



Sacred Heart School, Mogga

AFFILIATED TO THE COUNCIL FOR INDIAN SCHOOL CERTIFICATE EXAMINATIONS, NEW DELHI

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Elixir

The flow of magical writings...



MAY
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*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. The title 'LORD'S PRAYER' is centered in a large, bold, red serif font.

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

Bedi Brothers (Mr. Naresh Bedi and Mr. Rajesh Bedi) are the famous Indian photography and filmmaking duo working with the National Geographic Channel. They are known as the pioneers in Indian wildlife documentary filmmaking since they have devoted four decades for capturing and promoting India's wildlife. Forty years of incessant exploring in wildlife across Indian forests, in various as well as extreme climatic conditions, have enriched them with a number of remarkable experiences.

In an interview, they are asked to share their experience about the motherly bond among the animal kingdom. Surprisingly, they describe an anecdote, not about animals but of birds, a peahen and its babies. One morning, while camping in a dense forest, they could hear a clucking outside their tent. They found seven or eight so small peachicks searching food just in front of the tent. Enthusiastically, they offered some bits of bread and without any hesitation, the peachicks had taken it. Meanwhile, they cuddled one of the chicks for taking some snaps. In response to the screeching of the other peachicks, with a squawk, the mother appeared there from somewhere else. It started fiercely attacking the Brothers. The dumbfounded Duo struggled a lot to save themselves from the invasion of the dam. They got bleeding scratches and even forced to gently thrash to drive away the agonised mother bird. Without any source of defence, at last, they were intimidated to hold the peachick anymore, but compelled to withdraw themselves into the tent to keep away from the beak and feet attack. Even though they received certain deep scratches, they were truly astonished by the relentless effort of the mother bird to save its baby by challenging its own life. This incident was so special for them since it was the specimen of the matriarchal feelings.

Compared to human beings, other species have so limited space to express their feelings and emotions. Humans are the only beings who can express all the complicated feelings and emotions. Hence the motherly love and care can be shown its optimal level in human relations. On the occasion of Mother's Day, let's pay tribute to all the mothers for all their silent pain as well as immense love and care.

Let's fill ourselves with Filial Gratitude

HAPPY MOTHER'S DAY

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

God's Art

Beauty does not lie in brown eyes,
Or the sun rising above the highs,
But can be found in one's heart,
Displaying the example of God's art.

It does not fit in the moulds of the world,
But is found in the chirping of birds.
It can neither be explained nor justified,
But can be found by a loved one's side.

It lies in innocent faces with four paws,
A waving tail tired from chaos.
It may be difficult because it restricts love,
But turns simple when found through love.

In every star and every moon,
In every day and every noon,
If found through love, then in every heart,
Even in darkness, displaying God's art.

**Angel
(XII Med)**

PARADOXES

“If you exist, there is an alternate version of you, maybe in your timeline or another.”

Quotes like these are often said by philosophers or scientists. However, such quotes create something known as a paradox. The literal definition of this word is a situation where something could have never existed or may have existed all the time. Let us take the example of the “Pinocchio Paradox.”

If you have read or seen the story of Pinocchio, you know that his nose grows longer every time he lies. But what if he says, “My nose will grow now”? If it grows, then it means he was telling the truth, but also lying since his nose grew. On the other hand, if his nose does not grow, then it means he was lying, but also telling the truth since his nose did not grow. Interesting, right?

The birth of the universe is considered a paradox in itself. Let me ask you something: how were you born? You will say, “My parents gave birth to me.” Continuing this chain, you will reach your first ancestor, then the formation of Earth, the formation of the Milky Way, and so on until you reach the Big Bang Theory.

Now, two cases arise. One is the “Something from Nothing” paradox, which declares that everything originated from nothing. That feels impossible, yet it somehow makes sense. Then we have the “Infinite Regression” paradox, which states that an infinite number of events have led to the formation of the universe and our birth. However, infinity itself is a paradox. So does that mean we live in a world of paradoxes? It seems crazy at first, but it still has a chance of being true.

Moving back to the quote at the beginning, that is a paradox as well. This is because of an event that can occur in anyone’s life — a near-death experience. Imagine this: you survive a fatal car crash, and your relatives are happy that you survived. But in a different timeline, you are already dead while your relatives mourn your loss. Pure insanity, yet possible. This paradox is termed “Quantum Immortality.” The definition states that since your brain cannot process or comprehend nothingness, it creates an alternate timeline where you survive, making you believe you survived because of luck.

Finally, we have the “Third Man Factor” paradox. This is an unsolved mystery in both science and philosophy. It has been reported by multiple people lost in mountains, seas, or forests that they experienced a supernatural presence guiding their way. However, once they are rescued, the presence disappears. Religious people believe it is a guardian angel, while science says it is the mind forcing itself to survive by splitting its consciousness. Mind-blowing, isn’t it?

Viresh Garg
(X Sapphire)

Eternally in Me

Lost I am in thought of your dwell.

In the bright sky or mountains high,

Found in the countryside,

Or in rowdy might and worth?

Is that truly what you seem?

Are you blooming on the branches,

Petals swaying in joy?

Are you the raindrops on the windowpane,

Or the fragrance that fills the air

With a sense that is not vain?

Oh happiness! Here you dwell,

Eternally in me, in birds, and

In every being. You are not

Bound to worldly bugs,

But to the empathy in

Every heart, the kindness in

Every mind, and the gratitude

Of every kind.

Gurnaaz Kaur
XII Med

Inner Beauty: The Real Elegance

In our modern and developing society, youngsters often believe that beauty lies only in external features. However, they are not aware of what true beauty really is. Beauty can lie in words, thoughts, or language. Simply put, beauty is the inner beauty of a person. Many poets have written about the internal beauty of human beings.

The famous poet William Shakespeare mentioned inner beauty in his poem Sonnet 116, which says:

“Love’s not Time’s fool...”

Here, Shakespeare refers to the beauty of love, which does not lie in facial features but in the inner feelings of a person. Love remains constant beyond the doom of time, meaning that true love is immortal, even after death.

Simplicity can also be related to beauty. Simplicity means living a simple life — simple clothes and simple living. A person does not need luxury to appear beautiful. Someone can look elegant in simple clothes just by being confident in their natural self.

A person can also be beautiful by being respectful, showing love to others, and speaking politely. A person who follows moral values and etiquette is always beautiful in the eyes of others. Sadly, such qualities are becoming less common in modern society, where many people think acting smart or rude makes them look impressive.

The famous Indian poet Rabindranath Tagore, in his poem Abhisara – The Tryst, also emphasized that physical beauty fades away with time, but the beauty found in helping others remains forever within a person.

To sum up, beauty lies within a person. We simply need to explore ourselves to discover our true beauty rather than focusing only on outward appearance. Beauty actually means helping others and performing kind deeds, not merely grooming ourselves. Outer beauty may impress people, but we should never forget the importance of inner beauty.

Ravneet Kaur Batth
XII NM

The Hidden Glow of Happiness

Oh happiness, where do you dwell?

Is it in beautiful heaven or hell?

Is it a place that makes eyes glitter,

Or nature's art growing prettier?

The beauty of the heart or

The beauty of appearance —

Where is happiness? I need clearance.

One day, I met a great man,

Smiling and full of wisdom.

I thought of asking my question to this genius,

But was in a dilemma

Whether he would answer such a hideous question.

The great man asked me to note the things

I must feel grateful for

And meet him at the dawn of a fortnight later.

I left the place with bigger thoughts in mind.

Was the solution to my question really right?

With trust in my heart,

I set all my doubts apart.

Each new day,

Each happy stay,

I noted everything without delay —

My supportive family,

My chaotic friends,

All the opportunities in life,

And many more things that make my life thrive.

The next day, I met him at the decided time.

He was waiting there gracefully.

The confidence and smile on his face
Seemed as if he were wearing grace itself.

By his expressions, I realized
He had already found the right answer.

I expressed my question,
And he answered with emotion:
“Your family, each new day, books, and good food —
Being ignorant of them is very rude.
Happiness is not something glittering;
it is something hidden and glowing.”

That was the moment I realized
Where happiness actually resides.

Oh happiness, now I know where you dwell.

It is neither heaven nor hell,
But the beautiful moments of life
That make each day beautiful and bright.

Aahna
(XII Super Medical)

The Heavenly Joy

Oh! Dear, Tell me, from where do you hail?

If nowhere, then go to hell.

Do you come by parting from problems,

Or by solving them happily?

You swell up like tides,

Sometimes high, sometimes low.

Like the moon controls tides,

We control you.

Then why are we unhappy?

If we are our own problem,

Then why do we blame others?

Why do we put others in the court of unhappiness

When our own court is corrupted?

Do not depend on someone else for your happiness;

Instead, become the reason for your own peacefulness.

Tanveer Kaur
(XII SMED)



Pure Souls

Oh happiness, where do you dwell?

In the heart of a child or the mind of a man?

In the dark seas or in calm forests?

For me, you rest in small acts of kindness,

In pure souls,

And in a strong mindset.

**Avneet Kaur
(XII SM)**

ਪੰਜਾਬੀ ਵਿਭਾਗ

ਇਨਸਾਨੀਅਤ

ਸਕੂਲੇ ਛੁੱਟੀ ਹੋਈ । ਮੈਂ ਤੇ ਮੇਰਾ ਪੁੱਤਰ ਹੀਰਾ, ਘਰ ਪਹੁੰਚਣ ਵੀ ਵਾਲੇ ਸੀ ਕਿ ਗਲੀ ਵਿੱਚ ਇੱਕ ਘੁੱਗੀ ਮਰੀ ਪਈ ਸੀ। ਹੀਰੇ ਨੇ ਦੇਖਿਆ ਤੇ ਝੱਟ ਘਰ ਅੰਦਰ ਜਾ ਕੇ ਇਕ ਖੁਰਪੀ ਚੱਕ ਲਿਆਇਆ । ਮੈਂ ਉਸ ਨੇ ਦੇਖ ਕੇ ਹੈਰਾਨ ਹੋਈ ਕਿ ਅੱਗੇ ਤਾਂ ਘਰ ਪਹੁੰਚ ਕੇ ਥੱਕਣ ਦਾ ਰੌਲਾ ਪਾ ਦਿੰਦਾ ਹੈ ਪਰ ਅੱਜ ਇਹ ਕੁਝ ਅਲੱਗ ਜੀ ਦਿਸ ਰਿਹਾ ਸੀ । ਪੁੱਛਣ 'ਤੇ ਕਿਹਾ ਕਿ ਆ ਕੇ ਦੱਸਦਾ ਹਾਂ ।

ਕੋਈ ਪੰਦਰਾਂ ਕੁ ਮਿੰਟਾਂ ਬਾਅਦ ਘਰ ਆਇਆ । ਗਰਮੀ ਨਾਲ ਤਾਂ ਪਹਿਲਾਂ ਹੀ ਬੁਰਾ ਹਾਲ ਸੀ। ਹੁਣ ਪੂਰੀ ਤਰ੍ਹਾਂ ਕੱਪੜੇ ਪਸੀਨੇ ਨਾਲ ਭਿੱਜ ਚੁੱਕੇ ਸਨ। ਉਸਨੇ ਦੱਸਿਆ ਕਿ ਉਹ ਘਰ ਦੇ ਪਿੱਛਲੇ ਪਾਸੇ ਖਾਲੀ ਪਲਾਟ ਵਿੱਚ ਮਰੀ ਘੁੱਗੀ ਨੂੰ ਦੱਬ ਕੇ ਆਇਆ ਹੈ ।

ਇਹ ਸੁਣ ਕੇ ਮੈਂ ਹੈਰਾਨ ਵੀ ਹੋਈ ਤੇ ਖੁਸ਼ ਵੀ। ਉਹ ਇਸ ਲਈ ਕਿ ਜੇ ਪਾਠ ਇਸ ਨੂੰ ਸਕੂਲ ਵਿੱਚ ਜਾਂ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਪੜ੍ਹਾਇਆ ਜਾਂਦਾ ਸੀ, ਅੱਜ ਉਸਨੇ ਉਸ 'ਤੇ ਅਮਲ ਕੀਤਾ । ਜਦੋਂ ਇਲਮ ਪੜ੍ਹ ਕੇ ਉਸ 'ਤੇ ਅਮਲ ਕੀਤਾ ਜਾਵੇ ਤਾਂ ਸਹੀ ਅਰਥਾਂ ਵਿੱਚ ਬੱਚੇ ਵਿੱਚ ਇਨਸਾਨੀਅਤ ਦੀ ਭਾਵਨਾ ਆ ਹੀ ਜਾਂਦੀ ਹੈ । ਮੈਂ ਆਪਣੇ ਬੱਚੇ ਦੇ ਇਸ ਉੱਦਮ 'ਤੇ ਮਨ ਹੀ ਮਨ ਬਹੁਤ ਖੁਸ਼ ਹੋਈ ਕਿ ਸਹੀ ਅਰਥਾਂ ਵਿੱਚ ਉਸ ਨੇ ਇਨਸਾਨੀਅਤ ਦਾ ਪਾਠ ਪੜ੍ਹਨਾ ਸ਼ੁਰੂ ਕਰ ਲਿਆ ਹੈ ।

**ਸ਼੍ਰੀਮਤੀ ਜਸਵਿੰਦਰ ਕੌਰ
ਪੰਜਾਬੀ ਅਧਿਆਪਕ**

ਮਾਂ

ਮੈਂ ਆਪਣੀ ਮਾਂ ਤੋਂ ਸੋਹਣਾ ਅੱਜ ਤੱਕ ਕੋਈ ਵੇਖਿਆ ਨਾ,
ਮਾਂ ਦੇ ਕਰਕੇ ਜ਼ਿੰਦਗੀਦੇ ਵਿੱਚ ਇੱਕ ਵੀ ਦੁੱਖ ਮੈਂਦੇਖਿਆ ਨਾ,
ਪਿਆਰ ਜੋ ਉਹਦੇ ਦਿਲਵਿੱਚ ਸੀ ਉਹ ਮੈਂ ਨਾਪ ਸਕਿਆ ਨਾ,
ਮਾਂ ਦੇ ਕਰਕੇ ਮੁਸੀਬਤਾਂ ਦਾਭਾਰ ਅੱਜ ਤੱਕ ਮੈਂ ਚੁੱਕਿਆ ਨਾ,

ਮਾਂ ਦੀ ਛਾਂ ਹੁੰਦੀਠੰਢੀ,
ਹੁੰਦੀ ਨਾਲੇ ਮਿੱਠੀ ਏ,
ਮੇਰੀ ਮਾਂ ਨੇ ਮੇਰੇ ਹਾਸੇਲਈ ਮੁਸ਼ੱਕਤਾਂ ਕੀਤੀਆਂ ਨੇ,
ਮੇਰੀਆਂ ਸਿੱਲੀਆਂ ਅੱਖਾਂ ਨੂੰ ਪੂੰਝਿਆ ਹੀ ਉਹ ਦੀਆਂਤਲੀਆਂ ਨੇ,

ਮਿਹਰ ਭਰਿਆ ਹੱਥ ਇਹ ਤੇਰਾ ਮੇਰੇਸਿਰ ਤੇ ਵੱਸਦਾ ਰਹੇ,
ਹਰ ਵੇਲੇ ਮਨਵਿੱਚ ਮੇਰੇ ਤੇਰਾ ਖਿਆਲ ਹੀ ਆਉਂਦਾ ਰਹੇ,
ਬਸ ਤੂੰ ਸਦਾਮੇਰੇ ਨਾਲ ਰਹੇ, ਦਿਲ ਮੇਰਾ ਇਹ ਚਾਹੁੰਦਾ ਰਹੇ,

ਇਕ ਫਰਿਆਦ ਮੈਂਰੱਬ ਤੋਂ ਕਰਾਂ,
ਅਗਲੇ ਜਨਮ ਵੀ ਤੇਰਾ ਪੁੱਤਮੈਂ ਰਹਾਂ,
ਅਗਲੇ ਜਨਮ ਵੀ ਤੇਰਾ ਪੁੱਤਮੈਂ ਰਹਾਂ,

ਕੁਵਰਵੀਰ ਸਿੰਘ
ਦਸਵੀ ਟੋਪਾਜ਼



हिंदी विभाग



विश्व तम्बाकू निषेध दिवस

धूम्रपान है बेकार की बात,
इससे बिगड़ती है हर बात।
सेहत बचाओ, जीवन सँवारो,
खुश रहो और मुस्कुराकर जीओ

हर साल 31 मई को हम विश्व तंबाकू निषेध दिवस मनाते हैं।
इस दिन का मकसद है - लोगों को बताना कि तंबाकू सेहत के लिए बहुत हानिकारक है।

तंबाकू कई तरह की होती है। कुछ लोग सिगरेट पीते हैं, कुछ बीड़ी पीते हैं।

कुछ लोग गुटखा, खैनी और हुक्का का इस्तेमाल करते हैं।
ये सब चीजें शरीर को अंदर से कमजोर कर देती हैं।

तंबाकू खाने और पीने से फेफड़े खराब हो जाते हैं।
सांस लेने में दिक्कत होती है। मुँह और गले में बीमारी हो जाती है।
कभी-कभी कैंसर जैसी बड़ी बीमारी भी हो जाती है।

छोटे बच्चे और युवा लोग जल्दी इसकी लत में पड़ जाते हैं।
एक बार आदत लग जाए तो इसे छोड़ना बहुत मुश्किल हो जाता है।

इसलिए हमें खुद भी तंबाकू से दूर रहना चाहिए।
अपने दोस्तों और परिवार को भी समझाना चाहिए कि ये बुरी आदत है।

आज ही प्रण करो - तंबाकू को ना कहेंगे, सेहत को हाँ कहेंगे।
स्वस्थ रहोगे तो खुश रहोगे, और दूसरों को भी खुश रख पाओगे।

हिंदी विभाग
रंगीला

मातृ दिवस पर विशेष

“माँ की ममता का कोई मोल नहीं होता,
माँ के प्यार का कोई तोल नहीं होता।
जो झुक जाए माँ के चरणों में,
उसके जीवन में कभी दुख नहीं होता।”

माँ केवल एक शब्द नहीं, बल्कि पूरी दुनिया का सबसे प्यारा एहसास है। माँ अपने बच्चों के जीवन में प्रेम, त्याग, संस्कार और सुरक्षा का प्रतीक होती है। वह बिना किसी स्वार्थ के अपने बच्चों की हर खुशी का ध्यान रखती है। बच्चे के जन्म से लेकर उसके जीवन के हर मोड़ तक माँ उसका साथ देती है। इसलिए माँ के सम्मान में हर वर्ष मई महीने के दूसरे रविवार को मदर्स डे मनाया जाता है। मदर्स डे हमें यह अवसर देता है कि हम अपनी माँ के प्रेम, समर्पण और संघर्ष को याद करें। माँ दिन-रात मेहनत करके अपने बच्चों का भविष्य उज्ज्वल बनाती है। वह स्वयं कठिनाइयाँ सहकर भी अपने बच्चों को खुश रखने का प्रयास करती है। माँ का स्थान जीवन में सबसे ऊँचा माना गया है। आज के व्यस्त जीवन में कई बार हम अपनी माँ को समय नहीं दे पाते, इसलिए मदर्स डे हमें यह याद दिलाता है कि हमें अपनी माँ की भावनाओं का सम्मान करना चाहिए और उनके साथ समय बिताना चाहिए। इस दिन बच्चे अपनी माँ को उपहार, फूल और शुभकामनाएँ देकर उन्हें विशेष महसूस कराते हैं। सच कहा गया है कि माँ भगवान का वह रूप है जो हर समय अपने बच्चों की रक्षा करता है। हमें हमेशा अपनी माँ का आदर करना चाहिए और उनके बताए मार्ग पर चलना चाहिए।

“हजारों फूल चाहिए एक माला बनाने के लिए,
हजारों दीपक चाहिए एक आरती सजाने के लिए,
लेकिन एक माँ ही काफी है
बच्चों की जिंदगी को स्वर्ग बनाने के लिए।”

हिंदी विभाग
मधु गुप्ता

माँ

माँ तू सुबह की पहली किरण है,
मेरे जीवन की मधुर धुन है।
तेरी बातों में प्यार की रूनशुन है,
तेरी हँसी में हर खुशी गुमसुम है।

तेरा आँचल सकून का घर है,
तेरी छाया सबसे सुंदर वर है।
तेरी दुआओ में बसता असर है,
तेरा प्यार सबसे अनमोल सफर है।

जब भी गिरूँ, तू संभाल लेती है,
अंधेरों में भी रोशनी भर देती है।
हर मुश्किल को आसान कर देती,
अपने दुख भी चुपके से सह लेती है।

माँ तू मेरी हर खुशी की पहचान है,
तू ही मेरा अभिमान और सम्मान है।
तेरे बिना सब कुछ वीरान है,
तू ही मेरा संसार, तू ही मेरी जान है।

दिलजोत कौर
आठवीं रूबी

माँ

क्या सीरत, क्या सूरत थी
माँ ममता की मूरत थी।

पाँव छुए और काम बने,
अम्मा एक मुहूर्त थी।

बस्ती भर के दुख-सुख में,
एक अहम जरूरत थी।

सच कहती हैं माँ हमको,
तेरी बहुत जरूरत थी।

रुके तो चाँद जैसी हैं,
चले तो हवाओं जैसी।
वह माँ ही है,
जो धूप में भी छाँव जैसी है।

Happy Mother's Day!!!

निम्रत कौर
आठवीं रुबी

रेड क्रॉस दिवस

मानवता का जो दीप जलाए,
दुखियों के चेहरे पर जो मुस्कान लाए,
हर संकट में जो साथ निभाए,
वो रेड क्रॉस कहलाए।

जब युद्ध की आहट सुनाई दे,
या प्रकृति अपना भयंकर रूप दिखाए,
हर घायल, हर बेबस इंसान को,
ये अपनी बाँहों में समाए।

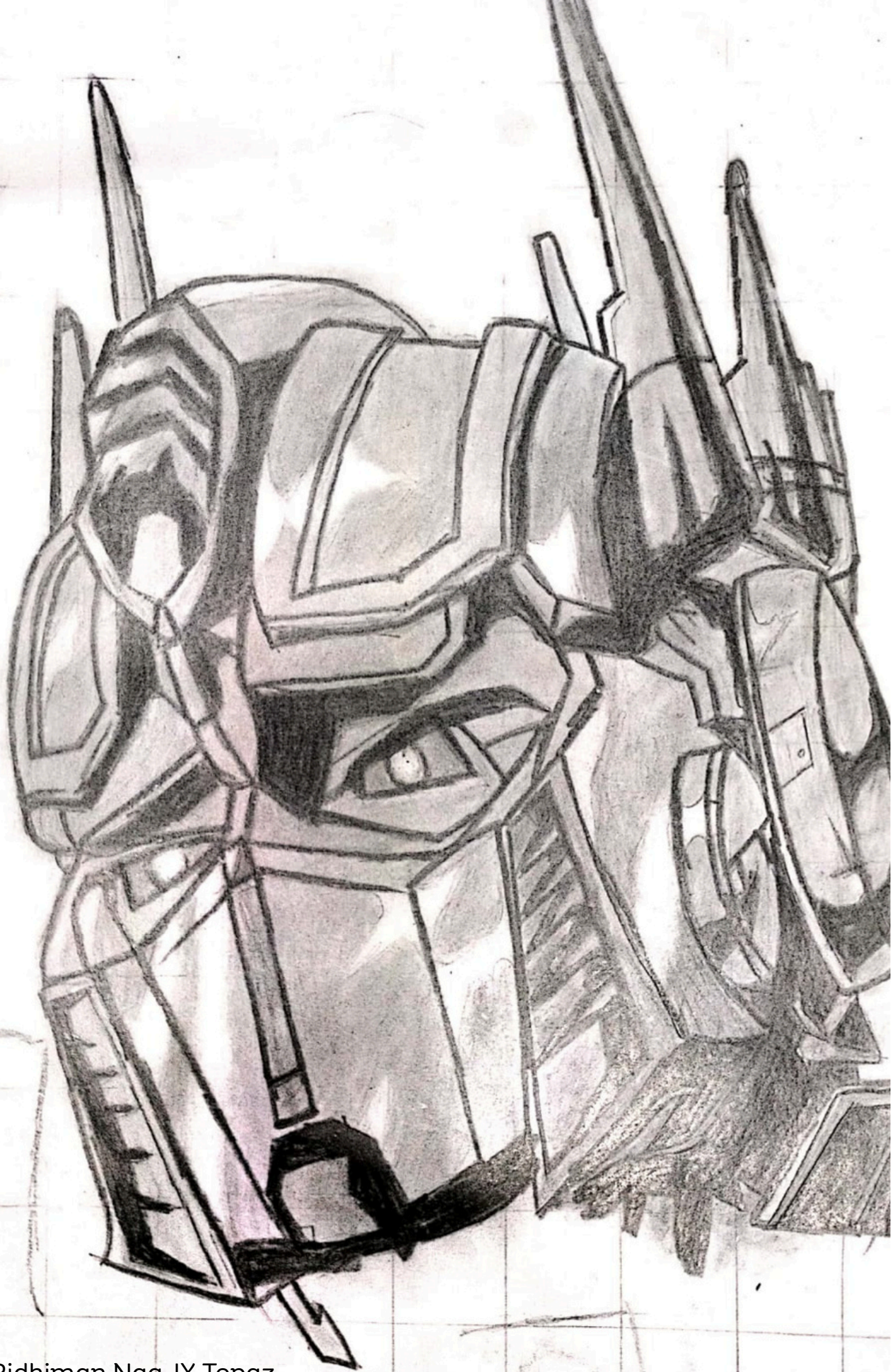
खून की हर एक बूँद से,
नई जिंदगी का दीप जले,
दर्द से कराहते लोगों को,
जीने की फिर से उम्मीद मिले।

आओ हम भी यह वचन निभाएँ,
जरूरतमंदों के काम आएँ,
रेड क्रॉस के इस पावन दिन पर,
सेवा का दीप हम जलाएँ।

गुरसिरत
आठवीं टोपाज



Harnoor Kaur
2025





ਜੀਹਦੇ ਇਸ ਜਹਾਨ ਨੂੰ ਸਿਰਜਿਆਏ,
ਉਹਨੂੰ ਪਤਾ ਦੁੱਖਾਂ ਪਰੇਸ਼ਾਨੀਆਂ ਦਾ,
ਉਹਨੂੰ ਖਬਰ ਹੈ ਤੇਰੇ ਮੁਨਾਫਿਦਿਆਂ ਦੀ,
ਉਹਨੂੰ ਫਿਕਰ ਹੈ ਤੇਰੀਆਂ ਗਾਨੀਆਂ ਦੀ।

Agamdeep Singh- VIII Amber





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

*Thank
you*

