



Sacred Heart School, Moga

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Elixir

The flow of magical writings...



MARCH 2026





*My child, follow your father's
instruction, and never forsake your mother's
teaching. They are ornaments like a graceful
flower garland on your head and a pendant
around your neck.*



The page is decorated with black and white line drawings of lily flowers in the four corners. The background features a soft, pinkish-red watercolor wash that is more prominent on the right side and bottom.

LORD'S PRAYER

Our Father in Heaven | Holy be your name |

Your Kingdom come | Your will be done |

On Earth As in Heaven ||

Give us today | Our daily bread, |

Forgive us our sins | As we forgive |

Those who sin against us. ||

Do not bring us to the test

But deliver us from evil. ||

For Thine is the Kingdom |

The Power and the Glory |

Forever and Ever || AMEN ||

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EDITOR'S DESK

Punch, a tiny baby monkey in Ichikawa City Zoo near Tokyo became a viral sensation in social media for his resilience and patience. Soon after his birth, his mother rejected him without giving the warmth and love of motherhood. But the zookeepers have been raising him and hand-feeding to help him survive. After some months, they kept him with the other monkeys. But, no one was ready to accept punch; they all just ignored and even continuously bullied him. The disheartened punch kept his company only with the zookeepers who used to come to feed him. During, their visits, he enjoyed maximum by playing with them. When they were about to move, he used to hold their legs as if requesting them to stay back. After their departure, he again remained himself away from the group. By understanding his pathetic situation, the zookeepers gifted him a lifelike toy of an Orangutan. The impact was so touching. The little Punch carried the toy everywhere and even walks with it, eat with it and sleep with it. He was more attached with the special gift and found his mother as well as a best companion in it. Slowly and steadily, the other monkeys stopped pestering him, instead, started treating him gently. Now, the Ichikawa City Zoo is a favorite destination for the travellers around the world. Obviously, it is because of the cute little star, Punch.

Here, we can learn a lot from the tiny forlorn baby monkey who has overpowered the odd realities of life with his determination and hope. With the same, he could succeed his life and in the meantime made millions of fans across the globe.

GIVE UP THE COARSE; BUT NOT THE COURSE

**For The Editorial Board
Mr. Harsha Kumar**

Have a dream

Yes! I have a dream,
Dream of becoming an officer,
True will be my spirit,
Without fear of the enemy's digit.

I'll fly high up in the sky,
Escaping rapid fire behind me,
Moving towards the battle field,
I'll fight till the blood on my uniform will dry clean.

Enemy will see, turn around and run away,
For their lives they will cry,
I don't care about myself,
For the country I'm ready to die.

After listening to the war cry,
I'll follow the command and kill them all,
On the ground bodies will fall,
From the sky bombs,
In my hand weapons of all forms.

Above the secret base,
Smiles will fade from the enemy's face,
I'll approach from above,
Kill them all and have no trace.

Stars on my shoulders will shine,
Facing many difficulties, I'll still remain fine,
The day, I'll achieve my dream,
In joy loudest will be my screen.
Yes! I have a Dream

**Prabhneet Kaur
(X-Turquoise)**

TWINKLING STARS

Once upon a time, there lived an eight year old girl named Anna with her grandmother, in a small apartment in Brampton, Canada. Her parents had passed away when she was just four-years-old. Her grandmother was the only guardian in her family.

Anna's grandmother used to tell Anna that her parents are in the sky, very high, watching her every moment. After listening this Anna would become happy and joyous for the whole day. But one day, the whole scenario was a bit different.

"Anna, Anna, please have your dinner dear." Said her grandmother but there was no reply. The room which used to be filled with joy and energetic vibes all the time, was as quiet as a scorching summer afternoon.

Anna's grandmother began to worry and tried to unlock the door with all her strength and might but could not open it suddenly Anna opened the door.

Her grandmother signed with relief but was angry at the same time and kept on asking Anna the reason to lock the door. Anna was crying and hesitatingly replied, "today at my school meeting, everyone arrived with their parents while I was sitting alone in a corner. "Her grandmother's anger got softened". Her grandmother replied who had told that you don't have mom and Dad that they are high in the sky watching you everytime." Anna doubtfully asked, "Well, granny you always says it, and questioned if she can meet once." Without any hesitation her grandmother replied, "of course, why not, Anna let us see them now."

But Anna ignored it and continuously struggled to find her parents. Her grandmother asked her to look up so, Anna did the same but as she looked up the only thing when saw at that time was stars and a moon. Anna was confused and looked at her grandmother and asked, "Where are they? I cannot see them! Are they invisible?" "her grandmother raised her finger towards the twinkling stars !"

Her grandmother explained that her parents have been watching each and every aspect of her life since she was born." After listening those words from her grandmother, Anna started jumping and dancing, while her grandmother just kept looking at Anna's innocence. After this incident, Anna, at every night, used to come out in the garden and tell about her entire day, sitting on the bench and looking at the stars.

SNA
(IX-Sapphire)

AI: THE CHANGING FACE OF HUMAN LIFE

When we hear the word AI the first thing that comes to our mind is something which is extraordinary. By extraordinary we mean something which is beyond our imagination or unthinkable. By Artificial Intelligence we mean something which is beyond our imagination or unthinkable. By Artificial Intelligence we mean the capability to make decisions based on the situation, which we thought as the only capability we humans possess. But with the ever changing world, daily advancement everything which the humans thought to be impossible is becoming possible.

Humans create things for their own self thinking only of their benefit and neglecting the harms. AI is something which we can consider very useful. AI is a term which wasn't coined a 50 years ago but a recent term for us. AI along with robots make something which is highly advantageous. By the word Robot, we mean a machine that can assist us in our daily tasks and work where the humans can't. Robots can perform the tasks as written in their programming but they lack the decision making capability which is completed by AI.

AI these days is used in most of the developed countries and is being used also in developing countries. AI can assist everyone with anything. AI is being used in houses, schools and workplaces as well as by engineers and students. AI has many advantages. Beginning with AI is very useful to students. Students now complete their homework's using Chatbot's like ChatGPT, Copilot, MetaAI and many more to mention.

We can prepare presentations by just simply writing the criteria. We can adjust backgrounds, texts, images and what not. Everything is done according to our needs. We can ask any question about anything which is answered by these AI platforms. It is also used to write computer programs, correct the wrong codes assisting with programming.

It is also used by various designers, artists and painters to create images according to their needs. These days AI feature which is called Generative Art is becoming very popular. It is not only about Generative Images but AI can create cartoons and various other characters by using our own images. AI can also imitate our voice and use it for various purposes.

AI as mentioned earlier is tremendously used in the field of Robotics. Robots are featured with AI to perform tasks requiring decision making capability. Robots are used in Medical field. Personal Assistants, as waiters in Restaurants and many more to mention. AI is being used everywhere. It is used in Robots that being sent to space for surveying. They collect data and transfer it to the humans who are managing them on earth. The advantages of robots are difficult to count or we could say them as uncountable.

But everything that has some use also has some harm or danger. AI is replacing humans in various aspects. It is a danger and physical work. These works are replaced by AI making many people unemployed. Also when we say decision making capability we can imagine them thinking like humans and being selfish like humans. Though it is very useful but we should keep this in mind that they can also go against us. In the coming future, AI would be used everywhere even in the minor tasks which would greatly affect humans. Humans as I mention also know about these future changes but their sense of using something wisely is overwhelmed by their greed. First they only think of their benefits but when they are at loss as a human nature they realize it late.

We cannot neglect the benefits and its many advantages features but we also have to consider its defects. If humans would not stop now and keep the things under control it would not be wrong to say that AI would rule the world in the future. Creativity is something which only humans have and cannot be taken by AI. AI is a tool which if used wisely would be very beneficial but if we neglected its defects would become evil. We can say that AI is the dark reality which we'll only realize once it becomes really dark.

Journey of a Seed

A teacher as a gardener in a little garden
The soul that always power,
A little seed like an infant,
Who knows nothing like a sheet which is blank.

Enters the garden as a mischievous child,
Who knows just to cry and miss,
Calls out the teacher to bring in parents,
Who left him alone to know the planet.

Seed grows like a child who plays,
Seeks care and nourishment like a flower,
Grows more in light,
Gardener asks to wait to become a sage.

Plant gives out flowers and scent,
To bloom out the entire den,
Gardener applauds and celebrates in joy,
For the result of his courage and say.

Plant soon grows into tree with wisdom,
Thanks with joy to his protector,
For bringing everything and inspire,

Harman Sood
(X-Zircon)

Where We Grew Together

In the classroom, no bell rings. Yet the lessons are there to go and everyone's waiting eagerly to let the bell to announce.

Where there's joy and fun in the class and during holidays there's no one to shout and make all quit and there's silence all around the school and even no shout and laugh to be seen in the classroom

There comes a day in everyone's life where one's you were not ready to go and now you are not ready to leave. The teacher from whom the whole class was scared, now that teacher and that class is very hard to leave.

As we listen from our senior's that the class we find tough was one's the greatest place to find their joy. The place where we meet happiness, sorrow, new friends and even the friend that we aren't used to is now like the unforgettable moment of every one's life.

It's said that the classroom that once the child was afraid of , is emotionally attached and feels sad and broken to leave that place where he has spent the years.

Once it was difficult for him to adopt that atmosphere but now it's more difficult to say goodbye to it.

**Gurleen Gill
(X-Diamond)**

Lessons That Shape Us

They called it classroom,
But I found myself in a maze of life,
Surrounded by books, taught by examples,
I learnt something new each day,
I could actually apply.

From halls of school to daily life,
I was taught to hustle through every fight,
Knowing my worth, learning to be me,
I know how to meet deadlines of life.

And then soon this life began to teach,
Like a teacher who wanted me to win,
It got hard on me at times,
But I found myself standing tough each time.

Nevertheless, I stood wearing a crown
Full of hope and pride,
The crown that showed everytime,
I fell but chose to rise,
And here I am in chaos of classroom called life,
That makes you struggle every time, just to shine.

Yadveer Kaur
(XII-SM)

ਪੰਜਾਬੀ ਵਿਭਾਗ

ਖੁਸ਼ੀ

ਅੱਜ ਰਮਨ ਇੱਕ ਪਿਆਰੀ ਜਿਹੀ ਕਵਿਤਾ ਲਿਖ ਕੇ ਸਕੂਲ ਆਇਆ ਤੇ ਮੈਡਮ ਨੂੰ ਦਿਖਾ ਕੇ ਪੁੱਛਣ ਲੱਗਿਆ ਕਿ ਕੀ ਮੈਂ ਇਹ ਸਟੇਜ 'ਤੇ ਬੋਲ ਸਕਦਾ ਹਾਂ। ਮੈਡਮ ਨੇ ਖੁਸ਼ੀ ਖੁਸ਼ੀ ਉਸ ਨੂੰ ਆਗਿਆ ਦੇ ਦਿੱਤੀ। ਰਮਨ ਸਟੇਜ 'ਤੇ ਖੁਸ਼ੀ ਖੁਸ਼ੀ ਆਇਆ ਤੇ ਲੰਮਾ ਸਾਹ ਭਰਦਾ ਹੋਇਆ ਆਪਣੇ ਆਤਮ ਵਿਸ਼ਵਾਸ ਨੂੰ ਪਕੇਰਾ ਕਰਦਾ ਹੋਇਆ ਅੱਗੇ ਆਇਆ ਤੇ ਬੜੇ ਹੀ ਚਾਅ ਨਾਲ ਕਵਿਤਾ ਪੇਸ਼ ਕੀਤੀ। ਸਾਹਮਣੇ ਖੜ੍ਹੇ ਬੱਚਿਆਂ ਨੇ ਕਵਿਤਾ ਪੂਰੇ ਧਿਆਨ ਨਾਲ ਸੁਣੀ ਪਰ ਜਦੋਂ ਰਮਨ ਨੇ ਕਵਿਤਾ ਪੂਰੀ ਕਰ ਦਿੱਤੀ ਤਾਂ ਕੁਝ ਹੀ ਬੱਚਿਆਂ ਨੇ ਤਾੜੀਆਂ ਲਗਾਈਆਂ। ਉਹਨਾਂ ਤਾੜੀਆਂ ਦੀ ਆਵਾਜ਼ ਇੰਨੀ ਮੱਧਮ ਸੀ ਕਿ ਰਮਨ ਤੱਕ ਵੀ ਨਹੀਂ ਪਹੁੰਚੀ। ਉਸਦਾ ਸਾਰਾ ਜੋਸ਼ ਖ਼ਤਮ ਹੋ ਗਿਆ। ਜਦੋਂ ਉਹ ਕਲਾਸ ਵਿੱਚ ਆਇਆ ਤਾਂ ਉਹ ਬਹੁਤ ਹੀ ਉਦਾਸ ਸੀ। ਪਰ ਇਹ ਕੀ ਜਿਵੇਂ ਹੀ ਉਸ ਨੇ ਪੈਰ ਕਲਾਸ ਵਿੱਚ ਰੱਖਿਆ, ਤਾੜੀਆਂ ਦੀ ਗੂੰਜ ਨਾਲ ਕਮਰਾ ਗੂੰਜ ਉੱਠਿਆ।

ਰਮਨ ਇੱਕ ਦਮ ਚੌਂਕ ਉੱਠਿਆ। ਉਹ ਖੁਸ਼ੀ ਨਾਲ ਫੁੱਲਿਆ ਨਾ ਸਮਾਇਆ। ਮੈਡਮ ਨੇ ਉਸਦੀ ਪ੍ਰਸੰਸਾ ਕਰਦੇ ਹੋਏ ਸਾਰੇ ਬੱਚਿਆਂ ਨੂੰ ਦੱਸਿਆ ਕਿ ਹੌਂਸਲਾ ਅਫ਼ਜ਼ਾਈ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ। ਜਦੋਂ ਵੀ ਕੋਸ਼ਿਸ਼ ਕਰਕੇ ਸਟੇਜ 'ਤੇ ਕੁਝ ਪੇਸ਼ਕਸ਼ ਕਰਦਾ ਹੈ ਤਾਂ ਉਸਦੀ ਹੌਂਸਲਾ ਅਫ਼ਜ਼ਾਈ ਜ਼ਰੂਰ ਕਰੇ। ਤਾੜੀਆਂ ਲਾਉਣ ਨਾਲ ਕਿਸੇ ਨੂੰ ਕੋਈ ਫਰਕ ਨਹੀਂ ਪੈਂਦਾ ਪਰ ਜਿਸ ਲਈ ਤਾੜੀਆਂ ਲਗਾਈਆਂ ਜਾ ਰਹੀਆਂ ਹਨ, ਉਸਦਾ ਹੌਂਸਲਾ, ਆਤਮਵਿਸ਼ਵਾਸ ਦੁੱਗਣਾ ਹੋ ਜਾਂਦਾ ਹੈ। ਸਾਰੇ ਬੱਚੇ ਫਿਰ ਰਮਨ ਤੇ ਮੈਡਮ ਦੋਵਾਂ ਲਈ ਖੁਸ਼ੀ ਖੁਸ਼ੀ ਖੁੱਲ੍ਹ ਕੇ ਤਾੜੀਆਂ ਲਾਉਂਦੇ ਹਨ।

ਜਸਵਿੰਦਰ ਕੌਰ
ਪੰਜਾਬੀ ਵਿਭਾਗ



हिंदी विभाग



"खुशियों की बहार होली"

रंगों की आई है बहार,
होली का छाया है खुमार।
गुलाल उड़े, पिचकारी चले,
हर चेहरे पर खुशियाँ ढले।

लाल, गुलाबी, नीला, पीला,
हर रंग लगे कितना रंगीला।
हँसी-ठिठोली, नाच-गाना,
भूल जाएँ सब दुःख पुराना।

मीठी-मीठी गुजिया की खुशबू,
मिलकर गाएँ खुशियों का सुर।
अपने-पराए सब एक हो जाएँ,
रंगों में दिल से दिल मिल जाएँ।

रूठे मन भी आज मनाएँ,
प्यार के रंग सबको भाएँ।
होली का ये पावन त्यौहार,
लाए जीवन में खुशियों की बहार।

पूजा गुप्ता
हिंदी विभाग

बेटी के दिन

सुनो बेटियों ...
खुलकर हँस लो,
आँगन में बेफिक्र दौड़ लो,
माँ की डाँट में छुपा प्यार
आज जी भर कर ओढ़ लो ।
ये जो पापा की उँगली पकड़कर
चलने वाली राहें हैं,
ये जो भाई से छोटी-छोटी
नोकझोंक की चाहें हैं,
कल ये सब यादों में बस
एक कहानी बन जाएँगी।
क्योंकि.....

जब तुम बहू बनकर
किसी और घर की दहलीज़ पार करोगी,
तब इस घर की हर चीज़
तुम्हें चुपचाप पुकारेगी।
माँ की रसोई की खुशबू,
पापा की आँखों का साया,
भाई की शरारतों वाला घर
बहुत याद आएगा।
इसलिए आज ...
बेटी बनकर जी लो खुलकर,
हर हँसी को दिल में सजा लो,
क्योंकि एक दिन
"बेटी होना" ही
सबसे प्यारी याद बन जाएगा।

मंजू आज़मी
(हिंदी विभाग)

नारी शक्ति

नारी है शक्ति की पहचान,
उससे ही सजे हर एक जहान।
ममता, प्रेम और त्याग की मूरत,
हर दुख में देती है वो हिम्मत।
नारी से ही रोशन हर इंसान।
घर की शान, देश की आन,
नारी करती सबका सम्मान।
मुस्कान से भर दे हर दिल,
हर मुश्किल में रहती अडिग।

नारी है सबसे महान।
बेटी, बहन, माँ का रूप,
हर किरदार में दिखे अनूप।
पढ़े-लिखे और आगे बढ़े,
हर सपने को सच वो करे।
नारी से ही जीवन है अनूप।
आज का दिन है उसका खास,
करें हम सब उसका सम्मान।
नारी का करें हम आदर,
दे उसे बराबरी का अवसर।
यही है सच्चा उसका मान।

अमृतपाल कौर
हिंदी विभाग

होली

भारत में कई त्योहार मनाए जाते हैं। हर त्योहार का अपना महत्व होता है। त्योहार देश में भाईचारे को बढ़ाते हैं और खुशियाँ बिखेरते हैं। ऐसा ही त्योहार है होली। होली एक प्रमुख हिंदू धार्मिक पर्व है, जो सभी धर्मों के लोग मिलकर मनाते हैं। यह त्योहार खुशी, आनंद, प्रेम और एकता की भावना को दर्शाता है। होली फल्गु मास की पूर्णिमा को मनाया जाता है और इसे विभिन्न नामों से जाना जाता है जैसे रंग पंचमी, धुलेदी और धुलंडी। हर वर्ष भारत के लोग बहुत ही उत्साह के साथ, धूम-धाम से होली मनाते हैं। इस दिन लोग एक-दूसरे को गुलाल लगाते हैं, पिचकारी में पानी भरकर खेलते हैं, मिठाइयाँ खाते हैं।

इस दिन लोग विशेष पकवान गुजिया का सेवन करते हैं। होली को मनाने के पीछे एक कथा जुड़ी है। इस कथा के अनुसार भागवत पुराण के अनुसार सतयुग में एक क्रूर, अहंकारी राक्षस था हिरण्यकशिपु, जो स्वयं को ईश्वर समझता था और सबको अपने बल के आधार पर प्रभावित कर, उन्हें नारायण के स्थान पर अपनी पूजा करवाता था।

हिरण्यकशिपु श्री हरि से घृणा करता था क्योंकि नारायण ने वराह अवतार धारण कर उसके अनुज हिरण्याक्ष का वध कर दिया था। किंतु आश्चर्य की बात यह है कि हिरण्यकशिपु का अपना पुत्र प्रह्लाद भी श्री हरि का सबसे बड़ा भक्त था। इस बात पर हिरण्यकशिपु ने अपने ही पुत्र को अपना शत्रु मान लिया और उसके प्राण हरने के कई प्रयास किए। एक बार हिरण्यकशिपु ने अपनी बहन होलिका को बुलाया, जिसे अग्नि देव से वरदान प्राप्त था कि अग्नि उसे नहीं जला सकती। प्रह्लाद को मारने के लिए होलिका प्रह्लाद को साथ लेकर अग्नि कुंड में बैठ गई, किंतु वह स्वयं ही भस्म हो गई और प्रह्लाद का बाल भी बाँका न हुआ।

इसीलिए उस दिन प्रजा जनों ने प्रसन्नता में रंगों और फूलों को उछाल कर होली खेली। इसी कारण से होली के एक दिन पहले होलिका दहन किया जाता है जिसमें मनुष्य अपने विकारों के भस्म होने की प्रार्थना करता है। भारत के हर राज्य में अलग-अलग तरीके से होली खेली जाती है। ब्रज एवं वृंदावन में केवल फूलों से होली खेली जाती है और यह पर्व वहाँ केवल एक दिन का नहीं बल्कि चालीस दिनों का पर्व होता है। होली हमारे देश का अभिन्न अंग है जो लोगों को एक सूत्र में बाँधने का कार्य करता है। इसलिए यह हमारा कर्तव्य है कि हम इस पावन त्योहार की मर्यादा बनाए रखें।

सुदीक्षा शर्मा
दसवीं टोपाज

सियारामशरण गुप्त

- सियारामशरण गुप्त जी का जन्म झाँसी के निकट चिरगाँव में सन् 1895 में हुआ।
- इनके साहित्य में दरिद्रता, कुरीतियों के विरुद्ध आक्रोश जैसे भावों की बहुलता है।
- गुप्त जी को 'सरस्वती' शीर्षक जयंती के अवसर पर तथा इन्हें नागरी प्रचारिणी सभा द्वारा वाराणसी द्वारा सुखाकर पदक से भी विभूषित किया गया।
- 'अनाथ', 'आर्द्रा', 'दूर्वादल' – इनके काव्य खंड; 'मानुषी' – कहानी संग्रह; 'पुण्य पर्व' – नाटक; 'नारी और गोद' – उपन्यास तथा 'झूठ-सच' – निबंध संग्रह उल्लेखनीय हैं।
- 9 मार्च 1963 को उनका निधन हो गया।

शेरिल शर्मा
दसवीं जिरकॉन



Shanveer Singh
(XII-Med)



*Reading maketh a full
Man; conference a
Ready man; and
Writing an exact man.*

*Thank
you*

