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December 1, 2022 to December 15, 2022

*The best investment you can make is an investment in yourself.
The more you learn, the more you'll earn.*

FIT INDIA Activity



Yoga is a way of life



GLIMPSES OF PTM



EFFORTS TO SUSTAIN FLORA AND FAUNA

*Life Skills
Corner*



APPRECIATING THE EFFORTS OF THE STUDENTS



ENACTMENT ON SDG'S



भारतीय भाषा उत्सव



BCM School Basant Avenue Celebrates Bhasha Utsav

How are you?

- आपुनि केले आछे? (apuni kene asse?) - Assamese
- તમે કેમ છો (Tamē kēma chō)- Gujarati
- थै किया हों ? सा।- Rajasthani
- का हाल बा?- Bihari
- మీరు ఎలా ఉన్నారు (Mīru elā unnāru)- Telgu



बहुभाषाओं का ज्ञान



Field Day **Activity**



Having fun and enjoyment

Endeavour

Session on 'Career Guidance' by Alumni

The school authorities have always provided the required guidance platforms to the students which shall enable them to have access to the present world. BCM Dugri has a strong network with the alumni that supports and helps to raise the profile of the school. For this the like minded individuals

are brought together from time to time for fruitful sessions. Prabhleen Kaur, a pass out of 2016 batch and a renowned radio mirchi anchor, vocal artist and a free lancer shared the experience of her journey of a radio jockey in the making and also told them the importance of schooling in one's life. On the other hand, Ujjwal Talwar a pass out of 2018 batch inspired them to merge passion and profession to excel in life. He also guided them to make maximum of their school years. The students were highly elated and enlightened by the interactive session and were inspired to do the best in their lives.



Session on Lessons From the Lives of Char Sahibzade and Mata Gujri Ji

With the aim to apprise the students with rich history and the supreme sacrifices made by Chaar Sahibzaade and Mata Gujri Ji, for the nation and humanity, a valuable session was conducted on "Lessons From The Lives of Char Sahibzade and Mata Gujri Ji" by Professor Kawaljit Kaur and Mr. Gauravdeep Singh - Trustees Gurmat Gian Missionary College, Ludhiana.



The resource persons wonderfully made the students aware of their unparalleled heroic deeds and gave strong message to value the past and learn from it. They told the students how one can stand steadfast and exhibit exemplary valour at even at such a tender age. Young BCMites assured to stand for the ideals set by revered sons and the mother of Shri Guru Gobind Singh Ji.



3rd Alumni Meet

Ever since the inception of the school in 2004, BCM School, Dugri has groomed thousands of children of the city into responsible citizens with nationalistic values. Most of the alumni are presently well settled in India and overseas. The school organized its 3rd Alumni Meet with the aim to provide the alumni an opportunity to strengthen their association with the school and their beloved teachers by reliving their old moments of their school days.

The Alumni Meet was conducted on a large scale with much pomp and show. The teachers were overwhelmed to welcome the old students. The meet started with invocation and welcome address by the school Principal, Dr. Vandna Shahi. She addressed the students and encouraged them to remain in touch with the school and contribute in any manner possible. After the motivating words by Dr. Shahi, the students shared their views and experiences with the faculty and other students. Accordingly maximum of them shared their career plans and other endeavors which they are pursuing. Multifarious games and dance performances were staged for their entertainment. A quiz based on their school days took them down the memory lane and made them nostalgic. Prizes were given to the winners of games too. Many Alumni also graced the stage to share their stories and presented their talents. Students also wrote their memories on the memory poster and sign the same.

Finally all faculty members and students clicked group photographs to make the event memorable.



Parents' Corner

Happy to be Me

Have you ever wondered who you are and what your place is in the scheme of things? Do you often wish you were fairer, taller, thinner, cleverer, funnier, more popular, more intelligent... anything but what you are? Such feelings of inadequacy, of wanting to be something you are not, are common at this age. When you look at the vast expanse of ocean from a stormy beach or when you travel in a bus at night and get a whiff of the forest with its dark green mysterious trees. Such thoughts may naturally come to your mind that may question your image and self esteem. People do say "Trying to understand who we are and enjoying our uniqueness and special qualities is not easy." But is it really so? Well I say being happy with what you are can be GREAT if you are on the right track.

Next time you look into the mirror, look past the physical reflection and see beyond it. Count all the cheering compliments that your friends gave and not the silly comments given by just any one . This life is too big to live and may be some day you will finally realize that this is person who you are meant to be. Just use each moment to be happy and a better. I hope these simple words of mine will make you happy.

Be happy!

Vandana
M/o Prachi
Class X Jas



Teachers' Corner

Design Your Destiny Yourself

Positive thinking probably may not guarantee success but negative thinking guarantees failure. Always remember, you are the most important star of your life. If you get your inside right, then all the external star positions and planetary positions will align themselves. Even if things go wrong in life and sometimes they will. If you continue to have your dominant thoughts and feelings right, your life will eventually become right. You are the principal star of your life. You are a powerful magnet. What you attract into your life and what you repel from your life both depends so much on your thoughts and feelings. The bottle must be clean from inside. You have to get your inside right. Change the content of a thief and you have a Valmiki . A sinner is transformed into a good human being by changing the inside of a person. An Atma is transformed into Mahatma by changing the content of the being.

How do we achieve that?

Thoughts constitute the mind and the mind constitute the being. As your thought ,so the mind and as the mind ,so the man you are . Your personage is shaped by what you think. You can change yourself if and only if you change what goes into your mind. So it's important to improve the quality of our thoughts and thus the quality of our life will improve.

What you attract, and what you repel, depends on whatever are your most dominant thoughts and feelings.

Vakita

Class Incharge

X Jasmine

Happy Birthday 



Ms. Manpreet
Dec 04



Ms. Nidhi Arora
Dec 12



Mr. Vinod Kumar
Dec 13



Ms. Rajinder Kaur
Dec 15



Students' Corner

Fountain Head of Knowledge

Mark Twain once said, "The man who doesn't read good books has no advantage over the man who cannot read them."

Slow and steady wins the race, honesty is the best policy, the grapes are sour, a friend in need is a friend indeed, unity is strength are some of the moral lessons that we have learnt and will remember forever. The moral stories that we have enjoyed listening to have been the greatest gift of our grandparents in our childhood. We have acquired knowledge, wisdom and thrill from the huge range of books that we have read, vis a vis the fascinating fairytales, the witty stories of Bikram -Betaal, Akbar- Birbal, Tenali Rama, the mythological tales from Amar Chitra Katha and books on science, astronomy, animal kingdom etc. The list is staggering large.

"Books to the sky My pile is a mile high,
How I love them".

Books are the carriers of civilization. Without books history is silent and literature is dumb. They are man's most precious heritage. The Indian epics like The Mahabharata and The Ramayana or the holy books like The Gita, The Quran, The Bible and The Guru Granth Sahib will be cherished and revered for all times to come. The four vedas teach a man the highest truths of life that can make him honorable and virtuous.

Sir Francis Bacon has said, "Reading maketh a full man." A knowledgeable person can face challenges of life. Knowledge commands power, position and prestige. If the people are ignorant and illiterate they will suffer from superstition and baseless fears. Martin Tupper called, books are man's best friends. They prove to be best companions in our solitude. But mind you friends, we must know that choice of books plays an important role in shaping a man's personality and character. Reading good books, sharpens our intellect, broadens our mind, enriches our experience, and widens our knowledge. Thus making us better, nobler and happier in life. Happy Reading.

Rashamdeep kaur
X Marigold



Students' Achievement



A little progress each day adds up to big results.



Shivansh Kapoor (VI Aster) got *silver medal* in Punjab State School Competition in Table Tennis held at Hoshiarpur.



Gauranshi Garg (II Aster) and Deepanshi (II Aster) won *2nd Runner Up Trophy* and *7th Runner Up Trophy* respectively, in UCMAS, a State Level Competition held at LPU.



HAPPY BIRTHDAY

Nursery Rose	Trishika Samarveer Fateh	I Tulip	Harneet Ruth	V Rose Jasmine	Gautam Piyush Samar Kush
Jasmine	Jayesha Rayansh Yakshit	Aster	Rabnoor Gunjeet Gurfateh		Harshil Harleen Gurman Chanjot
Marigold	Nikunj Tanish Tarush	II Rose	Prabhleen Arjanveer Manya		Harsahej Mehulpreet Deepanshi Hardik Prasann Jayashka Upkirat
Tulip	Shanaya		Myra	Marigold	
LKG Rose	Vinaya	Jasmine	Kirti		
Jasmine	Sehajbir Tanvi Aarav Gurjot Jaizleen	Aster Daisy	Mitansh Onkardeep Livleen Deepanjot Riya	Aster Daisy	
Marigold	Harkirat	Lily	Shivanya	VI Tulip	Sarleen Ishmeet Aishveer Bhuvan Varun Avneet Saanvi Jignesh
Tulip	Vansh Parveen Jaismeen Jujhar Reyansh	III Rose	Akshit Gurleen Shagun Aarav Mehar Anuj	Aster	Anukampa Ariva Mehardeep Ayushi Kulbir Alex Jasmeet Tarun
Aster	Aranshi		Tarandeep	Daisy	
Daisy	Japvansh		Bhagya	VII Rose	
UKG Rose	Amaira		Rajveer	Jasmine	
Jasmine	Tejas Guransh Harmeet Anmol	Tulip Daisy Lily	Nirmat Reyansh Saanvi Aditya Rizak	Marigold	Mehardeep Ayushi Kulbir Alex Jasmeet Tarun
Marigold	Saksham Mehtab Shivika	IV Rose	Tanishtha Japshbad Tanish Mayank Gurkiart Parmaan Naman Anmol Parneet Navyansh	Aster Daisy	
Tulip	Karanpreet	Jasmine		Daisy	
Daisy	Ishana Deep Ranveer Harnoor Ranveer Navyansh	Marigold		VIII Rose	Japreet Arish Vaibhav Bhavleen
Lily					
Daffodil					
I-Rose	Pranjal Rian Kabir	Tulip			
Jasmine		Aster			
Marigold		Daisy			



VIII Tulip

**Daisy
Lily**

IX Rose

Jasmine

Marigold

**Tulip
Aster
Lily**

X Rose

Marigold

Aster

Daisy

Lily

**Tanveer
Sukhpreet**

**Saksham
Inderveer
Abhinav**

**Prachi
Nitin**

**Ashmeet
Asmi**

**Gursimran
Nidhi**

**Ekamjot
Saksham
Mannatpreet
Prathna**

**Tarinderpal
Paavn**

**Khushmeet
Ishita
Gaurish**

**Tishta
Mahiman
Priyansha
Gunishka**

**Manjot
Harnoor
Keshav
Sukhamrit**

**Khushleen
Chirag**

**Nishu
Vaastav**

X Daffodil

**XI Sci A
XI Com A
Com C**

FMM

Arts

**Sahibjot
Anshika**

**Vishal
Tejansh
Amandeep
Ishmeet**

**Sahu
Ayush**

**Jhanvi
Divyanshi
Parneet**



Career Column

Career in Culinary Arts

Culinary art is a talent for cooking. Culinary artist studies recipes and prepares high-quality dishes. It includes baking, preparing food, supervisor of the kitchen, or the art of presentation of the food on the plate. The professional is usually known as the culinarian, culinary artist, chefs or cooks. As a professional, one needs to know about nutrition, culinary science, proper diet and the art of food presentation.

Student can do XII in any stream or afterwards can pursue BA in Culinary Arts/Diploma/PG Diploma Culinary Arts/B.Sc in Catering/Culinary Arts.

Career opportunities in Culinary Arts-

Baker ,Master Chef, Pastry Chef, Culinary Chef

Institutes For Graduation studies-

IHM Aurangabad

IHM Meerut

The Oberoi

Culinary Academy of India - [CAI], Hyderabad

Indian Institute of Hotel Management and Culinary Arts - [IIHMCA], Hyderabad

Allied Institute of Hotel Management and Culinary Arts (AIHMCA)

Goa College of Hospitality and Culinary Education , North Goa

Hotel and Catering Management Institute

Manipal University, Welcome group Graduate School of Hotel Administration - [WGSHA], Manipal

Chandigarh Institute of Hotel Management & Catering Technology, Chandigarh



ਹੈਰਾਨੀਜਨਕ ਤੱਥ

1. ਇੱਕ ਛਿਪਕਲੀ ਦਾ ਦਿਲ ਇੱਕ ਮਿੰਟ ਵਿੱਚ 1000 ਵਾਰ ਧੜਕਦਾ ਹੈ।
2. ਦੁਨੀਆਂ ਵਿੱਚ ਜ਼ਿਆਦਾਤਰ ਲੋਕ ਪੈਨ ਖਰੀਦਣ ਤੋਂ ਬਾਅਦ ਆਪਣਾ ਨਾਮ ਲਿਖਦੇ ਹਨ।
3. ਤਿੱਤਲੀ ਫੁੱਲਾਂ ਦਾ ਸੁਆਦ ਆਪਣੇ ਪੈਰਾਂ ਤੋਂ ਪਤਾ ਕਰਦੀ ਹੈ।
4. ਦੁਨੀਆਂ ਦੇ 85% ਪੌਦੇ ਸਮੁੰਦਰ ਦੇ ਅੰਦਰ ਪਾਏ ਜਾਂਦੇ ਹਨ।
5. ਜ਼ਿਰਾਫ ਦੀ ਜੀਭ 21 ਇੰਚ ਲੰਬੀ ਹੁੰਦੀ ਹੈ ਜਿਸ ਦਾ ਇਸਤੇਮਾਲ ਉਹ ਕੰਨ ਸਾਫ ਕਰਨ ਦੇ ਲਈ ਕਰਦਾ ਹੈ।



Exploration



हवन का वैज्ञानिक महत्व

ग्रंथों में अनेक तरह के यज्ञ और हवन बताए गए हैं, जिनका शुभ प्रभाव न केवल व्यक्ति बल्कि वायुमंडल को भी लाभ पहुँचाता है। अनेक वैज्ञानिक शोधों से स्पष्ट हुआ है कि हवन और यज्ञ के दौरान बोले जाने वाले मंत्र, प्रज्ज्वलित होने वाली अग्नि और धुएँ से होने वाले अनेकों प्राकृतिक लाभ मिलते हैं, जो हमें एवं हमारी प्रकृति को लाभ पहुँचाते हैं। वैज्ञानिक दृष्टि से हवन से निकलने वाले अग्नि के ताप और उसमें आहुति के लिए उपयोग की जाने वाली हवन की प्राकृतिक सामग्री और समिधा वातावरण में फैले रोगाणु और विषाणुओं को नष्ट भी करती है और प्रदूषण को भी मिटाने में सहायक होती है। साथ ही उनकी सुगंध व ऊष्मा मन व तन की अशांति व थकान को भी दूर करने वाली होती है। इस तरह हवन स्वस्थ और नीरोगी जीवन का श्रेष्ठ धार्मिक और वैज्ञानिक उपाय है। एन.आई.टी सूरत में रिसर्च स्कॉलर गोपाल गोस्वामी बताते हैं कि एक सर्वे से ज्ञात हुआ है कि जिस घर में प्रतिदिन हवन होता है वह घर कोरोना महामारी के भीषण प्रकोप से भी अछूता रहा है। फ्रांस के ट्रेले नामक वैज्ञानिक ने हवन पर रिसर्च की, जिसमें उन्होंने यह जानने की कोशिश की कि आखिर हवन में आम की लकड़ियों का ही प्रयोग क्यों किया जाता है? रिसर्च में सामने आया कि जब आम की लकड़ी जलती है तो फॉर्मिक एल्डिहाइड नामक गैस उत्पन्न होती है। जो कि खतरनाक बैक्टीरिया और जीवाणुओं को मारती है तथा वातावरण को शुद्ध करती है। इस रिसर्च के बाद ही वैज्ञानिकों को इस गैस और इसे बनाने का तरीका पता चला। गुड़ को जलाने पर भी ये गैस उत्पन्न होती है। वैज्ञानिक टौटीक ने हवन पर की गई अपनी रिसर्च में पाया कि यदि आधे घंटे हवन में बैठा जाए अथवा हवन के धुएँ से शरीर का संपर्क हो तो टाइफाइड जैसे खतरनाक रोग फैलाने वाले जीवाणु भी मर जाते हैं और शरीर शुद्ध हो जाता है। मंगल भवन के आचार्य भास्कर आमेटा जी बताते हैं कि हवन की महत्ता देखते हुए राष्ट्रीय वनस्पति अनुसंधान संस्थान लखनऊ के वैज्ञानिकों ने भी इस पर एक रिसर्च की कि क्या हवन से सच में वातावरण शुद्ध होता है और जीवाणु नाश होता है, अथवा नहीं? उन्होंने ग्रंथों में वर्णित हवन सामग्री जुटाई और जलाने पर पाया कि ये विषाणु नाश करती है। फिर उन्होंने विभिन्न प्रकार के धुएँ पर भी काम किया और देखा कि सिर्फ आम की एक किलो लकड़ी जलाने से हवा में मौजूद विषाणु बहुत कम नहीं हुए। पर जैसे ही उसके ऊपर आधा किलो हवन सामग्री डालकर जलायी गयी तो एक घंटे के भीतर ही कक्ष में मौजूद बैक्टीरिया का स्तर 94 % कम हो गया। यही नहीं उन्होंने आगे भी कक्ष की हवा में मौजूद जीवाणुओं का परीक्षण किया और पाया कि कक्ष के दरवाजे खोले जाने और सारा धुआँ निकल जाने के 24 घंटे बाद भी जीवाणुओं का स्तर सामान्य से 96 प्रतिशत कम था। बार-बार परीक्षण करने पर ज्ञात हुआ कि इस एक बार के धुएँ का असर एक माह तक रहा और उस कक्ष की वायु में विषाणु स्तर 30 दिन बाद भी सामान्य से बहुत कम था। हवन के द्वारा न केवल मनुष्य बल्कि वनस्पतियों एवं फसलों को नुकसान पहुँचाने वाले बैक्टीरिया का भी नाश होता है। साथ ही इससे फसलों में रासायनिक खाद का प्रयोग कम हो सकता है।

MIND BOGGLER

Solve the math puzzle logic

6	4
9	6

2	7
9	8

© www.test4exams.com

3	5
7	?



Answer key of Vol. 27

1. A glove
2. Post office
3. your right elbow
4. A coat of paint
5. A feather
6. The letter 'g'

