

SESSION: 2025-26  
SENIOR WING



# DPS

RANKED #1 IN JALANDHAR

# CONNECTIONS

*~Joining Threads Together*

APRIL-JUNE

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# FROM THE PRINCIPAL'S DESK



**Ms. Ritu Kaul**  
Principal

Each academic year ushers in new excitement, aspirations, and opportunities for all stakeholders. Students step into classrooms with enthusiasm, teachers and leaders bring fresh ideas, and parents hold new hopes. At DPS Jalandhar, our philosophy of nurturing young minds through a strong teaching foundation serves as a steady compass to fulfil these shared aspirations.

The academic year 2025–26 is no exception. It began on an auspicious note with a sacred Hawan ceremony, invoking blessings for a year filled with learning and growth. This year also marked a significant milestone—our 24th Foundation Day—celebrated with great enthusiasm and pride. One of the highlights of the celebration was an enriching and vibrant Book Fair that reflected our school's strong reading culture. What made it truly special was the display of books penned by our very own budding authors, showcasing the creative spirit nurtured within our classrooms. Adding a magical touch, the young learners enthusiastically dressed up as their favourite book characters, bringing beloved stories to life and reinforcing our identity as a reading school.

The spirit of leadership was celebrated through the solemn Investiture Ceremony, where the newly elected student council members were formally entrusted with their roles. The ceremony stood as a powerful reminder of our belief in empowering students and nurturing responsible citizens of tomorrow. With sashes and badges pinned with pride, these young leaders pledged to uphold the school's values and lead by example.

As we stride forward into the academic year 2025–26, with innovation as our ally and scholastic excellence as our beacon, we remain committed to cultivating a rich learning environment driven by vision. With collaborative efforts of our students, parents, and educators, I am certain that this year too will be adorned with a tapestry of achievements, growth, and joyful learning. By continuing to work hand in hand, let us make this educational odyssey memorable and meaningful for every student of DPS Jalandhar.



# SCHOOL EVENTS

## HAVAN CEREMONY (1 APRIL 2025)

### A SACRED START: HAVAN CEREMONY

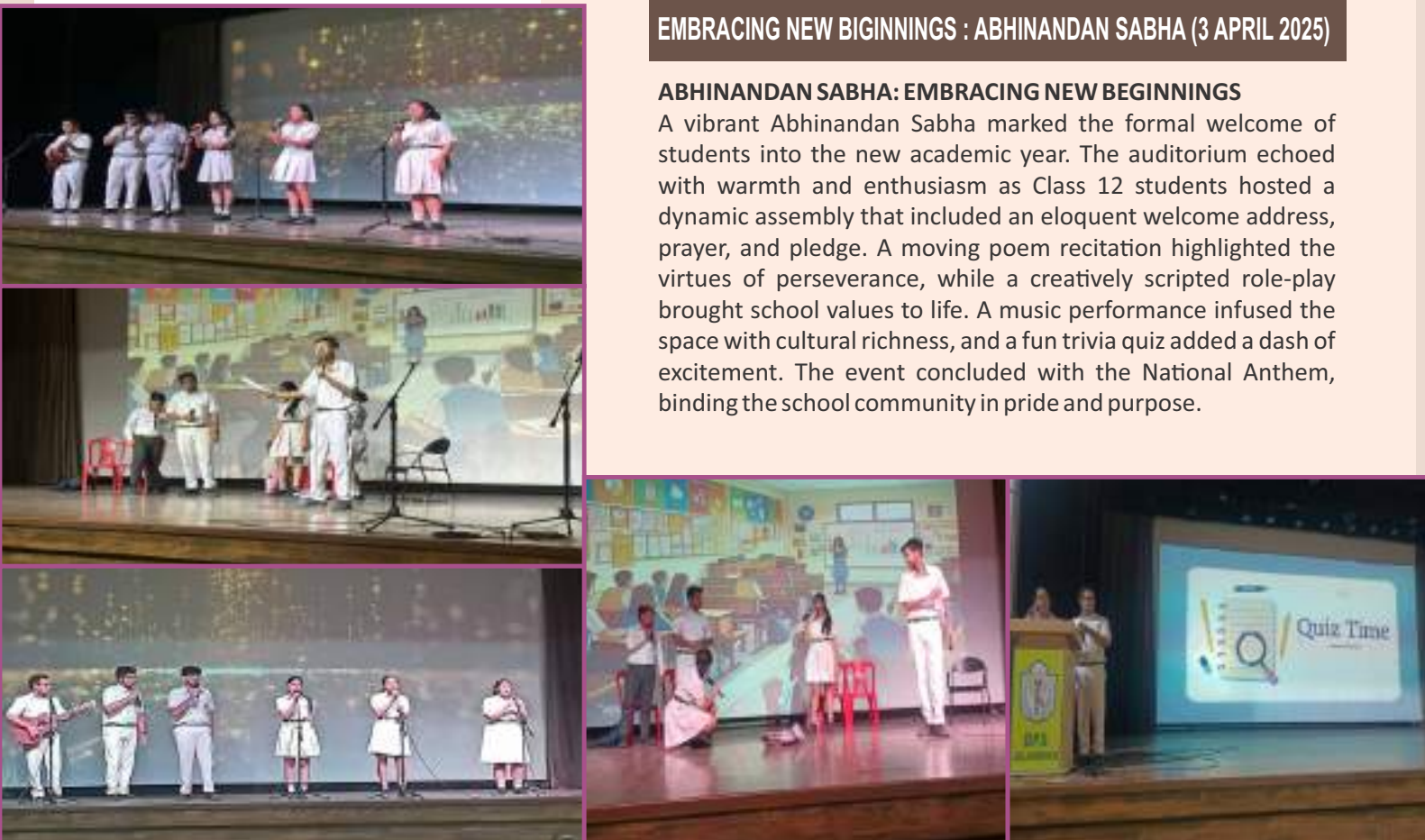
The school commenced the academic session 2025–26 with a solemn Havan Ceremony, invoking divine blessings for a successful and enriching year ahead. Held on 1 April 2025, the ceremony was graced by the esteemed presence of Director Mr. Vinod Sharma and the dedicated teaching and non-teaching faculty. The sacred chants, the fragrance of incense, and the symbolic offerings created an atmosphere of serenity and reflection. As the flames of the Havan rose, they carried with them prayers for wisdom, harmony, and academic excellence, setting a spiritually uplifting tone for the journey ahead.



## EMBRACING NEW BEGINNINGS : ABHINANDAN SABHA (3 APRIL 2025)

### ABHINANDAN SABHA: EMBRACING NEW BEGINNINGS

A vibrant Abhinandan Sabha marked the formal welcome of students into the new academic year. The auditorium echoed with warmth and enthusiasm as Class 12 students hosted a dynamic assembly that included an eloquent welcome address, prayer, and pledge. A moving poem recitation highlighted the virtues of perseverance, while a creatively scripted role-play brought school values to life. A music performance infused the space with cultural richness, and a fun trivia quiz added a dash of excitement. The event concluded with the National Anthem, binding the school community in pride and purpose.





## POSHAN PAKHWARA 2025 (8-22 APRIL 2025)

### POSHAN PAKHWARA 2025: NURTURING HEALTHY FUTURES

As part of its commitment to holistic well-being, the school observed Poshan Pakhwara 2025 with an array of activities promoting nutrition, hygiene, and wellness. Aligned with the government's Poshan Abhiyan, the fortnight featured interactive workshops for students and parents, essay and speech competitions, quizzes, and a unique Toyathon focused on developmental play. Students from all grades participated in sessions that emphasized the importance of a balanced diet, health literacy, and the role of hygiene in disease prevention. The initiative served as a powerful reminder that good nutrition is not merely a lifestyle choice but a foundation for lifelong success.



## TEALATHON (13 APRIL 2025)

### TEALATHON 2025: RUN FOR A CAUSE

The school students laced up their running shoes to join Tealathon 2025 at Guru Gobind Singh Stadium, an awareness run organised by Phulkari, Jalandhar's largest women's NGO. With routes of 1 km, 3 km, and 5 km, the event promoted early detection and screening for cervical cancer. Students participated in warm-up exercises and a spirited Bhangra session, setting the tone for a morning of energy and empathy. With hydration and support stations thoughtfully placed, the event concluded with certificates of participation for all. The school's presence at the Tealathon stood as a testament to its enduring ethos of wellness, awareness, and community service.





## FOUNDATION DAY CELEBRATION (15 APRIL 2025)

### DPS JALANDHAR CELEBRATES FOUNDATION DAY

The school celebrated its Foundation Day with a tribute to books, readers, and creativity. The theme, "Celebrating Readers & Reading," resonated deeply as the day unfolded with soulful prayers, a DPS song, and a heartfelt student address. A highlight was the grand inauguration of the Scholastic Book Fair, which showcased a vibrant range of titles, including self-published works by student authors. Students created bookmarks, covers, posters, and reflective essays on their school journeys. Director Mr. Vinod Sharma and Principal Ms. Ritu Kaul praised the young writers and reaffirmed the school's vision of nurturing lifelong readers. The event rekindled the spirit of Reading Homes, Reading Schools and echoed the joy of growing through stories.



### BLOG WRITING COMPETITION 5.0

*results*



**1st Namya Aggarwal 11b**

**2nd Shourya Jain 12b**

**3rd Yashima Bawa 11b**

*The Finfluence Award* **Jappman Chadha 11b**

*The Emerging Wordsmith Award*

**Ishreet Bhatia 9a**

*The Rising Finance Blogger*

**Jasleen Saini 12b**

*The Brightest Pen In Finance*

**Ananya Aujla 12b**

*The Fiscal Foresight Award*

**Anishka Jain 10a**

## BLOG WRITING (15 APRIL 2025)

### BLOG WRITING COMPETITION 5.0

Innovation met expression at the fifth edition of the Blog Writing Competition, organized by the Commerce Club. Students from Classes IX to XII submitted compelling blog entries on themes like Artificial Intelligence, Remote Work, and Startup Culture, showcasing flair in content creation and digital presentation. Blogs were hosted on student-designed websites, integrating visuals and data insights. Top honours were awarded to Namya Aggarwal (1st), Shourya Jain (2nd), and Yashima Bawa (3rd), while several special awards recognized promising talent across finance and communication. The event reflected students' growing aptitude for research, articulation, and tech-driven storytelling.



## HINDI DEBATE

### OPEN HINDI & PUNJABI DEBATE COMPETITION (19 APRIL 2025)

#### HINDI & PUNJABI DEBATE COMPETITION

Celebrating multilingual intellect and persuasive dialogue, the school held an Open Hindi and Punjabi Debate for Classes IX to XII. The Hindi motion "Competitive Exams Should Be Mandatory" and the Punjabi motion "The Use Of Smartphones Is Essential For Today's Youth", sparked vigorous arguments. Students impressed judges Dr. Neelu Sharma and Mrs. Sarabjeet Kaur with logical clarity, articulation, and confidence. The competition reflected a deep engagement with societal themes and a celebration of India's linguistic diversity. Winners were honoured with certificates, while all participants walked away with enhanced conviction and public speaking skills.



## PUNJABI DEBATE





## EARTH DAY CELEBRATION (22 APRIL 2025)

The school marked Earth Day 2025 with creativity, innovation, and a commitment to sustainability. Students from Classes VI to IX engaged in hands-on eco-projects—from upcycled planters and awareness posters to utility items crafted from waste materials. The corridors came alive with colourful displays made from reused materials, each creation a symbol of environmental responsibility. Guided by the Social Science Department, the initiative nurtured green habits and inspired students to think globally and act locally.



## INTER HOUSE BASKETBALL TOURNAMENT (23-24 APRIL 2025)

The courts buzzed with energy as the Inter House Basketball Tournament was held on 23rd and 24th April 2025 for students of Classes VI to XII. All four houses competed in junior and senior categories for both boys and girls, showcasing commendable skill, teamwork, and sportsmanship. In the junior girls' category, Orchids secured first place with Lavenders as runner-up, and Jaina Maini was adjudged Best Player. Among junior boys, Carnations emerged champions, Lavenders stood second, and Mehraaj Singh earned the Best Player title. In the senior girls' finals, Daffodils clinched the top spot, followed by Orchids, with Jaismeen Dhindsa named Best Player. The senior boys' title went to Orchids, with Daffodils in second place and Gurshaan Singh recognised as Best Player. The tournament reinforced the role of sports in fostering leadership, discipline, and house spirit.





## TRINITY CERTIFICATE DISTRIBUTION (25 APRIL 2025)

### TRINITY COLLEGE CERTIFICATE DISTRIBUTION

Celebrating global standards in communication, the school hosted the Trinity College London Certificate Distribution Ceremony. Students who excelled in the GESE and Communication Skills examinations were honoured in the presence of Mr. Varun Mata and Ms. Ritika Ratna, official representatives from Trinity. The event celebrated not just academic performance but also the essential life skills of public speaking and interpersonal communication.





## CASE QUEST 2.0 (25 APRIL 2025)

### CASE QUEST 2.0: THINK LIKE A CEO

Back with its second edition, Case Quest 2.0 offered senior students a platform to experience the boardroom. Eighteen teams took on the role of corporate leaders to solve a real-life crisis at Byju's, India's edtech giant. Acting as CEOs, CFOs, CTOs, and COOs, the students proposed innovative and feasible strategies. Judges Mr. Navdish Gambhir, Ms. Kamaljeet Kaur, and Ms. Dilpreet Kaur lauded the presentations for their analytical depth, strategic thinking, and professional polish. The event bridged classroom learning with real-world problem-solving.



## CaseQuest Competition 2.0

THINK, ANALYSE AND INNOVATE

<b>1<sup>st</sup> : The Logic League</b> Shourya Jain T2b Hargun Bhasin T2b Gaurish Jain T2b Karwolpreet kaur T2b	<b>The Victory Most Award</b> Team: The Case Crusaders Ashish Singh T2b Akshay Singh T2b Arnav Arad T2b Akash Kapoor T2b
<b>2<sup>nd</sup> : The Insight Inquisitors</b> Angela Chum T2b Ravi Kirti T2b Jasleen T2b Samreen T2b	<b>The Emerging Presenters Award</b> Team: The Business Builders Anshika Jain T2b Rhea Sehgal T2b Shreyas Singh T2b Aditya Singh T2b
<b>3<sup>rd</sup> : The Synergy Seekers</b> Pranav Prashar T1b Vedant T1b Fateh Singh T1b Harman T1b	<b>The Stage Presence Star Award</b> Team: The Shikha Squad Anvika Singh T2b Yashvi Chaudhary T2b Angad Singh T2b Swasthi Sharma T2b

## INTER HOUSE HINDI ONE ACT PLAY (26 APRIL 2025)

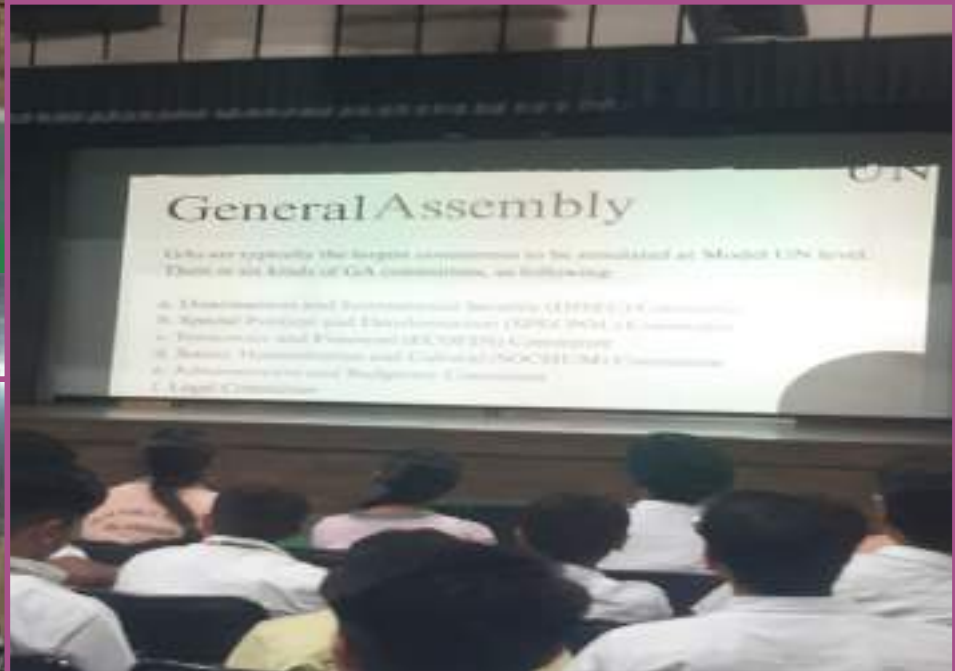
Theatrical brilliance took center stage as students from Classes VI to VIII performed powerful adaptations of Hindi literary works in the Inter House One-Act Play Competition. Judged by Lieutenant Dr. Deepak, a renowned Hindi scholar, the plays tackled pressing social issues with sensitivity and dramatic flair. Lavenders and Carnations tied for first place, with Daffodils and Orchids following closely. The event was a celebration of artistic expression, moral reflection, and linguistic heritage.





## MUN TRAINING SESSION (28 APRIL 2025)

A meticulously designed Model United Nations training session was conducted by Mr. Bhuvan Makkar for students of Grades VI to XII. From understanding rules of procedure to formulating Points of Information and drafting Position Papers, students gained a thorough grounding in parliamentary processes. Role-play exercises brought diplomacy to life, enhancing research skills and rhetorical precision. The session was an invaluable prelude to future MUN conferences, instilling global awareness and confident public speaking.





## CBSE WORKSHOP (3 MAY 2025)

### CBSE WORKSHOP: EDUCATING PARENTS ABOUT EDUCATION

The school hosted a transformative CBSE Workshop on the theme 'Educating Parents about Education'. Esteemed educationists Mrs. Harmeet Kaur Wariach and Dr. Sonia Mago engaged attendees in an enriching dialogue about NEP 2020, NCF 2023, inclusive learning, and competency-based assessment tools like SAFAL and PARAKH. Educators explored themes of emotional intelligence, career counselling, and joyful learning, while reflective metaphors and storytelling enriched the session. The workshop empowered teachers to view parents as partners in creating nurturing, responsive, and forward-thinking learning environments.



## INTER HOUSE LAWN TENNIS TOURNAMENT (6 MAY 2025)

The school hosted the Inter House Lawn Tennis Tournament on 6 May 2025, with enthusiastic participation from all four houses. In the junior boys' category, Daffodils secured first place, followed by Orchids, whereas among girls, Lavenders claimed the top position and Carnations stood second. In the senior boys' matches, Daffodils once again emerged victorious with Carnations as runner-up, whereas in the senior girls' category, Orchids took first place and Lavenders finished second. The tournament showcased discipline, precision, and spirited competition.





## OPEN ENGLISH DEBATE COMPETITION (17 MAY 2025)

### THE POWER OF VOICE: OPEN ENGLISH DEBATE COMPETITION

The school echoed with powerful rhetoric and critical thought during the Open English Debate Competition for Classes IX to XII. The motion "There Should Be An Expiry Date On Parental Responsibility For A Child's Behaviour", sparked articulate and thought-provoking discussions. Judged by Ms. Rakshanda Pandey and Ms. Mala Prashar, 37 shortlisted speakers delivered compelling arguments grounded in research, ethics, and empathy. Participants were assessed on content, clarity, confidence, and time management. The event championed respectful dissent, intellectual courage, and the transformative power of public speaking.





## ORIENTATION SESSION FOR PARENTS (NEW ADMISSIONS) (17 MAY 2025)

To welcome new members into the DPS family, an Orientation Session was held for parents of freshly admitted students. The interactive programme introduced parents to the school's academic framework, assessment pattern, co-scholastic activities, and student support systems. Faculty members shared insights into the school's mission of holistic education and values-based learning. The session strengthened the foundational partnership between home and school, laying the groundwork for a fruitful educational journey.



## INVESTITURE CEREMONY (24 MAY 2025)

### INVESTITURE CEREMONY: HONOURING STUDENT LEADERS

A defining moment in the school calendar, the Investiture Ceremony celebrated the installation of 186 student leaders into the School Cabinet and Prefectorial Board. The event opened with a soulful lamp-lighting ritual and a stirring shloka. Chief Guest Ms. Gurjot Kaur, IAS (Retd.), delivered an inspiring address that emphasized integrity, responsibility, and service. Pro Vice Chairman Thakur Arun Singh and Director Mr. Vinod Sharma felicitated academic achievers and student office bearers with trophies, badges, and heartfelt words of encouragement. The classical dance fusion, award ceremony, and national anthem created a dignified and uplifting ambience, affirming the school's commitment to nurturing leadership and excellence.







## TRIP TO JAPAN (30 MAY-6 JUNE 2025)

**EDUCATIONAL TRIP TO JAPAN: CULTURE, TECHNOLOGY, DISCOVERY**  
Thirty-eight students and three faculty members embarked on a captivating educational expedition to Japan organized in collaboration with Edutrail. From the bustling streets of Tokyo and serene vistas of Mt. Fuji to the cultural richness of Sensoji Temple and the technological wonders of Tokyo Skytree, the trip blended exploration with immersion. Students experienced traditional tea ceremonies, kimono dressing, origami, and even the thrill of the iconic bullet train. A visit to Universal Studios added delight to the itinerary. The journey instilled cross-cultural appreciation, self-reliance, and lasting memories—truly a voyage that broadened minds and hearts.







## EK PED MAA KE NAAM (5 JUNE 2025)

### EK PED MAA KE NAAM: A GREEN TRIBUTE

On World Environment Day, the school joined the nationwide movement “Ek Ped Maa Ke Naam 2.0”, launched by the Hon'ble Education Minister. Students planted saplings in honour of their mothers, blending environmental stewardship with emotional gratitude. The activity reinforced the connection between nurturing nature and values, both deeply rooted in care, growth, and sustainability. The symbolic act served as a gentle reminder of our responsibility toward both the Earth and those who shape our lives with love and guidance.

## ADVENTURE TRIP TO DALHOUSIE (6 JUNE-13 JUNE 2025)

The school organised an exhilarating Adventure Trip to Dalhousie in two batches for students of Grades V–XII. The first group, comprising 45 students from Classes IX–XII, set off on 6 June and returned on the 9th. Their stay at Aaroham Resort was filled with thrilling outdoor activities such as rappelling, zip-lining, jumaring, and a challenging survival trek. Divided into teams—Red Rangers and Avengers—the students competed in spirit and synergy. The visit to the scenic Khajjiar brought them closer to nature, while evenings were lit with bonfires, energisers, and reflection sessions. A DJ night and a prize distribution ceremony recognised Best Camper, Best Cottage, and Best Team, leaving every participant with a sense of pride and joy.

The second batch of students from Classes V–VIII embarked on the same adventure from 9–13 June 2025. Guided by expert instructors, students took on rappelling, trekking, and team-based challenges with enthusiasm and determination. The tranquil beauty of Khajjiar, often called “Mini Switzerland of India,” added serenity to the excitement. Bonfires, group games, and interactive sessions enriched the experience, while awards for Best Camper and Best Journal highlighted creativity and resilience. The trip was a perfect blend of learning, bonding, and unforgettable memories.





## Class Assemblies

### 07.04.25 – X B – Health Day

Class 10B inaugurated the term with an insightful assembly on Health Day, blending a peaceful prayer and pledge with informative talks and poetic reflections. The thought of the day by Herophilus underscored the value of wellness, while a heartfelt poem by Saanvi Sodhi of X B reminded all that today's health choices shape tomorrow's life. The assembly inspired a school-wide reminder that "Health is our first wealth."

### 21.04.25 – X C and 22.04.25 – VII A - Earth Day

The week of Earth Day saw dual assemblies that left a lasting impression. Class X C presented a compelling Nukkad Natak and a symbolic Earth Walk promoting sustainability, complemented by reflective poetry and a strong message on ecological awareness. Class VII A followed with a powerful street play on urban issues and an interactive quiz that made learning both fun and impactful. Together, these assemblies highlighted the urgency of environmental responsibility.

### 28.04.25 – X A - Labour Day

In a heartfelt tribute to the dignity of labour, Class X A conducted a powerful assembly that left a lasting impression on the school community. The programme featured a compelling play portraying the lives and struggles of workers, and a poem that beautifully captured the value of hard work and silent service. Through expressive performances and reflective narration, the assembly inspired respect and gratitude for the hands that build and sustain our world.

### 05.05.25 – IX A – Mother's Day

With hearts full of love and voices raised in gratitude, Class IX A conducted a touching assembly to celebrate Mother's Day. Through poignant poetry, skits, and moving speeches, students paid homage to the unwavering strength and unconditional love of mothers. The highlight was a heartfelt performance illustrating a mother's silent sacrifices and enduring devotion. Principal Ms. Ritu Kaul, who graced the occasion, praised the students for their thoughtful expressions and encouraged all to cherish and honour the women who nurture us every day.

### 06.05.25 – VI A – Mother's Day

The youngest members of the senior wing, Class VI A, celebrated Mother's Day with a blend of innocence and emotion. The assembly featured a sweet skit portraying how children can make simple yet heartfelt gestures to bring joy to their mothers. Poems and reflections added depth to the programme, while Class Teacher Ms. Parneet addressed the gathering with warmth, emphasizing that love, time, and gratitude are the most meaningful gifts a child can give. The assembly was met with admiration and applause for its sincerity and charm.

### 12.05.25 – IX B – Family Day

Class IX B led a soul-stirring assembly on the occasion of International Family Day, celebrating the foundation of every individual's support system. The event featured a dance performance, a heartwarming poem, and a thought-provoking skit on the generation gap that resonated deeply with the audience. Through powerful expressions and artistic presentation, students conveyed the message that open communication and empathy are the keys to strong family bonds. The Class Incharge and Principal Ms. Ritu Kaul appreciated the effort and sensitivity displayed by the class.

### 13.05.25 – VI B – Family Day

Bringing freshness and affection to the fore, Class VI B conducted a warm and reflective assembly on International Family Day. Students expressed gratitude for their families through poetry and visual storytelling. The skit depicted moments of family unity and the value of shared time. With clarity and confidence, the young presenters reminded all that family is the first school of life, where values are rooted and love is unconditional. Their message was both simple and profound.

### 19.05.25 – IX C – Yoga Day

In the lead-up to International Yoga Day, Class IX C orchestrated a multifaceted assembly that highlighted the transformative power of yoga. The programme included a skit depicting stress-relief through yoga, a creative 'radio show' format presentation, and a demonstration of breathing techniques and asanas. Students spoke about the historical and scientific relevance of yoga in today's fast-paced world. The session concluded with reflections from teacher Ms. Anita, who encouraged students to integrate yoga into their daily lives for long-term mental and physical well-being.

### 20.05.25 – VI C – Yoga Day

Class VI C brought youthful energy and mindfulness together in their special assembly on Yoga Day. With guided demonstrations of beginner-friendly yoga asanas and a thoughtful skit on mental calmness, the students emphasized the need to pause and breathe in our hurried lives. Class teacher Ms. Kamini offered closing thoughts on how yoga nurtures discipline, focus, and inner balance. The young presenters impressed the audience with their poise and message-driven performance.



## Earth Day X-A



## Mother's Day IX-A

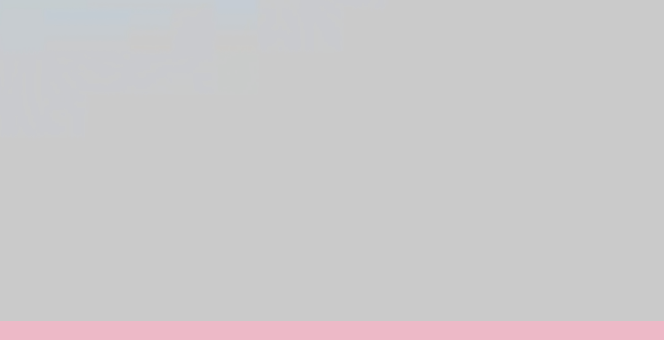
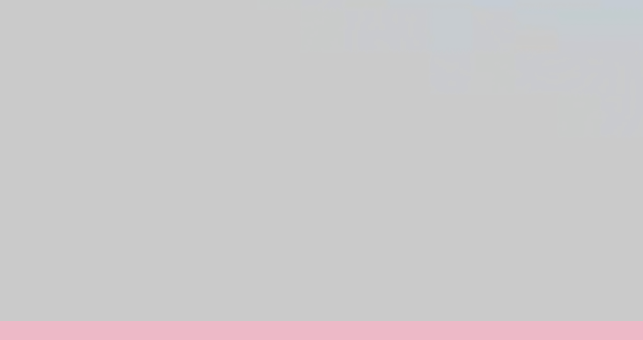
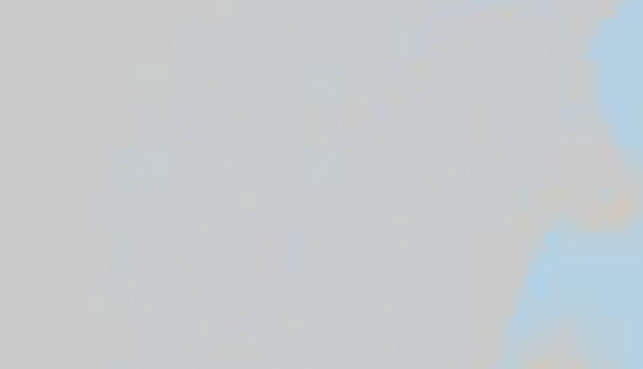
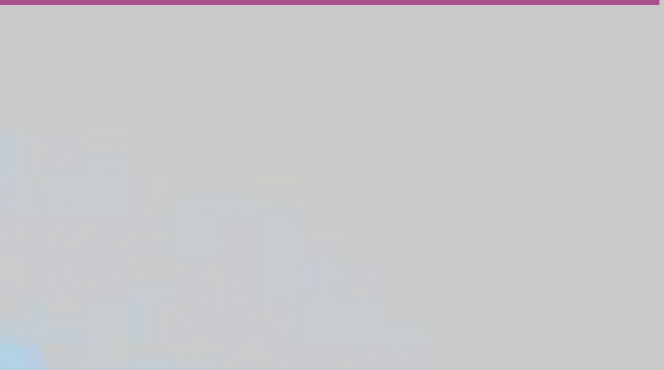
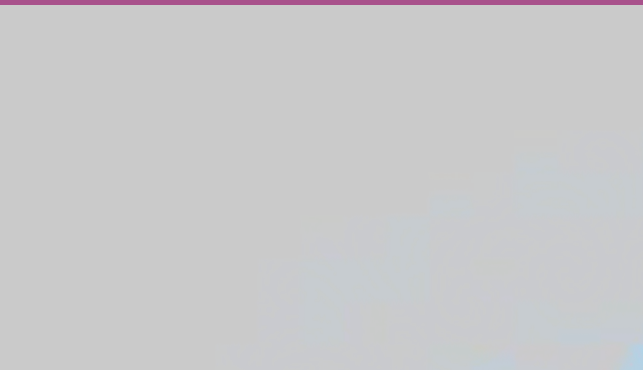


## Yoga Day

### IX-C











# *Writer's Corner*



## Fermented Kanji: A Traditional Elixir of Health and Culture

Fermented kanji is a beloved Indian probiotic drink with a rich history and impressive health benefits. This earthy, tangy beverage is especially popular in North India during the festival of Holi. While it may not be as globally known as kombucha or kefir, kanji is steadily gaining attention for its unique flavour, cultural roots, and nutritional power.

### Cultural Origins and Significance

Kanji has deep roots in Indian cuisine, especially in Punjab, Uttar Pradesh, and Rajasthan. Traditionally prepared at the end of winter, it serves as a cooling and digestive tonic during Holi and the transition into warmer months. Its preparation and sharing during festivals add a sense of community and cultural continuity.

The classic recipe uses black carrots (kali gajar), mustard seeds, salt, and water. These simple ingredients are mixed and left in the sun to ferment for several days. The result is a dark purple, tangy liquid with a kick from the mustard seeds. While beets or red carrots can be substitutes, black carrots are ideal due to their flavour and deep colour.

### The Art of Fermentation

Fermentation is a natural process where microorganisms like bacteria and yeast break down sugars into acids, gases, or alcohol. In kanji, naturally occurring lactic acid bacteria convert the sugars in carrots into lactic acid, which gives the drink its characteristic sour flavour and preserves it.

The fermentation process typically takes 3 to 5 days, depending on the ambient temperature. The warmer the environment, the faster the fermentation. The mixture is usually stored in a glass jar or traditional earthen pot and stirred daily to promote even microbial activity and prevent mould formation. Once fermented, the drink becomes rich in probiotics—beneficial bacteria that support gut health.

### Nutritional and Health Benefits

Kanji is not just refreshing—it is a powerhouse of nutrition. Here are some of its key health benefits:

- **Probiotic-Hero:** Kanji is filled with good bacteria that help maintain gut microbiota balance, supporting digestion, immunity, and even mood regulation.
- **Digestive Support:** Natural enzymes and probiotics in kanji enhance digestion, relieve bloating, and improve nutrient absorption.
- **High in Antioxidants:** Black carrots contain anthocyanins—potent antioxidants that reduce inflammation, support heart health, and fight cellular damage.
- **Low-Calorie Beverage:** Unlike sugary soft drinks, kanji is low in calories and free from additives, making it a great option for health-conscious individuals.
- **Natural Detoxifier:** With its blend of probiotics and antioxidants, kanji helps the body eliminate toxins and maintain internal balance.

### How to Make Fermented Kanji at Home

Creating kanji at home is easy, economical, and rewarding.

Basic recipe:

Ingredients:

- 5–6 black carrots (or red carrots with 1 small beetroot)
- 1 tablespoon coarsely ground mustard seeds
- 1 teaspoon black salt
- 1 teaspoon regular salt
- 1.5 to 2 liters of water

### Instructions:

1. Wash and peel the carrots. Cut them into thin sticks or slices.
  2. In a large glass or ceramic jar, combine carrots, mustard seeds, both salts, and water.
  3. Stir well, then cover the jar with a muslin cloth or a loosely fitted lid.
  4. Place the jar in a sunny spot for 3–5 days, stirring once daily.
  5. Once the mixture turns sour and slightly fizzy, strain the liquid and store it in the refrigerator. Serve chilled.
- Ensure all utensils and jars are clean to prevent contamination. Properly fermented kanji has a tangy flavour, mild fizz, and a pleasingly pungent aroma.

### Kanji vs. Other Fermented Drinks

Compared to kombucha, kefir, or sauerkraut juice, kanji stands out for its simplicity and accessibility. It requires no starter culture or complex equipment. Moreover, it is vegan, gluten-free, and made with ingredients found in most Indian kitchens.

Kombucha, for example, needs a SCOBY and can take a



week or more to ferment. Kefir requires specific grains. Kanji, on the other hand, is made with nothing more than vegetables, spices, and patience.

#### Reviving an Ancient Practice

With the growing popularity of traditional and gut-friendly foods, kanji is making a quiet comeback. Food enthusiasts, nutritionists, and health influencers are highlighting its benefits and urging people to embrace age-old wisdom in modern diets.

Additionally, kanji aligns with sustainable food practices—it involves no packaging waste, minimal processing, and uses seasonal produce. In an era of mass-produced sugary drinks, kanji offers a refreshing alternative that is better for both people and the planet.

#### Conclusion

Fermented kanji is more than just a seasonal drink—it is a celebration of tradition, health, and sustainability. With its bold flavour, digestive benefits, and deep cultural roots, kanji deserves a prominent place in modern wellness culture. Easy to make and loaded with nutrients, it connects us to a simpler time when food was not just nourishment, but also medicine. In reviving fermented kanji, we honour our culinary heritage and promote a healthier, more mindful way of living.

**Name-Shrestha Vyas**  
**Class- IX-A**



#### भारत के भोजन और व्यंजन

भारत की रसोई विविधताओं का गीत, हर थाली में जुड़ा है संस्कृति का मीत ।

हर कोना जैसे स्वाद की प्याली, उत्तर-दक्षिण, पूर्व-पश्चिम हर स्वाद में छुपी है सभ्यता निराली ।

उत्तर भारत में पूरी-कचौरी, संग आलू की सब्जी झटपट छोक वाली ।

पंजाब में सरसों का साग, मक्के की रोटी, मक्खन में डूबी लस्सी की मिठास, दिल में जागती प्रेम की आस ।

गुजरात की थाली में ढोकला-थेपला, गरबे के संग गूँजा स्वर हर एक का ।

मन को भाए सेव खेमन, खाँडवी की बात, मीठी पूरनपोली करे दिन को खास ।

बंगाल में रसगुल्ला और मिष्ठि दोई, संग दुर्गा पूजा के रंगोली पिरोई ।

खिचड़ी लुची और चने की दाल, हर निवाले में माँ की देखभाल ।

दक्षिण भारत की बात निराली, इडली, डोसा, साँभर की थाली ।

पोंगल पर्व, हल्दी कुमकुम का मान, नारियल से होता सबका सम्मान ।

केरल का ओणम साद्या, केले के पत्ते पर प्यार, बड़ों का आदर दे जाए संस्कार ।

पचडी, अविरल, पायसम की रेखा, भोजन बने संस्कृति का झरोखा ।

महाराष्ट्र में पूरनपोली, मोदक की बात, गणपति बप्पा से जुड़ा हर स्वाद ।

वड़ा-पाव से लेकर श्रीखंड का साथ भोजन से आए जीवन में नया अंदाज ।

हर भोजन है त्योहार का दर्पण, हर स्वाद में छुपा है अपनापन ।

इन पकवानों में बसी है एक बात, भारत के स्वाद की विविधता में है हमारी सच्ची सौगात ।

ईद पर आए शीर खुरमा, दिवाली पर मिठास बढ़ाए, लड्डू और चूरमा ।

पोंगल पर खिचड़ी प्यारी, संग में गुड़ की खुशबू भारी,

श्राद्ध हो या कोई व्रत भारी, सात्विक थली लगे सबको प्यारी ।

त्योहारों की धूम मचाती, रसोई से खुशबू आती ।

हर अवसर को खास बनाए, दिल का रास्ता पेट से जाए ।

भोजन नहीं बस स्वाद की बात, यह है संस्कृति और प्रेम की सौगात ।

हर थाली में बसी है पहचान, हम सब है भारत की शान ।

त्योहार बदले, व्यंजन बदले, पर दिलों को जोड़ने का तरीका न बदले ।

आओ मिलकर करें यह बात याद, भोजन से बड़े भाईचारा, सम्मान और स्वाद ।

नाम - श्रेयस मिन्हास

कक्षा - बारहवीं



## ਲਿੰਗ ਅਤੇ ਪੁਰਾਤੱਤਵ: ਇਤਿਹਾਸ ਅਤੇ ਖੇਤਰੀ ਕਾਰਜ ਵਿੱਚ ਔਰਤਾਂ

ਅਤੀਤ ਨੂੰ ਉਜਾਗਰ ਕਰਨ ਵਿੱਚ ਔਰਤਾਂ ਦੇ ਹਾਸ਼ੀਏ 'ਤੇ ਪਾਏ ਯੋਗਦਾਨ ਦੀ ਪੜਚੋਲ ਕਰਨਾ

### ਜਾਣ-ਪਛਾਣ

ਪੁਰਾਤੱਤਵ-ਵਿਗਿਆਨ ਨੂੰ ਅਕਸਰ ਖੋਜ ਦੇ ਲੈਂਸ ਰਾਹੀਂ ਦੇਖਿਆ ਜਾਂਦਾ ਹੈ—ਲੰਬੇ ਸਮੇਂ ਤੋਂ ਦੱਬੀਆਂ ਹੋਈਆਂ ਸੱਭਿਅਤਾਵਾਂ, ਪੱਥਰਾਂ ਵਿੱਚ ਉੱਕਰੀਆਂ ਹੋਈਆਂ ਰਾਜਾਂ, ਅਤੇ ਸੱਭਿਆਚਾਰਕ ਵਿਰਾਸਤਾਂ। ਫਿਰ ਵੀ, ਇੱਕ ਮਹੱਤਵਪੂਰਨ ਅਧਿਆਇ ਅਕਸਰ ਘੱਟ ਖੋਜਿਆ ਜਾਂਦਾ ਹੈ: ਪੁਰਾਤੱਤਵ-ਵਿਗਿਆਨ ਦੇ ਖੇਤਰ ਵਿੱਚ ਔਰਤਾਂ ਦੀ ਭੂਮਿਕਾ ਅਤੇ ਉਹਨਾਂ ਇਤਿਹਾਸਾਂ ਵਿੱਚ ਜਿਨ੍ਹਾਂ ਨੂੰ ਉਹ ਉਜਾਗਰ ਕਰਨ ਵਿੱਚ ਮਦਦ ਕਰਦੇ ਹਨ। ਭਾਰਤੀ ਇਤਿਹਾਸ ਦੀ ਵਿਸ਼ਾਲ ਸਮਾਂ-ਰੇਖਾ ਵਿੱਚ, ਜਿਸ ਵਿੱਚ ਹੜੱਪਾ ਅਤੇ ਮੌਰੀਆ ਵਰਗੀਆਂ ਮਹਾਨ ਸੱਭਿਅਤਾਵਾਂ, ਅਤੇ ਕੋਨਾਰਕ ਸੂਰਜ ਮੰਦਰ ਅਤੇ ਗੋਲਕੋਂਡਾ ਕਿਲ੍ਹੇ ਵਰਗੇ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਸਮਾਰਕ ਸ਼ਾਮਲ ਹਨ, ਸਾਨੂੰ ਵਿਰਾਸਤ ਵਿੱਚ ਮਿਲੇ ਬਿਰਤਾਂਤ ਅਕਸਰ ਮਰਦ-ਕੇਂਦਰਿਤ ਹੁੰਦੇ ਹਨ। ਇਸ ਲੇਖ ਦਾ ਉਦੇਸ਼ ਔਰਤਾਂ ਨੂੰ ਇਤਿਹਾਸਕ ਏਜੰਟਾਂ ਅਤੇ ਪੁਰਾਤੱਤਵ-ਵਿਗਿਆਨੀਆਂ ਦੇਵਾਂ ਦੇ ਰੂਪ ਵਿੱਚ ਪ੍ਰਕਾਸ਼ਤ ਕਰਨਾ ਹੈ, ਇਹ ਉਜਾਗਰ ਕਰਨਾ ਹੈ ਕਿ ਉਨ੍ਹਾਂ ਦੀਆਂ ਕਹਾਣੀਆਂ ਨੂੰ ਕਿਵੇਂ ਹਾਸ਼ੀਏ 'ਤੇ ਧੱਕ ਦਿੱਤਾ ਗਿਆ ਹੈ ਅਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਸ਼ਾਮਲ ਕਰਨਾ ਭਾਰਤ ਦੇ ਅਤੀਤ ਦੀ ਇੱਕ ਵਧੇਰੇ ਸੰਪੂਰਨ ਅਤੇ ਸੁਖਮਤਸਵੀਰ ਕਿਉਂ ਪੇਸ਼ ਕਰਦਾ ਹੈ।

### ਇਤਿਹਾਸ ਦੀਆਂ ਪਰਤਾਂ ਵਿੱਚ ਔਰਤਾਂ

ਜਦੋਂ ਵਿਦਿਆਰਥੀ ਸਕੂਲੀ ਕਿਤਾਬਾਂ ਵਿੱਚ ਇਤਿਹਾਸ ਬਾਰੇ ਪੜ੍ਹਦੇ ਹਨ, ਤਾਂ ਅਕਸਰ ਰਾਜਿਆਂ, ਯੋਧਿਆਂ ਅਤੇ ਮਰਦ ਵਿਦਵਾਨਾਂ 'ਤੇ ਧਿਆਨ ਕੇਂਦਰਿਤ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਹਾਲਾਂਕਿ, ਪੁਰਾਤੱਤਵ ਸਬੂਤ ਸਾਨੂੰ ਦੱਸਦੇ ਹਨ ਕਿ ਔਰਤਾਂ ਨੇ ਪ੍ਰਾਚੀਨ ਸਮਾਜਾਂ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਭੂਮਿਕਾਵਾਂ ਨਿਭਾਈਆਂ ਹਨ - ਭੂਮਿਕਾਵਾਂ ਜੋ ਅਕਸਰ ਪਿਤਰਸੱਤਾਤਮਕ ਲੈਂਸਾਂ ਦੁਆਰਾ ਲੁਕੀਆਂ ਜਾਂ ਵਿਆਖਿਆ ਕੀਤੀਆਂ ਜਾਂਦੀਆਂ ਹਨ।

ਉਦਾਹਰਣ ਵਜੋਂ, ਹੜੱਪਾ ਸਥਾਨਾਂ ਵਿੱਚ ਮਿਲੀਆਂ ਟੈਰਾਕੋਟਾ ਮੂਰਤੀਆਂ ਇੱਕ ਮਾਂ ਦੇਵੀ ਦੀ ਪੂਜਾ ਦਾ ਸੁਝਾਅ ਦਿੰਦੀਆਂ ਹਨ, ਜੋ ਔਰਤਾਂ ਲਈ ਇੱਕ ਮਹੱਤਵਪੂਰਨ ਅਧਿਆਤਮਿਕ ਅਤੇ ਸ਼ਾਇਦ ਸਮਾਜਿਕ ਭੂਮਿਕਾ ਨੂੰ ਦਰਸਾਉਂਦੀਆਂ ਹਨ। ਦੱਖਣੀ ਭਾਰਤ ਦੇ ਮੰਦਰ ਸ਼ਿਲਾਲੇਖਾਂ ਵਿੱਚ, ਰਾਣੀਆਂ ਨੂੰ ਕਈ ਵਾਰ ਮੰਦਰ ਆਰਕੀਟੈਕਚਰ ਦੇ ਦਾਨੀ ਅਤੇ ਸਰਪ੍ਰਸਤ ਵਜੋਂ ਜਾਣਿਆ ਜਾਂਦਾ ਹੈ। ਹਾਲਾਂਕਿ, ਇਹ ਜ਼ਿਕਰ ਖਿੰਡੇ ਹੋਏ ਹਨ ਅਤੇ ਬਹੁਤ ਘੱਟ ਇਤਿਹਾਸਕ ਬਿਰਤਾਂਤ ਦਾ ਕੇਂਦਰੀ ਬਣਦੇ ਹਨ।

### ਇਹ ਕਿਉਂ ਹੁੰਦਾ ਹੈ?

ਇਤਿਹਾਸਕ ਵਿਆਖਿਆ ਰਵਾਇਤੀ ਤੌਰ 'ਤੇ ਮਰਦ ਵਿਦਵਾਨਾਂ ਦੁਆਰਾ ਪ੍ਰਬਲ ਰਹੀ ਹੈ। ਨਤੀਜੇ ਵਜੋਂ, ਪ੍ਰਾਚੀਨ ਭਾਰਤੀ ਸਮਾਜਾਂ ਵਿੱਚ ਔਰਤਾਂ ਦੇ ਯੋਗਦਾਨ ਨੂੰ ਜਾਂ ਤਾਂ ਨਜ਼ਰਅੰਦਾਜ਼ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਜਾਂ ਸਰਲ ਬਣਾਇਆ ਜਾਂਦਾ ਹੈ। ਔਰਤਾਂ ਦੁਆਰਾ ਲਿਖੇ ਸਿੱਧੇ ਰਿਕਾਰਡਾਂ ਦੀ ਅਣਹੋਂਦ ਵੀ ਉਨ੍ਹਾਂ ਦੀ ਅਦਿੱਖਤਾ ਵਿੱਚ ਯੋਗਦਾਨ ਪਾਉਂਦੀ ਹੈ, ਜਿਸ ਨਾਲ ਉਨ੍ਹਾਂ ਦੀਆਂ ਕਹਾਣੀਆਂ ਨੂੰ ਇਕੱਠਾ ਕਰਨ ਲਈ ਬਹੁ-ਅਨੁਸ਼ਾਸਨੀ ਪਹੁੰਚਾਂ - ਪੁਰਾਤੱਤਵ, ਮਾਨਵ-ਵਿਗਿਆਨ ਅਤੇ ਲਿੰਗ ਅਧਿਐਨ - 'ਤੇ ਭਰੋਸਾ ਕਰਨਾ ਹੋਰ ਵੀ ਮਹੱਤਵਪੂਰਨ ਹੋ ਜਾਂਦਾ ਹੈ।

### ਚੁੱਪ ਆਰਕੀਟੈਕਟ: ਸਮਾਰਕਾਂ ਅਤੇ ਮਿੱਥਾਂ ਵਿੱਚ ਭੁੱਲੀਆਂ ਹੋਈਆਂ ਔਰਤਾਂ

ਭਾਰਤੀ ਵਿਰਾਸਤੀ ਸਥਾਨਾਂ ਦੇ ਨਾਲ ਅਕਸਰ ਲੋਕ-ਕਥਾਵਾਂ ਹੁੰਦੀਆਂ ਹਨ - ਜਿਨ੍ਹਾਂ ਵਿੱਚੋਂ ਬਹੁਤ ਸਾਰੀਆਂ ਸ਼ਕਤੀਸ਼ਾਲੀ ਔਰਤ ਹਸਤੀਆਂ ਸ਼ਾਮਲ ਹਨ। ਚਿਤੌੜਗੜ੍ਹ ਦੀ ਰਾਣੀ ਪਦਮਿਨੀ, ਝਾਂਸੀ ਦੀਆਂ ਔਰਤਾਂ, ਜਾਂ ਰਾਣੀ ਦੁਰਗਾਵਤੀ ਦੀ ਕਹਾਣੀ ਇਤਿਹਾਸ ਅਤੇ ਦੰਤਕਥਾ ਨੂੰ ਮਿਲਾਉਂਦੀ ਹੈ, ਫਿਰ ਵੀ ਇਹਨਾਂ ਕਹਾਣੀਆਂ ਨੂੰ ਅਕਸਰ ਰੋਮਾਂਟਿਕ ਬਣਾਇਆ ਜਾਂਦਾ ਹੈ ਜਾਂ ਸਿਰਫ਼ ਮਰਦ ਸ਼ਾਸਕਾਂ ਨਾਲ ਉਨ੍ਹਾਂ ਦੇ ਸਬੰਧਾਂ ਰਾਹੀਂ ਹੀ ਦੇਖਿਆ ਜਾਂਦਾ ਹੈ।

ਇੱਕ ਦਿਲਚਸਪ ਉਦਾਹਰਣ ਕਸ਼ਮੀਰ ਦੀ ਰਾਣੀ ਦਿੱਡਾ (10ਵੀਂ-11ਵੀਂ ਸਦੀ ਈਸਵੀ) ਦੀ ਕਥਾ ਹੈ, ਜਿਸਨੇ ਕਈ ਦਹਾਕਿਆਂ ਤੱਕ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਢੰਗ ਨਾਲ ਰਾਜ ਕੀਤਾ। ਹਾਲਾਂਕਿ, ਉਸਦੀ ਵਿਰਾਸਤ ਮੁੱਖ ਧਾਰਾ ਦੇ ਇਤਿਹਾਸਕ ਵਿਚਾਰ-ਵਟਾਂਦਰੇ ਤੋਂ ਬਹੁਤ ਹੱਦ ਤੱਕ ਗੈਰਹਾਜ਼ਰ ਹੈ। ਉਹ ਸਮਾਰਕ ਕਿੱਥੇ ਹਨ ਜੋ ਉਸਦੇ ਰਾਜ ਬਾਰੇ ਦੱਸਦੇ ਹਨ?

ਇਸੇ ਤਰ੍ਹਾਂ, ਮੰਦਰ ਆਰਕੀਟੈਕਚਰ ਵਿੱਚ ਕਦੇ-ਕਦੇ ਔਰਤ ਦਾਨੀਆਂ ਦੇ ਸ਼ਿਲਾਲੇਖ ਹੁੰਦੇ ਹਨ, ਪਰ ਇਹਨਾਂ ਔਰਤਾਂ ਬਾਰੇ ਬਹੁਤ ਘੱਟ ਜਾਣਿਆ ਜਾਂਦਾ ਹੈ। ਆਧੁਨਿਕ ਪੁਰਾਤੱਤਵ ਵਿਗਿਆਨ ਵਿੱਚ ਇਹਨਾਂ ਭੁੱਲੇ ਹੋਏ ਪੈਰਾਂ ਦੇ ਨਿਸ਼ਾਨਾਂ ਨੂੰ ਉਜਾਗਰ ਕਰਨ ਦੀ ਸਮਰੱਥਾ ਹੈ, ਜੇਕਰ ਖੋਜਕਰਤਾ ਇਹਨਾਂ ਨੂੰ ਲੱਭਣਾ ਜਾਣਦੇ ਹੋਣ।

### ਭਾਰਤੀ ਪੁਰਾਤੱਤਵ ਵਿਗਿਆਨ ਵਿੱਚ ਔਰਤਾਂ: ਸ਼ਾਬਦਿਕ ਤੌਰ 'ਤੇ ਨਵੀਂ ਦਿਸ਼ਾ

ਭਾਰਤ ਵਿੱਚ ਪੁਰਾਤੱਤਵ ਵਿਗਿਆਨ ਦਾ ਖੇਤਰ 19ਵੀਂ ਅਤੇ 20ਵੀਂ ਸਦੀ ਦੇ ਜ਼ਿਆਦਾਤਰ ਸਮੇਂ ਤੱਕ ਬਸਤੀਵਾਦੀ ਅਤੇ ਉੱਤਰ-ਬਸਤੀਵਾਦੀ ਸੰਸਥਾਵਾਂ ਦੇ ਪੁਰਸ਼ ਅਧਿਕਾਰੀਆਂ ਦਾ ਦਬਦਬਾ ਰਿਹਾ। ਹਾਲਾਂਕਿ, ਕਈ ਮੋਹਰੀ ਔਰਤਾਂ ਨੇ ਇਸ ਮਰਦ-ਪ੍ਰਧਾਨ ਖੇਤਰ ਵਿੱਚੋਂ ਰਾਹ ਬਣਾਇਆ।

ਮਹੱਤਵਪੂਰਨ ਸ਼ਖਸੀਅਤਾਂ

- ਅਮਰੇਂਦਰ ਨਾਥ ਦੀਆਂ - ਪੁਰਾਣਾ ਕਿਲ੍ਹਾ ਵਿੱਚ ਮਹਿਲਾ ਫੀਲਡ ਵਰਕਰਾਂ ਦੀ ਮਹੱਤਵਪੂਰਨ ਭਾਗੀਦਾਰੀ ਸ਼ਾਮਲ ਸੀ, ਫਿਰ ਵੀ ਉਨ੍ਹਾਂ ਦੇ ਯੋਗਦਾਨ ਨੂੰ ਅਕਸਰ ਅਣਗੌਲਿਆ ਕੀਤਾ ਜਾਂਦਾ ਸੀ।

- ਡਾ. ਅਮਿਤਾ ਰੇ- ਭਾਰਤੀ ਪੁਰਾਤੱਤਵ ਸਰਵੇਖਣ (ਅਸ਼ੀ) ਦੇ ਇੱਕ



ਸੀਨੀਅਰ ਪੁਰਾਤੱਤਵ-ਵਿਗਿਆਨੀ, ਨੇ ਬਿਹਾਰ ਵਿੱਚ ਬੋਧੀ ਸਮਾਰਕਾਂ ਦੇ ਅਧਿਐਨ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਯੋਗਦਾਨ ਪਾਇਆ।

- ਡਾ.ਬੀ.ਸੁਬਰਾਓ ਅਤੇ ਡਾ.ਐਮ.ਕੇ.ਧਵਾਲੀਕਰ, ਹਾਲਾਂਕਿ ਮਰਦ ਵਿਦਵਾਨ, ਅਕਸਰ ਔਰਤ ਪੁਰਾਤੱਤਵ-ਵਿਗਿਆਨੀਆਂ ਨੂੰ ਸਲਾਹ ਦਿੰਦੇ ਸਨ, ਜਿਸ ਨਾਲ ਖੇਤਰ ਵਿੱਚ ਲਿੰਗ ਵਿਭਿੰਨਤਾ ਦੇ ਵਾਧੇ ਵਿੱਚ ਯੋਗਦਾਨ ਪਾਇਆ ਜਾਂਦਾ ਸੀ।

- ਡਾ. ਸ਼ਾਂਤੀ ਪਾਪੂ- ਸ਼ਰਮਾ ਸੈਂਟਰ ਫਾਰ ਹੈਰੀਟੇਜ ਐਜੂਕੇਸ਼ਨ ਦੇ ਸੰਸਥਾਪਕ, ਭਾਰਤ ਵਿੱਚ ਪੂਰਵ-ਇਤਿਹਾਸਕ ਅਧਿਐਨਾਂ ਵਿੱਚ ਇੱਕ ਮੋਹਰੀ ਪੁਰਾਤੱਤਵ-ਵਿਗਿਆਨੀ ਹਨ। ਤਾਮਿਲਨਾਡੂ ਵਿੱਚ ਸ਼ੁਰੂਆਤੀ ਮਨੁੱਖੀ ਬਸਤੀਆਂ 'ਤੇ ਉਨ੍ਹਾਂ ਦੇ ਕੰਮ ਨੇ ਭਾਰਤ ਦੇ ਪੂਰਵ-ਇਤਿਹਾਸ ਨੂੰ ਸਮਝਣ ਦੇ ਤਰੀਕੇ ਨੂੰ ਬਦਲ ਦਿੱਤਾ ਹੈ।

ਇਹਨਾਂ ਯੋਗਦਾਨਾਂ ਦੇ ਬਾਵਜੂਦ, ਫੀਲਡਵਰਕ ਅਕਸਰ ਸਰੀਰਕ ਤੌਰ 'ਤੇ ਔਖਾ ਹੁੰਦਾ ਹੈ ਅਤੇ ਔਰਤਾਂ ਲਈ ਆਸਾਨੀ ਨਾਲ ਪਹੁੰਚਯੋਗ ਨਹੀਂ ਹੁੰਦਾ, ਖਾਸ ਕਰਕੇ ਰੂੜੀਵਾਦੀ ਜਾਂ ਪੇਂਡੂ ਪਿਛੇਕੜ ਵਾਲੀਆਂ। ਸਫ਼ਾਈ ਦੀ ਘਾਟ, ਸੁਰੱਖਿਆ ਚਿੰਤਾਵਾਂ, ਅਤੇ ਪੁਰਖ-ਪ੍ਰਧਾਨ ਕੰਮ ਸੱਭਿਆਚਾਰਾਂ ਨੇ ਖੁਦਾਈ ਵਾਲੀਆਂ ਥਾਵਾਂ 'ਤੇ ਔਰਤਾਂ ਦੀ ਮੌਜੂਦਗੀ ਨੂੰ ਲੰਬੇ ਸਮੇਂ ਤੋਂ ਸੀਮਤ ਰੱਖਿਆ ਹੈ।

### ਬਿਰਤਾਂਤ ਨੂੰ ਬਦਲਣਾ: ਲਿੰਗ ਦੇ ਲੈਂਸ ਰਾਹੀਂ ਪੁਰਾਤੱਤਵ

ਲਿੰਗ ਪੁਰਾਤੱਤਵ ਵਿਗਿਆਨ ਇੱਕ ਵਧ ਰਿਹਾ ਖੇਤਰ ਹੈ ਜੋ ਪੁਰਾਤੱਤਵ ਡੇਟਾ ਦੀ ਮੁੜ ਵਿਆਖਿਆ ਕਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਦਾ ਹੈ, ਇਹ ਵਿਚਾਰ ਕਰਕੇ ਕਿ ਲਿੰਗ ਭੂਮਿਕਾਵਾਂ ਨੇ ਇਤਿਹਾਸਕ ਸਮਾਜਾਂ ਨੂੰ ਕਿਵੇਂ ਆਕਾਰ ਦਿੱਤਾ ਹੋਵੇਗਾ। ਇਹ ਮੰਨਣ ਦੀ ਬਜਾਏ ਕਿ ਸਾਰੇ ਸਮਾਜ ਮਰਦ-ਪ੍ਰਧਾਨ ਸਨ, ਲਿੰਗ ਪੁਰਾਤੱਤਵ ਵਿਗਿਆਨ ਪੁੱਛਦਾ ਹੈ: ਔਰਤਾਂ ਨੇ ਅਸਲ ਵਿੱਚ ਕੀ ਭੂਮਿਕਾਵਾਂ ਨਿਭਾਈਆਂ? ਕੀ ਉਹ ਸ਼ਾਸਨ, ਆਰਥਿਕਤਾ, ਅਧਿਆਤਮਿਕਤਾ, ਜਾਂ ਵਿਗਿਆਨ ਵਿੱਚ ਸ਼ਾਮਲ ਸਨ?

ਇਸ ਪਹੁੰਚ ਨੇ ਇਤਿਹਾਸਕਾਰਾਂ ਦੇ ਡੇਟਾ ਦੀ ਵਿਆਖਿਆ ਕਰਨ ਦੇ ਤਰੀਕੇ ਨੂੰ ਬਦਲ ਦਿੱਤਾ ਹੈ। ਉਦਾਹਰਣ ਵਜੋਂ, ਦਫ਼ਨਾਉਣ ਵਾਲੀਆਂ ਥਾਵਾਂ ਜਿਨ੍ਹਾਂ ਨੂੰ ਕਦੇ ਮਰਦ ਯੋਧਿਆਂ ਵਜੋਂ ਮੰਨਿਆ ਜਾਂਦਾ ਸੀ, ਦਾ ਹੁਣ ਫੋਰੈਂਸਿਕ ਵਿਗਿਆਨ ਨਾਲ ਮੁੜ ਮੁਲਾਂਕਣ ਕੀਤਾ ਜਾ ਰਿਹਾ ਹੈ, ਜਿਸ ਤੋਂ ਪਤਾ ਚੱਲਦਾ ਹੈ ਕਿ ਕੁਝ ਉੱਚ ਦਰਜੇ ਦੀਆਂ ਔਰਤਾਂ ਨਾਲ ਸਬੰਧਤ ਹੋ ਸਕਦੀਆਂ ਹਨ। ਇਸੇ ਤਰ੍ਹਾਂ, ਘਰੇਲੂ ਕਲਾਕ੍ਰਿਤੀਆਂ ਜਿਵੇਂ ਕਿ ਮਿੱਟੀ ਦੇ ਭਾਂਡੇ ਜਾਂ ਬੁਣਾਈ ਦੇ ਸੰਦਾਂ ਨੂੰ ਹੁਣ ਸਿਰਫ਼ ਰੋਜ਼ਾਨਾ ਦੀਆਂ ਚੀਜ਼ਾਂ ਵਜੋਂ ਹੀ ਨਹੀਂ ਸਗੋਂ ਆਰਥਿਕ ਅਤੇ ਸੱਭਿਆਚਾਰਕ ਪ੍ਰਣਾਲੀਆਂ ਦੇ ਸਬੂਤ ਵਜੋਂ ਦੇਖਿਆ ਜਾਂਦਾ ਹੈ।

**ਲਿੰਗ ਅਤੇ ਜਨਤਕ ਯਾਦਦਾਸ਼ਤ: ਸਿੱਖਿਆ ਦੀ ਭੂਮਿਕਾ**  
ਸਕੂਲੀ ਪਾਠਕ੍ਰਮ ਅਤੇ ਪਾਠ ਪੁਸਤਕਾਂ ਵਿੱਚ, ਇਤਿਹਾਸ ਵਿੱਚ

ਔਰਤਾਂ ਨੂੰ ਅਕਸਰ ਇੱਕ ਜਾਂ ਦੋ ਮਹੱਤਵਪੂਰਨ ਸ਼ਖਸੀਅਤਾਂ ਤੱਕ ਸੀਮਤ ਕਰ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ। ਪੁਰਾਤੱਤਵ ਵਿਗਿਆਨ ਦੀਆਂ ਖੋਜਾਂ ਨੂੰ ਸਿੱਖਿਆ ਵਿੱਚ ਜੋੜਨ ਨਾਲ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਅਤੀਤ ਵਿੱਚ ਔਰਤਾਂ ਦੀਆਂ ਭੂਮਿਕਾਵਾਂ ਦੀ ਵਿਭਿੰਨਤਾ ਅਤੇ ਜਟਿਲਤਾ ਨੂੰ ਸਮਝਣ ਵਿੱਚ ਮਦਦ ਮਿਲ ਸਕਦੀ ਹੈ।

ਵਿਰਾਸਤੀ ਸੈਰਸਿਖਲਾਈ ਪ੍ਰਾਪਤ ਗਾਈਡਾਂ ਦੀ ਅਗਵਾਈ ਵਿੱਚ, ਇਤਿਹਾਸ ਵਿੱਚ ਔਰਤਾਂ 'ਤੇ ਕੇਂਦ੍ਰਿਤ ਅਜਾਇਬ ਘਰ ਪ੍ਰਦਰਸ਼ਨੀਆਂ, ਅਤੇ ਇੰਟਰਐਕਟਿਵ ਪੁਰਾਤੱਤਵ ਕੈਂਪ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਇਤਿਹਾਸ ਦੇ ਵਧੇਰੇ ਸੰਮਿਲਿਤ ਸੰਸਕਰਣ ਨਾਲ ਜੁੜਨ ਲਈ ਸ਼ਕਤੀਸ਼ਾਲੀ ਸਾਧਨ ਹੋ ਸਕਦੇ ਹਨ। ਇਹ ਨਾ ਸਿਰਫ਼ ਲਿੰਗ ਸਮਾਨਤਾ ਲਈ ਸਤਿਕਾਰ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਦਾ ਹੈ ਬਲਕਿ ਆਲੋਚਨਾਤਮਕ ਸੋਚ ਨੂੰ ਵੀ ਉਤਸ਼ਾਹਿਤ ਕਰਦਾ ਹੈ।

### ਅੱਗੇ ਵੱਲ ਦੇਖਣਾ: ਇੱਕ ਅਭਿਆਸ ਵਜੋਂ ਸ਼ਮੂਲੀਅਤ, ਸਿਰਫ਼ ਇੱਕ ਟੀਚਾ ਨਹੀਂ

ਭਾਰਤ ਵਿੱਚ ਪੁਰਾਤੱਤਵ ਵਿਗਿਆਨ ਦਾ ਭਵਿੱਖ ਸ਼ਾਨਦਾਰ ਹੈ, ਵਧੇਰੇ ਔਰਤਾਂ ਇਸ ਖੇਤਰ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ, ਖੋਜਕਰਤਾਵਾਂ ਅਤੇ ਸੰਭਾਲਵਾਦੀਆਂ ਵਜੋਂ ਦਾਖਲ ਹੋ ਰਹੀਆਂ ਹਨ। ASI, ਵੱਖ-ਵੱਖ ਯੂਨੀਵਰਸਿਟੀਆਂ ਅਤੇ NGO ਵਰਗੀਆਂ ਸੰਸਥਾਵਾਂ ਔਰਤਾਂ ਦੀਆਂ ਆਵਾਜ਼ਾਂ ਨੂੰ ਉਭਰਨ ਲਈ ਪਲੇਟਫਾਰਮ ਪੇਸ਼ ਕਰ ਰਹੀਆਂ ਹਨ।

ਫਿਰ ਵੀ, ਅਸਲ ਤਬਦੀਲੀ ਲਈ ਪ੍ਰਤੀਨਿਧਤਾ ਤੋਂ ਵੱਧ ਦੀ ਲੋੜ ਹੁੰਦੀ ਹੈ। ਇਹ ਇਸ ਗੱਲ 'ਤੇ ਮੁੜ ਵਿਚਾਰ ਕਰਨ ਦੀ ਮੰਗ ਕਰਦੀ ਹੈ ਕਿ ਅਸੀਂ ਅਤੀਤ ਨੂੰ ਕਿਵੇਂ ਦੇਖਦੇ ਹਾਂ। ਕੀ ਅਸੀਂ ਉਨ੍ਹਾਂ ਕਹਾਣੀਆਂ ਨੂੰ ਉਜਾਗਰ ਕਰਨ ਲਈ ਤਿਆਰ ਹਾਂ ਜੋ ਸਥਾਪਿਤ ਨਿਯਮਾਂ ਨੂੰ ਚੁਣੌਤੀ ਦਿੰਦੀਆਂ ਹਨ? ਕੀ ਅਸੀਂ ਇੱਕ ਅਜਿਹਾ ਅਨੁਸ਼ਾਸਨ ਬਣਾ ਸਕਦੇ ਹਾਂ ਜੋ ਸਿਰਫ਼ ਉਸ ਚੀਜ਼ ਦੀ ਹੀ ਕਦਰ ਨਾ ਕਰੇ ਜੋ ਅਸੀਂ ਲੱਭਦੇ ਹਾਂ, ਸਗੋਂ ਇਸਦੀ ਵਿਆਖਿਆ ਕਿਵੇਂ ਕਰਦੇ ਹਾਂ?

ਭਾਰਤ ਦਾ ਇਤਿਹਾਸ ਸਿਰਫ਼ ਸਾਮਰਾਜਾਂ, ਲੜਾਈਆਂ ਅਤੇ ਰਾਜਿਆਂ ਦੀ ਕਹਾਣੀ ਨਹੀਂ ਹੈ - ਇਹ ਇੱਕ ਬੁਣਿਆ ਹੋਇਆ ਟੈਪੇਸਟਰੀ ਹੈ ਜਿਸ ਵਿੱਚ ਔਰਤਾਂ ਦੀਆਂ ਆਵਾਜ਼ਾਂ ਸ਼ਾਮਲ ਹਨ, ਜਾਣੀਆਂ-ਪਛਾਣੀਆਂ ਅਤੇ ਅਣਜਾਣ ਦੇਵੇਂ। ਜਿਵੇਂ ਕਿ ਪੁਰਾਤੱਤਵ-ਵਿਗਿਆਨੀ ਧਰਤੀ ਦੀਆਂ ਪਰਤਾਂ ਵਿੱਚੋਂ ਖੋਦਣ ਕਰਦੇ ਹਨ, ਉਹ ਚੁੱਪ ਦੀਆਂ ਪਰਤਾਂ ਵਿੱਚੋਂ ਵੀ ਖੋਦਣ ਕਰਦੇ ਹਨ। ਇਤਿਹਾਸ ਅਤੇ ਪੁਰਾਤੱਤਵ-ਵਿਗਿਆਨ ਵਿੱਚ ਔਰਤਾਂ ਦੀ ਭੂਮਿਕਾ ਨੂੰ ਪਛਾਣ ਕੇ ਅਤੇ ਵਧਾ ਕੇ, ਅਸੀਂ ਨਾ ਸਿਰਫ਼ ਅਤੀਤ ਨਾਲ ਨਿਆਂ ਕਰਦੇ ਹਾਂ, ਸਗੋਂ ਇੱਕ ਹੋਰ ਬਰਾਬਰੀ ਵਾਲੇ ਭਵਿੱਖ ਨੂੰ ਵੀ ਪ੍ਰੇਰਿਤ ਕਰਦੇ ਹਾਂ।

ਆਓ ਆਪਾਂ ਆਪਣੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਿਰਫ਼ ਇਤਿਹਾਸ ਸਿੱਖਣਾ ਹੀ ਨਹੀਂ ਸਿਖਾਈਏ, ਸਗੋਂ ਇਸ 'ਤੇ ਸਵਾਲ ਉਠਾਉਣ, ਗੂੰਮ ਹੋਈਆਂ ਆਵਾਜ਼ਾਂ ਨੂੰ ਲੱਭਣ ਅਤੇ ਬਿਰਤਾਂਤ ਨੂੰ ਦੁਬਾਰਾ ਬਣਾਉਣ ਦੀ ਸਿੱਖਿਆ ਦਈਏ।

ਸ਼੍ਰੀਮਤੀ ਗੁਰਜੀਤ ਸੇਠੀ  
(ਪੰਜਾਬੀ ਅਧਿਆਪਕਾ)



## अतीतस्य इष्टकाः — उपनिवेशच्छायायाम् एकः

### भ्रमणः

प्रातःकालेऽतिवाहिते सूर्यो धूलिधूसरवातायनानि स्रवत् सम्यक् शालायानस्यान्तः प्रकाशं वितन्वन् यदा स पुरातनदिल्लीपथेषु वक्रमार्गेषु गर्जन् याति स्म। सनराइज् पब्लिक् स्कूल इत्यस्य एकादशकक्षायाः छात्राः वातायनसमीपे बहिर्दृश्यम् निरीक्षन्तः उन्नतगोलगुम्भान् जीर्णप्रासादांश्च दृष्टुम् उत्सुकाः आसन्।

एषा तु केवलं विद्यालयविहारयात्रा न आसीत्— एषा आसीत् एका सांस्कृतिक-पर्यटन-यात्रा, अथवा उपनिवेशकालीन वास्तुकलायाम् केन्द्रीकृता आसीत्। पृष्ठे उपविष्टः आर्यन् श्रीदास महोदयेन प्रदत्तं सूचना-पुस्तिकां अवलोकितवान् आसीत्।

“उपनिवेशीयवास्तुकला?” इत्युक्त्वा सः मुग्धतया जिज्ञासयाञ्च अभाषत। “ब्रिटिशजनैः निर्मितानि भवनानि— न अत्याकर्षकं नाम।”

तस्य पार्श्वे उपविष्टा मेहर् स्वीयं रेखाचित्रपुस्तकं समवहत्, तं स्पृष्ट्वा उक्तवती— “त्वं जानासि किम्? केचन एते स्थलानि अतिसुन्दराणि सन्ति। भवनानि यानि शेषितानि, तानि युगस्य कथा कुर्वन्ति।”

आसनद्वयं पुरतः विश्रान्तमूर्तिः रविः अपसृत्य दृष्ट्वा उक्तवान्— “आम्, तैः सर्वं लुंठितवन्तः, पश्चात् किञ्चन भित्तीनां सौन्दर्यम् अवशिष्टम्।”

तं श्रुत्वा श्रीदास महोदयः सस्मितम् प्रतिनिवृत्य अवदत्— “प्रत्येकं शिलाखण्डं कथां कथयति। एते ‘सुशोभितभित्तयः’ अपि बहूनि रहस्यानि वहन्ति। अद्य किञ्चित् अधिकं शृणु— त्वं दृष्टिं परिवर्तयितुम् अर्हसि।”

## सेंट स्टीफेन्स् चर्च — कथायाः आरम्भः

प्रथमं स्थलं आसीत् सेंट स्टीफेन्स् चर्च, एका नवमशतकस्य गॉथिक्-शैलीयुक्ता गिरिजाघरः, या वृक्षश्रृङ्खलानां मध्ये स्थित्वा उपनिवेशकालीनगृहैः परिवेष्टिता आसीत्।

ते शालायनात् निर्गत्य यदा प्रागच्छन्, तदा तेजस्विनी युवतिकायाः अञ्जलिः इत्यस्याः स्वागतवाणीं श्रुतवन्तः।

“एषा चर्च,” सा आरभ्य उक्तवती, “सन् १८६२ तमे वर्षे निर्मिता आसीत्। एषा तु केवलं धार्मिकसङ्केतः न आसीत्— किं तु औपनिवेशिकबलस्य प्रतिपादनम् अपि।”

आर्यन् गगनं प्रति दृष्ट्वा तिक्तगोलगुम्भांश्च रक्तपाषाणस्तम्भांश्च निरीक्ष्य पप्रच्छ— “किं कारणम् यत् एषा अत्र एव, दिल्लीमध्ये एव, निर्मिता?”

अञ्जलिः प्रत्यवदत्— “ते स्वं प्रभावं प्रकाशयितुं

एतादृशानि भवनानि निर्मितवन्तः। विश्वासात् अपि अधिकं— एते भवनानि शक्तेः घोषणाः आसन्।”

गिरिजाघरस्य अन्तः, सौरभाः रङ्गवर्णितैः काचपट्टैः प्रवेश्य, पुरातनपाषाणमञ्चे शोभां विततवन्। मेहर् एका उपवेशनकूप्यां उपविष्टा शीघ्रं चित्रलेखनं आरब्धवती।

अनया श्रुतम्— “एते काचपट्टाः? यूरोपात् आगताः। पाषाणः? भारतीयः। कर्मकाराः? सर्वे अपि भारतवासीः। भवनानि एतेषां रूपेण अपि स्वदेशीयकर्मकरैः निर्मितानि।”

## वायसरॉय् भवनम् — द्वयोः संस्कृतीयोः सङ्गमः

ततः ते राष्ट्रपतिभवनं गत्वा दृष्टवन्तः— यः पूर्वं ब्रिटिश-वायसरॉय्-निवासः, अधुना भारतस्य राष्ट्रपतिना उपयुज्यते।

छात्राः मूकाः स्थित्वा तस्य महत्त्वं अनुभूय स्मितम् अभवन्।

“एषः भवति— राजकीयः इव,” आर्यन् शीघ्रं शशंस।

“इन्डो-सारासेनिक् वास्तुकला,” अञ्जलिः स्पष्टयामास—

“मुगलशैलिकगोलगुम्भाः, हिन्दूमन्दिरविन्यासाः च, यूरोपीयनसाम्यं च। ब्रिटिशजनाः भारतीयशैलीं स्वीचक्रुः यत् स्वं शासनं समावेशी इति दर्शयितुम्।”

रविः उपहासपूर्वकं उक्तवान्— “सांस्कृतिकच्छदः इव।”

सैव अञ्जलिः सस्मयम् उक्तवती— “सम्यक्! भवनानि एतानि केवलं कार्यपरायणानि न आसन्— राजकीयसन्देशवाहकाणि अपि।”

मेहर् जिज्ञासयाः अभाषत— “सत्यम्? प्रशंसा न आसीत्, केवलं युक्तिः आसीत्?”

श्रीदास महोदयः उत्तरं दत्तवान्— “आम्, किन्तु नवप्रयोगोऽपि आसीत्। भारतीयवास्तुविदाः अपि एषु कृतेषु सहकारं कृतवन्तः। शैलीः विकसिताः। कला अपि विकसिताः। परं शक्तिः समत्वेन नासीत्।”

## स्मारकेषु स्वराः — विक्टोरियास्मारकात् शिकक्षणम्

पुनरपि शालायानमध्ये छात्राः विक्टोरिया मेमोरियल् विषये चलचित्रं दृष्टवन्तः— श्वेत-संगमरमरमण्डितं,

उन्नतगोलगुम्भयुक्तम्, विक्टोरियाराज्ञ्याः मूर्तिभिः शोभितम्।

“अत्यसुन्दरम्,” मेहर् विस्मयेन उक्तवती।

“अपि तु विवादास्पदं,” अञ्जल्याः वाणी अग्रे श्रुता। “सहस्रशः भारतीयकर्मकाराः एतस्य निर्माणे लग्नाः आसन्। अल्पवेतनं प्राप्तवन्तः। तेषां नामानि अपि विस्मृतानि।”

आर्यन् मुखं कुटिलीकृत्य अवदत्— “तर्हि सौन्दर्यमपि अन्धकारं वहति।”

“एवमेव,” श्रीदास महोदयः अवदत्। “इतिहासः सरलरेखा न भवति— सः विकीर्णः, स्तरितः च। एते स्मारकाः अपीडनस्य प्रतीकाः च, मानवीयरचनाशक्तेः अभिलेखाश्च।”



### कैफे मध्ये प्रतिबिम्बाः -

पश्चात् समीपस्थे कैफे शीतपेयपानस्य समये छात्राः चर्चायां लीनाः आसन्।

रविः पप्रच्छ— “किं एतानि भवनानि अस्माभिः स्थाप्यन्ते वा? ते अपमानस्य स्मृतिं वहन्ति।”

आर्यन् प्रत्यवदत्— “किन्तु एते अपि अस्माकं इतिहासस्य भागः। तान् विनाश्य अतीतं न परिवर्त्येत। अपि तु विस्मरणं स्यात्।”

मेहर् अवदत्— “तान् पुनर्व्याख्यानं कर्तव्यं। कर्मकराणां, शिल्पिनां, भारतीयहस्तकौशलस्य च कथाः प्रकाशयन्तु, न केवलं ब्रिटिश-शिल्पिकारस्य।”

दास महोदयः शिरसा अङ्गीकृत्य अवदत्—

“सम्यक् एव। समालोचनात्मक-चिन्तकः इति कः? सर्वं न निराकुर्वन्, अपि तु प्रश्नान् पृच्छन् — किमर्थं निर्मितम्? केन निर्मितम्? कः लाभं प्राप? च तस्मात् अद्य किम् अधीयते इति चिन्तयेत्।”

### शालायने पुनरागमनम् — नूतना दृष्टिः

यदा छात्राः पुनः विद्यालयं प्रति गच्छन्तः आसन्, नगरं यानस्य झषकपाटात् पर्येति स्म — प्राचीन-मस्जिदः, उपनिवेश-शैल-भवनानि, नव-गगनचुम्बिनः च दृश्यन्ते स्म।

आर्यणः शिरः झषकपाटे न्यस्तवान्, चिन्तनैः व्याकुलः — “अस्माकं नगरं बहुभिः हस्तैः निर्मितम् — मुग्धैः, आङ्ग्लैः, भारतैः च। एषः इतिहासः एकत्र गुंफितः अस्ति।”

रविः सस्मितं प्राह — “मम दृष्ट्या तु सर्वं अस्ति केवलं अव्यवस्था!”

मेहर् स्वं चित्रपुस्तकम् अनुपीड्य उवाच — “एषा अव्यवस्था एव संस्कृतिः अपि।”

दास महोदयः अग्रे उपविष्टः समयमानः उक्तवान्—

“स्मरत — प्रत्येकं स्मारकं द्वौ मुखौ धारयति — एकं यत् दर्शनीयम्, अपरं यत् अनुसंधेयं। भवतः कार्यं तयोः उभयोः दर्शनम्।”

### उपसंहारः – शिलानां परे

भारते स्थितानि उपनिवेशकालीनानि स्मारकानि केवलं विदेशीय-शासनस्य चिन्हानि न सन्ति। एते शिलासु निबद्धाः कथाः भवन्ति — सौन्दर्यस्य च आधिपत्यस्य च, नवोन्मेषस्य च विषमत्वस्य च सङ्गमे स्थिताः।

आर्यणः, मेहर्, रविः च यथा, तेषां कृते एषः इतिहास-पर्यटनम् केवलं पाठशालायाः एकः प्रवासः नासीत्। सः अतीते एकः भ्रमणः आसीत्, यः स्वत्वम्, परम्परा च,

स्मृतिनिर्माणे स्थापत्यस्य सामर्थ्यम् अपि प्रश्रयति।

यतः वर्तमानं सम्यक् अवगन्तुं कदाचित् अतीतः छायायाम् चरितव्यम्।

श्रीमती सुनैना  
(संस्कृत अध्यापिका)



# Achievements & Accolades

## JEE (Main) 2025 – Final NTA Score

Delhi Public School, Jalandhar proudly celebrates the success of its students in the JEE (Main) 2025 examination. Kanav Miglani secured an impressive All India Rank (AIR) of 3717 with a 99.76 percentile, followed by Agam Singh Dhiman with AIR 12500 and 99.19 percentile. Udayveer Singh achieved AIR 37244 with 97.56 percentile. Other commendable performers include Divyansh Bhalla (AIR 57593 – 96.97%), Kriti Guru (AIR 52736 – 96.52%), and Radhika (AIR 108106 – 92.74%). The school extends heartfelt congratulations to all the achievers for their hard work and dedication, bringing pride and glory to the institution.

## Class XII Board Result

Continuing its legacy of academic brilliance, DPS Jalandhar proudly announces another remarkable performance by its Class XII students in the CBSE Board Examinations 2024-25. This year's result stands as a testament to the school's unwavering commitment to holistic education, focussed mentorship and a nurturing learning environment. Pro Vice Chairman Thakur Arun Singh, Director Mr. Vinod Sharma and Principal Ms. Ritu Kaul congratulated the students on their achievement. They appreciated the students' perseverance and commitment to excellence. They also acknowledged the efforts of the teaching staff and expressed gratitude to the parents for their continued encouragement and support in fostering the students' overall growth and success.

### JEE (MAIN) - 2025 FINAL NTA SCORE

*Congratulations!*  
*We are proud of you*

<b>AIR 3717</b>  <b>Kanav Miglani</b> 99.7665028%	<b>AIR 12500</b>  <b>Agam Singh Dhiman</b> 99.1995094%	<b>AIR 37244</b>  <b>Udayveer Singh</b> 97.5634405%
<b>AIR 57593</b>  <b>Divyansh Bhalla</b> 96.9798567%	<b>AIR 52736</b>  <b>Kriti Guru</b> 96.5277502%	<b>AIR 108106</b>  <b>Radhika</b> 92.7409034%



## DELHI PUBLIC SCHOOL, JALANDHAR

### CLASS XII RESULT HIGHLIGHTS 2024-25

*Congratulations*

Commerce	Non-Medical	Medical	Humanities
95.6%	95.4%	95.4%	94%
92%			

**THE EMBLEM OF EXCELLENCE**

 Mehakpreet Kaur Wasu	 Kanav Miglani	 Kriti Guru	 Ishnoor Kaur	 Sukhman Kaur
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#### Positions

Commerce & Humanities		Science	
1st	Mehakpreet Kaur Wasu (95.6%)	1st	Kanav Miglani (95.4%)
2nd	Sahajpreet Kaur Parmar (94.8%)		Kriti Guru (95.4%)
3rd	Shivin Gaba (94.6%)	2nd	Harshit Sharma (94.6%)
		3rd	Ishnoor Kaur (94%)

#### Perfect 100

**Physics**

- 1 Kanav Miglani

**Painting**

- 1 Kriti Guru
- 2 Tanu Sharma
- 3 Kumari Kashish


**Physical Education**

- 1 Bhavdeep Singh Sangha

Subject	Highest Marks	Subject	Highest Marks	Subject	Highest Marks
Physics	100	Business Studies	99	Economics	97
Painting	100	Marketing	99	English	97
Physical Education	100	Chemistry	98	Music	95
Mathematics	99	Accountancy	98	Biology	90
				Psychology	90
				Computer Science	90

*Congratulations*


### Class XII Result 2025



## Cent Percent!


Nothing beats the joy of scoring perfect 100.  
DPS Jalandhar is proud of the students' achievements

#### Physics






**Kanav Miglani**

#### Physical Education



**Bhavdeep Singh Sangha**

#### Painting

 <b>Kriti Guru</b>	 <b>Tanu Sharma</b>	 <b>Kumari Kashish</b>
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*Absolute Perfection!*



# Achievements & Accolades

Class XII Result 2025



## Delhi Public School, Jalandhar

Outstanding Performance of our students- Class XII Science  
Congratulations to our 'Scholars' and their proud parents!  
*'From Dreams to Achievement'*



Kanav Miglani  
Non-Medical (95.4%)



Kriti Guru  
Non-Medical (95.4%)



Harshit Sharma  
Non-Medical (94.6%)



Ishnoor Kaur  
Medical (94%)



Radhika  
Non-Medical (92.8%)



Surja Debnath  
Medical (90.8%)



Harsheen Kaur  
Non-Medical (88%)



Daman Preet Kaur  
Medical (86.6%)



Aditya Vikram Rathour  
Non-Medical (86.4%)



Simartipriye Kaur  
Medical (85.8%)



Aarav Lalwani  
Non-Medical (85%)

Class XII Result 2025



## Delhi Public School, Jalandhar

Outstanding Performance of our students- Class XII Science, Commerce & Humanities  
Congratulations to our 'Scholars' and their proud parents!  
*'From Dreams to Achievement'*



Mehakpreet Kaur Wasu  
Commerce (95.6%)



Kanav Miglani  
Non-Medical (95.4%)



Kriti Guru  
Non-Medical (95.4%)



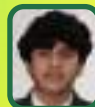
Sahajpreet Kaur Parmar  
Commerce (94.8%)



Shivin Gaba  
Commerce (94.6%)



Harshit Sharma  
Non-Medical (94.6%)



Aditya Jalota  
Commerce (94.4%)



Kanwar Pratap Singh  
Commerce (94.2%)



Ishnoor Kaur  
Medical (94%)



Radhika  
Non-Medical (92.8%)



Insha Oberoi  
Commerce (92.6%)



Sukhman Kaur  
Humanities (92%)



Surja Debnath  
Medical (90.8%)



Gurleen Kaur Bahia  
Humanities (90.6%)



Pavni Mittal  
Commerce (89.2%)



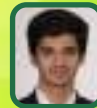
Shiven Gupta  
Commerce (89%)



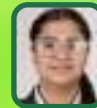
Sartaj Singh  
Commerce (88.4%)



Ananya Vij  
Commerce (88.4%)



Aryan Budhiraja  
Commerce (88.2%)



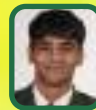
Harsheen Kaur  
Non-Medical (88%)



Aditya Sharma  
Commerce (87.8%)



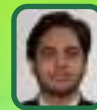
Aarush Aggarwal  
Commerce (87.4%)



Bhavdeep Singh Sangha  
Humanities (87.2%)



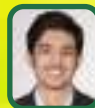
Manyan Makhija  
Commerce (86.8%)



Mayank Mehta  
Humanities (86.8%)



Daman Preet Kaur  
Medical (86.6%)



Aditya Vikram Rathour  
Non-Medical (86.4%)



Carron Sardana  
Commerce (86.2%)



Simartipriye Kaur  
Medical (85.8%)



Aarav Lalwani  
Non-Medical (85%)

Class XII Result 2025



## Delhi Public School, Jalandhar

Outstanding Performance of our students- Class XII Commerce & Humanities  
Congratulations to our 'Scholars' and their proud parents!  
*'From Dreams to Achievement'*



Mehakpreet Kaur Wasu  
Commerce (95.6%)



Sahajpreet Kaur Parmar  
Commerce (94.8%)



Shivin Gaba  
Commerce (94.6%)



Aditya Jalota  
Commerce (94.4%)



Kanwar Pratap Singh  
Commerce (94.2%)



Insha Oberoi  
Commerce (92.6%)



Sukhman Kaur  
Humanities (92%)



Gurleen Kaur Bahia  
Humanities (90.6%)



Pavni Mittal  
Commerce (89.2%)



Shiven Gupta  
Commerce (89%)



Sartaj Singh  
Commerce (88.4%)



Ananya Vij  
Commerce (88.4%)



Aryan Budhiraja  
Commerce (88.2%)



Aditya Sharma  
Commerce (87.8%)



Aarush Aggarwal  
Commerce (87.4%)



Bhavdeep Singh Sangha  
Humanities (87.2%)



Manyan Makhija  
Commerce (86.8%)



Mayank Mehta  
Humanities (86.8%)



Carron Sardana  
Commerce (86.2%)

# Achievements & Accolades

## Class X Board Result

Delhi Public School Jalandhar proudly marks another year of learning and growth with Class X result in the CBSE Board Examinations 2024-25. This year's performance highlights the school's dedication to laying a strong academic foundation while nurturing the unique strengths of each learner.

Pro Vice Chairman Thakur Arun Singh, Director Mr. Vinod Sharma and Principal Ms. Ritu Kaul extended their heartfelt congratulations to the students for their remarkable performance. They lauded the dedication and hard work demonstrated by the students throughout the academic year. The school leadership also commended the unwavering support of the teachers and the valuable role of parents in creating a positive and motivating environment that contributed to the students' holistic development and academic success.

## Dhriti Malhotra

"We are immensely proud of Dhriti Malhotra of Class 8B for her outstanding performance at the District Level Yoga Function organized by the DAUO Office Jalandhar. She was honoured with an Appreciation Award by ADC Amninder K. Barar (PCS) and Dr. Veenu Duaji, DAUO Jalandhar—an inspiring recognition of her dedication, discipline, and excellence in yoga."





## DELHI PUBLIC SCHOOL, JALANDHAR

### CLASS X RESULT HIGHLIGHTS

# 2024-25

### Congratulations



95.8%

Suhaan Sahni Meherpreet Kaur



95.6%

Aditi Shukla Ishanvi Singh



95.4%

Sanvi Jain

Perfect 100



Nischay Chopra (Punjabi) Suhaan Sahni (Artificial Intelligence) Ishanvi Singh (Artificial Intelligence)



Sanvi Jain (Artificial Intelligence) Ameliya Bansal (Artificial Intelligence) Trisha Goel (Artificial Intelligence)

Subject	Highest Marks
Punjabi	100
Artificial Intelligence	100
Mathematics	99
Information Technology	99
Science	97
Social Science	97
Hindi	96
English	95

### Class X Result 2025



## Nurturing Excellence!

Congratulations to the 'Achievers' and their proud parents!



Suhaan Sahni 95.8% Meherpreet Kaur 95.8% Aditi Shukla 95.6% Ishanvi Singh 95.6% Sanvi Jain 95.4% Karanjit Singh 95.2%



Saumil Kapoor 94.2% Yashima Bawa 94.2% Ameliya Bansal 94% Ayana Negi 93.6% Trisha Goel 92.6% Agastya Kapoor 92.6%



Ananya 92.4% Nischay Chopra 92% Naisha Aggarwal 91% Uttara Pathak 91% Anhad Arora 90.6% Kartik Patyal 90.6%



Jasmine Kaur 89.6% Gaurish Singhania 89.2% Pranav Prashar 89% Seerat Kamboj 88.8% Noor Jain 88.4% Jiya Chaudhary 87.8%



Raina Singal 86.4% Vishesh Sapehia 86.4% Sanyam Jain 85.4% Dhairya Nanda 85.4%



# Achievements & Accolades

## Inayat Gulati

We are immensely proud of Inayat Gulati of Class 8 for her stellar performance at the All India Sub Junior Badminton Ranking Tournament, recently held in Goa. Inayat clinched the Silver Medal in the Under-15 Mixed Doubles category, displaying grit, skill, and outstanding court presence. She was awarded a cash prize at the tournament. In further recognition of her achievement, the District Badminton Association has announced an additional cash prize of ₹21,000 for the rising star. Her dedication and perseverance continue to bring laurels to the school and the state.



## Angel Seth

We are proud to share that Angel Seth secured the Bronze Medal at the Sub-Junior National Wushu Championship, held from 26th to 31st May 2025 in Tiruchengode, Tamil Nadu. Competing with resilience and unmatched spirit, Angel fought through a challenging arm injury and delivered stellar performances in the early rounds. Though unable to contest the finals due to the injury, her exceptional skills earned her a spot on the national podium. Her unwavering determination is a true testament to the power of passion and perseverance.

## Angel Seth

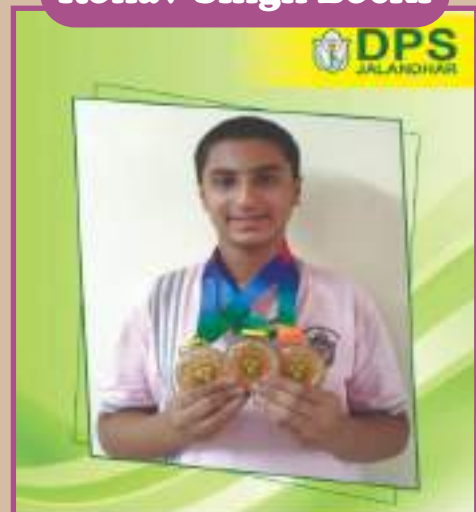


## Ronav Singh Bocki

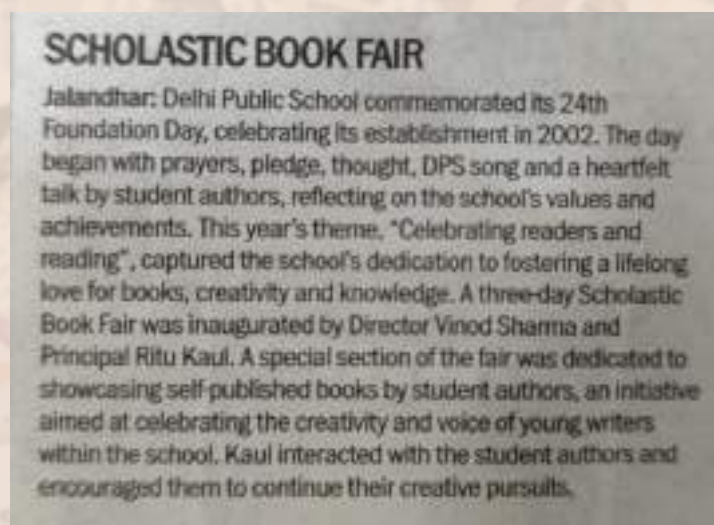
Congratulations to Ronav Singh Bocki of Class 8 for his remarkable accomplishments in the field of shooting. Ronav bagged the Gold Medal in the U-14, 10m Air Rifle (Peep Sight) at the Colonelz Sharp Shooterz Open Shooting Championship, held from 2nd to 4th May 2025. He further dominated the Jalandhar District Shooting Competition (9th–10th May 2025), winning three Gold Medals in the Sub Youth, Junior, and Senior categories of the 10m Air Rifle (Peep Sight) event. His consistent precision and focus have made him a rising star in shooting sports.



## Ronav Singh Bocki



# Foundation Day



# CBSE Result X & XII



ये हैं सीवीएसई दसवीं के मेधावी विद्यार्थी

सुभाष चन्द्र बोस की स्मृति में एक पुस्तक  
प्रकाशित की जा रही है। इस पुस्तक में  
सुभाष चन्द्र बोस की जीवन कथा, उनके  
चिंतन, उनके व्यक्तित्व, उनके जीवन  
काल, उनके जीवन के अन्तिम दिनों  
का वर्णन है। इस पुस्तक में सुभाष  
चन्द्र बोस की विचारधारा, उनके  
जीवन के अन्तिम दिनों का वर्णन है।  
इस पुस्तक में सुभाष चन्द्र बोस की  
जीवन कथा, उनके चिंतन, उनके व्यक्तित्व,  
उनके जीवन काल, उनके जीवन के अन्तिम  
दिनों का वर्णन है।



पिचले शीतल रातुन ते अशीतुन ते शीतल शीतल - अशी रातुन

दिल्ली पब्लिक स्कूल के कक्षा 10वीं और 12वीं के विद्यार्थियों ने सी.बी.एस.ई. बोर्ड की परीक्षा में किया **ज्ञानदायक प्रदर्शन**

[illegible]

Source: <http://www.fishbase.org>

[illegible]

डीपीएस के विद्यार्थियों का सीबीएसई 12वीं में परिणाम शानदार रहा

जयपुर, जयपुरा : दिल्ली-पंचिक नकुल से 12वें सीसीएस के निशानों के अन्तर्गत जय-पञ्चाल राह है। जिसमें एकदिवसीय और २५.६ प्रतिशत अन्तर्गत नकुल से पञ्चाल स्थान, जयपुरा और पञ्चाल ने २५.६ प्रतिशत के साथ दूसरा और निम्नतम राह में २५.६ प्रतिशत के साथ तीसरा स्थान अन्तर्गत किया।

यहाँ साईंस स्ट्रीम के कनाडा मिंगानोके कॉलेज गुरु ने 95.4. दर्पित

मार्च में ७६.८, इन्फ्लू और ने १५  
कोविड अंक दर्जित किए हैं। वहीं  
विषय में सा-कोविड अंक पहले मार्च  
में कायम मिलानही ने निर्दिष्ट, ग्राहक  
मिड बीच ने सार्वजनिक विज्ञान, कोविड,  
कोविड गुरु, लघु मार्च ने कोविड ने १००  
अंक प्राप्त किए हैं। कोविड गुरु  
अनुसूचित, इन्फ्लू और विज्ञान मार्च  
में निर्धारित की महान को सारा।  
ग्राहक मार्च को कोविड ने निर्धारित को  
समझी कर कोविड विज्ञान।



કોઈપણ સ્કૂલ જે મેકાલી વિદ્યાર્થીના સુધી પહોંચે



# Editor's Note



## **A New Academic Session: Embracing Growth and Possibility**

The first quarter of the academic year has been a meaningful start, marked by fresh energy and growing confidence among students. As they stepped into new roles and responsibilities, it was encouraging to see many take initiative and lead with sincerity.

Key school events like the Investiture Ceremony and Foundation Day added depth and purpose to this term, giving students the space to express, organise, and lead. Through class assemblies, creative performances, and active

participation, they are learning the true essence of leadership and teamwork.

This edition brings together glimpses of a vibrant beginning—one filled with learning, collaboration, and promise. We look forward to the months ahead with hope and enthusiasm.

*~ Editorial Team*