

BCM पत्रिका

A Fortnightly Newspaper

पाक्षिक समाचार पत्र (VOL.61)



www.dugri.bcmschools.org

May 1, 2025 to May 20, 2025

Believe in yourself and your abilities
and you'll be unstoppable in pursuing your dreams.

BCM SCHOOL
BASANT AVENUE DUGRI ROAD, LUDHIANA
Affiliated to CBSE, New Delhi (Affiliation No. 1630380)

BCM FOUNDATION

100% RESULT

Congratulations
AISSE (X) RESULT
2024-25

Number of Students Appeared- 270
No. of Students With 90% and above - 67
No. of Students with First Division- 250

1st Rank
AVNEEP KAUR BHAV BAGHLA NISHAN SINGH MEHARPREET KAUR

2nd Rank
SOHAM MUNJAL

3rd Rank
HABIKA SACHDEV JANISHA JAIN JASLEEN KAUR

HEARTIEST CONGRATULATIONS TO PARENTS, TEACHERS & STUDENTS FOR STUPENDOUS BOARD RESULTS

Congratulations
Parents,
Teachers and
Students



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100% RESULT

Congratulations!
AISSEE (Class - XII)
Result 2024-25

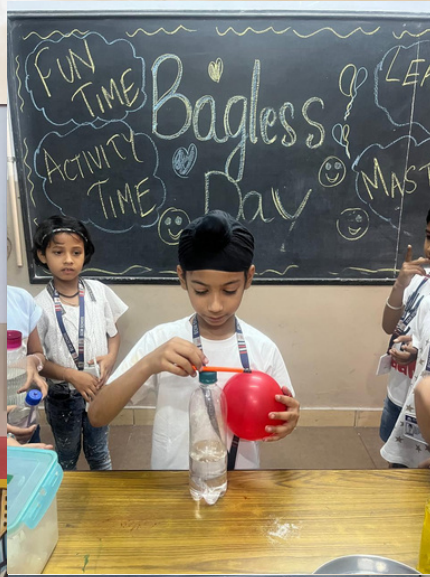
TOTAL NO. OF STUDENTS APPEARED - 254
PASS NO. OF STUDENTS - 254
ABOVE 90% - 29
NO. OF STUDENTS WITH FIRST DIVISION - 238

Divyanka Thakur Commerce (97.8%)
Kiran Jindal Commerce (96%)
Tanvi Narang Commerce (95.8%)

Falak Commerce (95.4%)
Sakshat Bansal Non-Med (94.6%)
Balwan Singh Medical (94.4%)

HEARTIEST CONGRATULATIONS TO PARENTS, TEACHERS & STUDENTS FOR STUPENDOUS BOARD RESULTS

No-Bag Day



A joyful symphony of learning

KINDERGARTEN at a glance



MANGO
tastic Day



Calligraphy Competition



Showcasing the artistic and creative excellence



Endeavour

A Transformative Seminar on Unlock Your Potential

A dynamic and insightful seminar titled **Unlock Your Potential** was successfully conducted for Class X students. The session was led by Mr. Vivek Tiwari, Director of High Dive International.

The seminar aimed to empower students with vital life and career-oriented skills. Key areas covered included effective communication, interpersonal skills, resume building, interview preparation strategies and an introduction to digital marketing. The session combined practical tips with engaging activities, inspiring students to set clear goals, enhance self-confidence and take proactive steps towards their aspirations.



Parent Orientation Session

The School hosted a Parent Orientation Session for the parents of students enrolled in the Future Leader Group, under the theme "Raising Leaders: Our Shared Vision".

Ms. Charanjeet Kalra, the School Counselor introduced parents to the vision, structure, and objectives of the Future Leader Program. She emphasized that the initiative is designed to nurture leadership qualities, emotional intelligence, critical thinking, and decision-making abilities in students through a series of carefully crafted activities and experiential learning modules.

Parents were briefed about the range of developmental activities planned, including collaborative projects, confidence-building tasks, community engagement drives, reading and reflective sessions, — all aimed at fostering responsible, empathetic, and visionary young leaders.



Career Enhancement Session

The School recently hosted a transformative career guidance session, equipping students with the knowledge to make informed decisions about their future. Renowned experts Dr. Poonam (Assistant Professor) and Dr. Kanchandeep (Dietician) from PAU shared expert insights on stream selection and emerging careers in the medical field.

The interactive session sparked engaging discussions, empowering students to unlock their potential. They apprised the students about various professional degrees and certified courses which offer lucrative jobs and entrepreneurial opportunities. A dedicated Q&A session provided personalized guidance, addressing specific concerns and queries. This session was a stepping stone towards unlocking their dreams.



CPR Training Session

The school organized a comprehensive Cardiopulmonary Resuscitation (CPR) training session as part of the Civil Defence Mock Drill initiative. Led by the expertise of Dr. Mehak Bansal, the session aimed to equip our students and staff with the essential life-saving skills required to handle cardiac emergencies effectively. The students were particularly enthusiastic about the hands-on practice, which allowed them to apply the techniques they had learned and gain confidence in their ability to respond in real-life situations.



CAREER FIESTA AT MANAV TACHNA INTERNATIONAL SCHOOL

An educational event Career Fiesta 2025, organized by Career Caffè in collaboration with Manav Rachna International School, Ludhiana was attended by the students of our school. The event provided a valuable platform for students to interact with top career mentors and gain insights into crucial aspects of their academic futures. Students enthusiastically engaged in the sessions and shared their takeaways through media interactions, reflecting their confidence and clarity about their future paths. Their poised representation of BCM School in this external forum was commendable.



Parents' Corner

Embracing Life's Challenges: Turning Setbacks into Opportunities

As we navigate life's journey, we often encounter setbacks, failures, and disappointments. While these experiences may seem negative, they can ultimately lead to positive outcomes. Failure can be a valuable teacher, rejection can drive improvement, and tough times can foster strength.

Just as diamonds are formed under pressure and steel is forged in fire, we too can grow through challenges. By embracing difficulties, learning from them, and allowing them to shape us, we can emerge stronger and better versions of ourselves.

So, the next time life presents a challenge, don't give up. Instead, face it head-on, learn from it, and let it transform you. For it is often in the darkest moments that we discover our greatest potential.

Ms. Varinder Kaur
M/o Gurkirat Singh
VIII Rose

आश्चर्यजनक तथ्य


*नालंदा विश्वविद्यालय भारत के बिहार राज्य में नालंदा जिले के राजगीर नगर में स्थित एक सार्वजनिक केंद्रीय / संघ विश्वविद्यालय है। इसे राष्ट्रीय महत्व के संस्थान और उत्कृष्टता के रूप में नामित किया गया है।

*एडा लवलेस को दुनिया की पहली महिला कंप्यूटर प्रोग्रामर माना जाता है।

*चीनी को जब चोट पर लगाया जाता है, तो दर्द तुरंत कम हो जाता है। चीनी मुख्य रूप से अपनी उच्च ऑस्मोलैरिटी के कारण बैक्टीरिया के प्रसार को कम करती है, जिससे घाव में नमी की मात्रा भी कम हो जाती है।

*कोणार्क सूर्य मंदिर का निर्माण उड़ीसा में पूर्वी गंगा राजवंश के शासक नरसिंह देव प्रथम ने 13वीं शताब्दी में करवाया था। इस मंदिर के मुख्य वास्तुकार बिसु महाराणा हैं। यह मंदिर एक विशाल रथ के आकार का है।

*एफिल टॉवर एक प्रसिद्ध फ्रांसीसी स्थल है। यह लोहे से बना एक टॉवर है जो अपनी खूबसूरत वास्तुकला और सांस्कृतिक महत्व के लिए पूरी दुनिया में जाना जाता है। यह 81 मंजिला इमारत के बराबर ऊँचा है, जो आधार से लेकर सिरे तक 324 मीटर ऊँचा है।



Teachers' Corner

Life is What We Make It

Life is a canvas, waiting for us to paint our masterpiece. It's a journey of choices, decisions, and experiences that shape who we are and what we become. The phrase "life is what we make it" reminds us that we have the power to create our own destiny.

Every day, we face countless choices that determine the course of our lives. We can choose to see challenges as opportunities or obstacles, pursue our passions or play it safe, and be kind, compassionate, and empathetic, or indifferent.

Our thoughts, attitudes, and actions shape our reality. Positive thinking attracts positive experiences, hard work and perseverance achieve goals, and kindness and respect build strong relationships.

Life isn't always easy, with setbacks, failures, and disappointments. But it's our response that matters. We can let adversity define us or use it to learn and grow.

We have the freedom to create our own path, pursue our dreams, and live life on our own terms. It's never too late to make a change, take a risk, or try something new. Life is what we make it... so let's make it great!

Let's choose to live life with purpose, passion, and intention. Let's shape our reality, overcome adversity, and create our own path. The power is ours, and the possibilities are endless.

Sukhwinder Kaur
PRT (Social Science)



Students' Corner

The True Meaning of Friendship: A Star's Fall and Rise

Raghav was the epitome of success: top student, football team captain, and medal winner. He was admired by all and had many friends, or so he thought. However, when he fell seriously ill and missed months of school, his popularity faded. The crowd that once cheered for him disappeared, leaving him feeling forgotten and alone in class.

But one person remained steadfast – Sahil. Despite not being part of Raghav's circle, Sahil remembered the kindness Raghav had shown him during a Science Fair. Every day, Sahil shared notes, explained lessons, and brought books, reassuring Raghav with a smile, "Stars may fall, but they can rise again too."

With Sahil's help, Raghav slowly recovered and returned to school stronger, not just academically but with a newfound appreciation for true friendship.


Moral: A true well-wisher stands by you when everyone walks away.

Prisha
VIII Rose

युद्ध का सच

तलवारी चमकती हैं, बंदूकें गरजती हैं,
धरती काँपती है, जब सेनाएँ लड़ती हैं।
पर क्या सच में कोई जीतता है वहाँ?
जहाँ माँएँ रोती हैं, और बिछड़ते हैं जहाँ।
झंडों की खातिर होते हैं बलिदान,
पर हर वीर की पीछे छूटती है पहचान।
जो लौटते हैं आँखों में धुआँ लिए,
जो नहीं लौटते वो सिर्फ नाम बनकर रह जाते हैं।
बच्चों के खिलौने मिट्टी में मिल जाते हैं,
स्कूलों की घंटियाँ तोपों से दब जाती हैं।
युद्ध सिर्फ ज़मीन नहीं लेता,
वो इंसानियत भी साथ ले जाता है।
शांति की राह मुश्किल जरूर है,
पर युद्ध की राह तो सिर्फ बर्बादी का सफर है।
अगर जीत ही चाहिए, तो प्यार से जीतो,
नफरत की आग में क्यों सब कुछ सींचो।
"युद्ध अगर जरूरी है तो सिर्फ मानवता के लिए हो,
ना कि सत्ता, ना कि अहंकार के लिए हो।"

गुरकीरत सिंह
कक्षा आठवीं रोज़



Students' Achievement



Your attitude, not your aptitude, will determine your altitude.

**Position - kumite 1st, kata 1st and team kata 1st
(all gold medals)**

Participant: Ishan Grover(IV Aster)

Event: AKS Punjab State Karate Championship



Position: Second

Participants:

Chintan Sharma - XI Science B

Swastik Sharma - XI Commerce B

Prabhgund Singh - XI Science B

Event: SYNCHACK held at BCM School, Sector 32

Position -First

Participant: Samaira (VIII Daisy)

Event - Inter BCM English Declamation Contest





Inter House Poem Recitation Competition

Class IV:

Ist- Pransi Bharadwaj (IV Jasmine- Shalimar House)

IIInd- Divya (IV Tulip- Gulmohar house)

IIIrd-Vivaan(IV Aster- Shalimar House)

Class V-

Ist -Kavya (V Tulip- Pukhraj house)

IIInd- Pragun (V Rose- Pukharaj house)

IIIrd- Himank Sehgal (V Marigold- Kohinoor house)



Inter House Badminton Tournament for Girls



House	Position
Kohinoor	First
Pukhraj	First runner-up
Shalimar	Second runner-up





Career as a Geopolitical Analyst

Geopolitical analysts study the complex interactions between politics, economics, and geography to understand global trends and their impacts. To build a career in this field:

Focus areas are-

1. 12th with any stream
2. Bachelor's Degree: Pursue fields like:
 - Political Science
 - International Relations
 - History
 - Economics
 - Area Studies
3. Master's Degree: Enhance qualifications with a Master's in:
 - Security Studies
 - International Relations
 - Geopolitics
 - Related fields

Career Opportunities

1. Research institutions
2. Think tanks
3. Government agencies
4. Private sector
5. International organizations

Consider institutions like the Department of Geopolitics and International Relations (DGIR) at Manipal for advanced studies.





Exploration

ਗੁਣਾਂ ਦੀ ਗੁਥਲੀ ਕਹੇ ਜਾਣ ਵਾਲੇ 'ਜਾਮਣ' ਖਾਣ ਦੇ ਜਾਣੇ ਕੀ ਹੁੰਦੇ ਹਨ ਫ਼ਾਇਦੇ

ਜਾਮਣ ਗਰਮੀਆਂ ਦਾ ਫਲ ਹੈ, ਜੋ ਕਿਸੇ ਦਵਾਈ ਤੋਂ ਘੱਟ ਨਹੀਂ। ਜਾਮਣ ਕਸੈਲੇ ਅਤੇ ਮਿੱਠੇ ਸੁਆਦ ਵਾਲਾ ਫਲ ਹੈ, ਜੋ ਥੋੜ੍ਹੇ ਸਮੇਂ ਲਈ ਹੀ ਆਉਂਦਾ ਹੈ ਪਰ ਇਸ ਦੇ ਬਹੁਤ ਸਾਰੇ ਗੁਣ ਹਨ। ਜਾਮਣ ਵਿਚ ਕਾਰਬੋਹਾਈਡ੍ਰੇਟ, ਪ੍ਰੋਟੀਨ, ਕੈਲਸ਼ੀਅਮ, ਆਇਰਨ, ਮੈਗਨੀਸ਼ੀਅਮ, ਸੋਡੀਅਮ, ਵਿਟਾਮਿਨਜ਼, ਕੈਰੋਟੀਨ, ਫੋਲਿਕ ਐਸਿਡ, ਫਾਇਬਰ ਆਦਿ ਤੱਤ ਪਾਏ ਜਾਂਦੇ ਹਨ। ਜਾਮਣ ਖਾਣ ਨਾਲ ਕਈ ਤਰ੍ਹਾਂ ਦੀਆਂ ਸਿਹਤ ਸੰਬੰਧੀ ਸਮੱਸਿਆਵਾਂ ਦੂਰ ਹੁੰਦੀਆਂ ਹਨ। ਇਸ 'ਚ ਮੌਜੂਦ ਗਲੂਕੋਜ਼ ਲੂ ਲੱਗਣ ਤੋਂ ਬਚਾਉਂਦਾ ਹੈ। ਜਾਮਣ 'ਚ ਮੌਜੂਦ ਆਇਰਨ ਖੂਨ ਦੀ ਕਮੀ ਨੂੰ ਦੂਰ ਕਰਦਾ ਹੈ। ਜਾਮਣਾਂ ਦੀਆਂ ਗਿਟਕਾਂ ਵੀ ਕਈ ਪੱਖਾਂ ਤੋਂ ਲਾਭਦਾਇਕ ਹਨ। ਅੱਜ ਅਸੀਂ ਤੁਹਾਨੂੰ ਜਾਮਣ ਖਾਣ ਦੇ ਫਾਇਦਿਆਂ ਬਾਰੇ ਦੱਸਣ ਜਾ ਰਹੇ ਹਾਂ...

1. ਪੱਥਰੀ ਦੀ ਸਮੱਸਿਆ ਪੱਥਰੀ ਦੀ ਸਮੱਸਿਆ ਇਨ੍ਹੀਂ ਦਿਨੀਂ ਆਮ ਸੁਣਨ ਨੂੰ ਮਿਲ ਰਹੀ ਹੈ। ਪੱਥਰੀ ਦੀ ਸਮੱਸਿਆ ਤੋਂ ਰਾਹਤ ਪਾਉਣ ਲਈ ਦਵਾਈਆਂ ਦੀ ਥਾਂ 'ਤੇ ਜਾਮਣ ਖਾਓ। ਜਾਮਣ ਦੀਆਂ ਗਿਟਕਾਂ ਨੂੰ ਸੁਕਾਉਣ ਤੋਂ ਬਾਅਦ ਪੀਸ ਲਓ ਫਿਰ ਇਸ ਨੂੰ ਪਾਣੀ ਜਾਂ ਦਹੀਂ ਨਾਲ ਖਾਓ।
2. ਸ਼ੂਗਰ ਤੋਂ ਛੁਟਕਾਰਾ ਡਾਇਬਿਟੀਜ਼ ਰੋਗੀਆਂ ਲਈ ਜਾਮਣ ਕਿਸੇ ਦਵਾਈ ਤੋਂ ਘੱਟ ਨਹੀਂ ਹੈ। ਇਸ ਦੀਆਂ ਗਿਟਕਾਂ ਨੂੰ ਸੁਕਾਉਣ ਤੋਂ ਬਾਅਦ ਪੀਸ ਲਓ। ਇਸ ਪਾਊਡਰ ਦੀ ਰੋਜ਼ਾਨਾ ਵਰਤੋਂ ਨਾਲ ਡਾਇਬਿਟੀਜ਼ ਦੀ ਸਮੱਸਿਆ ਦੂਰ ਹੋ ਜਾਂਦੀ ਹੈ।
3. ਦੰਦਾਂ ਲਈ ਫਾਇਦੇਮੰਦ ਰੋਜ਼ਾਨਾ ਜਾਮਣ ਦੇ ਪਾਊਡਰ ਦਾ ਮੰਜਨ ਕਰਨ ਨਾਲ ਦੰਦਾਂ ਅਤੇ ਮਸੂੜਿਆਂ ਨਾਲ ਜੁੜੀਆਂ ਸਮੱਸਿਆਵਾਂ ਤੋਂ ਰਾਹਤ ਮਿਲਦੀ ਹੈ।
4. ਭੁੱਖ ਵਧਾਏ ਜਿਨ੍ਹਾਂ ਲੋਕਾਂ ਨੂੰ ਭੁੱਖ ਘੱਟ ਲੱਗਦੀ ਹੈ ਉਨ੍ਹਾਂ ਨੂੰ ਜਾਮਣ ਜ਼ਰੂਰ ਖਾਣੇ ਚਾਹੀਦੇ ਹਨ। ਸਿਰਕੇ ਅਤੇ ਜਾਮਣ ਦੀ ਇਕੱਠੇ ਵਰਤੋਂ ਕਰਨ ਨਾਲ ਭੁੱਖ ਵਧਦੀ ਹੈ।
5. ਪਾਚਨ ਤੰਤਰ ਮਜ਼ਬੂਤ ਕਰੇ ਅਕਸਰ ਮਾਨਸੂਨ ਦੇ ਮੌਸਮ 'ਚ ਪੇਟ ਸੰਬੰਧੀ ਸਮੱਸਿਆਵਾਂ ਹੋ ਜਾਂਦੀਆਂ ਹਨ। ਇਨ੍ਹਾਂ ਸਮੱਸਿਆਵਾਂ ਤੋਂ ਬਚਣ ਲਈ ਰੋਜ਼ਾਨਾ 5 ਤੋਂ 10 ਜਾਮਣ ਖਾਓ। ਇਨ੍ਹਾਂ ਨੂੰ ਖਾਣ ਨਾਲ ਪਾਚਨ ਤੰਤਰ ਮਜ਼ਬੂਤ ਹੁੰਦਾ ਹੈ।

Mind Boggler

Ans. key of vol. 60

- What is greater than God, more evil than devil, the poor have it, the rich need it and if you eat it you will die?
- What can you break, even if you never pick it up or touch it?
- What has a bed but doesn't sleep?
- What can be measured but not seen?
- What can be broken but never held?
- What is full of holes but still holds water?

The words are:

PENCIL

RULER

SCHOOL BAG

PEN

ERASER

BOOK