

BCM पत्रिका

A Fortnightly Newspaper

पाक्षिक समाचार पत्र (VOL.34)



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

Congratulations

Parents,
Teachers and Students

AISSCE

Total No. of Students -234
90% and above-37

Niranjana Kaur- 98.8 %
Savleen Kaur- 97.8 %
Gurleen Kaur & Sachin Garg- 95.8 %

AISSE

Total No. of Students -291
90% and above-38

Karman Sharma- 97 %
Kusum Kumari- 95.6 %
Mohit Verma- 95.2 %



Inter-House Competitions

Various Inter-House Competitions were held for the senior students. All the students participated with zeal and enthusiasm to bag victory.



Cricket Match

1st- Pukhraj
2nd- Shalimar
3rd- Kohinoor
4th- Gulmohar



English Declamation

1st- Pukhraj
2nd- Shalimar
3rd- Kohinoor
4th- Gulmohar





PPT Making Competition

- 1st- Pukhraj
- 2nd- Gulmohar
- 3rd- Shalimar
- 4th- Kohinoor



National Technology Day



Technology Day was celebrated to empower the students for Digital Era



Labour Day



Students expressed their gratitude towards support personnel of the school



International Nurse Day



To mark the birth anniversary of Florence Nightingale, International Nurse Day was celebrated. Students expressed gratitude for the commitment, untiring efforts and bravery of the nurses.

Awareness Session on "Adolescent Health "



Ms. Charanjeet Kalra -School Counselor gave insightful tips to girls on how to manage the rapid growth period confidently.



Mother's Day Celebration



The day was celebrated to show gratitude for the conscientious and selfless love of the mothers .



Mentor Talk on 'Ways to Master Language Skills'



A mentor talk by Ms. Sukhbir Kaur- HOD English, was organised for the students wherein she motivated them to work on LSRW to improve their proficiency in English.



आश्चर्यजनक तथ्य

- * आइसलैंड दुनिया का एकमात्र ऐसा देश है ,जहाँ आर्मी नहीं है। यह पूरे विश्व का सबसे खुशहाल देश भी है।
- * ऑस्ट्रिया दुनिया का पहला ऐसा देश है, जिसने पोस्टकार्ड का आविष्कार किया।
- * ऊँट की तीन पलकें होती है, जिससे वह रेगिस्तान की रेत से अपनी आँखों की रक्षा करता है।
- * हमिंग बर्ड विश्व की सबसे छोटी चिड़िया है । इसे हिंदी में गुंजन पक्षी कहते है । हमिंग बर्ड सबसे छोटे पक्षियों का एक कुल है जिसे ट्रोकिलिडी कहते हैं।
- * शैंपू की खोज भी भारत देश में ही हुई थी । शैंपू शब्द की उत्पत्ति संस्कृत शब्द चम्पू से हुई थी, जिसका मतलब बालों की मसाज होता है।



Endeavour

Interactive Session on 21st Century Skills and Experiential Teaching



BCM School organised an interactive session for the children of grade II that focused on 21st century skills and experiential teaching. The School Principal, Dr. Vandna Shahi sensitised the students about their holistic development. She also added that the students need to work upon their logical thinking, numerical ability and thinking skills. Students were also made aware about the importance of good hygiene habits and how to prepare them for the turmoils and turbulences of life. The session ended with a wonderful message that the future belongs to those who learn skills and combine them in a creative way.

Guest Lecture by Community Health Officer

BCM School focuses on comprehensive education. To achieve the same aim, Mrs. Jaspreet Kaur, Community Health Officer, was invited to acquaint the young BCMites of Primary Wing about organic, natural and low caloric food habits. The resource person gave some wonderful tips like 'Rainbow Food' habits and formula 5210 to include in diet pattern. Students were enthusiastic and interactive throughout the session. Primary Headmistress Ms. Shilpy Razdan also motivated the students to adapt wholesome routine to stay fit and healthy.



Parents' Corner

"GO GREEN"

According to Rabindra Nath Tagore, "Trees are the earth's endless effort in the listening heaven ". Our environment is ever-changing. The way we see it today is very different from what it was in the past and how it will be in the future. We can contribute our bit towards maintaining the natural ecological balance in the environment and preserving the planet. Reasons to go green include a cleaner breathing environment, safe foods, and safe water systems. There are some ways to make our environment more green.

Add indoor plants.

- * Go for solar planets.
- * Get creative with recycling bins.
- * Plant a community garden.
- * Go paperless.

So, it is in our hands to protect and preserve the life-sustaining environment of the planet that we share with millions of other creatures by following some precautions and by growing more and more trees.

Lucky Bahubal

M/o Yuvraj Bahubal

VI Tulip

Teachers' Corner

प्यारे बच्चों जब भी तुम डगमग आओगे
अपने अध्यापकों को अपने संग पाओगे
जीवन के सदन अंधेरो में
हम तुम्हारे लिए आशा के दीप जलाएंगे
आंधी आए या सुनामी हर हाल में तुम्हारे ढाल बन जाएंगे
हर प्रयास कर तुम्हें नेकी की राह पर आगे बढ़ाएंगे
हम मिलकर कर्म की छड़ी से तुम्हारा उज्ज्वल भविष्य बनाएंगे
जीवन में जब भी तुम डगमग आओगे
अपने अध्यापकों को अपने संग पाओगे
हम मिलकर पत्थर के सीने से पुष्प खिलाएंगे
यह वादा है मेरा तुमसे कि हम रेगिस्तान में भी कल कल से झरने बहयगे
जब भी जिंदगी इतिहास देगी हम मिलकर जिंदगी के मुश्किल पथों को हौसलों से पार कर तुम्हारी जीत को सरल बनाएंगे
वादा है सभी अध्यापकों का तुम से बस हाथ बढ़ा दो हम तुम्हें गले लगाएंगे
तुम्हारी मुश्किलों में एडिंग चट्टान बन जाएंगे
नेहरू गांधी सुभाष के सपनों का भारत बनाकर बस हमेशा आगे ही बढ़ते जाएंगे
हर हाल में तुम्हारे होठों पर मुस्कराहट सजाएंगे
यह वादा है हमारा यह वादा है हमारा

Harpreet Kaur

TGT Maths



Students' Corner

Be a Good listener

A good listener refers to someone who listens carefully, attentively, sympathetically, typically imparting support and understanding to the speaker

Benefits of listening are as follows-

If we listen properly in class it will help us to clear our concepts and we will be able to answer the questions from anywhere from the topic .

This enables us to identify or Anticipate problems .

Listening helps us to build more knowledge or we can say to acquire knowledge .

To become a better listener do as mentioned below -

Follow the 5 and 1 formula , I know that you are very curious to know about it , WAIT !! WAIT !! let me tell you. The formula of 5 and 1 is to listen 5 and speak 1, This means speak less and listen more . So, this was the formula of 5 and 1.

To improve listening skills-

Be active and meditate for minimum 5 mins and maximum 10 - 15 mins .

Empathise with the speaker.

Avoid trying to offer an immediate solution.

Kirti

VIII Tulip



Students' Achievement

Success is the sum of small efforts, repeated day-in and day- out.



Konark (II ASTER) clinched one *Gold and one Bronze* in 'District Karate Competition' held at Guru Nanak National College, Doraha, Ludhiana.



Nidhu(VII TULIP) won *Gold medal* in 'Karate Competition' organised by Ludhiana District Karate Association .



Ishan Grover(II ASTER) won *two Gold medals* in 'Karate Competition' organised by Ludhiana District Karate Association .

Kiratpreet Kaur (IV ROSE) emerged *1st Runner up* in 'Talent 'Hunt' organised by Shri Bala Ji Production.



Vandita (VIII Jasmine) grabbed *Gold Medal* in '8th Open Shooting Championship'.

Career Column

Career in Naturopathy or Yogic Sciences

Lifestyles, unhealthy diets and excessive workloads have led to an increase in mental and physical stress in all age groups. As a cherry on top, dissatisfaction with the conventional medical routes of treatment has forced people to look for other alternatives. In the quest for wellness and good health, people are now switching to alternate medicinal systems like Naturopathy, Acupuncture, and Yoga. A Bachelor in Naturopathy and Yogic Sciences (BNYS) is one such course that treats people without the usage of harmful drugs.

Eligibility Criteria

The candidate should have successfully completed higher secondary school from a recognized board with Physics, Chemistry, and Biology.

Top jobs

Naturopath, Natural Therapist, Para Clinical Specialist, Yoga Instructor, etc.

Top Recruiting Areas Rehabilitation Centres, Hospitals, Private Clinics, NGOs, etc.

The top institutes in India offering the BNYS course

*CMJ University Shillong

*SDM College of Naturopathy and Yogic Sciences Karnataka

*Dr. NTR University of Health Sciences Vijayawada

*JSS Institute of Naturopathy and Yogic Sciences



Exploration

ਸ੍ਰੀ ਅਨੰਦਪੁਰ ਸਾਹਿਬ

ਸ੍ਰੀ ਅਨੰਦਪੁਰ ਸਾਹਿਬ ਸਿੱਖ ਧਰਮ ਦੇ ਪੰਜ ਤਖ਼ਤਾਂ 'ਚੋਂ ਇੱਕ ਹੈ। 1965 ਵਿਚ ਸ੍ਰੀ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ ਨੇ ਚੱਕ ਨਾਨਕੀ ਨਾਂ ਦਾ ਪਿੰਡ ਵਸਾਇਆ ਸੀ। ਗੁਰੂ ਜੀ ਨੇ ਚੱਕ ਨਾਨਕੀ ਇਸ ਲਈ ਚੁਣਿਆ ਕਿਉਂਕਿ ਇਹ ਸੁਰੱਖਿਆ ਪੱਖੋਂ ਠੀਕ ਸੀ ਤੇ ਇੱਥੋਂ ਦਾ ਵਾਤਾਵਰਨ ਵੀ ਸ਼ਾਂਤੀ ਭਰਪੂਰ ਸੀ। ਇਸ ਦੇ ਆਲੇ-ਦੁਆਲੇ ਜੰਗਲ, ਦੋਵੇਂ ਪਾਸੇ ਚਰਨ ਗੰਗਾ ਅਤੇ ਇਕ ਪਾਸੇ ਦਰਿਆ ਸਤਲੁਜ ਹੋਣ ਕਰਕੇ ਬਹੁਤ ਹੀ ਸ਼ਾਂਤਮਈ ਇਲਾਕਾ ਸੀ। ਇੱਥੇ ਧਾਰਮਿਕ ਅਤੇ ਰੂਹਾਨੀ ਮਾਹੌਲ ਭੰਗ ਨਹੀਂ ਸੀ ਹੋ ਸਕਦਾ। ਅੱਜ ਵੀ ਇੱਥੇ ਆ ਕੇ ਮਨ ਨੂੰ ਸ਼ਾਂਤੀ ਅਤੇ ਅਨੰਦ ਮਿਲਦਾ ਹੈ। ਸ਼ਾਇਦ ਇਸੇ ਕਰਕੇ ਇਸ ਦਾ ਨਾਂ ਅਨੰਦਪੁਰ ਸਾਹਿਬ ਪੈ ਗਿਆ। ਇੱਥੇ ਹੀ ਪੰਡਿਤ ਕਿਰਪਾ ਰਾਮ ਦੀ ਅਗਵਾਈ ਵਿਚ ਕਸ਼ਮੀਰੀ ਪੰਡਤ ਗੁਰੂ ਜੀ ਕੋਲ ਫਰਿਆਦ ਕਰਨ ਆਏ ਤਾਂ ਬਾਲ ਗੋਬਿੰਦ ਰਾਏ ਜੀ ਨੇ ਆਪਣੇ ਪਿਤਾ ਨੂੰ ਹਿੰਦੂ ਧਰਮ ਦੀ ਰਾਖੀ ਲਈ ਕੁਰਬਾਨੀ ਦੇਣ ਲਈ ਪ੍ਰੇਰਿਆ। ਇੱਥੇ ਹੀ ਦਸਵੇਂ ਪਾਤਸ਼ਾਹ ਸ੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਨੇ ਖ਼ਾਲਸੇ ਦੀ ਸਾਜਨਾ ਕੀਤੀ। ਸ੍ਰੀ ਅਨੰਦਪੁਰ ਸਾਹਿਬ ਗੁਰੂ ਸਾਹਿਬ ਦੇ ਪਵਿੱਤਰ ਚਰਨ ਕਮਲਾਂ ਅਤੇ ਸ਼ਹੀਦਾਂ ਦੇ ਖ਼ੂਨ ਨਾਲ ਪਵਿੱਤਰ ਹੋਈ ਥਾਂ ਹੈ। ਇਹ ਪੂਜਣਯੋਗ ਸਥਾਨ ਹੈ। ਇੱਥੇ ਗੁਰੂ ਸਾਹਿਬ ਦੀ ਯਾਦ 'ਚ ਬਹੁਤ ਸਾਰੇ ਗੁਰਦੁਆਰੇ ਹਨ।

ਕੇਸਗੜ੍ਹ ਸਾਹਿਬ ਇਹ ਅਨੰਦਪੁਰ ਸਾਹਿਬ ਦਾ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਸਥਾਨ ਹੈ, ਜੋ ਪੰਜਾਂ ਤਖ਼ਤਾਂ ਵਿਚੋਂ ਇੱਕ ਤਖ਼ਤ ਹੈ, 1699 ਨੂੰ ਵਿਸਾਖੀ ਵਾਲੇ ਇੱਥੇ ਹੀ ਗੁਰੂ ਜੀ ਨੇ ਖ਼ਾਲਸਾ ਪੰਥ ਦੀ ਸਥਾਪਨਾ ਕੀਤੀ ਸੀ। ਇੱਥੇ ਹੀ ਗੁਰਦੁਆਰਾ ਸਾਹਿਬ ਵਿਖੇ ਗੁਰੂ ਜੀ ਦੇ ਸ਼ਸਤਰ ਪਏ ਹਨ।

MIND BOGGLER

TRY TO GUESS



1. What goes up but never comes down ?
2. A man dies of old age on his 25th birthday. How is this possible ?
3. What is black when it is clean and white when it is dirty ?
4. What goes up and down but doesn't move ?
5. What has lots of eyes, but can't see?
6. What is the end of everything ?
7. What can run but cannot walk ?

Ans. Key of Vol. 33

Explanation :

Number of squares in the given figure is

$$16+ 9+19+1=45$$

