

ਰਜਿ: ਨੰ: 1147/2002

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ॥

## ਸਤਿਨਾਮੁ ਸਰਬ ਕਲਿਆਣ ਟਰੱਸਟ (ਰਜਿ:)

ਆਫਿਸ: ਫਲੈਟ ਨੰ 204 ਬਲਾਕ ਆਈ ਸੈਕਟਰ 117 ਵੈਲਿੰਗਟਨ ਹਾਈਟਸ ਟੀ.ਡੀ.ਆਈ ਐਸ.ਏ.ਐਸ ਨਗਰ ਮੋਹਾਲੀ  
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20-01-2023

ਗੁਰੂ ਮੇਰੇ ਸੰਗਿ ਸਦਾ ਹੈ ਨਾਲੇ ॥ ਸਿਮਰਿ ਸਿਮਰਿ ਤਿਸੁ ਸਦਾ ਸਮਾਲੇ ॥ ਇਸ ਪੰਗਤੀ ਤੇ 10 ਲਾਈਨਾਂ ਵਿਚ ਆਪਣੇ ਵਿਚਾਰ ਲਿਖੋ।

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ਵਿਦਿਆਰਥੀ ਦਾ ਨਾਂ ਤੇ ਹਸਤਾਖਰ

ਨੋਟ : ਇਸ ਪੰਨੇ ਤੇ ਵਿਦਿਆਰਥੀ ਆਪਣਾ ਨਾਂ ਲਿਖ ਕੇ ਹਸਤਾਖਰ ਜ਼ਰੂਰ ਕਰਨ।

## DISCIPLINE

Discipline means systematic training in obedience, to regulations and authority. It is the state of improved behavior, training or conditions imposed for the improvement of physical powers, self control or order in all walks of life. Lots of studies focus on physical and mental discipline. Following points are given for your consideration:

1. There has to be a strong discipline in one's behavior and actions, either through self motivation or through teaching and punishment. First and foremost rule of discipline is obey your parents, seniors and masters. It addresses interpersonal behavior and communication.
2. Discipline needs systematic training that corrects moulds or perfects the mental faculties or moral character. Discipline does not kill freedom but trains to control oneself and teaches good manner.
3. It needs control by enforcing obedience or order or pattern of behavior. No home society or nation can be peaceful without discipline.
4. Discipline is a way of life. It is being governed by rules and regulations inherited, adopted learnt from parents, teachers, society or organization where one works.
5. Sikh way of life starts discipline from birth and it has to be accepted and practiced as per teachings of Sikh Gurus and Guru Granth Sahib.

**ਰਹਿਣੀ ਰਹੈ ਸੇਈ ਸਿਖ ਮੇਰਾ।।**

6. Self discipline refers to the ability to control ones feelings, weaknesses and behavior in different situations. It is needed for the success of life. It is equally necessary whether we are in school, office, and playground or at home.
7. Nowhere is discipline more necessary than in the army, police or para military forces. They have to obey the commands in great danger of death.

Discipline is everywhere in nature as well as in world's creations. Our life, our society, our country or even two worlds will go astray without discipline. Even small indiscipline in the world nature leads to chaos. So discipline builds character, strength, sense of cooperation and it has to be learnt from homes, schools and society.