

Create with the heart: Build with the mind. -Criss Jami

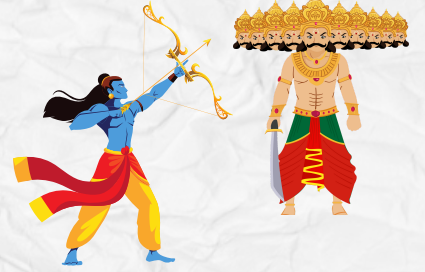
BML Munjal Tinkerpreneurs: Towards Tomorrow



A vibrant congregation
of ambitious, innovative
young entrepreneurs.



Dusshera Celebration



Celebrating the triumph of good over evil





Navratri Celebration



National Unity Day



Strength in
Diversity, Unity
in Community



Endeavour



BCM Leadership Forum conducts Inspirational Session for Students on the Value of Resilience

"Resilience is not a single skill, but a variety of skills and coping strategies that can be learned and developed over time."

BCM Leadership Forum organised an inspirational session for the students of classes XI and XII at BCM School, Dugri by Ms. Sandeep Rayat, Managing Director of Akal Springs Limited and a well respected figure in the business world, accompanied by Dr Prem Kumar (School Manager) and Dr Vandna Shahi(Principal).

The session aimed to emphasize the importance of resilience and its role in achieving personal and professional success.

Sharing her own personal journey as the Managing Director, Ms. Rayat passionately addressed the students, highlighting the significance of resilience and perseverance in overcoming the challenges.

During the session, she engaged the audience with captivating stories and real-life examples, illustrating the power of resilience in overcoming obstacles. She not only encouraged the students to embrace challenges but also guided the youngsters to view them as opportunities for growth. Ms. Rayat also emphasized the importance of maintaining a positive mindset, staying focused on goals, and developing a strong support system.

The event concluded with a vote of thanks by Divyanka , the Student Secretary, BCM Leadership Form who expressed her heartfelt gratitude and appreciation to Ms. Sandeep Rayat for sharing her precious time and pearls of wisdom.



Parents' Corner

सफ़े दिवाली

हम सभी चाहते हैं कि हमारा त्योहार खुशियों से भरा हो। रोशनी का त्योहार दिवाली हम सभी के लिए सेफ हो और हम हैपी दिवाली मना सकें इसके लिए आपको कुछ जरूरी बातों का ध्यान रखना चाहिए।

• पटाखों को कहें ना

दिवाली रोशनी का त्योहार है और आप चाहें तो बिना पटाखे जलाए भी दिवाली के त्योहार को खुशियों के साथ मना सकते हैं।

• मिट्टी के दीयों का इस्तेमाल

दिवाली पर अपने घर को सजाने के लिए मिट्टी के दीयों का इस्तेमाल करें।

• प्लास्टिक का इस्तेमाल न करें

गिफ्ट्स रैप करना हो या फिर दोस्तों और रिश्तेदारों को गिफ्ट्स बांटने जाना हो...। गिफ्ट्स और फूड आइटम्स पैक करने के लिए हैंडमेड पेपर बैग्स का इस्तेमाल करें

• ऑर्गेनिक रंगों से बनाएं रंगोली

घर को फेस्टिव लुक देने के लिए केमिकल वाले रंगों का इस्तेमाल करने की बजाए ऑर्गेनिक कलर्स ही यूज करें। आप चाहें तो सिर्फ फूलों से भी रंगोली बना सकते हैं।

कमलजीत कौर
M/o Navneet Kaur
IX Aster

आश्चर्यजनक तथ्य

- * भारत के पूर्व राष्ट्रपति अब्दुल कलाम के सम्मान में 26 मई को स्विट्जरलैंड में विज्ञान दिवस मनाया जाता है। इसी दिन राष्ट्रपति अब्दुल कलाम ने स्विट्जरलैंड का दौरा भी किया था।
- * भारत दुनिया का पहला देश है जहाँ स्टील का उत्पादन हुआ था।
- * शतुरमुर्ग की आँखें उसके दिमाग से ज्यादा बड़ी होती हैं। यह दुनिया का सबसे बड़ा पक्षी है। शतुरमुर्ग के दौड़ने की गति 60 से 70 किलोमीटर प्रति घंटा होती है।
- * भारत के झारखंड राज्य में अंडरग्राउंड कोयले की खदान हैं जिसका 1916 से खनन कर रहे हैं और अभी भी कोयला प्राप्त कर उपयोग कर रहे हैं।
- * भारत हीरो का खनन करने वाला पहला देश है। दुनिया के दस बेशकीमती हीरे भी भारत की देन हैं।



Teachers' Corner

Chikungunya

Chikungunya is a mosquito-borne viral disease that causes fever and severe joint pain. The disease was first recognized in 1952 during an outbreak in southern Tanzania. It is a ribonucleic acid (RNA) virus that belongs to the alphavirus genus of the family Togaviridae.

Most people infected with chikungunya virus will develop some symptoms. Symptoms usually begin 3–7 days after an infected mosquito bites you.

The most common symptoms are fever and joint pain.

Other symptoms may include headache, muscle pain, joint swelling, or rash.

Most patients feel better within a week. However, joint pain can be severe and disabling and may persist for months.

Death from chikungunya is rare.

There is currently no vaccine to prevent or medicine to treat chikungunya.

Rest, fluids, and over-the-counter pain medications may relieve some symptoms.

Take medicine such as paracetamol to reduce fever and pain.

Do not take aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) until dengue can be ruled out to reduce the risk of bleeding.

If you have chikungunya, prevent mosquito bites for the first week of your illness.

During the first week of illness, chikungunya virus can be found in the blood. The virus can be passed from an infected person to a mosquito through mosquito bites.

An infected mosquito can then spread the virus to other people.

Live aware not in fear

SARITA

TGT- SCIENCE



Students' Corner

Story of a girl..

The society passed comments whenever she achieved something,
She felt that she deserved nothing.
She just wanted to be perfect,
So she stopped being herself.
She felt insecure,
She just wanted her broken soul to be cured.
She stopped doing the things she enjoyed,
She fell into an emotionless void.
The society just ruined her mindset,
She fell into the restrictions net.
Another free bird was captured,
One more lost her freedom.
No one was able to save them,
From the society's standard

Shreya

IX



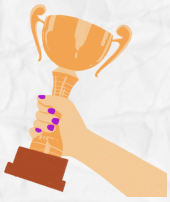
Students' Achievements



Harmanjot Kaur (VI Marigold) secured 7th rank as regional finalists in Space Quiz 2023.



Achievers of 'Pratibha 2K23' held at Khalsa Institute of and Technology for Women, Ludhiana.



Event	Participant	Class	Position
Face painting	Harshita Dhamu	XII COMMERCE A	First
Collage making	Sukhmeet kaur	XII ARTS	Second
Duet Dance	Parneet Kaur Gurnoor Kaur	XII ARTS	Second
Poem Recitation	Divyanka	XI COMMERCE A	Second

Achievers of 'Inter School Kids Festival' held at Jesus Sacred Heart School

Event	Participant	Class	Position
Skating	Karanbir Singh	VI Aster	<i>Second</i>
Fruit Delight	Sahibdeep Singh	III Rose	Third
Fruit Delight	Pranjal	III Jasmine	<i>Second</i>
Fashion Fiesta	Team of 8 students	III	<i>Second</i>



Achievers of LSSC Declamation Contest held at Manav Rachna School, Ludhiana.

***Parneet Sodhi got second prize in the event 'Passionate & Persuasive Speaker'**

***Mohit Verma received third prize in the event 'Stellar Performer'**

Sara (IX Tulip) won *first prize* in Ludhiana Sahodya School Complex an Inter School Competition held at Spring Dale Public School.



Narois bagged *first position* in District Meet School Tournament Held at Guru Gobind Singh National College Narangwal.



**Achievers of 'Inter School Kids Festival' held at Jesus Sacred Heart School:
Event -**

1 Cricket-second prize

2 Swimming-second prize

3 Trade Expo-Appreciation prize

4 Prayer dance- third prize

Achievers of Techno Fest - 2023 held at BCM Chd Road.

Science Quiz - second position

Varun from XI NM

Avleen from XII Med



Career Column

Healthcare Management

Healthcare careers may be incredibly fulfilling, and there are several possibilities to choose from. Those who wish to make a difference and work in the healthcare business but in a less clinical setting might consider becoming a healthcare manager. Let's look at some of a healthcare manager's general responsibilities:

- Budgeting and general financial management
- Define goals and establish plans and methods to achieve them.
- Attend and report on numerous meetings
- Oversee the day-to-day operations of the hospital or department
- Maintain stakeholder ties.
- Manage any problems that develop inside the healthcare institution and deal with them appropriately.

Healthcare Manager Skills Needed

- Interpersonal skills
- Management
- Communication
- Organization

Healthcare Management: Undergraduate Programs

• BSc Health and Social Care Management (Hons)

This 3-year, Bachelor of Science degree allows you to build a strong career in the sector. You can gain a sound knowledge of all the techniques and principles required as per industry standards. The students will be trained on the topics essential to building a strong career like public health policies, human resource management, accounting, finance, legal issues, etc.

Apart from the above-mentioned programs, here are some other undergraduate-level courses you might want to consider:

- Diploma in Office Administration- Health Services
- Diploma in Healthcare Environmental Services Management
- BCom in Healthcare Management (Hons)
- BSc in Emergency Medical Care
- BSc in Healthcare Management



EXPLORATION

ਸ੍ਰੀ ਅਨੰਦਪੁਰ ਸਾਹਿਬ : ਵਿਰਾਸਤ-ਏ-ਖਾਲਸਾ ਦੀ ਉਸਾਰੀ ਸਿੱਖ ਵਿਰਾਸਤ ਨੂੰ ਪੇਸ਼ ਕਰਨ ਦਾ ਪਹਿਲਾ ਵੱਡਾ ਉੱਦਮ ਹੈ। 100 ਏਕੜ ਰਕਬੇ ਵਿੱਚ ਉਸਾਰੇ ਵਿਰਾਸਤ-ਏ-ਖਾਲਸਾ ਨੂੰ ਅੰਤਰ-ਰਾਸ਼ਟਰੀ ਪ੍ਰਸਿੱਧ ਆਰਕੀਟੈਕਚਰ ਸ੍ਰੀ ਮੇਸ਼ੇ ਸੈਫਦੀ, ਜਿਸ ਵਲੋਂ ਯੇਰੋਸ਼ਲਮ ਵਿਚ ਹੋਲੋ-ਕਾਸ਼ਟ ਮਿਊਜ਼ੀਅਮ ਵੀ ਤਿਆਰ ਕੀਤੀ ਗਈ ਸੀ, ਨੇ ਡਿਜ਼ਾਇਨ ਕੀਤਾ ਹੈ।

ਵਿਰਾਸਤ-ਏ-ਖਾਲਸਾ ਵਿਚ ਕੌਮੀ ਇਤਿਹਾਸ ਨੂੰ ਪੇਸ਼ ਕਰਨ ਲਈ ਪੂਰਬ ਵੱਲ ਫੁੱਲ ਇਮਾਰਤ ਅਤੇ ਕਿਸ਼ਤੀ ਇਮਾਰਤ ਬਣਾਏ ਗਏ ਹਨ। ਆਰਕੀਟੈਕਚਰ ਵਲੋਂ ਪੰਜ ਪਾਣੀ ਅਤੇ ਪੰਜ ਪੱਤੀਆਂ ਦੇ ਮਨੋਰਥ ਨੂੰ ਸਾਹਮਣੇ ਰੱਖ ਕੇ ਪੰਜ ਦਰਿਆਵਾਂ ਦੀ ਧਰਤੀ ਅਤੇ ਪੰਜ ਪਿਆਰਿਆਂ ਦੇ ਗੁਰੂ ਸੰਕਲਪ ਨੂੰ ਪ੍ਰਗਟ ਕਰਨ ਦਾ ਉਦੇਸ਼ ਰਖਿਆ ਗਿਆ ਹੈ।

ਵਿਰਾਸਤ-ਏ-ਖਾਲਸਾ ਦੇ ਪਹਿਲੇ ਪੜਾਅ 'ਚ 14 ਗੈਲਰੀਆਂ ਦੇ ਦਰਸ਼ਨਾਂ ਦੌਰਾਨ ਸੈਲਾਨੀ ਇਥੇ ਪੰਜਾਬ ਦੇ ਸੱਭਿਆਚਾਰ, ਰਹਿਣ-ਸਹਿਣ, ਸਿੱਖ ਧਰਮ ਦੇ ਉਦੈ, ਦਸ ਗੁਰੂ ਸਾਹਿਬਾਨ ਅਤੇ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਨੂੰ ਗੁਰਗੱਦੀ ਮਿਲਣ ਤਕ ਦਾ ਇਤਿਹਾਸ ਮਲਟੀ ਮੀਡੀਆ ਅਤਿ-ਆਧੁਨਿਕ ਤਕਨੀਕਾਂ ਜ਼ਰੀਏ ਵੇਖਦੇ ਤੇ ਸੁਣਦੇ ਹਨ। ਪਹਿਲੇ ਪੜਾਅ ਵਿਚ ਜ਼ਿਆਦਾਤਰ ਇਤਿਹਾਸ ਤਸਵੀਰਾਂ ਜਾਂ ਕਲਾਕ੍ਰਿਤਾਂ ਰਾਹੀਂ ਵਿਖਾਇਆ ਗਿਆ ਹੈ।

ਦੂਜੇ ਪੜਾਅ 'ਚ ਪੰਦਰਵੀਂ ਗੈਲਰੀ ਤੋਂ ਲੈ ਕੇ ਸਤਾਈ ਵੀਂ ਗੈਲਰੀ ਤੱਕ ਬਾਬਾ ਬੰਦਾ ਸਿੰਘ ਬਹਾਦਰ ਤੋਂ ਲੈ ਕੇ ਭਾਰਤ ਦੀ ਆਜ਼ਾਦੀ (1708-1947 ਈਸਵੀ) ਤੱਕ ਪੰਜਾਬ ਦੇ ਅਮੀਰ ਤੇ ਗੌਰਵਸ਼ਾਲੀ ਸਿੱਖ ਇਤਿਹਾਸ ਨੂੰ ਹਸਤਕਲਾ, ਅਤਿ-ਆਧੁਨਿਕ ਮਲਟੀ ਮੀਡੀਆ ਤਕਨਾਲੋਜੀ ਤੋਂ ਇਲਾਵਾ ਥ੍ਰੀ-ਡੀ ਤਕਨੀਕ ਸਮੇਤ ਆਲ੍ਹਾ ਦਰਜੇ ਦੇ ਆਡੀਓ ਤੇ ਵੀਡੀਓ ਕੰਨਟੈਂਟ ਨਾਲ ਇਸ ਕਦਰ ਲੜੀ 'ਚ ਪ੍ਰੇਇਆ ਗਿਆ ਹੈ ਕਿ ਦਰਸ਼ਕ ਖੁਦ ਆਪਣੇ ਆਪ ਨੂੰ ਉਸ ਕਾਲ ਵਿਚ ਜੀਵੰਤ ਮਹਿਸੂਸ ਕਰਨ ਲੱਗਦੇ ਹਨ।

ਇਸ ਅਦੁੱਤੀ ਨਿਰਮਾਣ ਕਾਰਜ ਦਾ ਬਜਟ 327.20 ਕਰੋੜ ਰੁਪਏ ਸੀ। ਸਿਵਲ ਵਰਕ ਦਾ ਬਜਟ 185.53 ਕਰੋੜ, ਡਿਜ਼ਾਈਨ ਵਰਕ ਦਾ 122.63 ਕਰੋੜ ਅਤੇ ਪ੍ਰਸ਼ਾਸਨਿਕ ਵਰਕ ਦਾ ਬਜਟ 19.04 ਕਰੋੜ ਰਖਿਆ ਗਿਆ

MIND BOGGLER



1. What planet will have a fancy engagement party because it has the most rings?
2. We are apples that you can buy at the store but you can not eat us, why not?
3. What is the smartest insect who also has a terrific vocabulary?
4. What number is the loneliest and spends most of its time being single and alone?
5. You dress me in December, hang lights and lots of gifts, live under me, what am I?
6. You can slice and dice me, peel and chop me, cook me and I might make you cry. What am I?
7. What breaks yet never falls, and what falls yet never breaks?

