



PRISM

JANUARY 2024, VOL 104(vi)

Activities organised from October to December 2023
(Secondary and Senior Secondary Wing)



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Dear Parents

The Activity-based Learning philosophy is rooted in the idea that learning is best accomplished when it is inspired by the surrounding environment and motivated by optimal learning opportunities. An environment which encourages fearless exploration and the freedom to express oneself adds to the learning outcomes. Such an approach also helps students to express and embrace their curiosity. Once students become curious, they tend to explore and learn by themselves. We at St Joseph's give our best to the students and develop their potentiality to the fullest.

I congratulate Mrs Meesha Gupta who left no stone unturned to gather information about the activities conducted and designing the magazine meticulously. I thank her for taking the initiative to bring forth students' writing skills via this edition. Please enjoy and feel proud of your wards and their creativity and talents.

**Wish you a happy and prosperous New Year 2024.
God Bless!**

**Sr Ophelia Lobo
Principal**



One attains wisdom through experience and learning, observation and action. Only when the hands do what the heart inspires and the head stimulates, does a person achieve a concrete skill.

It has been such a momentous occasion to our students who partook in competitions and activities. They have grown in wisdom and understanding, skills and talents and added achievements to their profiles.

We as educators feel proud of our learners who spread the wings of their capacities and soar the higher levels of success. To our guides and teachers who train the young minds- a salute and to our students excelling in every aspect- an honest appreciation and blessings of the Lord supreme.

Dear learners, as you tread the path towards glory may nothing deter you. May you reach the zenith with all your determination, hard work, sincerity and undaunted spirit.

**Sr Navina
Vice Principal**



EDITOR'S MESSAGE

4/62

Dear Readers

"Diligence, hard work, perseverance, excellence are the values that cause things to happen."

St Joseph's Convent School, Bathinda functions as per the aforementioned values. The school administration curates its each activity to build a strong foundation of a child at his/her early stage of life.

The third edition of Prism offers a walk through the arcade of activities conducted from October to December 2023. The newsletter speaks volumes of



the students putting their best foot forward to bring out the best in themselves. These activities played a crucial role in unveiling their talents and in raising the bar of the institution. Prism is packed with diverse events that a reader may envisage the skills of the students and the staff sparkling in the sky like confetti.

To upscale writing skills of the Josephites, the school invited entries on creative writing from the students. The newsletter received exhilarating response from the students. Readers will irrefutably enjoy reading and praising the creative thought process of our budding writers.

May Lord Almighty keep us in the hollow of His hands so that we shall continue to strive for amelioration.

A Happy New Year to you!

**Meesha Gupta
Editor**



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TRIBUTE



Late Mrs Rita Sharma

Wherever a beautiful soul has been; there has been a trail of memories...

Late Mrs Rita Sharma, one of the pioneers of our institution, left for her heavenly abode on 1 December 2023.

A teacher par excellence, Ma'am Rita was a glorious member of St Joseph's family who served the institution for 34 years.

A wonderful colleague and an incredible employee. She had carved a special niche for herself in the heart of every student she had taught. She was a commander of magnetic personality which made her extremely popular among her co teachers. Cheerful, helpful and magnanimous at heart, she had an undying zeal to work selflessly for her institution.

Her long association with the Bethany sisters, has millions of beautiful memories which will always remain in the deepest recesses of their heart.

An ideal teacher, an ideal friend, an ideal mother and a pious soul, Ma'am Rita Sharma will always be remembered as a source of inspiration for many. St Joseph's family prays for the eternal peace of her soul.



DIYA DECORATION



Diya Decoration Competition was organised for classes VI-IX. The activity helped in fostering creativity and community spirit among the pupils. The activity aided in brightening the spirit of Diwali.



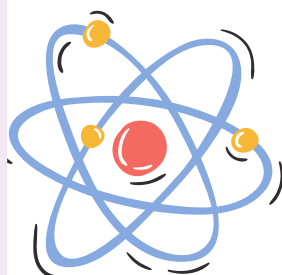
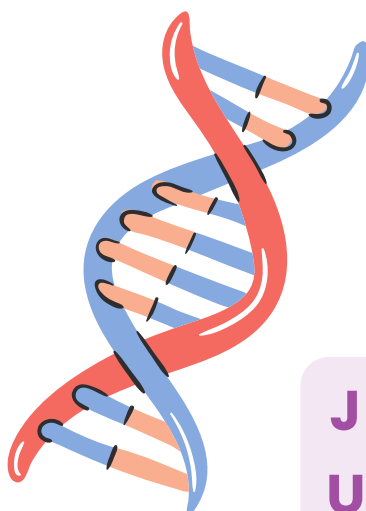
The flame of diya reminds us to seek and spread the light within.



Science Tambola was conducted for Junior and Senior House students. Scholars from classes VI-IX participated in this scientific quiz, fostering teamwork and honing their cognitive abilities.



SENIOR HOUSES



JUNIOR HOUSES



BULLETIN BOARDS

Diwali: A Festival of Illumination through Compassion



Exemplification of artistry by Junior Houses (VI-VII) and Senior Houses (VIII-IX).

Believe in The Magic of Christmas



CAROL SINGING



The school echoed with festive melodies during carol singing competition. Students of VII- IX adorned in vibrant costumes illuminated the stage as they passionately sang traditional carols, creating a magical atmosphere. The competition showcased musical talent, dedication and teamwork of the children. The carols turned the school into a heaven of joyous harmony.



SPECIAL ASSEMBLIES

10/62

INVESTITURE CEREMONY- II



The second batch of Junior Cabinet Members received their badges from Principal, Sister Ophelia Lobo and Vice Principal, Sister Navina. The new leaders took a solemn pledge to uphold the values of the school. Sister Principal encouraged them to set an example for both their peers and the younger students, embodying the essence of leadership and development.





DIWALI

11/62



Clad in vibrant hues, the students of class VIII presented a special assembly on the pious occasion of Diwali.



The festival symbolises victory of truth over evil.



Values of love, compassion and helpfulness.



CHILDREN'S DAY



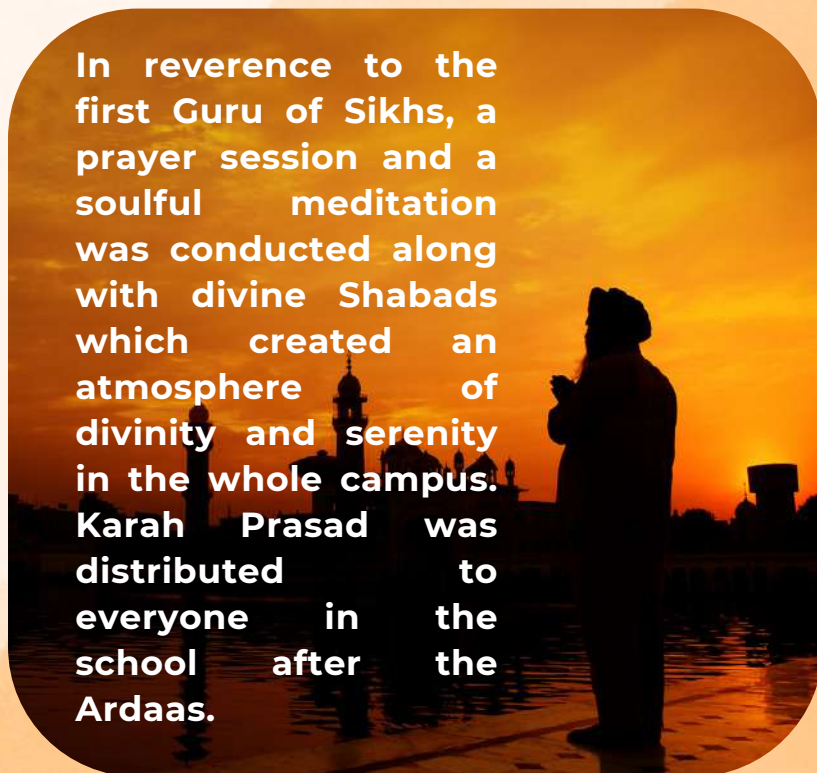
Children's Day celebration was a jubilant affair filled with fun and frolic. The teachers orchestrated a stupendous show, showcasing their talents by dancing to popular Bollywood numbers. Laughter echoed in the corridors, and the vibrant atmosphere fostered a sense of camaraderie among students and teachers alike.



GURUPURAB



In reverence to the first Guru of Sikhs, a prayer session and a soulful meditation was conducted along with divine Shabads which created an atmosphere of divinity and serenity in the whole campus. Karah Prasad was distributed to everyone in the school after the Ardaas.



GRANDPARENTS' DAY

14/62



Grandparents' Day was a heart warming celebration by class VIII that seamlessly blended tradition and festivity. The festivities included delightful dances, music, tableau and games. The grandeur of the performances were accentuated by the genuine smiles on the faces of our beloved grandparents who thoroughly enjoyed every moment of the celebration.





CHRISTMAS

15/62



The true meaning of Christmas was depicted by performances of class VI students. The event was graced by the presence of esteemed chief guest, Mr Pradeep, regional manager of Canara Bank; respected Principal, Sr Ophilia along with other sisters.



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FLAGSHIP EVENTS

16/62

SOCIAL SERVICE WEEK

St Joseph's focuses on educating young minds about the society they live in. In wake of uplifting the underprivileged, the school celebrated 'Social Service Week'. This cultivated values of fraternity and sensitivity among the children. The collected articles were later distributed in slum areas by the children.



C
H
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Y

Newspapers

Toiletries

Stationery

Dry eatables

Cloth pieces



Oratory Odyssey

Talent & Co.

Art Attack

The Rhetoric Rumble

The Great Debate

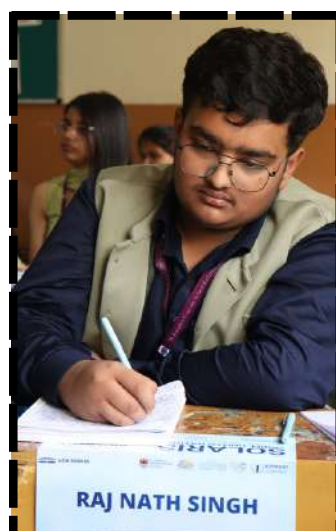
Moot Court

Model United Nations

A LAUNCHPAD TO BRILLIANCE

The school embarked on the journey to unveil talent of pupils from classes III-XIII. Chief Guest Mr Raghavendra P. Tiwari, Vice Chancellor of Central University of Punjab, Bathinda; Principal Sister Ophilia Lobo along with other Sisters, flagged array of events which were administered for three days.

Over 800 participants from 10 schools presented their ideologies on ushering a credible present and sustainable future.



SPORTS MEET

Two day Sports Day brought an energetic vibe as students from classes VI to XI showcased their athletic prowess. The Chief Guest, Lt Col Rajeev Sen Roy encouraged the students to participate in sports events to build stamina, team spirit and persistence. Events such as 100 m race, hurdle race, three leg race, March Past, PT drill exhibited physical agility and teamwork.



**Adrenaline Rush
at
St Joseph's**



EDUCATIONAL TRIPS

19/62

CLASS IX

Bengaluru & Mysore



CLASS X

Trip to Agra



CLASS XI AND XII

*Trip to Agra*

LET'S GO

ADVENTURE



MENTAL HEALTH AND FITNESS

A seminar was conducted on mental health by Jasleen Kaur, RCI recognised Clinical Psychologist, for the students of class XI and XII. Her approach was student centric, individual focused, and knowledge based. A participative environment involving children was created. The aim was to give knowledge on stress management to the students.



TIME AND STRESS MANAGEMENT

Orientation programmes on stress management and importance of time management were conducted by Tanvi Singal (District Topper in Humanities, 2020 batch) and Niti Garg (School Topper, Batch 2023). They captured everybody's attention while discussing various concerns of students' life while facing board exams. A special focus was made on importance of test series, regularity in school, self study and doubt clarification. The sessions turned out really fruitful with lots of intellectual thoughts and ideas.



ADOLESCENT PEER EDUCATORS LEADERSHIP PROGRAMME

22/62



The school organised an Adolescent Peer Educators Leadership Programme initiated by the CBSE. This innovative programme is designed exclusively for students with the objective of development of life skills, mental health and well. Ms Honhaar, faculty member felicitated interactive and participatory solutions. The session emphasised on the vision to assist young people in development of knowledge, attitude and skills that are necessary for positive behaviour.

SEMINAR ON POCSO



A seminar on creating awareness about the Protection of Children from Sexual Offences (POCSO) Act was held. It proved to be a crucial initiative in fostering a safe and secure environment for students. The event focused on educating the educators about the legal framework and preventive measures outlined in the act. The resource person Advocate Sameer Singh, provided insights about the various sections and sub sections of the act in an easy and lucid manner.

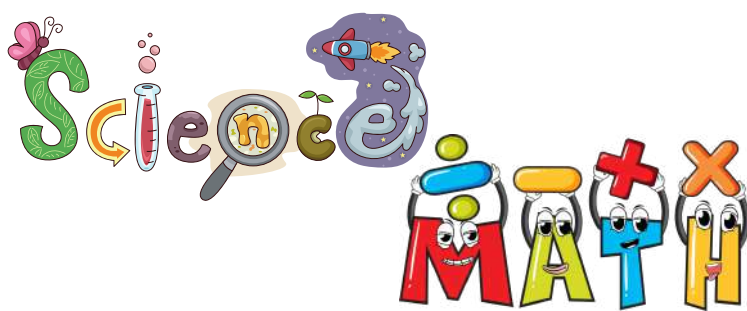


EXHIBITIONS

23/62



The school organised Science and Maths Exhibitions. The students of classes VI to IX displayed models prepared by them on various topics. Minds of the budding scientists overflowed with enthusiasm while they explained the concepts. The exhibitions not only boosted the students' love for the subject but also gave them clarity about the topics and boosted their confidence.



CHECKMATE



Aishani Duseja (VI-B) and Arshiya (VI-E) participated in U-13 Chess Competition. Arshiya and Aishani bagged the second and third position respectively.



Aishani Duseja (VI-B) and Arshiya Goyal (VI-E) grabbed the third position in State Level school games (Chess) held at Malerkotla.

POWER LIFTING ZONE



Palak Goyal of IX-D performed at the 'Khedan Watan Diyan' from 25th September to 5th October by the Punjab Government. She secured the first position in Power Lifting in under 21 category at the district level.

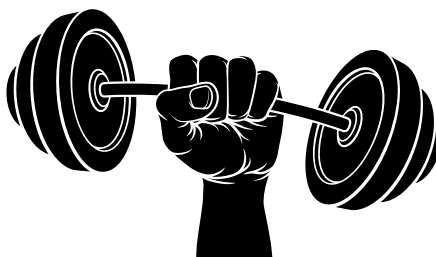


Palak Goyal bagged 3rd position in State level Power Lifting Competition held at Shaheed Bhagat Singh Stadium, Bathinda.



Palak Goyal won silver medal in Power Lifting (Girls-Under 19) at State Level Competition (67th Games-2023-24).

Palak Goyal participated in State Level Power Lifting Championship. She bagged 2nd position in Sub Junior Category.





Science Festival was organised by DAV College, Bathinda. A group of students participated in the Science Models Competition.

Navya Garg (IX-B) and Kavya (IX-B) secured the first position and Raghav (X-C) was honoured with appreciation award.

MODEL UNITED NATIONS



Josephites once again made their mark by showcasing their exceptional talent and potential in the Model United Nations (MUN) held at Tagore International School, Jaipur.

YOUNGEST JUDGE

Gurleen Kaur (XI-D) served as an executive board member at sustainable development goals summit Chandigarh Chapter. She being the youngest judge was highly appreciated.





Sgt. Tanvi Bhasin participated in AITSC (All India Thal Sena Camp) at DGNCC, Delhi.



Sgt. Tanvi Bhasin and Cpl Khayati participated in IGC (Inter Group Camp) for RDC at NCC Academy (Ropar).



L/Cpl Sonish Goyal and L/Cpl Agam Bhatt participated in EBSB Camp (Ek Bharat Shreshth Bharat Camp) in Ropar. Sonish won two medals and Agam won one medal in different activities.



Six NCC cadets of our school attended various such camps all over India. Details of the same are as follow: ATC-57 BUDLADA-Major Sergeant Jasmine(IX-B), Sergeant Ashnoor Sandhu(IX-E), Corporal Khayati (IX-C), Corporal Agam Bhatt (IX-B), Cadet Yuvraj Goyal (IX-D), Cadet Shaurya Singla (IX-A). EBSB-1 MALERKOTA- Sergeant Ashnoor Sandhu (IX-E), Major Sergeant Jasmine (IX-B), Cadet Shaurya Singla (IX-A). EBSB-2 ROPAR- Corporal Agam Bhatt (IX-B) RCTC Pithoargarh, Uttrakhand- Cadet Yuvraj Goyal (IX-D). Corporal Khayati (IX-C) attended six camps.



Stellar performance by Josephites in Kheda Watan Punjab Diyan, District Level organised by Punjab Government.



First in Netball, U-17 Girls



Second in Netball, U-17 Boys



Second in Handball, U-14 Girls



Third in Handball, U-17 Girls



Second in Netball, U-14 Girls



Dhurvansh Deep Singh Dhillon won Bronze Medal in Fencing (Category :U-17) at 67th Punjab School Games (2023-24) held at Patiala.



U-14 girls bagged the second position in Netball State Level- Khedan Watch Punjab Diyan.



Lavni Bhargave (VI-C) won Gold Medal in Arashi MMA Championship at PRS 13, Kock Out Fight and Fitness Club, Bathinda.



Gurisha Monga (IX-D) won the first position in Under-17 Chess Tournament.



Naaz Ratti (X-D) bagged first position in sub event- Sabre.



Pritham Teshwar Singh (VII-F) won bronze medal in 10 meter Air Pistol Competition.



Amitoj Singh bagged first position in U-19 Shot Put (Zone Level). He also secured second position in District Level and has consequently qualified for the state level championship.



Mantaj Sidhu (IX-D) participated in All Punjab Open Shooting Match (Category- Youth) held at Sangrur. He secured silver medal in 10m Air Rifle.



Unique Bindal (VI-E) bagged third position in U-15 and fourth position in U-17 with a silver medal in Chess in Open Category Practice Tournament by A2 Chess Club, Bathinda.



Japjit Kaur (VIII-A) and Ramandeep Kaur (VIII-D) participated in State Level School Games Competition (Netball) held at Shri Mukstar Sahib. They won Bronze Medal.

Our proficient artists at 29th Annual Art Festival organised by Sobha Singh Memorial Chittarkar Society at Teachers' Home, Bathinda.



Tanvee Arora (VI-F) bagged the second position and a cash prize.



Mannatveer Kaur (XI-D) secured the third position and a cash prize.



Aashna Jindal (V-B) and Art teacher Ms Sheetal Nandan exhibited their paintings. They received trophy and a certificate.



Anwasha Mukherjee (VI-A) received a consolation prize and a cash prize.

Our students participated in painting competition held at Guru Nanak Dev Public School, Bathinda. Imaanjeet Singh Aulakh (XI-D) bagged the third position and Mannatveer Kaur (XI-D) received consolation prize.



Yaksh Sain (VI-D) bagged the first position in Drawing Competition organised by The Budding Minds (Reliance), Bathinda.



Tanvee Arora (VI-F) bagged the first position in State Level Art Competition. She was also credited with a cash prize of Rs 3000.

SCHOOL'S DEBUT PUBLICATION

32/62

NOUN

VERB

ADV

ADJ



To strengthen the fundamentals of English Writing and Grammar, the school released its debut book titled 'Fluent Foundations' for classes VI- VIII. The booklet comprises of writing formats and copious grammar exercises to escalate linguistic skills of the students. The grammar exercises were curated by the English Department of the school. The book is compiled by Mrs Meesha Gupta and Mrs Ashu Garg.

PRODIGY AUTHOR



Avika (IX-A) has launched her second book, which is a treasure trove of enigmatic tales, each with a beauty of its own. The title of her book is 'A Coconut's Voyage and Other Stories'. It is a collection of short stories which will certainly be loved by readers of all age groups.



Mr Dev Anoop



Mrs Satwant Kaur Maan



Mr Varun Jindal

Educators play a crucial role in motivating students to realise their full potential. Recognising their commitment and dedicated efforts, they were presented with an appreciation certificate by respected Chief Guest of Christmas celebration programme, Mr Pradeep, regional manager of Canara Bank and worthy Principal Sr Ophilia. Teachers' steadfast dedication and inventive teaching approaches fostered a profound understanding of the subject, leading numerous students to achieve perfect score in the exams.



Mrs Rupinder Kaur



Mrs Sarabpreet Wadi



Mrs Monisha Lorraine

Faculty members were honoured with a certificate of appreciation, recognising their outstanding performance in the staff quiz competition based on the book 'The Journey'. Their commitment to excellence and knowledge stood out, reflecting their dedication to fostering a culture of continuous learning within the organisation.





Creative Writing

34/62

THE ACT OF WRITING

is to share

A PART OF YOUR SOUL

with the WORLD

TWO SISTERS

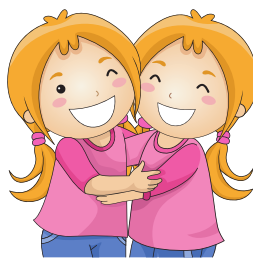
Rinki and Chinky were sisters,
They were good tongue twisters;
But they had two blisters,
Rinki and Chinky were sisters.

They were good at studies,
But they did not have buddies;
Because they were hitchhikers,
Rinky and Chinky were sisters.

They did not like to do sins,
And they were twins!
Rinki and Chinky were sisters,
They were good tongue twisters.



Sargun Kaur
VI-A



GOOD FRIENDS

A friend who never leaves you
alone,
Someone who you can depend
upon,

They don't find ways to make you
worried,
Instead how to make you feel
happy,

They never disappear either in
your bad days,
Nor in your good days,

They only have the right,
To shine brightly in your life.



Tvisha Garg
VI-A



A TRUE FRIEND

A true friend is trustworthy. He/she remains with us in our good and also in our bad days. A true friend helps us in every problem. If we make a mistake, our friend should tell us and help us so that next time we don't repeat it. We should love our friends as they also love us. A true friend is God gifted.



Manseerat Kaur
VI-A

THE SECRET PHANTOM

This is the story of one girl from Rajasthan. She likes to read books a lot. Everyday she goes to the library and reads books till late night. One day she was reading the book in the library till 4:30 a.m. She thought that she got too late to go home, she kept the books on the shelf and walked towards corridor. In the corridor it seems to her that someone is following her. She turned back it seems to her that somebody with open hair is following her, but nobody is there. Soon she also heard some strange sounds and she rushed towards the main gate, But main gate got locked then she jumped off the main gate and started running. She got so scared, she changed her route to go home, but somehow she ends up in graveyard. In the graveyard all types of creepy sounds scared her. Then she heard a loud sound of screaming and she got faint. She woke up in the morning in her bed when she enquired about this from her caretaker she come to know that she was in the home whole night and it was just a dream and she is safe.



Rhythm Goyal
VI-E

I WILL FLY

I will fly
crossing all the borders
breaking up all the ties
high above the mountains
where the Alpine flies.

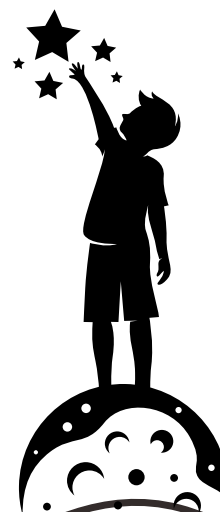


Arham Garg
VI-F

I will fly fearlessly
with the burning desire
to rise and shine
and build my own empire.

I am free to do whatever I desire
God created me free, its my
legacy
I will put on my wings of
education
and write down my own destiny.

I will fly , I will fly
following my dreams
rising above the crowd
letting my thoughts scream.



QUOTE

"A jungle has a variety of plants
and animals, beautiful and
charming. Like that, we have
different talents and different
talented people in our school.."



Bhavika Singla
VI-A

SUNSET

People ask why she loves sunsets
if they mean that everything
has their end.

But the colour of sun
is what makes her happy.

It reminds him
that whatever happened
the entire day,
you can still get
a beautiful thing
in the end.



Aariv Garg
VI-F

THE DAY I LOST MY MOBILE

The day I lost my Mobile
I was very sad and quite
It was a hard task to find
Though never mind

It has happened to me many times
But I always find it somewhere lying
This time it was really very hard to
find

And when I asked my mother
About my phone then as
Usual I got the answer find it by your
own

I tried and tried and tried to find
But till now I never find
This is because the phone was of my
Parents and never mine



Shiraz
VI-A



THE VILLAGER AND THE SPECTACLES

There was a villager. He was illiterate and didn't know how to read and write. He often saw people wearing spectacles for reading books or papers. He thought, "If I have spectacles, I can also read like these people. I must go to town and buy a pair of spectacles for myself." So one day he went to a town.



Ravia
VI-F

He entered a spectacles shop and asked the shopkeeper for a pair of spectacles for reading. The shopkeeper gave him various pairs and a book. The villager tried all the spectacles one by one. But he couldn't read anything. He told the shopkeeper that all those spectacles were useless for him. The shopkeeper gave him a doubtful look. Then he looked at the book. It was upside down! The shopkeeper said, "Perhaps you don't know how to read."

The villager said, "No, I don't. I want to buy spectacles so that I can read like others. But I can't read with any of these spectacles." The shopkeeper controlled his laughter with great difficulty when he learnt the real problem of his illiterate customer.

He explained to the villager, "My dear friend, You are very ignorant. Spectacles don't help to read or write. They only help you to see better. First of all you must learnt to read and write."

Moral: Ignorance is blindness.



GENDER EQUALITY

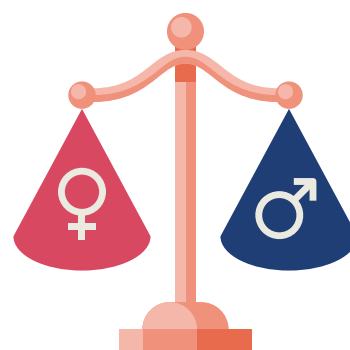
‘Gender Equality’ -I came across this topic through one chapter of my civics book. Our teacher told us about it in school. But I also asked my mother to tell me something about it. She told me that it was a regular practice in the past to discriminate on the basis of gender. People used to think that girls were inferior to boys. Girls were not allowed to take part in activities outside their homes. But with time, things have changed a lot because women have proved themselves time and again and have conquered every field, be it social service, space missions, aviation, science, technology, politics, sports, security services, entertainment, business and so on. I can cite an example from my own school which is efficiently run by Sisters.

But still a lot of work has to be done in this direction because a lot of women and girls are still facing gender discrimination in our society. People, who do such discrimination, need to understand the fact that females are not second to males. They are equal.

Gender equality, if achieved wholeheartedly, can help to make our society a better place to live in.



**Mihira Jain
VI-F**



LIFE IS BEAUTIFUL BUT NOT A BED OF ROSES

There is a lot of stress all around us these days. Most people complain about problems at office, issues in relationships and the growing competition in various fields. People are so engrossed in dealing with these issues that they don't see the real beauty of life. There is so much more to life than these things. In fact, if we look at life closely, we will realise how beautiful it is. God has given us an abundance of everything. This is evident when we look at the nature. The trees, plants, rivers and sunlight – everything is in abundance and so is the energy that resides within us. This is the beauty of life.



Hunner Jindal
VII-A

However, this is not to say that life is a bed of roses. It is not! The problems and concerns of people are genuine. The rich, the poor, the educated, the uneducated, the beautiful and the not so beautiful – everyone has his/ her own set of problems. Life is not easy for anyone. However, we need to understand that this is how life is. If everything came easy we would not really value it. Life is beautiful in its own way and we should look for reasons to enjoy it and embrace its beauty amid the issues we are dealing with.



SELF LOVE

"Self acceptance is the beginning of self love."

On this quote I would like to begin the following article . Everyday as we scroll through social media, the seemingly perfect lives of influencers seems to overwhelm us. Comparison is a basic trait of human nature, a really self hurting one I must say. It comes to play here, we only seem to ponder upon what other have and we don't.

As I stated in the beginning self love begins with self acceptance. It is not merely feeling full of yourself but as there is always room for improvement, pour in efforts to acknowledge your shortcomings and work on it. This will not only be beneficial for you but also for others around you. Self-love is having regard for our own well-being and contentment. Self love also means feeling better about ourselves we can trigger these positive feelings by engaging in a productive hobby or studying basically utilising our time in such a way whose results help us to achieve feelings of satisfaction. Apart from these external factors we also can't complete this article without discussing about mindfulness or meditation. This may not seem like a great way to practice self love but it sure does impact our mindset and shape our character. Calm personalities are usually happier. So as we navigate through this journey of ups and downs called life let us learn to love ourselves and accept ourselves so we can attain not momentary but long lasting contentment.



**Japleen Kaur
VII-E**

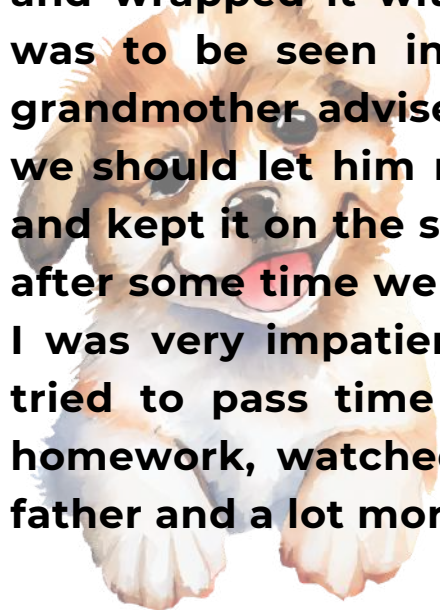
THE PUPPY WHICH CAME BACK

It is the story about a puppy which I found one fine evening. It was the time of the year when the extreme summer starts. There was still a bit time left in dusk. As usual I was coming back to home from playing when I found a small puppy, a white husky. It was about 3-4 weeks old. At a first glance it looked like a normal puppy lying by the road. However, I decided to go near him and check that whether he was injured or not.

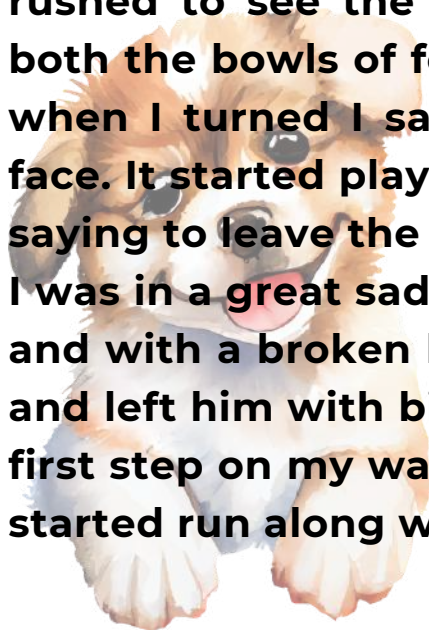
As I went near him a wound like patch of dark-red colour started to appear on his leg. I observed it deeply and he seemed to be hit by a two wheeler or something like that. I took him in my arms and started my journey back to home. On my way back I thought about that whether my family members would agree on adopting a puppy or not. Removing this thought from my mind I continued my journey. Soon I reached my home and showed the puppy to my mother and grandmother. They too had an instant feeling of helping the poor fellow. Me and my mother washed the wound with warm water. Then I brought it to my grandmother, she applied some medicine on the wound and wrapped it with bandage. The warmth and the calmness was to be seen in his eyes which earlier showed pain. My grandmother advised me not to play with it. She told me that we should let him rest a bit. I wrapped it in a piece of flannel and kept it on the side drawer in my room. My mother said that after some time we should feed him. That idea struck my mind. I was very impatient to see him, feed him and play with it. I tried to pass time by anything I could do. I completed my homework, watched television, played indoor games with my father and a lot more. Time passed and finally I



Abhiraj Singh
VIII-E



was allowed by my mother to bring the puppy. I rushed to the room and to my shock the puppy was as still and silent as one could be. His eyes clearly showed that he hasn't slept for days. I gently picked it up and brought it to my mother. She said, 'The puppy isn't adapting here'. I pardoned that what does this mean. She explained that animals sometime don't adapt to their new home and in extreme cases they die. I was frightened, just then my grandmother said it's not always the case, sometimes they do adapt. She added on 'Moreover, he hasn't eaten something'. I rushed to the kitchen and brought a bowl full of milk and some bread in another bowl. I placed both the bowls in front of it, but it didn't move neither to clean it nor to drink it. I was still frightened, just then my grandmother told us to move aside from there and wait from 5-6 minutes. Then we went on our various activities, but my mind was still there thinking about the puppy. I went once again to see it, nothing changed he was the same. Then we all had dinner. After having dinner I went to see it again but this time surely there was a change. By the time I went to bed I was a bit happy with some hope. In morning I woke up and got ready for school. Before leaving for school, I went to see it but it was worse than before he was still and he hadn't eaten anything. In a great sadness I went to school. At school I was a bit dull. My friends asked what had happened, I explained them everything to them they too were concerned about the puppy. When I reached back home I rushed to see the puppy, but he was not there neither were both the bowls of food. Just then I heard a soft and polite bark, when I turned I saw the same puppy with a big smile on his face. It started playing with me. Then I heard my mother's voice saying to leave the puppy in open for its own good. Hearing this I was in a great sadness. But then with a small smile on my face and with a broken heart I took the puppy and went to the park and left him with big and thick tears in my eyes. While I put my first step on my way back I heard the same bark and the puppy started run along with me. That's how 'THE PUPPY CAME BACK'



ਬਲਦਾ ਪਹਾੜ

ਦੁਨੀਆ ਦੇ ਵਿੱਚ ਕਹਿਣ ਨੂੰ 7 ਅਜੂਬੇ ਹਨ ਜੋ ਇਨਸਾਨਾਂ ਦੁਆਰਾ ਬਣਾਏ ਗਏ ਹਨ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਵੀ ਕੁਦਰਤ ਆਪਣੀ ਗੋਦ ਵਿੱਚ ਇਹੋ ਜਹੀਆਂ ਚੀਜ਼ਾਂ, ਜਗਾਹਾਂ ਸਮਾਈ ਬੈਠੀ ਹੈ ਜੋ ਕੇ ਕਿਸੇ ਕਰਿਸ਼ਮੇ ਤੋਂ ਘੱਟ ਨਹੀਂ। ਇਹਨਾਂ ਵਿੱਚੋਂ ਕਈਆਂ ਬਾਰੇ ਬਹੁਤੇ ਦੁਨੀਆਂ ਦੇ ਲੋਕ ਨਹੀਂ ਜਾਣਦੇ। ਇਹ ਸਿਰਫ ਉਹ ਲੋਕ ਜਾਣਦੇ ਹਨ ਜੋ ਇਤਿਹਾਸ ਪੜ੍ਹਦੇ ਹਨ ਜਾਂ ਫਿਰ ਨਵੀਂ ਜਗਾਹਾਂ ਦੀ ਖੋਜ ਕਰਦੇ ਰਹਿੰਦੇ ਹਨ। ਇਸ ਤਰ੍ਹਾਂ ਦੀ ਇਕ ਜਗ੍ਹਾ ਹੈ “ਯੂਨਰ ਦਾਗ” ਜੋ ਅਜ਼ਰਬਾਈਜਾਨ ਦੇਸ਼ ਦੀ ਰਾਜਧਾਨੀ ਬਾਕੂ ਤੋਂ 154 ਕਿਲੋਮੀਟਰ ਦੂਰੀ ਤੇ ਅਬਸ਼ੈਰੋਨ ਪੈਨਿਨਸੁਓਲਾ ਦੇ ਵਿੱਚ ਹੈ। ਅਜ਼ਰਬਾਈਜਾਨ ਨੂੰ ਲੈਂਡ ਆਫ ਫਾਇਰ ਦੇ ਨਾਮ ਨਾਲ ਜਾਣਿਆ ਜਾਂਦਾ ਹੈ।

ਇਹ ਦੇਸ਼ ਏਸ਼ੀਆ ਅਤੇ ਯੂਰਪ ਦੇ ਵਿਚਕਾਰ ਛੋਟਾ ਜਿਹਾ ਮੁਲਕ ਹੈ। ਭਾਰਤ ਨਾਲੋਂ ਤਕਰੀਬਨ 38 ਗੁਣਾ ਛੋਟਾ ਹੈ। ਇਸ ਦੀ ਅਬਾਦੀ ਸਿਰਫ ਇਕ ਕਰੋੜ ਦੇ ਆਸ-ਪਾਸ ਹੈ ਅਤੇ ਇਹ ਲੋਕ ਤਕਰੀਬਨ 45000 ਰੁਪਏ ਪ੍ਰਤੀ ਮਹੀਨਾ ਕਮਾਉਂਦੇ ਹਨ। ਫਿਰ ਵੀ ਖੁਸ਼ੀ ਦੇ ਮੁਲਾਂਕਣ ਤੇ ਇਹ ਦੇਸ਼ 136 ਦੇਸ਼ਾਂ ਵਿੱਚੋਂ 90 ਵੇਂ ਸਥਾਨ ਤੇ ਆਉਂਦਾ ਹੈ। ਇਸ ਦੇਸ਼ ਵਿੱਚ ਤਕਰੀਬਨ 11 ਤਰ੍ਹਾਂ ਦੇ ਵਾਤਾਵਰਣ ਮਿਲਦੇ ਹਨ ਇਸੇ ਕਰਕੇ ਇਥੇ 4100 ਤੋਂ ਜ਼ਿਆਦਾ ਬੂਟਿਆਂ ਦੀ ਕਿਸਮਾਂ ਪਾਈਆਂ ਜਾਂਦੀਆਂ ਹਨ।

ਯੂਨਰ ਦਾਗ ਇੱਕ ਪਹਾੜੀ ਹੈ ਜਿਸ ਵਿੱਚ ਹਮੇਸ਼ਾਂ ਅੱਗ ਬਲਦੀ ਰਹਿੰਦੀ ਹੈ। ਇਸ ਦਾ ਨਾਮ ਇਸੇ ਦਾ ਪ੍ਰਤੀਕ ਹੈ। ਯੂਨਰ ਦਾ ਮਤਲਬ ਅੱਗ ਅਤੇ ਦਾਗ ਦਾ ਭਾਵ ਹੈ ਪਹਾੜ। ਇਸ ਜਗ੍ਹਾ ਦੀਆਂ ਕਈ ਕਹਾਣੀਆਂ ਪ੍ਰਚਲਿਤ ਹਨ। ਕਈ ਕਹਿੰਦੇ ਹਨ ਕਿ ਇਹ ਅੱਗ 4000 ਤੋਂ 6000 ਸਾਲ ਪੁਰਾਣੀ ਹੈ ਅਤੇ ਇਸਨੂੰ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਮਾਰਕੋ ਪੋਲੋ ਨਾਮ ਦੇ ਵਿਅਕਤੀ ਨੇ ਖੋਜਿਆ ਸੀ।

ਪਰ ਬਹੁਤੇ ਲੋਕ ਕਹਿੰਦੇ ਹਨ ਕਿ ਇਹ ਅੱਗ ਪਹਿਲੀ ਵਾਰ ਇਕ ਆਜ਼ਾਦੀ ਨੇ ਲਗਾਈ ਸੀ 1950 ਵਿੱਚ। ਉਦੋਂ ਤੋਂ ਹੀ ਇਹ ਅੱਗ ਬਲ ਰਹੀ ਹੈ। ਇਸ ਅੱਗ ਦੀਆਂ ਲਪਟਾਂ 10 ਮੀਟਰ (33 ਫੁੱਟ) ਤੱਕ ਚਲੀਆਂ ਜਾਂਦੀਆਂ ਹਨ। ਇਸ ਵਿੱਚ ਜ਼ਿਕਰ ਯੋਗ ਗੱਲ ਹੈ ਮੀਂਹ ਅਤੇ ਬਰਫ਼ ਨਾਲ ਵੀ ਇਹ ਅੱਗ ਬੁਝਦੀ ਨਹੀਂ ਸਿਰਫ ਮੱਠੀ ਪੈਂਦੀ ਹੈ। ਇਸ ਜਗ੍ਹਾ ਦਾ ਵਾਤਾਵਰਣ ਤਕਰੀਬਨ ਅੱਗ ਦੀ ਖੁਸ਼ਬੋ ਨਾਲ ਭਰਿਆ ਰਹਿੰਦਾ ਹੈ।

ਇਸ ਦਾ ਮੁੱਖ ਕਾਰਨ ਹੈ ਕਿ ਅਰਬ ਦੇਸ਼ਾਂ ਵਿੱਚ ਕੁਦਰਤੀ ਗੈਸ ਅਤੇ ਤੇਲ ਧਰਤੀ ਦੇ ਹੇਠਾਂ ਹਨ। ਇਸ ਪਹਾੜੀ ਹੇਠ ਹਾਈਡਰੋਕਾਰਬਨ ਗੈਸ ਹੈ ਜੋ ਬਲ ਰਹੀ ਹੈ। ਇਹ ਗੈਸ ਧਰਤੀ ਹੇਠਲੀਆਂ ਵਿਰਲਾਂ ਵਿੱਚੋਂ ਨਿਕਲ ਕੇ ਆਉਂਦੀ ਹੈ। ਇਹ ਹੀ ਕਾਰਨ ਹੈ ਕਿ ਇਹ ਅੱਗ ਕਦੇ ਬੁਝਦੀ ਨਹੀਂ। ਅਜੇ ਵੀ ਸਾਇੰਸਦਾਨ ਇਸ ਤੇ ਹੋਰ ਖੋਜ ਕਰਨ ਲੱਗੇ ਹੋਏ ਹਨ।

ਇਸ ਇਲਾਕੇ ਦੇ ਆਸ-ਪਾਸ ਜਿੰਨੇ ਵੀ ਪਾਣੀ ਦੇ ਝਰਨੇ ਹਨ ਉਹ ਠੰਡੇ ਅਤੇ ਸ਼ਾਂਤ ਹਨ ਅਤੇ ਬੜਾ ਮਨਮੋਹਿਕ ਦ੍ਰਿਸ਼ ਪੇਸ਼ ਕਰਦੇ ਹਨ। ਇਹਨਾਂ ਝਰਨਿਆਂ ਦੀ ਖਾਸੀਅਤ ਹੈ ਕਿ ਜੇ ਮਾਚਿਸ ਦੀ ਤੀਲੀ ਨਾਲ ਅੱਗ ਲਾਈ ਜਾਵੇ ਤਾਂ ਇਹ ਬਲਣ ਲੱਗ ਪੈਂਦੇ ਹਨ। ਇਹਨਾਂ ਨੂੰ “ਯੂਨਰ ਬੂਲਾਗ” ਦੇ ਨਾਮ ਨਾਲ ਜਾਣਿਆ ਜਾਂਦਾ ਹੈ।

ਇਸ ਨੂੰ ਮਈ 2007 ਵਿੱਚ ਪੁਰਾਤਨ, ਸੱਭਿਅਤਾ ਅਤੇ ਕੁਦਰਤੀ ਸਰੋਤ ਬਣਾਉਣ ਲਈ ਯੂਨੈਸਕੋ ਵਿਸ਼ਵ ਵਿਰਾਸਤੀ ਡਿਗਰੀ ਪਾਸ ਕੀਤੀ ਗਈ। ਇਸ ਤੋਂ ਬਾਅਦ ਇਸ ਨੂੰ ਸਰਕਾਰੀ ਤੰਤਰ ਦੇ ਹੇਠ ਲਿਆਂਦਾ ਗਿਆ ਤਾਂ ਜੋ ਉਥੇ ਸੈਲਾਨੀਆਂ ਲਈ ਸੈਰ ਸਪਾਟੇ ਦੀ ਥਾਂ ਬਣ ਸਕੇ। ਇਸ ਤੋਂ ਬਾਅਦ 2017 ਵਿੱਚ ਇਥੇ ਰਿਜ਼ਰਵ ਵਿੱਚ ਯੂਨਰ ਦਾਗ ਅਜਾਇਬ ਘਰ ਬਣਾਇਆ ਗਿਆ ਅਤੇ 2019 ਵਿੱਚ ਕਰੋਮਲੇਂਕ ਸਟੋਨ ਪ੍ਰਦਰਸ਼ਨੀ ਵੀ ਸ਼ੁਰੂ ਕੀਤੀ ਗਈ। ਇਹ ਹੀ ਨਹੀਂ ਸਗੋਂ 500 ਲੋਕਾਂ ਦੇ ਬੈਠਣ ਲਈ ਬਾਹਰੀ ਥੀਏਟਰ ਵੀ ਬਣਾਇਆ ਗਿਆ।

ਅਸਲ ਲੋੜ ਹੈ ਸਾਨੂੰ ਇਹੋ ਜਿਹੀਆਂ ਜਗ੍ਹਾ ਦੇਖਣ ਦੀ ਅਤੇ ਉਹਨਾਂ ਨੂੰ ਸਮਝਣ ਦੀ ਪਰ ਸਾਡੇ ਦੇਸ਼ ਵਿੱਚ ਘੁੰਮਣ ਜਾਣ ਦਾ ਮਤਲਬ ਹੈ, ਉਹ ਜਗ੍ਹਾ ਜਿਥੇ ਬਜ਼ਾਰ ਹੋਵੇ, ਖਾਣ-ਪੀਣ ਨੂੰ ਵਾਧੂ ਹੋਵੇ, ਜਿਵੇਂ ਪਿਛਲੇ ਕੁਝ ਸਾਲਾਂ ਤੋਂ ਪਹਾੜਾਂ ਵਿੱਚ ਸੈਲਾਨੀ ਵਧੇ ਹੋਏ ਸੀ। ਜਿਸ ਸਦਕਾ ਨਵੇਂ-ਨਵੇਂ ਹੋਟਲ ਬਣੇ ਪਰਵਾਹ ਹੀ ਨਹੀਂ ਕੀਤੀ ਕਿ ਉਥੇ ਬਣ ਸਕਦਾ ਹੈ ਕਿ ਨਹੀਂ। ਸਰਕਾਰਾਂ ਨੇ ਵੀ ਲੋਕਾਂ ਦੇ ਹੜ੍ਹ ਨੂੰ ਦੇਖਕੇ ਸੜਕਾਂ 4 ਲੇਨ ਕਰ ਦਿੱਤੀਆਂ, ਇਹ ਨਹੀਂ ਦੇਖਿਆ ਕਿ ਕੱਟੇ ਪਹਾੜ ਰੁੜ੍ਹ ਸਕਦੇ ਹਨ ਇਹਨਾਂ ਤੋਂ ਬਨਸਪਤੀ ਖਤਮ ਹੋਈ ਸੀ। ਪਾਣੀ ਨੇ ਤਾਂ ਮਿੱਟੀ ਰੋੜਨੀ ਹੀ ਸੀ ਜਿਹੜੀ ਬਚਾਅ ਵਾਲੀ ਕੰਧ (ਟੋਅ ਵਾਲ) 10 ਤੋਂ 15 ਫੁੱਟ ਦੀ ਹੋਣੀ ਚਾਹੀਦੀ ਸੀ ਉਹ ਸਿਰਫ 3 ਤੋਂ 5 ਫੁੱਟ ਦੀ ਕੀਤੀ। ਅੱਜ ਹਾਲਾਤ ਇਹ ਹਨ ਕਿ ਸਾਡੀ ਕੁਦਰਤੀ ਸੁੰਦਰਤਾ ਮਨੁੱਖ ਦੀ ਬਣਾਈ ਹੋਈ ਪੱਥਰਾਂ ਦੀਆਂ ਇਮਾਰਤਾਂ, ਦੀ ਭੇਟ ਚੜ੍ਹਦੀ ਜਾਂਦੀ ਹੈ।

Abhiraj Singh
VIII-E



MY LEG SURGERY

On 30 December 2021, I was going to a party when my elder sister noticed my legs and said that your legs are looking bit weird. I was like she is just joking, but then she asked me to join my feet. Surprisingly my knees were joined but not my feet. My sister told me that I have a problem known as “KNOCK KNEES”. I was shocked and scared to know about it. Another morning we went to our family doctor and told him about my problem. He told us that in Chandigarh Sector 32 there is a hospital named Government Medical Hospital. The doctor Mr Parmananda Gupta is a specialist of this problem, go and meet him. We went and met him. He told me for immediate surgery. I was extremely scared and upset. But my parents explained me that it is not a big issue. On 9th of March we got a call from hospital. He told us that I am going to have a surgery on 11th of March. I was so scared and started to cry. Then we went to Chandigarh. We went to hospital on 10th March. We were in Emergency Ward for one whole day. Then at 12:30 a.m. I got my bed. Another morning I had my surgery at 12:00 p.m. to 3:30 p.m. Those were really painful days. But now I am perfectly fine.



Falak Sharma
VIII-D



WILL THE RAIN BE JUDGED TODAY?

The silence before the rain, the calm before the thunder, the wind against your face and the scent of rain so great.

In cherishing the rain the clouds were forgotten who had been gathering everything until they were filled upto the brim.

In the end they release it all unwinding their thoughts which had been buried deep down to this very day.

Still afraid of the perspective of thousands wondering. "Will the rain be judged today?"



Hasrat Kaur
VIII-C

WINTERS

My skin is dry my feet are cold
The wave of winter comes uncontrolled
Freezing temperature and chilling winds
Now is when the winter story begins
My teeth chatter
I speak I stammer
My hands quiver
My feet stagger
I can't complain for this is nature
But the impact it has is quite major
I long the warmth of my cozy blanket
Sweaters and sweaters underneath my jacket
Just 5 minutes more I want to laze
My eyes shut I don't wish to wake



Nandini Raghuvanshi
VIII-C

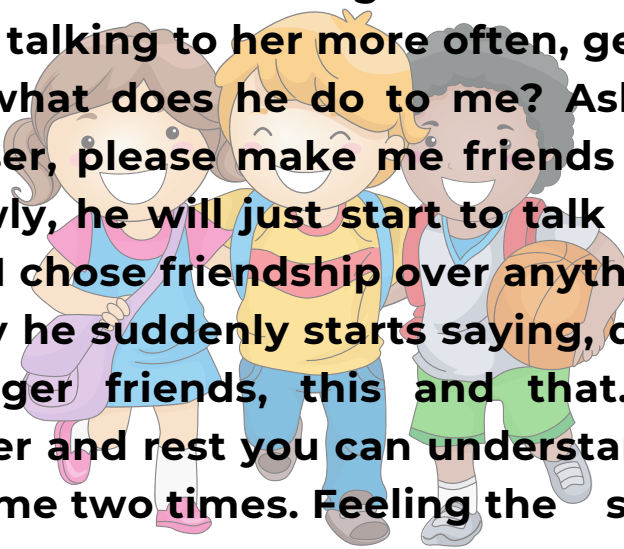
HOW TO RECOGNISE YOUR REAL FRIENDS

A good guide for Teenagers.

Well, you all may have heard about this topic a lot of times and you all will, I am sure, say, 'It's the same...' without even reading this article. Well most of you will, but those who need this never will miss an article based on friends, whether it be YouTube shorts, Instagram reels, etc. What if I say you all that your best friend may not be your real or true friend? Yes, it's true. Friends are what you can find many in only one day's time. What are their features? They always help you, behave all good and at the end just take your advantage. I am not kidding, it has happened with me like ten times. It feels like backstab. But what about a best friend then? It feels like your world has fallen apart if they ever betray you. Yes, they also do. Well, I personally believe they may have almost all the features of a true friend, but they will surely leave your side one day. You don't believe me? Have an example then. This is like a very common example which will surely happen with you someday or another. Suppose I have a best friend xyz. Always spends time with you, talks to you, taunts you, helps you, sides with you on right things etc. But suppose one day he sees a girl, whom he starts liking and he starts behaving weird. Slowly he starts talking to her more often, get every single work from her, and what does he do to me? Ask almost everytime how to get closer, please make me friends with her, this that. And slowly slowly, he will just start to talk about her. One day he will say that I chose friendship over anything, whether it be a girl, but one day he suddenly starts saying, don't tell her that or we are no longer friends, this and that. And at the end, friendships suffer and rest you can understand. This is what has happened with me two times. Feeling the same, backstabbed



Hirav Singla
VIII-C



heartbroken. That is why someone has truly said “Choose your friends carefully.” So how to recognise and choose your true friends? That’s a question that you can have the answer of, but can never really implement it and be able to choose your true friend. That’s why it’s said, “True Friends are hard to find, a person can find them just once in a lifetime, whether they be a criminal, a businessman, or a hermit. They are a once in a lifetime blessing.” And true friends are not what you think they would be. They would taunt you always, get both of you in troubles, making jokes about you, but they would never back away from helping you in serious troubles, never LEAVE your side. This is the most important. They would get themselves in a mess, but would never choose anyone on you. It’s not about being with each other always. Helping each other always, not get him in troubles. They will never side with you when you are wrong. They will take you towards your best. True friends are those who meet you at your worst and guide you towards your best. They will stand up for you when you are right and the other is wrong or he himself is wrong. May it be a teacher, a girl, or anyone else. There are friends, there is family, and then there are friends that become family. One friend in a storm is worth more than a thousand friends in sunshine. They are always close with you from heart and spirit, they don’t need to be near you. They never leave friendship, irrespective of distance between them. A true friend is someone who sees the pain in your eyes when everyone else believes in your fake smile. Now do you think your world might have shifted? You still have a lot of time; a whole life is left ahead. Its time now for you to choose your friends carefully.



LOOKING FOR THE RAIN

Here I am again looking for the rain,
In every corner and every lane.
The way it announces its arrival with
noise so loud,
But eventually creates music with tiny
droplets and clouds.

The sad memories of the past will
surely go away,
And will make me find a new way.
As the rain will come and I will surely
enjoy,
With a heart filled with joy.

The way it doesn't differentiate with
anyone in anyway,
And makes me dance the night away.
As the rain drops fall down with the
wet soil,
The scent is so sweet and warm, it
feels like a kiss from the rain.
The scent is so sweet, it feels like I'm
flowing,
With all the stars glowing.

As the cold breeze leaves my cheeks
with a light touch,
But it's not that much.
As my heart still longs for the rain,
And I am sure it will surely come.
Here I am again, looking for the rain.
Here I am again, looking for the rain.



Suhani
VIII-E



SHE IS YOU

And may be to see with your heart.
She is such a beautiful piece of art.
With all that courage in her heart
But, simply love in her eyes
She would wake up daily,
With the dreams that meant to touch
the skies.
The boundaries meant nothing
The day she set her heart
To everyone willing to see her beauty –
She! Is a work of art!
Her mind so beautiful
Her heart so pure
What all she did endure.
She had her share of flaws
But felt imperfectly perfect to the eyes
May be, she resembled the moon –
That pretty, celestial thing in our skies
Learn to close your eyes.



Suman Monga
VIII-E

• YOU ARE •
Beautiful



A BETTER FUTURE

In a bizzare situation we live
 We just take and take from nature and
 never give
 We ooze on water, land and sky
 contamination
 But it's we, who flourished the seeds of
 pollution



Avika
IX-A

It's high time to develop strategy
 To save the planet Earth from its
 tragedy

Let's grow abundant trees and flowers
 And follow the golden 5Rs
 Live as if plastic has never been
 discovered
 It is a strategy for a better world.

Make the optimum use of water
 resources
 Because life is also in the rivers, seas
 and oceans

Leap and explore more like
 Chandrayaan-3

It is a master plan for a bluer future to
 see

Dears, our only aim is happiness
 Which calls for winsomeness and not
 mess

So let us pledge to be a booster
 For a cleaner, greener and a better
 future.



I USED TO DREAM

What I used to dream about this world does not stand true.

Many people will say they will stay which does not stand true.

Many will come and love you but they do not stand true.

Truth is always bitter but that is what I used to dream about this world does not stand true.

The world is full of honey but honey is not always sweet which is true.

This is what I used to dream which does not stand true.

I cannot describe how this world looks whatever I used to dream does not stand true.

Many problems will be faced by you.

This is what I used to dream which stands true.



Harshita Yadav
IX-A



मेरी सुंदरियां

एक मोहतरमा है मेरी जिन्दगी में ऐसी,
जो हैं एक सपने जैसी।

रूप से सुंदर मन उसका,
सबसे अनोखा रंग उसका।

रोते को हंसाना वह बखूबी जानती है,
बच्चों को संभाले आगे बढ़ना जानती है।

इसने मुझे जन्म न दिया,
फिर भी मेरे दिल का हर राज़ जान
लिया।

कैसे बताऊ क्या लगती है वो मेरी,
या यूँ कह लीजिए दूसरी माँ है मेरी।
वो सुंदरिया शिक्षिका है मेरी।



Jeevika
IX-B



TRAPPED IN SPECTACLE: DIMINISHING THE INFORMED MIND

We're riddled with pointless talk, insane quantities of words and images. Stupidity is never blind or mute. So it's not a problem of getting people to express themselves but of providing little gaps of solitude and silence in which they might eventually find something to say.



Amusing Ourselves to Death: Public Discourse in the Age of Show Business, Neil Postman:

**Anahad Sandhawalia
IX-D**

"I am saying something far more serious than that we are being deprived of authentic information. I am saying that we are losing our sense of what it means to be well-informed."

In two dystopian visions, Orwell's 1984 portrayed a state that would forbid information to keep the public powerless, while Huxley's Brave New World depicted a population too entertained by distractions to understand their powerlessness.

A new medium is not just the upgraded version of the old one. Despite being made for the same purpose, the objects' fundamental structure has changed and technology changes, redefining language and public culture.

The form of every medium predisposes it to be used in only some ways. The main form of our communication methods will always favour certain types of content.

The telegraph created a huge problem: what mattered in the news was whether it was entertaining, the value of information no longer came from its usefulness in social and political decision-making but from its speed.



“How often does it occur that information provided to you causes you to alter your plans for the day, or provides insight into some problem you are required to solve?”

“The telegraph made the country into one big neighbourhood, populated by strangers who knew nothing but the most superficial facts about each other.”

Intelligence became equated with knowing lots of things rather than knowing a lot about things.

The telegraph separated information from context, saying: good information needs no context.

A visual-audio society is where photos and videos replace written text as our main method of understanding and constructing reality.

While entertainment can be a positive aspect of our lives, it creates problems when it becomes the primary form of all experiences, leading to it being equated with value and relevance.

“Even on news shows which provide us daily with fragments of tragedy and barbarism, we are urged by the newscasters ‘to join them tomorrow’... We accept this invitation because we know that the ‘news’ is not to be taken seriously as it seems like a movie, detaching it from reality.

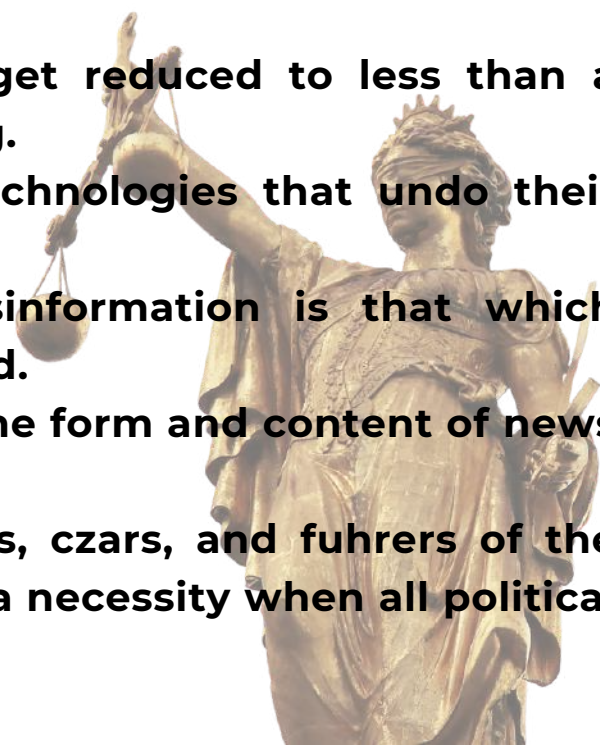
In the news, a lot of the stories get reduced to less than a minute, prohibiting any real thinking.

“People will come to adore the technologies that undo their capacities to think.”

The most dangerous type of misinformation is that which creates the illusion of being informed.

“....the circle begins to close: both the form and content of news become entertainment.”

“How delighted would all the kings, czars, and fuhrers of the past to know that censorship is not a necessity when all political discourse takes the form of a jest.”



ECHOES OF TOMORROW: UNHEARD CRIES IN THE HEART OF YOUTH

Beneath the moon's tender shroud,
a sorrow murmured,
a dream elusive.

On the journey to aspirations,
a silent skirmish in the obsidian night,
concealed from view.

In the realm of dreams,
where joy and purpose collide,
Hear the echoes of youth,
where ambition finds a dwelling abide.

Unseen efforts with each stride,
the unheard cries,
a silent heartache.

Through unspoken trials in the shadows they cast,
a masterpiece of the future takes shape.

In the tranquil dwelling of persistence,
with each hopeful try.

Unheard cries narrate tales of a youth,
determined to soar and touch the sky.



Kudrat Kaur
IX-E



DEAR YOUNGER SELF

Dear Younger Aalya,

It's okay to cry. It's okay not to be okay. I am your older self, writing this letter to you. I have figured out a few things in my school life and as it now comes to an end I would like to share them here.

First, it's really not going to matter in five years. Trust me on this. You have to say goodbye to some people to actually make new people enter your life. I know it hurts but you know what? Never hesitate to remove people who are not good for you. They are actually blocking the way of all the good, positive, pretty people whom God wants you to meet. There are so many good people you're going to meet ahead in your life that you're going to feel I don't know why I didn't meet them earlier. Also, no one I mean absolutely no one, should have the power of your life, to make you feel like you're not worth it. Trust your worth. Everyone who enters the world is worth and deserves the best. Don't give the control of your life to anyone else so that they make you feel sad. Lastly, life is yours, live it. You, beautiful reader, stop expecting from people and live. Enjoy every single moment of your life like there's no tomorrow. No one cares. So, work hard and make yourself proud. Life is going to throw a lot of hardships; you'll feel like you can't do it anymore but that time don't give up. Take rest, reset yourself as long as you want to. But dust yourself up and get back again. Lastly, never sell yourself less just to fit the standards. Life's great ahead. Big things are waiting for you. Don't give up. Trust me, you're going to make it at the end!



Aalya Bhatnagar

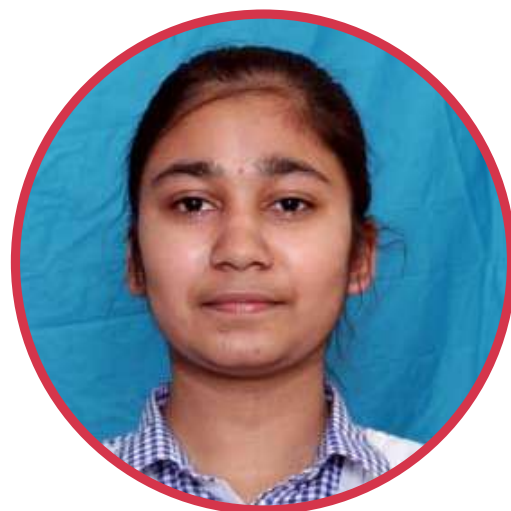
X-A

With love
Aalya



STUDENT LIFE

The phase of student life is often considered the best part of human existence, serving as a crucial period for holistic personal development. Among the valuable lessons learned, the importance of smart work emerges as a cornerstone for success. This skill is deemed essential, serving as a key factor in achieving growth and excellence in chosen pursuits.



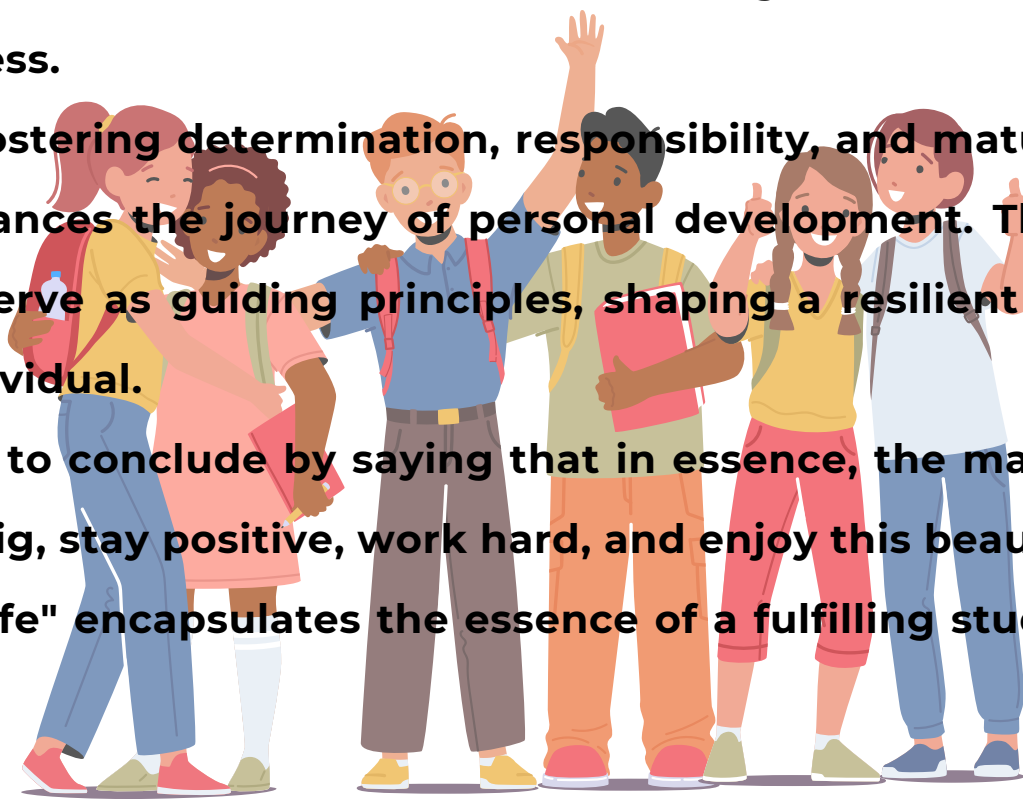
Insiya Singla
X-A

To thrive and excel in one's endeavours, embracing smart work becomes imperative.

In addition to smart work, other virtues such as sincerity and avoiding procrastination prove instrumental in accomplishing tasks initiated and also contribute to a strong foundation for future success.

Moreover, fostering determination, responsibility, and maturity further enhances the journey of personal development. These attributes serve as guiding principles, shaping a resilient and capable individual.

I would like to conclude by saying that in essence, the mantra of "Dream big, stay positive, work hard, and enjoy this beautiful journey of life" encapsulates the essence of a fulfilling student life.



QUOTES

- My brain is not thinking, but my mind's a lot. How could I ever stop cause, I never knew how. I've suffered all these years and now my heart is cold, with no emotions aboard. Now I need a touch to cover it all from above. But alas I'm still not happy cause I never knew how.
- We should think that everything is worst to bring out the best in us.
- A person never changes they just level up.
- Study for yourself and for your future, not for others.
- The ones who were dancing were called crazy by the ones who couldn't hear the music.
- This year I understood why people watch the moon from far away.
- The first and last goal was and will be giving my best always.



Trigun Kaur Dhillon
X-A

**DO YOUR
Best**

SCARS

Scars;

They're not mere marks on the surface,
They go way deeper than that.

Each blemish tells a story;
The plight she hid from all,
Each blemish houses a mystery,
The sort no one could solve.

Each cut speaks a word;
Forming thoughts she never said,
Each cut voices a plea;
That she made for this curse to end.

Yet

Each wound soaks a tear;
Which welled up but didn't fall,
Each wound holds a fear;
Which she left behind to fight on.

Each gash is a reminder;
Of the battle that waged inside her,
Each gash is a tribute;
To her struggle as a survivor.

Each lesion serves as a beacon;
Evoking her will to defy all pain,
Each lesion encases the cinders;
From which the Phoenix has arisen again.

Scars;

They're not mere marks on the surface,
They make her soar way higher than that.



Punya Kaur Mann
X-E



TRANSFORMATIVE JOURNEY OF DEDICATION AND PASSION: A PRESIDENT'S STORY



Navya Chander
XII Humanities

My name is Navya Chander, and I am currently a student in 12th-grade Humanities. Additionally, I have the honour of serving as the President of St. Joseph's Convent Senior Secondary School in Bathinda. Holding this position is a significant accomplishment for me, and I vividly recall my interview experience. Despite the intense competition among the top students, I felt more excited than nervous, although admittedly also a bit underconfident.

As the results were being announced, I braced myself for disappointment. Though I didn't anticipate snagging one of the top positions, I still held out hope that I might emerge as a leader. When the president's name was called, I was stunned and my heart skipped a beat. Overcome with emotion, I teared up, laughed, and celebrated with everyone around me. Winning the presidency proved to be a turning point, as I conquered my insecurities and felt inspired to embody the best qualities possible. After all, I have young students looking up to me as a role model and mentor, and I am determined to set a positive example for them to follow.

My experiences have helped me become a driven and purposeful individual. They have taught me how to handle various challenges and develop leadership abilities.

I strongly advise all students to uncover their hidden talents, as becoming school president allowed me to recognize my own value and inspired me to make my school and educators proud.

I am tremendously appreciative of the badge that has enabled me to showcase my best qualities, and I am grateful to all those who supported me in reaching this significant achievement.