

*If you are working on something that you really care about, you don't have to be pushed. The vision pulls you.*

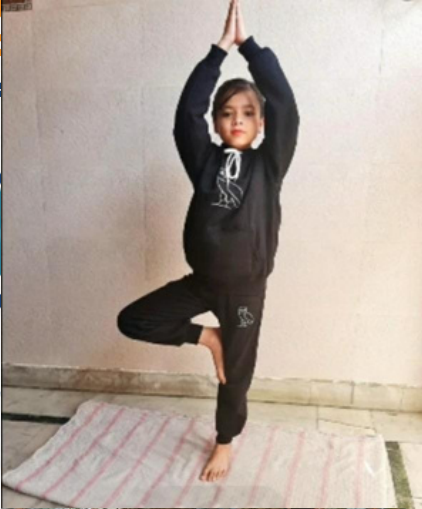
## Dr. BML Munjal's Centennial Celebration with Inspiring Cycle Rally



**Pedaling for a cause, cycling for a change**



# International Yoga Day



**Connect with your inner self and find your balance**

*Breathe,  
stretch, relax  
and repeat*



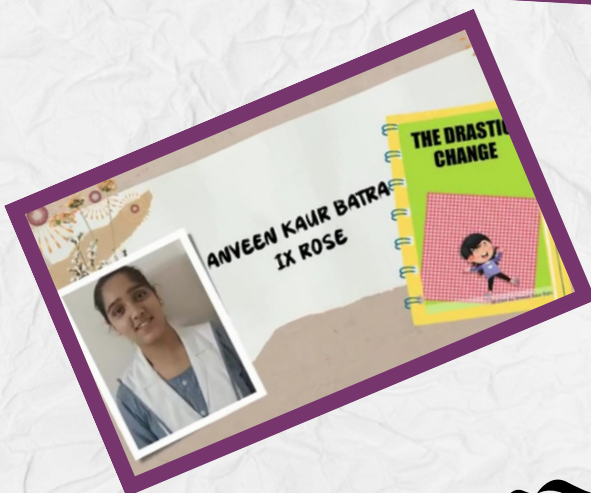
# Salad Making Activity



*Inculcating healthy food habits and awareness regarding the choice of food*



# Bribooks carve BCMites into Young Authors with Infinite Imagination



# Endeavour



## **Google Meet Session with Former UN Security Council President**

Senior students of BCM School, Dugri participated in an insightful Google Meet Session with Mr. Kishore Mahbubani, former President of the UN Security Council & a distinguished diplomat and geopolitical consultant on July 9, 2024. The event, organized by Ludhiana Management Association, focused on the topic "India's Destiny: To Join the East or the West?" and was moderated by Mr. Dinesh Kumar, a renowned geopolitical journalist. Mr. Mahbubani shared his extensive knowledge on India's strategic positioning between Eastern and Western spheres of influence, emphasizing the importance of maintaining balanced international relations. He discussed economic opportunities and geopolitical challenges, providing students with a comprehensive understanding of India's role on the global stage. The session was a valuable learning experience, leaving a lasting impact on all attendees.

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## **Inspiring the next generation of Leaders**

In an interactive session, the School Principal, Dr. Vandna Shahi, engaged with the school's Middle Wing Future Leaders, providing them with invaluable guidance. Dr. Shahi emphasized the importance of self-awareness and maintaining focus on their goals. She highlighted the necessity of developing strong communication skills, underpinned by confidence, as essential traits for effective leadership. Dr. Shahi also stressed the significance of staying informed about global events by reading newspapers regularly. She encouraged students to be aware of the world around them, fostering a well-rounded perspective. Her insights aimed at preparing the students to be 21st-century - ready leaders, capable of navigating the complexities of a dynamic world.

The session was highly impactful, inspiring and motivating the young leaders to excel in their endeavors. Her words set a clear path for them, ensuring their meaningful contribution to society.



# Endeavour

## **Inter House Vedic Declamation at BCM Dugri**

Bringing together the brilliance of ancient Indian scriptures and the dynamism of oratory skills, an Inter House Vedic Declamation was organised at BCM School, Dugri in collaboration with Ved Prachar Mandal. Mr. Roshan Lal (State General Secretary, Ved Prachar Mandal) graced the occasion with his august presence. It aimed to celebrate the profound wisdom and timeless beauty of Vedic literature. The competition showcased the art of persuasive speaking where the participants enthusiastically expatiated their views on various Vedic texts like Parmatma Ka Nijnam Om, Vasudav Kutumbukum, Jeewan Mein Sanskaron ka Mahatva, Swami Dayanand Saraswati etc. The winners were awarded by Mr Roshan Lal , State General Secretary Ved Prachar Mandal and Dr. Vandna Shahi, Principal of the school. They Congratulated all the participants and motivated the BCMites to follow the values described in Vedas. The results are as follows:

<b><i>Student Name</i></b>	<b><i>House Name</i></b>	<b><i>Position</i></b>
<b><i>Anushka</i></b>	<b><i>Shalimar</i></b>	<b><i>I</i></b>
<b><i>Pratishtha</i></b>	<b><i>Kohinoor</i></b>	<b><i>II</i></b>
<b><i>Osheen</i></b>	<b><i>Pukhraj</i></b>	<b><i>III</i></b>



# Parents' Corner

## Raising Emotionally Intelligent Children

As parents, we want our children to succeed in life, but academic achievement is only half the story. Emotional intelligence (EI) is the ability to recognize and manage emotions, empathize with others, and build strong relationships. EI is a vital skill for our children's well-being, social success, and future careers.

Here are some tips to help you raise emotionally intelligent children:

- Recognize and validate emotions
- Teach emotional vocabulary
- Encourage empathy and understanding
- Model healthy emotional expression
- Practice active listening
- Encourage self-awareness and self-regulation

By teaching your child emotional intelligence, you can help them:

- Develop better relationships
- Manage stress and anxiety
- Improve academic performance
- Enhance problem-solving skills
- Become more resilient and confident

Remember, emotional intelligence is not an innate trait, but a skill that can be developed with practice, patience, and support. By prioritizing EI, you can give your child a lifelong gift that will benefit them in countless ways.

Sumanpreet Kaur

M/o Parneet Kaur ( XII Com. A)

## प्रमुख तथ्य

\*स्टैच्यू ऑफ यूनिटी दुनिया की सबसे ऊँची मूर्ति है। स्टैच्यू ऑफ यूनिटी गुजरात के केवडिया के पास स्थित है। यह स्टैच्यू 182 मीटर (597 फीट) ऊँची है। स्टैच्यू ऑफ यूनिटी भारत के पहले उप प्रधानमंत्री और भारत के लौह पुरुष कहे जाने वाले सरदार वल्लभभाई पटेल की प्रतिमा है।

\*एग्रीकल्चर लीडरशिप अवार्ड 2024 में नागालैंड राज्य को बागवानी में सर्वश्रेष्ठ राज्य के खिताब से सम्मानित किया गया है।

\*भारतीय पुरुष क्रिकेट टीम का मुख्य कोच गौतम गंभीर को नियुक्त किया गया है।

\*हर साल 15 जुलाई को विश्व युवा कौशल दिवस (World Youth Skills Day ) मनाया जाता है।

\*वृक्षारोपण जन अभियान 2024 के तहत ' मित्र वन' अभियान उत्तर प्रदेश राज्य द्वारा शुरू किया गया है।



# Teachers' Corner

## The Power of Punctuality and Regularity: Unlocking Success

### The Power of Punctuality and Regularity: Unlocking Success

Punctuality and regularity are essential life skills that can benefit students in many ways, from academic success to personal growth and professional development. By instilling these habits early on, students can set themselves up for a lifetime of achievement and excellence. As you strive for excellence in your academic journey, remember that punctuality and regularity are essential keys to unlocking your full potential.

Being on time and attending classes regularly demonstrates respect for yourself, your peers, and your education. It also develops valuable habits that will benefit you throughout your life. Consider the example of Thomas Edison, who credited his success to his punctuality and regular work ethic. He believed that "punctuality is the soul of business." By arriving on time and working diligently, Edison revolutionized the world with his inventions.

Similarly, the ancient Greek philosopher Aristotle emphasized the importance of regularity in his teachings. He believed that "we are what we repeatedly do. Excellence, then, is not an act, but a habit." By being punctual and regular, you can:

- Develop a strong work ethic and sense of responsibility
- Improve your academic performance and achievement
- Build trust and respect with your teachers and peers
- Enhance your time management and organizational skills
- Set yourself up for success in all aspects of life

Remember, punctuality and regularity are habits that can be developed with practice and dedication. Make them a priority, and you will unlock the doors to excellence and achievement.

Shveta Chitkara  
PGT Commerce





# Appreciation to our Budding Writers

## *Tips to make exam stress free*

Exams are one of the most essential part of any student's academic life. Exams test a scholar's knowledge on a particular subject or group of subjects. Different exams have different ways of assessing students, but there is one common characteristic every exam shares, regardless of the age of the students: stress. Every student has faced and continues to experience exam-related stress. Factors such as unrealistic parental expectations, high competition, fear of negative image among relatives and family, limited subject and career options, unhelpful teacher behavior, and other educators contribute significantly to student stress. Since the sole goal of students is to score high marks and a perfect percentage, the true objective of exams - to enable students to apply their knowledge and understanding of learned topics - is often overlooked. To make exams a stress-free experience for students, measures can be taken. Government and school awareness drives can be effective. Efficient study methods and time management techniques can be discussed with students, as many are unsure how and when to study effectively, leading to exam stress. Creating support and study groups with educators and students can be helpful, providing emotional and mental support. Shifting the focus from scoring high marks to understanding and applying knowledge during exams can reduce pressure on students. Parents should be encouraged to create a conducive and motivating environment at home during exams, discouraging stress and discouragement. Finally, exams should prioritize understanding and application of knowledge over high marks. In conclusion, making exams stress-free requires a holistic approach that encompasses curriculum redesign and promotion of student well-being.



Jasleen Kaur Grewal  
VIII Rose

## ***How to be the main character of your life***

Being the main character of your life means being in charge of making choices that are true to yourself. You are the writer of your life, and you have the power to shape it into your desired lifestyle. Next time you want to fade into the shadows and let someone else give you stage directions, take a deep breath and remember that you have the final say in how your story will play out.

The first step to embodying major main character energy is to live with purpose. As the main character of your life, living intentionally means putting into practice the priorities you already think you have. Know what you want and don't be afraid to seek it out.

While learning to be the main character of your life, you need to set boundaries. You know what you want and what's important to you, and you need to be okay with removing things and relationships that hold you back to maintain those boundaries. Don't be afraid to insist on being treated well. If someone cannot support you in your journey or is unwilling to respect the boundaries you've set for your life, it may be time to walk away.

Knowing how to be the main character doesn't only involve thinking about what you want; it means knowing what you love to do and getting excited about it.

Jasnoor Kaur  
XII COMM A

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## **Students' Achievements**



**"You don't have to be great to start, but you have to start to be great." - Zig Ziglar**



Jasjot Singh ( VII Daisy) received an appreciation certificate for securing *first position* in 'Mehkde Alfaaz Sahit Sabha' organized by Bhasha Vibhag Patiala on June 29,2024.





# Career Insight

**Paleontologists are geoscientists (or earth scientists) who specialize in studying the history of life on Earth through the fossil record. Their job involves searching for fossils, collecting samples, taking them back to a laboratory, and then cleaning, studying, and storing fossils. They can work for a wide range of employers, including museums, colleges and universities, gas and mining companies, and government agencies. Some even serve as consultants for TV and movie productions.**

## **How to Become a Paleontologist?**

**You can start by passing Class 12 with Physics, Chemistry, Maths, or Biology. Apart from having a good grip on Maths and Physics, you also need to take up Science as a subject in your graduation course. You can begin by applying for a Bachelor's degree in the field of Biology. Geology, Biology, Geography, and Environmental Sciences are the core areas of focus for Paleontologists.**

## **Institutions Offering Paleontologist Courses in India:**

- Jadavpur University**
- Presidency University**
- Delhi University**
- IISER Kolkata**
- Banaras Hindu University**



# Exploration



Takht Sri Damdama Sahib:

ਗੁਰੂ ਕੀ ਕਾਸ਼ੀ' ਦਾ ਵਰਦਾਨ

ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਇੱਥੇ ਇੱਕ ਸਾਲ ਦੇ ਕਰੀਬ ਰਹੇ ਅਤੇ ਇਹ ਸਮਾਂ ਉਨ੍ਹਾਂ ਦਾ ਧਰਮ ਪ੍ਰਚਾਰ ਅਤੇ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦਾ ਰਚਨਕਾਲ ਸੀ। ਇਸ ਸਥਾਨ ਉਪਰ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਨੇ ਭਾਈ ਮਨੀ ਸਿੰਘ ਜੀ ਤੋਂ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦੀ ਸੰਪੂਰਨਤਾ ਕਰਾਈ।

ਜਦੋਂ ਸ੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਭਾਈ ਮਨੀ ਸਿੰਘ ਤੋਂ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਦੀ ਬੀੜ ਲਿਖਵਾ ਰਹੇ ਸਨ, ਤਾਂ ਲਿਖਾਈ ਸਮੇਂ ਜਿਸ ਕਲਮ ਦਾ ਮੂੰਹ ਘਿਸ ਜਾਂਦਾ ਸੀ, ਉਸ ਨੂੰ ਦੁਬਾਰਾ ਨਹੀਂ ਘੜਦੇ ਸਨ। ਉਸ ਨੂੰ ਸੰਭਾਲ ਕੇ ਰੱਖ ਲਿਆ ਜਾਂਦਾ ਸੀ। ਲਿਖਾਈ ਵਾਸਤੇ ਨਵੀਂ ਕਲਮ ਲਾਈ ਜਾਂਦੀ ਸੀ।

ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦੀ ਬੀੜ ਦੀ ਲਿਖਾਈ ਸੰਪੂਰਨ ਹੋਣ ਮਗਰੋਂ ਪੁਰਾਣੀਆਂ ਕਲਮਾਂ ਉੱਤੇ ਬਚੀ ਹੋਈ ਸਿਆਹੀ ਨੂੰ ਲਿਖਣਸਾਰ ਹੀ, ਸਰੋਵਰ ਵਿੱਚ ਪ੍ਰਵਾਹ ਕਰ ਕੇ ਸ੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਨੇ ਇਸ ਅਸਥਾਨ ਨੂੰ ਗੁਰੂ ਕੀ ਕਾਸ਼ੀ ਦਾ ਵਰਦਾਨ ਦਿੱਤਾ। ਇੱਥੇ ਗੁਰਸਿੱਖ ਗੁਰਮੁਖੀ ਦੀ ਵਰਣਮਾਲਾ ਲਿੱਖ ਕੇ ਵਿੱਦਿਆ ਦੀ ਪ੍ਰਾਪਤੀ ਲਈ ਅਰਦਾਸ ਕੀਤੀ ਜਾਂਦੀ ਹੈ। ਕੱਚੀ ਛੱਪੜੀ ਵਾਲਾ ਅਸਥਾਨ ਹੁਣ ਲਿਖਣਸਰ ਸਾਹਿਬ ਦੇ ਨਾਂ ਨਾਲ ਪ੍ਰਸਿੱਧ ਹੈ।

ਅੱਜ ਵੀ ਪੁਰਾਤਨ ਅਤੇ ਧਾਰਮਿਕ ਵਸਤਾਂ ਮੌਜੂਦ

- ਤਖ਼ਤ ਸ੍ਰੀ ਦਮਦਮਾ ਸਾਹਿਬ ਵਿਖੇ ਬਾਬਾ ਦੀਪ ਸਿੰਘ ਜੀ ਦੀ ਲਿਖੀ ਹੋਈ ਇਤਿਹਾਸਕ ਬੀੜ ਮੌਜੂਦ ਹੈ ਜਿਸ ਨੂੰ 'ਵੱਡੇ ਬਾਬਾ ਜੀ' ਕਰਕੇ ਜਾਣਿਆ ਜਾਂਦਾ ਹੈ।

- ਸ੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਦੀ ਸ੍ਰੀ ਸਾਹਿਬ ਵੀ ਤਖ਼ਤ ਸਾਹਿਬ ਉੱਤੇ ਮੌਜੂਦ ਹੈ।

- ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਨੂੰ ਤਖ਼ਤ ਸ੍ਰੀ ਦਮਦਮਾ ਸਾਹਿਬ ਵਿਖੇ ਇੱਕ ਸਿੱਖ ਵੱਲੋਂ ਭੇਟ ਕੀਤੀ ਹੋਈ ਬੰਦੂਕ ਮੌਜੂਦ ਹੈ। ਇਸ ਬੰਦੂਕ ਨਾਲ ਸ੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਨੇ ਬਾਬਾ ਬੀਰ ਸਿੰਘ, ਬਾਬਾ ਧੀਰ ਸਿੰਘ ਰੰਘਰੇਟੇ ਸਿੱਖਾਂ ਦੀ ਪਰਖ ਕੀਤੀ ਸੀ।

- ਤਖ਼ਤ ਸ੍ਰੀ ਦਮਦਮਾ ਸਾਹਿਬ ਤੋਂ ਨਿਕਲਦੇ ਹੁਕਮਨਾਮਿਆਂ ਉਪਰ ਲਾਈ ਜਾਂਦੀ ਮੋਹਰ ਵੀ ਹਾਲੇ ਮੌਜੂਦ ਹੈ। ਇਹ ਮੋਹਰ ਧਾਤ ਦੀ ਬਣੀ ਹੋਈ ਹੈ।

- ਤਖ਼ਤ ਸ੍ਰੀ ਦਮਦਮਾ ਸਾਹਿਬ ਵਿਖੇ ਸ੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਦਾ ਵਰਦਾਨ ਪ੍ਰਾਪਤ ਸ਼ੀਸ਼ਾ ਮੌਜੂਦ ਹੈ ਜਿਸ ਵਿੱਚ ਮਰਿਆਦਾ ਪੂਰਵਕ ਤਿੰਨ ਦਿਨ ਦੇਖਣ ਉੱਤੇ ਲੱਕਵੇਂ ਕਾਰਨ ਵਿਗੜੇ ਹੋਏ ਮੂੰਹ ਵਾਲੇ ਵਿਅਕਤੀ ਠੀਕ ਹੋ ਜਾਣ ਦਾ ਵਰ ਪ੍ਰਾਪਤ ਹੈ। ਇਹ ਸ਼ੀਸ਼ਾ ਗੁਰੂ ਜੀ ਨੂੰ ਦਿੱਲੀ ਦੀ ਸੰਗਤ ਵੱਲੋਂ ਭੇਟ ਕੀਤਾ ਗਿਆ ਸੀ।

- ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਦੇ ਸੰਪੂਰਨਤਾ ਭਾਈ ਮਨੀ ਸਿੰਘ ਤੋਂ ਕਰਵਾਉਣ ਸਮੇਂ ਦੀ ਇਕ ਪੁਰਾਤਨ ਤਸਵੀਰ ਮੌਜੂਦ ਹੈ। ਇਹ ਚਿੱਤਰ ਕਿਸੇ ਮੁਸਾਫਿਰ ਦਾ ਬਣਾਇਆ ਹੋਇਆ ਹੈ।

- ਤਖ਼ਤ ਸ੍ਰੀ ਦਮਦਮਾ ਸਾਹਿਬ ਵਿਖੇ ਅੱਜ ਵੀ ਉਹ ਦੋ ਕਰੀਰ ਦੇ ਦਰੱਖਤ ਮੌਜੂਦ ਹਨ, ਜਿਨ੍ਹਾਂ ਨਾਲ ਸ੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਆਪਣਾ ਘੋੜਾ ਬੰਨ੍ਹਿਆ ਕਰਦੇ ਸਨ।

- ਤਖ਼ਤ ਸ੍ਰੀ ਦਮਦਮਾ ਸਾਹਿਬ ਦੇ ਸੱਜੇ ਪਾਸੇ ਬਾਬਾ ਦੀਪ ਸਿੰਘ ਜੀ ਦਾ ਭੇਰਾ ਮੌਜੂਦ ਹੈ ਜਿਸ ਵਿੱਚ ਬਾਬਾ ਦੀਪ ਸਿੰਘ ਜੀ ਸਿਮਰਨ ਅਤੇ ਅਭਿਆਸ ਕਰਿਆ ਕਰਦੇ ਸਨ।

- ਇੱਥੇ ਹੀ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਦੀਆਂ ਬੀੜਾਂ ਅਤੇ ਪੇਥੀਆਂ ਲਿਖਦੇ ਸਨ। ਇਸ ਭੇਰਾ ਸਾਹਿਬ ਵਿੱਚ ਬਾਬਾ ਦੀਪ ਸਿੰਘ ਜੀ ਦੇ ਸ਼ਸਤਰ ਅਤੇ ਪੁਰਾਤਨ ਘੜਾ ਮੌਜੂਦ ਹੈ।

## Mind Boggler



MINDMAP( RIDDLES)

- 1.It belongs to you, but your friends use it more, what is it?
- 2.You are running a race and at the very end ,you pass the person in 2nd place. What place did you finish the race in?
- 3.I am so simple that I can only point, yet I guide people all over the world.
4. What can you catch but not throw?
5. What has many rings but no fingers?
6. The alphabet goes from A to Z, but I go Z to A , What am I?

Ans. key of vol. 48

37 squares