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July 16, 2024 to July 31, 2024

If you want to go fast, go alone. If you want to go far, go together

## Shiksha Saptah: A Journey of Learning and Discovery

TLM DAY



FLN Day





# Sports Day



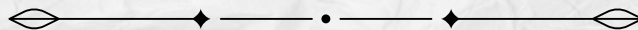
# Cultural Day



# Skill Day



*Shiksha Week Celebrations through Learning,  
Exploring and Discovering*





# Kargil Vijay Diwas

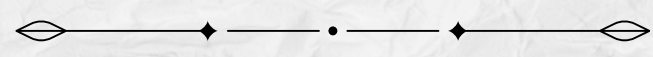


**Paying  
homage to  
the unsung  
heroes of  
KARGIL**

## Ek Bharat Shreshtha Bharat



**Unity is Strength  
and Diversity is  
Beauty**

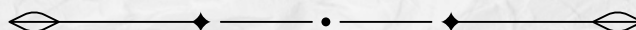




# A Celebration of Connection and Compassion

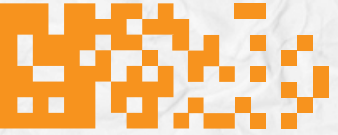


**Building Bridges, Building Futures**





# Endeavour



**Ved Prachar Mandal Punjab organized an Inter-School Vedic Speech Competition at BCM School, Basant Avenue, Dugri road, Ludhiana, under the guidance of Principal Dr. Vandna Shahi and the presence of Provincial General Secretary Roshan Lal Arya. The program was presided over by Dr. Harpreet Kaur, Director, Khalsa Institute of Management and Technology, Ludhiana.**

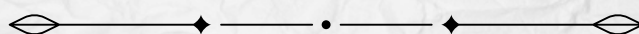
**The program began with lamp lighting by Principal Kamalveer Kaur, Rajiv Kheda, retired General Manager, Punjab National Bank, Sanjeev Gupta, and others. The competition was inaugurated by Abhishek Aggarwal, Advocate, V.K. Bhatia, and Ashok Awasthi.**

**Twenty-five schools participated in the competition, and students spoke on various topics related to Vedic culture and current issues. The competition was adjudged by Prof. Sarojini Saida, Dr. Sarabjit Kaur, and Prof. Usha Awasthi on the basis of content, clarity of thought, and confidence.**

**Chief Guest Rajiv Kheda praised Ved Prachar Mandal for promoting moral values and Indian culture among the youth. Dr. Harpreet Kaur emphasized the need for young people to address the country's problems.**

**The results are as follow:**

- **First Prize: Hrishita, Bharatiya Vidya Mandir, Kitchlu Nagar**
- **Second Prize: Ek Roop Kaur, DAV Public School, BRS Nagar and Palak Sharma, DAV Public School, Pakhowal Road**
- **Third Prize: Advika Kaul, BCM Arya Model Senior Secondary School, Shastri Nagar, and Ansh Sharma, Bharatiya Vidya Mandir Senior Secondary School, Sector 39**
- **Appreciation Awards: Ek Noor Kaur, Guru Nanak International Public School, Model Town, and Namanpal Singh, Guru Nanak International Public School, BRS Nagar**



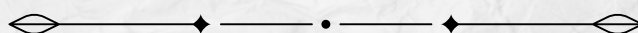




***An Educational Trip to Gulzar Group of Institutions*** was organized by the School, offering students a unique opportunity for learning and exploration. The trip began with an informative video presentation about the Indian Space Research Organisation (ISRO), its founder Dr. Vikram Sarabhai and its headquarters in Bengaluru. Following the video, students visited an exhibition showcasing impressive satellite and rocket models created by university students. The exhibition provided a hands-on experience, allowing students to gain insight into the latest advancements in space technology. The highlight of the trip was a visit to a water bus, featuring cutting-edge, high-tech models. This interactive experience further broadened the students' understanding of innovative technologies. The trip was highly informative and provided a valuable learning experience that will inspire future aspirations and broaden the horizons of the students.



***An Awareness Campaign on Traffic Rules and Road Safety*** was conducted in the school premises, highlighting the critical role these elements play in ensuring public safety. The event featured distinguished resource persons, including Inspector Balwinder Singh from the Traffic Police Ludhiana, Mr. Manmeet Singh, a government resource person, and Constable Jasvir Singh. During the session, participants were educated on various traffic regulations, such as speed limits, the importance of wearing seat belts, and adhering to traffic signals. The severe consequences of traffic violations were also addressed, including hefty penalties, legal repercussions, and the tragic loss of life. Real-life case studies were presented to illustrate the devastating impact of reckless driving and non-compliance with traffic rules. Additionally, the importance of pedestrian safety was emphasized, including the use of crosswalks and obeying pedestrian signals. The session concluded with a call to action, urging all attendees to become responsible road users and advocates for traffic safety.





# Parents' Corner

## विद्यार्थी जीवन

एक छात्र का जीवन सीखने, आत्म-खोज और अनुभवों का एक रोमांचक सफ़र होता है। यह सुबह-सुबह की कक्षाओं, देर रात के अध्ययन सत्रों और आजीवन दोस्त बनाने के रोमांच का मिश्रण है। यह चरण एक छात्र को पढ़ाई के साथ-साथ पाठ्येतर गतिविधियों को संतुलित करना सिखाता है, जिससे एक व्यक्ति के रूप में उनका विकास होता है। प्रत्येक दिन एक नया रोमांच होता है, सीखने, तलाशने और विकसित होने का मौका। इन वर्षों के दौरान बनाई गई यादें भविष्य को आकार देती हैं, व्यक्ति को वह व्यक्ति बनाती हैं जो वह बनना चाहता है। यह वह समय होता है जब एक छात्र ज्ञान प्राप्त करने की खुशी को अपनाता है और स्वतंत्रता का स्वाद चखता है। अध्ययन और अवकाश के सही संतुलन के साथ, यह एक छात्र के जीवन का एक प्रिय अध्याय बन जाता है।

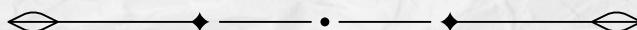
Sharmila Rani  
M/o Aarav  
IX Tulip



## MEDITATION

Meditation is the key to inner peace. Meditation is a sort of prayer. The highest meditation is to think of nothing, if you can remain without thoughts, great power will come. Meditation is essential for students well being. It helps them keep their minds at peace. Daily meditation can help people to become more focused towards their studies. Schools should include meditation in their curricula to help students to reduce their stress and distractions during their studies. Meditation calms your inner noise and assists you in doing work in a better way without being distracted. Regular meditation improves mental health. Students who meditate get healthy sleep and relax their mind and body. Lack of sleep can cause various health issues. It also helps students to build self confidence and learn valuable skills. It can be practised anywhere and anytime. Importance of meditation for students, especially in today's world of immense.

Ms. Ruchi Sood  
M/o Aradhya Sood  
IX Tulip





# Appreciation to our Budding Writers

Education plays a pivotal role in the life of a student, serving as the foundation for personal and professional development. It provides students with the knowledge and skills necessary to understand and navigate the world around them. Through education, students learn critical thinking, problem-solving and effective communication, which are essential for success in any career path.

Moreover, education fosters personal growth by encouraging curiosity, creativity and a lifelong love of learning. It helps students develop a sense of discipline and responsibility, as well as the ability to work collaboratively with others. Education also promotes social and emotional development, teaching students about empathy, respect and ethical behavior.

In addition, education opens doors to opportunities that can lead to improved socio-economic status. It equips students with the qualifications and confidence needed to pursue higher education and career aspirations. Ultimately, education empowers students to become informed and active citizens who can contribute positively to society, making it an indispensable part of their lives.

Sana Sharma  
IX Tulip

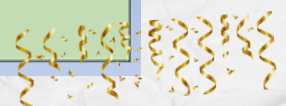
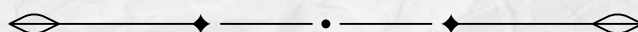
## Students' Achievements

Patience, persistence and perspiration make an unbeatable combination for success



## Inter School Achievers :

| Event   | Participants  | Position  |
|---|---|-----------|
| 9 <sup>th</sup> State Level Gataka Championship | *Dilnawaz Singh (XII Arts)<br>* Japjeet Kaur (XII Sci. A)                     | I<br>I    |
| Zonal Table Tennis Tournament                   | U-19 Girls Team<br>(Avreen and Tulika selected for district Level Tournamnet) | II        |
| Decorus Creative Art Festival                   | * Prabhnoor Kaur (VI Daisy)<br>* Kavya, Kanika (XI Science)                   | II<br>III |
| Inter BCM Solo Sufi Song Competition            | *Megha (X Marigold)<br>*Gurmanpreet (VIII Lily)                               | I<br>II   |
| Kirtan Competition (Senior Secondary Category)  | *Ikjot Singh (XI Com A)   | II        |
| Kirtan Competition (Middle Category)            | *Taranjot Singh (VIII Daisy)  | II        |







# Career Insight

## **A Career in Aviation:**

The Aviation Science prepares you for a career as a flight crew member on commercial aircraft, a corporate pilot or other types of pilots. Throughout the training to become an aviation professional, you will be encouraged to develop your mathematical and problem-solving skills.

As an aviation science major, you will combine flight training with academic studies, preparing you for a career as a professional flight crew member on a jet transport aircraft, a corporate pilot or a military pilot. Typically, you will spend your first two years learning basic physics, mathematics and communication skills, as well as fundamental aeronautics.

This foundation will help you prepare for a career as a professional flight crew member on a jet transport aircraft, a corporate pilot, or a military pilot. You will study how aircrafts are designed and function, including the operation of flight systems and controls, navigation systems and more.

Some programs also offer courses in human factors in aviation, which may include:

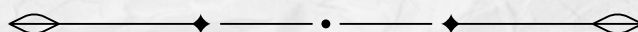
- Cockpit Resource Management
- Aviation Psychology
- Aviation Accident Investigation and Analysis

Students with a background in Physics, Chemistry and Mathematics (PCM) or Mathematics and Geography can opt for a career in Aviation.

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## ਹੈਰਾਨੀਜਨਕ ਤੱਥ

- \* ਆਈਸਲੈਂਡ ਵਿੱਚ ਰੇਲਵੇ ਸਿਸਟਮ ਨਹੀਂ ਹੈ।
- \* ਭਾਰਤ ਹੀਰਿਆਂ ਦੀ ਖੁਦਾਈ ਕਰਨ ਵਾਲਾ ਪਹਿਲਾ ਦੇਸ਼ ਸੀ।
- \* ਦੁਨੀਆ ਦੇ ਲਗਭਗ 70% ਮਸਾਲੇ ਭਾਰਤ ਤੋਂ ਆਉਂਦੇ ਹਨ।
- \* ਇੱਕ ਪੂਰੇ ਵਧੇ ਹੋਏ ਰਾਈ ਦੇ ਪੌਦੇ ਵਿੱਚ, ਜੜ੍ਹਾਂ ਦੀ ਕੁੱਲ ਲੰਬਾਈ ਲਗਭਗ 613 ਕਿਲੋਮੀਟਰ ਤੱਕ ਪਹੁੰਚ ਸਕਦੀ ਹੈ।
- \* ਮਨੁੱਖੀ ਦਿਮਾਗ ਵਿੱਚ ਲਗਭਗ 73% ਪਾਣੀ ਹੈ।





# Exploration



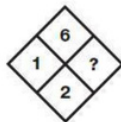
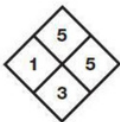
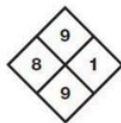
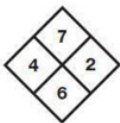
## ओउम् की महिमा

ओउम् की ध्वनि स्वयं में शाश्वत है। इसके बिना सारी सृष्टि अथवा संपूर्ण ब्रह्मांड अधूरा है। अगर मंत्रोच्चारण करते समय ओउम् की ध्वनि उच्चारित न की जाए तो मंत्रोच्चारण अधूरा रहता है। ॐ में मानव जीवन का सार छिपा हुआ है। इसका नाद सभी से अलग एवं विशेष है। जब आप ध्यान की चरम अवस्था में पहुँचते हैं तब आपको ॐ की ध्वनि स्वयं सुनाई देने लगती है। ॐ भगवान शिव का पर्याय है उनका प्रतीक है। ॐ की ध्वनि शांत भी है और तीव्र भी है। अगर शांत मन से ॐ की ध्वनि को सुना जाए तो उसे सुनने पर आत्मिक सुकून की अनुभूति होती है। संपूर्ण ब्रह्मांड में ॐ का नाद व्याप्त है। इसलिए ॐ की ध्वनि को ईश्वर के समान बताया गया है। समस्त वेदों में ॐ का व्याख्या की गई है। पुराणों में बताया गया है कि ॐ की ध्वनि और प्रकाश के मिलन से ब्रह्मांड की उत्पत्ति हुई है। आज भी यह ध्वनि निरंतर रूप से जारी है। पूरे ब्रह्मांड में कंपन, ध्वनि और प्रकाश ही मौजूद है। जिस दिन सूर्य की ऊर्जा भी समाप्त हो जाएगी, उस दिन भी केवल ॐ की ध्वनि और प्रकाश ही उपस्थित होगा। ॐ तीन शब्दों से मिलकर बना है। इनका अर्थ वेदों में भी बताया गया है। ॐ अ, उ, म इन तीन शब्दों से मिलकर बना है। तीन अक्षरों अ, उ और म से मिलकर बना ओउम् ईश्वर के तीन स्वरूपों ब्रह्मा, विष्णु और महेश का संयुक्त रूप है। ओउम् में ही सृजन, पालन और संहार तीनों शामिल हैं। ओउम् के सही प्रयोग से जीवन की हर समस्या दूर की जा सकती है। ओउम् शब्द में पूरी सृष्टि समाई हुई है। ओउम् की ध्वनि बिना किसी संयोग या टकराव के पूरे ब्रह्मांड में गूँजती रहती है, इसीलिए इसके उच्चारण से आपके इर्द-गिर्द सकारात्मक ऊर्जा का संचार होने लगता है। ये ध्वनि इंसान की सुनने की क्षमता से बहुत ऊपर है। लेकिन जो लोग ध्यान की गहराइयों में उतरना जानते हैं, वो इस चमत्कारी ध्वनि को सुन सकते हैं। अ आकार, उ, उंकार और म, मकार है। अ, ब्रह्मा का बोध कराने वाला है तो वहीं उ पालनकर्ता श्री हरि विष्णु का वाचक है और म, रुद्र यानि शिव का वाचक है। ॐ का उच्चारण करते समय अ की ध्वनि का त्याग हृदय में, उ की ध्वनि का त्याग कंठ में और म, की ध्वनि का त्याग तालुमध्य में किया जाता है। ओउम् के उच्चारण से आत्मिक शांति मिलती है जो मानसिक तनाव को कम करती है। ओउम् के उच्चारण से ध्यान और धारणा में सुधार होता है। ओउम् के उच्चारण से शारीरिक और मानसिक तनाव कम होता है। ओउम् के उच्चारण से हमारी आत्मा को शक्ति मिलती है, जो हमें जीवन में सफलता प्राप्त करने में मदद करती है।

## Mind Boggler



Q: Find the missing Number?



Ans. key of vol. 49

- 1 Your name
- 2 You finished in 2nd place
- 3 Compass
- 4 A cold
- 5 Telephone
- 6 A Zebra

