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April 1, 2024 to April 15, 2024

Don't let challenges define you. Learn from them and use them to propel yourself forward.

Baisakhi Celebration



*Let's celebrate the vibrant spirit of Baisakhi
and embrace the joy of new beginnings*



Ambedkar Jayanti



BCMites remembering the architect
of Indian Constitution



World Health Day



A session by School Counsellor to sensitise students on how to prioritize self-care and well-being

Endeavour

Mental Health Awareness Campaign

BCMites showcased their commitment to promoting mental health awareness among adolescents through a dynamic campaign conducted at Government School Phullawal. This initiative was organized under the esteemed banner of the United Nations Office on Drugs and Crime (UNODC) program, RiseUp4Peace. The students embraced a creative approach, utilizing a myriad of models and artistic expressions to convey vital messages regarding mental health.



Parents' Corner



SOCIAL MEDIA

Social media is an extremely famous tool nowadays that is used to share ideas and information on virtual platform. It is extremely popular because of its user friendly features. Various social media platforms like Facebook, Instagram Twitter are giving people a chance to connect with each other across distances. All in all, the whole world is at our finger tips and all thanks to social media. Youth is especially one of the most dominant users of social media.

Let's look at the positive aspects of social media-

*It has numerous advantages and the most important being is a great device for education. All the information one requires is just click away.

*Students can educate themselves on various topics using social media.

* Most importantly it also provides great platform for young budding artists to showcase their talent for free.

* It also provides a huge advantage for companies who wish to promote their brands. As each coin has two sides so is with the social media-

* Despite of its unique advantages it is considered to be one of the most harmful elements of the society.

* If its usage is not monitored it can lead to grave consequences.

* It is harmful as it invades your privacy like never before.

*Its addiction hampers with the academic performance of a student as it causes sheer wastage of time.

In short surely social media has both advantages and disadvantages but it all depends upon the user so the young talent of our country must particularly create a balance between their academic performances, physical activities and social media as excess use of everything is harmful and same thing applies to social media also. Therefore we must try to live a satisfying life with the right balance.

Ms.Manveet Kaur
M/o Prabhraj Singh
V Rose





Teachers' Corner

The Power of Discipline

Decisions help us start, Discipline helps us finish.

What is discipline?

Discipline is basically a practice to follow certain rules and regulations in life. Discipline brings perfection in a person's life by training and educating the mind and body to respond to the rules and regulations which will help them to be ideal citizens of the society.

It requires a lot of hard work and dedication to be disciplined in life. We need a positive mind and a healthy body too for that. Moreover discipline is having the power that keeps each person in control. It motivates us to achieve progress and success in life besides everyone has his own prospect of discipline. There are some people who consider it as an integral part of their life while some don't but one thing is for sure that without discipline, life will become dull and inactive. On the contrary, a disciplined person can easily control and handle the situations of life in a more sophisticated way than others who don't have discipline in the life. If we have a plan and want to implement it in our life then actually we need discipline because it makes things easy for us to and ultimately bring success to our life.

The most important kind of discipline is self discipline that comes from within and we learn it on our own self. Discipline needs a lot of motivation and of course support from others. It is required in almost every sphere of life so it's always best to practice discipline from the very early stages of our life. For students, its meaning is different and it is extremely important in their life. It helps them to train and educate not only to focus but also to achieve their goals.

I would like to conclude on the note that discipline is one of the key elements of one's life. Above all, discipline helps everyone to achieve the success that he or she aspires in life.

**Ms. Preeti Moldi
TGT English**



Appreciation to our Budding Writers

HEALTH IS WEALTH

“Health is the greatest of human blessings.”

Good health is real Wealth: Our health, both physical and mental, is crucial for a happy life. It cannot be taken lightly; instead, it is a necessity. Good health depends on several factors, such as our diet, level of physical activity, personal hygiene, and rest. When healthy, they tend to have more confidence and be socially adept and energetic. A healthy individual approaches

situations with calmness and rationality. Unfortunately, some people are willing to compromise their well-being for financial gain. This highlights the fact that many prioritise monetary success over their mental health. Some individuals even work tirelessly throughout the week without taking any breaks. It is essential to incorporate joyful habits and plan to achieve overall well-being. So don't wait, start taking your health a priority today.



Prabhraj Singh
V Rose

A Lesson learnt by accident

When I accidentally dialed 100, the emergency number for the police, a wave of panic washed over me. My heart raced as I fumbled to end the call, but it was too late. I knew that the police would be dispatched to my house, and there was no way to explain it as a mistake. I had to think quickly and come up with a plausible reason to avoid unnecessary trouble.

As my brain got stormed, a sense of guilt engulfed me. I was reminded to the police, who were now a few moments away from my house. With a racing mind, I decided to elaborate a story that would not only make sense but also prevent any misunderstanding. I took a deep breath and tried to compose myself as I heard the approaching footsteps and voices of the officers outside. They knocked forcefully on my door, increasing the release of adrenaline hormone by the respective gland. I opened the door, trying to appear calm. The two police officers, a middle-aged man and a young woman, stood before me. “Ma'am, we received a call from this address reporting an emergency. Is everything alright?” the man asked.



I nodded, with a sincere expression on my face and said, “I’m sorry for the inconvenience. It was a complete accident. I was trying to dial my friend and misdialled the emergency number. It will not happen again. I promise.” Then the young woman replied, “However, we still need to ensure everything is indeed fine. May we come in and double check, just to be safe?” I reluctantly nodded, leading them inside. With every step they took, my anxiety grew. As we entered the living room, I realized that my obsessive cleanliness might work in my favour. The space was as clean as if no crime could ever have taken place within those walls.

The officers quickly scanned every corner of my house. To relief me, nothing raised their suspicion. They shared a nod and turned to me. The older officer advised me to be careful with dialing in the future. With a sense of gratitude and relief, I thanked them for their understanding and apologized once again. As they left my house, the weight of the situation started to lift off my shoulders.

From that day forward, I made a effort to be more mindful of my phone’s keypad and double-check before dialing a number. And though it was an accident, I’d rather forget, it served as a reminder that sometimes mistakes can lead to valuable lessons, even when faced with the unexpected arrival of the police.

Harseerat Kaur
IX Tulip

ਹੈਰਾਨੀਜਨਕ ਤੱਥ

- * ਸਮੁੰਦਰ ਧਰਤੀ ਉੱਤੇ ਜ਼ਿਆਦਾਤਰ ਆਕਸੀਜਨ ਪੈਦਾ ਕਰਦੇ ਹਨ ।
- * ਇਕ ਬੱਦਲ ਦਾ ਭਾਰ ਇੱਕ ਮਿਲੀਅਨ ਪੌਂਡ ਤੋਂ ਵੱਧ ਹੋ ਸਕਦਾ ਹੈ ।
- * ਕੀੜੀ 12 ਘੰਟੇ ਦੀ ਮਿਆਦ ਵਿੱਚ ਲਗਪਗ 8 ਮਿੰਟ ਆਰਾਮ ਕਰਦੀ ਹੈ।
- * ਸਰੀਰ ਦੀ ਸਭ ਤੋਂ ਮਜ਼ਬੂਤ ਮਾਸਪੇਸ਼ੀ ਜੀਭ ਹੈ ।
- * ਤੁਹਾਡਾ ਖੂਨ ਤੁਹਾਡੇ ਸਰੀਰ ਦੇ ਭਾਰ ਦਾ ਲਗਭਗ ਅੱਠ ਪ੍ਰਤੀਸ਼ਤ ਬਣਦਾ ਹੈ।



Career Insight

OENOLOGY AS A CAREER

Oenology is the scientific study of wine and distilled winemaking. It involves studying different kinds of grapes and investigating the grape's metamorphosis into wine. From studying vine physiology, health, wine sensory science, supply chain to production, Oenology courses train professionals and researchers for a career in wine-making.

Top Courses to become an Oenologist are-

- Bachelor of Viticulture and Oenology (BSc Hons)
- Master of Viticulture and Oenology (MSc)
- Master in Fermented Beverages
- Master Course in Italian Cuisine and Oenology
- Graduate Diploma in Viticulture and Oenology
- Master in Innovative Oenology
- Master of Food and Wine Journalism
- Master in Wine Culture and Communication.

ELIGIBILITY -

- For undergraduate studies, 12th With Medical Or Non Medical and Bachelor's degree or equivalent in a science-related discipline

Career Scope of Oenology -

You'll be able to manage a vineyard, direct and carry out vineyard activities, direct winemaking operations, and manage the winery after graduation. You'll be able to direct and develop winemaking and viticultural techniques in fields like winemaking and viticulture as a trained viticulturist and oenologist.

- Viticultural Management
- Winemaking and Winery management
- Food and Beverage Technology
- Hospitality and Tourism



EXPLORATION



आर्य समाज के संस्थापक- महर्षि दयानंद सरस्वती

एक महान योगी, मुनि, महर्षि, क्रान्तिकारी एवं समाज सुधारक, दार्शनिक और राष्ट्रवादी जन नेता स्वामी दयानंद सरस्वती जी का जन्म तिथि के अनुसार फाल्गुन मास की कृष्ण पक्ष की दशमी के दिन 12 फरवरी 1824 को गुजरात प्रांत काठियावाड़ क्षेत्र जिला राजकोट के एक छोटे-से गाँव टंकारा में कर्षण जी तिवारी और माता यशोदाबाई के यहाँ हुआ। उनका बचपन का नाम मूलशंकर था। उनके गुरु जी का नाम गुरु विरजानंद जी था। महर्षि दयानंद जी का समाज सुधार में व्यापक योगदान रहा। दयानंद सरस्वती जी बड़े कुशाग्र बुद्धि थे। 14 वर्ष की आयु में ही उन्हें सामवेद, यजुर्वेद तथा संस्कृत व्याकरण सम्पूर्ण कंठस्थ था। महर्षि दयानंद ने तत्कालीन समाज में व्याप्त सामाजिक कुरीतियों तथा अन्धविश्वासों और रूढ़ियों-बुराइयों व पाखण्डों का खण्डन व विरोध किया। उनके ग्रंथ सत्यार्थ प्रकाश में समाज को आध्यात्म और आस्तिकता से परिचित कराया। वे योगी थे तथा प्राणायाम पर उनका विशेष बल था। स्वामी दयानंद सरस्वती जी ने सन 1875 में 10 अप्रैल गुड़ी पड़वा के दिन मुंबई में आर्य समाज की स्थापना की। वह एक समाज सुधारक थे। उन्होंने 'वेदों की ओर लौटो' नारा दिया। उन्होंने सभी लोगों और धर्मों को समान अधिकार और सम्मान दिया। आर्य समाज की स्थापना का उद्देश्य वैदिक धर्म को पुनः स्थापित कर जातिबंधन को तोड़कर संपूर्ण हिन्दू समाज को एकसूत्र में बाँधना था। स्वामी दयानंद सरस्वती जी ने वेदों का प्रचार, प्रसार और महत्ता को लोगों तक पहुँचाने और समझने के लिए देशभर में भ्रमण किया। इसके अलावा उनका मत था कि कश्मीर से लेकर कन्याकुमारी तक पूरे देश में एक भाषा हिंदी बोली जाए। आर्य समाज के अनुसार ईश्वर एक ही है जिसे ब्रह्म कहा गया है। सभी हिन्दुओं को उस एक ब्रह्म को ही मानना चाहिए। आर्य समाज की स्थापना का मुख्य उद्देश्य शारीरिक, आत्मिक और सामाजिक उन्नति है। स्वामी दयानंद सरस्वती जी ने देश को आज़ादी दिलाने में महत्वपूर्ण भूमिका निभाई थी। उन्होंने "स्वराज" का नारा दिया था जिसे बाद में लोकमान्य तिलक ने आगे बढ़ाया। 31-10-1883 को अजमेर राजस्थान में उनकी मृत्यु हो गई। हमें उनकी शिक्षाओं पर चलकर तथा उनके नियमों का पालन कर अपने जीवन को सफल बनाना चाहिए।

Mind Boggler



MINDMAP (RIDDLES)

1. When the son of the water returns to the parents, it dies. What is it?
2. I am a God, a planet and I can measure heat. What am I?
3. What did the scientist say when he found 2 atoms of helium?
4. You will find me in Mercury, Earth, Mars and Jupiter, but not in Venus or Neptune. What am I?
5. I can rush, be still, be cold and be hard. I can slip through almost anything...
6. What is a tornado's favourite game?

