Yug Sony	Sony Masih	97.81
10	Gurtaaj Singh	Pardeep Singh	97.70
11	Anshlina Tete	Bhakti Parkash Tete	97.52
12	Tanesh Sharma	Satish Kumar Sharma	97.33
13	Harsahib Singh Gill	Amritpal Singh Gill	97.30
14	Ruchika lekhi	Jatin Lekhi	97.11
15	Aryan	Kavilash Kumar	97.07
16	Kanwardeep Singh Gill	Yadwinder Singh	96.56
17	Kunwarveer Singh	Ravandeep Singh	96.07
18	Chinu	Karamvir Singh	95.81
19	Naman	Rajan Masih	95.26

CLASS – I BLUE

S.No	Student's Name	Father's Name	%age
1	Sirjanpreet Singh	Mr.Baljinder Singh	99.52
2	Rabnoor Kaur Bhathal	Mr.Pawandeep Singh	99.43

3	Kunik Shah	Mr.Ram Parkash	98.93
4	Aagmanpreet Singh	Mr.Satwant Singh	98.36
5	Shashwat Kumar	Mr.Ranjeet Kumar	97.83
6	Sumarjeet Singh Mundi	Mr.Gurdeep S. Mundi	97.60
7	Mavleen Kaur	Mr.Gurmeet Singh	97.36
8	Akshit Bhatia	Mr.Amit Bhatia	97.21
9	Tegnoor Singh	Mr.Jagdev Singh	96.38
10	Alisha Tangri	Mr.Rajneesh Tangri	96.17
11	Mansimrat Singh	Mr.Sukhjinder Singh	96.00
12	Swinkle Sharma	Mr.Gurwinder	95.71
13	Ichmeet Kaur	Mr.Gurbhej Singh	95.02
14	Tushar Chitkara	Mr.Kapil dev Chitkara	94.86
15	Gurniwas Singh Gill	Mr.Harvinder Singh Gill	94.71
16	Akashdeep Singh	Mr.Karnail Singh	93.48
17	Seeratpreet Kaur	Mr.Jatinder Singh	92.67
18	Uttampal Kaur	Mr.Ravinder Singh	92.52
19	Himank Bhatia	Mr.Sandeep Bhatia	91.19
20	Samanpreet Kaur	Mr.Gurpreet Singh	90.38

CLASS – I GREEN

S.No	Student's Name	Father's Name	%age
1	Manavdeep Singh Panaich	Mr. Jagdeep Singh	99.81
2	Manreet Kaur Gohal	Mr. Rajinder Singh	98.95
3	Gurnoor Kaur Saran	Mr. Gursewak Singh	98.29
4	Nimrat jot Kaur	Mr. Sarbjot Singh	97.7
5	Vansh Tiwari	Mr. Vedprakash Tiwari	97.69
6	Tamanpreet Singh	Mr. Dharampal Singh	97.67
7	Jasreet Kaur	Mr. Kuljit Singh	97.55
8	Jasneet Kaur	Mr. Kuldeep Singh	97.48
9	Ekamjot Kaur	Mr. Harbans Singh	96.93
10	Manveer Chaudhary	Mr. Kapil Dev	96.57
11	Rahasman Kaur	Mr. Harpreet Singh	95.57
12	Mehreen Kaur	Mr. Gurinder Singh	94.95
13	Prabhjaap Singh Saran	Mr. Tejinder S. Saran	94.57
14	Paramveer Singh Saini	Mr. Jaswinder S. Saini	93.9
15	Isharani Minz	Mr. Anup Minz	93.62
16	Ansh	Mr. Subhash Chand	93.38
17	Gurjot Singh Jhajj	Mr. Jaspreet Singh	93.19
18	Gurshan Singh	Mr. Randhir Singh	92.69
19	Gurseerat Kaur	Mr. Gursant Singh	91.9
20	Shivansh Sharma	Mr. Rupesh Sharma	90.19

CLASS – I ROSE

S.No	Student's Name	Father's Name	%age
1	Prabhnoor Kaur	Mr. Bikramjit Singh	99.76
2	Samarveer Kaur Hara	Mr. Simranjit S. Hara	99.64
3	Arnav Singh Dubb	Mr. Jagraj Singh	98.33
4	Tegnoor Singh Jassar	Mr. Parvinder Singh	98.14
5	Parin Singla	Mr. Neeraj Singla	98.07
6	Parneet Kaur Sandhu	Mr. Paramvir S. Sandhu	98.02
7	Ansh Singh Dubb	Mr. Balraj Singh	98.00

Outstanding Academic Performance-Session 2019-20

**MERIT
HOLDERS**

8	Attleen Kaur	Mr. Harbinder Singh	97.05
9	Dilshaan Singh Gill	Mr. Gurpreet Singh	96.88
10	Ganga Beetan	Mr. Randeep Singh	96.24
11	Jasraj Singh	Mr. Varinder Singh	95.21
12	Arnav Bhatia	Mr. Sunil Kumar	95.01
13	Aarav Mehra	Mr. Vinod Kumar	94.24
14	Prabhnor Singh	Mr. Ajmer Singh	92.67
15	Harjot Singh	Mr. Jarnail Singh	92.17
16	Aditya Singh	Mr. Mithlesh Kr. Singh	91.33
17	Guneetvir Singh	Mr. Harpreet Singh	91.21
18	Harnaj Singh	Mr. Pardeep Singh Gill	90.93
19	Angad Singh	Mr. Ranbir Singh	90.81

CLASS – I YELLOW

S.No	Student's Name	Father's Name	%age
1.	Parinoor Kaur Chahal	Mr.Gagandeep Singh	98.95
2.	Harnoor Kaur	Mr.Jagdev Singh	98.86
3.	Selvi	Mr.Sukhjinder Singh	98.71
4.	Khushleen Kaur	Mr.Gagandeep Singh	98.02
5.	Damanjot Singh	Mr.Sukhwinder Singh	97.00
6.	Angel Preet	Mr.Parwinder Singh	96.90
7.	Rajveer Singh Jhaji	Mr.Gurmeet Singh	96.90
8.	Angel Sharma	Mr.Ajay Kumar	95.05
9.	Guntaaz Kaur	Mr.Harjinder Singh	94.79
10.	Gurtez Singh	Mr.Hakam Singh	94.19
11.	Gurkamal Singh	Mr.Kiranpal Singh	94.00
12.	Angel Sharma	Mr.Pankaj Kumar	93.64
13.	Denis Justin	Mr.Amit Kumar	93.52
14.	Harnoor Kaur	Mr.Rajinder Singh	93.36
15.	Armeen Kaur	Mr.Sarabjeet Singh	91.86
16.	Prabhjot Kaur	Mr.Jaspreet Singh	91.52
17.	Aksh Kailey	Mr.Mandeep Kailey	90.29

CLASS – II BLUE

S.No	Student's Name	Father's Name	%age
1.	Harnoor Kaur	Mr.Jaspreet Singh	99.36
2.	Ekamjot Kaur	Mr. Rajwant Singh	98.98
3.	Agamjot Singh Birdi	Mr. Hardeep S. Birdi	97.52
4.	Aayush Kumar	Mr. Rajesh Kumar	97.50
5.	Samervir Singh	Mr. Rajdeep Singh	97.00
6.	Dilraj Kaur	Mr. Amarpreet Singh	95.90
7.	Abhayjot Singh Garcha	Mr. Jaswinder Singh	95.36
8.	Yuvraj Singh	Mr. Simrandeep Singh	93.21
9.	Gurleen Kaur	Mr. Gurjeet Singh	92.88
10.	Harleen Kaur	Mr. Sukhminder Singh	92.79
11.	Ranbir Singh Gill	Mr. Harbhajan S. Gill	91.79
12.	Harvir Singh Sandhu	Mr. Lakhjant Singh	91.48
13.	Ishwarjot Singh	Mr. Gurmeet Singh	90.98
14.	Ravneet Kaur	Mr. Jagdev Singh	90.12

CLASS – II GREEN

S.No	Student's Name	Father's Name	%age
1.	Manreet Kaur Chander	Sunil Chander	98.88
2.	Gurleen Kaur	Daljit Singh	98.48
3.	Giyantika	Vikas Sharma	98.12
4.	Sakshi Sharma	Ranjan Kumar Sharma	97.86
5.	Gurleen Sandhu	Harminder Singh	97.48
6.	Komaljot Kaur	Manpreet Singh	97.31
7.	Taranjeet Singh Garcha	Gurdeep Singh Garcha	96.88
8.	Bhavya Tyagi	Vishve Kumar Tyagi	96.74
9.	Gurmanat Kaur	Sukhdev Singh	96.55
10.	Harnoor Kaur	Sandeep Singh	95.86
11.	Etash	Vinay Sharma	95.67
12.	Sahib Singh	Dalvir Singh	95.50
13.	Jagshan Singh Mangat	Rajinder Singh	95.36
14.	Savreen Kaur	Jatinder Singh	94.10
15.	Parteek Kaur Jhaji	Jangbaz Singh	93.71
16.	Navjot Kaur	Harnek Singh	93.52
17.	Avirajpreet Singh Kailey	Jagjit Singh	93.40
18.	Jyoti Singh	Deepak Kumar Singh	93.38
19.	Roopjot Kaur	Maik Singh	91.76
20.	Perihan Babbar	Sunil Verma	91.43
21.	Harshveer Singh Sandhu	Jagmohan S. Sandhu	91.33
22.	Ridhi Bhatia	Munish Kumar Bhatia	90.81
23.	Gurmanjot Kaur	Kamalpreet Singh	90.21

CLASS – II ROSE

S.No	Student's Name	Father's Name	%age
1	Naitik Vishwakarma	Narendra Vishwakarma	99.67
2	Sugandhi Bhatia	Dinesh Bhatia	98.81
3	Parineet Kaur	Manpreet Singh	98.81
4	Rhythmjot Kaur Waraich	Gurpreet S. Waraich	98.74
5	Rehmat Kaur	Gurpreet Singh	98.60
6	Mohammad Evan Pathan	Mohammad Suheb	98.19
7	Jashanpreet Singh	Harpal Singh	97.24
8	Bhavika Bhatia	Pardeep Kumar	97.17
9	Tarunpreet Kaur	Karamjeet Singh	96.48
10	Jhanavi	Vijay Singh Pathania	96.43
11	Tanvi Surolia	Amit Surolia	96.00
12	Sehajpreet Kaur	Sukhdev Singh	95.71
13	Ekampreet	Shivpal Singh	95.69
14	Bhavseerat Kaur Chahil	Ravneet Singh	94.45
15	Balreet Kaur	Parminder Singh	94.14
16	Sehajvir Singh Gill	Paramvir Singh Gill	93.76
17	Shinepreet Kaur	Jaspreet Singh	93.33
18	Mannatpreet Kaur Sandhu	Harmanpreet S. Sandhu	93.26
19	Bhavseerat Kaur	Kulwant Singh	92.93
20	Avneet Kaur Sandhu	Balwinder S. Sandhu	92.76
21	Rajkaran Singh Gill	Barinder Singh	92.67
22	Karman Singh Gill	Satwinder Singh	92.02
23	Rajvir Singh	Bishenjeet Kumar	92.02
24	Rehatpreet Kaur	Gurjit Singh	92.00
25	Jaipreet Singh	Sandeep Singh	91.79
26	Tisha Sharma	Deepak Devadi	91.43
27	Harshikha Sharma	Sandip Kumar Sharma	90.98
28	Armaan Singh Tung	Baljinder Singh Tung	90.57
29	Gurman Singh Sains	Gurpreet Singh	90.48

MERIT HOLDERS

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CLASS – III BLUE

S.No	Student's Name	Father's Name	%age
1	Saksham	Mr. Ravinder Kumar	98.54
2	Gurjaap Singh Ghuman	Mr. Ranvir S. Ghuman	97.77
3	Randeep Kaur	Mr. Kulwinder Singh	97.12
4	Sahibveer Singh Gill	Mr. Prabhdeep Singh	96.60
5	Gurwinder Singh	Mr. Nirpdeep Singh	96.10
6	Sukhmanjot Singh	Mr. Lakhwinder Singh	93.21
7	Abhijot Singh	Mr. Gurbhej Singh	90.73
8	Harjot Kaur	Mr. Mohan Singh	90.46

14.	Harshit Bhatia	Mr. Amit Bhatia	91.29
15.	Triptani	Mr. Hardeep Singh	91.27
16.	Dilpreet Kaur	Mr. Jaswinder Singh	90.23

CLASS – IV BLUE

S.No	Student's Name	Father's Name	%age
1	Jasjit Kaur	Mr. Mohinder Singh	99.21
2	Harshit Sharma	Mr. Vikas Sharma	98.38
3	Japleen Kaur	Mr. Pardeep Singh	98.04
4	Aryan Dawar	Mr. Narinder Dawar	96.92
5	Prabaljeet Singh	Mr. Baljinder Singh	96.54
6	Manleen Kaur	Mr. Harbinder Singh	95.00
7	Jasmine Kaur	Mr. Gagandeep Singh	93.42
8	Shubhdeep Kaur	Mr. Mandeep Singh	92.65
9	Jaskaran Singh	Mr. Jaspreet Singh	92.62
10	Natik Garg	Mr. Abhishek	92.21
11	Prabhjot Kaur	Mr. Amarjit Singh	91.17
12	Rahul	Mr. Manjit Singh	90.15

CLASS – III GREEN

S.No	Student's Name	Father's Name	%age
1.	Ranveer Singh Benipal	Mr. Ravipal Singh	98.81
2.	Shreya Kumara	Mr. Ajay Kumar Dubey	97.90
3.	Kirtimayee Nayak	Mr. Prasanta k. Nayak	97.79
4.	Tanmeet Kaur Gill	Mr. Jatinder s. Gill	97.69
5.	Bhawna Sharma	Mr. Jaipal Sharma	97.42
6.	Sakhipreet Kaur	Mr. Amarjeet Singh	97.40
7.	Aishmeen Kaur	Mr. Jatinder Singh	97.10
8.	Tejasav Kumar	Mr. Jitender Kumar	96.60
9.	Harshaan Singh Maan	Mr. Gagandeep Singh	96.06
10.	Raijot S. Gill	Mr. Mandeep Singh	95.42
11.	Prakshi	Mr. Deepak Kapila	95.35
12.	Jasman Kaur	Mr. Kulwinder Singh	95.29
13.	Taranvir Kaur	Mr. Kamaljeet Singh	95.00
14.	Avneet Kaur	Mr. Gurmeet Singh	94.56
15.	Harpartap Singh Basroan	Mr. Harbans Singh	93.25
16.	Virasat Kaur Garcha	Mr. Gurbaaz Singh	92.77
17.	Yashika Sood	Mr. Naresh Sood	92.44
18.	Ravneet Kaur	Mr. Gurkirpal Singh	91.27
19.	Sehajpreet Kaur	Mr. Sohan Singh	90.52
20.	Navrose Kaur Gill	Mr. Gurpreet S. Gill	90.02

CLASS – IV GREEN

S.No	Student's Name	Father's Name	%age
1.	Abhishek Sharma	Mr. Neeraj Sharma	91.71
2.	Balnoor Singh	Mr. Karamjit Singh	98.33
3.	Banipreet Kaur	Mr. Karamjit Singh	97.92
4.	Gurleen Kaur	Mr. Prabhsimranjit S.	90.56
5.	Harshpreet Kaur	Mr. Gurjeet Singh	92.46
6.	Heaven	Mr. Deep Singh	90.75
7.	Jashan Jindal	Mr. Mukesh Jindal	93.25
8.	Jessica	Mr. Kirpal Singh	98.21
9.	Kavya Bhanot	Mr. Rajesh Bhanot	90.02
10.	Mahi Prabha	Mr. Binay Prabhakar	94.15
11.	Rajvi Singh	Mr. Bishenjeet Kumar	90.60
12.	Savreet Gill	Mr. Satwinder Singh	92.40
13.	Shabadreet Gill	Mr. Sukhmeet Singh	91.71
14.	Sukhmandeep Kaur	Mr. Jatinder Singh	96.27

CLASS – III ROSE

S.No	Student's Name	Father's Name	%age
1.	Nimrat Randhawa	Mr. Mandeep S. Randhawa	98.21
2.	Vanshika Verma	Mr. Raksh K. Verma	97.92
3.	Simrat Kaur Jhaji	Mr. Gurdeep S. Jhaji	97.81
4.	MannatBrah	Mr. Ranbir Singh	97.81
5.	Jasraj Singh Mangat	Mr. Gurvir S. Mangat	97.23
6.	Nvya Kapila	Mr. Vinay Kapila	96.44
7.	Penny Sachdeva	Mr. Juju Sachdeva	95.81
8.	Ranvir Singh	Mr. Avtar Singh	95.19
9.	Krishna Aneja	Mr. Kuldeep Singh	94.08
10.	Sukhraj Singh Aulakh	Mr. Jagminder Singh	93.25
11.	Baljit Singh	Mr. Ravinder Singh	93.08
12.	Harseerat Kaur	Mr. Manjinder Singh	92.88
13.	ArnavGuleria	Mr. Vishal Guleria	92.31

CLASS – IV ROSE

S.No	Student's Name	Father's Name	%age
1	Armaandeep Singh	Mr. Ramandeep Singh	99.62
2	Reetinder Kaur Gill	Mr. Jatinder Singh	99.04
3	Raghuwar Agnihotri	Mr. Ajay K. Agnihotri	97.79
4	Sneha	Mr. Puneet Mehta	97.35
5	Pahul Joshi	Mr. Satpal Joshi	97.17
6	Anshuman Rana	Mr. Karan Rana	96.65
7	Aditi Kumari	Mr. Sujeet K. Singh	96.54
8	Piyush Bhatia	Mr. Sandeep Kumar	96.10
9	Ridhima	Mr. Charanjit	95.42
10	Maneet Partap Singh Deol	Mr. Kuljinder Singh	95.38
11	Armaan Singh Gill	Mr. Kuljeet Singh Gill	95.25
12	Parneet Kaur	Mr. Jaspal Singh	95.10
13	Hameen Kaur	Mr. Yadwinder Singh	94.71

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14	Harleen Kaur	Mr. Ranjit Singh	94.65
15	Mansi Lekhi	Mr. Jatin Lekhi	94.60
16	Aniket Kumar	Mr. Amit Kumar	93.73
17	Manreet Singh Chahal	Mr. Kulwinder S Chahal	93.60
18	Manveer Singh	Mr. Gurpreet Singh	92.85
19	Prabnoor Singh	Mr. Navdeep Singh	91.19
20	Jasmeen Kaur	Mr. Gurpreet Singh	91.06

CLASS – IV YELLOW

S.No.	Student's Name	Father's Name	%age
1	Simarpreet Singh	Mr. Jagjit Singh	97.65
2	Baldeep Kaur	Mr. Mandeep Singh	96.33
3	Neeti Pareek	Mr. Mukesh Pareek	95.88
4	Guntas Singh Gill	Late Gurpreet Singh	95.65
5	Rati Prashar	Mr. Sunil Prashar	95.21
6	Namya Sharma	Mr. Suneel K. Sharma	93.71
7	Tanvir Singh Dhanota	Mr. Parminder Singh	93.40
8	Komalpreet Kaur	Mr. Gurdeep Singh	92.85
9	Mahin Sarai	Mr. Sukhwinder S. Sarai	92.38
10	Simrat Kaur Sher Gill	Mr. Sukhpal Singh	91.90
11	Harleen Kaur	Mr. Jaspreet Singh	91.83
12	Monika Tete	Mr. Bhakti Parkash Tete	91.62
13	Barleen Kaur	Mr. Harpreet Singh	91.17

CLASS – V BLUE

S.No.	Student's Name	Father's Name	%age
1	Gurleen Kaur	Mr. Gursewak S. Jhaji	98.92
2	Arshdeep Singh	Mr. Sandeep Singh	96.44
3	Gursimrat Kaur	Mr. Gurwinder Singh	94.88
4	Manya	Mr. Sunil Kumar	92.81
5	Aditi Sharma	Mr. Ashok Sharma	91.31
6	Kivleen Kaur Sandhu	Mr. Balwinder S. Sandhu	91.31
7	Armaanpreet Kaur	Mr. Gurdeep Singh	91.23
8	Jasmeen Kaur	Mr. Sandeep Singh	90.71
9	Deepika Mattu	Mr. Rakesh Masih	90.65
10	Taranjot Kaur	Mr. Kuljinder Singh	90.50

CLASS – V GREEN

S.No.	Student's Name	Father's Name	%age
1	Gurasis Kaur	Mr. Manpreet Singh	99.27
2	Mehakpreet Kaur	Mr. Gurial Singh	98.94
3	Damandeep Kaur Gill	Mr. Baljinder Singh	97.69
4	Satkeerat Kaur	Mr. Manmit Singh	97.60
5	Ishika	Mr. Deepak Kumar	97.17
6	Amarveer Singh Dhillon	Mr. Swarn Singh	96.98
7	Imrose Kaur	Mr. Jagmeet Singh	96.88
8	Gurnoor Kaur Mundi	Mr. Gurinderpal S Mundi	96.71
9	Sukhwinder Kaur	Mr. Kulwinder S. Chahal	96.19
10	Sehajleen Kaur Mundi	Mr. Gurinderpal S. Mundi	96.08
11	Armandeep Kaur Sandhu	Mr. Jagjit S. Sandhu	95.69
12	Samreet Kaur	Mr. Dalvir Singh	95.38

13	Supreet Kaur Saran	Mr. Dharmjit S. Saran	95.10
14	Jashanpreet Singh	Mr. Dharampal Singh	95.04
15	Sukhvinder Singh Chahal	Mr. Jaswinder Singh	93.83
16	Divya Maini	Mr. Rohit Maini	93.60
17	Jessica Sharma	Mr. Jatinder Sharma	92.98
18	Japneet Kaur Mangat	Mr. Rajinder Singh	92.19
19	Japnot Kaur	Mr. Daljinder Singh	91.31
20	Vinayak Pathak	Mr. Rakesh Pathak	91.25
21	Harmanveer Singh	Mr. Sarabjit Singh	91.08
22	Meharpreet Kaur Randhawa	Mr. Sukhwinder Singh	90.62
23	Japkamal Bawa	Mr. Sandeep Bawa	90.48
24	Moli Shukla	Mr. Awadhesh Shukla	90.44

CLASS – V ROSE

S.No.	Student's Name	Father's Name	%age
1.	Pranjali	Mr. Manoj Kumar	99.17
2.	Tejpreet	Mr. Gurjit Singh	99.17
3.	Gurlav Singh	Mr. Vikramjit Singh	97.81
4.	Ankush Vashist	Mr. Jai Dev Sharma	97.75
5.	Ekamdeep Kaur	Mr. Mandeep Singh	97.52
6.	Jasleen Kaur	Mr. Dawinder Singh	97.21
7.	Deenia Kalia	Mr. Avtar Singh	97.06
8.	Bishanpreet Kaur	Mr. Manjinder Singh	96.88
9.	Priyanshi Soni	Mr. Rajesh Kumar	96.77
10.	Jyotirmayee	Mr. Prasanta Kumar	96.38
11.	Rudransh	Mr. Rajeev Kumar	95.17
12.	Ekamveer Singh	Mr. Jagmohan Singh	93.52
13.	Navraj Singh	Mr. Gurmeet Singh	92.44
14.	Mankirat Singh	Mr. Kuldeep Singh	91.83
15.	Sehajpreet Kaur	Mr. Yadwinder Singh	91.52
16.	Gurleen Kaur	Mr. Manpreet Singh	91.27
17.	Ankush Kumar	Mr. Ashwani Kumar	90.48
18.	Jaskaran Singh	Mr. Mandeep Singh	90.21
19.	Ekam Singh Gill	Mr. Sukhendarshan Singh	90.08

CLASS – VI BLUE & GREEN

S.No.	Student's Name	Father's Name	%age
1.	Japnot Singh (VI-B)	Mr. Parminder Singh	94.77
2.	Srotri (VI-B)	Mr. Gopal Ram	92.14
3.	Harshit Patel (VI-G)	Mr. Raj Mani	96.98
4.	Amarveer Singh (VI-G)	Mr. Jaswinder Singh	95.05
5.	Manmeet Kaur Sandhu (VI-G)	Mr. Sarbjit Singh	94.24
6.	Gurnoor Singh (VI-G)	Mr. Ravinder Singh	93.21
7.	Mehak (VI-G)	Mr. Kuldeep Singh	91.67
8.	Manraj Singh (VI-G)	Mr. Jasdev Singh	91.42
9.	Gurneet Kaur (VI-G)	Mr. Gurpreet Singh	90.70

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CLASS – VI ROSE

S.No	Student's Name	Father's Name	%age
1	Damneet Kaur	Mr. Gurmeet Singh	97.59
2	Alankreet Kaushal	Mr. Navneet Kaushal	95.18
3	Chhavi Saxena	Mr. Parveen saxena	94.20
4	Japvir Singh Ghuman	Mr. Ranvir S. Ghuman	93.68
5	Akshara Wasan	Mr. Vipin Wasan	93.21
6	Arush Rattan	Mr. Arvind Rattan	92.47
7	Simranpreet Kaur	Mr. Amarjit Singh	92.41
8	Mayank K. Meena	Mr. Hajari Lal Meena	92.17
9	Ishika Sharma	Mr. Rajesh Kumar	92.02
10	Yarusha Masih	Mr. Aman K. Masih	91.91
11	Jasmine Kaur	Mr. Kuljit Singh	91.18
12	Adarsh Kumar	Mr. Sujeet K. Singh	90.97
13	Snigdha	Mr. Jitender Kumar	90.41
14	Sushant Garg	Mr. Deepak Kumar	90.39
15	Madhav Bhatia	Mr. Munish K. Bhatia	90.30

8.	Deepinder Singh	Mr. Chanchal Singh	91.85
9.	Chahatpreet Kaur	Mr. Sukhvinder Singh	91.38
10.	Irwanpreet Singh	Mr. Gurjit Singh	91.14
11.	Tanishka Kuthuria	Mr. Bharat Kuthuria	90.55

CLASS – VIII BLUE, GREEN & ROSE

S.No	Student's Name	Father's Name	%age
1.	Manu (VIII-B)	Mr. Karamvir Singh	95.36
2.	Arshdeep Kaur (VIII-G)	Mr. Jasdev Singh	97.70
3.	Mehakpreet Kaur (VIII-G)	Mr. Baljinder Singh	94.77
4.	Harman Singh Chind (VIII-G)	Mr. Balwant Singh	94.00
5.	Agam Auja (VIII-R)	Mr. Jaswinder S. Auja	98.53
6.	Jaspreet Kaur (VIII-R)	Mr. Mohinder Singh	97.45
7.	Japleen Kaur Bedi (VIII-R)	Mr. Gurmeet Singh	97.29
8.	Mudit Patial (VIII-R)	Mr. Arun Patial	97.03
9.	Aakriti Sinha (VIII-R)	Mr. Rajesh Kumar	95.64
10.	Jaspreet Kaur (VIII-R)	Mr. Jagdish Singh	91.09
11.	Shailesh Sethi (VIII-R)	Mr. Sanjeev Sethi	90.35

CLASS – VII BLUE

S.No	Student's Name	Father's Name	%age
1.	Khushpreet Kaur	Mr. Majinder Singh	98.06
2.	Aishmeen Kaur	Mr. Satvir Singh	95.79
3.	Harshpreet Kaur	Mr. Kamaljeet Singh	95.00
4.	Tanvir Kaur	Mr. Ravinder Singh	94.50
5.	Payal Sharma	Mr. Manoj Sharma	93.80
6.	Yashika kataria	Mr. Baljit kataria	91.50

CLASS – IX BLUE, GREEN & ROSE

S.No	Student's Name	Father's Name	%age
1.	Irwanpreet Kaur (IX-B)	Mr. Gurmeet Singh	91.73
2.	Amritpal Kaur Chahal (IX-B)	Mr. Ranjit S. Chahal	90.08
3.	Harshita (IX-B)	Mr. Pardeep Kumar	87.62
4.	Pritika (IX-G)	Mr. Mukesh Jindal	90.54
5.	Gaganpreet Kaur (IX-G)	Mr. Sandeep Singh	90.48
6.	Divya Thakur (IX-G)	Mr. Kamal Kumar	88.50
7.	Ishman Gill (IX-G)	Mr. Kulwinder S. Gill	86.50
8.	Dilpreet Kaur (IX-R)	Mr. Nirdeep Singh	92.55
9.	Puneet Kaur (IX-R)	Mr. Jagjit Singh	88.22
10.	Mehak Sharma (IX-R)	Mr. Mukesh Sharma	87.88
11.	Charu Sudha (IX-R)	Mr. Brijesh Kumar	86.56
12.	Milanpreet Kaur (IX-R)	Mr. Randhir Singh	86.02
13.	Manya (IX-R)	Mr. Ravinder K. Bhatia	85.26

CLASS – VII GREEN

S.No	Student's Name	Father's Name	%age
1.	Gurleen K. Gill	Mr. Prabhdeep Singh	96.45
2.	Gurnoor Kaur	Mr. Gurpreet Singh	96.27
3.	Gurnoor Singh Grewal	Mr. Balpreet Singh	98.74
4.	Jaanvi Garcha	Mr. Gurjeet S. Garcha	92.89
5.	Jashanjot Singh Gill	Mr. Satwinder Singh	94.00
6.	Jaskiran Kaur	Mr. Gurjit Singh	93.88
7.	Jasmeen Kaur	Mr. Harmandeep Singh	90.73
8.	Kanav Prashar	Mr. Sunil Prashar	96.14
9.	Niharika Pathak	Mr. Vijaydeep Pathak	90.55

CLASS – XI COMMERCE & SCIENCE

S.No	Student's Name	Father's Name	%age
1.	Jasleen Gill (XI-Com.)	Kulwinder Singh Gill	89.80
2.	Sehajpreet Kaur (XI-Com.)	Lakhvir Singh	89.60
3.	Divya Sood (XI-Com.)	Vimal Kumar	88.90
4.	Harshvir Kaur (XI-Com.)	Hardeep Singh	87.60
5.	Amreen Kaur (XI-Com.)	Balbir Singh	87.40
6.	Upkar Sharma (XI-Com.)	Rajesh Sharma	87.10
7.	Dhwani Sharma (XI-Com.)	Kamal Kumar	86.20
8.	Ritesh Kumar Mishra (XI-Sci.)	Mr. Dileep K. Mishra	91.89
9.	Armaanpreet Singh (XI-Sci.)	Mr. Palwinder Singh	88.61
10.	Nimrat Kaur Deol (XI-Sci.)	Mr. Inderjit Singh Deol	86.89
11.	Manwinder S. Gill (XI-Sci.)	Mr. Sukhdev Singh	86.31

CLASS – VII ROSE

S.No	Student's Name	Father's Name	%age
1.	Priya Pathak	Mr. Ranjiv Kumar	96.32
2.	Prabhjot Kaur	Mr. Gurpreet Singh	95.59
3.	Rajveer Singh	Mr. Pardeep Singh	95.20
4.	Tamanjot Kaur	Mr. Baljinder Singh	93.21
5.	Sakshi Meena	Mr. Hajarilal Meena	93.06
6.	Inderpreet Singh	Mr. Harmanpreet S.	92.91
7.	Ramanjot Kaur	Mr. Baljinder Singh	92.12

Colours of Joyful Moments





Silver Jubilee Greetings

To our beloved Principal Rev. Sr. Crispin Maria DM
On the 25th Anniversary of your Religious profession
(1995- 2020)



*'A flower is the miracle of a tiny plant
A gift is the miracle of love
A pearl is the miracle of shell,
The melody is the miracle of music
And you dear sister is a crown
and beauty in the hands of God.'*



Hearty Congratulations!

On Celebrating twenty-five years of service to God and Humanity....

The greatest gift of life is life itself. Life is only travelled once. Today's moments become tomorrow's memory. Celebrating Consecrated life is a graceful moment for all who deliberately collaborate with God's invitation to His mission and purpose.

This is a wonderful occasion to cherish that you have crossed several milestones. A sweet and blessed **25 years** of life. When you have a glance at your decades you will identify for yourself the people and places those blessed you, affirmed you, enlivened you and enriched you.

Today, God is placing His hand on your shoulder and says, **"You shall be a crown of beauty in My hands."**

With God in your world, you are not an accident or incident; you are a gift to the world, a divine work of art signed by God. We appreciate your commitment and dedication for the past **25 years** of bloomed vowed life.

We are always grateful for the inspiration and the encouragement you give to all of us.

Sacred Heart Family thank you, love you and rejoice with you. We carry you in our hearts.

May God bless you abundantly!

Sacred Heart Fraternity, Sahnewal.





Heartians' Tribute to:

- *Almighty God, the Creator and Preserver, for all His abundant blessings.*
- *Sacred Heart of Jesus, our heavenly patron, for guiding us in all our steps.*
- *Diocese of Jalandhar and Diocesan Education Board, for Valuable Guidance and constant encouragement and support.*
- *District administration and Civil authorities for all assistance in our needs.*
- *Our Local Management for great guidance and committed service.*
- *Faculties for valuable contribution, concerted efforts and enthusiasm.*
- *Supporting staff for the hard labour and the painstaking efforts.*
- *Parents for generous cooperation, good understanding and positive suggestions.*
- *Pupils for creative works and assistance.*
- *Benefactors and well wishers, for timely support and encouragement.*
- *All the stakeholders, who toiled hard to uplift this institution to the loftiest realms of fame and glory and for helping us to bring out the HEARTIANS' AROMA 2020.*



OUR **VISION** AND **MISSION** OF EDUCATION

Heartians' Aroma portrays the Vision and Mission of our institution - "Vita in plenitudine" that is, the fullness of life for every individual, respecting each one's human dignity and human rights.

It includes all its components, such as:

- Holistic development
- Values and discipline
- Nurturing spiritual growth
- Academic excellence
- Equality and equity
- Promotion of leadership
- Care for the poor
- Protection and nurture of the environment
- Promotion of family values
- Promotion of child rights and safety

(Courtesy: - All India Catholic Education Policy 2007 by CBCI-New Delhi)

Sacred Heart Convent Sr. Sec. School

(Affiliated to the CISCE, New Delhi, Vide No. PU-080)

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