

aliquam odio vivamus conon. Phoin
hac habitasse platea dictumisti. Su
vitae massa adipiscing est taci
massa. mollis vel. tempu
condimentum. ligula. Nunc
lacinia eu. varius quis. libero

Aliquam nonummy
sit amet. consectetur
consectetur



बोधोपपत्ति

An E-Treasure of Creative Expressions

2024





"A good system of education should aim at holistic development of the personality of an individual to ensure peace and happiness in his life.

It should also ensure that the mind of an individual is so cultured as to enable one to comprehend and to accomplish his full potential-of mind, body and spirit- in personal and social sphere."

Sh. Kulwant Singh



Dear Readers

Warm Greetings

Welcome to the Odyssey of words, they are so profound that they touch our soul and can ignite it in the shadows of dark or can blow us off from illumination to obscurity, so choose your words because they are deeper than the oceans and as vast as the sky.

Abhivyakti- “An e treasure of creative expressions” gives our students, teachers, parents and alumni and opportunity to choose their words and we their imagination. Together they have created a tapestry of written expressions that will delight you as you experience them.

I am sure as you flip through the pages of this e-treasure, you will feel their warmth of emotions transcending you to a blissful flight.

So fasten your seatbelts as you journey through.

God bless.

**Warm regards,
Gulshan Kaur
Principal
Bhavan Vidyalaya,
Panchkula**



Warm Greetings

'Abhivyakti' is an expression of ideas, emotions and thoughts that describe us—our experiences of life in its ups and downs. These articulations not only help us delve deeper into our souls but also provide food for thought to others depending upon their subjective interpretation. Through 'Abhivyakti' we communicate our hearts and minds, transcending all boundaries, and connect with all across cultures, time and space.

Let us celebrate the complexity, beauty and diversity of human spirit through our literary expressions.

**Poonam Malhotra
HOD(English)**



"As I sit down to write this editorial, I am reminded of Truman Capote's wise words: 'To me, the greatest pleasure of writing is not what it's about, but the inner music that words make.' This phrase encapsulates the very essence of our e-magazine, Abhivyakti.

At Bhavan Vidyalaya, Panchkula, we believe in fostering love for literature and creative expression. Abhivyakti is a platform where our students, teachers, parents and alumni can unleash their imagination, showcase their talent, and connect with like-minded individuals.

In this edition, we bring to you a diverse range of articles, stories, and poems that reflect the creativity and passion of literary enthusiasts. From thought-provoking essays to captivating short stories, every piece is a testament to the power of words.

As you flip through the pages of Abhivyakti, I invite you to indulge in the inner music of words. Let the rhythm of our writers' voices resonate with you, and let their stories transport you to new worlds.

I would like to extend my gratitude to our team of editors, contributors, and well-wishers who have worked tirelessly to make this edition a reality. Your dedication and enthusiasm are what make Abhivyakti a truly special publication.

So sit back, relax, and let the words of Abhivyakti serenade you.

Happy reading!

**Anupama Bhardwaj
Convenor- Abhivyakti E-Magazine"**



“Literature is the mirror of society, reflecting its dreams, its struggles, and its truths, while offering a window into the depths of the human soul.”

**Dear students , parents and teachers
Greetings !**

Welcome to the third illustrious edition of Abhivyakti—a digital treasure trove of creative expressions, where imagination meets inspiration.

Abhivyakti, or expression, is an intrinsic part of human existence, enabling individuals to convey thoughts, emotions, and ideas. It is through abhivyakti that we communicate with the world around us, shaping not only our personal identities but also influencing societal dynamics. Whether through language, art, music, or body language, expression becomes a powerful tool for self expression.

I would like to express my heartfelt and sincere gratitude to all the contributors—students, parents, and teachers—whose literary talents have enriched Abhivyakti, transforming it into a powerful tool that continues to shape and inspire our lives.

Happy Reading

**Reema Sharma
Co convenor
Abhivyakti**



Dear Readers,

It gives me immense pleasure to present to you the latest edition of Abhivyakti, a vibrant platform for creativity, innovation, and self-expression. As the name suggests, Abhivyakti is a celebration of voice : an amalgamation of thoughts, ideas, and talents brought to life through words, art, and imagination.

This edition reflects our collective journey of growth and learning, showcasing the brilliance and dedication of contributors who have passionately shared their stories, insights, and creativity. Whether it is through thought-provoking articles, inspiring stories or beautiful poems each page is a testament to the essence of Abhivyakti.

I extend my heartfelt gratitude to the Respected Madam Principal, editorial team, writers, and artists for their hard work and perseverance in making this edition a success. To our readers, your encouragement fuels our mission to create and inspire.

As you immerse into this issue, may you find moments of joy, inspiration, and connection. Let Abhivyakti continue to be a platform that unites us through the beauty of expression.

Warm regards,

**Priyanti Chakraborty.
Literary club
Abhivyakti**



"PROUD TO BE A BHAVANITE – A LEGACY, A JOURNEY"



Being a Bhavanite is a badge of pride,
A journey where dreams and values collide.
In halls of wisdom, where lessons flow,
We learn to shine, to thrive and to grow.

Each classroom echoes with stories told,
Of respect, hard work, and courage bold.
Teachers guide us with steady hands,
Building features on strong, firm stands.

In every friend, a bond we find,
In Bhavan's spirit, hearts entwined.
A legacy rich, a vision bright,
Proud and true, we are Bhavanites.



Ramani Bansal
7 Satyam



Self-Care Through Yoga: A Path to Personal Growth



Yoga is more than just a physical exercise; it is a journey that transcends the mind and connects us to the spiritual center of our being. As Daaji beautifully says, True yoga is for those ready to embark on a path of purification and elevation, where both the heart and mind become ennobled.

In today's fast-paced world, it wâs easy to forget that we hold the power to control our lives and surroundings simply by controlling our thoughts and energy. I believe that through the power of our thoughts, we can shape our destiny and"what we sow, we reap. My own yoga journey began in 2006 when I enrolled in a B.Ed. in Yoga. Over the years, I have witnessed its transformative impact on my life. Yoga has taught me self-love, acceptance, and respect, making life more meaningful and beautiful. It works on all aspects of life"physical, mental, emotional, and spiritual. I find myself growing into a better version of myself each day.

Yoga offers more than just health benefits. It cultivates essential life skills such as time management, self-discipline, and confidence. It encourages mindfulness, helping us focus on the present moment, which brings happiness and joy into our lives. As a practitioner of Heartfulness Meditation for the last 14 years, I have experienced deep spiritual growth and a shift in my mindset. Yoga is not just about physical fitness"it is a holistic way of living that supports our duties, responsibilities, and overall well-being. It includes practices like proper exercise (asanas), proper breathing (pranayama), relaxation (yog nidra), a balanced diet (sattvic), meditation and positive thinking, all of which improve our mental and physical health. By practicing yoga regularly, we enhance the flow of prana, which helps our organs function better, reduces stress, and promotes a calmer, more balanced mind.

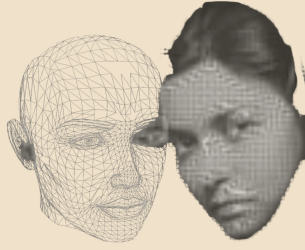
By integrating the five points of yoga into our daily lives such asexercise, breath, relaxation, diet, and meditation"we align ourselves with our true essence. Yoga helps us connect to our higher self, guiding us toward a peaceful and fulfilling life. It is, ultimately, the key to true self-care



**Ms Shivani
Teacher**



QUEST FOR IDENTITY



Often when I sit free
an infinite army of questions
attacks my mind and
shatters the peace of my life.

Who am I?

Who created me? Why did he do so?

Why am I here?

Where will I go?

One by one I confront them
but am defeated at the hands of all.
For there is no one who can help me
attain victory over this army.

So, I surrender myself to lead the life of a captive.



Ms Poonam Malhotra
Teacher



Shades Of Me

I am IQRA , with a book by my side,
I read and imagine in a world far and wide
I love to explore, new places to see
Curious and joyful, as happy as can be
Adventure awaits me, each day is so bright,
With wonder and joy I shine like a light.



-Iqra
III - D



पत्थरों का बोलबाला

कहने को बच्चा

धरती पर जन्म लेता

पर, यहाँ मिट्टी नहीं

उसे पत्थर ही मिलता ।

शिभु जब घुटनों के बल

चलना सीखता

तब तन धूल - धूसरित नहीं बल्कि स्वच्छ पत्थरों पर

अपना घटना छिलवाता ।

चाहे घर का आँगन हो

चाहे दफ्तर का प्रांगण हो ,

सब जगह चमचमाता पत्थर ही दिखता

मिट्टी का नामोनिशान न होता। हर नेता का मुख्य काम

पत्थर लगाना ही होता ,

घर व समाज में चर्चा

पत्थर पर ही हुआ करता।

चाहे विद्या का मंदिर हो

चाहे देव का आलय हो,

चाहे गिरजा- गुरुद्वारा हो

चाहे मरीजों का चिकित्सालय हो, सर्वत्र इसी का बोलबाला है

शान - ओ- शौकत को दिखाने वाला है।

आज का हर व्यक्ति यही कहता हम विज्ञान - युग में जीते हैं, कपोल - कल्पित ज्ञान से दूर ही रहते हैं,

चांद पर घर बनाएँगे

मंगल पर दुनिया बसाएँगे।

पर, दुनिया को देखकर यही लगता

कि हम पाषाण- युग में रहते हैं,

इसीलिए अच्छे- बुरे पत्थरों को

झट से पहचान लेते हैं ।

Cont...



Bhawan Vidyalaya, Panchkula presents Abhiwyakti 2024

धनवानों का महल ही नहीं
संतों की कुटिया भी
पत्थरों से सज गई,
विद्वानों की भी बुद्धि
पत्थरों तक ही सिमट गई ।

हमारा छोटा - सा जीवन
पत्थरों में ही दबता चला गया, ऊँची उड़ान की परिणति
पत्थरों में ही धँसता चला गया आज इंसान पाषाण में फँस गया आकण्ठ उसमें
धँस गया।

दिन - रात पत्थरों का चिंतन करता
चिंतन के अनुरूप ही तो परिवर्तन होता,
आज सब जगह इंसान कम पत्थर दिल वाले ज्यादा दिखते, अपने स्वार्थ के
लिए तो
कुछ भी कर गुजरते।
हर किसी से यही कहूँगा कि- रहने के लिए घर बनाओ
प्रेम की नींव पर नगर बसाओ, जीवन भर की गाढ़ी कमाई से सिर्फ पत्थर ही
मत जुटाओ।।

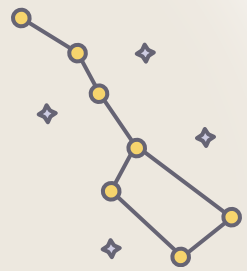


श्याम चंद्र मिश्र
संस्कृत विभागाध्यक्ष



UNRAVELLING THE UNIVERSE

**A force unseen, a pull, a push,
A universe governed, a cosmic hush.
Newton's laws, a timeless guide,
Motion's secrets, mysteries wide.
Einstein's realm, a warped spacetime,
Gravity's dance, a mystic game.
Quantum leaps, a sudden flight,
A world of wonder, strange and bright.
Energy's flow, a constant stream,
Powering life, a waking dream.
Light's swift journey, a cosmic race,
A universe vast, a boundless space.
From atoms small to galaxies grand,
Physics' laws, a steady hand.
Unravelling secrets, one by one,
A quest for knowledge, ever begun.**



**Svastik Rana
8 Satyam**

Bhawan Vidyalaya, Panchkula presents Akharyakti 2024



आज का समाज



रह गया हूँ दंग मैं यह देखकर आज,
कैसा हो गया हमारा आज का समाज।
दूसरों का अपमान करके दिखाते हैं होशियारी,
नाउम्मीद है इनके अंदर कभी दिलदारी ।
ध्यान देते हैं व्यर्थ कीदुनियादारी में ,
नहीं समय व्यतीत करते कलाकारीमें ।
है नहीं किसी चीज की परवाह नहीं लाज ,
कैसा हो गया है हमारा आज का समाज ॥

हमेशा करते रहेंगे आवारागर्दी ,
चाहे हो गर्मी चाहे सर्दी।
बर्बाद करते रहते अपना हर एक पल,
फिकर नहीं कैसा होगा इनका कल।
नहीं कर सकते कभी कोई अच्छा काम काज ,
कैसा हो गया है हमारा आज का समाज।

तुम समझो और अपनी गलती स्वीकार करो ,
जीवन राह में हर अंधकार को पार करो ॥
इन बातों का रखना हमेशा ध्यान,
बनना मत कभी निर्दयी और बेईमान।
ईमानदारी और दया का पहनो सर पर ताज,,
तभी बेहतर बना सकते हो तुम कल का समाज।।।



आर्यन अग्रवाल
VIII,D



Fears That Bind



**A fragile heart, in trembling hands
A world outside, with overwhelming plans
She steps back, lost, and full of fear
Uncertain steps, through unshed tears**

**Her mind whispers, "You're not enough"
A crippling thought, that holds her rough
Doubts fill her mind, like a dark cloud
"I'll never make it, I'll never be right"**

**A burden to others, a weight to bear
Struggling to find her place, with no one to care
yearning for someone to listen, and be her guide**

**Everybody shines, with excellence so bright
While she searches for her own light
A voice to speak, a story to share
A soul that's searching, for someone to care**

**She's afraid to reach out, afraid to try
Fearful of judgment, and a critical eye
But still, a spark remains, a glimmer of hope
A chance to rise, from the ashes of a broken scope.**



**By Aarika
VIII C**



MIRROR

In mirror's glass, a demon's face I spied,
A captive to my vices, lost control.
My somber soul in shadows wept and cried.
A dying star, I curse my dimming whole.
Is there salvation for my sorrowed soul?

I stepped beyond four walls to seek the sky.
My shattered dreams, a sight that sears the soul.
Yet all my strength, in vain, I once more try.
Seeing the shadows of my sins make toll.
To Dharma's call, I sold my subdued soul.

And so I met my friends for one last time.
To have last farewell, with them, was my goal.
And thus I said, 'I must depart, sublime.
And so I play my final, fleeting role.
For friends cloud route to my final goal.

O precious moments, we would make the most.
We laughed and roamed beside the emerald knoll.
So there we spoke of youth, with hearts engrossed.
We praised verdant garden and trellis pole.
The winds and leaves did waltz as we extol.

My friend, Rajat brought forth his cousin, gore.
There stood a lofty laddie, named Anmol.
His arrogance left me feeling unsure.
His insolence reigned with none to control.
"Lo, such ugly man, with such ugly soul!"

Cont...



**Then Rajat's call drew me from all, aside.
"Anmol's heart shines like purest, brightest gold.
Thanatos claimed his life, its fate denied.
He will die with cancer, fifteen years old.
He will die within a year, doctors told.
He is schizophrenic with much anger.
He's hollow vessel with a vacant soul.
His book shall close by ending November.
I'll weep for him in sorrow's deep condole.
O man, what say you of his luckless soul?"**

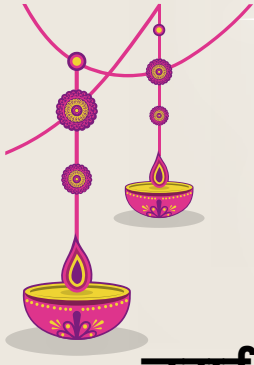
**My mind dives deep in smooth, soft conjecture.
"I judged the poor man, blind to his shorn shole."
I embraced Anmol with tender gesture.
And hailed the Heaven for this life so whole.
I vowed to cast joy's light; henceforth, my role.**

**The sun dips, its molten gold floods the sky,
I grasp my limited hours, that console.
Life, deny me not my worth before I die.
"O life, let not thy grace be lost, dear soul.
O life, to reach thy heights henceforth my goal."**

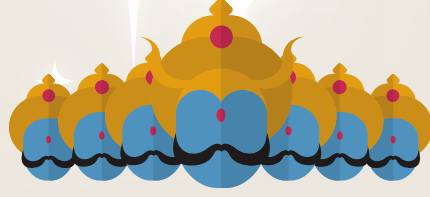
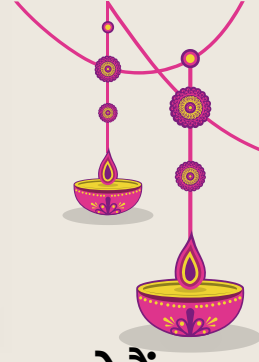
**I went to home and touched my mother's feet.
And glanced in the mirror, I looked so sweet.**



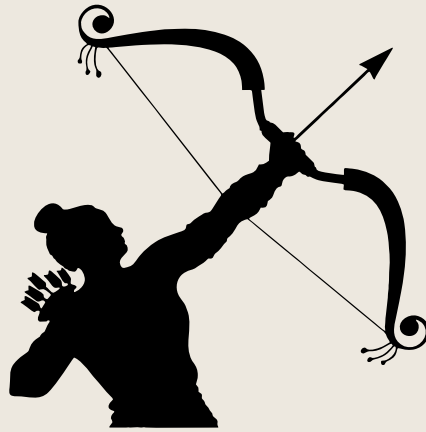
**Anuj Mishra
X - E**



दशहरा कविता



लड़ाई आज रावण से, प्रभु श्री राम करते हैं।
बाण वर्षा अविराम करते हैं।
फैलाई दुष्ट ने माया,
हजारों रूप प्रकटाए, चलाकर बाण एक अद्भुत
प्रभु ने दिए सारे मिटाए।
लड़ते-लड़ते दोनों हुए चोटिल
घावों की ताव सही ना जाए।
घर करध्यान शंकर का, प्रभु ने दी शक्ति चलाएं,
कट कर शीश रावण का,
घरा पर रहा छटपटाय,
देख कर अंत रावण का,
वानर वीर दिए हर्षयि।



Keshav Vashisht
VII-A



Am I Free or am I Not?

**Naari a beacon of might and grace,
Struggles in a world that fails to embrace,
Her strength is high, her spirits unbowed,
Yet she lives in a world with fears loud.**

**In Kolkata's streets, a tale of woe,
Moumita's story reveals the sorrow.
A doctor's life effected by a heinous crime,
A brutal attack in a world so grime.**

**Rape stains her trust and peace,
Why does this cruel torment never cease?
Women tread cautiously, their fears high,
In a society where safety is our only cry.**

**Pepper sprays once available, now out of sight,
A reminder of a woman's world full of fright,
On Amazon's shelves, they are sold out,
A sign of the dread that we all shout.**

**In the dawn of change, let our fears unbound,
Where our strength is honoured and justice found.
May society awaken and rise to our plea,
And create a world where we can walk free.**



**Aadhya Arora
Vlth Sundaram**



IF I WERE A STAR



If I were a star, I would shine so bright,

In the midnight, to give some light.

If I were in blue, red, orange, yellow and white,

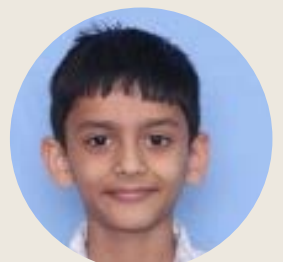
it can be the color you like.

If I were a shooting star,

you can make a wish that can be finish to become true.

If I were a little star, kids would recite like "twinkle

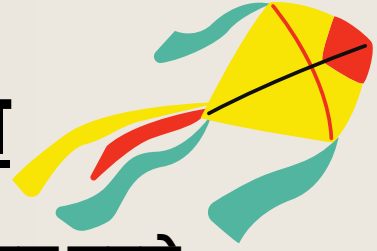
twinkle little star".



**Abhiraj Singh
Rana
III C**



बचपन के पल



बचपन के पल, कुछ अपने कुछ सपने
पापा का प्यार मम्मी का दुलार
दादा-दादी, नाना-नानी, सब करते थे प्यार बेशुमार
बचपन के पल कुछ अपने कुछ सपने।

मन में बड़ी आशंकाएं थी, दिल में बड़ी तमन्ना
मम्मी का प्यारा बच्चा बनना बस था एक ही सपना
गर्मी की छुट्टी, नानी के घर जाने का इंतजार
करते थे मस्ती इतनी, की खुश रहे पूरा साल।

ना कोई चिंता थी ना कोई फिक्र सताती थी
बचपन की बातें वह कितनी मासूम थी,
जो चेहरे पर सबके मुस्कान ले आती थी
बचपन के पल कुछ अपने कुछ सपने।



Jatin Gupta



WATER WATER EVERY WHERE

**Water water every where so much water to drink
In my home, in earth's dome that I used to think
But now I am forced to rethink
Water is disappearing in a wink
Water bodies are getting shrink
Thinking that my heart sink
What was blue, is now pink
What was odourless ,now stink
Extinction of life is on the brink
Water water every where but not a drop to drink**



ADHYAN BHATIA

II - D

Bhawan Vidyalaya, Panchkula presents Abhiyakti 2024



Our Promise

**One day you were also like us,
Simple people on this Earth.**

You paved the way for yourself to name a star after yourself.

Laid your lives for your nation that's why you are so special.

It was a sad but proud moment to see you dead like this.

**But we promise you will always be alive in the hearts of
nation for what you did.**



**KHUSHI
VIE**



The Artificial Intelligence Effect: Enhancing Our Lives

“The future depends on what we do in the present.” – Mahatma Gandhi

Artificial Intelligence (AI) has rapidly evolved from a futuristic concept to an integral part of our daily lives. Among the many advancements in AI, conversational models like ChatGPT have significantly impacted how we interact with technology. This article explores the transformative effects of AI, particularly focusing on ChatGPT, and how it is enhancing our lives.

The Rise of AI

AI's journey began with the development of algorithms capable of performing tasks that typically require human intelligence. These tasks include learning, reasoning, problem-solving, and understanding natural language. Over the years, AI has progressed from simple rule-based systems to complex neural networks that can mimic human thought processes.

ChatGPT: A Milestone in Conversational AI

ChatGPT, developed by OpenAI, represents a significant milestone in the field of conversational AI. It is designed to understand and generate human-like text based on the input it receives. This capability allows ChatGPT to engage in meaningful and coherent conversations with users, making it a valuable tool for various applications.

Enhancing Communication

One of the most notable impacts of ChatGPT is its ability to enhance communication. Whether it's customer service, technical support, or personal assistance, ChatGPT can handle a wide range of queries efficiently. This not only improves user experience but also frees up human resources for more complex tasks.

Empowering Productivity

In the workplace, AI tools like ChatGPT and Copilot are revolutionizing productivity. Copilot, for instance, assists with coding, writing, and other tasks, enabling professionals to work more efficiently. By automating routine tasks, these AI tools allow individuals to focus on creative and strategic aspects of their work.

Cont..



Personalization and Accessibility

AI's ability to learn from interactions enables it to provide personalized experiences. ChatGPT can adapt its responses based on user preferences, making interactions more relevant and engaging. Additionally, AI-driven tools are making technology more accessible to people with disabilities, offering voice-activated assistance and other adaptive features.

Ethical Considerations

While the benefits of AI are immense, it is crucial to address ethical considerations. Issues such as data privacy, algorithmic bias, and the potential for misuse must be carefully managed. Developers and policymakers work together to create guidelines ensuring AI is used responsibly and ethically.

The Future of AI

The future of AI holds even more promise. As technology advances, we can expect AI to become even more integrated into our lives. From healthcare to education, AI can potentially transform various sectors, making them more efficient and effective.

“Live as if you were to die tomorrow. Learn as if you were to live forever.” –

Mahatma Gandhi

The artificial intelligence effect is undeniable. With tools like ChatGPT leading the way, AI is enhancing our lives in numerous ways. As we continue to embrace these advancements, it is essential to remain mindful of the ethical implications and strive for a future where AI benefits all of humanity.



**Dafiq Gupta
V-A**



A Doll



There once was a doll so gentle and so sweet.
She had a pretty dress, and She looked pretty neat.
She was kind and empathetic to everyone she would meet.

One day, her owner put her on sale
People touched and poked her till she felt pale
Then, she was finally sold to a rich-looking male
She had to go away with the man she didn't know.
The man made her work all day and days back and fro.
She cried day in and day out. But she had nowhere to go.
This is the story of many women across the globe.
Who are married to men they don't even know.
But let us put your hands together. And show the world the way to go.

End child marriage!

End inequality!



**Ditya Gupta,
VI-C**



Life Lesson



Once upon a time there was a naughty boy named Rahul. He was very greedy. He never helped anyone. One day he was roaming in a jungle and saw a tree full of golden apples. He was very surprised and said “Wow! so shiny golden apples. I would take all of them along with me”. He started collecting as many as apples possible. He thought to taste one. He started eating an apple. Apple was very sweet and with a unique taste. Rahul felt something growing at his back as soon as he finished the apple.

It was a long tail grown out of his back. He was scared and started crying. He heard somebody laughing loudly. Laughter voice was coming from the apple tree. Rahul walked near the tree and asked, “Who are you? and why are you laughing like this?”. Tree said “Ha ha ha! Have you learned your lesson?”. Rahul was confused to hear this, he asked “What lesson you are talking about?”. Tree said “looks like you are very greedy boy. Look at the length of your tail.” Rahul asked “What do you mean? What is the relation of this tail to me being greedy?”. Tree said, “If a greedy person eats my apple, he will get a tail as long as his greed”.

Rahul was very upset on hearing this. He felt sorry and asked “How can I become normal again? Please tell me.” Tree said” You must help someone without any motive, then only you will get rid of this tail”

Rahul agreed and started wandering in the jungle because now he can not go back to his village with this tail. He found a deer who was hurt with an arrow. Rahul rushed to it and immediately pulled out the arrow. He put some water in deer’s mouth from his bottle. He was aware of some medicinal plants. He made a paste and applied on deer’s wound. He also made arrangement of some grass for deer. This act of kindness helped Rahul to become normal boy again. His tail went away. He surely learnt a lesson now.

Moral: Being kind to others is being kind to yourself.



Duti Kairon



“The Little Seed”

A small seed was planted. She was tiny.

She wanted to grow. She wanted to be beautiful.

Every day, she reached up to the sun. She drank water.

Slowly, she grew. She made friends - bees and butterflies.

Now, she's a pretty flower. She makes people happy.

She says, 'I was small, but I grew big! You can too!'



Inaaya Sangwan
UKG RUBY



The Monkey Man of Delhi



In Delhi in the year 2001 there was a strange creature attacking on people. It was called monkeyman. His face was like a Nepali man. His eyes were light blue, some people said that his height was about 8-10 feet some said it was 4-5 feet tall and some even said its height was like a cat. It scratched faces of people and disappeared. It had springs fitted in his feet and leaped from building to building at night. It roamed in Delhi at night. Some news channels also talked about monkey man. They sent teams with cameras in the hope of catching it in camera, but no results were found. It had metallic nails to scratch people. It had sharp teeth for biting people. Even a movie named Delhi-6 was made attributed to monkeyman. In my opinion monkeyman was a hoax. He was not a single man but someone from amongst people. Different individuals at different occasions dressed as monkeyman to fulfill their vested interests. Also, it was considered a result of scare in people's mind who illusioned other things as monkeyman. The incidents caused wide spread fear in the minds of people described as mass hysteria. The mystery remains unsolved...



Manan Sachdeva
III - C

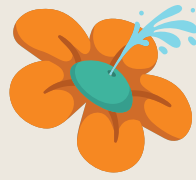


गुरु

गुरु जीवन का आधार हैं,
गुरु और शिष्य का अनोखा प्यार है,
खुले आसमान में, नन्हे परिंदो को उड़ना सिखाए,
अँधेरे मन में, ज्ञान का दीप जलाये,
गुरु तुम बिन यः जीवन समझ ना आया।
हमें सही गलत की पहचान कराये,
गुरु से सपनो की उड़ान हैं,
गुरु की महिमा से कोई ना अनजान हैं,
गुरु ही तोह जीवन का आधार है।।



Myrah Vig



The Day the Class Prankster Learned His Lesson

If there's one thing I've learned from being friends with a clumsy prankster, it's that you can never—like, never—trust them. Oh, hi! I'm Sarah, the girl who always seems to trust the wrong person. I study at Oakfield School, and my friend Andy is the class prankster. Seriously, you can never trust him.

Once, I let him borrow my History homework, and when I asked him where it was, he shrugged and said, "Umm, I don't know. You never gave me your homework, Sarah." I was furious! I had spent two hours on that assignment and even missed my favorite show, The Honey Bunny, to finish it. My mom was shocked that I was actually doing homework instead of watching TV! After giving him the silent treatment for a few hours, he finally admitted it was under my bench. Being the kind-hearted person I am, I gave Andy another chance—big mistake.

One sunny day, I was riding my bike and spotted some friends. I waved, but Andy was nowhere in sight. When I couldn't find him, I knew something was up. Ignoring my gut feeling, I continued cycling. Everything was going great until I reached the park and tried to get off my bike. I couldn't stand up or move at all! Panic set in as I realized I might be stuck. I rushed home and called my mom for help. She tried to pry me off, but no luck.

Eventually, my dad came to the rescue, but even he couldn't budge me. Finally, I had to cut my shorts to escape. Thank goodness I was wearing leggings because it was freezing outside!

As I stumbled away from the bike, I heard giggling nearby. It didn't take long to figure out who was behind it: Andy had spread super glue on my bike seat! That was it. I decided it was time for some revenge.

Cont ...



I invited Andy over for lunch, keeping my plan under wraps. We chatted and enjoyed our meal, and afterward, I suggested a stroll in the park. He happily agreed. Little did he know, I had just painted a bench.

Once we arrived, I told him to sit on the bench while I grabbed us some ice cream from the truck. He plopped down, blissfully unaware of my scheme.

When I returned, we walked and ate our treats, and I noticed everyone passing by bursting into laughter. Andy was completely oblivious.

When we got home, my mom asked Andy why he had paint on the back of his trousers. He looked confused, and I couldn't hold back my laughter any longer. I finally revealed, "It was my turn to prank you! Now you know how it feels to be on the receiving end."

From that day on, Andy learned his lesson and swore off pranking anyone. Trust me, it was the last time he ever tried to pull a fast one on me!



Naamya Sharma

Bhawan Vidyalyaya, Panchkula, presents Akhuyakti 2024



"मेरा भगवान"

वर्ष 2019 में , जनवरी उन्तीस को जब मेरा जन्म हुआ ,
मेरे मम्मी,पापा और भगवान बहुत खुश हुआ।

नानी और दादी एक दूसरे के गले मिलीं,
खुशीयां वटी, बधाईया वटी और बहुत मिठाईयां वटी।
दोस्तों और रिश्तेदारों को मिलने का बहाना मिल गया ,
नानू और दादू की खुशीयों को आपना जहाँ मिल गया।

मामू और चाचू क्या किसी से कम थे ,
आतिशबाजी, फूलझड़ियो और पटाके चले पूरे दम ख़म से।

भ्रम है के परमात्मा के अनेक है स्वरूप,
मम्मी पापा ही तो होते हैं भगवान का असली रूप।

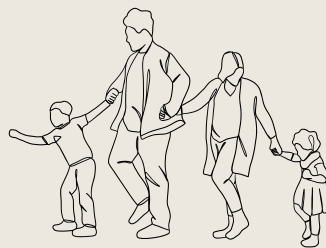
ज्योति हो तुम, दुरगा शक्ति हो तुम,
घर की लक्ष्मी हो तुम, जिंदगी हो तुम,
आँखों का तारा हो तुम, घर का सितारा हो तुम,
मम्मी और पापा कहते हैं...

हमारी खुशीयां और हमारा संसार हो तुम।

तुम्हारे प्यार और दुलार में, एक वह भी घड़ी आई ,
जब मैं पहली बार "भवन विद्यालय" में "एल.के. जी" मे आई।

खुशीयां और रंगरलीयों में कब वक्त निकल गया, पता ही नहीं चला,
6 वर्ष की होने को हूँ, मुझे तो पता भी नहीं लगा ।

मम्मी पापा ! आप की आयु लम्बी और सुखद रहे,
आप बढ़ते रहें और आपका आशीर्वाद मेरे सर पे रहें..... आशीर्वाद मेरे सर पे रहें।



"नायिरा"
यु.के.जी-गारनट



MY WISH

How I wish,
I were a fish
It would be cool,
To swim in a school
In the sea,
I move so free
With just one thought,
Don't get caught



Garvi Bansal



My Mom



**My mum is nice,
I like her eyes**

**My mum is good,
I like her food**

**My mum is funny,
I am her bunny**

I love my mom

My mom loves me

We are a happy family





Tiger



**Tiger tiger sit with me,
Tiger tiger sip your tea
Tiger tiger don't you roar,
Tiger tiger sit on the floor
Tiger tiger No more play,
Tiger tiger learn today**



Garvi Bansal



छोटे- छोटे पंख

1. मेरा दिल कहता है, मैं एक दिन जीत जाऊंगी ! अपने छोटे-छोटे पंखों से आसमान पर पहुंच जाऊंगी.
2. मेरे मां-बाप की मेहनत , उनका इनाम दिलवाऊंगी ! अपने छोटे- छोटे पंखों से आसमान पर पहुंच जाऊंगी!
3. अपने गुरुओं के चरणों में झुक कर उनका मन बढ़ाऊंगी! अपने छोटे छोटे पंखों से आसमान में पहुंच जाऊंगी!
4. मैं छोटे-छोटे पहिए लगाकर, दुनिया में नाम कमाऊंगी! अपने छोटे छोटे पंखों से आसमान पर पहुंच जाऊंगी!
5. भारत का तिरंगा ले, मैं पूरे विश्व में ख्याति कमाऊंगी! अपने छोटे-छोटे पंखों से, आसमान पर पहुंच जाऊंगी!
6. चाहती हूँ अच्छा skater बनाना और बन के दिखाऊंगी! अपने छोटे- छोटे पंखों से, आसमान पर पहुंच जाऊंगी!

मेरा दिल कहता है कि मैं एक दिन जरूर जीत जाऊंगी....
मेरे दिल कहता है मैं एक दिन जरूर जीत जाऊंगी.

धन्यवाद



चेष्टा यादव
कक्षा १ सुंदरम.



Mirror Mirror On The Wall



Mirror mirror on the wall.

Mirror mirror on the wall.

It doesn't matter whether I am short or tall

If my legs are skinny, or stomach is wide

All that truly matters is who I am inside

Blue eyes, black eyes, brown, or green

What makes me most beautiful can never be seen

Which is why when you look at me next time

Don't judge me by my body parts

Because the most beautiful thing about me is my heart.....



Ishit gupta

II - B



The Bug On The Rug

See the bug on the rug,
I will give his legs a tug.
See him run, see him go!
He did not like it no! no! no!
See him hop, on the mop,
See him hide, make me stop.
I will stop, I will not tug,
You are safe little big



Shataakshi Agarwal
II- A



My Teacher



**My teacher is the best,
She never ever rest.
She works hard day and night,
To make me very bright.
She teaches us everyday,
And there is always time to play!**



**Shataakshi Agarwal
II- A**



Beti Bachao, Beti Padhao



**In a world so bright and wide,
Girls are treasures, let's take pride!
With dreams as big as the sky so blue,
Beti Bachao, we believe in you!**

**Every girl deserves a chance to grow,
To learn and shine, let her spirit flow.
With books in hand and hope in heart,
Beti Padhao, play your part!**

**Let's lift each other, hand in hand,
Together we can, let's take a stand!
For every daughter, strong and smart,
Beti Bachao, it's a brand new start!**



**Ritsika Gupta
V - A**



Oliver and the Talking Tree



Once upon a time, in a little village nestled between rolling green hills, lived a curious boy named Oliver. Every day after school, Oliver loved to explore the woods behind his house, where he imagined all sorts of adventures.

One sunny afternoon, while wandering deeper than usual, Oliver stumbled upon a gigantic oak tree. Its trunk was wide and gnarled, and its branches stretched high into the sky. As he approached, he noticed something peculiar: a small, carved face on the tree's trunk.

“Hello there!” the tree suddenly said in a deep, friendly voice.

Oliver jumped back in surprise. “Did you just talk?”

“Of course! I’m Timothy, the Talking Tree. I’ve been waiting for someone brave enough to discover me!”

Oliver's eyes widened with excitement. “What can you do?”

Timothy chuckled. “I can share stories, offer advice, and even grant one wish, but only if it’s from the heart.”

Oliver thought for a moment. He loved adventures, but he also wanted to help his friends. “I wish for everyone in the village to have a day full of joy and fun!”

Cont...



“An excellent wish!” Timothy replied. “Close your eyes and imagine it.”

Oliver shut his eyes tight, picturing laughter and games filling the village. Suddenly, a gentle breeze rustled the leaves, and a warm glow surrounded him.

When Oliver opened his eyes, he saw children from the village running towards the woods, giggling and playing. Timothy had granted his wish! The children had come for a grand adventure in the magical forest.

They played hide-and-seek, climbed trees, and even had a picnic under Timothy’s branches. Laughter echoed through the woods, and everyone felt happy and carefree.

As the sun began to set, Oliver thanked Timothy. “You made today so special!”

“Remember, Oliver, true joy comes from sharing,” the tree said with a wise smile. “Come visit me anytime!”

From that day on, Oliver became the village storyteller, always reminding everyone of the magic of kindness and friendship. And whenever he needed advice or inspiration, he would visit Timothy, the Talking Tree, who was always ready with a story or a sprinkle of magic.

And so, Oliver learned that the best adventures are those shared with friends, and the most magical wishes come from the heart.

The End



Saanvi Khanna



MINI & HER FRIENDS

There was a little bird mini
One day she was playing with her friends
They got caught in the net
Only Mini was left.
She said, "Don't worry friends.
You pretend to be sleeping"
They did the same
Hunter came and opened the net
They all flew away.

MORAL:- ALWAYS HELP OTHERS.



Saatvik Verma



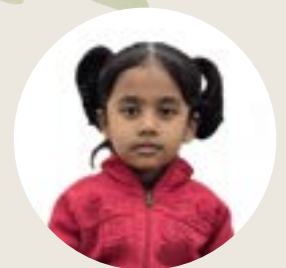
I AM A TREE

I am a tree and I stand so tall.
I have great big branches and little branches small.
When the wind below left or the wind blows right,
I keep my branches strong with all of my might.

I am a tree and I stand so tall,
I have great big branches and little branches small.
Bees can build a hive, Birds can build a nest,
My branches stay strong - I always try my best.

I am a tree and I stand so tall,
I have great big branches and little branches small.
Rain makes me strong and snow makes me bright!
I grow through all the seasons - all day and all night.

I am a tree and stand so tall,
I have great big branches and little branches small,
I love the Earth and the Earth loves me,
I stand so tall because I am a tree.



Saumya Verma

Bhawan Vidyalaya, Panchkula presents Abhiyakti 2024





THE PENCIL



Once there was a pencil who wrote everything for his owner means Rahul he did everything with his pencil he did his homework class work everything with it but the pencil felt very jealous from one thing the eraser the work the pencil does it erases it but the eraser was not only the thing pencil was jealous from it was jealous from one more thing the sharpener he always made the pencil feel pain one day the pencil went to the eraser and sharpener that eraser why do you keep erasing my hard work and sharpener you give me pain then the shop near decided that they would not talk to the pencil then the pencil was happy but now when ever he made mistakes no one could correct it so now Rahul neeli to cut the work and after sometime it became blunt now Rahul's handwriting also changed and pencil felt sad Rahul teacher scolded him and pencil Realized his mistake and went to eraser and sharpener and apologized from them and sharpener and eraser for gave him and they become best friends and it was the end thank you

MORAL OF THE STORY :-

Sometimes someone makes you feel pain but they might be your need and are there to help you like you have read in the story meaning don't judge something without getting the full information



Priyanshi

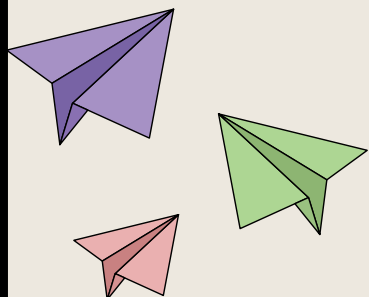




Paper Plane Origami as a hobby.

Origami, the art of paper folding, originated in Japan, has evolved into an appreciating craft all over the world. It transforms simple sheets of paper into many unique designs. Making paper planes is also a form of origami, it is also a fun and engaging activity which combines creativity and physics. It is generally believed that the Chinese were the first to create paper planes and kites out of papyrus paper around 2000 years ago. Making paper planes helps children practice fine motor skills. It involves specific paper folds to optimize aerodynamics. Aerodynamics is the study of how air interacts with an object in motion. Making paper planes allows individuals to experiment with concepts like lift, drag and stability. There are many ways to create paper planes, you could either make a glider with broad wings so, which fly slowly but for a long time, or make a dart, which has narrow wings so it flies quickly but for a short time or maybe even a hybrid, having broad wings and capable of a quick flight and visa-versa. Making paper planes is a timeless activity that appeals to all ages. It encourages early STEM (Science, Technology, Engineering and Mathematics) skills as they learn through practice which paper planes fly best.

Bhawan Vidyalaya, Panchkula presents Ashwini 2024



**UDAYVIR
5TH E**



रहना नहिं देस बिराना है (कबीर भजन)

रहना नहिं देस बिराना है।

संसार यह कागद की पुड़िया, बूँद पड़े घुल जाना है।

संसार यह कांटे की बाड़ी, उलझ-पुलझ मरि जाना है।

संसार यह झाड़ औ झाँखर, आग लगे बरि जाना है।

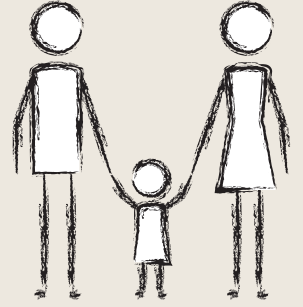
कहत कबीर सुनो भाई साधो, सतगुरु नाम ठिकाना है॥



**Sanskriti Chaturvedi
UKG Sapphire**



New Age Parenting



**In a world so fast, with screens so bright,
We guide our kids through day and night.
Not with rules set firm in stone,
But with love, in every tone.**

**We teach them kindness, heart, and care,
To think for themselves, to question, to dare.
It's no longer "because I said so,"
But "let's learn together, let's grow."**



**We navigate through digital streams,
Building dreams and self-esteem.
With open hearts, we listen and see,
Who they are, and who they'll be.**

**Screens flash bright with endless streams,
Competing with our values and dreams.
We battle the noise, the viral trends,
While teaching respect and the ties that never bend.**

**Social pressures, rising fast,
Childhood moments don't seem to last.
We try to slow down, to breathe, to stay,
But in the race of 2024, time slips away.**

Cont...



**We question ourselves—are we enough?
In a world so connected, yet so tough.
We walk a line, so thin, so fine,
Between letting go and drawing the line.**

**But through every trial, every tear,
We hold them close, year after year.
For in this chaos, in this race,
We raise them strong, with love and grace.**

**From mindfulness to self-expression,
It's a journey, not a lesson.
Through every fall, through every climb,
We're shaping a future, one moment at a time.**

**Balancing freedom with gentle hold,
Their spirits are wild, but never cold.
Teaching them values, yet letting them be,
New age parenting sets them free.**



**-Er. Anjali Soni,
-Mother of Anvi Soni, VII-
Sundaram & Kaavni Soni,
II- Sundaram**



Role of Honesty in Self-Improvement

Honesty is often considered the best policy, but its true role in personal growth is often overlooked. Honesty is not just about telling the truth to others; it's about being truthful with ourselves. It involves being transparent, sincere, and free from deceit in our thoughts, words, and actions. Honesty encourages us to express ourselves accurately and openly, fostering integrity and self-awareness in all aspects of life.

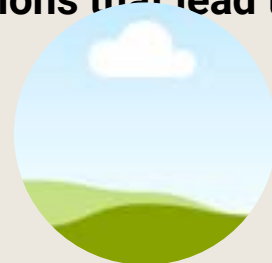
One of the key ways honesty contributes to self-improvement is by promoting self-awareness. When we are honest with ourselves, we can evaluate our strengths, weaknesses, habits, and areas that need growth. Instead of blaming others or external circumstances, we learn to take responsibility for our actions. This process of introspection helps us identify where we need to improve and guides us toward personal development.

Additionally, accepting failure honestly is an essential part of growth. Everyone faces setbacks, but those who embrace their failures as learning opportunities are better equipped to move forward. Denying mistakes or avoiding responsibility can prevent us from learning valuable lessons. By acknowledging our mistakes, we open ourselves to growth and develop resilience, which are essential for long-term success.

Honesty also plays a crucial role in making authentic decisions. When we are honest about our priorities, emotions and goals, we can make choices that truly reflect our values. This helps us avoid distractions and align our actions with what truly matters, leading to a more fulfilling and purposeful life.

Finally, honesty builds credibility and trust in relationships. By being truthful and transparent, we create an environment where others can rely on us. This strengthens communication, resolves conflicts, and fosters cooperation, which is vital for positive interactions and strong communities.

In conclusion, honesty is the foundation of self-improvement. It helps us grow, learn from mistakes, and make decisions that lead to a better life.





A Plea to my Son Kevin

My Dear Son,

Lately, I've started feeling like that old family photo album—always there but rarely noticed. So here's my heartfelt plea.

Look Up from Your Screens: I'd love to chat without competing with your phone. If I texted you while sitting next to you, would that work?

Appreciate My Jokes: There was a time when my jokes made you laugh uncontrollably. Now they're "cringe"? Deep down, I know you still love them. Right?

Ease Up on the Music: Your playlist sounds like a robot is DJ'ing. Let's listen to something we both enjoy—I'll even sing along and embarrass you.

Be Nice About My Hairline: My "bald spot" jokes are funny until you remember it's your genetic future. Be kind.

Converse with Me for No Reason: How about talking just to ask how I'm doing? I promise not to ask for money.

Son, put the gadgets down once in a while and spend time with your "OG influencer." Trust me—one day, you'll look back and laugh at this letter (probably with your own kids).

Love always,
Dad



Vipin Varma
(Father of Kevin
Varma 9-C)



Don't Worry Be Happy Dad

Dear Dad,

I read your heartfelt (and hilariously dramatic) plea. So, here's my equally heartfelt reply:

About My Screens: You're right, Dad. I do spend a lot of time on my phone. But in my defense, how else would I stay updated on memes and text you GIFs you don't understand?

Your Jokes: They're not cringe; they're... an acquired taste. I roll my eyes because it's part of the father-son contract, but secretly, I laugh—just not in front of you.

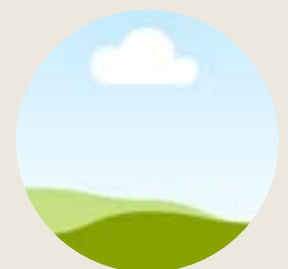
The Music: Okay, maybe my playlist is a bit... futuristic. I'll play a classic next time we're in the car. You sing, I'll cringe—it's only fair.

Your Hairline: You're right—karma's probably saving me a matching bald spot. I'll ease up on the jokes... maybe.

Personal Talks: I'll try talking to you more often, even if it's just to check in. But fair warning, I might still sneak in a request or two.

Dad, you're the original influencer, and I promise to spend more time with you. But don't be surprised if I document it all on Instagram—your dad jokes deserve a wider audience.

Love,
Kevin



Kevin
9 C



Behind the mask

Mind feels burnt out,
Heart feels ice,
My insides continue to shout,
While I do those fake smiles.

Hopeless eyes trying to find light,
Pretending to be happy while my ownself I fight,
Because showing actual motions just doesn't feel right.

My soul feels completely dead,
Yet tears for it I can't shed,
Breathe! Just let it go,
Emotions you can't afford to show.

Do I deserve this?
I ask myself,
Should I open up and get help?,
The answer to it is always a no,
Breathe! Just let it go!

They say 'fake it till you make it but being happy I always pretended,
With people I might've blended,
But my actual despair never ended.



-Avika
IX Sangam



Changing landscape of Education

In recent years, technology has dramatically transformed the landscape of education. From the integration of digital tools in classrooms to the widespread use of online platforms, technology is reshaping how students learn, how educators teach and how educational content is delivered. This transformation is not just about access to new gadgets but is a fundamental shift that enhances learning experiences, improves educational outcomes and prepares students for a rapidly evolving digital world. One of the most significant impacts of technology on education is its ability to expand access. Online learning platforms allow students from all over the world to access courses from top universities and experts. With the help of artificial intelligence and adaptive learning systems, digital tools can tailor lessons to fit the needs and learning speeds of individual students. The incorporation of multimedia elements, such as videos, interactive simulations, and augmented reality, enhances student engagement. Rather than relying solely on traditional lectures, chalk and talk methods, digital tools help teachers create engaging lesson plans and collaborate. Furthermore, professional development has become more accessible through online courses and webinars, helping educators stay updated with the latest teaching strategies and technologies.

Despite the numerous benefits, the integration of technology in education comes with its challenges. One significant issue is the digital divide—students in low-income areas may not have access to the necessary devices or reliable internet connections, which can increase inequalities in education. Additionally, the overreliance on technology can lead to distractions and reduced face-to-face social interaction, which are also important for developing interpersonal skills. There is also the challenge of ensuring data privacy and security, particularly as more students' personal and academic data are stored and shared online.

Technology in education is an indispensable tool that continues to shape the way we teach and learn. However, it is important to address the challenges that come with this transformation, ensuring that technology is accessible, secure and used in a balanced way. As we move forward, the role of technology in education will only continue to grow, creating a more dynamic, inclusive and adaptive educational ecosystem.



Shilpi Sharma
(TGT)



Fading Away

I don't see no light,
Darkness took over everywhere,
Crying hard inside my locked room,
But I guess no one really seems to care.

Are people too busy to love?,
Or are they too occupied?,
Struggling alone,
Every part of me dying everyday,
Trying my best to continue this worthless life.

They say they'll always be there for you,
But then why do they dissappear?,
The fake commitments that give hope,
My own people I began to fear.

The people who once completed me,
Are suddenly strangers again,
Acting like they never knew me,
Mind going numb,
Now all I feel is just pain.

My people left me at my worst,
Leaving me behind,
Leaving me all alone,
The people I loved the most,
Yes the people who once felt like home.



Avika
IX Sangam



Failure- The Stepping Stone to Success



"Only a man knows what it is like to be defeated can reach down to the bottom of his soul and come up with the extra ounce of power it takes to win when the match is even" - legendary boxer Muhammad Ali had once declared.

It is almost impossible to go through life without experiencing some kind of failure. Failure is a part of life. Yet it is the greatest barrier to success and one of the biggest fears that people have. Fear of failure holds people back from realizing their full potential and achieving their goals. It immobilizes and restricts you to your comfort zone preventing you from moving forward in life hampering your chance of success.

Failure is one of the 'pathways to attainment'.

It is a matter of perspective. Many think of failure as the opposite of success. But failure is in fact the stepping stones to success. It is the first attempt to learning. Overcoming fear of failure is a major factor towards the achievement of goals. The highly successful people are not the most intelligent, most gifted or blessed, but simply the hardworking people who are not afraid to try. When you try there is no guarantee that you will succeed but if you don't try you are sure to fail.

The key to success is not avoiding failure but to overcome the fear of failure; learn from your failures and use them to build yourself up.

"Failure should be our teacher not our undertaker"

We must study the causes of our failures, and realize our defects. Failure, therefore is not a hindrance, but a help, not a bane but a boon. It provides a chance for self-improvement. So, in order to make the most of their use one should face them boldly and cheerfully.

Failure is simply the opportunity to begin again but this time more intelligently. Don't be afraid to fail because only through failure, you learn to succeed. Take chances, make mistakes, that's how we grow. Keep trying and believe in yourself.





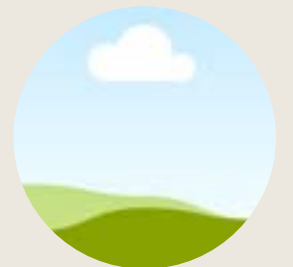
Heal Your Soul

**Sometimes you want to take your own life,
Sometimes there's no reason to be alive,
Sometimes life feels like a never ending strife.**

**Sometimes life gets hard to continue,
Sometimes you don't want life to get through,
But what about the ones who genuinely love you?**

**Harming yourself wouldn't hurt anyone but you
It might make you temporarily happy too,
But in reality it'll make your life even more blue.**

**Time will heal,
Someday genuinely happy you'd feel,
So heal your soul,
Reach your goal,
And once again make your heart a whole.**



**Avika
IX Sangam**



Importance of Physical Exercise and Playing Games

Our life is all about balance-be it work and social life balance, balance in the food we eat, etc. Similarly, a balance is needed between our work and physical exercise. We all know that as students, completing our work on time and maintaining academic discipline is of utmost significance. But also at the same time, we should try and understand that studying and scoring good marks is not everything.

While thinking about our career and our future, we should also take care of our physical fitness and health so that we can live a life full of happiness and free from health problems. Exercising and playing outdoor games is as important as our work. Too much work can make us dull and too much of exercise can also be harmful. Thus, a balance is necessary in this case.

Along with our studies and respective work, we should also try to indulge in sports, exercise and games which ensure that our body stays healthy and fit. This way, we do not become prone to health problems and other diseases. Moreover, such activities ensuring our physical fitness also help our mind to relax and cool down. In other words, they can act as stress busters and can relieve the unnecessary burden, tension, and anxiety, hence can guarantee mental fitness too.

Even in our busy schedule, when we do not have the time to play games, etc. we can try and atleast go out for a walk just to make sure that our mind and soul get a break from our monotonous routine.

This way we can say that maintaining such a balance can act as a key to a happy and healthy life.



Nishtha Pandita
XI C



The Evolution of Teenage Trends: Then vs. Now

Trends have always defined teenage culture. From fashion and music to hobbies and social behaviors, every generation of teens defines itself based on the world around them. Let's take a nostalgic yet modern dive into how teenage trends have evolved over the decades, comparing "then" with "now."



1. Communication: Landlines vs. Smartphones

Then: In the 80s and 90s, teenagers spent hours chatting with friends on landlines. Putting up with waiting for a call while a sibling hogged the phone or with parents eavesdropping on conversations was all part of the charm.

Now: With smartphones, teens have limitless communication options—texting, video calls, and social media. Conversations are faster, and emojis often say more than words.



2. Fashion: Denim Dominance vs. Aesthetic Diversity

Then: Denim jackets, bell-bottom jeans, and graphic tees were de rigeur. Trends tended to come from pop icons like Madonna or boy bands like Backstreet Boys.

Now: Teenagers today are embracing styles such as cottagecore, Y2K, streetwear, and thrifted vintage. Social media networks such as Instagram and TikTok are what determine in style and out of style, hence micro-trends that shift quickly.

3. Entertainment: Saturday Morning Cartoons vs. Streaming Binge



Then: Teens eagerly waited for their favorite cartoons or shows to air on TV. Watching movies from Blockbuster during a weekend sleepover was always the highlight.

Now: Streaming has changed entertainment. Teens binge-watch whole seasons in one sitting and create trends from shows like Stranger Things or Wednesday.



4. Socializing: Malls vs. Virtual Spaces

Then: The mall was the ultimate hangout spot. Teens gathered to shop, eat, and simply loiter with friends.

Now: Virtual spaces dominate. Gaming platforms like Roblox and Discord or apps like Snapchat and TikTok have become new social hubs where teens interact without stepping out of their rooms.

Cont...



5. Music: Mixtapes vs. Playlists



Then: Recording mixtapes on cassettes or burning CDs was a labor of love. Teens traded these as tokens of friendship or love.

Now: With Spotify and Apple Music, teens can make playlists, share them, and discover playlists instantly. Algorithms ensure they are always in tune with the latest hits.

6. Trends in Self-Expression: Diaries vs. Social Media



Then: Writing in a diary was the main mode for recording thoughts and feelings. These were often kept with a little lock and key.

Now: Teens express themselves through Instagram posts, TikTok videos, and YouTube vlogs, curating their lives for audiences.

7. Activism: Posters vs. Hashtags



Then: Activism meant making posters, marching, and pamphlet distribution. Causes were local and the news spread through mouth-of-mouth.

Now: Digital activism is the order of the day. Hashtags such as #ClimateStrike or #BlackLivesMatter allow teens to advocate for causes around the world in one post.

8. Hobbies: DIY Crafts vs. Digital Creativity



Then: Scrapbooking, knitting, and stamp collecting were some of the common hobbies. Teens usually learned these from older generations.

Now: Teens express their creativity through digital art, video editing, or coding, and share it with the world online.



Why Trends Change

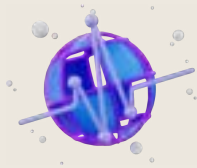
The technological age and culture, in essence, shape the teenage trend. The rapid development of technology has especially influenced the interaction between teens, expression of identity, and how they relate with the world. Yet, no matter how much change, teenagers are still inventing and changing the world.

A Blend of Both Worlds

Interestingly, some older trends are making a comeback. Vinyl records, Polaroid cameras, and retro fashion have made their way into the lives of modern teens. This combination of old and new is a proof that although trends change, the root, which is the urge for self-expression and relationship, remains unchanged over time.

Conclusion

The journey from landlines to smartphones and malls to virtual spaces is a testimony to the adaptability and creativity of teenagers. The medium may change, but the essence of teenage trends—curiosity, exploration, and identity—will always be living and thriving.



Ishrat Sandhu
9th Sundaram



तुम बात तो करते

तुम बात तो करते

मौन के साए में इतनी दूरियां न होती,

अगर अनकहे जड़बात लफ़्ज़ों का सहारा पा लेते।

रिश्तों में बेरुखी की दीवारें न बनती,

अगर तुम बात तो करते।

सरहदों पर जंग के बादल न छाते,

भाईचारे का रंग फीका न पड़ता।

हर दिल में खुशी, हर घर में सुकून होता,

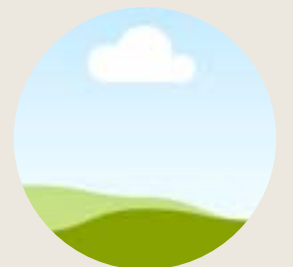
अगर इन अनदेखे सवालों पर तुम बात तो करते।

तुम्हारी खामोशी ने जो चुप्पी फैलाई,

उसी ने हर रिश्ते में दूरियां बढ़ाई।

काश, हर मुद्दे पर, हर दर्द पर, हर सवाल पर, हर जवाब पर, मेरे हर इंकार पर

तुम बात तो करते।



Meetu Mam



Sacrificed



**Their families were the ones who cried,
The soldiers were the ones who got sacrificed,
They were the ones who died,
Yes the ones who let themselves go for the sake of their
nation's pride.**

**Soldiers are the one of a kind,
The ones with a remarkable presence of mind
Even while dying,
They're the ones who brightly shined.**

**Sacrificing themselves,
Leaving their families behind,
Ready to fight those shakening rebels,
Yet their spirits stayed determined.**



**They're the real kings,
The ones who sacrifice everything,
The ones who fights without caring about their own being.**



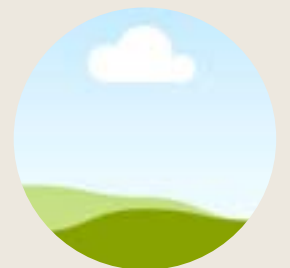
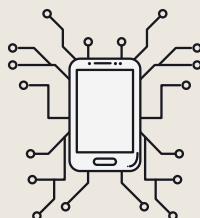
**Avika Sharma
IX Sangam**



The Ethical Dilemma of AI: Friend or Foe for Students



Oh, AI, a wondrous spark of light,
A tool to guide us through the night.
It solves equations, writes with flair,
A student's aid beyond compare.
Yet in your brilliance, shadows grow,
A lurking question: friend or foe?
Does your power help us rise,
Or steal the skills we once prized?
You whisper answers, quick and sweet,
But at what cost—our minds' defeat?
Dependence grows, we start to lean,
On screens that think, on codes unseen.
Fairness falters, bias creeps,
Into the systems where data sleeps.
Will you judge us by merit true,
Or by patterns flawed, unfairly skewed?
Our secrets too, you quietly store,
A trade for knowledge, but who keeps score?
Privacy crumbles, the line turns thin,
How much to lose, how much to win?
Oh, AI, a double-edged blade,
A boon, a threat, the future's trade.
For students, your path is ours to steer,
To use with caution, not with fear.
Let wisdom guide us as we go,
To make you friend and not our foe.



Arpita Panigrahi

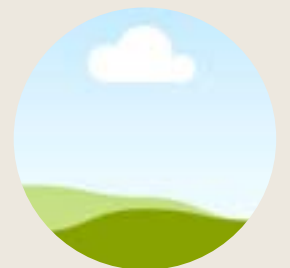
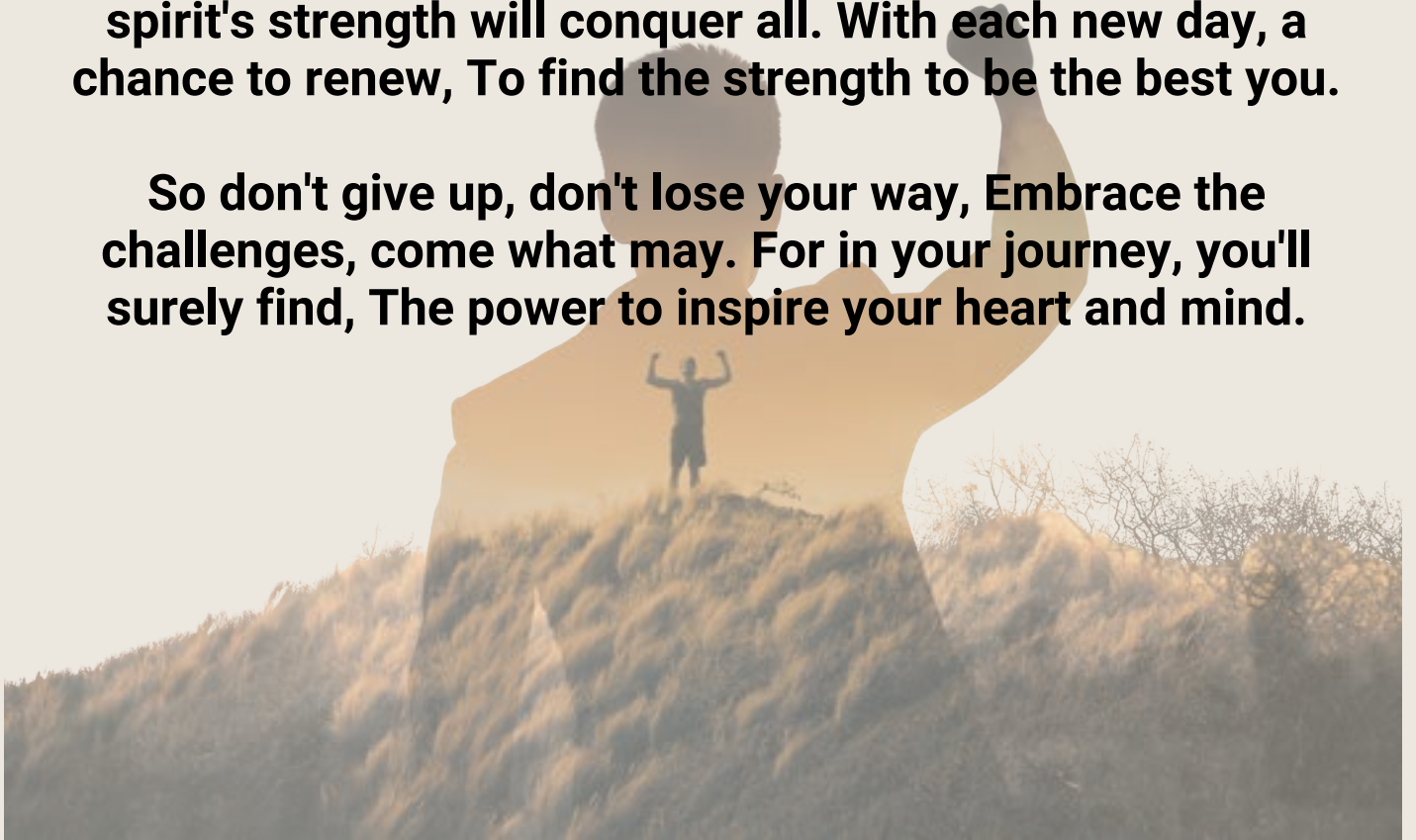


UNWAVERING SPIRIT WITHIN

In life's grand tapestry, you have a part, With dreams to chase and a beating heart. When skies are Gray and hope seems dim, Remember, within you, a spark lies within.

Though challenges rise and obstacles stand tall, Your spirit's strength will conquer all. With each new day, a chance to renew, To find the strength to be the best you.

So don't give up, don't lose your way, Embrace the challenges, come what may. For in your journey, you'll surely find, The power to inspire your heart and mind.



**Ishaan Sharma
11th**



Whispers of the Wind

Beneath the sky so vast and blue,
the fields awake with morning's hue.

A gentle breeze begins to play,
as birds take flight at break of day.
The flowers dance with colors bright,
their petals kissed by golden light.

The trees stretch high with branches wide,
as nature hums, a song of pride.

The rivers laugh, they twist and turn,
with every bend, their waters churn.

The mountains stand in quiet grace,
a timeless beauty, in this place.

So let us walk where earth is free,
and feel the joy of all we see.

For in each leaf, each cloud above,
The world is filled with endless love.

Bhawan Vidyalaya, Panchkula presents Abhiyakti 2024



Utsavi Bansal

7 - C



WHAT CAN I DO FOR MY COUNTRY?



What can I do for my country?

What can I do single-handedly?

My country, my land, my earth.

This wonderful soil has given me birth.

I've got all the love and life here.

Oh, would I ever find this affection elsewhere?

**Not Paris, not Munich,
not London, not Zurich.**

Here, I've got everything.

**This place has given me wings,
but now it's my turn to reciprocate.**

What can I do for my country?

What can I do single-handedly?

There's a lot I can do for my country.

So let's all join hands,

Let's take a stand.



Cont...



Make my country proud, rise above the clouds.

Clean the streets, do a good deed.

Help a homeless man, throw trash directly in the can.

Plant a tree, make our land green.

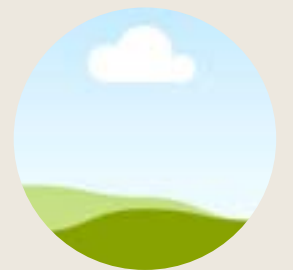
The best place the world has ever seen.

Save my country, save my earth.

Save the place I've gotten birth.

There's a lot I can do for my country.

There's a lot I can do single-handedly.



TANAYA SETHI

9 - E



The Wi-Fi Anthem

I wake up slow, grab my phone with care,
First question of the day: "Is the Wi-Fi there?"

Scrolling feeds like a digital pro,
Who needs breakfast when there's FOMO?

Snapchat streaks, gotta keep 'em alive,
Posting selfies with that "lit" vibe.
DMs poppin', group chats insane,
Social media, my domain!

But then it lags, the screen goes gray,
"NO CONNECTION" – ruin my day!
I'm pacing, panicking, running wild,
"Who reset the router?!" I scream like a child.

Finally, bars return to their place,
The smile comes back to my face.
Crisis averted, back in the zone,
Streaming tunes, I'm in my throne.

Homework's waiting, but here I'll stay,
Scrolling memes 'til the end of the day.
The Wi-Fi life – it's our modern creed,
For teenagers, it's all we need!



Ishrat Sandhu

9 - C



वो मां ही होती है।

वो मां ही होती है।
जो अपना सर्वस्व तुम्हारे लिए अर्पित कर देती है,
हर सुख-दुख में ढाल बनकर,
हर तूफान से डटकर लड़ जाती है।
जो अपने हिस्से का निवाला,
तुम्हें खिलाकर खुद भूखी सो जाती है,
वो मां ही होती है।
चाहे कितनी भी तेज़ हवाएं चलें,
जो अपने आंचल की छांव से तुम्हें सुकून देती है,
वो मां ही होती है।
लाख लड़ाई हो, झगड़ा हो,
जो हर बार रूठकर भी तुम्हें मना ले,
वो मां होती है।
जो हर जीत में तुम्हारी खुशी के आगे हार जाए,
तुम्हारी मुस्कान पर अपना सबकुछ वार जाए,
वो मां ही होती है।
तुम कितने भी बड़े हो जाओ,
जो हमेशा तुम्हें बच्चे की तरह देखे और पुकारे,
वो मां ही होती है।
जो हर मुश्किल में तुम्हारा सहारा बन जाए,
और हर ग़म में तुम्हारे साथ रो पाए,
वो मां ही होती है।
जिसके जाने का दर्द कभी कम नहीं होता,
जिसकी जगह कोई और नहीं ले सकता,
जिसके बाद तुम्हें कोई आशीर्वाद देने वाला नहीं रहता,
बस वो मां ही होती है।



Meetu Mam



कहीं खाना है समस्या, कहीं खाने की है समस्या ।
कहीं चाँदनी हर रात है, कहीं दिन में भी है अमावस्या ॥

कहीं दस्तरखान हैं बिछे, कहीं खाने में है राख ।
कहीं भूखी है हर हसरत, कहीं नखरे हैं लाख ॥

कहीं रोशन है हर तारा, कहीं बुझता चिराग़ है ।
कहीं रोम रोम में है ठंडक, कहीं आँतों में आग है ॥

कहीं हलक में जुबान गुम है, कहीं लग रहें हैं ठहाके ।
कहीं सजी हैं महफ़िलें, कहीं चल रहें हैं फ़ाके ॥

कहीं चूल्हा है खामोश पड़ा, कहीं तंदूरों की बारात है ।
कहीं खाना है बिखरा पड़ा, कहीं मिलती नहीं ख़ैरात है ॥

कहीं सुलग रही है भूख, कहीं दावतों का दौर है ।
कहीं भुज गई है हर प्यास, कहीं पेट करता शोर है ॥

कहीं चढ़ रहें हैं छप्पन भोग, कहीं उतरा हुआ हर चेहरा है ।
कहीं बह रही हैं दूध की नदियाँ, कहीं बूँद बूँद पे पहरा है ॥

कहीं चोरी की सूखी रोटी है, कहीं डकैती का कबाब है ।
कहीं पाई पाई को तरसते हैं, कहीं दौलत बेहिसाब है ॥

न भरने वाली यह खाई है ।
कहने को हर कोई इक दूसरे का भाई है ॥



Sameer Bhatia
Father of Adhyan Bhatia
2 - D



REPORT CARD

**I come to school, always on time,
Score me one on ten.**

**I come to school, rain or shine,
Score me two on ten.**



**I come to school, properly dressed,
Score me three on ten.**

**I come to school, with my lunch packed,
Score me four on ten.**



**I never trouble my classmates,
Score me five on ten.**

**For my Namastes and handshakes,
Score me six on ten.**

**I speak clearly, write legibly
Score me seven on ten.**

**I even do Sports fairly,
Score me eight on ten.**

**I do my homework every day,
Score me nine on ten.**

**It was all work and no play,
Score me ten on ten.**





**Buried beneath the text books,
As fun was almost barred.
Now I await, on tenterhooks,
For my Report Card...**



**Quite predictably, it states
That I'm below par.
I'm a failure - it elaborates;
I wouldn't go far.**

**And who would want a failure?
Not the School for sure!
Not the College, not the Employer,
No love so true or pure!**

**And yet, I feel I did well
As I always do,
So what if 'Love's Labour's Lost';
It's simply much ado.**



**Prerna Kashyap,
Homemaker**



“A World of Colors”

**In your eyes, the sky’s not just blue,
But a thousand shades, a brighter hue.
You hear the whispers of the breeze,
In melodies, others can’t quite seize.**

**Your hands speak softly, painting light,
Each touch, a spark, the world’s delight.
In moments quiet, when all seems still,
You craft your stories, dreams to fill.**

**They say you’re different, as if to say,
The world you see is far away.
But you are here, in colors true,
A world of wonder—just your view.**

**Let them learn, let them see,
The brilliance in your mystery.
For in your heart, a flame will guide,
A light that shines so bright inside.**



Kushal Bharadwaj, TGT

Bhawan Vidyalaya, Panchkula presents Abhiyakti 2024



My Ethereal Expressions

When happiness shines, I'm as bright as the sun,
Warmth spreading as if the life has just begun
Joy radiates like a rose in bloom,
Like a nightingale's melody filling the room.

But when anger burns, I'm as fiery as a blazing flame,
Passion raging like a stormy sea, it changes the whole game
My words cut sharp as a razor's edge,
Unleashes fury, makes me fall from ledge.

Sadness is heartbreaking, like a melancholy dream
Tears flowing like a river's gentle stream
My heart feels heavy as a stone,
Grief weighing me down to a very dark zone.

Surprise makes me shine like a sunrise in the sky,
As amazed as a child, with eyes wide open high.

Fear creeps in like a thief at midnight,
Makes me nervous, anxiety gripping tight
But calmness soothes like a peaceful summer breeze,
Serenity's gentle touch, like a mother's gentle ease.

In the canvas of my soul, Abhivyakti – my expressions unfurl,
Like hues on a painter's palette, my emotions swirl
I pour my heart, and let my feelings shine,
Through the inner voice, Alka's essence spills to the Divine.



Alka Raina



A Quarter Century of Learning:

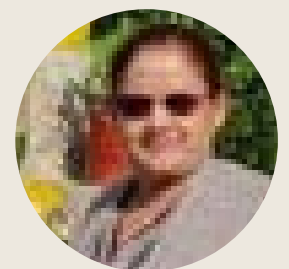
As I reflect on my 24-year journey through Bhavan Vidyalaya, I am filled with a sense of gratitude and accomplishment. From the timid, wide-eyed child who first stepped into its hallowed halls to the confident individual I am today, this institution has played an instrumental role in shaping my life.

My earliest memories of Bhavan Vidyalaya are filled with a mix of excitement and feeling of fear. The sprawling campus, the dynamic building, and the unfamiliar faces were both intimidating and exhilarating. However, the warmth and support of the teachers quickly put me at ease.

Over the years, I have had the privilege of experiencing a diverse range of academic and extracurricular activities. The curriculum challenged me to think. As I reflect on these 24 years, I am filled with a profound sense of gratitude for the experiences, relationships, and lessons that have shaped me critically and creatively. The institution has been more than just a workplace; it has been a second home where the co-curricular programs helped me discover my passions and develop new skills. I am particularly grateful for the opportunities to be a part of clubs and activities.

One of the most valuable aspects of my time in school has been the relationships I have formed with my co teachers and other members of the institution. My teachers have been mentors, guides, and friends, always encouraging me to reach my full potential. The friendships I have made with my colleagues been lifelong and have enriched my life in countless ways.

I am confident that the foundation I have built at Bhavan Vidyalaya will serve me well. I am forever grateful for the education, experiences, and memories that I have gained during my time here. The journey never ends, neither the joy of Learning with sparkling minds.



SONIA SOOD





Bhavan Vidyalaya: My Heart's Home

For twenty-nine years, I walked through the gate,
With joy in my heart, and lessons to create.
Each day a new chapter, each class a new song,
In this place of learning, where I truly belong.

The walls held stories of laughter and light,
Of curious minds, taking their flight.
Through English, EVS and Maths, I watched them grow,
As seeds of wisdom began to show.

Colleagues like family, side by side,
Through every challenge, with pride we'd stride.
In classrooms, in hallways, in moments so rare,
We built a world with love and care.

The smiles of students, their eager eyes,
Filled my soul like endless skies.
With every question, every spark,
They brightened my days, igniting the dark.

Not just a teacher, but a learner too,
Bhavan Vidyalaya shaped me anew.
In every corner, in every space,
I found my purpose, my truest place.

A school of values, of heart and mind,
Where knowledge and kindness are intertwined.
Beyond the lessons, it taught me more,
Of life's great beauty, of what we're here for.

Now as I reflect, with gratitude deep,
These memories, forever I'll keep.
For Bhavan Vidyalaya, my love will remain,
A part of my soul, through joy and pain.

Though I step forward, the bond won't sever,
For this school will live in my heart forever.



Sharmistha Neogi



"माँ"

त्याग ,समर्पण, सहनशीलता, प्यार ,अपनापन, अनूठापन, सुंदरता, मानवता ,संयुक्ता, ममता , समता, तल्लीनता, जिनके गुण होते हैं , वह "माँ होती है।

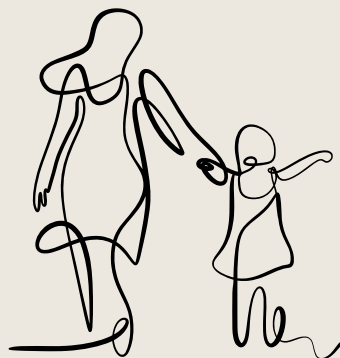
तमाम उम्र अपने आंचल में समेटे हुए ,
रिश्तो को संजोकर सहजता को साथ लिए हुए,
खूबसूरत छोटे से संसार की रचना का दायित्व उठाते हुए, जिंदगी की विपरीत
परिस्थिति में हौसले को बढ़ाते हुए,
जो निडरता से पग रखती है, वह "माँ" होती है।



दृढ़ विश्वास के साथ मुस्कान होठों पर लिए,
प्यार आंखों में मूंदकर सबको संतुष्ट करते हुए,
संतोष के साथ दुआ देते हुए संघर्ष को अपनाते हुए ,
जो सदैव दूसरों की चिंता करती है, वह " माँ" होती है।

हर सांस की टूटी डोर को जोड़ते हुए ,
गजब की चमक मासूम चेहरे में हर्ष भर देती है,
साधारण सी शैली में दिव्यता धारण करती है,
अपनी मुस्कान से खुशियां भर देती है,
वह "माँ" होती है ।

रक्षा करने वाली रक्षिता होती है, हर क्षेत्र में संपूर्णा होती है,
जिसके आंचल में प्रसन्नता छिपी रहती है ,
और वाणी में दुआ बनी रहती है ,
वह सर्वदा अमर रहती है , वह "माँ" होती है।
सारा जहान होती है, "माँ" "माँ" होती है



अलका शर्मा "आनंद "



ਨਜ਼ਰੀਆ ਆਪਣਾ - ਆਪਣਾ

‘ਨਜ਼ਰੀਆ’ ਭਾਵ ਦੇਖਣ ਦੀ ਕਲਾ। ਹਰ ਵਿਅਕਤੀ ਦਾ ਨਜ਼ਰੀਆ ਅਲੱਗ-ਅਲੱਗ ਹੁੰਦਾ ਹੈ। ਜਿਸ ਤਰ੍ਹਾਂ ਪਾਣੀ ਦਾ ਅੱਧਾ ਗਿਲਾਸ, ਕਿਸੇ ਨੂੰ ਅੱਧਾ ਗਿਲਾਸ ‘ਭਰਿਆ’ ਹੋਇਆ ਤੇ ਕਿਸੇ ਨੂੰ ਅੱਧਾ ਗਿਲਾਸ ‘ਖਾਲੀ’ ਲੱਗਦਾ ਹੈ। ਸਾਡੀ ਇਸ ਦੁਨੀਆ ਵਿੱਚ ਅਰਬਾਂ ਲੋਕਾਂ ਦਾ ਵਾਸਾ ਹੈ। ਹੈਰਾਨੀ ਦੀ ਗੱਲ ਤਾਂ ਇਹ ਹੈ ਕਿ ਹਰ ਵਿਅਕਤੀ ਦਾ ਹੁਲੀਆ ਨਿਖੜਵਾਂ ਹੁੰਦਾ ਹੈ ਅਤੇ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਗੱਲ ਇਹ ਹੈ ਕਿ ਹਰ ਇਨਸਾਨ ਆਪਣਾ ਇੱਕ ਵੱਖਰੇਵਾਂ ਨਜ਼ਰੀਆ ਰੱਖਦਾ ਹੈ।

ਨਜ਼ਰੀਆ ਸਕਰਾਤਮਕ ਵੀ ਹੋ ਸਕਦਾ ਹੈ ਅਤੇ ਨਕਰਾਤਮਕ ਵੀ। ਸਕਰਾਤਮਕ ਨਜ਼ਰੀਆ ਸਾਨੂੰ ਸਫ਼ਲਤਾ ਦੀਆਂ ਉਚਾਈਆਂ ਦੀ ਉਡਾਣ ਭਰਨ ਲਈ ਪ੍ਰੇਤਸਾਹਿਤ ਕਰਦਾ ਹੈ ਅਤੇ ਨਕਰਾਤਮਕਤਾ ਭਰਪੂਰ ਨਜ਼ਰੀਆ ਸਾਨੂੰ ਗਰਤ ਦੀਆਂ ਤੈਹਾਂ ਵਿੱਚ ਖਤਮ ਕਰ ਦਿੰਦਾ ਹੈ।

ਸਕਰਾਤਮਕ ਨਜ਼ਰੀਏ ਵਾਲਾ ਵਿਅਕਤੀ ਜੀਵਨ ਵਿੱਚ ਖੁਸ਼ੀਆਂ-ਖੇਡਿਆਂ ਨਾਲ ਭਰਿਆ ਦੂਜਿਆਂ ਦੀ ਜ਼ਿੰਦਗੀ ਨੂੰ ਵੀ ਖੁਸ਼ਨੁਮਾ ਬਣਾਉਂਦਾ ਹੈ। ਉਹ ਜੀਵਨ ਦੀ ਹਰ ਔਕੜ ਦਾ ਸਾਹਮਣਾ ਡੱਟ ਕੇ ਕਰਦਾ ਹੈ। ਉਸ ਵਿਅਕਤੀ ਨੂੰ ਔਕੜ ਸਮੇਂ ਦੇ ਹਨੇਰੇ ਵਿੱਚ ਵੀ ਚਾਨਣ ਭਰੀ ਰਾਹ ਦਿਖਾਈ ਦਿੰਦੀ ਹੈ ਤੇ ਉਸੇ ਰਾਹ ਤੇ ਚਲਦੇ ਉਹ ਔਕੜਾਂ ਵਿੱਚੋਂ ਨਿਕਲ ਜਾਂਦਾ ਹੈ। ਨਕਰਾਤਮਕ ਨਜ਼ਰੀਆ ਸਾਡੇ ਜੀਵਨ ਨੂੰ ਨਿਰਸਤਾ ਭਰੀ ਦਲਦਲ ਵਿੱਚ ਸੁੱਟ ਦਿੰਦਾ ਹੈ, ਜਿਸ ਵਿੱਚੋਂ ਨਿਕਲਣਾ ਮੁਸ਼ਕਲ ਹੋ ਜਾਂਦਾ ਹੈ।

ਨਜ਼ਰੀਏ ਦਾ ਵੱਖ ਹੋਣਾ ਮਨੁੱਖ ਦੇ ਵਾਤਾਵਰਨ ‘ਤੇ ਨਿਰਭਰ ਕਰਦਾ ਹੈ। ਉਸ ਮਨੁੱਖ ਦੀ ਪੈਦਾਇਸ਼, ਉਸਦੇ ਘਰ ਦਾ ਮਾਹੌਲ, ਉਸਦਾ ਆਲਾ-ਦੁਆਲਾ, ਉਸਦੇ ਮਿੱਤਰ, ਸਕੇ- ਸੰਬੰਧੀ ਆਦਿ ਸਭ ਮੁੱਖ ਕਾਰਕ ਹਨ ਜੋ ਉਸਦੇ ਨਜ਼ਰੀਏ ਨੂੰ ਬਣਾਉਣ ਵਿੱਚ ਅਹਿਮ ਭੂਮਿਕਾ ਰੱਖਦੇ ਹਨ ਪਰ ਇਹ ਗੱਲਾਂ ਕਰਦੇ ਦਿਮਾਗ ਦੇ ਇੱਕ ਕੋਨੇ ਵਿੱਚ ਇਹ ਪ੍ਰਸ਼ਨ ਵੀ ਉੱਠਦਾ ਹੈ ਕਿ ਇੱਕੋ ਘਰ ਵਿੱਚ ਪੈਦਾ ਹੋਏ ਦੋ ਬੱਚਿਆਂ ਦਾ ਨਜ਼ਰੀਆ ਕਿਵੇਂ ਵੱਖ ਹੋ ਜਾਂਦਾ ਹੈ? ਇਸ ਦਾ ਸੰਬੰਧ ਸ਼ਾਇਦ ਅਸੀਂ ਪਿਛਲੇ ਜਨਮਾਂ ਦੇ ਕਰਮਾਂ ਦੇ ਹਿਸਾਬ ਨਾਲ ਲਗਾ ਸਕਦੇ ਹਾਂ। ਇਹ ਮਨੁੱਖੀ ਜੀਵਨ ਬਹੁਤ ਹੀ ਰਸ ਭਰਿਆ ਹੈ। ਇਸ ਵਿੱਚ ਨਜ਼ਰੀਏ ਦੇ ਅਲੱਗ ਹੋਣ ਕਾਰਨ ਹੀ ਸਭ, ਇੱਕੋ ਗੱਲ ਨੂੰ ਹੀ ਅਲੱਗ-ਅਲੱਗ ਤਰੀਕੇ ਨਾਲ ਸੰਬੋਧਿਤ ਕਰਦੇ ਹਨ। ਅਜਿਹੀਆਂ ਉਦਾਹਰਨਾਂ ਸਾਨੂੰ ਆਮ ਮਿਲਦੀਆਂ ਹਨ ਜੇਕਰ ਅਸੀਂ ਆਪਣੇ ਆਸੇ-ਪਾਸੇ ਚੌਕਸ ਹੋਈਏ ਤਾਂ। ਨਜ਼ਰੀਏ ਦਾ ਹੋਣਾ ਹੀ ਸਾਡੇ ਜੀਵਨ ਨੂੰ ਤੈਅ ਕਰਦਾ ਹੈ ਕਿ ਅਸੀਂ ਆਪਣੇ ਜੀਵਨ ਨੂੰ ਕਿਸ ਤਰ੍ਹਾਂ ਜਿਉਣਾ ਚਾਹਾਂਗੇ। ਨਜ਼ਰੀਆ ਬਦਲ ਦੇਣ ਤੇ ਹੀ ਜੀਵਨ ਬਦਲ ਜਾਂਦਾ ਹੈ। ਅੰਤ ਵਿੱਚ ਮੈਂ ਕਹਿਣਾ ਚਾਹਾਂਗੀ।

ਨਜ਼ਰ ਬਦਲੋ ਤਾਂ ਨਜ਼ਾਰੇ ਬਦਲ ਜਾਂਦੇ ਨੇ,
ਸੋਚ ਬਦਲੋ ਤਾਂ ਸਿਤਾਰੇ ਬਦਲ ਜਾਂਦੇ ਨੇ,
ਕਿਸਤੀਆਂ ਬਦਲਣ ਦੀ ਜ਼ਰੂਰਤ ਨਹੀਂ,
ਦਿਸ਼ਾ ਬਦਲੋ ਕਿਨਾਰੇ ਆਪਣੇ ਆਪ ਬਦਲ ਜਾਂਦੇ ਨੇ।



ਸੋਨੀਆ ਨਾਗਪਾਲ ਚੁੱਘ
ਪੰਜਾਬੀ ਅਧਿਆਪਕਾ



Books Are Skies



**Books are skies open and wide,
Where stories live and imaginations reside.
Pages turn the world takes flight,
Carrying us to realms of light.
In every fairy tale, a word to find,
A place of heart, A space for mind.
From ancient times to days anew,
Literature paints the world for you.
In poems, stories novels and more,
A journey to an endless shore.
Through every line, we start to see,
The beauty of what it means to be.**



Vaani Arora

7 - D



My Journey Into The World of Literature

My journey into the realm of literature has unfolded in three distinct phases. The first phase commenced at the age of twelve during a summer visit to my cousin's house, where I first discovered my passion for reading. At that time, I was captivated by the Harry Potter films, and my cousin encouraged me to read the initial books in the series. With each installment, my fascination deepened, and even now, I continue to borrow books from him once he has finished reading them.

Simultaneously, my aunt, his mother, encouraged us to practice our handwriting through daily diary entries, short stories, or summaries of five headlines from the newspaper during our vacation. Inspired by this exercise, I chose to write about their pet dog, Candy. At the end of the day, we were required to present our creative writing to my aunt, who was genuinely impressed with my story. She encouraged me by suggesting that, with additional effort, I could potentially publish it as a book. This marked the beginning of the second phase of my literary journey, where I embraced the identity of "a writer."

Over the following months, my enthusiasm for storytelling intensified. I made numerous revisions to the original narrative about the dog, rewriting and expanding it continually. However, as academic pressures mounted, my story remained untouched by the age of fourteen. During this time, I did manage to publish one book under the Summer Book Writing Festival organized by Bribooks. Although it did not achieve notable success, the recognition I received as a Certified Global Author upon publication significantly boosted my confidence. This experience ushered in the third phase of my journey, where I embraced the title of "author."



Simrat Kaur

9 - C



वहम को छोड़, खुद को पहचान

वहम था कि मैं अजेय हूँ,
सोचा, कोई मुझ तक कैसे पहुँचेगा।
मगर जब सच ने दस्तक दी,
हर भ्रम टूट गया, हर घमंड ढह गया।

मैमोग्राफी की रिपोर्ट ने कहा,
वो शब्द जो कोई सुनना न चाहे,
“कैंसर” ने मेरे दरवाजे पर दस्तक दी।
सन्नाटा, डर, और आँसू...
सबका सामना करना था।

पर मैंने ठाना, हार नहीं मानूँगी।
मन के आँसुओं को मुस्कान में बदला,
खुद को, और अपनों को सँभाला।
मुलाक़ात हुई उन फ़रिश्तों से,
जो उम्मीद की रोशनी लेकर आए।
जीवन रक्षकों ने कहा, “सब ठीक होगा,”
और मैंने उस पर यकीन किया।

पति का साथ, दोस्तों की दुआएँ,
हर कदम पर संबल बनकर आई।
सफ़र मुश्किल था, पर मुमकिन भी।
हर दर्द, हर चुनौती को पीछे छोड़ते हुए,
मैं आज यहाँ हूँ – आत्मविश्वास से भरी, स्वस्थ और संपूर्ण।

पर एक सीख जो इस सफर ने दी,
हर औरत के लिए ज़रूरी है।
हम बेटी, पत्नी, माँ, बहू बनते-बनते,
खुद को कहीं भूल जाती हैं।
हर त्योहार, हर खुशी अपनों के लिए,
पर अपनी खुशी को ताक पर रख देती हैं।

Cont..



अब वक्त है बदलने का,
खुद को अपनाने का, खुद से प्यार करने का।
जब हर औरत खुद को मनाना सीखेगी,
तो उसकी हर खुशी में,
सिर्फ उसका परिवार नहीं,
पूरी दुनिया झूम उठेगी।
खुद में हर छोटे से छोटे
बदलाव को पहचानो
नज़रअंदाज़ ना करो
उसके बारे में और जानो।

तो छोड़ो वहम, अपनाओ सच,
उड़ो अपने पंखों से,
दुनिया की हर बंदिश को तोड़ो।
खुद से प्यार करो,
और दुनिया को खुशहाल बनाओ।



स्मिता खेड़ा



मैं और मेरी जिंदगी

घड़ी की सुई-सी बन गई हूं मैं और मेरी जिंदगी
हर पल, हर लम्हा,
एक तेज रफ्तार से भागती हुई,
मन बेचैन,
कितना कुछ करना है, पर ठहराव कहीं नहीं।
खामोशी में भी नींद टूट जाती है,
कदमों की आहट, परछाई की आवाज़,
शायद मेरा ही मन मुझसे सवाल करता है,
और कुछ सवाल, जिनके जवाब कहीं नहीं।
मुझे क्या अच्छा लगता है?
कौन सा रंग मेरे मन को भाता है?
क्या पहनूं? क्या खाऊं?
सोचूं तो जवाब कहीं नजर नहीं आता।
कभी थी मैं बिंदास,
जमाने से आगे बढ़ने वाली,
खुले आसमान में सपने बुनने वाली।
कब वक्त ने मुझसे मेरी वही पहचान छीन ली?
मुस्कुराहट एक गहना बन गई,
अब लगता है,
जिंदगी घड़ी की सुई बन गई है—
रफ्तार तय, दिशा तय,
मंजिल तय।
पर मेरा मन, अब भी भटका हुआ,
अपनी मंजिल की तलाश में।
क्या यह घड़ी कभी रुकेगी?
क्या मैं फिर से उड़ पाऊंगी?
या यूं ही समय के साथ,
अपनी परछाई में खो जाऊंगी?



सोनिया पबबी
वाइस प्रिंसिपल



To be or not to be

Its not easy to find out your calling without going into an abyss of nothingness.

Looking at the parallel roads of life it becomes utterly confusing whether to join the crowd or create your own path without following anyone. On one hand you see everyone who started the race with you reaching the finishing line when you are still having an afterthought of calling it quits, and on the other hand you also witness many making it to the top tumbling down like a pack of cards. Its easy to judge people standing at the beginning of the line which you have not even dared to cross. Once you take the first step towards the chaotic race and emerge like a phoenix, unaffected by the highs and lows of this race called life that you will truly find the solace you are looking for.

It takes time to get settled in a routine of nothingness, figuring out if you are doing the right thing by leaving something which you thought you have always loved, but suddenly realised its not what you wanted. The way you think, the way you behave, the way you talk, everything changes with even a small change in your routine. When you realise you have nothing to do and you are trying out ways and means to start afresh, you find the same people staring back at your existence and prodding you with their endless suggestions and queries. Then seeps in a feeling of emptiness, a momentarily pause, a restlessness, a struggle to decipher the meaning of this emptiness and nothingness.

Creating your own path can be a Herculean's task if you don't have the clarity about the things you are going to choose. Although you have chalked out a plan to do something relevant, sometimes the resources you rely don't seem enough. A thousand thoughts about different ideas enter your mind, creating chaos and blocking the filter which is required to keep the relevant ideas apart. What should you do in such a scenario? Stop thinking or stop processing these thoughts...No...you jut can't stop these thoughts but you can of course help yourself with some positivity. Lets find out how:



1. Never ever feel that if you are not earning, you are worthless.
2. Give some time to yourself and let your brain process what is happening in real.
3. When you leave a job, its not because you are not worth it, its because you are worth more than that job.
4. Don't get stressed out if you don't get to work on your plans. remember, Rome was not built in a day.
5. Don't compare yourself with others, they may be doing great in their life but they have a different perspective than yours.
6. Its not easy to stay away from the ever intruding social media, but its in your hand not to get influenced by the rosy picture on the screen. You never know what the real scene is.
7. And the most important thing is to never doubt yourself and the decisions you are making. It takes time for things to fall in place.

Keep walking through the chaos of mundane things and you will surely find the solace you have been looking for.





राष्ट्रपिता

राष्ट्रपिता वह सेवक इस माटी के
जो लड़े बिना हथियार ' केवल इक लाठी से

बापू से इस देश की शान
बापू पर सबको अभिमान
बापू है भारत की आन
उन जैसा न कोई महान
ऊँचनीच और जात पातको
बापू ने था झुठलाया
सत्य अहिंसा और शांति को
परम धर्म था बतलाया

आज उन्हीं के कदमों पर चल हम लाएं बदलाव
उस दिन रख पाएंगे हम उनके बलिदान की लाज
टूटे बिखरे हुए देश को
जिन्होंने था सबल बनाया
भटके हुए राहगीरों को
जिन्होंने सत्मार्ग दिखाया
आज उन्ही गांधीको हम करें हृदय से प्रणाम
क्योंन उन्हीं की तरह हम भी
करें जग में रोशन भारत का नाम ।





ਤਿਆਗ ਮਲ

ਅੰਬਰਸਰੇ ਜੀ ਖੁਸ਼ੀਆਂ ਆਈਆਂ ਨੀ,
ਤਿਆਗ ਮਲ ਜਨਮ ਲਿੱਤਾ ਜੀ |
ਅੰਬਰਸਰੇ ਜੀ ਰੌਣਕਾਂ ਆਈਆਂ ਨੀ,
ਤਿਆਗ ਮਲ ਜਨਮ ਲਿੱਤਾ ਜੀ |

ਨਾਨਕੀ ਪਾਲਿਆ ਪਿਆਰ ਨਾਲ,
ਖੁਸ਼ੀਆਂ ਬੇਸ਼ਮਾਰ ਨਾਲ ,
ਵੇਦਾਂ- ਪੁਰਾਣਾਂ ਦੇ ਸਾਰ ਨਾਲ,
ਪਰ ਜੀਣਾ ਪਿਆ ਉਹਨੂੰ ,
ਮੁਗਲਾਂ ਦੇ ਅਤਿਆਚਾਰ ਨਾਲ |

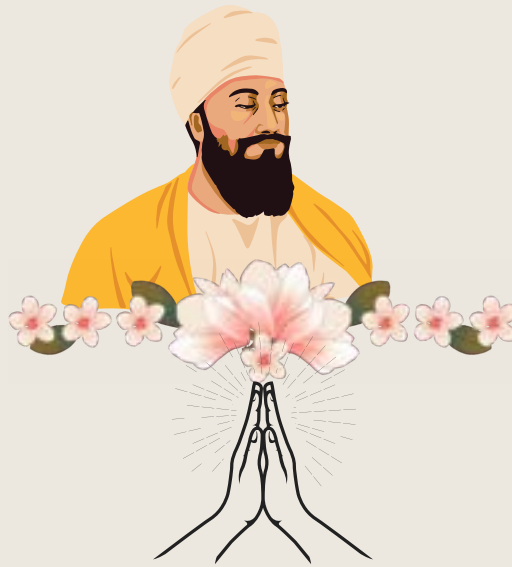
ਗੁਜਰੀ ਨਾਲ ਉਹਨੇ ਕੀਤਾ ਵਿਆਹ,
ਤੇ ਸੁਖੀ ਉਹਦਾ ਜੀਵਨ ਗਿਆ ,
ਪਰ ਮੁਗਲਾਂ ਦਾ ਅਤਿਆਚਾਰ ਜਾਰੀ ਰਿਹਾ,
ਕਸ਼ਮੀਰੀ ਪੰਡਤਾਂ ਤੇ ਭਾਰੀ ਪਿਆ |

ਜਦੋਂ ਬਣੇ ਨੌਵੇਂ ਗੁਰੂ ਉਹ ,
ਨਾਂ ਰੱਖਿਆ ਤੇਗ ਬਹਾਦਰ,
ਆਪ ਹੀ ਫ਼ੈਸਲਾ ਕਰ ਲਿਆ,
ਬਣੇਗਾ ਉਹ ਹਿੰਦ ਦੀ ਚਾਦਰ |
ਧਰਮ ਪਰਿਵਰਤਨ ਰੋਕਣ ਲਈ,
ਮੁਗਲੀ ਹੁਕੂਮਤ ਰੋਕਣ ਲਈ ,
ਕੀਤਾ ਮੁਗਲਾਂ ਦਾ ਤਿਰਸਕਾਰ,
ਵੇਖ ਤੇਗ ਬਹਾਦਰ ਨੂੰ ,
ਦੁਨੀਆ ਕਰੇ ਨਮਸਕਾਰ |



ਸ਼ੀਸ਼ਰਾਜ 'ਚ ਸ਼ੀਸ਼ ਕਟਾਇਆ,
ਰਕਾਬਰਾਜ 'ਚ ਲੱਖਾ ਧੜ ਲਈ ਆਇਆ,
ਉੱਥੇ ਗੁਰੂ ਦਾ ਸੰਸਕਾਰ ਕਰਾਇਆ |

ਲੈ ਗਈਆਂ ਸੰਗਤਾਂ ਸਰ ਅਨੰਦਪੁਰੇ,
ਪਰ ਨੈਣ ਸੀ ਉਹਦੇ ਹੰਝੂਆਂ ਨਾਲ ਭਰੇ,
ਸਰ ਕਲਮ ਕਰਾ ਲਿਆ ਉਹਨੇ ,
ਪਰ ਖੋਇਆ ਨੀ ਆਪਣਾ ਆਦਰ,
ਬਣ ਗਿਆ ਤੇਗ ਵਾਂਗੂ ਵੀਰ ਤੇਗ ,
ਪੰਡਤਾਂ ਤੇ ਹਿੰਦ ਦੀ ਚਾਦਰ,
ਪੰਡਤਾਂ ਤੇ ਹਿੰਦ ਦੀ ਚਾਦਰ |

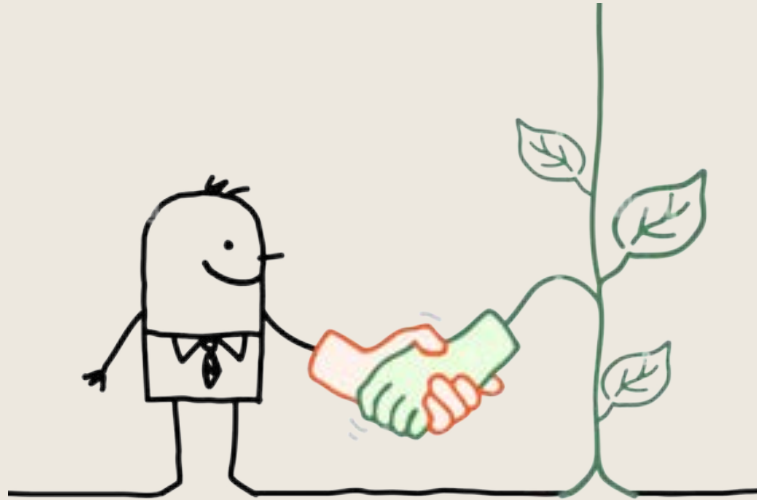


Nikunj Khurana
8 - C



The Plant and The Man

Once upon a time, there was a man. The man grew a plant. The plant was very happy. The man wished the plant. The man said that the plant was very small. The plant told the man that he was very hungry. The man then gave the plant some water. The plant told the man that it also needed two more things which are sunlight and air to grow. Both became true friends.



Soham Singla
1 - C



The Teasing Children

Once upon a time, there was a poor boy who walked to school every day. Despite his circumstances, he was always eager to learn and spend time with his friends. One day, as he arrived at school and met his friends, they encountered another boy who began to tease them mercilessly. The poor boy and his friends felt hurt and humiliated, tears streaming down their faces as they endured the taunts.

When the boy returned home that day, he was troubled and confused. Sitting beside his mother, he asked, "Why are we poor, Mom? Why do others treat us like this?"

His mother sighed deeply, her heart aching for her child. "My dear," she said, "that is a question only God can answer. But let me tell you something important."

The boy looked at her, his curiosity piqued. "What is it, Mom?"

His mother smiled gently. "We may not have much money, and others might call us poor, but we are rich in ways they cannot see."

The boy furrowed his brow, confused. "Rich? How can that be, Mom? I don't understand."

She placed a comforting hand on his shoulder and explained, "We have something more valuable than money. We have kindness, love, and the strength of our hearts. Our hearts are bigger because we know how to care for others, even when life is hard. That is what makes us truly rich."

The boy listened intently, his mother's words filling him with a newfound sense of pride and comfort. He realized that true wealth was not in possessions or status but in the depth of one's character and the love they shared with others.

Cont...



From that day on, the boy walked to school with his head held high. Though he still faced challenges, he knew he carried a wealth that could never be taken away: the strength of his heart and the love of his family.

The Moral of the Story: No one is truly poor or rich. Everyone is equal in their capacity for kindness and love.



Anahita Setia

2 - C



God will not come, Do everything by yourself

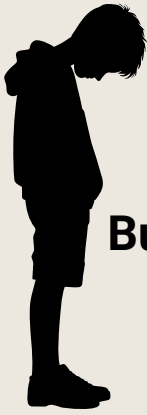
छोड़ो आस अब शस्त्र उठा लो,
स्वयं ही अपनी लाज बचा लो।
पासे दिखाए जब हस्ता शकुनि,
मस्तक सब झुक जाएंगे।
सुनो द्रोपदी शस्त्र उठा लो,
अब गोविंद न आएंगे।
कब तक सहारा मांगोगी तुम,
बिके हुए अखबारों से,
केसी रक्षा माँग रहीं तुम,
दुःशासन की सरकार से?
स्वयं जो लज्जा हीन बैठे,
वे क्या लाज बचाएंगे?
सुनो द्रोपदी शस्त्र उठा लो,
अब गोविंद न आएंगे।
हैं द्रोपदी!
द्वापरयुग में,
पतियों ने शस्त्र उठाये थे।
इस कलयुग में हैं न कोई तेरा,
तुझे स्वयं ही शस्त्र उठाने हैं।
अब राम नहीं आएंगे,
पर रावण तो अब भी आएगा।
अब कृष्ण नहीं आएंगे,
पर दुर्योधन तो अब भी आएगा।
सुनो द्रोपदी शस्त्र उठा लो,
अब गोविंद न आएंगे।



Sanjana



My people



I don't see no light,
Darkness took over everywhere,
Crying hard inside my locked room,
But I guess no one really seems to care.

Are people too busy to love?,
Or are they too occupied?,
Struggling alone,
Every part of me dying everyday,
Trying my best to continue this worthless life.

They say they'll always be there for you,
But then why do they disappear?,
The fake commitments that give hope,
My own people I began to fear.

The people who once completed me,
Are suddenly strangers again,
Acting like they never knew me,
Mind going numb,
Now all I feel is just pain.



My people left me at my worst,
Leaving me behind,
Leaving me all alone,
The people I loved the most,
Yes the people who once felt like home.



Avika Sharma

9 - E



OUR TEAM



CHIEF PATRON (IDEATION & CONCEPTUALISATION)

Mrs. Gulshan Kaur
Principal, Bhavan
Vidyalyaya Panchkula



PATRON

Mrs. Sonia Pabby
Vice Principal, Bhavan
Vidyalyaya Panchkula



CHIEF EDITOR

Ms. Anupama Bharadwaj
PGT English



DESIGNED BY

Mrs. Vandana Ahuja
IT Department