

www.dugri.bcmschools.org

January 1, 2025 to January 31, 2025

“Freedom is the open window through which pours the sunlight of the human spirit and human dignity.”

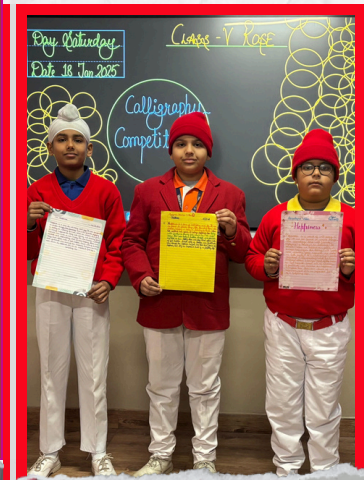
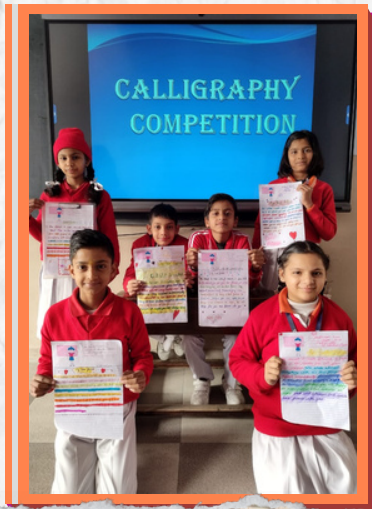
Republic Day Celebration



Bcmite's hearts beaming with pride and praying for the progress of the nation



Calligraphy Competition



**Elevating the
creativity with
the art of
beautiful writing**

Endeavour

Awareness Session on Fire Safety by Punjab Fire Service

The Punjab Fire Service, in collaboration with the Municipal Corporation Ludhiana, conducted a fire safety awareness session at BCM School, Dugri. The session, led by fire safety officers, covered key topics like identifying fire hazards, using extinguishers, and creating evacuation plans. Students participated actively, learning emergency response techniques and the importance of fire alarms.

Career Guidance Session

The School hosted a Career Guidance Session for the parents of Class X students . The session aimed to provide parents with valuable insights into emerging career opportunities and equip them to guide their children in making informed academic and career decisions. The session commenced with an inspiring address by the School Principal, Dr. Vandana Shahi. She emphasized the importance of aligning career paths with individual interests and aspirations, while highlighting the evolving trends in career opportunities. Dr. Shahi encouraged students to approach exams with confidence, prepare systematically using a structured timetable, and focus on both strengths and weaknesses. Parents were advised to provide a supportive environment, ensure a nutritious diet and help students improve focus and concentration. Ms. Charanjeet Kalra, the School Counsellor engaged the audience with a thought-provoking story, underlining the significance of self-awareness. She discussed the changing trends in career choices, encouraging students to explore diverse career pathways and plan their actions effectively. Ms. Kalra introduced a range of courses available in India, including liberal studies, which promote interdisciplinary learning. She emphasized the integration of creative activities into academics, the value of emotional resilience and the importance of developing decision-making skills to make wise, informed career choices. The session was highly informative, interactive and well-received by both students and parents, marking a crucial step in fostering career awareness and preparedness.



***Kathak enthusiasts attended LSS KALA MITRA (KATHAK WORKSHOP)
BY Kumar Sharma
AT DAV Public School , BRS NAÇAR***



Parents' Corner

Online Safety for Students

In today's digital age, the internet has become an essential part of a child's education and social life. From online classes to gaming, children are spending more time than ever in the virtual world. While the internet offers endless opportunities for learning and growth, it also exposes students to potential risks such as cyberbullying (Hurtful comments, spreading rumors, or exclusion on social media platforms can damage a child's self-esteem), privacy breaches. Sharing personal information online can lead to identity theft or misuse, and exposure to inappropriate content (Children may accidentally or intentionally come across harmful content unsuitable for their age). As parents, ensuring your child's online safety is more crucial than ever.

So parents should teach children about the potential dangers of the internet. Discuss the importance of not sharing personal information, such as addresses, phone numbers, or passwords. Create guidelines for internet usage, including the amount of time spent online, websites they can visit, and apps they can use.

Dear Parents, Keep yourself updated about the latest online trends, apps, and potential risks. Being aware will help you guide your child effectively. We can empower our children to navigate the digital world responsibly.

At the end I just want to say that internet is a powerful tool for learning and growth, and with the right guidance, it can become a safe and enriching space for your child.

Rashmi Baghla
M/o Bhav Baghla
X Jasmine

ਹੈਰਾਨੀਜਨਕ ਤੱਥ

1. ਅੰਟਾਰਕਟਿਕਾ ਤੋਂ ਇਲਾਵਾ ਦੁਨੀਆ ਵਿਚ ਹਰ ਥਾਂ 'ਤੇ ਮੱਖੀਆਂ ਪਾਈਆਂ ਜਾਂਦੀਆਂ ਹਨ।
2. ਇੱਕ ਸਾਲ ਵਿੱਚ 31,557,600 ਸਕਿੰਟ ਹੁੰਦੇ ਹਨ।
3. ਹੀਰਾਕ੍ਰੰਡ ਡੈਮ-ਇਹ ਭਾਰਤ ਦਾ ਸਭ ਤੋਂ ਲੰਬਾ ਡੈਮ ਹੈ। ਜਿਸ ਦੀ ਕੁੱਲ ਲੰਬਾਈ 25.79 ਕਿਲੋਮੀਟਰ ਹੈ।
4. ਡਰੈਗਨਫਲਾਈ ਸਭ ਤੋਂ ਤੇਜ਼ ਕੀੜਿਆਂ ਵਿੱਚੋਂ ਇੱਕ ਹੈ ਅਤੇ 50 ਤੋਂ 60 ਮੀਲ ਪ੍ਰਤੀ ਘੰਟਾ ਦੀ ਰਫ਼ਤਾਰ ਨਾਲ ਉੱਡਦੀ ਹੈ।
5. ਸਿਰਫ ਇੱਕ ਘੰਟੇ ਲਈ ਹੌਂਡ ਫੋਨ ਲਗਾਉਣ ਨਾਲ ਤੁਹਾਡੇ ਕੰਨ ਵਿੱਚ ਬੈਕਟੀਰੀਆ 700 ਗੁਣਾ ਵੱਧ ਜਾਵੇਗਾ।



Teachers' Corner

Effective Strategies for Stress Management and Exam Preparation

As exams approach, it's natural to feel overwhelmed. However, managing stress and preparing effectively can make a huge difference in your performance. One of the most important things to do is stay organized. Create a realistic timetable that breaks down your study sessions into manageable chunks. Make sure to allocate specific times for each subject, and don't forget to include short breaks to refresh your mind. Eating healthy foods is also crucial during this time. A balanced diet with plenty of fruits, vegetables, and proteins can improve focus and energy levels. Avoid too much caffeine or junk food, which can leave you feeling sluggish or anxious.

Additionally, practice relaxation techniques such as deep breathing, meditation, or light exercise to reduce stress levels. Staying active not only keeps you physically healthy but also helps release stress-relieving endorphins.

Lastly, ensure you're getting enough sleep. A well-rested brain retains information better and helps you stay alert during study sessions. Remember, staying positive and believing in your ability to succeed is essential. By creating a solid study routine, eating well, and managing stress, you'll be prepared to face any challenge head-on!

Mr. Dinesh Sharma

HOD Maths

Students' Corner

Effective Study Techniques

Effective study techniques involve all those courses of action which do not only help in improving your academic results but also reduce your tensity about studies . The most supreme of these is plan ahead and stick to it , this can help you feel more prepared as well as confident about your academics. The another technique is to take regular breaks. Students should take a small de-stressing break which is very helpful to consolidate the memories that we recently practised. The succeeding method is Feynman Technique that helps in wider understanding by breaking the topic in small chunks and self explaining. This will help you to identify your errors and work more on it .Another useful practice is spaced repetition which actively recalls information from memory at different times to help create strong neural pathways. The upcoming strategy is group study . A technique that involves studying with others, which can help you stay accountable and on schedule. This technique is very advantageous for those who find it difficult and anxious to study alone. The proceeding way is exercising before studying as exercising fights fatigue and can increase energy levels.

The concluding technique is to reward yourself, this technique can help you to self motivate yourself. These strategies have a good deal of benefits like better grades, increased confidence , reduced stress etc. These practices can be extremely helpful to prepare in upcoming exams and even entire life.

Dharitika

X Lily



Students' Achievements



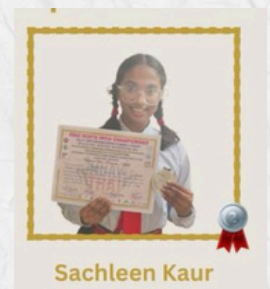
**Ambition is the path to success.
Persistence is the vehicle you arrive in.**

Narois (IX Daisy) got *Second position* in 200 mts & *First position* in 400 mts.in LSSC Athletic meet held at Police D.A.V. Public school.



Arpit Singh

Arpit Singh (V Lily) and Sachleen Kaur (VII Daisy) won *Gold Medal* and *Silver Medal* respectively in UMAI North India Championship at Jammu.



Sachleen Kaur



Ishan Grover (III Aster) won two *Gold Medals* in Karate Open Championship held at Ashok Karate Academy.





Career Insight

CERTIFIED BFSI PROFESSIONAL COURSE

The Certified BFSI Professional course is 187 hours E-learning program spread over three semesters. The course is designed to help young aspirants to propel towards a successful career in BFSI sector. This is a first-of-its-kind initiative, offered jointly by three prestigious institutes in the financial domain viz NISM, IIBF & NIA.

Course Objective

The Banking, Financial Services & Insurance (BFSI) sector in India has traditionally been pivotal in contributing substantially to the overall growth of the Indian Economy. Currently, the sector is experiencing a transformation catalysed by digitalization and information explosion with the customer at the epicentre. The primary objective behind the development of the Certified BFSI Professional Program, wherein three behemoths of Financial Education in India (IIBF, NISM & NIA) have combined their domain expertise, is to offer a unique and novel course that covers all the three major aspects of the sector- Banking, Securities Markets and Insurance. This course is specifically designed to provide a 360° knowledge-offering to the young aspirants and to equip them to be future-ready as the entire BFSI sector beckons.

Career Prospects

The program is designed to cater to varied job roles, from the entry level executives to mid-management cadre in any of the BFSI Sector.

Course Outline

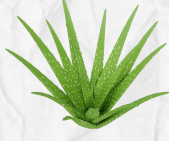
The program is for 187 hours of intensive E-learning modules to impart basic knowledge across Banking & Finance, Securities Markets & Insurance sector. Candidates can register for the program anytime. At the end of third semester, an exam on a predetermined date and time will be conducted to mark completion of the program.



Exploration



औषधीय पौधा एलोवेरा

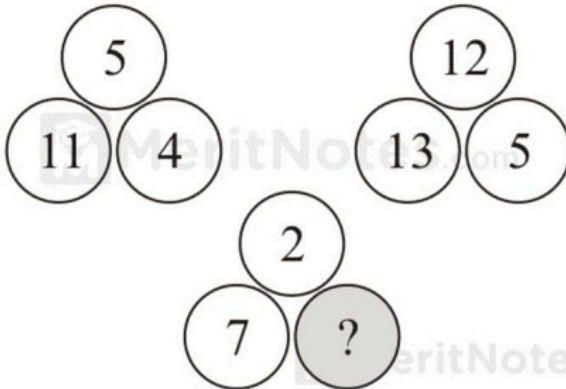


घृत कुमारी या अलोवेरा/एलोवेरा, जिसे क्वारगंदल या ग्वारपाठा के नाम से भी जाना जाता है, एक औषधीय पौधे के रूप में विख्यात है। इसकी उत्पत्ति संभवतः उत्तरी अफ्रीका में हुई है। इसे सभी सभ्यताओं ने एक औषधीय पौधे के रूप में मान्यता दी है और इस प्रजाति के पौधों का इस्तेमाल पहली शताब्दी ईसवी से औषधि के रूप में किया जा रहा है। इसका उल्लेख आयुर्वेद के प्राचीन ग्रंथों में मिलता है। यह एक सदाबहार और बारहमासी (लंबे समय तक चलने वाला) पौधा है। इसमें सूजन-रोधी गुण होते हैं जो जलने को ठीक करने में मदद करते हैं। एलोवेरा 96% पानी से बना होता है। यह अत्यंत शुष्क जलवायु में भी जीवित रह सकता है। इसका उपयोग मॉइस्चराइजर के रूप में भी किया जाता है क्योंकि इसमें त्वचा के रूखेपन को ठीक करने की क्षमता होती है। घृत कुमारी के अर्क का प्रयोग बड़े स्तर पर सौंदर्य प्रसाधनों के लिए किया जाता है। घृत कुमारी मधुमेह के इलाज में काफी उपयोगी होता है साथ ही यह मानव रक्त में लिपिड का स्तर काफी घटा देता है। यह रक्त शुद्धि भी करता है। एलोवेरा भले ही एक छोटा-सा पौधा है, लेकिन इसके गुण जगजाहिर हैं। इसके अनगिनत फायदों के कारण ही इसे लगभग हर घर में इस्तेमाल किया जाता है। एलोवेरा के फायदे अनेक हैं, चाहे वो स्वास्थ्य के लिए हों, त्वचा के लिए हों या बालों के लिए। एलोवेरा में एंटीसेप्टिक, एंटी-बैक्टीरियल, एंटी-इंफ्लेमेटरी और ऐसे ही कई अन्य गुण मौजूद हैं। इसके साथ ही इसमें विटामिन ए और फोलिक एसिड जैसे जरूरी पोषक तत्व भी पाए जाते हैं। यह एक हेल्थ टॉनिक की तरह स्वास्थ्य के लिए लाभकारी हो सकता है। यह एकमात्र पौधा पाचन क्रिया में सुधार से लेकर, रोग-प्रतिरोधक क्षमता को बूस्ट करने के साथ-साथ डायबिटीज जैसी बीमारी में भी लाभकारी परिणाम दिखा सकता है। आयुर्वेद में एलोवेरा के कई सारे फायदे होने के कारण इसे बहुत ही चमत्कारी पौधे के रूप में जाना जाता है।

Mind Boggler

Ans. key of vol. 57

What should be the missing number?



- A battery
- A fire
- A telephone
- Wet
- A sad Zebra
- The Moon

