

FIRST EDITION



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CHIEF KHALSA DIWAN ALUMNI MAGAZINE

Celebrating Legacy Inspiring Futures



INSIDE THIS ISSUE



VISION and MISSION



ADOPTION



ARTICLES



HUB CORNER



FORTHCOMING



Vision

To build a perpetual, inclusive global community of alumni and students, uniting the wisdom of the past with the potential of the future so that no deserving student is held back by circumstance and every generation drives lasting pride, prestige, and positive societal impact, to foster mentorship, collaboration and opportunities that empower individuals to excel and give back.

Mission

Our mission is to mobilise the collective spirit, resources and networks of our alumni from the pioneers to the newest ones to:

1. Offer financial and resource-based assistance to ensure no student is left behind due to economic barriers.
2. Leverage our network to deliver high-impact mentorship, dedicated jobs, internships, and industry connections, giving students a decisive head start.
3. Foster an eternal ecosystem of professional growth, shared duty and 'giving back' where connections transcend social gatherings to create meaningful impact for generations to come.

Welcome to the First Edition: A New Chapter Begins

Dear Alumni,

It feels surreal to write this message as we launch the very first digital edition of our Alumni Society's magazine. Starting from an idea to rekindle the bond of our association to a vibrant magazine that can be read anywhere in the world is a remarkable achievement indeed!

This magazine is all yours! It's your place to revive nostalgic memories and forge ahead with new momentum. This platform brings the essence of our past and the pride of our present together. In the upcoming issues, there will be stories of innovation, cooperation, small wins and huge milestones, authored by our alumni, for our alumni.

We bring out this issue not only to remember the good old times but to move towards the future with boldness and courage. Regardless of whether you are a last year alumna or decades ago, your story is a crucial chapter in our collective history. Here's an opportunity for you to share your experiences, remain open to learning and remind yourself that you are always a CKDian. Thank you for being part of this new venture from day one. Browse through, cherish some memories, be motivated by many others and do give us your feedback. We'd really appreciate knowing what you think. Cheers to new beginnings and old bonds.

– Dr. Prabhjot Kaur (Editor, CKD Alumini Society Magazine)

First Milestone

Educate to Empower



Members of CKD Alumni Society handing over the letter of adoption to Dr. Inderbir Singh Nijjar (President ckdc)

Amritsar, March 22, 2026: The Chief Khalsa Diwan Alumni Society marked the beginning of its activities with a meaningful initiative aimed at supporting education. The society has taken responsibility for paying the complete school fees of five deserving and economically weaker students studying in CKD schools. In this regard, members of the Alumni Society, led by President S. Prabhjit Singh, formally presented an official letter to CKD President Dr Inderbir Singh Nijjar at the CKD head office. Speaking on the occasion, Alumni President and General Secretary S. Sagarjit Singh Kataria described the initiative as the first step in a larger mission. They shared that plans are underway to extend further support to needy students, including assistance with books, uniforms, career guidance, and other essential facilities to ensure uninterrupted academic progress. Appreciating the effort, Dr Nijjar stated that the alumni have truly upheld the spirit of serving their alma mater. He emphasised that such initiatives reflect both emotional commitment and social responsibility, and assured full support and cooperation for future endeavours.

Members of both 'CKDCS' and the 'CKD Alumni Society' were present on the occasion.

REMEMBERING ALMA MATER



Back in the halls of SGHP School,
Where laughter echoed, bright and full,
Chalk dust danced in golden rays,
We lived our simple, shining days.

The morning bell, a hurried race,
Half-tied shoes, a smiling face,
Friends who shared both dreams and fears,
Moments stitched through tender years.

Wooden desks with stories carved,
Of restless hearts and minds that starved
for freedom when the clock struck three,
yet cried when parting came to be.

Playground battles, ਜਿੱਤ ਹਾਰ,
Dreaming we'd go oh so far,
From whispered jokes in silent class,
To promises that time surpassed.

Teachers' words, both strict and kind,
Left quiet imprints on the mind,
Lessons more than books could say,
Still guide our wandering hearts today.

Now time has pulled those days away,
Like fading gold at end of day,
But deep within, they softly stay—
Our SGHP School... our yesterday

– **Prof. Surinder Kaur**
(Class of 1982)

Between Structure and the Unknown

"Eventually, that slow rhythm starts to change how you think even when you aren't riding."

Life usually feels like it's split into two worlds—the one where everything is planned and the one where nothing is. In the classroom, things are sharp and precise. I don't just teach pharmacology as a list of drug names; I see it as a way to understand how we survive and adapt to things. Every lecture is about trying to make something really complicated feel simple without losing the point. Research is the same way—it's a lot of waiting, being skeptical, and realizing that what we "know" today might change tomorrow.

But then there is the road, which is the total opposite. When I'm riding through the Himalayas—places like Ladakh or Spiti—you quickly realize you aren't in control. The weather doesn't care about your plans, and the roads aren't always there. You stop worrying about "getting there" and just start reacting to whatever is happening right in front of you. On a bike or a car in high altitudes, you have to focus on the basics: balance, endurance, and timing.

You can't be aggressive; you just have to be steady. Eventually, that slow rhythm starts to change how you think even when you aren't riding.

These two parts of life—the structure of medical school and the chaos of travel—actually help each other.

One gives me control, and the other reminds me that control is mostly an illusion anyway.

Away from the job and the travel, there's a quieter side of things that just keeps me grounded. It's not about doing big things, it's just about being consistent. I use digital spaces to organize my thoughts and what I've learned, not to show off, but just to keep a record of what matters.

In the end, whether I'm in a lecture hall or on a mountain pass, I'm just looking for depth. The road is a teacher that doesn't give you answers, it just strips away your assumptions and makes you adapt. I've stopped worrying about "arriving" at some big goal. It's more about the steady progress and how everything I learn and experience fits together. It's a slow kind of clarity, but it's the kind that actually lasts.

– **Harsimrat Singh Waraich**
(Class of 1989)



One Universal Family

Belonging to the same source of energy, we are all very much connected at our core. The differences arise from our varying perceptions, attitudes, outlook towards life, and the belief systems that we have been raised with!

But that apart, in our hearts we are very much the same, though the head may think differently, guided by different feelings, moods and thoughts!

The heart knows only one pure emotion, undiluted and universal, and that is 'Love For Each Other' as one universal family, we are all connected to the same supreme energy at the source!

We must experience at the end of each day, the inner joy of having helped colour another's world with good deeds, kind words and reach out with a compassionate and forgiving heart!

Enjoy the peace and quietude of a beautiful day, every day!

– **S. Sagarjit Singh Kataria** (Class of 1992)

Trans Fat: A Hidden Health Risk



In today's fast-paced world of convenience foods and mass production, one ingredient has quietly entered our diets—trans fat. Often unnoticed and poorly understood, it has become a major concern for health experts worldwide.

Trans fats are a type of unsaturated fat that has been chemically altered through hydrogenation, a process that turns liquid oils into semi-solid fats. This improves shelf life and texture, making trans fats widely used in processed and baked foods. From pastries and biscuits to fried snacks and margarine, trans fats were once valued for enhancing taste and durability. However, their impact on health has proven harmful.

Studies show that trans fats raise “bad” cholesterol (LDL) and lower “good” cholesterol (HDL), significantly increasing the risk of heart disease and stroke. Even small amounts consumed regularly can have serious long-term effects.

A key concern is that trans fats are often hidden in foods under names like “partially hydrogenated oils,” making them difficult to identify. While regulations have reduced their use in many places, they still exist in certain packaged and fried foods.

Awareness is now growing, and many food manufacturers are shifting toward healthier alternatives. For consumers, simple steps like reading labels, avoiding highly processed foods, and choosing fresh meals can help reduce intake.

In conclusion, though small in quantity, trans fat has a significant impact on health. Making informed food choices is essential for a healthier future.

– **S. Arundeeep Singh (Class of 1993)**

UNDERSTANDING YOUR SKIN IN SUMMER

Skin is a living, flexible and the largest organ of the human body, covering the entire body surface area. It makes up 15% to 16% of total body weight and covers 1.5 to 2 square meters of average area in adults. Taking care of it is very important, not just for looking good but also for staying healthy. Skin performs very important functions:

- Protection
- Sensation
- Temperature regulation
- Excretion
- Vitamin D synthesis
- Immune defence
- Storage



Skin acts as a continuous outer covering that protects against injury, germs, chemicals, and harmful sunlight. It has nerve endings that help us feel pain, touch, heat, and cold. It acts as a thermoregulator and controls body temperature by sweating and controlling blood flow. It removes waste products like salt and urea through sweat. Skin helps in the formation of Vitamin D when exposed to sunlight and acts as a storehouse of fat, water, and essential nutrients.

Summer is a fun season filled with sunshine and holidays. While we enjoy sunshine and holidays after cold winters, our skin faces problems like tanning, sunburn, sweating, rashes, and infections. The first and most important step is to stay hydrated with plenty of water and fresh juices. This helps your body to stay cool and skin fresh. Keeping your skin clean during summer is essential, as sweating, dust, and heat can lead to various skin infections and rashes. Washing your face twice, according to your skin type, is important, so one should not indulge in purchasing unnecessary online products.

Protection from the sun is equally important to protect yourself from tanning and sunburn. Avoid going out in peak sun hours from 11 am to 3 pm, or wear a cap, hat, or take an umbrella, apart from wearing sunscreen of a minimum 30 SPF ‘20 - 30 minutes’ before stepping out in the sun, and reapply every 2 to 3 hours depending on your outdoor activities. Wearing the right clothes is very important to protect from fungal and bacterial infections and prickly heat. So, loose, light-colored cotton clothes are preferred, as they allow our skin to breathe and keep us cool. It's important to avoid oily, heavy moisturisers, as they can clog skin pores and lead to acne and infections. Lastly, do not forget the importance of good sleep and hygiene, as a well-rested body reflects on the face, making your skin naturally healthy and bright.

Lastly, summer skin care is simple if we follow a few healthy habits like drinking water, eating healthy, staying clean, and protecting from the sun. Remember to take care of your skin today; it will thank you tomorrow.

– **Dr. Jyotika Kalra (Class of 1986)**

MATA BHAG KAUR (Mai Bhago Ji)

When the battle of Muktsar reached a crucial stage, a few Sikhs, exhausted by hunger and the hardships of war, momentarily lost courage, disowned Sri Guru Gobind Singh ji, and returned to their homes. Mai Bhago ji strongly rebuked and inspired them, rekindling their spirit to stand and fight for their Guru. Moved by her words, those Sikhs returned to the battlefield of Muktsar, fought bravely, and sacrificed their lives for Guru ji, earning the eternal honor of being known as the "Chali Muktas." Mai Bhago ji herself fought alongside them with great valor and was the sole survivor of the battle of Muktsar. When Sri Guru Gobind Singh ji later moved from Punjab to Nanded, Mai Bhago ji accompanied Guru ji.



When Sri Guru Gobind Singh ji departed for his heavenly abode, he visited the prison of Satara Fort 'situated near Poona' on his way. There, two landlords, namely Rustam Rao and Bala Rao, were imprisoned. Guru ji secured their release and instructed them to go to Nanded and narrate the entire incident to the grieving Sikh Sangat, so that they could renew their faith, knowing that the Guru is always present with them.

At Nanded, Jathedar Santokh Singh, upon the request of Rustam Rao and Bala Rao Jagirdar, sent them to Janwada under the protection of Mai Bhago ji 'General'. While staying at Janwada, at the residence of Rustam Rao and Bala Rao, Mata Bhago ji, with utmost sincerity and dedication, spread and upheld the message of Sikhism.

Therefore, she is remembered for her distinguished role as a General and a devoted propagator of Sikhism. As a mark of deep respect to Mai Bhago ji, a Gurdwara Sahib stands at Janwada, located about 10 kms from Bidar.

– Sandeep Randhawa (Class of 1992)

ਸਿੱਖ ਕੌਮ ਦੇ ਵਿਸਰੇ ਹੀਰੇ-ਭਾਈ ਬਾਘ ਸਿੰਘ ਅਤੇ ਭਾਈ ਹਾਠੂ ਸਿੰਘ



ਸਿੱਖ ਕੌਮ ਦੀ ਫੁਲਵਾੜੀ ਸ਼ਹੀਦਾਂ ਰੂਪੀ ਫੁੱਲਾਂ ਨਾਲ ਸਜੀ ਹੋਈ ਹੈ। ਸਿੱਖ ਇਤਿਹਾਸ ਦਾ ਹਰ ਪੰਨਾ ਲਾਸਾਨੀ ਕੁਰਬਾਨੀਆਂ ਨਾਲ ਭਰਿਆ ਹੋਇਆ ਹੈ, ਪਰ ਕੁਝ ਅਜਿਹੇ ਅਣਗੌਲੇ ਸ਼ਹੀਦ ਹਨ ਜਿਨ੍ਹਾਂ ਦੇ ਅਕਹਿ ਤੇ ਅਸਹਿ ਕਿੱਸੇ ਅੱਜ ਦੀ ਪਨੀਰੀ ਤੱਕ ਨਹੀਂ ਪਹੁੰਚੇ। ਇਸ ਫੁਲਵਾੜੀ ਦੇ ਦੋ ਚੋਣਵੇਂ ਫੁੱਲ—ਭਾਈ ਬਾਘ ਸਿੰਘ ਅਤੇ ਭਾਈ ਹਾਠੂ ਸਿੰਘ—ਦੀ ਕੁਰਬਾਨੀ ਸੰਗਤਾਂ ਨਾਲ ਸਾਂਝੀ ਕਰਨ ਦਾ ਇਹ ਨਿਮਾਣਾ ਉਪਰਾਲਾ ਹੈ।



1761 ਦੀ ਤੀਜੀ ਪਾਨੀਪਤ ਦੀ ਜੰਗ ਤੋਂ ਬਾਅਦ ਅਹਿਮਦ ਸ਼ਾਹ ਅਬਦਾਲੀ ਪੰਜਾਬ ਰਾਹੀਂ ਕਾਬੁਲ ਵਾਪਸ ਜਾ ਰਿਹਾ ਸੀ। ਸਿੰਘਾਂ ਨੇ ਗੁਰਿਲਾ ਹਮਲਿਆਂ ਰਾਹੀਂ ਉਸਦਾ ਵਿਰੋਧ ਕੀਤਾ, ਮਜ਼ਲੂਮ ਔਰਤਾਂ ਤੇ ਬੱਚਿਆਂ ਨੂੰ ਛੁਡਾਇਆ ਅਤੇ ਖਜਾਨਾ ਵੀ ਵਾਪਸ ਲਿਆ। ਇਸ ਦੌਰਾਨ ਭਾਈ ਬਾਘ ਸਿੰਘ ਅਤੇ ਭਾਈ ਹਾਠੂ ਸਿੰਘ ਅਬਦਾਲੀ ਨੂੰ ਮਾਰਨ ਦੇ ਇਰਾਦੇ ਨਾਲ ਆਏ ਪਰ ਫੜੇ ਗਏ ਅਤੇ ਜੰਜੀਰਾਂ ਵਿੱਚ ਬੰਨ੍ਹ ਕੇ ਉਸਦੇ ਸਾਹਮਣੇ ਪੇਸ਼ ਕੀਤੇ ਗਏ।

ਅਬਦਾਲੀ ਨੇ ਉਹਨਾਂ ਦੀ ਪਰਖ ਲਈ ਭਾਈ ਬਾਘ ਸਿੰਘ ਨੂੰ ਦੋ ਭਿਆਨਕ ਸ਼ੇਰਾਂ ਨਾਲ ਲੜਨ ਦਾ ਹੁਕਮ ਦਿੱਤਾ। ਉਹ ਨਿਹੱਥੇ ਸਨ, ਪਰ ਦਸਤਾਰ ਵਿੱਚੋਂ ਬਾਘਨਖ ਕੱਢ ਕੇ ਪਹਿਲੇ ਸ਼ੇਰ ਨੂੰ ਜਖਮੀ ਕੀਤਾ। ਦੂਜੇ ਸ਼ੇਰ ਨੇ ਹਮਲਾ ਕੀਤਾ ਤਾਂ ਸਸਤਰ ਡਿੱਗ ਗਿਆ। ਇਸ ਤੋਂ ਉਹਨਾਂ ਨੇ ਨਿਹੱਥੇ ਹੀ ਸ਼ੇਰ ਦੇ ਮੂੰਹ ਵਿੱਚ ਬਾਂਹ ਪਾ ਕੇ ਉਸਦੀ ਜੁਬਾਨ ਖਿੱਚ ਲਈ ਅਤੇ ਸੰਗਲ ਨਾਲ ਉਸਦਾ ਸਾਹ ਘੁੱਟ ਦਿੱਤਾ। ਦੋਵੇਂ ਸ਼ੇਰ ਮਰ ਗਏ, ਪਰ ਭਾਈ ਬਾਘ ਸਿੰਘ ਵੀ ਗੰਭੀਰ ਜਖਮਾਂ ਕਾਰਨ ਸ਼ਹੀਦ ਹੋ ਗਏ। ਅਬਦਾਲੀ ਇਹ ਦੇਖ ਕੇ ਹੈਰਾਨ ਰਹਿ ਗਿਆ।

ਭਾਈ ਹਾਠੂ ਸਿੰਘ ਨੇ ਫਿਰ ਅਬਦਾਲੀ ਨੂੰ ਚੁਣੌਤੀ ਦਿੱਤੀ। ਪਹਿਲਾਂ ਹਾਥੀ ਉਹਨਾਂ ਦੀ ਗਰਜ ਨਾਲ ਹੀ ਡਰ ਗਿਆ। ਫਿਰ ਇੱਕ ਮਸਤ ਹਾਥੀ ਲਿਆਂਦਾ ਗਿਆ, ਜਿਸਦੀ ਸੁੰਡ ਨਾਲ ਜਮਦਾੜ ਬੰਨ੍ਹਿਆ ਗਿਆ ਸੀ। ਭਾਈ ਹਾਠੂ ਸਿੰਘ ਦੇ ਹੱਥ ਵਿੱਚ ਸਿਰਫ਼ ਖੁੰਡੀ ਤਲਵਾਰ ਸੀ। ਹਾਥੀ ਨੇ ਜਦ ਹਮਲਾ ਕੀਤਾ, ਉਹਨਾਂ ਨੇ ਫੁਰਤੀ ਨਾਲ ਵਾਰ ਕਰਕੇ ਉਸਦੀ ਸੁੰਡ ਅਤੇ ਪੈਰ ਵੱਢ ਦਿੱਤਾ ਅਤੇ ਦੂਜੇ ਵਾਰ ਨਾਲ ਉਸਨੂੰ ਮਾਰ ਦਿੱਤਾ। ਇਹ ਵੇਖ ਕੇ ਅਬਦਾਲੀ ਹੈਰਾਨ ਤੇ ਪਰੇਸ਼ਾਨ ਹੋ ਗਿਆ।

ਅਬਦਾਲੀ ਨੇ ਉਹਨਾਂ ਦੀ ਬਹਾਦਰੀ ਤੋਂ ਪ੍ਰਭਾਵਿਤ ਹੋ ਕੇ ਆਪਣੇ ਲਸ਼ਕਰ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਣ ਦਾ ਨਿਯੋਜ਼ਾ ਦਿੱਤਾ, ਪਰ ਭਾਈ ਹਾਠੂ ਸਿੰਘ ਨੇ ਸਾਫ਼ ਇਨਕਾਰ ਕਰ ਦਿੱਤਾ ਕਿ ਕੋਈ ਵੀ ਤਾਕਤ ਸਿਦਕਵਾਨ ਸਿੰਘਾਂ ਨੂੰ ਖਰੀਦ ਨਹੀਂ ਸਕਦੀ। ਇਸ ਉਪਰੰਤ ਅਬਦਾਲੀ ਨੇ ਕਠੋਰ ਸਜ਼ਾ ਦਾ ਹੁਕਮ ਦਿੱਤਾ ਅਤੇ ਉਹਨਾਂ ਨੂੰ ਦੋ ਹਾਥੀਆਂ ਨਾਲ ਬੰਨ੍ਹ ਕੇ ਸਰੀਰ ਦੇ ਦੋ ਫਾੜ ਕਰ ਦਿੱਤੇ ਗਏ। ਇਸ ਤਰ੍ਹਾਂ ਉਹ ਵੀ ਸ਼ਹੀਦੀ ਜਾਮ ਪੀ ਗਏ।

ਇਹ ਦੋਵੇਂ ਸਿੰਘ ਆਪਣੀ ਲਾਸਾਨੀ ਸ਼ਹਾਦਤ ਨਾਲ ਸਿੱਖ ਇਤਿਹਾਸ ਦੇ ਚਾਨਣ ਮੁਨਾਰੇ ਬਣ ਗਏ। ਉਹਨਾਂ ਦੀ ਬਹਾਦਰੀ, ਸਿਦਕ ਅਤੇ ਕੁਰਬਾਨੀ ਅੱਜ ਵੀ ਸਿੱਖੀ ਦਾ ਮਾਣ ਵਧਾਉਂਦੀ ਹੈ। ਇਹ ਬਿਰਤਾਂਤ ਵੱਖ-ਵੱਖ ਸਰੋਤਾਂ ਤੋਂ ਲਿਆ ਗਿਆ ਹੈ, ਜਿਸ ਦੇ ਲਫਜ਼ ਪੂਰੀ ਤਰ੍ਹਾਂ ਸਟੀਕ ਨਾ ਵੀ ਹੋਣ, ਪਰ ਭਾਵ ਅਰਥ ਬਿਲਕੁਲ ਸਹੀ ਹੈ।

ਉਮੀਦ ਹੈ ਕਿ ਇਹ ਲੇਖ ਨਵੀਂ ਪੀੜ੍ਹੀ ਵਿੱਚ ਸਿੱਖੀ ਦੇ ਸਿਦਕ, ਹਿੰਮਤ ਅਤੇ ਸੁਰਮਗਤੀ ਦਾ ਜਜ਼ਬਾ ਪ੍ਰਫਲਿਤ ਕਰੇਗਾ ਅਤੇ ਉਹਨਾਂ ਨੂੰ ਆਪਣੇ ਮਹਾਨ ਇਤਿਹਾਸ ਨਾਲ ਜੋੜੇਗਾ।

– S. Prabhjot Singh Sethi (Class of 1988)



Our Upcoming Events

Box Cricket Match

Visit to CKD Schools

Next Alumni Meet

Seminars

CHIEF KHALSA DIWAN ALUMNI SOCIETY

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