

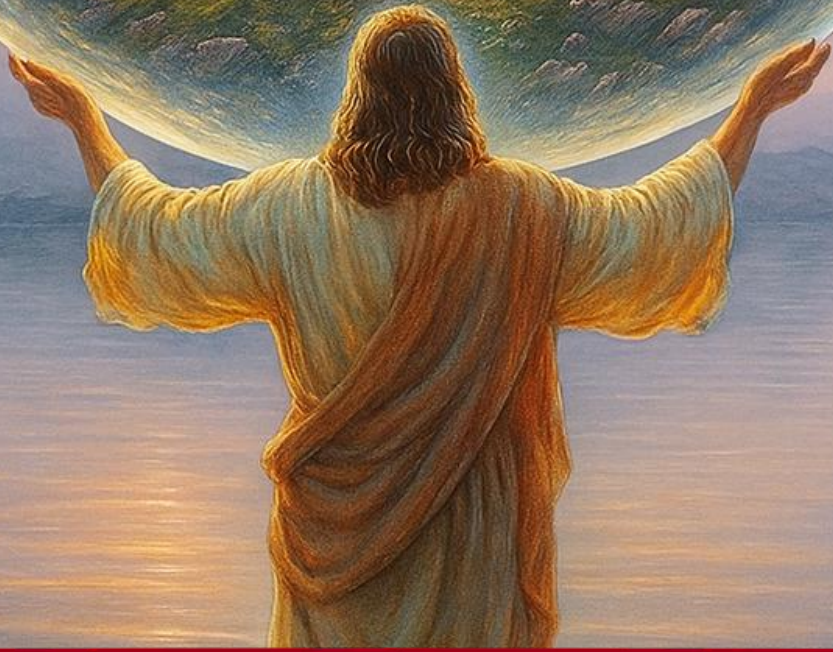
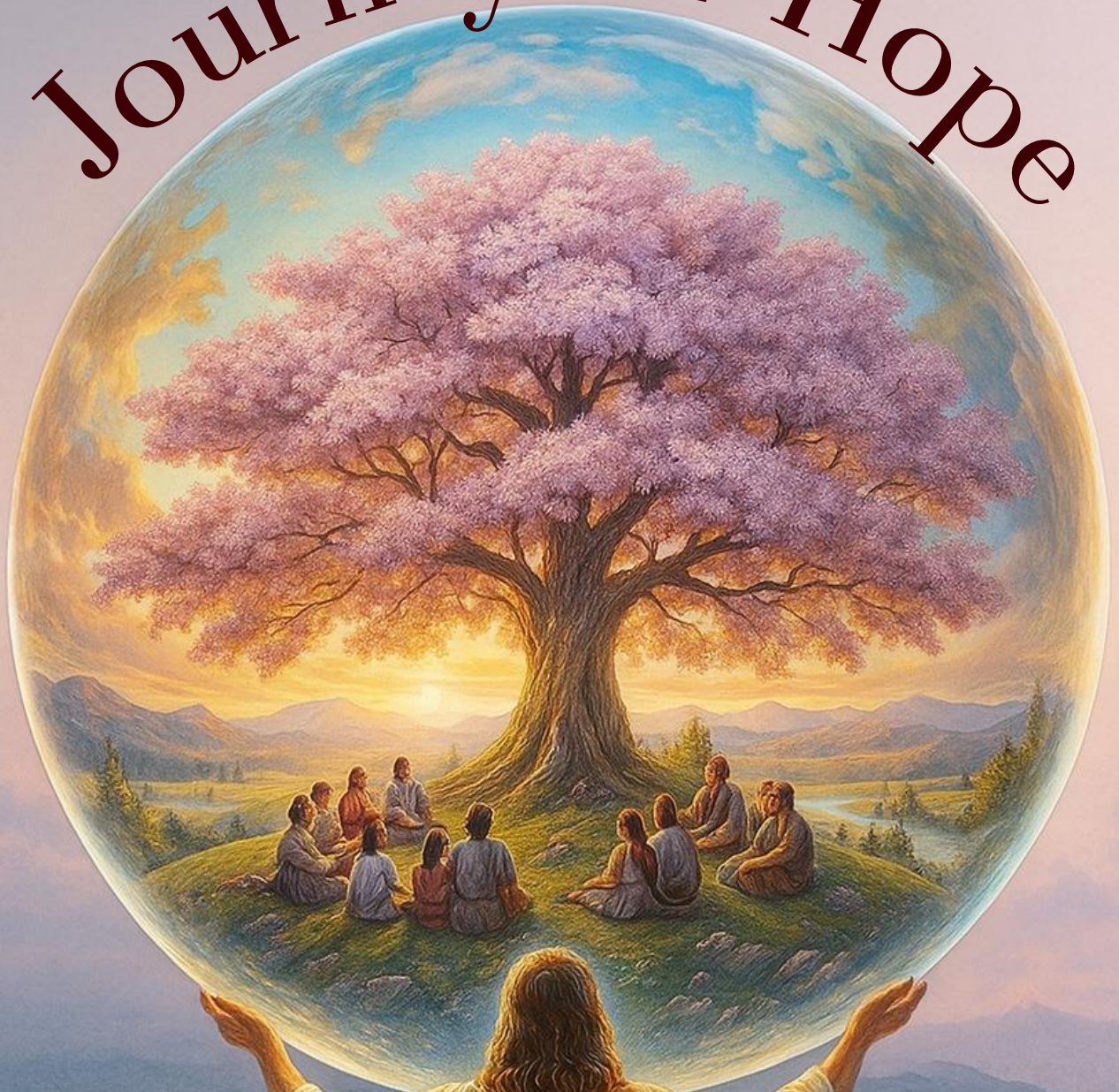
SACRED HEART CONVENT SR. SEC. SCHOOL JAGADHRI



DIAMOND JUBILEE

1966 - 2025

Journey Of Hope



60 Years Of Excellence



SACRED HEART OF JESUS

Founder Of Sisters Of The Destitute



FR. VARGHESE PAYAPILLY

His Holiness



POPE LEO XIV



Simla Chandigarh Diocese

Bishop's House, P.O. Box No: 709, Sector 19-A Chandigarh - 160 019, INDIA.

† Ignatius L. Mascarenhas
Bishop of Simla-Chandigarh

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Dated: 15.11.2025

Message

A Diamond Legacy: Heart Speaks Unto Heart

I am glad to know that Sacred Heart School, Jagadhri is celebrating the Diamond jubilee of its service to the people in and around Jagadhri. I congratulate the Management, Principal, Staff and students for achieving this mile stone. This institution has been imparting quality education to thousands of students from its inception.

The Radiance of Sixty Years of grace-filted education. Sixty years of shaping minds and forming hearts. Sixty years of the heart speaking unto the heart. This celebration is not just a look back. It is a call forward-to renew the wisdom that has guided us, inspired by the great Doctor of Grace, St. Augustine. Our Diamond Jubilee rests on four enduring pillars.

1. Interiority - The Teacher Within.

St. Augustine reminds us: "Do not go outside yourself; return within, for truth dwells in the inner man." In a world drowning in noise, Sacred Heart must lead our students back to the centre of their being. Because true learning-the kind that transforms-begins in the silence where the inner Teacher whispers. This is where heart speaks to heart, and where souls are formed.

2. Unity - One Community, One Soul

Education is never solitary. Scripture says: "Two are better than one... If either falls, one can help the other up" (Ecclesiastes 4:9-10). This is the power of collaboration. And again: "Let us consider how to stir up one another to love and good works" (Hebrews 10:24). This is the call to encouragement and respect. Students, teachers, families-we walk together. In this shared purpose, this solidarity, lies our greatest strength.

3. Love - The First Practice of Education

Augustine teaches: "Love of neighbor is the first practice." Knowledge becomes wisdom only when offered with compassion. This Jubilee invites us to recommit ourselves to building bridges, honouring our educators, and giving special care to the fragile, the least, the forgotten. Love is not optional in education. It is its soul.

4. Joy - The Radiance of True Teaching

A true teacher does more than instruct. A true teacher awakens joy. Let Sacred Heart continue to be a place where creativity, encouragement, and authentic relationships ignite that joy-the joy that unites hearts and transforms lives. A Jubilee Invitation: As we step into the next chapter, may these four pillars-interiority, Unity, Love, and Joy-shape every lesson, every decision, every relationship. And may we never forget the Lord's own measure of our mission: "As you did it to one of the least of these my brethren, you did it to me" (Mt 25:40). Congratulations, and God bless each one of you who has helped build this Diamond Legacy. May the decades ahead shine even brighter-with grace, truth, and shared smiles.

Thank you and ad multos annos!





THE CATHOLIC DIOCESE OF SIMLA-CHANDIGARH

Most Rev. Sahaya Thatheus Thomas

Bishop of Simla-Chandigarh Diocese

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Message from the Bishop

This year marks a remarkable milestone as Sacred Heart Convent Senior Secondary School, Jagadhri completes 60 years of dedicated service to education, character formation, and nation-building. A Diamond Jubilee is not just a celebration of time; it is a celebration of vision fulfilled, lives transformed, and a mission carried forward with unwavering commitment.

The story of Sacred Heart Convent School began in simplicity-with limited resources but great faith and determination. What started as a humble initiative has grown over six decades into a respected centre of learning, known for academic excellence, holistic formation, and a nurturing environment rooted in Christian values. Generations of students have walked through its gates and emerged as responsible citizens, compassionate human beings, and ambassadors of Integrity.

Beyond textbooks and examinations, Sacred Heart Convent School has always prioritized forming hearts and minds capable of wisdom, compassion, and service. The values instilled here- discipline, respect, spiritual depth, and social responsibility have empowered learners to contribute meaningfully to o society. Many alumni today serve as educators, doctors, scientists, engineers, administrators, and social leaders, carrying forward the spirit of excellence that the institution nurtured in them. In doing so, the school has played a quiet yet profound role in building the nation.

At the heart of this noble mission stands the Congregation of the Sisters of the Destitute (SD). Their vision, sacrifice, dedication, and spiritual depth have shaped the identity of this institution. They did not merely build a school-they built a place where every child feels seen, valued, and loved. Their silent perseverance, compassionate leadership, and deep commitment to the Christian Values continue to inspire staff, students, and the wider community. On behalf of the Diocese, we express heartfelt gratitude to the Sisters of the Destitute for their tireless service and enduring missionary spirit. Your presence has been a blessing to our diocese and a gift to countless families.

As Sacred Heart Convent Senior Secondary School celebrates its Diamond Jubilee, we give thanks to God for His guidance and grace. May this milestone inspire renewed zeal to continue educating generations with excellence, love, and faith. May the years ahead be filled with growth, blessing, and continued service to God and humanity.

With Blessings

Bp. Sahaya Thatheus Thomas
Bishop of Simla-Chandigarh



PROVINCIAL SUPERIOR'S MESSAGE



It is with great delight, I pen these few lines to commemorate the Diamond Jubilee of Sacred Heart Convent Sr. School , Jagadhri , as well as to express my congratulations, gratitude and best wishes for bringing out a Souvenir on the forthcoming plethora of fun filled celebrations. A journey of a thousand miles begins with a single step. True to this , Sacred Heart Convent Sr. Sec. School , Jagadhri , began with a single step has successfully traversed several miles. It has marked momentous histories and left behind significant landmarks.

A Diamond Jubilee is an appropriate time to celebrate its vivacity and proclaim . At this juncture, I am happy and proud to say that this institution has produced students branded with quality and merit. School has done its best in bringing out the talents of each student in their character formation and personality development.

God bless all , and everyone who is serving to keep your flag forever fluttering . On this joyful occasion I extend my hearty congratulations and warm wishes to the principal, staff , students and parents and well wishers for their untiring efforts and sincere contribution to the growth of this school . The souvenir will surely be the reflection of this glorious journey of sixty years . I wish good luck for the future endeavours of the school.

**Mother Smitha Vernbilly S. D.
Provincial Superior**



PRINCIPAL'S MESSAGE



Sacred Heart Convent Sr. Sec. School , Jagadhri was planted as a sapling in 1966, which has grown into a big tree, located in nature's lap in a peaceful, calm and conducive atmosphere for learning, where individuality is closely knit, nurtured, trained and prepared to build an integral and responsible society. Jubilees are occasions to be celebrated, to recall the marvellous ways in which the school has fulfilled its mission in imparting education, moral and spiritual values, and discipline to help build leaders who will bring about a culture of peace and love which our society and country needs today. They also provide an opportunity to reflect on the past achievements of the school as well as introspect on the preparations to meet the challenges that lie ahead. Sacred Heart Convent Sr. Sec. School celebrated its Golden Jubilee in the year 2015. The festivities included a plethora of exciting events spread over the year, making it one of the most festive and memorable periods in the history of

school. From very humble beginnings in 1966, Sacred Heart Convent Sr. Sec. School has grown leaps and bounds, and now stands tall and proud with impressive buildings in a symphony of Maroon and cream, equipped with the latest innovations in technology, expansive playing fields, beautifully landscaped gardens, and a student roll of over 2200 students. The tireless efforts and wholehearted commitment by our founding sisters and staff shaped the quality of the school. They were persons with a determined mind and clarity of vision and had faced great challenges and hardships to help us reach the Diamond Fest. I thank all the managers, principals and staff who worked hard with dedication to make Sacred Heart what is today. Talented students from the school have excelled not only in academics, but also made a mark in Sports , Arts , literary and cultural activities. SHCS has played a central role in educating generations of Indian youth, many of whom have gone on to play an important role in society, whether culturally, in business or in public life. I would also like to put on record the incessant assistance and cooperation of all the teaching and non teaching staff that help me run this institution smoothly. Last and in no way least, a special thanks to all the parents for putting their faith and confidence in us. . My hearty thanks to the editorial team of this Diamond Jubilee magazine headed by Mrs. Urvashi Maini under whose guidance the members worked to make the Jubilee issue more innovative . I wish you all good luck and let's work harder to achieve bigger and better milestones in the coming years. Remember, success is not final. Success is not resting on your laurels, but finding new laurels to rest upon.

**Sr. Jesina S.D.
Principal**



VICE PRINCIPAL'S MESSAGE



It gives me immense joy to pen down a few words for this year's school magazine. Over the past two years, my journey here has been one of learning, collaboration, and shared growth. Each day has reaffirmed my belief that education is not merely about imparting knowledge, but about nurturing values, igniting curiosity, and shaping character. Together, we have celebrated achievements, overcome challenges, and created memories that will remain etched in my heart. As we bring out this magazine, I see it not just as a collection of articles and reports, but as a mirror of our school's spirit — vibrant, creative, and ever-evolving. May it continue to inspire us to strive for excellence while staying rooted in humility and compassion.

Let us move forward with renewed hope, carrying the light of knowledge and the warmth of togetherness into the future.

Sr. Lismy Therese S.D.
Vice Principal





EDITORIAL

Long ago, in a quiet corner of the town a gardener planted a sapling with hope and vision. It was not a mere sapling but a dream rooted in soil destined to grow into a sanctuary of learning. Seasons passed, branches stretched wide, welcoming generations of birds- some curious, some shy, some confident.

Now 60 years later, this Banyan tree stands tall, not just a tree but a living legacy.

This story mirrors the journey of our beloved school, planted 6 decades ago by our visionary founder Principal, Sister Anunciata.

Convent as the name suggests, run by sisters, grew by leaps and bounds under their guidance. From 1965 to 2025, we have come this far, when we take pride in saying that 60 years are not merely years but an era that holds not just dates, but dreams.



Moving ahead with Diamond Jubilee edition of the digital magazine, we walk through corridors echoing with laughter learning and legacy. This magazine is more than a collection of articles, drawings and messages; it's a living archive of gratitude and growth. From profound reflections of our principal Sister Jesina, Provincial Superior Mother Smitha and Vice principal Sister Lismy Therese S.D to the cherished memories shared by



EDITORIAL

alumni, every contribution is a chronicle of growth and grace. Our students' creativity shines through sketches and stories while teachers' wisdom finds voice in thoughtful pieces. Let hearts rise in joy as we honor this shared voyage. I wish to thank Sister Jesina, Principal, Sr Lismy, Mr. Sanjay Kuthiala, Mrs. Jyoti Bharat, Mr. Manav Sharma, Mrs. Ruchi Kapur, Mrs. Rakhi, Mrs. Gagandeep Kaur, Mrs. Yogita Mehta, Mr. Sumit Verma, Mr. Amit Kumar and Mrs. Jaspreet Kaur for extending their help your efforts have turned this magazine into a milestone. To the team of student editorial board I convey my heartiest congratulations. You worked not by the clock but by the call of passion, making these pages speak not just in pixels but in purpose each layout, each design choice reflects your dedication. Blessings to each one of you.



The student editorial board includes:

Dhairya Goel (XII-C)
Suhasini Kaushik (X-C)
Aaryaveer Singh (X-B)
Yash Singhal (XII-C)
Parth Garg (X-B)
Soven Garg (IX-A)
Aadit Jain (XII-C)
Aarnav Singhal (XII-C)
Vedanti Sheoran (XI-H)
Adhiraaj Garg (IX-A)
Avni Nehra (IX-C)
Arnav Singhal (VIII-C)
Arnav Goel (VIII-C)
Avika Gupta (X-C)
Sabbhya Garg (X-B)
Manthan (XII-C)

-Urvashi Maini





HARVEST

OF

HARDWORK

(2024-2025)

AISSCE TOPPERS

MEDICAL



MANNAT DHIMAN
98.20%



RIYA SHARMA
90.00%



LAVANYA NAIN
89.40%

NON-MEDICAL



THIA KANSAL
94.00%



GUNJAN GUPTA
89.40%



BHAVYA KAPOOR
89.20%



HARSHIT KUKREJA
89.20%

AISSCE TOPPERS

COMMERCE



PARTH LUTHRA
98.20%



HUNAR DUGGAL
95.20%



ABHILASHA BANSAL
93.80%

HUMANITIES



GARGI
93.20%



KHYATI
93.20%



PRAGATI
92.20%



ANSHIKA SACHDEVA
86.60%

AISSE TOPPERS



BHAVYA GARG

98.80%



STUTI MAKKAR

98.40%



VASVI GARG

98.4%



ADHIRA GARG

98.20%

AISSE TOPPERS



ARJUN AGGARWAL

98.00%



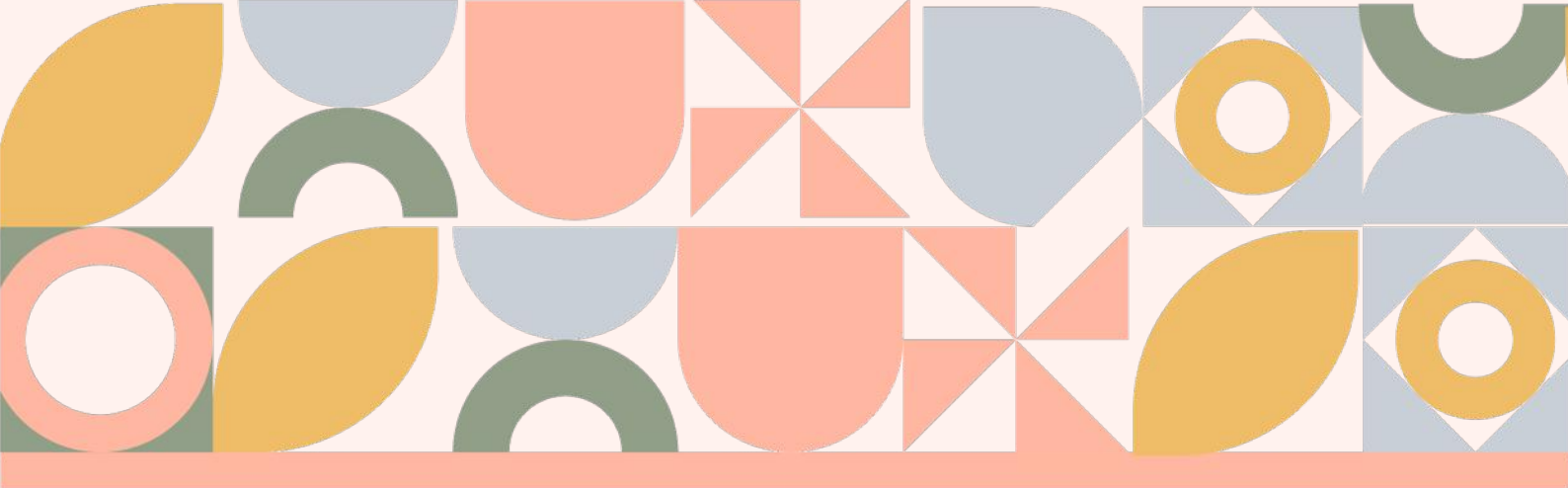
SAMRIDDHI CHAWLA

98.00%

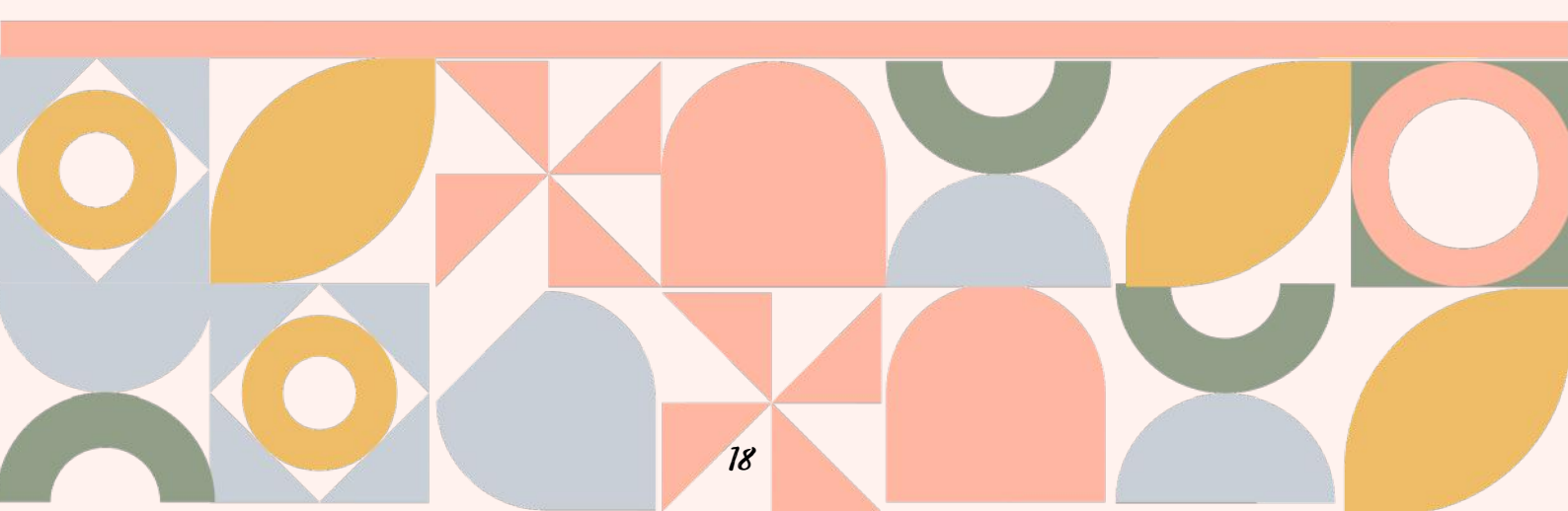


SATVIK GARG

98.00%



From the *Teacher's* Desk





एक सैनिक बेटी की माँ

लोगों ने बहुत ताने दिए जिस दिन मैंने तुम्हें
जन्म दिया।
कहा—मेरी कोख बेटा न जन सकी, हर
किसी ने मेरा अपमान किया।
मगर मैं न रोई, न घबराई—
जब तुम मेरी बाँहों में आई।
जब तुमने मेरी उंगली पकड़ी,
तो मैं जी भरकर मुस्कुराई।
पहले माँग के सिंदूर को इस देश पर कुर्बान
किया,
फिर जब तुमने देश-सेवा का संकल्प लिया...
एक पल न मैंने विचार किया।
ले बेटी, पकड़ यह तिरंगा...
देश की आन-बान-शान पर कुर्बान हो जा।
लिखवा दे अपना नाम 'शहीद' में...
और बता दे दुनिया को—
कि भारत माता के माथे पर लहू का तिलक
लगाने के लिए
बेटा बनकर ही जन्म लेना ज़रूरी नहीं होता।

बदलाव

पुरानीहोने पर बदल जाती है सब चीज़े
दरवाज़ो पर लटके पर्दे
शरीर के कपड़े
बैठक में रखा फर्नीचर...
हर चीज बदल देना चाहता है इंसान
नवीनता उसे पसंद हैकिंतु मैं आज भी समझ नहीं पाती....
कि हर पुरानी चीज से नफरत करने वाला आदमी
क्यों नफरत नहीं करता अपने पुराने सड़े गले विचारों से...
अपनी गंदीवासनाओं से
क्यों नहीं मार देता वह उस जानवर को
जो उसके भीतर छुप कर बैठा है
नफरत के जहर को त्याग कर....
क्यों नहीं चख लेता प्यार का थोड़ा सा अमृत
जो इस जीवन को स्वर्ग बना सके।।

Mrs. Jyoti

Bharat



लोभः न करणीय

पुरा फरीदाबाद-नगरे एकः नृपः वसति स्म।
तस्य नाम मायादासः आसीत्। तस्य
राजकोषे अपरिमितं धनम् आसीत्, परन्तु
सः सर्वदा धनस्य विषये चिन्तां करोति स्म।
सुरसाया इव तस्य लोभः निरन्तरं वर्धते स्म।

एकदा राजप्रासादे एकः तेजस्वी मुनिः आगच्छत्। नृपः मायादासः सः मुनिं भक्त्या
सस्नेहम् असेवत्। मुनिः नृपस्य आतिथ्येन प्रसन्नः अभवत् तथा अवदत् “हे नृप!
अहं तुभ्यं एकं वरं दातुम् इच्छामि।”

मायादासः याचितवान् “यत् मया स्पृष्टं तत् सर्वं सुवर्णं भवतु।”
मुनिः “तथास्तु” इति उक्तवान्।

मुनेः आशीर्वादेन यत् वस्तु मायादासेन स्पृष्टं, तत् सुवर्णमयं जातम्। यदा राजा जलं
पातुम् ऐच्छत्, तस्य जलम् अपि सुवर्णतां गतम्। बुभुक्षितः राजा यदा भोजनं
भोक्तुम् ऐच्छत्, तस्य भोजनम् अपि सुवर्णमयम् अभवत्। तं दृष्ट्वा राजा
अतिदुःखी अभवत्।

तस्मिन् समये तस्य पुत्री तत्र आगच्छत्। यदा मायादासः ताम् अस्पृशत्, तदा सा
अपि सुवर्णमयी अभवत्। तदानीं दुःखार्तः मायादासः उच्चैः अक्रन्दत्।

तस्य क्रन्दनं श्रुत्वा सः तेजस्वी मुनिः पुनः तत्र आगतवान् तथा अवदत्
“हे नृप! एषः लोभस्य परिणामः। लोभः न करणीयः।”

मायादासः मुनेः चरणयोः अपतत्, क्षमां याचितवान् च। मुनेः कृपया सर्वं पुनः
पूर्ववत् अभवत्।

“अति सर्वत्र वर्जयेत्”।

Mrs. Amita
Sharma



ज़िन्दगी

लोग अपने लिए जीते हैं ज़िन्दगी,
पर दूसरों के लिए जीना ही जीना है ज़िन्दगी ।
गिरते तो सभी मगर,
गिरे हुए को उठाना है ज़िन्दगी ।
वो शख्स ही क्या जो ज़रा सी बात पर ठहर जाए,
हमेशा चलते रहना है ज़िन्दगी ।
निराश हो गए हो यदि तुम किसी काम से उस निराशा को आशा
में बदलना है ज़िन्दगी
कई तूफान आंधियाँ आती हैं मगर
कहते हैं लोग हम करेंगे ये, करेंगे वो
पर कुछ कर दिखाना है ज़िन्दगी
अपनी मंजिल को पाना है ज़िन्दगी हो रहे हैं युद्ध, फैल रही हर
तरफ अशांति उस अशांति को शांति में बदलना है
ज़िन्दगी ।

Mrs. Anju
Bala



A Journey Of Gratitude

As our beloved institution celebrates its 60th anniversary, I find myself reminiscing about my own 25- year journey within these walls that have shaped countless lives. It feels surreal to have spent nearly half a lifetime here- teaching, learning, growing and being a part of something much greater than myself.

When I first walked through the gates of this institution I was filled with excitement and a touch of nervousness. Over the years, those feelings have transformed into deep affection and pride. The place has been more than my workplace; it has been my Second Home.

Watching my students evolve into confident and kind individuals has been the greatest reward of my journey. Every morning spent greeting bright, eager faces, every conversation shared in the staff room every celebration and even every challenge has shaped me into the teacher and person I am today. Each moment spent with my students has reaffirmed my belief in the power of Education -not merely to impart knowledge, but to nurture hearts and minds.

I am profoundly grateful to Institution's leadership, my colleagues and the support staff who make our collective mission possible. Their unwavering commitment reminds me why this place continues to thrive six decades on. Together we have faced challenges, celebrated successes, and built a legacy that generations to come will cherish.

May our school continue to shine and inspire for generations to come.

Mrs. Ruchi
Kapur



ਉਮੀਦ

ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀ ਗੱਲ ਏ ਵੱਖਰੀ ,
ਜਿਵੇਂ ਪੰਜਾਬੀਆਂ ਦੀ ਟਹੁਰ ਏ ਵੱਖਰੀ ,
ਪੰਜਾਬੀ ਬੋਲਣ ਵਾਲਿਆਂ ਦੀ ਸ਼ਾਨ ਏ ਵੱਖਰੀ ,
ਤੇ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਵਾਲਿਆਂ ਦੀ ਆਨ ਏ ਵੱਖਰੀ ।

ਦਸ ਇਸ ਦੀਆਂ ਲਗਾਂ ਤੇ ਪੈਂਤੀ ਅੱਖਰੀ ਭਾਸ਼ਾ ਹੈ ਇਹ,
ਸਭ ਤੋਂ ਮਾਣ-ਯੋਗ ਭਾਸ਼ਾ ਹੈ ਇਹ,
ਵੱਡਿਆਂ ਦਾ ਸਤਿਕਾਰ ਕਰਵਾਉਂਦੀ ਐ ਤੇ,
ਛੋਟਿਆਂ ਨੂੰ ਪਿਆਰ ਦਿੰਦੀ ਐ ।

ਇਹ ਅਜਿਹੀ ਭਾਸ਼ਾ ਹੈ ਜਿਸ ਨੂੰ ਗੁਰੂਆਂ ਨੇ ਰਚਾਇਆ,
ਆਪਣੇ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ 'ਚ ਵਸਾਇਆ ਤੇ ਹਰ ਦਿਲ 'ਚ,
ਸਤਿਕਾਰ ਵਾਲਾ ਰਿਸ਼ਤਾ ਬਣਾਇਆ ।

ਉਮੀਦ ਤੇ ਦੁਨਿਆ ਕਾਇਮ ਏ ਕਹਿੰਦੇ ਨੇ ਤੇ
ਦੁਨਿਆ ਦੇ ਹਰ ਕੰਮ ਸੁਰੂ ਹੀ ਸਫਲ ਹੋਣ ਦੀ ਉਮੀਦ ਤੋਂ ਕੀਤੇ ਜਾਂਦੇ ਨੇ

ਮਾਂ ਪਿਓ ਬੱਚਿਆਂ ਨੂੰ ਸਕੂਲ ਭੇਜਦੇ ਨੇ ਕਾਰਣ ਇੱਕ ਉਮੀਦ
ਸਕੂਲ ਮੈਨੇਜਮੈਂਟ ਪ੍ਰਿੰਸੀਪਲ ਤੇ ਟੀਚਰਜ਼ ਨੂੰ ਸਕੂਲ 'ਚ ਰੱਖਦੇ ਨੇ ਕਾਰਣ ਇੱਕ
ਉਮੀਦ

ਸਕੂਲ ਖੋਲਣ ਤੇ ਵਿਸ਼ੇ ਕਿੰਨੇ ਤੇ ਕਿਹੜੇ ਪੜ੍ਹਾਉਣੇ ਨੇ ਤੇ ਕਿੰਨੇ ਵਿਦਿਆਰਥੀ
ਪੜ੍ਹਨ ਆਉਣਗੇ ਇਹ ਵੀ ਹੈ ਇੱਕ ਉਮੀਦ
ਕਿਹੜੇ ਵਿਸ਼ੇ ਪੜ੍ਹ ਕੇ ਬੱਚੇ ਦਾ ਹੋਵੇਗਾ ਬਿਹਤਰ ਭਵਿੱਖ ਇਹ ਵੀ ਹੈ ਇੱਕ
ਉਮੀਦ

ਸੇਕਰਡ ਹਾਰਟ ਕਾਨਵੇਂਟ ਸਕੂਲ'ਚ ਮੇਰਾ ਆਉਣਾ ਸੀ ਨੌਕਰੀ ਦੀ ਇੱਕ ਉਮੀਦ
ਮੈਂ ਇੱਕ ਚੰਗੀ ਅਧਿਆਪਕਾ ਬਣਾਂਗੀ ਇਹ ਸਕੂਲ ਦੀ ਮੈਥੋਂ ਸੀ ਉਮੀਦ
ਮਿਹਨਤ ਮੇਰੀ ਪੜ੍ਹਾਈ ਮੇਰੀ ਬਣੀ ਤਾਕਤ ਜਿਸ ਨੇ ਦਿੱਤੀ ਮੈਨੂੰ ਇੱਕ ਉਮੀਦ
ਸਕੂਲ ਦੇ ਨਾਂ ਦਾ ਭਰੋਸਾ, ਬੱਚਿਆਂ ਦੀ ਮਿਹਨਤ ਬਣੀ ਪੇਰੈਂਟਸ ਦੀ ਉਮੀਦ

ਮੈਂ ਆਪਣੀ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੂੰ ਪ੍ਰਣਾਮ ਕਰਨੀ ਆਂ ਤੇ,
ਇਸ ਭਾਸ਼ਾ ਨੂੰ ਪੜ੍ਹ ਕੇ ਆਪਣੇ ਆਪ ਤੇ ਫ਼ਖਰ ਕਰਨੀ ਆਂ ਤੇ,
ਸਕੂਲ ਮੈਨੇਜਮੈਂਟ ਤੇ ਪ੍ਰਿੰਸੀਪਲ ਦੀ ਦਿਲ ਤੋਂ ਸ਼ੁਕਰਾਨਾ ਕਰਨੀ ਆਂ
ਸਕੂਲ ਮੈਨੇਜਮੈਂਟ ਤੇ ਪ੍ਰਿੰਸੀਪਲ ਦੀ ਦਿਲ ਤੋਂ ਸ਼ੁਕਰਾਨਾ ਕਰਨੀ ਆਂ

Mrs. Seema
Sharma

Unpacking Positive Psychology For Adolescents



Life is an ongoing process of experiences, learnings and challenges. Sometimes, it is effortless to sail through all of these experiences but at times you have to grapple along these challenges. What all we go through in our lives affects us in one way or the other in regards to our feelings, thoughts and behavior especially in adolescence years. Many individuals deal with even similar situations differently as per their personality, strengths and virtues. It is quite interesting to observe and note that some of us are flourishing in our lives and on the flip side, some are struggling and feeling distress in a given circumstances.

Psychology plays a prominent role in assessing and articulating an answer to this question: How can people make their lives worth living by enduring positive qualities? (Seligman & Csikszentmihalyi, 2000). This blog post would further illustrate the answer to this question by introducing and describing positive psychology, objectives and underlying assumptions of this field of psychology, how it has evolved over the years and ways in which it can be pertinent to enhance the wellbeing of adolescents.

Highlights of positive psychology Initially, psychology had three key roles to play in the lives of people: curing individuals with mental health issues, making the lives of people more accomplishing and nurturing the strengths of the individuals but soon after the sufferings of World War II, psychology was more about diagnosing and curing individuals with the treatments and the other two missions were just left untouched (Seligman & Csikszentmihalyi, 2000). Considering this imbalance of mission accomplishment with conventional psychology, where it is just not a science to heal people from mental health diseases, instead it is also a practice to make humans more competent by unleashing their strengths. Positive psychology is research based and has evolved over time which aims to achieve the balance between good and bad, positives and negatives, peaks and valleys of life by building traits in humans through which they can flourish and nurture themselves. It does not ignore the unpleasant experiences of life. The second wave of positive psychology is dialectical in nature which means the dynamic relationship between two opposite qualities such as Optimism and Pessimism, Self Esteem and Humility, Freedom and Restriction, Forgiveness and Anger, Happiness and Sadness, Posttraumatic Growth- it can also be associated with lot of positive changes after the trauma has happened and Love it can trigger lot of negative emotions such as anger, fear, anxiety, hate (Lomas and Ivztan, 2016).

In my opinion, Positive Psychology 2.0 has made the theory quite substantial and practical as it elucidates the dual lens by taking into account both the aspects of life (good and bad; positive and negative; success and failure) which makes its application real and effective. It has the potential to make people realize their strengths by identifying the weaknesses too and then planning out an empirical intervention to minimize the impact of negatives by strengthening the positives which ultimately leads to wellbeing of an individual.

Adolescents and positive psychology
Nearly 16% of the world population comprises adolescents (individuals with age of 10 to 19 years) and they experience numerous changes and transitions as it is the period between childhood and adulthood (UNICEF, 2022). Adolescent years are very crucial in anyone's life as neuroplasticity (capacity of the brain to change and re-wire) is maximum at this point of life and it becomes evident that they require different dosage of attention and interventions as compared to adults (Owens and Waters, 2020). . The results of meta-analysis of effects of school based positive psychology interventions on well being and distress in adolescents suggests that positive psychology interventions increase the psychological wellbeing and reduce the depressive symptoms in both long and short term thereby positively impacting mental health of adolescents (Gallardo et al., 2020). I engaged and interacted with the target audience of 5 adolescents (3 girls and 2 boys) of the age 14 to 18 years on one to one basis by asking, "what do they mean by the terms positive psychology and wellbeing?". Also, they were given an instruction that there is no right or wrong answer and can share what they think freely. When I started the conversation with them by asking, "What is wellbeing for you at this age and point of time?"- First of all, they took a few seconds to think about it and it feels as if they never thought about this question before. Some of the interesting insights shared by them were: Wellbeing in general means to be physically fit, stress free, little fun, doing what you enjoy, being comfortable with your own self, doing productive tasks and when life is less complicated.

People define wellbeing in different ways and generally it is how well your life is going on various outlooks such as social, psychological, financial, personal, physical, spiritual and emotional. Sometimes, people use happiness and wellbeing as synonyms. The second conversation revolved around the question, "What does positive psychology mean?"- all 5 of them seemed to be confused with this one but then they answered that Positive psychology could be enriching people with positive thoughts, when there are no negative thoughts, replacing negative emotions with positive and being optimistic. Though my lay audience (adolescents) was not very clear of the concepts. However, they were all open to talk and share their thoughts and it seemed that they wanted to talk more about it. Increased levels of inattention, boredom and disassociating with challenging tasks in adolescence years are not just mere symptoms of mental illness; instead it is lack of positive development in them (Larson, 2000). Absolutely, there will be a significant number of obstacles to practice and apply positive psychology interventions as this field of study is not integrated into the school curriculum but managed and designed by external professionals (Gallardo et al., 2020). All in all, Positive psychology is an emerging and evolving evidence based theory of applications which aims to bring out the best in people by increasing their life satisfaction. Research on life satisfaction amongst adolescents is still at its nascent stage (Huebner et al., 2000). A well designed adolescence years program inclusive of activities which are strength and meaning based at school levels can help us build a community of youth with a meaningful purpose in life.

Mrs. Anika Kumar

Vashishth





The Power of Humanities

Humanities refers to the study of human expression, society, and culture. It associates us with history, literature, philosophy, art, and language, helping us comprehend human experiences, values, and emotions. Learning about the past gives us an understanding of the present and the power to create a better future. Literature introduces us to wide-ranging views, whereas philosophy makes us think critically and ethically. Art and culture evoke imagination and contemplation, and languages enable us to speak and engage beyond borders. Humanities develops empathy, critical reasoning, and identity. In a technology-driven world, humanities shows us the significance of values, imagination, and human relationships. It is not a subject—it is education's soul and the heart of what makes us most human.

Mrs. Bindu
Juneja



Chemistry Of Crackers

Fireworks get their vibrant colors from metal salts heated to high temperatures. When these salts are ignited, the electrons in the metal atoms become excited and jump to a higher energy level. As they return to their original state, they release excess energy in the form of light, creating a kaleidoscope of colors that symbolize the diversity and richness.

Fireworks have been a staple of celebrations for centuries, captivating audiences with their vibrant colors and patterns. However, creating these colorful displays is a complex process that requires a deep understanding of physical science and artistic skill. In this article, we'll explore the fascinating world of firework colors and the science behind their creation.

A firework's points of light, called 'stars', consist of four essential components: an oxygen-producer, fuel, binder, and color producer. These components work together to produce the desired color and effect. There are two primary mechanisms of color production in fireworks: incandescence and luminescence. Incandescence is the light produced from heat, where a substance glows as it becomes hotter. Metals like aluminum, magnesium, and titanium are often used to increase the temperature of the firework, producing a bright, white light. Luminescence, on the other hand, is the light produced using energy sources other than heat. This process involves the absorption of energy by an electron, causing it to become excited and release a photon (light) as it returns to a lower energy state. The energy of the photon determines the color of the light.

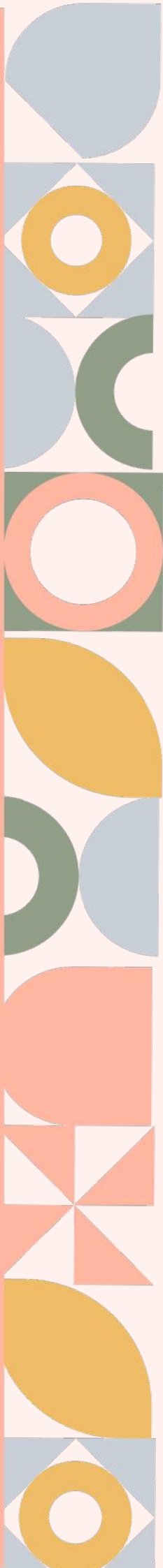
Creating pure, vibrant colors is a delicate process. The salts needed to produce certain colors can be unstable, requiring careful formulation and combination with other compounds. For example, barium chloride (grassy - green) is unstable at room temperatures, so it must be combined with a more stable compound to release chlorine and produce the desired color. Copper chloride (blue) is another example, as it's unstable at high temperatures, requiring a careful balance of heat and brightness. Even trace amounts of impurities, like sodium, can alter or overpower other colours, making purity and precision crucial in firework production.

A beautiful firework display is the result of a carefully orchestrated sequence of events. The lift charge propels the firework into the sky, followed by the ignition of the stars, which contain packets of metal salts and combustible material. As the stars blow apart, they form glowing colors through a combination of incandescence and luminescence. Creating a stunning firework display is an art form that requires skill, precision, and attention to detail. The manufacturer's expertise and the firework's production date greatly impact the final display. With fireworks, as with other things, cost often relates to quality, and a careful balance of ingredients and technique is necessary to produce a truly unforgettable show.

As we marvel at the colorful displays in the night sky, let's appreciate the intricate science and artistry that goes into creating these breathtaking works of art.

The science behind fireworks is a testament to human ingenuity and the power of curiosity. May the colors of fireworks inspire us to continue exploring, learning, and shining bright, illuminating the path of knowledge and hope for generations to come.

Mrs. Mamta
Kakkar







MESSAGES

FROM SCHOOL

ALUMMI



Lt. Vasu Kuthiala & Sanya Pandit

•Where values meet vision, and tradition embraces tomorrow.•

Dear Sacred Heart family,

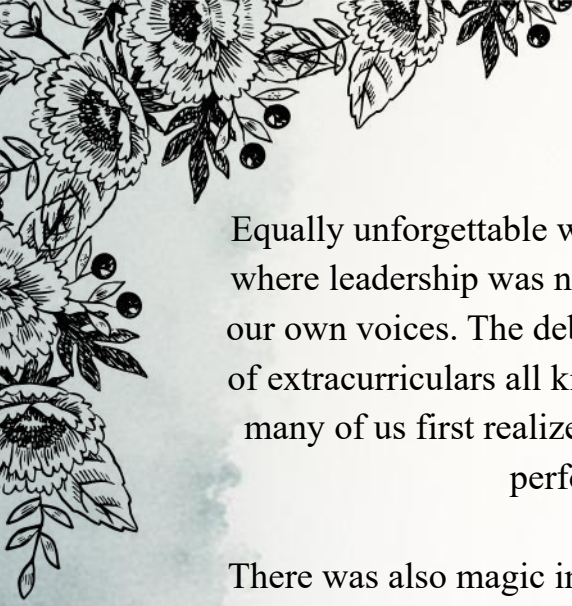
A school magazine, especially in its digital form, is more than just pages and pictures—it is a time capsule of memories, dreams, and the pure joy of togetherness. For us, the alumni of Sacred Heart Convent Sr. Sec. School, it is a journey down memory lane, a reminder of the place that shaped who we are, and a heartfelt expression of gratitude for the foundation that continues to hold us steady as we walk through life.

Sacred Heart — or S.H.C.S., stitched into our sweaters and etched into our hearts — was never just a school. It was a second home. Its walls were filled with laughter, the sound of friendship, and the quiet wisdom of teachers who believed in us long before we believed in ourselves. The lessons we learned here stretched far beyond academics. They built our character, taught us discipline, and instilled in us a moral compass that continues to point true north, even through life's most unpredictable turns. The values we absorbed here became our anchors, guiding us quietly yet firmly when the tides grew rough.

We still find ourselves reminiscing about long conversations with teachers—moments that taught us far more than the syllabus ever could. Their lessons linger in our thoughts, reminding us that knowledge is not only what we learn but also what we live.

Representing S.H.C.S. in state and national-level games—be it football, baseball, or softball—filled us with pride and taught us resilience. Every victory, loss, and handshake strengthened the bonds of friendship and sportsmanship that continue hold meaning today.





Equally unforgettable were our experiences as members of the School Council, where leadership was not just a title but a responsibility that helped us discover our own voices. The debates, the technical pursuits, and the fearless exploration of extracurriculars all kindled creativity and courage. It was in these spaces that many of us first realized our potential—not as students alone, but as thinkers, performers, and leaders in our own right.

There was also magic in the moments when the school came alive for the grand annual day and sports day celebrations. We can still picture our parents in the audience, cheering with pride as we performed on stage or competed on the field. The excitement, the costumes, the rehearsals, the shared nerves and laughter with friends—those days glowed with a special light that none of us will ever forget.



We remember fondly the emphasis on communication—how our English teachers encouraged us to express our thoughts clearly, and believe in the power of our words. That unwavering encouragement built not just fluency but faith—in ourselves, in others, and in the power of storytelling. That confidence became the bridge that carried us from the classroom to the world beyond it.

From Teachers’ Day to inter-house competitions, from the quiet corridors during exams to the vibrant Christmas festivities that brought us all together, every moment at Sacred Heart was a thread in the tapestry of our growing years. Those memories live on, as vivid and heartwarming as ever.

Today, as we look back, gratitude fills our hearts. This school didn’t just prepare us for tests—it prepared us for life. It taught us dignity, empathy, and courage.

To the young students now walking those same corridors—treasure every moment. You are in wonderful hands, learning from those who care deeply and studying in an environment that shapes greatness quietly, every single day. One day, you’ll look back, just as we do now, and realize how beautifully this school became a part of you.






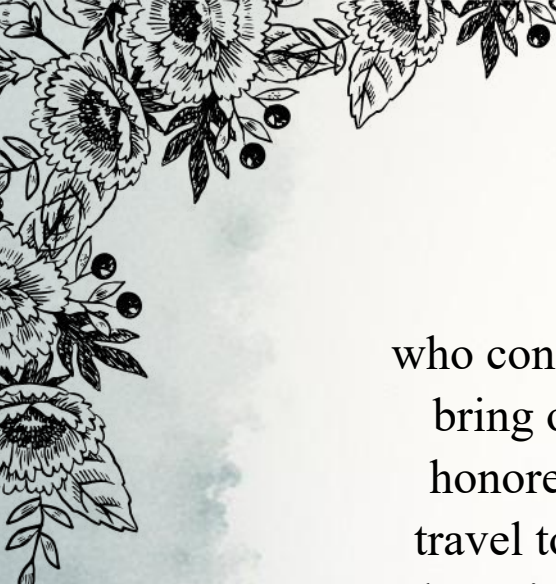


KASHISH KALRA

(IPS Batch of 2017)



To Sacred Heart Convent School I am filled with gratitude as I share that I have been selected for the Indian Police Service with an All India Rank of 111 in the UPSC Civil Services Examination 2024. As I look back on this journey, one of the most important stepping stones was Sacred Heart. It was here that I first shared my dream of joining the Civil Services—with Pawna Ma'am—in Class 5. Her quiet encouragement, at such a young age, became one of the earliest sparks of confidence in my journey. I owe deep gratitude to Sr. Tesvin, our then Principal, whose guidance shaped my values. To Jyoti Sharma Ma'am, who always looked after me with warmth and care; to Sanjay Sir, whose steady guidance made a lasting impact on me; and to Jyoti Bharat Ma'am,





who constantly pushed me to do better and bring out the best in myself. I also feel honored to have had the opportunity to travel to the United States in 2015 under the guidance of Principal Sr. Jesina. That experience broadened my perspective in ways I still carry with me. Today, I admire how Sr. Jesina leads the institution with strength, grace, and vision. To all the students —especially the young girls—I want to say this from the bottom of my heart: dream fearlessly. Chase those dreams with courage and relentless hard work. Surround yourself with people who see your potential, and lift you up. And as you move forward, let the motto of this institution : “For Truth and Service” be your compass. Sacred Heart wasn’t just my school—it was where my dreams began to take shape. As I now step into public service, I carry forward these lessons with humility and pride. With heartfelt gratitude







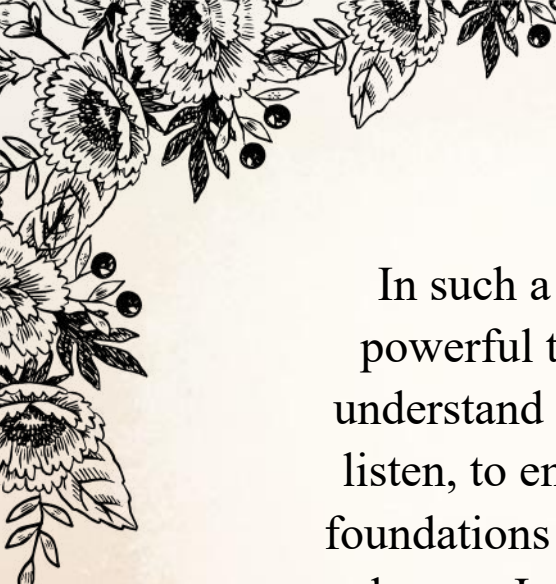
Reflections at Sixty: Lessons for a World in Turmoil

Sixty years marks not just the passage of time, but the making of countless lives, memories, and values. Our school, over these six decades, has been more than just an institution; it has been a sanctuary of ideas, friendship, and hope—the very things our world seems to be running short of today. Sixty years is not merely a milestone; it is a legacy. In its six-decade journey, our school has been a forge of character, curiosity, and conscience. As an alumnus, walking back through its gates feels like stepping into the roots of everything that shaped who we are and what we choose to stand for.

We are living through desperate and turbulent times. Wars rage across continents—Gaza, Ukraine, and beyond—displacing dreams and futures alike. Humanity seems caught between progress and pain. The tragedy unfolding in Gaza is a haunting reminder of how fragile peace can be, and how heavy the cost of indifference truly is.

As a journalist, I see these stories unfold—sometimes from afar, sometimes too close for comfort—and I am reminded how much humanity still has to learn.





In such a world, education remains our most powerful tool—not just to earn a living, but to understand life itself. It teaches us to question, to listen, to empathize. The classroom is where the foundations of peace are quietly built, lesson after lesson. In moments like these, the lessons we absorbed within these school walls echo louder: compassion is strength, dialogue is not weakness, and truth, though often uncomfortable, remains our most powerful instrument of change.

As our school celebrates sixty glorious years, it stands as a symbol of resilience, learning, and shared humanity—values that feel more vital now than ever before. Teachers, in that sense, are the true nation-builders. Long before we learn to write our first reports or frame our first opinions, it is they who teach us how to think, how to distinguish fact from noise, substance from spectacle.

In times when misinformation travels faster than truth, reading becomes an act of resistance. Books keep our minds free; they help us see beyond headlines and hashtags. As our school turns sixty, it reminds us of what truly endures—the power of ideas, the integrity of those who teach them, and the hope carried by every student who walks out determined to make the world a little kinder, wiser, and more awake.

DHAIRYA KAPUR





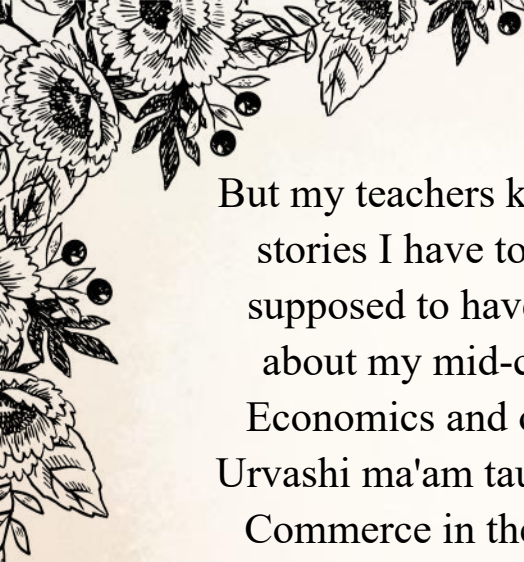
Lt. Cdr. Apoorv Sharma

Congratulations to my Alma Mater on completing 60 years of shaping minds, building character and inspiring generations. Walking through its gates years ago, I could never have imagined the lasting impact it would have on my life. This school has been more than just a place of learning, it has been a second home, has helped me built lifelong values and shaped my future. Serving as the school captain was a defining chapter in my journey. It taught me leadership, responsibility and importance of leading with humility and purpose. The school also played a vital role in my development as an athlete. Throughout active participation in sports like cricket, volleyball and 100 m sprints, I learned discipline, teamwork and perseverance, lessons that extended far beyond the sports field. Balancing academics and athletics wasn't always easy but the unwavering support from my teachers helped me stay focused and driven. These experiences equipped me with the confidence and resilience needed to pursue higher goals, eventually earning admission into prestigious college and thereafter Armed Forces. I am deeply grateful to the school for believing in me and for creating an environment where students are encouraged to grow in every dimension. Once again I would like to congratulate my school on completing 60 years. May the legacy of excellence and inspiration continue to flourish.



Dr. Prabhjot Singh (MBBS)

Hello to the one reading this. I am Prabhjot, Admission no. 6320, SHCS Jagadhri. I still remember it. Used to be written among my particulars in the School Diary, the one we got every year. Come to think of it, feels like I am going to summarise 14 years' worth of dear diary moments for you. I remember my mom telling me a few years back that even before we were born (my elder brother and I), she had firmly decided she would send her kids only to Sacred Heart and no other school. Seeing both of us now, she takes full pride in that decision. Even I do. If you enquire about my education, beaming with pride I'll say - "मैं Convent से हूँ" (I am from Convent.)" Started Nursery when I was 4 and 12th finished after I turned 17. Not one day in all those years did I feel like not going to school. Even when it rained heavy or I got sick, I wanted to be there. It was my happy place. Filled with people I looked up to. Sister Tesvin was the nicest, most approachable principal one could think of. I wish to be like her if I ever occupy such a position. Alongside academics, she encouraged the whole school to excel in every opportunity that came our way. She got transferred to another school when I was in 12th but fortunately saw her sitting outside the reception while we went to collect our Roll numbers for 12th Boards. She must have been visiting for some work. I went upto her, greeted and she blessed me. Asked me how I was. There was another thing she said then- 'Prabhjot you will do well in these exams but also think beyond them. Competitive exams. You have to get into a good college, learn nicely and do well in life. I expect to see you do that.' A year later I got into AIIMS New Delhi. I haven't had the chance to tell her that.



But my teachers know it. Lovely people they are. For the world of stories I have to share about them, it is a pity that this essay is supposed to have a word limit. How do you expect me to write about my mid-class, intense discussions with Usha ma'am on Economics and our curriculum in a few words or the day when Urvashi ma'am taught a combined English lesson for Sciences and Commerce in the latter's jam packed classroom - 'Birth' by A.J. Cronin ? Most intense and perhaps the only housefull reading session I have attended. How do I write in brief about Manav Sir's Moral Science discussions which I keep going back to whenever I have a tough call to make or the gleeful fun banter you had whenever you talked to Yogita ma'am, be it about quizzes, English, Chemistry or her stories from back home? How do I concise Aarti Puri ma'am nurturing a budding poet in me and encouraging him to recite before the whole class or how Sujata Ma'am taught biology so well that I chose to have a lifelong career based on it ? How do I talk in few words about the most important principle in my life based on what I learnt in Madhvi ma'am's 1st standard - 'One must never cheat'? How to explain in short that my understanding of religions and cultures and India stems from when Bindu Jain ma'am first taught it in 2nd standard and I started to actively notice the unique in everything around me? I simply cannot do it with this word limit. It would be an injustice to all that is left. Let us make a promise that you allow me atleast 14 pages for my 14 years when we celebrate the Happy 70th. What I am saying is that I am a man crafted by my teachers. All that is good in me can be traced back to them. It has been eight years since I left school but I wish to remain a student for life. A perpetual pupil, if you will.

Happy 60th Convent! I promise I'll keep bringing laurels to your name. Keep up the Sacred Heart.

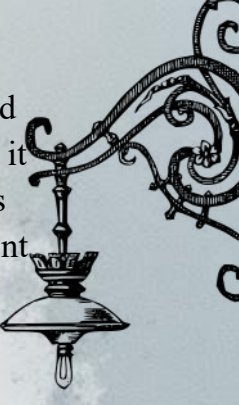

P.S. - Just to remind the reader- मैं Convent से हूँ |




Shikha Singh Shah

Hey everyone, this is Shikha Singh Shah, I am an Artist by profession and a mother to an adorable 5 year old girl who keeps me on my toes currently. Now that my daughter is in school there are days where it has fondly taken me back to my school Sacred Heart Convent School. One of the most earliest and fondest memories of mine would my admission day in Nursery when Sister Zosima told me- I will ask you two questions and if you answer correctly I'll give you toffee. At the age of 5, your priorities are pretty much clear rather much more than an adult I would say so of course I answered the 2 questions and when she asked me the 3rd question I told her – You had told me if I will answer 2 questions I'll get a toffee, 2 questions have been answered so I need my toffee please and no more questions please as I would like to eat my toffee now. My mother gave me her big eyes but Sister Zosima laughed hard and told me- Of course here are your toffees and that my friend is how I got into our School. I don't know if you remember your childhood interview but mine is etched in my heart & memory.

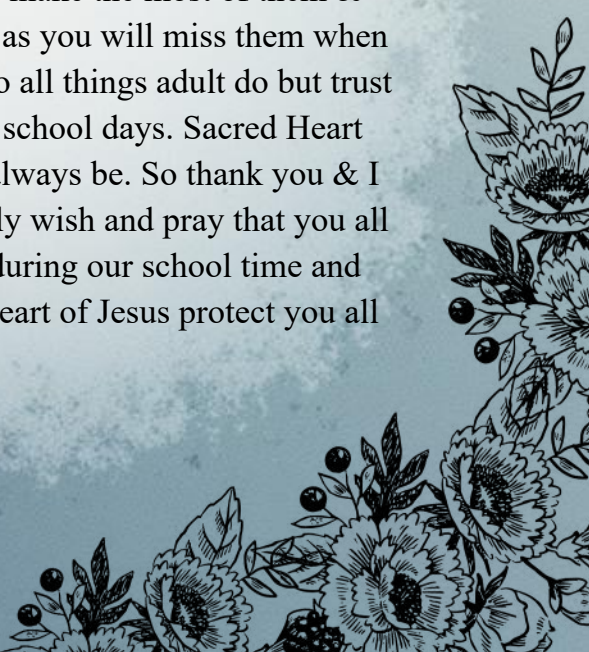
School did not have many fancy things like they have today but our basics were sorted with discipline and kindness which I feel is very important to be rooted from early ages. Talking about early years, its amazing as to how fast we grow up and forget those most essential years and teachers who made sure that our tantrums and naughtiness was rightly sculpted into the students we will become and in future shapes us for the world too. Honestly I don't remember much of that time but I'm sure I had lot of fun. A good school and teachers can change you and make you and I would like to share my story with you all today.



I was in 6th Standard and as students we were asked to stand up in assembly and say the speech where the line comes- All Indians are my brothers and sisters. So it was my turn to go up and say in front of the entire school. Now of course I was nervous but somehow managed to step up but I goofed up on the grammar in front of the whole school and I said “All Indians is my brother and sisters”and the moment I finished the whole page and came down I was shouted upon by our English teacher that how could I make such a big mistake and I was in tears obviously. Heart and soul crushed and obviously you feel like a failure at that age but as they say One act of kindness touches you in a way you cant even imagine. I went back to my class and Nigam Maám was our class teacher and she saw my face and of course she knew the whole story , once the whole class was settled she asked me to come in front of the whole class and asked the whole class to clap for me because I had the courage to go up and say the whole lines despite making a mistake. I didn’t stop –is what she said and that’s what was the takeaway from this. Never ever give up. Now that lifted my spirit and put my smile back and also gave me the confidence to keep on trying things even if I fail initially. Keep on trying and Keep your head held high.



So friends, its not that my English teacher was wrong in scolding me. No, I don’t think so but its her job to make sure her students don’t make those mistakes and she pushed me to become better and improve my English and Nigam Maam gave me my wings that day and honestly I never stopped flying post that. In 7th standard I started playing basketball and aced it. Played all sports and academically was quite good. Slowly Slowly repeatedly became House captain – Blue and then the School Head Girl. My whole school journey has been so memorable that honestly never bunked school as we made school interesting and as we grew up our teachers- Mamta Maam, Sanjay Sir, Urvashi Maam, Bharti Maam, Ravinder Maam, Maanav Sir, Chouhan Maam and the list is endless but they made education fun for us and most importantly even today we feel their presence in our lives. I’ll use this platform to personally thank each and every one of them and the school for giving us that platform as honestly- School toh bahut hai but apna wala best hai Now of course I can’t share all our love for school in this page but I can definitely say that these are literally your best days. Enjoy them, make the most of them & most importantly value your school & teachers & peers as you will miss them when you grow up. I know you all want to grow up fast and do all things adult do but trust me any adult would give anything to go back to those school days. Sacred Heart Convent School was and is close to my heart and will always be. So thank you & I wish you all the very best for your school life and I really wish and pray that you all can make as many memories and relations as we did during our school time and make you parents & school proud & May the Sacred Heart of Jesus protect you all always.



Threads of Thought

Woven

By Students

AI ISN'T COMING—IT'S ALREADY HERE: WHY SCHOOLS MUST CATCH UP

"Artificial intelligence is not the future. It's the present."

— Fei-Fei Li (Stanford AI expert)

AI isn't Coming—it's Already Here :-

AI is everywhere—your phone, your homework, even your song playlist.

But in schools? It's still treated like a crime.

Students use AI to learn faster, to complete their work faster and in a smart way.

Still, teachers brand it as cheating.

AI not the future anymore. It's the present and we need to adapt to it.

Meanwhile in Indian Classrooms :-

Projectors flicker.

Internet lags.

Notes are copied off the board like it's still the stone age.

While the world upgrades, we're stuck buffering.

The Global Gap Is Growing :-

In 2024:

-Estonia teaches AI ethics.

-China makes AI literacy mandatory.

-India? Still wondering if it's "ethical or not."

Less than 2% of Indian schools offer real AI exposure.

We're not behind—we're disappearing from the race.

The Indian Irony: JEE Prep Meets Chat GPT :-

Why spend 2 years in Kota solving 1000 problems a week, when one good

prompt to Chat GPT can teach you faster, cheaper, smarter?

We say "study smart, not hard" — but still chase stress even after knowing about AI.

It's not about suffering more with long hours of tuition, it's about understanding better with AI.



AI Is Not Replacing Teachers.

It's Replacing Irrelevant Ones :-

AI won't take your job.

But the teacher who uses AI will take the job of one who doesn't.

Harvard says classrooms with AI saw a 36% jump in critical thinking.

But CBSE is still busy detecting the 'AI-written' probability of good writings

by students.

We Don't Need Fancy Labs. We Need Mental Upgrades :-

We don't need smartboards if we're scared of students using "Google".

AI labs won't help if we don't trust kids to think.

It's not about buying more tech, it's about changing how we learn.

We need open minds, not locked-up computers.

Real progress begins in the brain – not in the budget.

So What Should Change? :-

-Make AI a compulsion from Grade 6 teach kids how to ethically use AI, not fear it.

-Set up small AI labs in schools – laptops, some internet, and full freedom to explore under supervision.

-Train teachers and students with real demos – not boring theory, but actual hands-on practice.

-Allow AI in projects and tests – grade how smartly it's used, not whether it was used or not.

-Give access in rural areas – shared devices, offline AI kits, anything to bridge the gap.

-Update rules – clear do's and don'ts for using AI, instead of just saying cutting AI.

Finally, Indian Education and AI :-

Right now, AI is becoming a privilege. Metro schools move ahead. Others stay behind.

That's not just unfair. That's dangerous.

India has brilliant minds in every corner.

We don't need to wait for the world.

We just need to believe our classrooms can lead.

"The world is sprinting.
We're still stretching."

In the end , "Adaptation isn't optional. It's overdue."

Thank you.

- Soven Krishna Garg (9A)

THE LEGEND OF VANISHING DWARKA: A TALE OF TIME'S BLOODIED ILLUSION

Off India's western coast, under the relentless turmoil of the Arabian Sea, there is a silence that screams. It screams of a city not gnawed by time, but sliced by fate. Dwarka. The very word drips with blood and salt, reverberating through holy lines and upon broken coastlines—a city that touched divinity once, now disembowelled limb from limb and given to the sea. This is not a myth. This is a wound so deep that even the sea cannot drown its putridity.



A Kingdom Carved from the Body of Fear

Dwarka wasn't born—it was torn into existence. Lord Krishna, escaping the gore-soaked earth of Mathura, gouged a refuge out of the bones of the sea. With Vishwakarma by his side, he sewed up a city of obsidian spires and golden intestines, an effulgent haven stitched shut from time, war, and rot. Avenues flowed with liquid gems, palaces wept light, and temples throbbed with holy breath.

But no heaven exists without rot. Dwarka was a gilded cadaver, finery-tressed to conceal the festering reality underneath—a city living on borrowed time, half-dead on the day it was born. **The Rot Within: Yadava Cannibalism**

The Yadava lineage, Krishna's dynasty, became bloated on divinity. Enlarged egos festered like boils. Prophecies lingered in the air like the stench of rotting flesh. Sages spat invective like venom. And Krishna, the custodian of dharma, remained silent—watching his relatives chew each other's throats like mad dogs.

The conclusion did not arrive in the form of invaders—it exploded from within, with skulls crunching beneath blunt force and bones snapping dryly. Drunken on hubris and wine, brothers slaughtered brothers.. Blood stained palace walls. Sacred grounds became mass graves, drenched in divine ichor and ungodly screams. The earth shuddered. The heavens grew dark. And when Krishna was brought down—his holy flesh pierced like that of a cornered beast—the sea did not tarry

The Drowning: An Ocean's Execution

The sea rose not with rage, but with purpose. It did not roar. It yawned and swallowed. Temples collapsed like skulls trampled beneath a heel. Their spires broke like necks. Palaces exploded in silence, pulled under in gushes of sand and gore.

The city didn't fall—it was pulled down screaming, drowned on saltwater and divine treachery. Statues broke. Bodies floated, then disappeared beneath the surface, their eyes torn by sea carrion. No prayers were uttered. No Gods descended. The divine had long since departed—or watched, grinning with broken teeth from the darkness.

Dwarka was not lost. It was killed.

Ghosts Beneath the Flesh of the Sea

For centuries, Dwarka was spoken of as a myth—a parable for lost glory. Yet the sea was not going to hide it for all time.



Divers discovered remains: ragged, corpse-like fragments of temples, twisted pillars like fractured femurs. Artefacts twisted with age. Carbon dating revealed their blasphemous age—older than history, older than memory.

But its seekers do not come back intact. Gear malfunctions without cause. Visions turn bitter and ferocious. The water grinds down like a strangling fist, pulling the mind to lunacy. Some divers emerge gasping, eyes wide, speaking in gibberish. Others never emerge.

It is said that Dwarka watches. That it hungers. That it remembers the blood and desires more.

The Crimson Illusion

Dwarka is not a lost city. It is a crime scene that continues to bleed. A parable cut not in stone but in skinned divinity. A myth in which Gods were the executioners, not the saviors.

The deception is not that Dwarka drowned. The deception is that it was ever supposed to endure. This was not a fall. It was a thinning. The gods showed man a view of heaven—and then tore it from him, vein by vein.

And Still, It Waits

Others believe that Dwarka shall rise once more when Kali Yuga comes to an end. But if it does come back, it will be rotting. Infested. Screaming. A resurrection steeped in decay, not light. The city shall not rise—it will crawl back, bringing its nightmares with it.

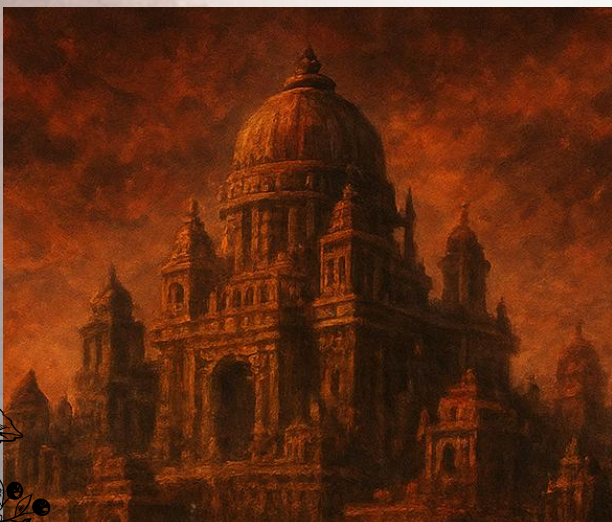
Until then, it festers in the sea.

Watching.

Remembering.

Starving

-Saksham Aneja (12-H)



Subtle Reminders

- End is not the end, in fact 'END' means 'Efforts Never Die'.
- If you get "NO" as an answer, remember NO means "Next opportunity" so let's be positive.
- "Failure is like a caterpillar until it becomes the butterfly".
- "Dream is not that which you see while sleeping; that is something that does not let you sleep".
- "Live like you are dying tomorrow and study like you are going to live forever".

Bhavesh Mangla
6-D

PLANTING THE SEEDS OF FINANCIAL LITERACY IN INDIA



There is one thing that unites most of the Indian households: desire for a lucrative job offer. However, at the same time, there is yet another thing that they have in common despite such big aspirations, that is lack of financial literacy. Today, in this 21st century, when the economic philosophy of the world operates on the fact that "Money management leads to money augmentation", understanding financial literacy becomes the need of the hour. Centring on India, the problem becomes more acute - so much so that the percentage of financial literates in India (27%) is significantly lower than the global average (42%) [according to a report by Business Standards].

What if the foundation itself is so strong that there is no need to give special attention to the building?

Well, it is true if children and teenagers are introduced to financial teaching. Curriculum based monetary education, promotion of games like 'monopoly' that teach money management, participation in house budgets, learning investment by opening accounts in schemes such as POMIS can be handy. Finally it is high



time that financial education be given at the grassroots level. By making constant efforts in this direction, we can foster a financially aware GenZ.

Here are some of the ways through which financial literacy can be empowered, something that has also been envisioned in India's Viksit Bharat 2047 campaign:

1. Expenditure Record: Keep a record of income sources, debits and their applications. This can be then analysed and scrutinized on weekly/ fortnightly/ monthly basis. Since digital payments create an illusion of spending less, this can be a suitable option to keep track.

2. Prioritise Needs: There is a need to understand the difference between 'needs' and 'wants' and hence make smarter spending choices. Desire of wants is obvious, but it mustn't be accomplished at the cost of needs.

3. Saving: This is a perfect way to ensure future financial well-being of oneself. It is like planting seeds in the garden - the more you sow {the more you save}, the more you reap {the more you are secured}.

4. Investing: If, however, the seeds are left to be grown without paying attention, it would lead to growth of unwanted seeds {for which seeding is done!}. Similarly, a part of saving is to be dedicated to investing to make money grow itself while you enhance your skills.



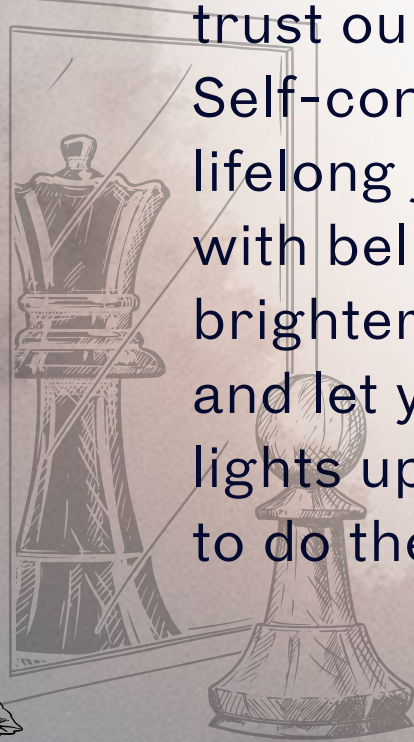




“BUILT, NOT BORN: THE TRUTH ABOUT SELF-CONFIDENCE”



Some people seem naturally confident, but the truth is—it's built, not born. Every time we speak up, take a risk, or try again after failing, we lay another brick in the foundation of self-confidence, and the best part is that anyone can build it. We often look in the mirror searching for flaws, but what if we looked for strength instead? Self-confidence begins when we stop criticizing and start appreciating the person staring back; it isn't vanity, it's self-respect.

Confidence isn't loud; it's steady. It rarely arrives all at once, but grows quietly. With every brave choice, even the shyest voice can become powerful when it learns to trust itself—and that transformation is beautiful.

Dreams are like rockets, and confidence is the fuel; without it we stay grounded, afraid to launch, but with it we soar past limits, doubts, and fears. Self-confidence doesn't guarantee success, it guarantees motion. It isn't about being better than others; it's about knowing your worth—an invisible crown you wear when you walk into a room, speak your truth, or stand tall after falling, and you don't need anyone's permission to wear it. In a world full of opinions, trends, and Dreams are like rockets, and



confidence is the fuel; without it we stay grounded, afraid to launch, but with it we soar past limits, doubts, and fears. Self-confidence doesn't guarantee success, but it guarantees motion. It isn't about being better than others; it's about knowing your worth—an invisible crown you wear when you walk into a room, speak your truth, or stand tall after falling, and you don't need anyone's permission to wear it. In a world full of opinions, trends, and expectations, it's easy to lose direction, but self-confidence acts like a compass, pointing us back to our values, our voice, and our vision, so when we trust ourselves, we never truly feel lost. Self-confidence isn't a destination—it's a lifelong journey, and every step you take with belief in yourself makes the path brighter. So stand tall, speak your truth, and let your confidence be the spark that lights up your world—and inspires others to do the same

Lavanya Juneja
9-A

TIED IN YARNS, WOVEN IN DREAMS

my journey into crochet

It was around Diwali—the house glowing with earthen lamps, warmth, and the scent of festivity—

when my father asked me a question that stayed with me long after the lights dimmed “What do you want to become?”

Without hesitation, I replied, “I want to take over your business someday.”

At first, he smiled slightly and said, “We’ll see about that later.”

I didn’t argue. I just sat there, holding my thoughts close.



But in that moment, I gathered the courage to say something I truly meant “If I wanted to do UPSC, I would have already started preparing from now, in class 9.

So why shouldn’t I start working on my business idea now—as a form of training? Just like people study for years for UPSC, I want to learn slowly, step by step, for the business world too.”

He didn’t say anything for a while. Maybe he didn’t expect that response from me. Maybe he thought I was too young to think that deeply.

But I meant every word.

Still, the discussion ended there. No promises.

No plans. Just silence.

But something had already sparked inside me.

Later, in December, while scrolling through Amazon and craft websites, I came across a small handmade crochet bow. It was delicate and beautiful—and very expensive. That surprised me. Could something so simple really cost so much?

I ran to my grandmother and showed it to her.

“Can you make this?” I asked, full of excitement.

She smiled, pulled out her old crochet hooks, and lovingly recreated it for me. It looked even better than the one I saw online.





That small bow wasn't just a pretty piece —it was an idea. A quiet beginning. In March, I tried to start a crochet business. I made a few things and thought about the designs. But life got busy, my focus wavered, and I left it halfway. That made me feel like I failed before I even truly started.

But some dreams aren't meant to fade. In June, I decided to begin again—this time fully, with heart and discipline. I created a logo, gave my brand a name—chic.crochet.creation—and sat beside my grandmother to learn every stitch. With patience, she passed on to me not just her skill, but her wisdom. Stitch by stitch, I was building more than just products—I was building belief.



And this time, the magic happened. Orders started coming in. People noticed, appreciated, encouraged. And with each piece I made, I stitched in a little more confidence, a little more pride. Maybe I didn't inherit my father's business. But I created one of my own. One that started with a question, grew with doubt, and blossomed through learning.

From being told “You won't be able to do it”

To discovering “Yes, I already am”—
This is not just a crochet business.
This is my story of belief, beginning,
and becoming.



CRISPR: WRITING A VIRUS-FREE FUTURE

What Is CRISPR?

CRISPR is a revolutionary scientific tool that lets scientists edit genes -like cutting and pasting text in a document. It can remove, fix, or even silence certain parts of our DNA or RNA.

At the heart of CRISPR are molecular scissors

Cas9, used to cut DNA (for viruses like HIV).

Cas13, used to cut RNA (for viruses like COVID-19).

Together, they help researchers target and destroy viruses inside our cells-offering hope for real cures.

CRISPR vs. HIV: Can It Cure AIDS?

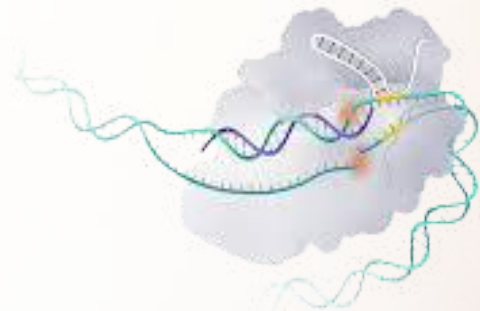
HIV is a tricky virus-it hides inside our DNA, making it almost impossible to remove. But with CRISPR:

Cas9 is guided to find and cut out the HIV genes hiding in infected cells.

Scientists also use CRISPR to edit a human gene called CCR5. If HIV can't use this gene to enter cells, it can't spread.

In animals, CRISPR has already succeeded in removing HIV completely in more than 50% of the tests.

A new treatment called EBT-101 is in human trials and shows promise for a future cure.



CRISPR vs. COVID-19: The RNA Assassin

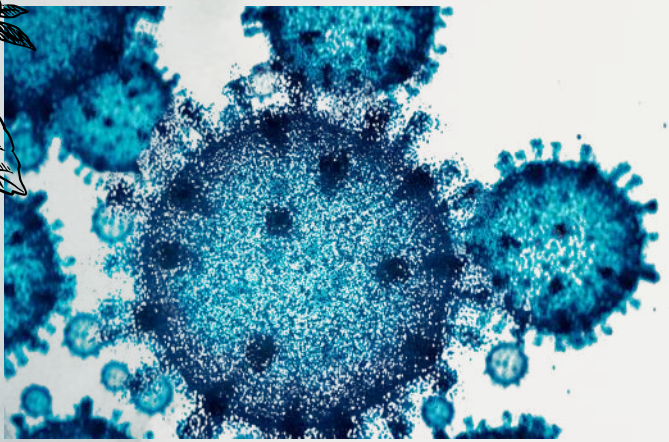
COVID-19 is caused by a virus that spreads fast and doesn't enter our DNA. It works through RNA-and that's where Cas13 comes in.

Cas13 is designed to search and destroy the virus's RNA.

In lab animals like hamsters, inhaled CRISPR treatments helped reduce virus levels and speed up recovery.

This opens the door for sprayable CRISPR medicines that can fight new variants and even future viruses.





What's Stopping CRISPR?

While CRISPR is exciting, it's still not perfect. Here's what scientists are working on:

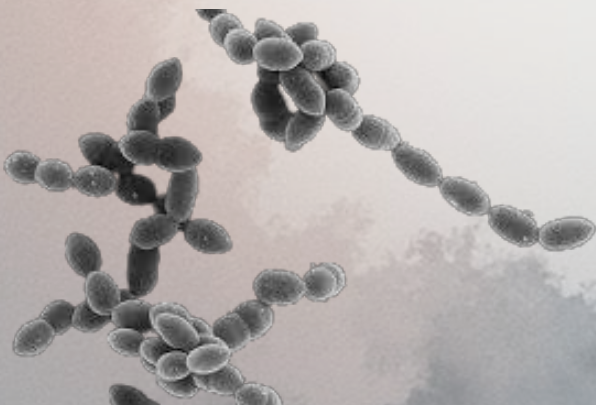
HIV hides in deep, quiet parts of the body that are hard to reach.

COVID-19 spreads quickly, so CRISPR has to be given early.

Delivering CRISPR safely to the right cells is challenging.

There's a risk of off-target cuts, where CRISPR edits the wrong spot.

But research is advancing quickly, and new improvements are being tested every year!



Why Does It Matter?

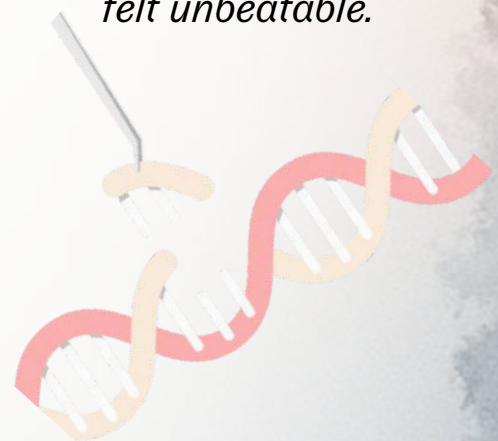
If CRISPR succeeds, we could live in a world where:

People living with HIV don't need lifelong medicines.

A single CRISPR spray could stop the next big virus.

Doctors can custom-build virus-fighting tools in days-not years.

In short, CRISPR could revolutionize how we treat infections, giving us real weapons against viruses that once felt unbeatable.



In Simple Words...

CRISPR is like a virus-fighting superhero. It hunts viruses in our body and cuts them out-like magic scissors built from science.

Though it's still being tested, it may soon become one of the greatest inventions in medical history.

Okay to Have Smartphones and MacBooks, But What About Our Own Brain?

In 2025, technology surrounds us in every direction. From smartphones and laptops to smartwatches and virtual assistants, nearly everyone depends on digital tools in daily life. According to BankMyCell, over 7.21 billion people use smartphones today – and the number keeps growing. Before buying any device, we ask a hundred questions: Is it 64-bit or 32-bit? How much storage does it have – 128 GB, 1 TB, or more? What's the processor type? How fast is it? But how often do we stop to ask the same questions about our own brain – the most powerful device we'll ever own?

Let's take a quick comparison:

| Feature | Brain | Computer |
|---------------|------------------------------|-----------------------------------|
| Storage | 2.5 Petabytes (2,500,000 GB) | Up to a few Terabytes |
| Processing | Parallel, adaptive | Fast but mostly linear |
| Energy Use | Around 20 watts | 100–600 watts |
| Self-Learning | Yes (neuroplasticity) | Only with Artificial Intelligence |
| Repairs | Partially self healing | Requires external service |

Your brain stores thousands of times more than most computers, and it operates on the energy of a small snack. Unlike a laptop, it learns continuously, adapts to new situations, and even repairs itself to some extent.

Technology is important, but we shouldn't forget to develop and take care of our own mental abilities. Reading, reflecting, solving problems, and staying curious are the real upgrades we need.

So, while we upgrade our gadgets regularly, maybe it's time we focus on upgrading something even more extraordinary – our brain.

Krishna (12-B)

Some Everyday Mysteries Science Still Can't

Explain

Krishna (12-B)

Science has answered almost every question that has ever arisen in the curious minds of humans. I'm not talking about supernatural powers, but everyday life.

Yet, there are still some ordinary phenomena that science—despite all its brilliance—hasn't been able to explain logically with proof.

Let's discuss a few of them.

1. The Placebo Effect

We've all experienced this in some way. Imagine someone is sick, and you give them a vitamin tablet saying it's an antibiotic—and suddenly, they feel better. That's the power of the mind. The strangest part? Studies show that even when doctors tell patients, "This is just a placebo—it's not real medicine," it can still work! Our brains are so intelligent, yet somehow still fooled, and centuries of research have left scientists saying, "We don't have a clear answer."

2. Déjà Vu

That eerie feeling when you think you've already experienced the exact moment you're living now. No one truly knows why it happens. One theory says it's a kind of "file mix-up" in the brain—new experiences get stored in the memory section meant for past events. Another idea is that it's caused by tiny delays in different parts of the brain, making you feel like you're experiencing the present and past at the same time. Strange, right? But none of these theories are proven.

3. Yawning

You yawn when you're tired, sleepy, or bored—and sometimes even when you just see, hear about, or read the word "yawn." (Bet you're feeling it now!) But why does this happen? Scientists have many guesses—maybe it's about cooling the brain, maybe it's a form of social bonding—but no solid proof exists yet.

4. Animal Migration

We know hundreds of species migrate—birds, whales, turtles. But how do they navigate such vast distances so perfectly? Imagine a bird named Richard flying from Yamunanagar, India, to London, UK, landing in the exact same spot every year. The Earth is enormous, and even our best technology can't match that accuracy. Some believe they follow the stars, others think they use landmarks, and some say they sense the Earth's magnetic field. But remember—many of these creatures have brains no bigger than a peanut!


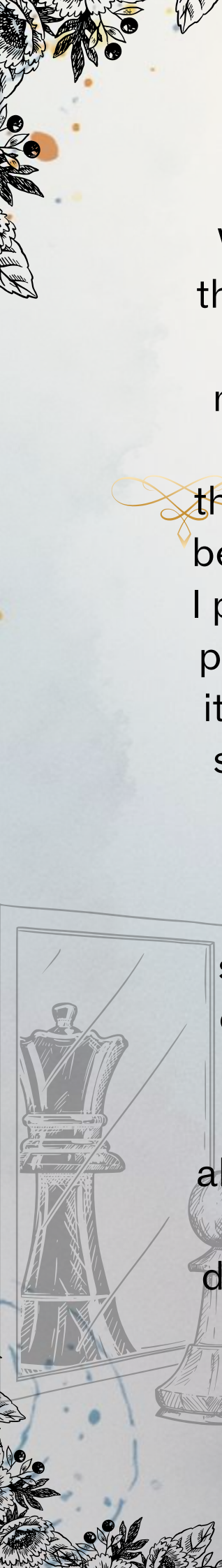
5. The Hum

Ever heard a mysterious low-frequency humming sound, especially at night? It's usually around 30–40 Hz—barely within the human hearing range. Strangely, only about 25% of people can hear it. Some claim it causes insomnia and even mental stress. Its source remains unknown, and the mystery only deepens.

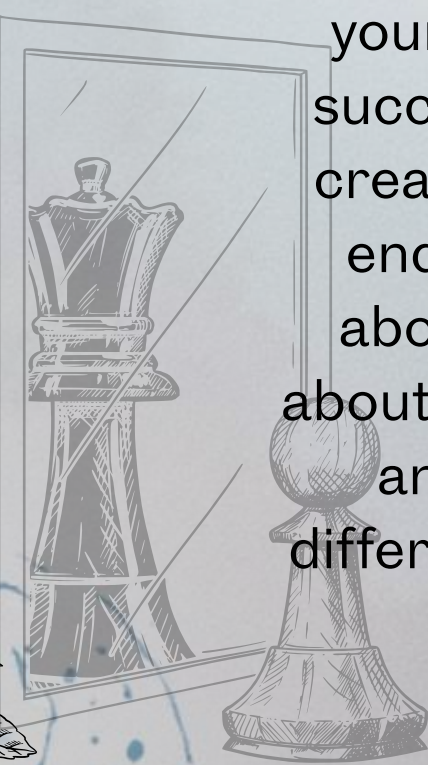
These phenomena are common in daily life, yet our incredible science can't explain them with complete logic and proof. Maybe one day we'll have the answers—but for now, they remain some of life's most fascinating mysteries.

LEARNING THE ART OF EARNING

What if your pocket money came from your own creativity? Imagine studying for a test while quietly building your future. That's how my mandala art grew from a relaxing hobby into a small business—selling handmade keychains, fridge magnets, bookmarks, rakhis, and custom artworks—and led me to start @manvi_artistry. This journey showed me that students don't have to wait to be earners. It often starts with what we love. "Earning while learning" is more than a catchy idea; it's a mindset many young people are embracing. I never thought something fun could help me earn, yet it connected me with people beyond my neighbourhood and taught me the value of time, effort, and confidence. Over time, I learned it's not just about money—it's about discovering your potential. The biggest win has been responsibility: juggling classes with customer replies, pricing, and packaging—even when it gets hard. Yes, it was challenging—but also deeply rewarding: exciting, overwhelming, and absolutely worth it.



We're lucky to live in a moment where the internet lets our work travel beyond our streets. Instead of only watching reels, we can create something real—something that matters. I've learned that passion grows when you nurture it, believe in it, and share it. Every keychain I paint and every rakhi I design carries a piece of me, and having someone value it is the most fulfilling reward. To every student with a quiet dream: don't wait for the "right time." Start now. Your hobby might become your purpose; your side hustle could become your success story. You won't know where creativity can lead until you try. In the end, "Earning while Learning" isn't about perfection or big profits—it's about starting small, staying consistent, and trusting that we can make a difference as students. Let's go beyond marks—and make a mark.



-Manvi Garg (9-A)



When I'm Gone

If I could die and live again
I'll see who'd mourn and who'd feel
the pain
Are they real, the people I have
known
or would my passing leave them
stone?
Will there be sorrow on that night
or my absence would feel just right
I really wish to have this
superpower,
to actually know the people we call
our.
I want to know what will happen
when I'm gone,
will there be sorrow or some
mourn?
Another shoulder I used to cry on
has turned cold
Another hand left me hanging
with no one to hold
Wonder when my life will change
Same shit happens again and again
But still I'm not that wise and
old
And I let them break me one time
more

-Aarav Kalra (10-A)

Anna and The Fairy

Once upon a time, there was a girl named Anna. She lived in a town. She used to buy many expensive things. She would go shopping and buy new clothes, accessories and many things daily. Her parents were tired of these things. They knew that if this continued then they would be short of money soon. Then one night her mother called her to her room and explained the value of money to her. But Anna didn't listen. Her parents were very disappointed. Then suddenly a fairy appeared and said, "What happened? Why are you so sad?" Then they told her everything their daughter was doing. The fairy then said, "Leave it on me. I will make your daughter understand the value of money". Next evening when she was coming back from her tuition, suddenly she fell down near a tree. When she opened her eyes, she found herself in a small hut. There was once an uncle, an aunt and their two daughters. They explained to her how they had found her fainted in a jungle. Anna was shocked. But now she was stuck there. She didn't know how to get out of there. She had the only option to live with them in a small hut. At night when they sat on the dining table, she asked for expensive food items. But the aunt said "We don't have much money to buy such expensive food". This routine continued for many days. She had managed many things like shoes, clothes, food etc. She understood the value of money. One night when Anna came out of the hut, suddenly her leg got stuck in a rope and she fell. She found herself in a tunnel. She didn't know where she was going. She was shocked and fainted again. When her eyes opened, she was in her house and her parents were sitting beside her. She hugged them and said, "Now I know the value of money. From now I will try my best to save money and not ask for such expensive things." Her parents smiled. All that was the magic of the fairy.

Akshita (6-D)

Ananya Lamba (6-D)

HOPE IS ALWAYS THERE



Once there was a sunflower seed which was buried in the soil.

It talked to its neighboring seedling that it wished to grow into a beautiful flower.

The farmer who buried the seed watered the seeds every day and continued.

Suddenly, during the third month, when the flowers started thriving, a drought affected the village.

The farmer who had enough water to give to the plants fell on the floor and all the water went to waste.

Luckily, the neighbour lent him some rainwater. The farmer thought all the plants had grown, only the sunflower was left. So the farmer decided to give more water to the sunflower.

After some days, it was summer and the drought was over. Every single flower was looking beautiful and suddenly a group of insects attacked wheat, which was grown next to the sunflower.

The sunflower hoped really hard that it would survive. And yes, it did.

Then, without any problem, the sunflower grew and turned into the most beautiful sunflower.

It was praised by many until it died.

Moral:- Strong determination and sheer hard work can create miracles.



How It Feels to Be the Villain in Someone Else's Story

“How It Feels to Be the Villain in Someone Else's Story”

Have you ever felt regret for doing anything? Have you ever wondered or hoped to get a chance to go into your past and fix your mistakes? They never asked what really happened.

They just picked the version that made them feel better.

And in that version, I'm the villain.

It's strange—how quickly people rewrite history when it suits their healing.

Suddenly, your silence becomes cruelty.

Your boundaries become betrayal.

Your honesty becomes manipulation.

And your absence? That's the ultimate sin.

But they never talk about the nights you stayed up, trying to fix what was already broken.

They don't mention the times you swallowed your truth to protect their feelings.



Livanya Juneja(9-A)

What Refuses To Die

Beneath the ash of shattered days,
Where silence weighs like stone,
Hope does not shout,
Nor blaze with fire - it grows,
Unheard, alone.

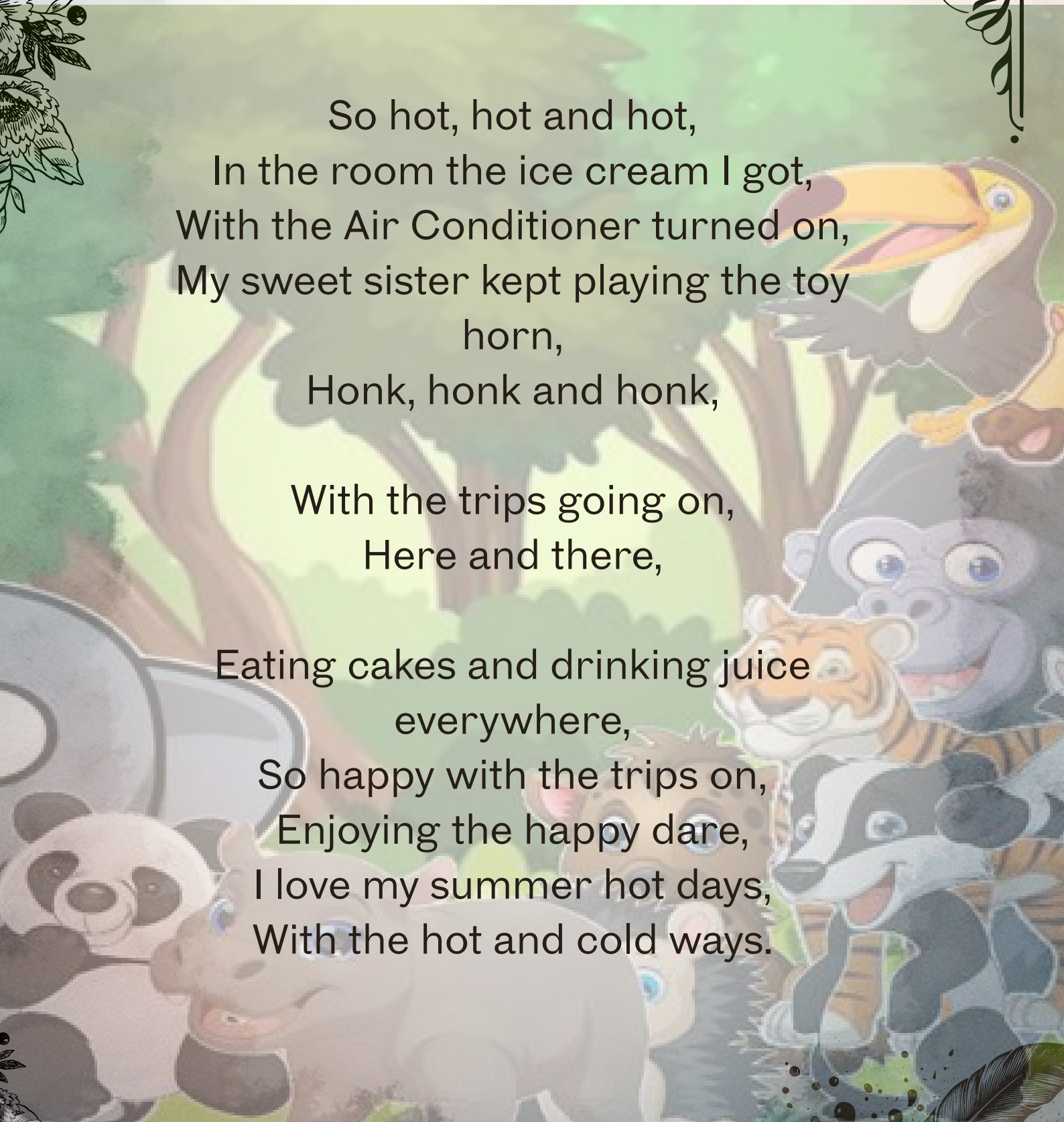
It coils in the cracks of broken dreams,
A spark amid turmoil,
Feeding not on what has passed,
But faith in future toil.
Not forged in ease or softened light,
Nor born in laughter's hue,
It learns to breathe when breath is tight,
To bloom where nothing grew.
It is the thread the dark can't cut,
The light behind the eyes,
The reason hands still shape anew
What fate has left behind.
Hope is not naive or blind—
It's scarred, and it is wise.
It's what remains when strength is gone,
Yet somehow, still,
We rise.

So hold it close when dusk sets in,
Let it pulse beneath your skin—
The world may end a thousand times,
But hope will start again.

Kanupreet Kaur (11-A)



CRAZY SUMMER DAYS



So hot, hot and hot,
In the room the ice cream I got,
With the Air Conditioner turned on,
My sweet sister kept playing the toy
horn,
Honk, honk and honk,
With the trips going on,
Here and there,
Eating cakes and drinking juice
everywhere,
So happy with the trips on,
Enjoying the happy dare,
I love my summer hot days,
With the hot and cold ways.

-Aadhya Arora (5-B)



THE 'FRIEND' OF A BLIND

In dark shadows, a blind soul found a friend,
dreaming his problems would come to an end.

Yet fate with its cruel twist did rend,
their bond shattered, but it's not the end.

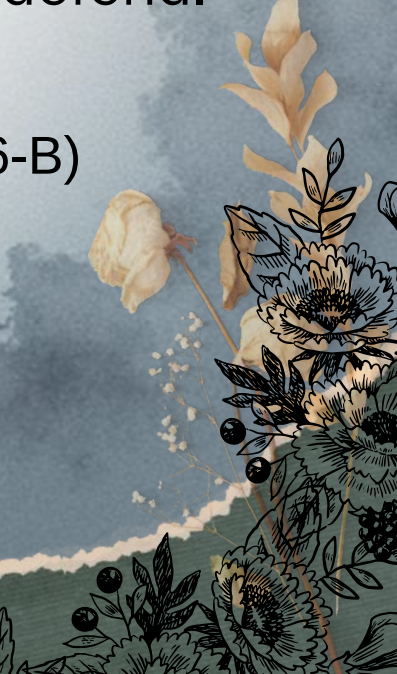
Though he gave his love with an open hand,
Some hearts aren't worthy, don't understand.

Awakened now, he takes a stand,
To vanquish his troubles and take command.

No longer placing trust where it may bend,
He will seek his own path, his wounds to tend.

Cautious steps on ice, he will not pretend,
To be fooled twice, he will fiercely defend.

Ayati Bansal (6-B)





My Mom

My mom is so kind and sweet,
She loves me with her heart so neat.

My mom's smile brightens my day,
I feel happy in everyway.

My mom makes me feel safe and
sound.

I grow with her loving hand around.
I love you mom, as I say.

You are the best mom in everyway.

Aaradhya Kalia(3-A)





MY SCHOOL

In Sacred Heart, we learn and grow,

With love and truth in hearts a glow.

Each classroom shines with dreams so bright,

Guided by faith, hope and light.

We walk with kindness every day,

In every word, in every way.

Like petals held by roots so strong,

Here, every soul feels they belong.

Our teachers guide with gentle care,

A second home that's always there.

Sacred Heart, so pure, so true—

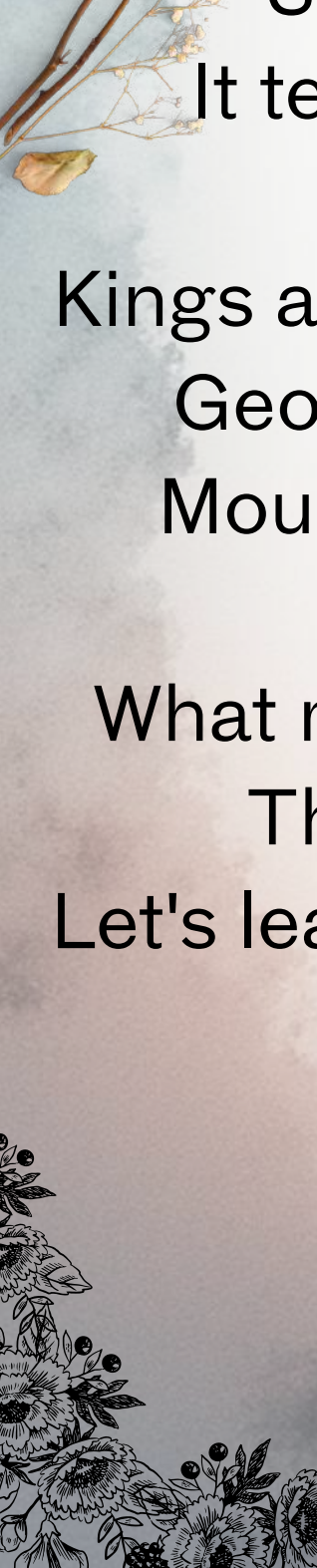
We're forever proud to be shaped by you.

“Educating the mind without educating the heart is no education at all.” – Aristotle

Annika Sayal (7-A)



Social Studies is fun



Social Studies is fun , it's true,
It tells us things both old and new.

History is about the past.

Kings and queens, and times that passed.

Geography shows us land and sea,
Mountains, rivers and where we be.

Civics tells us how to live,
What rules we have and what they give.

The subject is cool and smart ,
Let's learn it all and take lessons from the
past.

Gargi Kolhi (6-B)






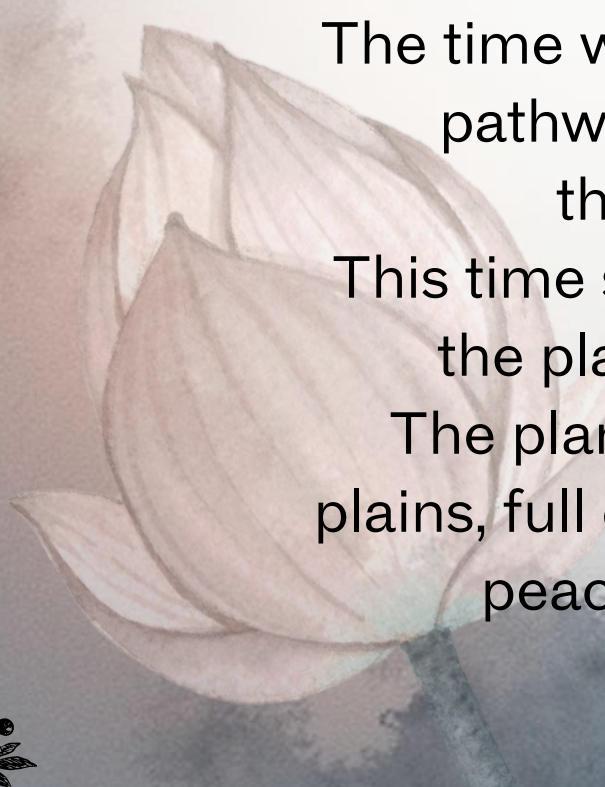
Bloom

Between the dense forest
of hatred, guilt and
betrayal, lies, an essence of
the flower which awaits to
bloom when the time
comes.

The time when the dew
stumbles down into the
puddle of thoughts,
The time when both the
wounds and the bruises
are exposed to the golden
light that heals,
The time which breaks the
pathways to other
thoughts.

This time shall not wait or
the plant may wilt.

The plant leads to the
plains, full of flowers, and a
peaceful chirp.



Satvik(11-A)



Fall

As I fall trembling down the mountains in my life, there is still a hope of success and a hint of happiness that follows me to the end. Sometimes, it may fall behind and hinder the cake walk, but that's how life works. Just a few ups and downs and then the end.

Maybe it would be peaceful throughout or horrific in some instances but the support from some loved ones remains.

Remains as the mountains, which change the direction of the downpour or the valleys which speed this flow.

The flow which is enough to clog my heart, the flow which is enough to burn one's consciousness leaving no ashes as a souvenir. It's a dangerous virus awaiting to spread from head to toe...

Satvik (11-A)



A DAY WITHOUT TECHNOLOGY

Can you imagine a day without technology? I decided to try it out. On Sunday, I gave up television, laptop, phone, and Alexa. Normally, my day starts with scrolling through my phone, but yesterday was different. I got ready for my tuition and focused on studying instead of watching television. It felt great, and I relaxed too. Without my phone, I found myself laughing more freely. When I got home, I surprised myself by singing beautifully. I discovered I might be a great singer and dancer! So, in the end, I discovered that a day without technology is truly wonderful.

Nayonika Lamba (6-D)

Many, One

Our diverse cultured
nation

Goes beyond our
imagination

Where many cultured
people reside

Our nation fills our hearts
with pride.

We live here collectively

Helping each other
relatively

Our unity shows all
The love and affection we
are abided with overall.

SIMRAN DHIMAN (10- B)

Nature's Melody

The earth has music for those who listen
Like tweeting of birds when the sun glistens

Cooing of the cuckoo, dripping of dew drops
Mewing of the peacock, clucking of the
cocks

In the flowers, the buzzing of the bees
Rustling of the leaves among the green trees

Singing of the nightingale, cawing of the
crow, chattering of the squirrel, bleating of
the doe

Nature has its music, has its melody
Whenever I hear it, it fascinates me

Prashi (10-B)



" SACRED HEART - A DREAM OF EVERY PARENT "

A nurturing school
where all things are run according to rules.

Where teachers are the best
and the school organizes many fests.

Where discipline is the key to success
and hard work in the end leads to progress.

"The Fear of Lord is beginning of Wisdom"
Sacred Heart has the most knowledgeable books
that guide us to freedom.

Expertly led by the Sisters of the Destitute with
grace
Sacred Heart holds a prestigious place.



It asks us to "love and serve the Lord in poor "
and helps us to explore so that we could serve the
Lord among poor.

The nuns always bless us all
and help to rise whenever we fall.

With magnificent libraries and church so sound
where playgrounds resound and knowledge rebound.

The future of your child is in your hand
at Sacred Heart their dreams are planned.

Riddhi Gupta (9-A)



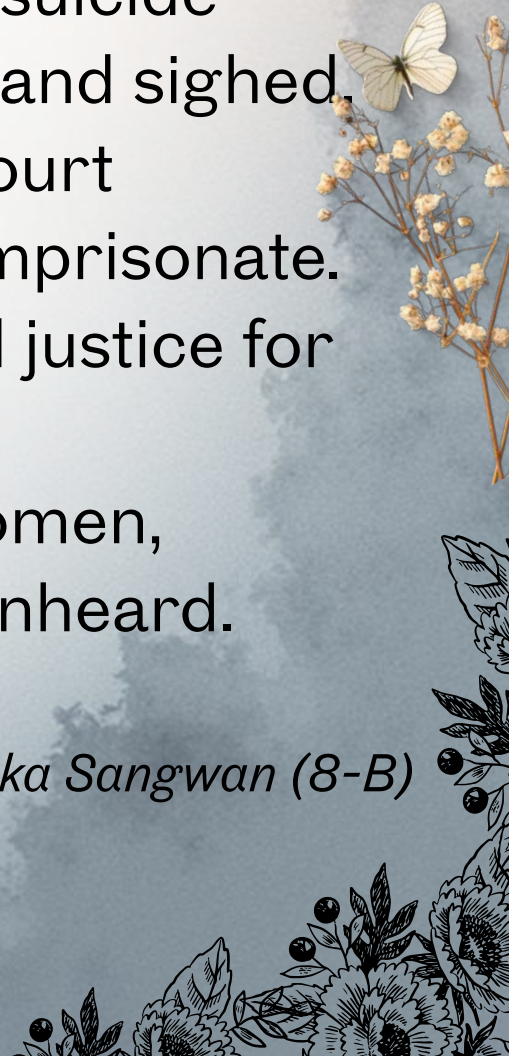


'HER MISFORTUNE'

She came to city
With dreams big and high
To soar high up to the sky,
But then a dark shadow fell over her
A crime was done- so silently.
Her screams filled the silent alley,
And no one came to help
Her dignity and self respect lay scattered on
the floor.

She laid motionless on ground.
She decided to commit a suicide
But thought about her family and sighed.
She dragged him to court
And he was announced life imprisonment.
That day she not only sought justice for
herself

But for thousands of women,
Whose stories were left unheard.



Tanishka Sangwan (8-B)

THE MIDNIGHT TREATY:


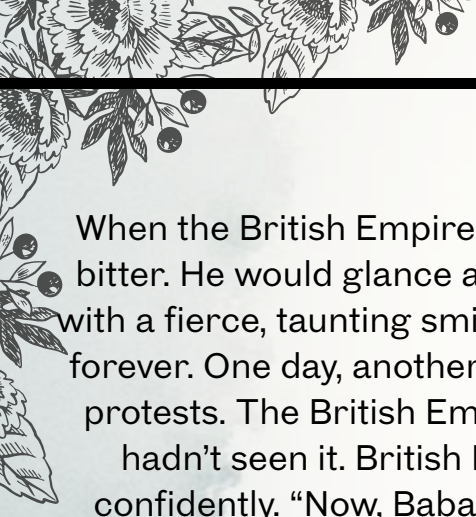
A Journey Through Hope Year 1858, after the First War of Independence ended in failure. It was night. Inside the Victoria Memorial, two figures stood in the dim light: a young boy, barely 10 years old, sat on a bench with sadness in his eyes. His name was British Bharat. Beside him, a tall man gazed out the window into the night sky over Kolkata. His name was British Empire. "Baba," British Bharat called softly.

"Yes?" the British Empire replied, not turning from the window. "Baba... we want freedom," said British Bharat, his voice trembling with quiet hope. The British Empire's eyes narrowed sharply. He looked back at the boy with a stern, icy gaze. He didn't want to hear that word - freedom - ever again. "Oh, forget about that," the British Empire snapped, his face hard.

"You won't get it." British Bharat felt like a golden bird trapped in an iron cage. He longed to soar through the skies, to breathe the sweet air of independence. His small fists clenched with anger, and his eyes burned as he stared back at the man who kept him chained. But how long could he stay silent? Day by day, the British grew crueler towards innocent people. Unseen by the empire, anger smoldered in the hearts of millions – an anger hidden beneath their silence, waiting for the right moment to erupt. "Today or another day," British Bharat thought, "the lion must roar."

Groups began to rise. Uncountable marches filled the streets in protest. Each morning, newspaper carried the stories of brave protesters, spreading courage across the land.

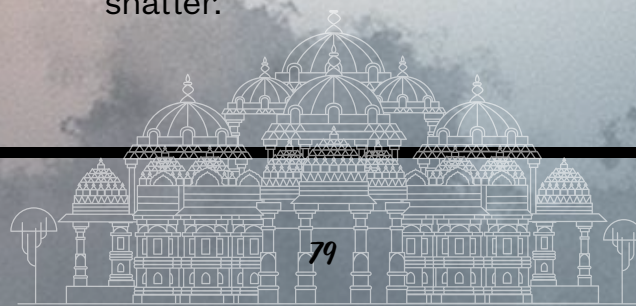






When the British Empire read these papers, his morning turned bitter. He would glance at British Bharat, who now met his gaze with a fierce, taunting smile – as if to say, Your empire will not last forever. One day, another newspaper arrived with news of more protests. The British Empire refused to touch it, pretending he hadn't seen it. British Bharat stood tall before him, smiling confidently. "Now, Baba," British Bharat asked, voice calm but strong, "when will you free me?" "These petty things aren't enough to uproot me," the British Empire scoffed, shifting his gaze to his tea. "Better stop dreaming." Yet what he dismissed as petty began to spiral beyond his control.

Protests spread like wildfire; the call for freedom roared louder each day. Days before British Bharat would finally gain independence, he had a haunting dream. In the darkness two full – length mirrors stood before him. As he stepped closer, he saw his own reflection in each mirror - himself young, tired and desperate for freedom. But suddenly, the images shimmered and changed. In one mirror appeared a boy wearing a black sherwani – India. In the other mirror stood a boy dressed in a white shalwar kameez – Pakistan. The two boys looked at each other with wary eyes before turning to British Bharat. They began to speak, their voices tense and urgent. "If you sign the treaty we will both be born," said India, his eyes fierce.

"Our minds have been poisoned – we believe Hindus and Muslims can never live in peace." British Bharat watched in horror as the boys argued heatedly, their words sharp and painful. "Baba told us," Pakistan hissed, "that we must separate or destroy each other." "He lied to us!" India shouted. "But maybe... maybe it's too late." The boys turned to British Bharat, their voices blending in a chilling chorus: "If you sign the treaty, you will burn. From your ashes, we will rise as two nations – divided, angry and scarred." Suddenly, the reflections burst into a violent fight. Their fists smashed against the glass from inside the mirrors, cracks snaking across the surfaces as British Bharat desperately reached out shouting, "Stop! Please stop!" But the images kept battling, and the mirrors trembled as if ready to shatter.





. Then came the midnight of fate. It was 11:59 PM. British Empire and British Bharat stood before a table where a single treaty lay waiting. The seconds ticked away like thunder in the silent room. As the clock's second hand stuck midnight, British Bharat took the pen with shaking hands and signed. The moment he completed sign, he felt his skin burning. His body dissolved into ash, swirling in the dark room. From those ashes, two figures began to form: two 10-year-old boys. As they took shape completely, the boys – India and Pakistan – opened their eyes, glaring fiercely at each other. They gave each other one last, cold look. Without a word, they turned and walked separate paths into the night. The midnight treaty was signed. Freedom had come, but at a price – a land divided. Yet the hope for a brighter future still burned in India's heart, refusing to die.

Aditi Mandal (7-A)






The Strong

I aspire to be flying,
But I always end up crying.
Depressed by miniscule matters,
Unsung unheard battles,
I fight each day
And each time I slay
A new war.

Yet I come up again with a ferocious roar.
Cause they say the strong don't cry,
But however hard I try,
I end up questioning myself
Do the strong really not cry ?
Or they've been named false?
Cause I've always seen tears as weapons
against all
fears.



A weapon so powerful,
A shield so beautiful

Varnika Chaudhary (10-D)



The Rains Still Come...

Under the streetlight's dim glow, he stands alone in the rain. This is a place once shared with a dear friend. Memories flood back as he walks, the same path now silent and empty without his companion. He tells himself that he is in a better place and has achieved the highest honor by serving his nation, yet the emptiness overpowers his reasoning. The rain intensifies and a storm brews inside him, but not a single cry escapes his lips. He is silent. In this rain, a man stands alone, remembering someone who no longer exists, with no one left to blame or a shoulder to cry on. The rains have come again, but he hasn't.

Vedanti Sheoran (11-H)





Persona : Diving Deep Within



In this relentlessly silent world
Where ambiguities lie ahead
Vagueness becomes coherent
And the end seems near
Contemplating on what ought to be done
Neglecting the present state of serenity
The rain keeps pouring
And yet the flower blooms
Withered in pain and devastation

Simran (10-B)





A MOTHERS QUIET SACRIFICE

Her sacrifices are the invisible threads that hold
the world

She never asked for gold or praise
Just gave her love in countless ways
While we all slept in peace-full nights
She stayed awake-a guiding light

She gave up dreams she never told
So we could have a hand to hold
Her smile would shine through a silent pain
She stood outside through sun and rain

She wore the same and gave us more
Hid her hunger , let our plates pour
Each wrinkle on her gentle face
Tells stories of her endless grace

No medals mark her sleepless nights
No spotlight shows her inner fights
But in our hearts, we'll always know
Her quiet love helped us to grow

“HER DREAMS BECOME ASHES TO KEEP
US ALIVE

Swasti (11-H)

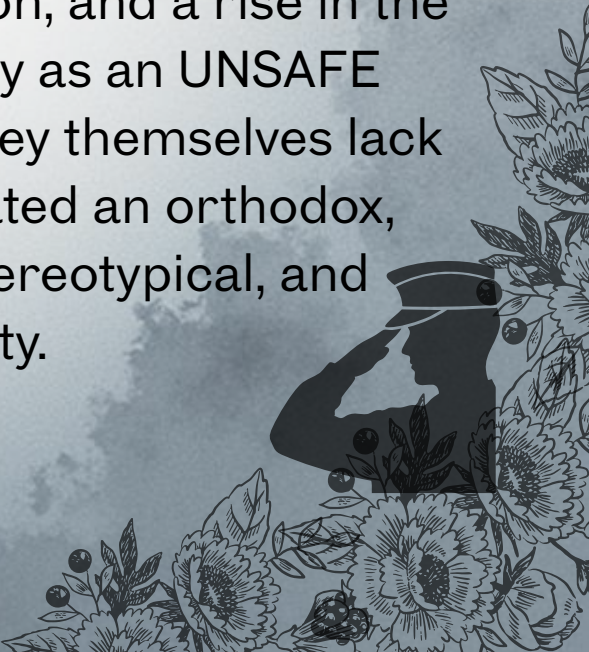




CIVIC SENSE ON SNOOZE , CITIZENS ON SOAPBOX

We, the PROUD citizens of India, mastered one art like no other—the art of BLAMING THE GOVERNMENT.

Never seen a country with such ungrateful civilians.

This year we celebrated the 79th Independence Day. It has been 79 years since the sacrifice of our freedom fighters; many are remembered, while countless remain. Meanwhile, we have our great citizens, taking this freedom for granted, spoiling the essence of this significant day by bringing up those matters that are totally irrelevant to the celebration, sparking sensation over topics, and calling out the government, not realizing that they themselves as the citizens have to abide by the law, get responsible, and take up the initiative to handle the matter. The so-called INDIAN CITIZENS blame the government for unhygienic surroundings, an increase in environmental pollution, and a rise in the crime rate, terming the country as an UNSAFE territory, ignoring the fact that they themselves lack basic civic sense and have created an orthodox, judgmental, discriminatory, stereotypical, and prejudiced society.





Accidents happen. Self-monitored traffic police authorities, and the traffic department is blamed for bad road conditions, but not the driver who didn't pull the brakes at the right time, and not the rider who didn't wear a helmet just to look COOL.

Even teasing happens, girls are targeted and ill-treated. It's either the dressing sense of the girl, and SHE WAS ASKING FOR IT because she was out on the streets at late hours, or it's the government, which doesn't create a safer society for the female population by framing the required laws and norms. It's never the PEOPLE and passers-by who have witnessed it and let things happen, instead of taking a stand for the victim. It's never the PEOPLE who are simply ignoring and busy in their own business, not realizing their one action, one initiative, or one step can save someone from getting harassed, bullied, or threatened.

Those indulging in affray or getting beaten up badly are engaging in public fights due to the lawless authorities. The government is blamed completely, and if unfortunately someone dies due to all this, then it's all on the police, but not those PEOPLE, who witnessed everything, like a good and well-mannered audience, with some even recording such fights instead of stopping such people who are causing public disturbance and using violence as a tool.



One bill is passed in the parliament, and here we are on the road, forming long queues, sitting in groups, and protesting over that one bill, which hasn't even been implemented.

We blame everything on the leaders, authorities, the judicial system, and other government-oriented bodies, but, as citizens, have we ever contributed to the well-being of the nation? Have we?

For once, have we ever acted with basic civic sense in the society? The answer is NO.

Of course, it is easier to shout on streets than to walk on zebra crossings. But unless we the citizens, change our ways, we will remain exactly what we have made ourselves- a nation that can raise its voice for everything except for its own civic sense.

Bhavya Tripathi(12-H)





Field of Dreams

The field lies golden in the sun's
warm light,
Wheat sways gently, a soothing
sight.

The breeze whispers secrets,
Wildflowers dance free,
A haven for dreams, where hearts
can be.

The sky above, a brilliant blue,
A canvas stretched, for nature's hue.
The earth below, a fertile ground,
Where seeds take root and dreams
are found



Atharv Chauhan (9-D)



Redemption

The sky was calm
But I was at rage
And I was reminded of that dawn
The day it was pouring from the sky
Tears were falling from my eyes
Hours passed by
Leaving me thinking of ways
To make all the wrong things right
Soon I realised
It was too late
And I decided to never be in rage again.

Vanya (12-C)





You Will be In Awe!!

1. Baby inside a baby?!

“Fetus in Fetu” is a rare condition where a malformed twin is found inside the body of its sibling! It’s super rare – only about 1 in 5,00,000 births and often discovered years later!

2. Mini Organs – Major Science!

Researches are now printing mini organs using bio ink made from living cells. These tiny “organoids” are used to study diseases, test medicines and might someday be used for transplants.


-Radhika Bindal (12A)



• Into the Life of Astronauts....

Through corridors of the International Space Station


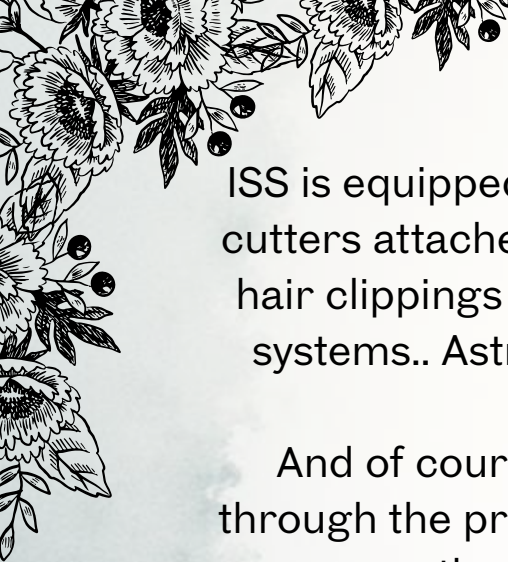
Ever wondered how life is, beyond Earth, beyond the restraints of gravity, somewhere in the deep mystical space??!! Believe it or not, it is now a reality. The vision of life beyond Earth has already begun. Humanity has already taken its first step into this mysterious realm of space!!. The International Space Station, or ISS, which began as a collaborative project between various space agencies, has now become the hub that nurtures state-of-the-art technologies from around the world. Wondering how astronauts carve out their routine in this microgravity? Let's embark on a thrilling journey to discover the secrets of life aboard the ISS.



To start off, the ISS has 7 crew quarters, each about 2 cubic meters.. Sounds surreal, doesn't it??!! It provides enough space for the astronauts to work and relax. The quarters are equipped with plenty of attachment points and velcro strips for the Astronauts to keep their personal belongings safely. Wouldn't want them floating around now, do we??!

Now, on to our favourite part - FOOD!! The ISS has a miniature kitchen that contains facilities such as a water dispenser and a galley oven. Rehydratable foods can be consumed after adding water. However, to minimise water usage, thermo-stabilised foods are also available that just need to be heated in the galley oven. It might sound surprising, but astronauts can also enjoy fresh fruits and vegetables on board the ISS. How, you ask? Well, they are delivered through cargo vehicles from Earth. But they need to be eaten quickly before they spoil.

It is often said, “ Health grows brighter in a clean body”.. Therefore, personal hygiene is quite essential for the crew members. Each of them is provided with hygiene kits for daily use. They can preselect their toothpaste brands and other items. Toothbrushing is done normally on the ISS, however, after brushing, they need to swallow the toothpaste as there are no sinks for spitting- just another quirky part of space life!



ISS is equipped with tools for hair and nail care. They have cutters attached to a vacuum cleaner to prevent the nail or hair clippings from floating around and clogging any vital systems.. Astronauts use rinseless shampoo to optimise water usage.

And of course-entertainment! From watching movies through the projector system to staying connected to loved ones through video calls, the crew has plenty of entertainment facilities to relax and have fun.

Staying fit is the mantra of life, right ?! Then why should the astronauts be left behind?!

The ISS contains a Cycle Ergometer Vibration Isolation System (CEVIS), which is a stationary bicycle having no seat, as there is no gravity; therefore, the astronauts secure their feet with clip pedals and grab handles to maintain position while cycling.

Safety is top priority too, so the ISS has medical kits containing essential medical instruments and drugs. All astronauts are taught emergency medical procedures during their training.

In a nutshell,life on board the ISS is woven with challenges, fun and plenty of adjustments. Each day brings new adventures which the astronauts handle with patience and resilience.

So, how did you like the tour through the narrow corridors of the ISS - where every moment floats and technology meets human spirit?!! And hey, the next time you look up at the night sky, adoring the dazzling stars, remember that there is a world just waiting to be explored and new opportunities to be discovered.

Aadhira Garg (11-B)



Poem Of Nature

Oh wonderful nature,
You are so beautiful.

With green trees,
And humming bees.

The grass is so green,
And water is so clean.

Birds fly in the sky,
And mountains are so high.
The wandering butterflies,
Make my thoughts fly.

The waterfalls are so cool,
Just like a swimming pool.

I love nature very much,
God give us this feature.

Arshiya (3-A)



MY MOM

My mom is so kind and sweet,
She loves me with her heart so
neat.

My mom's smile brightens my
day,

I feel happy in everyway.
My mom makes me feel safe and
sound.

I grow with her loving hand
around.

I love you mom, as I say.
You are the best mom in
everyway.



Aaradhya Kalia (3-A)



AI in healthcare a revolution in progress

The healthcare landscape is undergoing a profound transformation driven by the rapid advancements in AI. From deciphering complex medical images to accelerating drug discovery and personalizing patient care AI is no longer a futuristic concept.

Precision diagnostics: Seeing what we miss

One of the most impactful applications of AI in healthcare lies in diagnostics. AI algorithms particularly those leveraging deep learning are proving remarkably adept at analyzing vast amounts of medical data including X-rays, MRIs and CT scans. They can detect subtle patterns and anomalies that might elude the human eye leading to earlier and more accurate diagnosis of conditions like cancer, diabetic retinopathy, neurological disorders.

Personalized treatment: Tailoring care to the individual

The concept of one size fits all medicine is fading, replaced by growing emphasis on personalized care. AI is a cornerstone of this shift by analyzing a patient's unique genetic makeup, medical history, lifestyle and environmental factors. AI algorithms can create highly tailored treatment plans. This precision medicine approach can predict a patient's response to specific medication, optimized dosages and even identify new uses for existing drugs in oncology. For example AI can analyze a cancer patient's genetic mutations to recommend targeted therapies designed specifically for the unique disease profile offering a more effective and less toxic path to recovery.



Accelerating drug discovery: A faster path to cures

Traditional drug discovery is a notoriously long expensive and often inefficient process. AI is revolutionizing this by streamlining various stages-from identifying potential drug targets by analyzing complex biological datasets to predicting the safety and efficacy of new compounds significantly accelerates the research and development pipeline. Machine learning models can analyze millions of molecular compounds reducing the time and resource needed to identify promising drug candidates . This accelerated pace holds immense promise for developing new treatments for currently tractable diseases and bringing life saving medications to patients much faster.

Operational efficiency and beyond

Beyond clinical applications, AI is also optimizing operational aspects of Healthcare. AI powered systems can automate administrative tasks like patient scheduling building and documentation. Remote patients monitoring enabled by AI sensors and devices allows doctors to track patients vital signs and adhere to treatment plans from distance robotic surgery augmented by AI,offers enhanced precision control visualization leading to fewer complications, less bleeding and faster recovery for patients.

Ethical considerations and the road ahead

While the potential of AI in healthcare is immense, its widespread adoption also brings forth crucial ethical considerations data privacy and security are paramount as AI systems rely on vast amounts of sensitive patient information. Transparency in how AI systems make decisions and clear frameworks for accountability are also essential for building trust among patients and healthcare as AI technologies become more sophisticated and integrated we can expect even more transformative advancements

Palak (11-B)



Journey Through Hope


Dear reader, before we embark on our journey we often ask: where are we headed? But when the journey is of hope, the destination isn't always clear and yet we walk on.

Let us first understand what hope is.



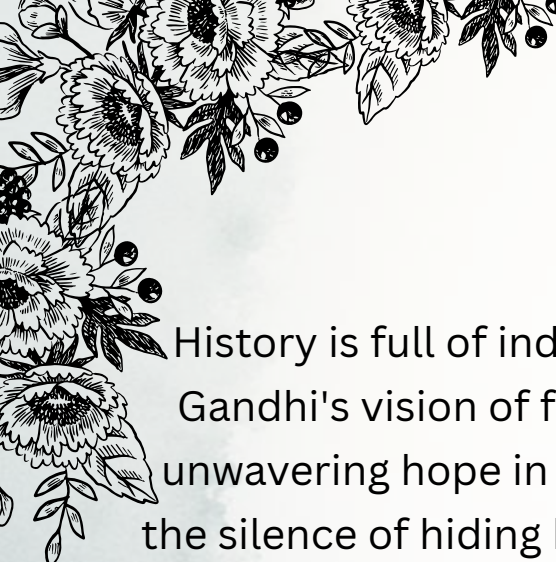
Hope is one of the most profound emotions we possess. To some, it is the belief in healing where science ends; to others, it is the quiet prayer whispered into the night when all else fails. As Emily Dickinson once wrote "Hope is the thing with feathers that perches in the soul-and sings the tune without the words-and never stops-at all"

Now here comes the important part. There are people who hold on to this hope for as long as possible while we also sometimes let go at the first sign of failure because the journey is never linear. Hope flickers, it wavers. The idiom "Every cloud has a silver lining" exists for a reason.

We get on the 'HOPE' wagon as soon as we create that expectation and get off it the second we lose hope. That rise and fall, that ebb and flow-This, my friend is our real journey.



So, Hope-an invisible thread that connects our dreams to reality, our struggle to strength, and our despair to faith is not merely a feeling but a force-subtle, yet unyielding - that allows us to move forward when the road ahead seems uncertain.



History is full of individuals who walk the path of hope. Mahatma Gandhi's vision of freedom was powered not by force, but by his unwavering hope in truth and non-violence. Anne Frank, writing in the silence of hiding believed that "Where there's hope, there's life".

It fills us with fresh courage and makes us strong again. Victor Frankl, a Holocaust survivor and psychiatrist argued that even in suffering, life has a meaning and that meaning is sustained by hope. But hope is not always heroic. Sometimes it is quiet- A child waking up to another day of healing, a farmer praying for rain, a student studying throughout the night for a better tomorrow.

So, as the saying goes "Rome wasn't built in a day". Achievements take time, and so does enduring hope.

But as we, the new generation says, "We only bite till its sweet". But we should not lose hope and develop a sense of perseverance. Almost at the point of becoming a boring lecture, I sign off with the wise and timeless words of Winston Churchill that will explain everything in a few words:

"Sure I am this day we are masters of our own fate, that the task which has been set before us is not above our strength, that its pangs and toils are not beyond our endurance. As long as we have faith in our own cause and an unconquerable will to win, victory will not be denied us"

Jiana Bajaj (7-C)



CAN THE SUM OF POSITIVE NUMBERS BE NEGATIVE?

When we think of positive numbers—1, 2, 3, and so on—it seems impossible that adding them infinitely could give a negative result. But mathematics is full of surprises, and this is one of its most famous paradoxes.

Let's begin with a curious infinite sum:

$$S_1 = 1 - 1 + 1 - 1 + 1 - 1 + \dots$$

This alternating series never settles at a single value. If we stop at an even number of terms, the sum is 0. If we stop at an odd number, it's 1. This creates ambiguity. To resolve this, mathematicians often take the average of the two possibilities:

$$S_1 = (1 + 0) / 2 = \frac{1}{2}$$

Now consider another interesting series:

$$S_2 = 1 - 2 + 3 - 4 + 5 - 6 + \dots$$

Let's try adding S_2 to a shifted version of itself:

$$\begin{array}{r} S_2 = 1 - 2 + 3 - 4 + 5 - 6 + \dots \\ + \quad 1 - 2 + 3 - 4 + 5 - \dots \\ \hline \end{array}$$

$$2S_2 = 1 - 1 + 1 - 1 + 1 - \dots = S_1 = \frac{1}{2}$$

So, $2S_2 = \frac{1}{2}$, which means:

$$S_2 = \frac{1}{4}$$

Now take the sum:

$$S = 1 + 2 + 3 + 4 + 5 + 6 + \dots$$

This clearly diverges, but let's subtract S_2 from S :

$$\begin{array}{r} S - S_2 = (1 + 2 + 3 + 4 + 5 + 6 + \dots) \\ - (1 - 2 + 3 - 4 + 5 - 6 + \dots) \\ = 0 + 4 + 0 + 8 + 0 + 12 + \dots \\ = 4(1 + 2 + 3 + 4 + \dots) = 4S \end{array}$$

So we have:

$$S - S_2 = 4S$$

We already found that $S_2 = \frac{1}{4}$, so:

$$S - \frac{1}{4} = 4S$$

$$\Rightarrow -3S = \frac{1}{4}$$

$$\Rightarrow S = -\frac{1}{12}$$

This surprising result is actually used in physics, especially in string theory. It tells us that:

$$1 + 2 + 3 + 4 + 5 + \dots = -\frac{1}{12}$$

This doesn't mean the actual sum is negative in the traditional sense—but rather, under special summation techniques used in advanced mathematics, this value appears in certain real-world applications.

The Huge Variety

We all are familiar with the game of cards. A standard deck contains 52 cards—26 red cards (13 diamonds and 13 hearts) and 26 black cards (13 clubs and 13 spades). But before any game begins, what's the first thing we do? Of course, we shuffle the cards. But have you ever wondered how many different ways those cards can be shuffled? That's where mathematics steps in, introducing us to the concept of permutations and something called a factorial. A factorial, written as an exclamation mark after a number (like $5!$), simply means multiplying that number by every smaller number down to one. For example, $5!$ is $5 \times 4 \times 3 \times 2 \times 1$, which equals 120. Similarly, $3!$ is $3 \times 2 \times 1 = 6$. If we had just two cards, we could arrange them in $2! = 2$ ways. With three cards, we'd have $3! = 6$ possible orders. As the number of items increases, the total arrangements grow incredibly fast. Now, if we apply this to a full deck of 52 cards, we get $52!$ (52 factorial), which is $52 \times 51 \times 50$ and so on, all the way down to 1. This gives us a number so large it's almost impossible to imagine. The total number of ways to arrange 52 cards is roughly

80,658,175,170,943,878,571,660,636,856,403,766,975,289,505,440,883,277,824,000,000,000,000— or, in short, 8.0658×10^{67} . That's a number with 67 zeroes after it!

What's even more fascinating is that this number is so large that every time you shuffle a deck properly, it is almost certain that the order of cards you've created has never existed before—not in your house, not in your city, not even in the entire history of card games! That makes every shuffle feel unique, almost like creating your own fingerprint made out of cards. Mathematics truly has a magical way of revealing wonders in the most unexpected places. Something as simple as a deck of cards hides one of the biggest numbers we can ever imagine. So, the next time you're playing a game of cards with your friends, take a moment to think—you might be holding a completely unique arrangement that the world has never seen before.

Krishna (12-A)

A WORLD WITHOUT ZERO

When I first thought about it, the idea of a world without zero felt... harmless. After all, zero is just “nothing,” right? But the more I imagined it, the more I realised that nothing is actually everything. Without zero, the world would be unrecognisable – and definitely not in a good way.

Let’s start with something simple. Numbers. Without zero, our entire counting system would fall apart. Imagine trying to write “10” without a zero. It would just be “1.” Now imagine trying to write “100.” That’s still “1.” Confusing? That’s exactly the point. Without zero as a placeholder, numbers lose their positions and meanings. Mathematics would become a puzzle with missing pieces.

History tells us that the concept of zero was developed in ancient India and later spread to the rest of the world. It wasn’t just a number – it was a revolutionary idea. It allowed us to represent nothingness, perform complex calculations, and even think about infinity. Without zero, we wouldn’t have algebra, calculus, or modern physics. In short, science would be stuck in the Stone Age.

Think about technology. Computers, for example, literally speak in a language of zeroes and ones – binary code. Without zero, there would be no coding, no smartphones, no video games, no internet.

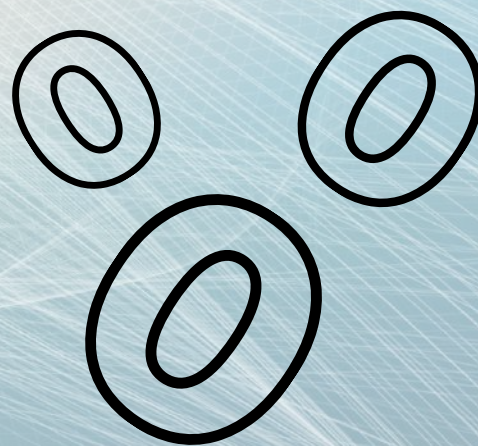
Banking systems would be in total chaos because digital transactions wouldn’t exist. Even something as simple as checking your temperature or measuring ingredients in a recipe would become a guessing game.

And then comes the problem of time. Without zero, how would we mark the beginning of anything?

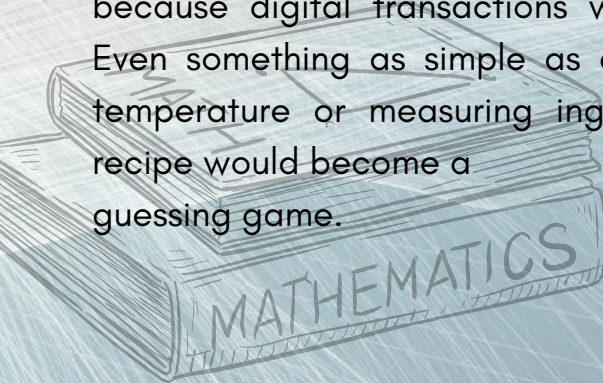
The year “2025” wouldn’t make sense, clocks couldn’t strike “12:00,” and calendars would be a mess. The idea of “starting from scratch” would disappear completely.

A world without zero would be a world without clarity, precision, and progress. It might still function in some primitive way, but it would lack the structure that has shaped human civilization for centuries.

So, the next time you see a zero, remember – it’s not “nothing.” It’s the silent hero that holds our entire modern world together. Without it, we wouldn’t just lose a number... we’d lose our future.



Krishna (12-A)



THE DISTANCE PARADOX

The distance paradox, also known as Zeno's Dichotomy Paradox, gives the idea that in this world, a body (person) can never cover a fixed distance. Sounds absurd, right? But we have a mathematical argument for it. To explain, let us take a finite distance (100m). Logically and practically, anyone can cover this distance easily — but this is where scientifically curious minds begin to question things.

To cover this distance, you need to cover it in parts:

Part 1 – First, you need to cover 50m out of 100m, i.e., half of the original.

Part 2 – We are left with 50m. Now, first we need to cover 25m, again half of it.

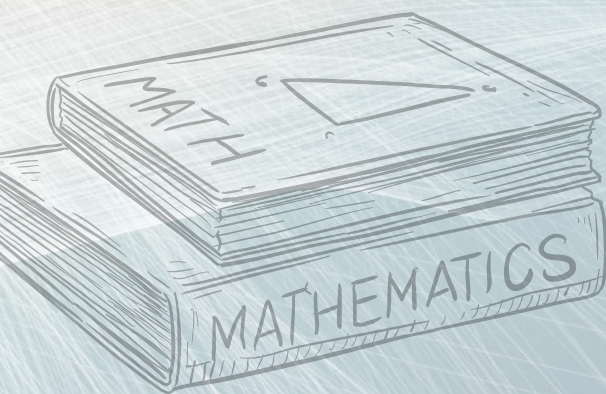
Part 3 – We are left with 25m. Again, we need to complete 12.5m — again half of it. . . .

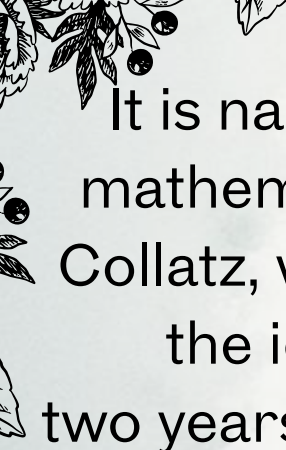
You see, we can divide it an infinite number of times mathematically, because by dividing, you can get close to zero but never zero.

Total Distance = 50 + 25 + 12.5 + 6.25 + 3.125 + 1.5625 + ...

So, if we have such an infinite (∞) number of parts, we would never be able to complete the distance — because practically, covering an infinite number of steps isn't possible. Now here we are, with a 100m race in front of us — but yeah, according to the paradox, we won't be able to cover it ever.

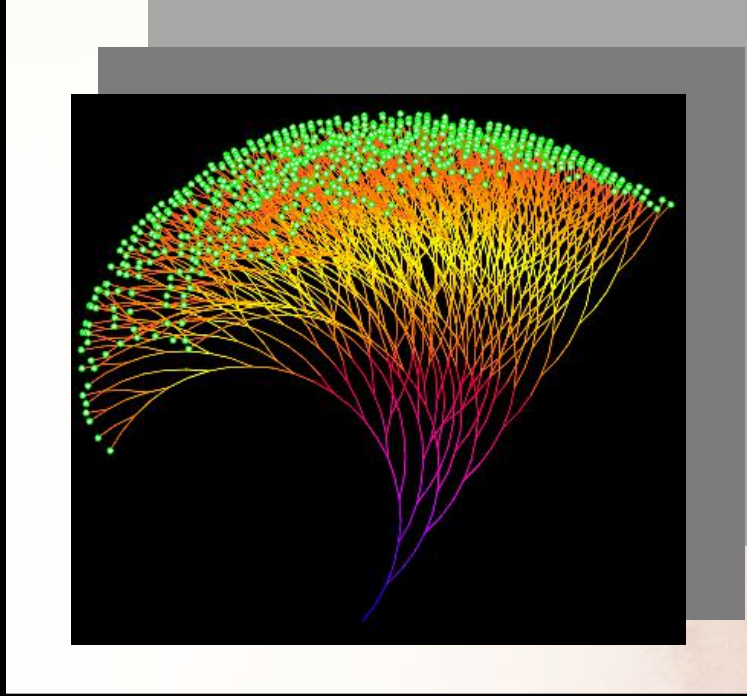
Krishna (12-A)





It is named after the mathematician Lothar Collatz, who introduced the idea in 1937, two years after receiving his doctorate.

The sequence of numbers involved is sometimes referred to as the hailstone sequence, hailstone numbers or hailstone numerals.



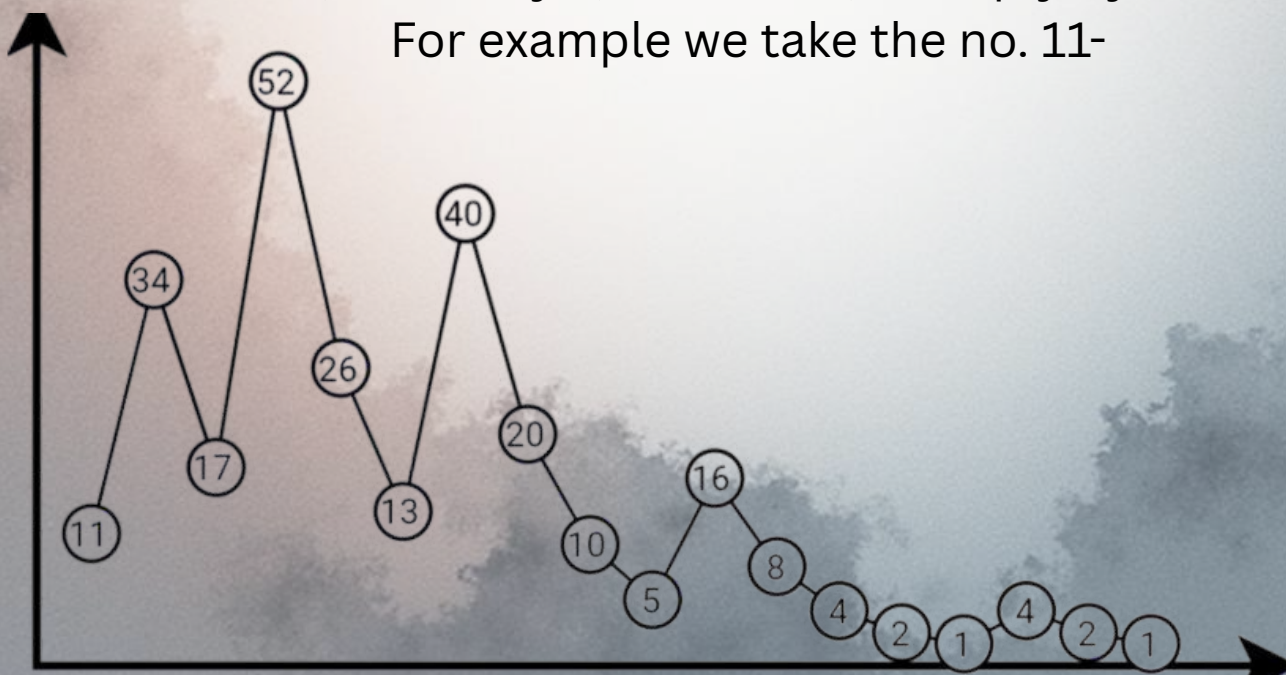
The Collatz conjecture is one of the most famous unsolved problems in mathematics.

Collatz Conjecture

For any positive integer N :-

If it is even, divide by 2; if it is odd, multiply by 3 and add 1.

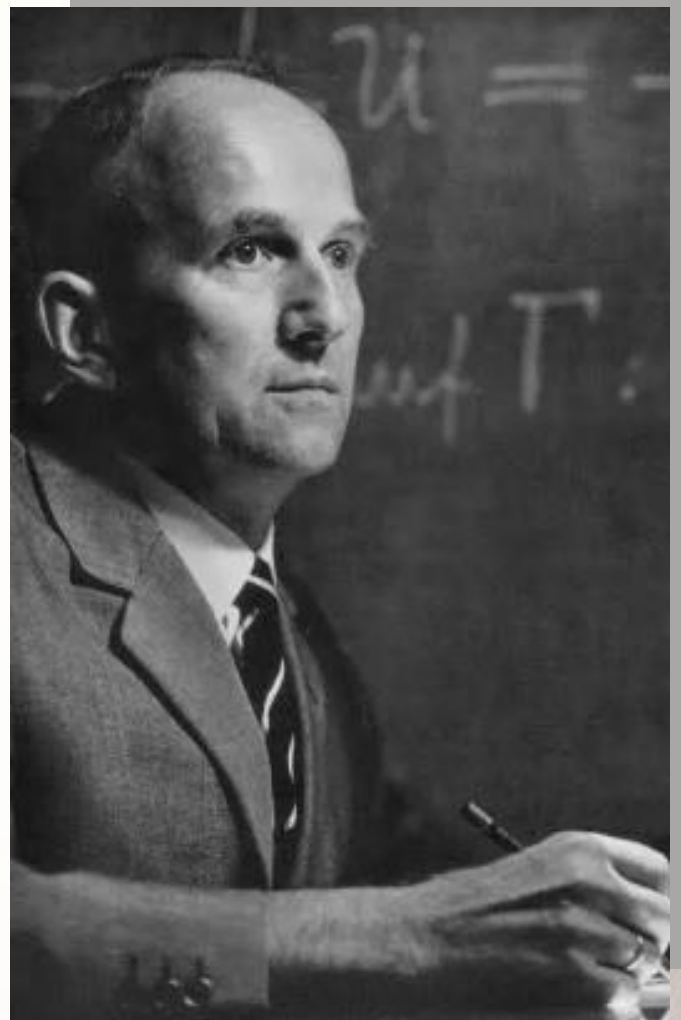
For example we take the no. 11-



A Collatz system can lead to infinite amount of iterations for a single number

The Collatz conjecture has no direct, real-world applications, but it is used as a tool to advance number theory and dynamical systems, and as a challenge for algorithm design.

Solving it would lead to significant progress in these fields and could potentially help develop new proof techniques.



Mr. Lothar Collatz

(A German Mathematician)

Harjas Bhalla (X-D)

MATHS

(TRUE OR FALSE)

$$i = -i \quad (i = \text{iota}, i = \sqrt{-1})$$

[Multiply Numerator And Denominator By i]

$$\begin{aligned} &= \frac{i \times i}{i} \\ &= \frac{\sqrt{-1} \times \sqrt{-1}}{\sqrt{-1}} \\ &= \frac{-1}{\sqrt{-1}} \\ &= -\sqrt{\frac{1}{-1}} \end{aligned}$$

[Combining The Roots]

$$\begin{aligned} &= -\sqrt{-1} \\ &= -i \end{aligned}$$

AVNI BANSAL(XI-C)

कोई - कोई

ज़ख्म हर दिल में है ,
पर छुपाता है कोई-कोई।
आँसू हर आँख में है ,
पर बहाता है कोई-कोई।
खुशियां पाने की चाह में,
हर कोई दामन फैलाता है।
फूलों से उसकी खुशबू तो ,
सभी चुराने आते हैं ,
पर कांटों का दर्द लिए दिल में
फिरता है कोई-कोई।
उजाले दर्दहीन खुशियों के ,
सभी को अच्छे लगते हैं,
पर गम के अंधेरे की चाह में,
भटकता है कोई-कोई।
लिखे इस दिल के दर्द को,
कोई कैसे पहचाने ।
पढ़ते तो यूँ सभी हैं
पर समझता है कोई-कोई।

अमिता शर्मा

मैं खुश हूँ



ज़िंदगी है छोटी
हर पल में खुश हूँ।
ग़म में खुश हूँ।
आराम में खुश हूँ।

आज पनीर नहीं
दाल में ही खुश हूँ।
आज गाड़ी नहीं
पैदल ही खुश हूँ।

आज कोई नाराज़ है
उसके इस अंदाज़ से ही खुश हूँ।
जिसको देख नहीं सकता
उसकी आवाज़ से ही खुश हूँ।
जिसको पा नहीं सकता
उसको सोचकर ही खुश हूँ।

बीता हुआ कल जा चुका है
उसकी मीठी याद में ही खुश हूँ।
आने वाले कल का पता नहीं
उसके इंतज़ार में ही खुश हूँ।

हँसता हुआ बीत रहा है पल,
आज में ही खुश हूँ।
ज़िंदगी है छोटी
हर पल में खुश हूँ।

जो मेरी बात ने दिल को छुआ,
तो जवाब देना
वरना बिना जवाब के भी खुश हूँ।

आरव गुप्ता (10-C)

पैसे की अजब कहानी है

है लोभ बढ़ गया दुनिया मे,
मैं जो बात करूँ नादानी है।
पागल कर दे इंसान को जो,
पैसे की अजब कहानी है।

जहाँ रूतबा पहले ज्ञान का था,
प्रश्न आत्म सम्मान का था ।
इज्जत इंसान की होती थी,
राज धर्म ईमान का था ।
आज की पीढ़ी इन सबसे,
एकदम ही अनजानी है ।
पागल कर दे इंसान को जो,
पैसे की अजब कहानी है ।



पैसा है तो सब कुछ है,
ये बात सिखाई जाती है ।
दूर करे इंसान से जो,
वह किताब पढ़ाई जाती है।
है रिश्तेदारी पैसे की,
प्यार कहाँ रूहानी है।
पागल कर दे इंसान को जो,
पैसे की अजब कहानी है।

घर बड़े और दिल अब छोटे है,
इंसान नीयत के खोटे है।
भ्रष्ट हो रहे हैं अब सब,
नौकरियों के कोटे है।
हो कैसे उन्नति देश की,
सबके मन में बेइमानी है ।
पागल कर दे इंसान को जो,
पैसे की अजब कहानी है।

देवेशी शर्मा (7-B)




अमूल्याः निधयाः

1. ग्रहीतुं किम् अस्ति ? (ज्ञानम्)
2. दातुम् किम् अस्ति ? (दानम्)
3. यातुम् किम् अस्ति ? (क्रोधः)
4. वक्तुम् किम् अस्ति ? (सत्यम्)
5. रक्षितुम् किम् अस्ति ? (स्वाभिमानम्)
6. प्राप्तुम् किम् अस्ति ? (सफलता)
7. व्यक्तुम् किम् अस्ति ? (मोहः)
8. जेतुं किम् अस्ति ? (मनः)
9. नष्टुं किम् अस्ति ? (अज्ञानता)
10. विसर्जितुम् किम् अस्ति ? (विद्या)

अमिता शर्मा





नारी शिक्षा

शिक्षा शब्द सुनने में लगता है कम,
इस शब्द में बहुत ज़्यादा है दम।
शिक्षा पाने पर लगती है यह हमें प्यारी,
अब आई है नारी को आगे लाने की बारी।
ज़माना कहता है कि यदि नारी शिक्षा पाएगी
वह एक घर नहीं बल्कि दो घरों को शिक्षित बनाएगी।
वर्तमान में शिक्षा ही सफलता का कारण है,
किरण बेदी इसका सफल उदाहरण है।
लोग कहते हैं शिक्षा ज़िन्दगी बदल देती है,
मैं कहता हूँ नारी संसार बदल देती है।

लड़कियों को लड़कों से आगे लाएँगे हम
तभी शिक्षा अनुपात को सुधार पाएँगे हम।
अरबों की भीड़ में बस उसकी होगी पहचान,
जिसके पास होंगे शिक्षा और ज्ञान।
नारी शिक्षा पर लोगों का ध्यान दिलाना होगा,
समाज में इसे समानता का अधिकार दिलाना होगा।
संसार को सुंदर और सुखमय बनाना होगा।

आरव गुप्ता (10-C)

यीशु की राह

यीशु आये धरती पर,
प्रेम का दीप जलाने,
दुख में डूब दिलों को,
आशा की किरण दिखाने।
झूठ-सच में फ़र्क बताया,
जीवन जीने की राह सिखाई,
क्षमा, करुणा और विश्वास की,
सुंदर मिसाल बनाई।
काँटों का ताज पहन लिया,
फिर भी रहे मुस्कुराते,
सब पापों को खुद पर लेकर,
प्रेम का पाठ पढ़ाते।

छोटे-बड़े का भेद मिटाया,
सबको एक समान कहा,
हर जीवन में रोशनी भर दी,
हर अंधेरे को दूर किया।
हम भी चलें उन्हीं की राह,
नफ़रत को छोड़ प्यार करें,
दूसरों की सेवा में लगें,
और प्रभु का सत्कार करें।

“प्रभु से प्रेम करो अपने पूरे मन,
आत्मा और बुद्धि से – यही सबसे
बड़ा संदेश है।”

अनिका सयाल(7-A)

“विद्याधनम् सर्वधनप्रधानम्”

“विद्या ददाति विनयं विनयाद् याति पात्रताम् ।

पात्रत्वाद् धनम् आप्नोति धनाद् धर्मं ततः सुखम् ॥”

संसारे अनेकानि विधानि धनानि विद्यन्ते - यथा पुत्रधनम्, तपोधनम्, भार्याधनम्, सन्तोषधनम् विद्याधनम् इति । एषु धनेषु यत् धनम् यस्य प्रियं भवति तत् प्राप्तुं सः यतते । परम् एतेषु धनेषु विद्याधनस्य महिमा सर्वाधिकः । विद्वान् पुरुषः यत्र अपि गच्छति तत्र एव सः सम्मानम् प्रतिष्ठां च प्राप्नोति । मनुष्येभ्यः विद्याधनस्य आवश्यकता पदे - पदे वर्तते । विद्याधनम् बिना तु मानवस्य जीवनम् एव निरर्थकम् । भर्तुहरिणा अपि संगीत कलाविहीनः

पुरुषः तु साक्षात् पशुरिति

कथितं - “कलाविहीनः साक्षात्पशुरिति कथितं” - “साहित्यसंगीत

कलाविहीनः साक्षात्पशुः पुच्छविषणहीनः ।”

विद्याधनम् अन्यानि सर्वाणि धनानि अतिशेते । अस्मिन् धने ये गुणाः

विद्यन्ते ते अन्येषु धनेषु न दृश्यन्ते । अन्यानि धनानि

चौराः चोरयन्ति, अतः तानि न स्थिराणि ।

सत्यमेव केनचित् विदुषा कथितम् -

“विद्या सर्वत्र पूज्यते”

अंजू बाला





माँ



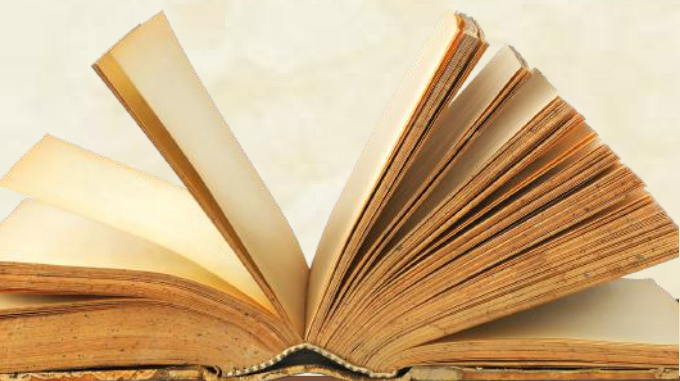
जन्मत तो सबकी है
मेरी हर जीत की इच्छा रखने वाली वह कहाँ
है?

जो मुझे सबसे ज़्यादा प्यारी है और जो मेरी
प्यारी माँ है।

जब ठुकराता मुझे ये जहान है
जब ठुकराता मुझे ये जहान है
फिर सीने से लगा लेने वाली मेरी प्यारी माँ है।

वो मेरी प्यारी माँ है।

आराध्या खुराना (2-C)



ਇਕ ਆਸ

-ਗੁਰਸਾਖੀ ਕੌਰ (9C)

ਇੱਕ ਛੋਟੇ ਜਿਹੇ ਪਿੰਡ ਦੀ ਗੱਲ ਆ,
ਜਿੱਥੇ ਰਾਤਾਂ ਲੰਬੀਆਂ ਸਨ, ਪਰ ਦਿਲਾਂ ਵਿਚ ਚਾਨਣ ਵੱਸਦਾ ਸੀ।
ਸੁਖਾਂ ਤੋਂ ਜ਼ਿਆਦਾ ਦੁੱਖ ਸਨ ਉਥੇ,
ਪਰ ਫਿਰ ਵੀ ਹਰ ਮੁੱਲ ਤੇ ਉਮੀਦ ਨਾ ਛੱਡਣ ਵਾਲੇ ਲੋਕ ਸਨ
ਉਥੇ।

ਸੁਖਦੇਵ, ਇੱਕ ਗਰੀਬ ਕਿਸਾਨ,
ਜਿਸ ਦੇ ਹੱਥਾਂ ਵਿਚ ਜ਼ਮੀਨ ਸੀ, ਪਰ ਹੱਥ ਖਾਲੀ ਸਨ।
ਮੀਂਹ ਨਾ ਪੈਂਦਾ, ਫਸਲਾਂ ਸੁੱਕਦੀਆਂ,
ਪਰ ਹਰ ਸਵੇਰ ਉਹ ਆਪਣੀ ਧੀ ਨੂੰ ਕਹਿੰਦਾ —
;ਮੇਨੀਏ, ਇਕ ਦਿਨ ਇਹ ਸਾਰੇ ਦੁੱਖ ਮੁੱਕ ਜਾਣਗੇ,
ਇਹ ਮੌਸਮ ਹਰ ਰੋਜ਼ ਇਕੋ ਜਿਹਾ ਨਹੀਂ ਰਹਿੰਦਾ।

ਮੇਨੀ, ਇੱਕ ਛੋਟੀ ਜਿਹੀ ਕੁੜੀ,
ਜਿਸ ਦੀਆਂ ਅੱਖਾਂ ਵਿਚ ਸੁਪਨੇ, ਪਰ ਪੈਰਾਂ ਹੇਠੋਂ ਜ਼ਮੀਨ ਨਹੀਂ।
ਪੜ੍ਹ ਲਿਖ ਕੇ ਅਫਸਰ ਬਣਨਾ ਚਾਹੁੰਦੀ ਸੀ,
ਪਰ ਰੋਟੀਆਂ ਦੀ ਕਮੀ ਦੇ ਕਾਰਨ,
ਉਹ ਕਈ ਵਾਰੀ ਕਿਤਾਬਾਂ ਤੋਂ ਪਹਿਲਾਂ ਭਾਂਡੇ ਮੰਜਦੀ।

ਪਰ ਫਿਰ ਵੀ —
ਉਹ ਹਰ ਰਾਤ ਇੱਕ ਪੰਨਾ ਪੜ੍ਹਦੀ ਸੀ,
ਚੁੱਪ ਚਾਪ ਮਾਊ ਦੀ ਓਢਣੀ ਹੇਠ ਆਪਣਾ ਭਵਿੱਖ ਲਿਖਦੀ ਸੀ।
ਉਸਦੇ ਦਿਲ ਵਿਚ ਇੱਕ ਚਿੰਗਾਰੀ ਸੀ —
ਉਮੀਦ ਦੀ, ਜੋ ਨਾਂ ਸੜਦੀ ਸੀ ਨਾਂ ਮੁੱਕਦੀ।

ਅੱਗੇ ਜਿੰਦਗੀ ਨੇ ਕਈ ਇਮਤਿਹਾਨ ਲਏ,
ਪਿਤਾ ਦੀ ਬੀਮਾਰੀ, ਘਰ ਦੀ ਬਿਜਲੀ ਵੀ ਕੱਟੀ ਗਈ।
ਪਰ ਉਮੀਦ ਦੀ ਜੋਤੀ —

ਉਹ ਹਰ ਰਾਤ ਦੀ ਚਮਕ ਸੀ,
ਜੋ ਕਹਿੰਦੀ ਸੀ —
“ਚੁੱਪ ਕਰ, ਤੂੰ ਹਾਰ ਨਹੀਂ ਸਕਦੀ।”;

ਮੋਨੀ ਨੇ ਦਸਵੀਂ ;ਚ ਟਾਪ ਕੀਤਾ,
ਅਖ਼ਬਾਰਾਂ ਚ ਨਾਂ ਆਇਆ, ਪਿੰਡ ਖੁਸ਼ ਹੋਇਆ।
ਪਰ ਪੈਸੇ?

ਉਹ ਤਾਂ ਨਹੀਂ ਸਨ।
ਪਰ ਪਿੰਡ ਦੇ ਇੱਕ ਮਾਸਟਰ ਨੇ ਆਪਣੀ ਤਨਖਾਹ ਦਿੱਤੀ,
ਕਿਹਾ — ;ਇਹ ਕੁੜੀ, ਸਾਡਾ ਨਸਲਾਂ ਲਈ ਸਵਾਲ ਹੈ,
ਇਹ ਦੀ ਉਮੀਦ, ਸਾਡਾ ਭਰੋਸਾ ਬਣ ਚੁੱਕੀ ਹੈ।;

ਸਾਲ ਬੀਤਦੇ ਗਏ, ਦੁਖ ਤੇ ਦਿਲਾਸਿਆਂ ਵਿੱਚ,
ਮੋਨੀ ਹੁਣ ਜੱਜ ਬਣੀ —
ਉਸੇ ਪਿੰਡ ਚ, ਜਿੱਥੇ ਕਦੇ ਉਮੀਦ ਤੇ ਨਮਕ ਦੀ ਰੋਟੀ ਖਾਂਦੀ ਸੀ।

ਅੱਜ ਉਹ ਹਰੇਕ ਨੌਜਵਾਨ ਨੂੰ ਕਹਿੰਦੀ ਹੈ ;
ਉਮੀਦ ਛੋਟੀ ਚੀਜ਼ ਨਹੀਂ ਹੁੰਦੀ,
ਇਹ ਇੱਕ ਮਜ਼ਬੂਤ ਹਥਿਆਰ ਹੁੰਦੀ ਹੈ,
ਜੋ ਜੰਗ ਤਾਂ ਨਹੀਂ ਲੜਦੀ, ਪਰ ਜਿੱਤ ਲਿਆਉਂਦੀ ਹੈ।;

ਇੱਕ ਦਿਨ

~ਕਨੁਪ੍ਰੀਤ ਕੌਰ

ਇੱਕ ਦਿਨ ਚੰਨ ਵੀ ਹੱਸੇਗਾ,
ਸਾਵਣ ਨੱਚੇਗਾ ਬਰਸੇਗਾ।
ਧਰਤੀ ਦੀ ਹਰ ਟਾਹਣੀ ਤੇ,
ਪਿਆਰ ਨਵਾਂ ਫਿਰ ਲਹਿਰੇਗਾ।

ਇੱਕ ਦਿਨ ਰਾਹਾਂ ਗਾਉਣਗੇ,
ਖ਼ਾਮੋਸ਼ ਪਗ਼ ਵੀ ਬੋਲਣਗੇ।
ਜਿਥੇ ਡਰ ਸੀ ਅੱਜ ਤਕ,
ਉਥੇ ਸਪਨੇ ਖਿੜ ਜਾਵਣਗੇ।

ਇੱਕ ਦਿਨ ਹਵਾ ਸਨਮਾਨ ਦੇਵੇ,
ਜੇ ਓੜਲੇ ਸਨ, ਨਾਮ ਦੇਵੇ।
ਅੱਗ ਦੇ ਵਿਚੋਂ ਲੰਘੇ ਹੋਏ,
ਛਾਂ ਵਰਗਾ ਇਨਾਮ ਦੇਵੇ।

ਇੱਕ ਦਿਨ, ਨੈਣ ਨਹੀਂ ਭਿੱਜਣੇ,
ਰੰਗ ਨਵੇਂ ਹੀ ਪੈਣੇ ਨੇ।
ਬਸ ਇੱਕ ਦਿਨ — ਸੱਚੀ ਗੱਲ,
ਜੀਵਨ ਰਾਹੀਂ ਹੋ ਜਾਣੇ ਨੇ।

ਇੱਕ ਦਿਨ ਇਹ ਦੁੱਖ ਵੀ ਲੰਘ ਜਾਣੇ,
ਉਹ ਸਮਾਂ ਨੂਰ ਬਣ ਕੇ ਛਾਵੇ।
ਸੰਘਰਸ਼ ਨੂੰ ਨਾ ਅੰਧਕਾਰ ਸਮਝੀਂ,
ਇਹੀ ਚਿਰਾਗ਼ ਇੱਕ ਦਿਨ ਬਣ ਜਾਣੇ।

ਮਾਂ

ਤੇਰੀ ਮਮਤਾ ਦੀ ਛਾਂ ਹੇਠਾਂ,
ਹਰ ਦਰਦ ਮੇਰਾ ਗਾਇਬ ਹੋ ਜਾਵੇ।
ਅੱਖਾਂ ਵਿੱਚ ਜਦ ਤੇਰੀ ਸੁਰਤ ਹੋਵੇ,
ਹਰ ਸੁਪਨਾ ਸੱਚ ਮੁੱਚ ਹੋ ਜਾਵੇ।



ਤੇਰੇ ਆਂਚਲ ਦੀ ਇਹ ਮਿਠਾਸ,
ਜਿਵੇਂ ਸਾਵਣ ਦੀ ਪਹਿਲੀ ਬੂੰਦ।
ਤੇਰੀਆਂ ਗੱਲਾਂ ਦਾ ਹਰ ਇਕ ਅਹਿਸਾਸ,
ਮਨ ਨੂੰ ਦੇਵੇ ਸੁਕੂਨ ਖੁਬਸੂਰਤ; ਬੇਹਿਸਾਬ।

ਦੁਨੀਆਂ ਦੀ ਭੀੜ ਵਿੱਚ ਮਾਂ,
ਤੂੰ ਹੀ ਮੇਰੀ ਪਹਿਚਾਣ।
ਰੱਬ ਜੇ ਕਿਸੇ ਰੂਪ 'ਚ ਆਵੇ,
ਉਹ ਨਾਂ ਹੋਵੇ, ਮਾਂ।

ਪਾਵਨੀ ਨੰਦਾ
ਸੱਤਵੀ ਡੀ

ਮੇਰਾ ਪਿਆਰਾ ਦੇਸ਼

ਮੇਰੀ ਧਰਤੀ ਸੋਹਣੀ ਮਾ ਵਰਗੀ,

ਸਰਬੱਤ ਦੀ ਭਲਾਈ ਦੀ ਸਾਂਝ ਵਰਗੀ।

ਚੰਨਣੀ ਰਾਤਾਂ, ਸੁਨਹਿਰੀ ਭੋਰੇ,

ਮਿੱਟੀ ਦੀ ਖੁਸ਼ਬੂ ਵਿਚ ਪਿਆਰ ਘਣੇਰੇ।

ਪਹਾੜਾਂ ਦੀ ਗੂੰਜ, ਦਰਿਆਵਾਂ ਦੀ ਰੀਤ,

ਇਤਿਹਾਸ ਭਰਿਆ ਵਿਰਾਸਤ ਦੀ ਜ਼ਮੀਨ।

ਬਿਰਸਿਆਂ ਦੀ ਗਾਥਾ, ਸ਼ਹੀਦਾਂ ਦੀ ਸ਼ਾਨ,

ਹੋਰ ਕੀ ਮੰਗੀਏ, ਇਹ ਧਰਤੀ ਏ ਮਿਹਰਬਾਨ।

ਇਥੇ ਹੀ ਮੇਰਾ ਸੁਪਨਾ ਵੱਸਦਾ,

ਹਰ ਇਕ ਹਵਾ ਵਿੱਚ ਰੱਬ ਬੱਸਦਾ।

ਮੇਰੇ ਦਿਲ ਦੀ ਹਰ ਇਕ ਧੜਕਨ ਚ,

ਸਿਰਫ਼ ਤੇ ਸਿਰਫ਼ “ਮੇਰਾ ਦੇਸ਼” ਵੱਸਦਾ।

— ਪਰਵ ਸਿੰਗਲਾ

(7-C)

ਨਿੱਕੀ ਜਿਹੀ ਕਿਰਨ

ਨਿੱਕੀ ਜਿਹੀ ਕਿਰਨ ਹਨੇਰੇ ਨੂੰ ਚੀਰਦੀ ਆਵੇ,
ਤੱਕਣ ਨੂੰ ਅੱਖਾਂ ਬੇਚੈਨ ਹੋਈਆਂ, ਓਡੀਕੀਆਂ ਨੇ
ਕੋਈ ਨਿੱਕੀ ਜਿਹੀ ਆਸ ਦਿਲ ਵਿੱਚ ਜਗਾਵੇ,
ਜਿੰਦਗੀ ਦੀਆਂ ਰਾਹਾਂ ਮੁੜ ਸੁਹਾਵਣੀਆ
ਲੱਗਦੀਆਂ ਨੇ ।

ਕਦਮਾਂ ਚ ਥਕਾਵਟ ਮਨ ਵਿੱਚ ਉਦਾਸੀ, ਪਰ ਫਿਰ
ਵੀ ਤੁਰਦੇ ਕਿਉਂਕਿ ਪਹੁੰਚਣਾ ਕਿਤੇ ਹੈ।
ਹਰ ਨਵੀਂ ਸਵੇਰ ਲੈ ਕੇ ਆਵੇ ਅਰਦਾਸ ਦੀ ਖੁਸ਼ੀ,
ਕਿ ਅੱਜ ਨਹੀਂ ਤਾਂ ਕੱਲ ਮੰਜਿਲ ਮਿਲਣੀ ਇਥੇ ਹੈ।

ਕਿਸੇ ਦਾ ਸਾਥ, ਕਿਸੇ ਦੀ ਆਵਾਜ਼, ਬੇਜਾਨ ਰੂਹਾਂ
ਵਿੱਚ ਜਾਨ ਪਾ ਦਿੰਦੀ ਹੈ।
ਟੂਟੀਆ ਆਸਾਂ ਨੂੰ ਫਿਰ ਤੋਂ ਨਵੀਂ ਤਾਜ, ਉਮੀਦ ਦੀ
ਜੋਤ ਮੁੜ ਜਗਾ ਦਿੰਦੀ ਹੈ।

ਹਰ ਡਿੱਗਣ ਤੋਂ ਬਾਅਦ ਉਠੇ ਖੜੇ ਹੋਣਾ, ਇਹ
ਸਿਖਾਉਂਦੀ ਹੈ ਉਮੀਦ ਦੀ ਲਗਨ ।
ਹਰ ਜਖਮ ਨੂੰ ਭੁੱਲ ਕੇ ਫਿਰ ਤੋਂ ਹੱਸਣਾ, ਇਹ ਦਿੰਦੀ
ਹੈ ਜੀਵਨ ਨੂੰ ਨਵਾਂ ਜਨਮ।

ਸਾਂਹ ਚਲਦੇ ਰਹਿਣ ਜਦੋਂ ਤੱਕ ਹੈ ਇਹ ਸਾਰ, ਤਦ
ਤੱਕ ਉਮੀਦ ਦਾ ਪੱਲਾ ਨਾ ਛੱਡੋ।
ਕਿਉਂਕਿ ਕੱਲ ਦਾ ਸੂਰਜ ਲਿਆਉਗਾ ਨਹੀਂ ਹਾਰ,
ਬਸ ਅੱਜ ਦੇ ਹਨੇਰੇ ਤੋਂ ਨਾ ਡਰਿਓ

-ਨੁਦਰਾ ਅਰੋੜਾ (੧੦)

ਮਾਂ

ਮਾਂ ਜੀਵਨ ਦੀ ਸਭ ਤੋਂ ਵਧੀਆ ਦੋਸਤ, ਸਾਥੀ ਅਤੇ ਗਾਈਡ ਹੁੰਦੀ ਹੈ। ਉਹ ਆਪਣੀ ਔਲਾਦ ਲਈ ਹਮੇਸ਼ਾ ਪਿਆਰ, ਸਹਿਣਸ਼ੀਲਤਾ ਅਤੇ ਕੁਰਬਾਨੀ ਦੀ ਮੂਰਤ ਬਣੀ ਰਹਿੰਦੀ ਹੈ। ਮਾਂ ਦੇ ਪਿਆਰ ਨਾਲ ਭਰਿਆ ਹੋਇਆ ਦਿਲ ਹਰ ਸਮੇਂ ਸਾਡੇ ਲਈ ਹੀ ਧੜਕਦਾ ਹੈ। ਉਹ ਸਾਡੀ ਹਰ ਜ਼ਰੂਰਤ ਨੂੰ ਬਿਨਾਂ ਕਹੇ ਹੀ ਸਮਝ ਜਾਂਦੀ ਹੈ।

ਮਾਂ ਦੀ ਗੋਦ ਸਭ ਤੋਂ ਸੁਖਦਾਈ ਥਾਂ ਹੁੰਦੀ ਹੈ, ਜਿੱਥੇ ਬੱਚਾ ਆਪਣੇ ਆਪ ਨੂੰ ਸੁੱਰਖਿਅਤ ਮਹਿਸੂਸ ਕਰਦਾ ਹੈ। ਉਹ ਸਾਨੂੰ ਸਹੀ ਰਾਹ ਤੇ ਤੁਰਨ ਦੀ ਸਿੱਖਿਆ ਦਿੰਦੀ ਹੈ ਅਤੇ ਜ਼ਿੰਦਗੀ ਦੇ ਹਰ ਮੋੜ ਤੇ ਹੌਂਸਲਾ ਵਧਾਉਂਦੀ ਹੈ। ਮਾਂ ਸਿਰਫ਼ ਘਰ ਚਲਾਉਣ ਵਾਲੀ ਨਹੀਂ, ਸਗੋਂ ਘਰ ਦੀ ਰੂਹ ਹੁੰਦੀ ਹੈ।

ਉਸਦਾ ਪਿਆਰ ਬਿਨਾਂ ਸ਼ਰਤਾਂ ਦੇ ਹੁੰਦਾ ਹੈ। ਮਾਂ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਸ਼ਬਦਾਂ ਵਿੱਚ ਪੂਰੀ ਤਰ੍ਹਾਂ ਬਿਆਨ ਕਰਨਾ ਮੁਸ਼ਕਲ ਹੈ। ਉਹ ਸੱਚਮੁੱਚ ਹੀ ਰੱਬ ਦਾ ਰੂਪ ਹੁੰਦੀ ਹੈ ਜੋ ਹਰ ਸਮੇਂ ਸਾਡੇ ਨਾਲ ਖੜੀ ਰਹਿੰਦੀ ਹੈ।

-ਹਰਮਨਦੀਪ ਸਿੰਘ (ਸੱਤਵੀ ਸੀ)/

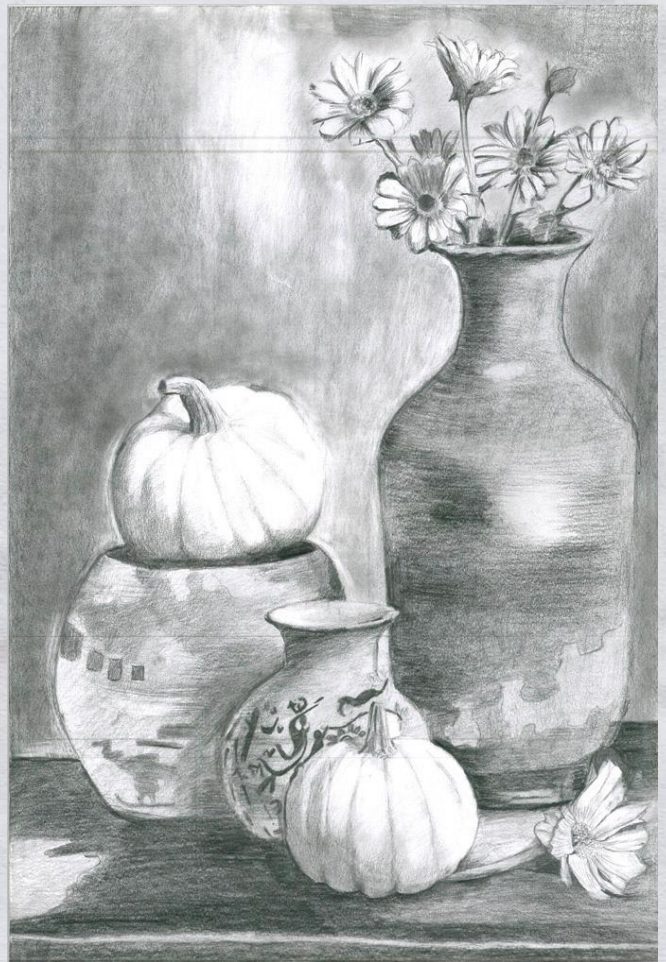
IMAGINATION UNLEASHED



EVERY LINE DRAWN, EVERY COLOUR CHOSEN, EVERY SHAPE IMAGINED — IS A WHISPER FROM A CHILD'S HEART. IN THIS GALLERY OF YOUTHFUL EXPRESSION, WE CELEBRATE THE BOUNDLESS CREATIVITY OF OUR YOUNG ARTISTS. THEIR DRAWINGS ARE NOT JUST PICTURES; THEY ARE STORIES TOLD WITHOUT WORDS, DREAMS PAINTED WITH JOY, AND REFLECTIONS OF A WORLD SEEN THROUGH WONDER-FILLED EYES. MAY THESE PAGES REMIND US THAT IMAGINATION IS THE FIRST LANGUAGE OF CHILDHOOD — AND ART, ITS MOST JOYFUL EXPRESSION.



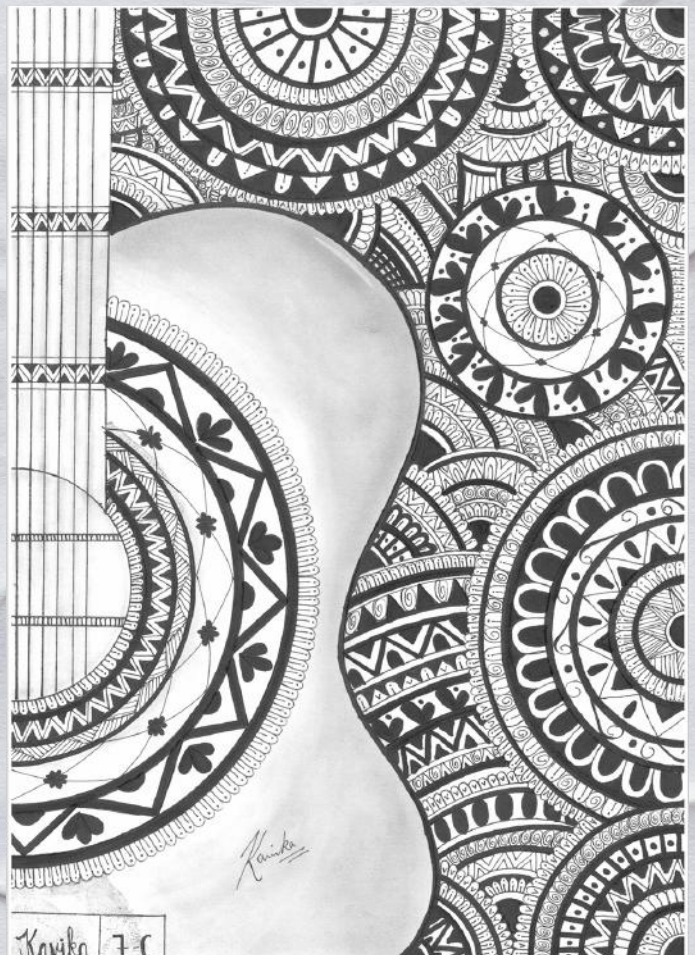
VIHAAN MITTAL 6D



VEDIKA 7D



SHARUTI SHARMA 7D



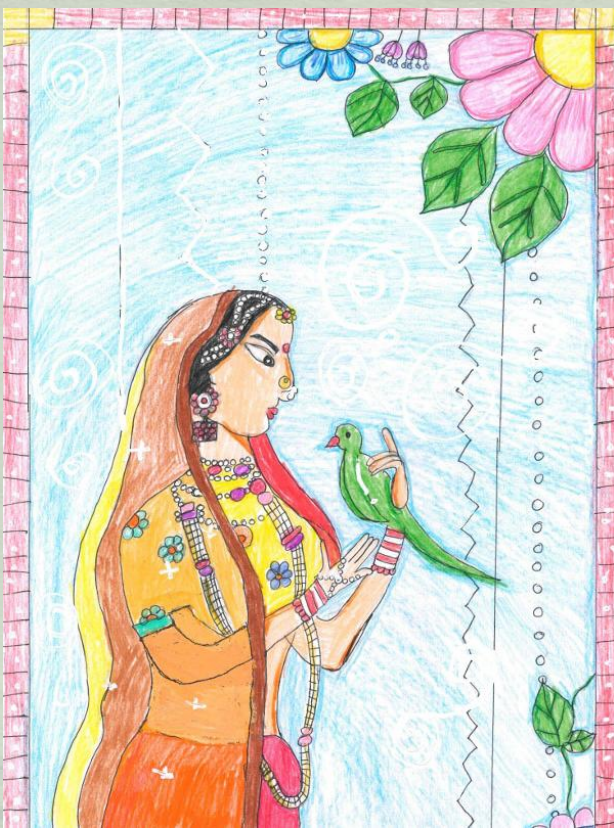
KANIKA SHARMA 7C



AAROHI BATRA 6D



AARYA VARSHITH 11A



AKSHARA GREWAL 5C



MANYA AGRAWAL 7D





ASHMI 7D



AVIKA KLER 7D



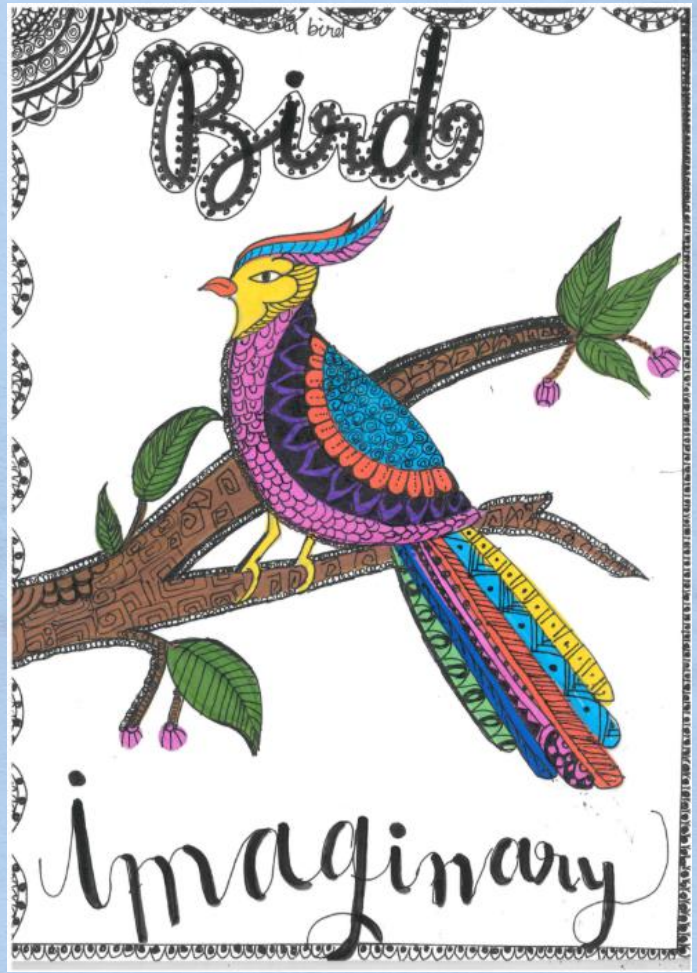
GAARVI JINDAL



SATVIK GARG 11



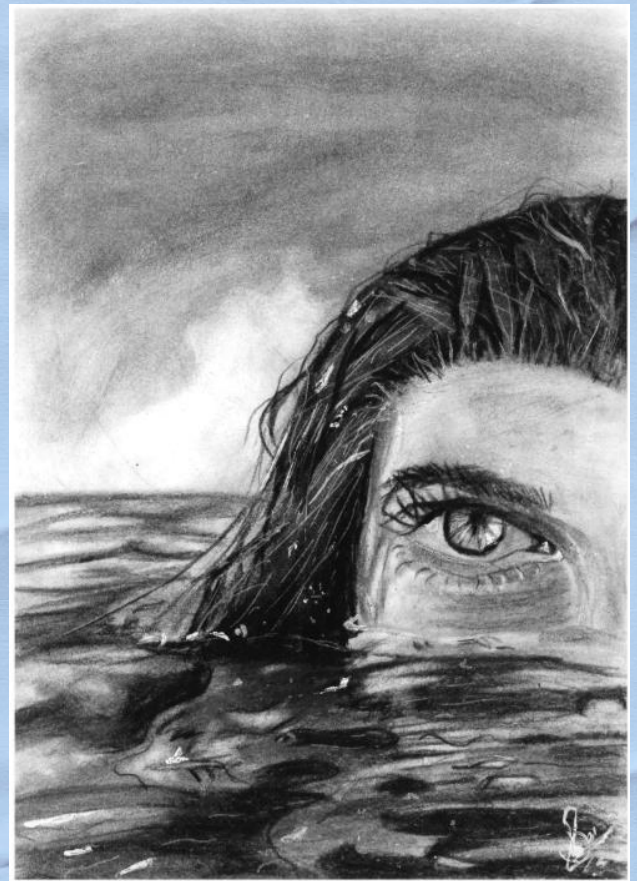
SATVIK GARG 11



JHANAKPREET KAUR 4A



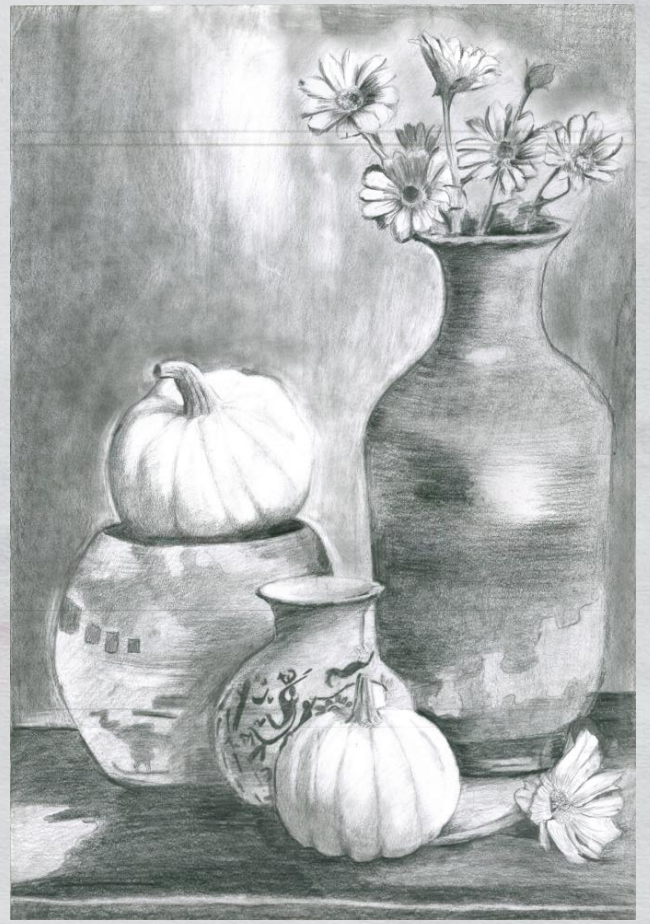
KAVIKA 7C



SHARUTI SHARMA 7D



VEDIKA 7D



VEDIKA 7D



SHIVAAY OBEROI 3B



SHIVAAY OBEROI 3B



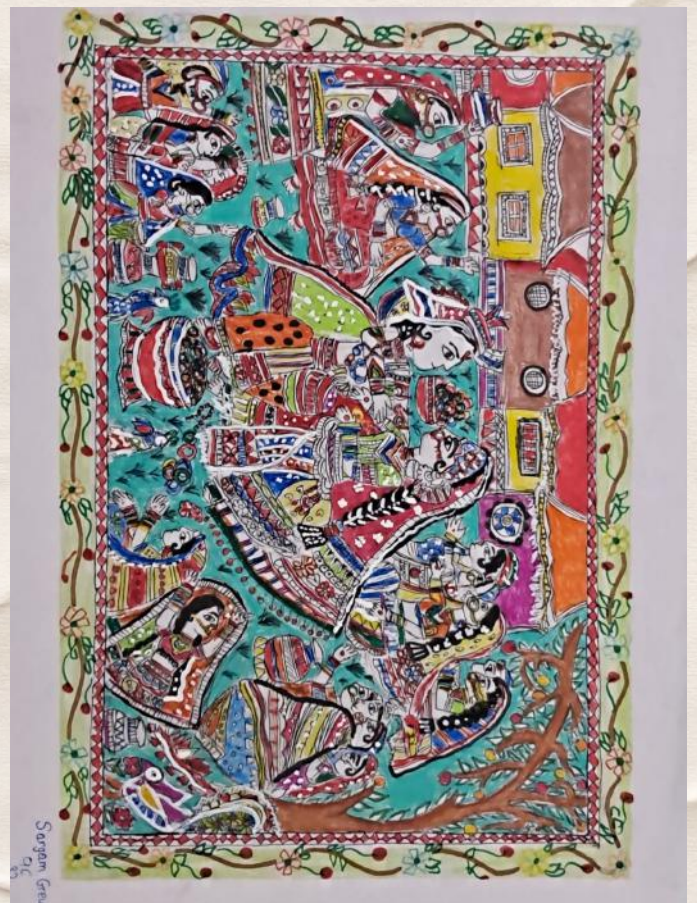
SARGAM GREWAL 9C



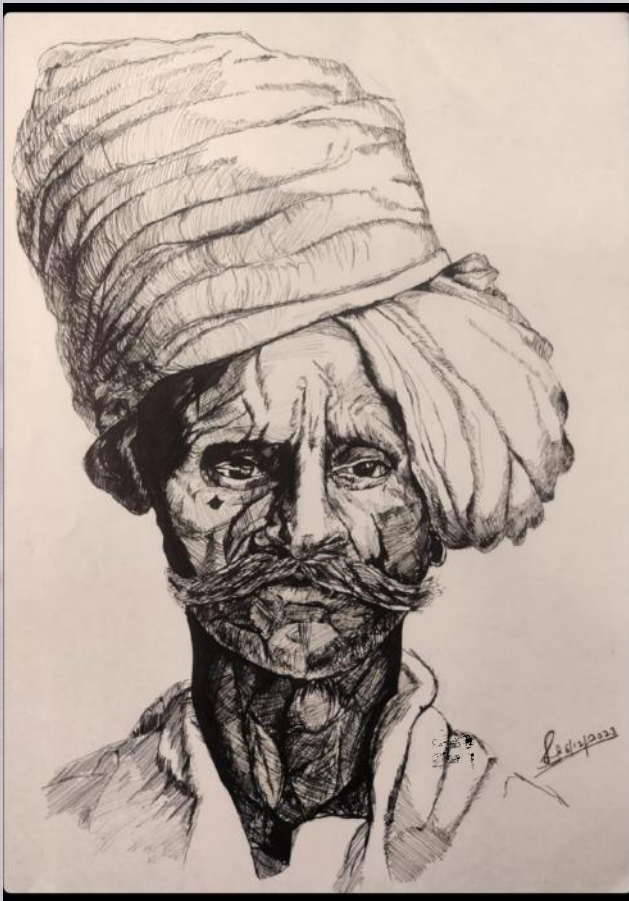
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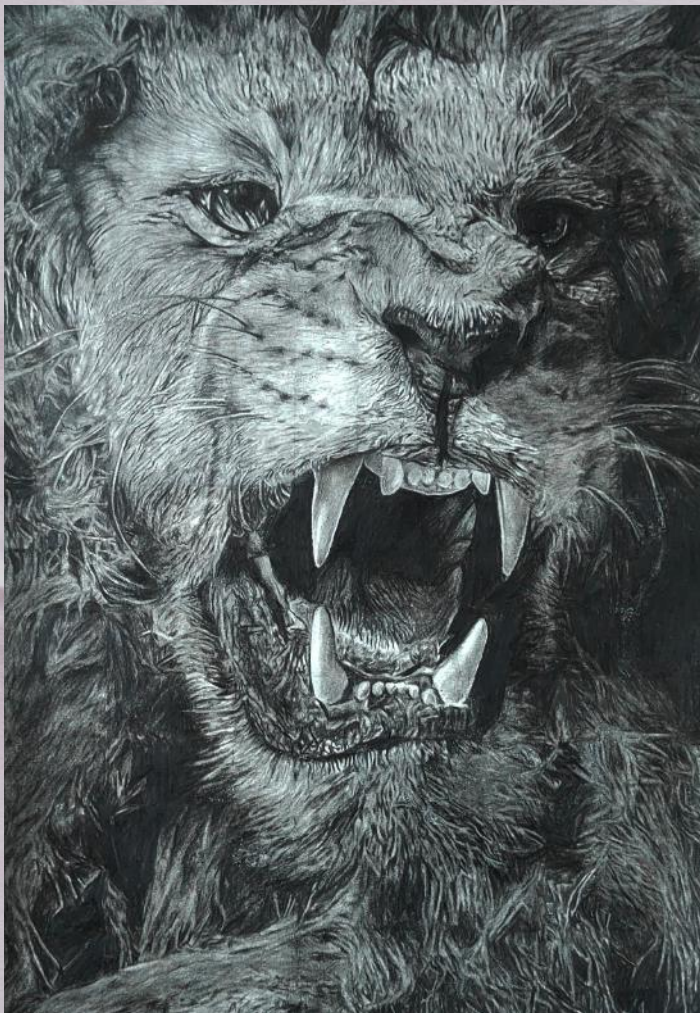
SARGAM GREWAL 9C



SARGAM GREWAL 9C



ARTWORK BY
SATVIK GARG





Tiny Wobblers



OUR FUTURE



little hands
planting little
lives-these young
hearts, the future
of our nation, are
nurturing
saplings that will
one day grow tall
and strong, just
like them.'





Playing Is Caring

Giggle Garden

Giggle Garden is a joyful and imaginative space where little learners blossom through play, laughter, and discovery. Filled with colorful activities, cozy corners, and cheerful vibes, it's designed to spark curiosity and nurture creativity in every child. Whether they're building, painting, or storytelling, Giggle Garden is where giggles grow and friendships bloom!



Joy Junction

JOY Junction is a lively play zone where imagination takes the lead and laughter fills the air. Designed like a cheerful train stop, it invites kids to hop aboard the fun express—exploring games, building friendships, and embarking on playful adventures every day!



KINDERGARTEN

Curious Minds



Step into the world of Curious Minds, where every question leads to a new adventure! This lively corner is made for little explorers who love to ask “Why?”, “How?”, and “What if?” – because curiosity is the first step toward discovery. From learning how rainbows form to why penguins waddle or what makes popcorn pop, Curious Minds transforms everyday wonders into exciting lessons.

Each edition brings colorful illustrations, fun facts, and simple experiments that children can try at home or in class. It’s all about sparking imagination, encouraging observation, and celebrating the joy of learning.

With playful challenges, “Did You Know?” surprises, and hands-on activities, Curious Minds helps every child think, explore, and dream – because in this world, every question blooms into knowledge! 🌈🌟





INVESTITURE CEREMONY



🇫🇷 Investiture Ceremony: A Moment of Promise 🇫🇷



At Sacred Heart Convent Sr Sec School, the Investiture Ceremony marked a proud tradition—where leadership is not given, but earned. With solemn music and graceful marches, newly elected student leaders stepped forward, their sashes gleaming like rays of responsibility. As the oath echoed through the auditorium, each badge became a symbol of trust, each pledge a promise to serve with integrity. The Principal’s words lit a spark of purpose, reminding all that true leadership begins with humility and heart. It was more than a ceremony—it was a celebration of character, courage, and the spirit of Sacred Heart.



LABOUR DAY

The school echoed with respect and gratitude as students and staff came together to celebrate Labour Day. Our dedicated support staff — the silent architects of daily harmony were honoured with heartfelt words, tokens of appreciation, and warm applause. Adding depth to the celebration, their voices were heard through thoughtful interviews, where they shared stories, hopes, and reflections that often go unnoticed. It was a day where dignity stood center stage, and every smile became a tribute to tireless service.





On August 14th, the school bloomed with patriotic fervor as students, staff, and guests gathered to celebrate India's Independence Day.

The ceremony was graced by Colonel Jarnail Singh, Commanding Officer, as the Chief Guest, along with Father Ivin Thomas and Father Powlish as Guests of Honour.



Sr. Jesina, Principal, presided over the function, adding grace to the occasion.

The cultural program unfolded like a vibrant tapestry, with dances reflecting India's unity in diversity.



Among them, Operation Sindoor stood out—a moving tribute to soldiers and the sacredness of our nation

The event inspired all, reminding everyone that freedom is both a gift and a responsibility.



Republic Day 26th January

Marking India's transition from a British dominion to a sovereign, socialist republic, our school celebrated 76th Republic Day with patriotic fervour. The unfurling of tricolour was done by Provincial Superior Mother Smitha, Sr. Kanthi and Sr. Jesina. The band display added to the galore of the event. Presence of parents and teachers added warmth and meaning to the occasion.

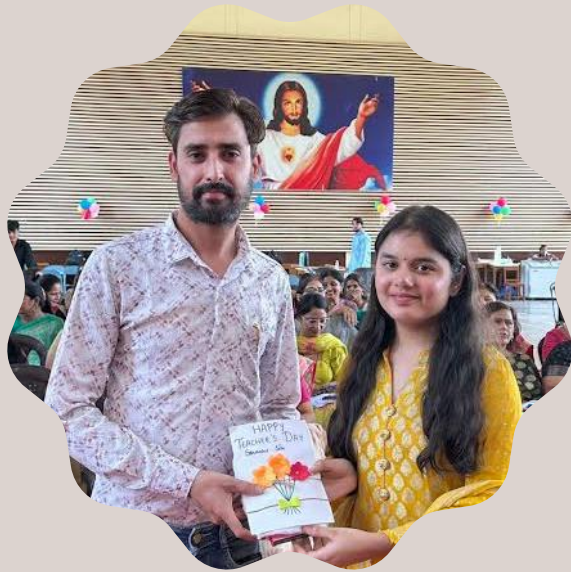


Teachers' Day.

✦ Teachers' Day Celebration in School ✦

In a gesture woven with gratitude and joy, students orchestrated a heartwarming Teachers' Day celebration that shimmered with sincerity. The morning unfolded like a soft melody – with speeches that sang praises, performances that danced with admiration, and gifts that whispered thank-you in every ribbon and fold. A lovingly arranged lunch brought everyone together, not just around tables, but in spirit – where laughter echoed and memories were served. It was a day where respect wore smiles, and appreciation bloomed in every corner of the school.





*glimpses of
teacher's
day*



*“Teachers plant seeds of
knowledge that grow forever”*

MODEL UNITED NATIONS

No001 MODEL UNITED NATIONS 16-17 AUGUST 2025 FIRST EDITION 2025



MODEL UNITED NATIONS



Debate. Dominate.
Delegate.

MUN 1.0: A Diplomatic Dawn at School
For the first time, our school proudly hosted MUN 1.0 — a vibrant simulation of global diplomacy that brought together young minds from across institutions. Not only did our own students step into the roles of delegates with poise and passion, but participants from other schools also joined, enriching the dialogue with diverse perspectives and spirited debate. The event marked a milestone in nurturing leadership, critical thinking, and collaborative problem-solving, echoing the promise of youth shaping a better tomorrow.

WHERE WORDS WEILD POWER.





SCIENCE EXHIBITION



Science and Maths Exhibition: A Celebration of Curiosity and Creativity based on the theme of Infinity and Beyond

Science and Maths Exhibition: A Celebration of Curiosity and Creativity based on the theme of Infinity and Beyond. School buzzed with excitement as students from Classes 1 to 12 came together for a spectacular Science Exhibition. Every corner of the campus turned into a laboratory of ideas, where young minds showcased models, experiments, and innovations that reflected both imagination and inquiry. From simple machines to sustainable solutions, each display was a testament to the students' curiosity and their growing understanding of the world around them. The exhibition not only celebrated scientific thinking but also encouraged collaboration, creativity, and confidence. It was a day where questions sparked wonder, and learning came alive—truly a tribute to the spirit of discovery.





**NCC-where discipline
meets patriotism,
molding young people
into proud guardians of
the nation.**





THE CADETS, DRESSED IN THEIR SMART UNIFORMS, EMBODY COURAGE AND RESPONSIBILITY, PREPARING THEMSELVES TO CONTRIBUTE MEANINGFULLY TO SOCIETY AND THE NATION. THE BEGINNING OF THIS JOURNEY REFLECTS OUR COMMITMENT TO HOLISTIC EDUCATION—WHERE ACADEMICS MEET CHARACTER-BUILDING AND DISCIPLINE.



Sports Achievements

From blowing a whistle to the finishing line , from cricket and gymnastics, our students have brought accolades at District state, State level and National level. Our students have been consistent at CBSE cluster games. Positions of pride and prestige have been bagged by our champions.

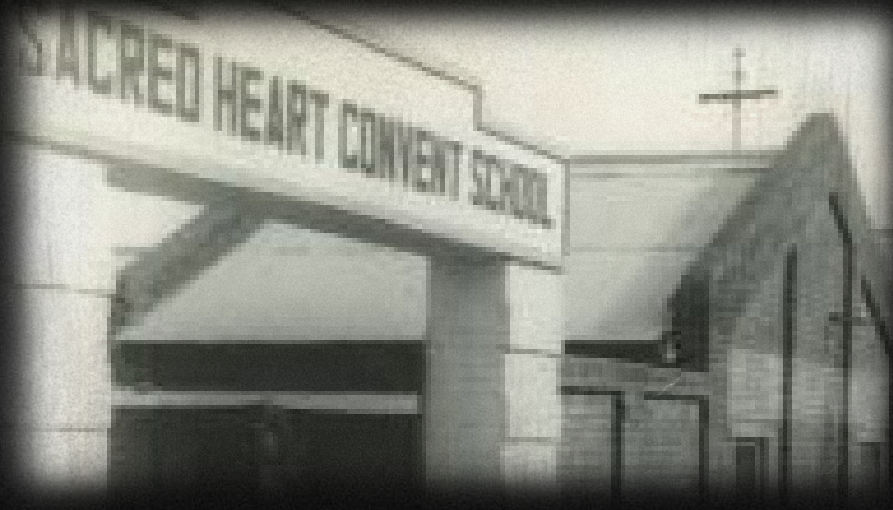



SACRED HEART FAMILY



DOWN THE MEMORY LANE







**"We must accept finite
disappointment, but never
lose infinite hope."**

—Martin Luther King, Jr.