

DISHA

THE ANNUAL COLLEGE MAGAZINE 2016



GURU RAMDASS B.Ed. COLLEGE JALALABAD(w)

D.A.V. COLLEGE ROAD, VILL. CHAK ROOM WALA,

JALALABAD (W)-152024, DISTT. FAZILKA (Pb.)

Ph. : 01638-250884, 84271-02121

Email : grd.college@rediffmail.com

Website : <https://www.grdcollegejbd.org/>



CHIEF PATRONS

Mr. Raghumit Singh Sodhi

Mr. Jasnik Singh Kakkar

EDITOR

Ms. Aarti Kapoor

CHIEF EDITOR

Dr. Sarabjit Kaur

(Principal)

CO- EDITOR

Ms. Neha Sachdeva

DEPARTMENT

ENGLISH DEPARTMENT

HINDI DEPARTMENT

PUNJABI DEPARTMENT

SCIENCE DEPARTMENT

MATHEMATICS DEPARTMENT

SOCIAL SCIENCE DEPARTMENT

PHY. EDUCATION DEPARTMENT

ART AND CRAFT DEPARTMENT

EDITORS

Ms. DALJEET KAUR

Ms. AARTI KAPOOR

Ms. KULDEEP KAUR

Ms. VANIKA NAGPAL

Ms. NEHA SACHDEVA

Ms. RICHU

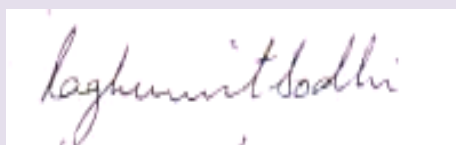
Mr. ASHISH KUMAR

Mr. BALWINDER KUMAR

Message from the Chief Patron's Desk



It gives me immense pleasure to present the Magazine of our college "DISHA". This Magazine will serve as a platform to all the students and teachers to present their ideas in a creative way. I personally believe that "DISHA" will become an important resource and will contribute towards uplifting the educational, psychological and humane level of the students so that they can better serve the society and nation. My best wishes for the success of this Magazine.

A handwritten signature in black ink on a white background. The signature reads "Raghumit Sodhi" in a cursive script.

Mr. Raghumit Singh Sodhi

(Chief Patron

Guru RamDass B.Ed. College

Jalalabad(W))

Message From the Chairman's Desk



It is a matter of pride that the college magazine committee has put in their best efforts to bring out the magazine for the year 2016. I feel the magazine will mirror the creative and innovative ideas of both the teachers and the students. The articles published in it, I hope, will be of contemporary relevance. I congratulate the convener and the committee members on having successfully brought out the magazine in a very useful way.

A handwritten signature in black ink, appearing to read "Jasnik Singh Kakkar". The signature is written in a cursive style and is positioned above a vertical dashed line.

Mr. Jasnik Singh Kakkar

(Chairman

Guru RamDass B.Ed. College

Jalalabad (w)

Message From the Principal's Desk



A college magazine reflects the consolidated efforts of the teachers and the students to contribute articles to the magazine in a creative manner. It will also exhibit the latent talents of the teachers and the students as story tellers, poets, essayists and so on. I can understand the hard work undertaken by the magazine committee to make it a reality in a meaningful way. I congratulate the convener and the committee members on their successful effort to bring out the magazine for the year 2016

A handwritten signature in blue ink, appearing to read "Dr. Sarabjit Kaur", with a long, sweeping underline.

Dr. Sarabjit Kaur

(Principal, Guru RamDass B.Ed. College

Jalalabad(w)

DEPARTMENT OF ENGLISH

INCHARGE: MS. DALJEET KAUR

It is a matter of pride for all of us that our college is publishing magazine "Disha" for the year 2016.

I am exhilarated in establishing the next issue of the magazine "DISHA" of our College which is a reference of the most recent trends and activities related to English Department. I am glad to welcome students with more interest in bringing the article with more bright concepts and innovative ideas in the next issue. I wish them to experience victory in all of their future endeavours.

ALL THE BEST!



Best Wishes!

THANKS

DALJEET KAUR

ASSISTANT PROFESSOR

ENGLISH DEPARTMENT

INNER VISION

Thank you God for word so sweet,
Thank you God for food we eat
Thank you God for bird that sing,
Thank you God for everything,
Thank you God for everything.

Akashpreet Singh (Roll no. 1803)

MOTHER'S LOVE



Mother, mother your love is great
It is not a kind of Metal
But Stronger than Iron
Shiner than gold
Can't cut with sword
It is like god
No end, nor shore
But can feel everywhere
Like God's care
It can fartuch very soon,
It is pure like flower's smell
There is no place for suspect,
It lives in heart
Like a small lampin dark-room
Lights the whole night of life.

Vanshika (Roll no. 1808)

BE STRONG



- Be strong enough to face the world each day.**
- Be weak enough to know you cannot do everything**
- Be generous to those who need your help.**
- Be frugal with what you need yourself**
- Be wise enough to know that you do not know everything.**
- Be foolish enough to believe in miracles.**
- Be willing to share your joys.**
- Be willing to share the sorrows of others.**
- Be a leader when you see a path others have missed.**
- Be a follower when you are shrouded in the midst of uncertainty.**
- Be the first to congratulate an opponent who succeeds.**
- Be the last to criticise a colleague who fails.**
- Be sure where your next step will fall, so that you will not stumble.**
- Be sure of your final destination, in case you are going the wrong way.**
- Be loving to those who love you.**
- Be loving to those who do not love you, so that they may change.**

**HARMANJOT
(ROLL NO. 1934)**

TEACHERS



*Teachers help us understand,
They are great, they are grand.
Teachers help us learn,
They are sometimes polite, sometimes stern.
They give us knowledge,
From kindergarten to college.
We learn new things every day,
They guide us all the way.
They help us explore
They open all knowledge doors.
I want to thank them for their contributions,
With their help and guidance,
We can rise in our nation.*

DIYA
(ROLL NO. 1831)

DEFINITION OF WOMEN

W-Wonderful gift of Nature.
O-Originator of life.
M-Monitor of External and Internal affairs.
E-Emotional Incarnation
N-Nightingale in the garden of humanity.

ARSHEENA
(ROLL NO. 1940)



EXAM TIME

Studying all day and night,

With much hope

Trying to learn everything,
without any stop.

Eating and bathing seems to be a mountain.

To change clothes, why take such a strain ?

Even the tick of the clock seems like a loudspeaker.

A day before the exams, hands tremble with fear.

All nights one remains sleepless. Books spread in a room that is in a mess.

It becomes difficult to concentrate.

There is a feeling of restlessness

Till the exams get over there's no relaxation.

Only burden, pressure and perspiration.

JASDEEP SINGH

(ROLL NO. 1935)

PURE

Pure are the hearts that love good,

Pure are the minds that think good.

Pure are the lips that speak good,

Pure are the ears that hear good.

Pure are the eyes that see good,

Pure are the hands that write good.

Pure are the men who do good.

GURWINDER KAUR

(Roll no. 1865)

THE BEST GIFT EVER THAT MONEY CAN'T BUY

To yourself: The gift of daily self examination, respect, regular exercise and spiritual nourishment

To your Parents: The gift of love, appreciation and thankful heart.

To your Friends: The gift of encouragement, communication, help, your presence in times of storms.

To Strangers: The gift of smile, open-mindedness, tactfulness, sincerity and support.

To broken hearts: The gift of undivided attention, emotional support and affection.

To your enemies: The gift of forgiveness, humility, service and smile.

MUNISH
(ROLL NO. 2000)

TIPS FOR A GOOD LIFE

Three things to save,
Honesty, Purity and Truth.

Three things to admire,
Intellect, Beauty and Art.

Three things to respect,
Old-age, Religion and Law.

Three things to govern,
Tongue, Temper and Action.

Three things to value,
Time, Health and Wealth.

Three things to avoid,
Drinking, Begging and Gambling.

Three things to stick to,
Promise, Friend and Law.

RAJAT SHARMA (ROLL NO. 1826)

IMPORTANCE OF TIME

"Time is very slow for those, who wait
Very fast for those who are scared.
Very long for those who lament;
Very short for those who celebrate;
but for those who love, time is eternal"

JAPANJOT
(ROLL NO. 1917)

SUCCESS

'If you want to succeed; you must make your own opportunities

- John B. Gough

Since Everyone of us know about the word 'Successes' But w Success and how it can be achieved, is known to none. Success means to achieve the desired aim or goal. Every one does efforts to get success in work. But only a few persons are there who success. The reason is that those whodo their work with full concentration. The do their best. They work hard, through day and night. They *don't* think about their ure but success. When you collect or combine all your internal powers then you get one type of power to get encounter with any type of problem. Fill your heart with thought of beliefs. There is no need to loose your confidence in troubles be cause troubles and storns are time - limited. To live in this world, there is dire need to have self-confidence, beliefs and trust in God. Think big, believe high, pray big & do big. the God will make you bigger than your own troubles.

"Never mind what others do, Do better than your self, Beat your own record daily. And pray to God for better tommorow. Success will follow you."

There are many people who depend on luck. They say the things w happen as God has written in their luck. But there is one fact that 'Luckas habit of *favouring* those who don't depend upon it. So we should leave the habit of depending upon luck and all *other* things expect ourselves. Have faith in God, do your work with full concen tration, *don't* hurt anyone, respect all, Success will be yours.

"Make it up with you. Want your dreams. To become true."

SHIWANA BAJAJ (ROLL NO. 1913)

Pay Attention

**My dear friends, Pay attention.....
I have a few things to mention.....
When you enter your college gate.....
Be say you are never late.....
Listen to what your teacher says.....
Increase your knowledge.....
But don't waste your days.....
You should go to class and aim to gain.....
And should not give other's pain.....
It is a precious time.....
To waste it is a crime.....**

JYOTI (ROLL NO. 1987)

What is life?

Life is a challenge -Meet it.
Life is a gift - Accept it.
Life is an adventure -Dare it.
Life is a sorrow - Overcome it.
Life is a tragedy-Face it
Life is a duty - Perform it
Life is a game - Play it.
Life is a misery-Unfold it
Life is a song -Sing it.
Life is a opportunity-Take it
Life is a journey-Complete it
Life is a promise-fulfil it
Life is a love - Enjoy it.
Life is a beauty- Praise it.
Life is a spirit - Realise it
Life is a struggle - Fight it.
Life is a puzzle -Solve it.
Life is a goal - Achieve it.

SHILPA (ROLL NO. 1839)

Great Thoughts

1. We all have ability. The difference is how we *use* it.
2. Our *work* is the presentation of our capabilities.
3. The man who has no imagination has no wings.
4. *Whatever* is begun in anger ends in *shame*.
5. If you do not ask, you do not get.
6. Apparently there is nothing that cannot *happen* today.
7. Our character is basically a composite of *our* habits.
8. The ladder of success is never crowded at the top.
9. Everything that irritates us about others can lead us to an understanding of our selves.
10. Always continue the climb. It is possible for you to *do* whatever you choose.

SONU BALA (ROLL NO. 1942)

हिन्दी विभाग

कार्य प्रभारित - आरती कपूर

सम्पादिका की कलम से

प्रिय छात्राओ

एक और सत्र आया और चला गया। प्रत्येक वर्ष हमें कुछ देकर जाता है। कुछ और परिपक्वता कुछ और सहनशीलता, कुछ

और नये विचार। और हम बेहतर होते हुए बड़े होते जाते हैं। परिवर्तन आवश्यक है। रुकना तो सड़ान्ध है जैसे जल रुक जाए बहना

छोड़ दे तो कीचड़ हो जाता है, वैसे ही व्यक्तित्व का विकास और व्यवहार की सतत् परिवर्तनशीलता आवश्यक है।

प्रिय छात्राओं, शिक्षा केवल डिग्री या नौकरी का ही माध्यम नहीं वरन् शिक्षण संस्थान व्यक्तित्व विकास का भी केन्द्र होते हैं जहां विद्यार्थियों को तराशा जाता है, हर कसौटी पर। उन्हें न केवल ज्ञान के भंडार का मार्ग दिखाया जाता है वरन् मर्यादित व

अनुशासित जीवन की बागडोर भी थमाई जाती है। मनुष्य और पशु में यही अन्तर है कि मनुष्य सामाजिक प्राणी है और समाज शिष्टाचारण वाले व्यक्तियों को ही आदर देता है।

शिष्टाचार सद्व्यवहार की सबसे बड़ी कुंजी है। शिष्ट और मर्यादित आचरण न केवल दूसरे को सुख व प्रसन्नता देता है वरन् स्वयं की आत्मा को भी शीतलता प्रदान करता है क्योंकि जैसा बोओगे वैसा ही काटोगे। इस लिए शिष्टाचारण को अपनाते हुए सदैव आगे की ओर बढ़ना चाहिए।

शुभकामनाएँ

हिन्दी प्राध्यापिका

आरती कपूर

मात-पिता

मुझे इस दुनिया में लाया , मुझे बोलना चलना सिखाया ओ मात - पिता तुम्हें वन्दन मैंने किस्मत से तुम्हें पाया।

.मैं जब से जग में आया बने तब से शीतल छाया, कभी सहलाया गोदी में कभी कन्धों पे बिठाया ,मेरे सर पर हाथ रख कर बस प्यार ही प्यार लुटाया ओ मात-पिता तुम्हें वन्दन मैंने किस्मत से तुम्हें पाया।।

.मैं उठा कर सर चल पाऊं इस लायक तूने किया है कहीं हाथ नहीं फैलाऊं मुझे तूने इतना दिया है , मुझे जग की रीत सिखाई मुझे धर्म का पाठ पढ़ाया

.ओ मात-पिता तुम्हें वन्दन मैंने किस्मत से तुम्हें पाया।।।

.मां-बाप की आंखों से मैं आंसू बन के ना गिरुंगां,मां- बाप का दिल जो दुखा दे मैं ऐसा कुछ ना करूंगा,....,

.मां-बाप के रूप में मैंने भगवान को जैसे पाया,,

ओ मात-पिता तुम्हें वन्दन मैंने किस्मत से तुम्हें पाया।।।।

नाजिया चुघ

रोल नंबर-1850

मन के हारे हार है, मन के जीते जीत

मन ही मन को जानता,मन की मन से प्रीत

मन ही मनमानी करे,मनही मन का मीत

मन झूमे,मन बावरा,मन की अद्भुत रीत

मन के हारे हार है,मन के जीते जीत ।।।

सुनीता रानी

रोल नंबर-1871

कोशिश कर



कोशिश कर, हल निकलेगा।
आज नही तो, कल निकलेगा।
अर्जन के तीर सा सध,
मरूस्थले से भी जल निकलेगा।।
मेहनत कर, पौधो को पानी दे.
बंजर जमीन से भी फल निकलेगा।
ताकत जुटा, हिम्मत को आग दे,
फौलाद का भी बल निकलेगा।
जिन्दा रख, दिल में उम्मीदों को,
गरन के समन्दर से भी गंगाजल निकलेगा।
कोशिशें जारी रख कुछ कर गुजरने की,
जो है आज थमा थमा सा, चल निकलेगा।।

सीमा

रोल नंबर (1968)

बिकता बाज़ार

दुनिया के इस बाजार में हर फंकार

बिकता है,

पेट के लिए हर मजदूर देनदार

बिकता है।

इस गुलिस्तान के किस हंस पर करूँ

भरोसा,

ईमान के हर चबूतरे पर यहाँ गद्दार

बिकता है।

हमें बाँटने वालों को दोस्त कहूँ या

दुश्मन आज,

जब हर मज़हब का रोज़ ही ठेकेदार

बिकता है।

किस कलम की जुबान को सच मानूँ

में यहाँ,

जहाँ अखबार के साथ-साथ पत्रकार

बिकता है।

उस मुलक में क्या खाक इज्जत

होगी औरत की,

मज़बूरी में जहाँ जिस्म का बाज़ार

बिकता है।

दहशत में जीने का तो सपना न था

हमारा यहाँ,

जहाँ जुर्म के हाथों हर बेरोज़गार

बिकता है।

किस-किस की सलामती की दुआ

मांगेंगे जनाब,

जब सौ बीमारी के लिए एक अनार

बिकता है।

रोटी से ही सच्ची हो चुकी ज़िन्दगी

इस जमाने में,

तभी इस बाज़ार में ज़हर बार-बार

बिकता है।

कविता रानी रोल नंबर-1836

मेरी माँ

इस दुनिया में सबसे आसान और अनमोल शब्द है - माँ। माँ दुनिया का एकमात्र ऐसा शब्द है, जिसे किसी परिभाषा की जरूरत नहीं, क्योंकि यह शब्द नहीं, एहसास है। माँ प्रेम, त्याग और सेवा की मूर्ती है। सचमुच, माँ ईश्वर का प्रतिरूप है।

शिमला रानी

रोल नंबर-1837

सकारात्मक सोच

एक बुढ़िया सड़क की रोशनी में रात को कुछ ढूँढ़ रही थी। किसी ने पूछ लिया, दादी, क्या खोज रही हो? बुढ़िया ने कहा, सूई। उसने पूछा- यहीं गुमी थी क्या? बोली, नहीं, गुमी तो मेरी अंधेरी झोपड़ी में थी। उसने पूछा, फिर यहाँ क्यों खोज रही हो? बोली, यहाँ रोशनी

है ना। हम भी शान्ति को दुनिया की भौतिक चकाचौंध, शोर, महफ़िल, खाना, बजाना, वैभव, पदार्थ आदि में खोजते हैं पर वहाँ वह गुमी नहीं तो मिले कैसे? वह तो अन्दर गुमी है, वहीं अनुभव कीजिए।

पूजा रानी रोल नंबर-1864



हिन्दी भाषा

प्रकृती की पहली ध्वनी ॐ है
मेरी हिन्दी भाषा भी,इसी ॐ की देन
है।
देवनागरी लिपि है इसकी, देवो की
कलम से उपजी
बांगला,गुजराती,भोजपूरी डोगरी,पंजाबी
और कई
हिन्दी ही है इन सब की जननी ।
प्रकृती की हर इक चीज़ अपने में
सम्पूर्ण है
मेरी हिन्दी भाषा भी अपने में
सम्पूर्ण है।
जो बोलते हैं वही लिखते हैं,
मन के भाव सही उभरते हैं।
हिन्दी भाषा ही तुम्हे,प्रकृती के समीप
ले जाएगी,
की शुद्धि तन की शुद्धि, सहायक
यह बन जाएगा
कुछ हवा चली है ऐसी यहाँ
कहते है इस मातृभाषा को बदल
डालो ।
बदल सको क्या तुम अपनी माता को
?

मातृभाषा का क्यों बदलाव करो ।
देवो की भाषा का क्यों तुम तिरस्कार
करो।
बदल सको तो तुम अपनी सोच को
बदल डालो
हर इक भाषा का तुम दिल से
सम्मान करो
हिन्द की जड़ो पर आओ हम गर्व
करें
हिन्दी भाषा पर आओ हम गर्व करें।

गुरप्रीत कौर

रोल नंबर-1813

अ आ इ ई उ ऊ
ए ऐ ओ औ अं अः
क ख ग घ ङ
च छ ज झ ञ
ट ठ ड ढ ण
त थ द ध न
प फ ब भ म
य र ल व श
ष स ह ळ
क्ष त्र ज्ञ श्र

वक्त ही नहीं

हर खुशी है लोगों के दामन में,
पर एक हँसी के लिए वक्त ही नहीं।
दिन रात दौड़ती दुनिया में जिन्दगी के लिए
वक्त ही नहीं।
माँ की लोरी का एहसास तो है,
पर माँ को माँ कहने का वक्त ही नहीं।
सारे रिश्तों को तो मार चुके हैं हम,
लेकिन अब उन्हें दफनाने का वक्त ही नहीं।
सारे दोस्तों के नंबर मोबाइल में है,
लेकिन हमारे पास दोस्ती निभाने के लिए
वक्त ही नहीं।
गैरों की क्या बात करें जब अपनों के लिए
ही वक्त ही नहीं।
पैसों की दौड़ में ऐसे दौड़े हम कि थकने का
भी वक्त ही नहीं।
तू ही बता ऐ जिन्दगी, इस जिन्दगी का क्या
होगा? कि हर पल मरने वालों को जीने के
लिए भी वक्त ही नहीं।



मीनू बाला

रोल नंबर-1843

क्लासमॉनीटर

जोकलास में बने मॉनीटर,
कोरीशान दिखाते हैं।
आताजाता कुछ भी नहीं,
पर हम पर रोब जमाते हैं।
जब क्लास में टीचर नहीं,
तो खुद टीचर बन जाते हैं।
कॉपी पेंसिल लेकर,
बस नाम लिखने लग जाते हैं।
खुद तो हमेशा बातें करें
हमें चुप करवाते हैं।
अपनी तो बस गलती माफ़,
हमें बलि चढ़ाते हैं।
क्लास तो संभाल पाते नहीं,
बस चीखते और चिल्लाते हैं।
भगवान बचाए इन मॉनीटर से
इन्हें हम नहीं चाहते हैं।

राज कुमार

रोल नंबर-1820

DEPARTMENT OF PUNJABI

INCHARGE: MS. KULDEEP KAUR

ਸੰਪਾਦਕੀ

ਹਰੇਕ ਮਨੁੱਖ ਆਪਣੀ ਨਿਵੇਕਲੀ ਸੋਚ ਦਾ ਧਾਰਨੀ ਹੁੰਦਾ ਹੈ ਉਹ ਆਪਣੀ ਸਮਰੱਥਾ ਅਨੁਸਾਰ ਦੂਸਰਿਆਂ ਨੂੰ ਪ੍ਰਭਾਵਿਤ ਕਰਦਾ ਹੈ ਅਤੇ ਉਨ੍ਹਾਂ ਤੋਂ ਪ੍ਰਭਾਵਿਤ ਹੁੰਦਾ ਹੈ। ਪਰ ਉਸਦਾ ਨਿਵੇਕਲਾ ਨਜ਼ਰੀਆ ਨਿਰੰਤਰ ਕਾਇਮ ਰਹਿੰਦਾ ਹੈ। ਸਾਹਿਤ ਮਨੁੱਖੀ ਸੋਚ ਨੂੰ ਪ੍ਰਭਾਵਿਤ ਕਰਨ ਦਾ ਉੱਤਮ ਜ਼ਰੀਆ ਹੈ। ਇਹ ਸਮਾਜ ਵਿਚਲੇ ਸੁਹਜਾਂ ਨੂੰ ਲਗਾਤਾਰ ਉਘਾੜਦਾ ਹੈ। ਜਿਹੜਾ ਕਿਸੇ ਤਬਦੀਲੀ ਦਾ ਕਾਰਨ ਬਣ ਸਕਦਾ ਹੈ। ਪਰ ਅਜੋਕੇ ਸਮੇਂ ਵਿਚ ਪੁਸਤਕਾਂ ਪੜ੍ਹਨ ਦੇ ਰੁਝਾਨ ਦਾ ਘਟਣਾ ਸੱਚਮੁਚ ਚਿੰਤਾਜਨਕ ਹੈ। ਕੇਵਲ ਪਾਠਕ੍ਰਮ ਵਿਚ ਪੜ੍ਹਾਈਆਂ ਜਾਂਦੀਆਂ ਪੁਸਤਕਾਂ ਨੂੰ ਰਟੀ ਜਾਣਾ ਜਿੱਥੇ ਨੌਜਵਾਨ ਪੀੜੀ ਲਈ ਨੁਕਸਾਨਦਾਇਕ ਹੈ ਉੱਥੇ ਇਹ ਅਨੇਕਾਂ ਸਮਾਜ ਬੁਰਾਈਆਂ ਦੇ ਉਤਪੰਨ ਹੋਣ ਦਾ ਕਾਰਨ ਬਣਦਾ ਹੈ। ਅਸਲ ਵਿਚ ਪੁਸਤਕਾਂ ਪੜ੍ਹਨ ਦਾ ਸ਼ੌਕ ਵਿਦਿਆਰਥੀਆਂ ਵਿਚ ਆਰੰਭ ਤੋਂ ਹੀ ਪੈਦਾ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਕਿਉਂਕਿ ਉਹੀ ਮਨੁੱਖ ਨੂੰ ਉਸਦੀਆਂ ਸਮਾਜ ਪ੍ਰਤੀ ਜ਼ਿੰਮੇਵਾਰੀਆਂ ਬਾਰੇ ਸੁਚੇਤ ਕਰਦੀਆਂ ਹਨ ਅਤੇ ਸਾਹਿਤ ਸਿਰਜਣਾ ਕਰਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕਰਦੀਆਂ ਹਨ। ਜਿੰਨੀ ਵਧੇਰੇ ਸਾਹਿਤ ਸਿਰਜਣਾ ਹੋਵੇਗੀ, ਸਮਾਜਿਕ ਬੁਰਾਈਆਂ ਨੂੰ ਦੂਰ ਕਰਨ ਦਾ ਹੱਲ ਨਿਕਲਣ ਵਿਚ ਸਹਾਇਤਾ ਹੋਵੇਗੀ। ਮੈਗਜ਼ੀਨ ਵਿਚ ਸ਼ਾਮਿਲ ਰਚਨਾਵਾਂ ਜਿੱਥੇ ਆਪਣੇ ਰਚਨਹਾਰਿਆਂ ਦੇ ਦਿਲਾਂ ਦੀ ਤਰਜਮਾਨੀ ਕਰਦੀਆਂ ਹਨ। ਉੱਥੇ ਸਾਰੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਵੀ ਆਪਣੀ ਪ੍ਰਤਿਭਾ ਉਘਾੜਨ ਲਈ ਉਕਸਾਉਂਦੀਆਂ ਹਨ। ਉਮੀਦ ਕਰਦੇ ਹਾਂ ਕਿ ਆਉਣ ਵਾਲੇ ਸਮੇਂ ਵਿਚ ਇਸ ਮੈਗਜ਼ੀਨ 'ਦਿਸ਼ਾ' ਰਾਹੀਂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਪਣੀ ਕਲਾ ਨਿਖਾਰਨ ਦਾ ਅਵਸਰ ਪ੍ਰਾਪਤ ਹੋਵੇਗਾ।

ਕੁਲਦੀਪ ਕੌਰ

ਅਧਿਆਪਕ ਸੰਪਾਦਕ

ਸੱਚ

ਜਿੰਦਗੀ ਲੰਮੀ ਨਹੀ ਹੁੰਦੀ ਬਹੁਤੀ,
ਦੁੱਖ ਲੱਗ ਜਾਵੇ ਤਾਂ ਲੰਮੀ ਲੱਗਦੀ ਏ,
ਇਹ ਦੁਨੀਆ ਮੈਕਾ ਭਾਲੇ ਲੁੱਟਣ ਦਾ,
ਮੈਕਾ ਮਿਲਦਿਆਂ ਹੀ ਠੱਗਦੀ ਏ,
ਗੁੱਡੀ ਚੜ੍ਹੇ ਅੰਬਰੀ ਤਾਂ ਖੁਸ਼ੀ ਮਿਲਦੀ,
ਬਾਕੀ ਦੁਨੀਆਂ ਅੰਦਰੇ ਅੰਦਰੀ ਸੜਦੀ ਏ,
ਬਹੁਤ ਖੁਸ਼-ਨਸੀਬ ਹੁੰਦੇ ਨੇ ਉਹ ਮਾਪੇ,
ਜਿਹਨਾਂ ਦੀ ਐਲਾਦ ਰੋਕਣ ਤੇ ਖੜਦੀ ਏ,
ਮਾਂ ਦਾ ਦੁੱਧ ਬੱਚੇ ਲਈ ਹੋਵੇ ਅਮਿਤ ਵਰਗਾ,
ਮਾਂ ਦੇ ਹੱਥ ਦੀ ਰੋਟੀ ਨਾਲ ਹੀ ਭੁੱਖ ਭੱਜਦੀ ਏ,
ਜਿਸ ਘਰ ਵਿੱਚ ਨਾ ਹੋਵੇ ਸੁੱਖ-ਸ਼ਾਂਤੀ,
ਉਹਦੇ ਅੱਗੇ ਕੁੱਲੀ ਵੀ ਵੱਡੀ ਲੱਗਦੀ ਹੈ,
ਫੁੱਲ ਖਿੜਿਆ ਤਾਂ ਲੱਗੇ ਬਹੁਤ ਸੋਹਣਾ,
ਟੁੱਟ ਜਾਵੇ ਤਾਂ ਪਲਾਂ ਵਿੱਚ ਸੁੱਕ ਜਾਦਾਂ
ਮੂੰਹੇ ਮਿੱਠਾ ਜਦੋਂ ਦੱਸੇ ਅਸਲੀ ਚਿਹਰਾ,
ਜਣਾ-ਖਣਾ ਵੀ ਉਹਦੇ ਤੇ ਥੱਕ ਜਾਂਦਾ,
ਬੰਦਿਆ ਮਾਣ ਨਾ ਕਰੀ ਮਿੱਟੀ ਦੇ ਸਰੀਰ ਦਾ,
ਇਹਦਾ ਸਫਰ ਸਮਸ਼ਾਨ ਤੇ ਜਾਕੇ ਮੁੱਕ ਜਾਂਦਾ!

ਮੇਨਿਕਾ

ਰੋਲ ਨੰਬਰ-1877

ਪਿਤਾ

ਭਾਵੇਂ ਪਿਤਾ ਲੋਰੀ ਨਹੀਂ ਸੁਣਾਉਂਦਾ
ਮਾ ਵਾਂਗ ਹੰਝੂ ਨਹੀਂ ਵਹਾਉਂਦਾ
ਪਰ ਦਿਨ ਭਰ ਦੀ ਥਕਾਨ ਨਾਲ ਵੀ
ਰਾਤ ਦਾ ਪਹਿਰਾ ਬਣ ਜਾਂਦਾ ਹੈ
ਫਿਰ ਜਦੋਂ ਨਿਕਲਦਾ ਹੈ ਸਵੇਰੇ ਸਵੇਰ
ਤਿਨਕਇਆ ਦੀ ਖੋਜ ਚ
ਕਿਸੇ ਦੇ ਖਿਡੌਣੇ, ਕਿਸੇ ਦੀਆਂ ਕਿਤਾਬਾਂ
ਕਿਸੇ ਦੀ ਮਿਠਾਈ, ਕਿਸੇ ਦੀ ਦਵਾਈ
ਪ੍ਰਵਾਜ਼ ਤੇ ਰਹਿੰਦਾ ਹੈ ਹਰ ਇਕ ਦੀ ਅੱਖ ਦਾ ਸੁਪਨਾ
'ਦਸਓ' ਭੱਲਾ ਸਾਰੀ ਉਮਰ ਪਿਤਾ ਕਦੋਂ ਰੋਇਆ ਖੁਦ
ਲਈ ਅਪਣਾ.....



ਸੁਰਜੀਤ

ਰੋਲ ਨੰਬਰ-1895

ਅਜ਼ਾਦੀ.... ਕਿਸ ਤਰ੍ਹਾਂ? -

ਮੈਂ ਹੁਣ ਅਕਸਰ ਹੀ
ਉੱਭੜਵਾਹੇ ਉੱਠਦਾ ਹਾਂ,
ਇਸ ਤੋਂ ਪਲ ਭਰ ਪਹਿਲਾਂ
ਚਲੀ ਗਈ ਹੁੰਦੀ ਏ,
ਮੈਂ ਤੇਰੇ ਤੋਂ ਵੱਖ ਤਾਂ ਨਹੀਂ ਹੋਣਾ,
ਫਿਰ ਇਸ ਤਰ੍ਹਾਂ ਉੱਠਦਾ ਕਿਉਂ ਹਾਂ ?
ਕਿਤੇ ਹੁਣ ਮਾਰਨ ਦੀ ਸਾਜਿਸ਼ ਤਾਂ ਨਹੀਂ
ਜਿਵੇਂ ਉੱਠਣ ਵਾਲੇ ਵੱਢ ਦਿੱਤੇ ਜਾਂਦੇ ਰਹੇ ਨੇ....



ਮੰਜੀਤ ਸਿੰਘ

ਰੋਲ ਨੰਬਰ-1902

ਕੁੜੀਆਂ

ਆਟੇ ਦੀਆਂ ਚਿੜੀਆਂ ਬਣਕੇ ਜੇ ਰਹਿਣਗੀਆਂ ਕੁੜੀਆਂ।

ਇਸੇ ਤਰ੍ਹਾਂ ਫਿਰ ਦੁੱਖ ਸਹਿਣਗੀਆਂ ਕੁੜੀਆਂ।

ਅੱਜ ਆਪਣਾ ਹੀ ਸਾਇਆ ਬਣਿਆ ਫਰੇਬੀ ਏ।

ਭੇੜੀਏ ਤੋਂ ਬਚਣ ਲਈ ਕਿਥੇ ਜਾਣਗੀਆਂ ਕੁੜੀਆਂ।

ਅਜਲਾਂ ਤੋਂ ਹੀ ਇਹ ਰੀਤ ਚਲੀ ਆਉਂਦੀ ਏ।

ਹੋਰ ਕਦੋਂ ਤੱਕ ਮਰਦਾਂ ਦਾ ਸਹਾਰਾ ਲੈਣਗੀਆਂ ਕੁੜੀਆਂ।

ਭਰੂਣ ਹੱਤਿਆ ਵੀ ਨਿੱਤ ਕਰਦੇ ਨੇ ਲੋਕੀ।

ਪਰ ਕੰਜਕਾਂ ਦਾ ਢੋਂਗ ਬਣਾ ਕੇ ਪੂਜੀਆਂ ਜਾਣਗੀਆਂ
ਕੁੜੀਆਂ।

ਇਹ ਚਿੜੀਆਂ ਨੂੰ ਬਾਜਾਂ ਸੰਗ ਲੜਨਾ ਹੀ ਪੈਣਾ।

ਹੋਣ ਬੁਲੰਦ ਹੋਸਲੇ ਕਦੇ ਨਾ ਢਹਿਣਗੀਆਂ ਕੁੜੀਆਂ।

ਝਾਂਸੀ ਦੀ ਰਾਣੀ ਜਦ ਬਣਨਗੀਆਂ ਕੁੜੀਆਂ।

ਟੁਕੜੇ ਦੁਸ਼ਮਣਾਂ ਦੇ ਉਦੇ ਕਰਨਗੀਆਂ ਕੁੜੀਆਂ

‘ਭੂਪੀ’ਫਿਰ ਨਾ ਬਿਨ ਆਈ ਮੌਤ ਕਦੇ

ਮਰਨਗੀਆਂ ਕੁੜੀਆਂ ॥

ਭੁਪਿੰਦਰ ਕੌਰ

ਰੋਲ ਨੰਬਰ-1807



ਗੁੱਸਾ

ਗੁੱਸਾ ਮਨੁੱਖ ਦੀ ਸਿਹਤ ਨੂੰ ਘੁਣ ਵਾਗੂੰ ਖਾ ਜਾਂਦਾ ਹੈ ।

ਇਸ ਦਾ ਅਰਥ ਹੈ ਕਿ ਜਦੋਂ ਅਸੀਂ ਗੁੱਸੇ ਵਿੱਚ ਹੁੰਦੇ ਹਾਂ ਤਾਂ
ਅਸੀਂ ਬਿਨਾਂ ਸੋਚੇ ਸਮਝੇ ਹੀ ਬੋਲ ਦਿੰਦੇ ਹਾਂ । ਉਸ ਸਮੇਂ ਸਾਡਾ

ਦਿਮਾਗ ਸਾਡੇ ਵੱਸ ਤੋਂ ਬਾਹਰ ਹੋ ਜਾਂਦਾ ਹੈ ਅਤੇ ਗੁੱਸੇ ਅਸੀਂ
ਕੁੱਝ ਅਜਿਹਾ ਕਹਿ ਦਿੰਦੇ ਹਾਂ ਜਿਸ ਤੋਂ ਸਾਨੂੰ ਬਾਅਦ ਵਿੱਚ

ਪਛਤਾਉਣਾ ਪੈਂਦਾ ਹੈ । ਇਸ ਲਈ ਸਾਨੂੰ ਕਦੀ ਵੀ ਗੁੱਸਾ ਨਹੀਂ
ਕਰਨਾ ਚਾਹੀਦਾ ।

ਸੁਮਨ ਰਾਣੀ

ਰੋਲ ਨੰਬਰ-1914

ਮਾਂ



ਮੈਨੂੰ ਮਿਲਿਆ ਨਾ ਮਾਏ
ਤੇਰੀ ਗੋਦੀ ਜਿਹਾ ਸੁੱਖ ਨੀ
ਮੈਂ ਜਿੰਨੀ ਵਾਰ ਮੁੜਾਂ ਮੈਨੂੰ ਮਿਲੇ
ਤੇਰੀ ਹੀ ਕੁੱਖ ਮਾਏ

ਮੇਰੀ ਮਾਂ ਹੈ ਸਭ ਤੋਂ ਨਿਆਰੀ
ਦੁਨੀਆਂ ਵਿੱਚੋਂ ਲੱਗਦੀ ਪਿਆਰੀ,
ਮੈਨੂੰ ਰੋਜ਼ ਸਮਝਾਉਂਦੀ ਹੈ।
ਚੰਗੇ ਗੁਣ ਸਿਖਾਉਂਦੀ ਹੈ।
ਮਾਂ ਬਿਨ ਇੱਕ ਪਲ ਨਹੀਂ ਸਰਦਾ।
ਤੱਕ-ਤੱਕ ਕੇ ਮਨ ਨਹੀਂ ਭਰਦਾ।
ਰੱਬ ਜਿਹਨਾਂ ਦੀਆਂ ਮਾਵਾਂ ਖੋਹ ਲੈਂਦਾ।
ਉਹਨਾਂ ਤੇ ਬੜਾ ਜ਼ੁਲਮ ਹੈ ਢਹਿੰਦਾ।
ਮਾਂ ਬਿਨ ਦੁਨੀਆਂ ਸੁੰਨੀ ਜਾਪੇ।
ਰੱਬਾ ਨਾ ਖੋਹਵੀਂ ਕਿਸੇ ਦੇ ਮਾਪੇ।

ਸੋਨੀਆ ਰਾਣੀ

ਰੋਲ ਨੰਬਰ-1824

ਧੀਆਂ

ਰੱਬ ਦੀ ਬਖਸ਼ੀ ਦਾਤ ਨੇ ਧੀਆਂ,
ਜੱਗ ਦੇ ਲਈ ਸੈਗਾਤ ਨੇ ਧੀਆਂ।
ਧੀਆਂ ਘਰ ਦਾ ਰੋਣਕ ਮੇਲਾ ,
ਬਿਨ ਧੀਆਂ ਘਰ ਲੱਗੇ ਤਬੇਲਾ।
ਜ਼ਿੰਦਗੀ ਦੀ ਪ੍ਰਭਾਤ ਨੇ ਧੀਆਂ,
ਰੱਬ ਦੀ ਬਖਸ਼ੀ ਦਾਤ ਨੇ ਧੀਆਂ ।
ਧੀਆਂ ਦੀ ਜੋ ਕਦਰ ਨਾ ਕਰਦੇ,
ਡਾਢੇ ਦੁੱਖ ਜ਼ਿੰਦਗੀ ਦੇ ਜ਼ਰਦੇ।
ਰੱਬ ਦੀ ਦੂਜੀ ਜਾਤ ਨੇ ਧੀਆਂ,
ਰੱਬ ਦੀ ਬਖਸ਼ੀ ਦਾਤ ਨੇ ਧੀਆਂ।
ਕੁਦਰਤ ਦਾ ਹੈ ਇਹ ਸਰਮਾਇਆ,
ਆਦਮ ਇਹਨੂੰ ਮਾਰ ਮੁਕਾਇਆ।
ਪਰ ਆਦਮ ਦੀ ਮਾਤ ਨੇ ਧੀਆਂ,
ਰੱਬ ਦੀ ਬਖਸ਼ੀ ਦਾਤ ਨੇ ਧੀਆਂ।
ਜੱਗ ਦੇ ਲਈ ਸੈਗਾਤ ਨੇ ਧੀਆਂ।

ਮਮਤਾ ਰਾਣੀ

ਰੋਲ ਨੰਬਰ-1889

DEPARTMENT OF SCIENCE

INCHARGE: MS. VANIKA NAGPAL

STAFF EDITORIAL

Dear Students,

Over the years we have used this medium i.e. Disha to share knowledge in the field of science.

It is interesting to note how science is finding application in fields like-Crime investigation, Hybrid vehicles, Anti-ageing formulations etc.

Science is omnipresent. Whether it is the human body, the environment around us or the man made machines. To make life simpler-knowledge of science is important, not only to understand the functioning but for efficient use and maintenance too.

Hope this issue will update our knowledge on the subject and trigger thoughts on its application.

Good luck and happy reading.



Ms Vanika Nagpal

Vice principal

Assistant Professor

Guru Ram Dass B.Ed. college, Jalalabad (w)

INTERESTING FACTS ABOUT PLANTS

- =Ginko Biloba is one of the oldest living fossil. It dates back to 250 million years.**
- =Brazil is Named after a tree "Brazilwood".**
- = Rice paper is not made from rice, but from a small tree which grows in Taiwan.**
- =Caffeine serves the function of pesticide in a coffee plant.**
- =There is a flower called "Scarlet Pimpernel" that can forecast the weather. If the flower is dead
up, rain is coming and if it is opened up, the day will be sunny. It is also called the poor mais
weatherglass."**
- = Apple pips or seeds contain cyanide. There once was a man who really liked the taste of
apple pips, so he saved up a cupful of them and ate them in one go, and promptly died of
cyanide poisoning**
- =Chocolate is potentially lethal to a dog because cocoa beans contains theobromine which
can poison the poor bastard. Chocolate effects a dogs heart and nervous system, a few
ounces enough to kill
a small sized dog.**
- = The liquid inside young coconuts can be used as substitute for blood plasma.**
- =Pears ripen from the inside out, and according to a survey on the lifestyle channel, men
prefer hard pears while women prefer soft pears.**
- =Ketchup actually began in Thailand. There it was labelled "Kachiap". In 1830's ketchup was
sold as medicine.**
- =Peanuts are one of the ingredients in dynamite.**
- = Honey is the only food that does not spoil**
- =Bannas help overcome depression due to high levels of tryptophan, which is converted to
serotonin-the Happy-mood brain Neurotransmitter.**

SONAM RANI

ROLL NO. 1919

SCIENCE - THAT BRINGS NEW ERA

"Soul changer In field of Education.

Nature and in critical Era.

I can't even imagine our life without science".

Science brings a drastic change in our life. It has changed everything, weather it is at our home or the entire world. In the field of Medical, in the battle field, education, and other fields it brings so much improvements.

It provides eyes to blind, ears to deaf, tongue to dumb and enables a Lamb to walk.

In earlier times a message took months and months to be delivered but Now it is delivered with just a single click.

In battle field the equipments like atom bombs, Nuclear bombs, guns have been started to be used instead of swords, arrows etc. which can finish countries of countries in a single time ...

Today, Due to science the medicines of Incur able diseases are also available. Due to which our life has become easier ...

Thus I salute to my ancestors who

have spent their life without

Equipment of science so hardly

and Also I salute the science which

has made our life so easy & smooth.

RAKESH KUMAR

ROLL NO. 1947

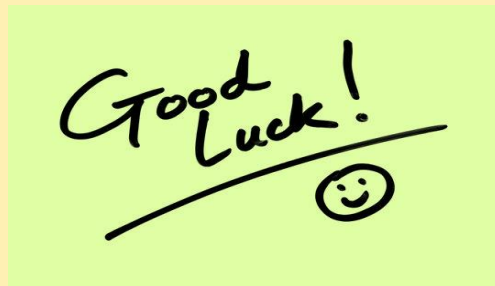
DEPARTMENT OF MATHEMATICS

INCHARGE: MS. NEHA SACHDEVA

The world has witnessed a drastic change in the recent past. Only, education can make anyone capable of achieving vertices heights and pave the way for their progress.

It is indeed a happy moment for our Mathematics Department as the students have successfully brought out the next edition of our college magazine "DISHA" for the year 2015-16. The most important aspect we could derive from this stupendous effort is that it brings out the various technical and analytical skills of the MATHEMATICIANS. I wish them all the very best for releasing more such magazine inn future.

GOOD LUCK !



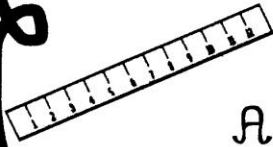
THANKS

NEHA SACHDEVA

Assistant Professor

Math About Me

Numbers, numbers all around.
Everywhere they can be found.



Numbers tell how old I am.
And how many people in my fam.

How much I weigh and just how tall.
Where I live, and that's not all!

Numbers are a part of me.
money, time, and history.



When to wake up and when to eat.
What size shoes to buy for my feet.



How much money something costs.
A number to call if my dog gets lost.

I don't know where I would be.
If numbers weren't a part of me!

POOJA

ROLL NO. 1979

CALCULATIONS

Calculations running through my head.

The probability of making it.

Reaching for the wall.

Extending towards the infinity.

The variables I can't control Swarming exponentially .

Trying to divide them Faster than they multiply.

Equally exhausting, But the solution is there Waiting to be proven.

ALISHA (ROLL NO. 1875)

THE COUNTDOWN

The crowds are multiplying by the day

As the countdown lessens, the excitement increases

Customers are calculating their next purchase

Discounts subtract dollars from prices and bring smiles to people's faces

Integrating into the sums of people as they leave each store

Music plays in the distance.

The timeline reaches the 25th

Stacks of presents add up

As if reaching infinity

Perfectly proportioned and wrapped nicely

Only to be ripped open in a matter of seconds

The tree is lit with numerous lights wrapped in a circular motion

The holiday is here

The happiness on everyone's faces is clearly defined.

SHILPA (ROLL NO. 1839)

DEPARTMENT OF SOCIAL SCIENCE

INCHARGE: MS. RICHU JOSAN

Dear Readers,

Youth is the most valuable human resource of every country on whom the present and future of the country depends. A number of problems like child labour, domestic violence, drug addiction, honour crimes, female foeticide, hunger, poverty, corruption, illiteracy, unemployment etc. still prevail in Indian society. All this necessitates that the youth should realise their responsibilities. The population of India has crossed the one billion mark. The economic progress of the country has been multifaceted. Although the government has initiated various programs. Now it becomes the responsibility of the youth to further the government effort. It is also suggested that youth should not become pawns in the hands of politicians. They should participate in the process of decision making. The interaction of the educated youth with the illiterate folk in villages and slums would help to remove many social evils and contribute to the uplift of society.

It is also the responsibility of the youth not to be a burden on society; they should be self-dependent. From this point of view self-sufficiency itself is a kind of service. The youth should use their spare time in service of others. Man is as much self-dependent as interdependent; no one can live in isolation. When dependence becomes more society in a good order it is no longer dependence, but mutual cooperation.

Joe E Lewis said, "you are young only once, and if you work it right, once is enough".



Best Wishes!

Happy Reading!

Richu Josan

Assistant professor

My Philosophy

I cannot count the number of times I've been told not to be too nice to people because it will hurt me. After giving this much thought, my response is simple. When I'm too nice because I have a hidden purpose, others have the right to hurt me, because people are not made to be used but to be loved and respected. When I'm nice for the sake of actually caring about others, and living by my values, then no matter what others' responses are, they can't hurt me. I tell myself that I am being kind to the world, not specific people. Be content with yourself and always smile. If the world smiles back, that's great. If it doesn't, then that's great too, because despite the harshness around you, you are still able to stick to your beliefs, values, and character with a genuine smile.

PAWAN KUMAR

ROLL NO. 1970

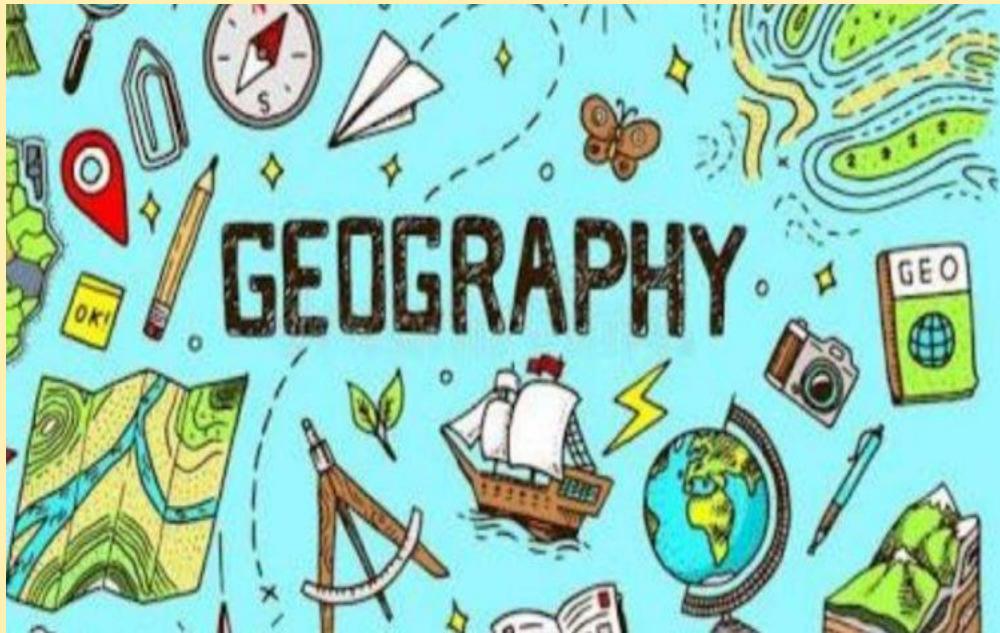
WHAT IS SOCIAL SCIENCE.....

Social science virtually
abhors the event. Not without
reason; the short-term is the
most capricious and deceptive
form of time.

USHA RANI

ROLL NO. 1930

CONNECTIN WITH SPACE AND PLACE



Geography is the study of places and the relationships between people and their environments. Geographers explore both the physical properties of Earth's surface and the human societies spread across it. ... Geography seeks to understand where things are found, why they are there, and how they develop and change over time. The term "geography" comes to us from the ancient Greeks, who needed a word to describe the writings and maps that were helping them make sense of the world in which they lived. In Greek, geo means "earth" and -graphy means "to write." Using geography, Greeks developed an understanding of where their homeland was located in relation to other places, what their own and other places were like, and how people and environments were distributed. These concerns have been central to geography ever since.

AANCHAL RANI

ROLL NO. 1890

DEPARTMENT OF PHYSICAL EDUCATION

INCHARGE: Mr. ASHISH KUMAR

Dear Students

Health is reason for exercise not for sports sure but a great side effect of sports is exercise. Exercise improves cardio-vascular fitness and control your weight, more importantly being active in sports can help you look good.

- Athletic Activity reduces body fat and strengthens bones and builds muscles.
- Athletic Activity improves co-ordination, balance, flexibility and endurance.
- Athletic Activity slows the aging process.
- Athletic Activity reduces the risk of injury and helps you recover fast and get you smart.
- Learn how to set and attain goals.
- Improve self-esteem through success/failure, learn time management skills.

It is a fact that students who play sports work hard in the classroom and get social.



Ashish kumar

Assistant professor

Guru Ram Dass B.Ed. College

EXERCISE

Exercise is easy, exercise is fun,
Exercise is great for everyone,
Run, jog, walk, run or skip,
Make sure you do at least a little bit.
Increase your exercise day by day,
Keep at it and you will find a way,
To be healthy, to be aware,
Exercise keeps you healthy,
Exercise takes care,
Exercise brings benefits,
Many benefits that are free,
Remember with exercise,
You can live long and carefree,
Free of all ailments, free of cholesterol,
Free from all aches and pains,
Be healthy and stand tall,
Get up from your couch,
And switch off the TV,
Put away your games and your PSP's,
Run out, play and celebrate,
The benefits of exercise,
To be healthy and safe

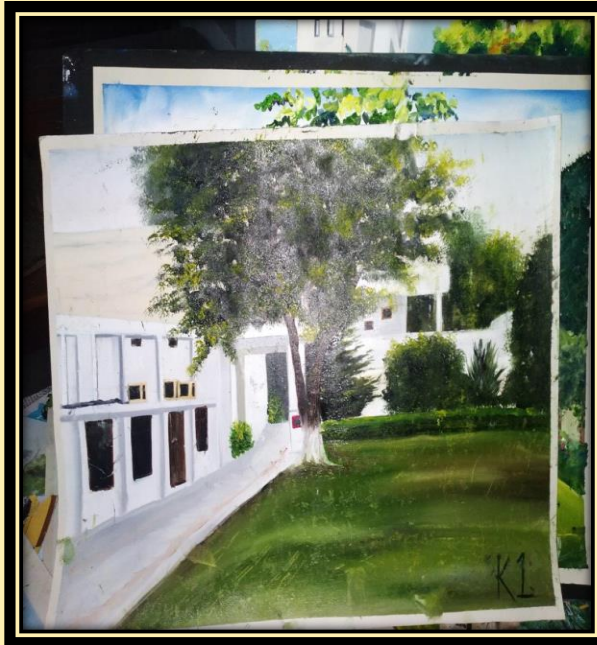
DALER SINGH (ROLL NO. 1858)



DEPARTMENT OF FINE ARTS

INCHARGE: Mr. BALWINDER KUMAR







**GURU RAMDASS B.Ed. COLLEGE
JALALABAD(w)**