

BCM पत्रिका

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पाक्षिक समाचार पत्र (VOL.18)



www.dugri.bcmschools.org

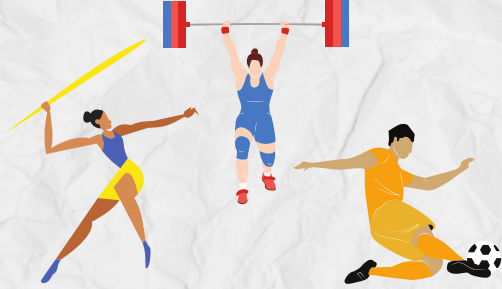
May 1, 2022 to May 15, 2022

Mother 's love is the fuel that enables a normal human being to do the impossible.



TO mom
with love





World Athletic Day



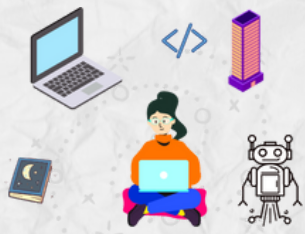
HOD Physical Education- Mr. B.R. Nayak emphasized the importance of sports on World Athletic Day and students also displayed a wide array of knowledge about different sports in a quiz contest.

International Family Day



Teachers of Kindergarten enacted an interesting story to rekindle and revive the importance of love and affection among the members of a family in today's fast growing world.





National Technology Day



Let's salute our scientists for their services & achievements in the field of Science & Technology.



ENDEAVOUR

BCM Dugri Students Selected for NASA inspired GLEE Mission

The young innovators of BCM School, Basant Avenue, Dugri participated in Global Lunar Exploration for Everyone (GLEE), a workshop event, inspired by NASA's Apollo mission. Thousands of schools across the world took part in the workshop.

BCMites made their mark by securing their place among the 212 selected teams. They were chosen after being evaluated on the basis of their innovative ideas, knowledge, life skills, community cooperation

and experience. The Great Lunar Expedition for Everyone is an international student mission which intends to send hundreds of miniature spacecraft called Luna-Sats to surface of the Moon to conduct scientific and technological experiments through hands-on participation by students from every member country of the United Nations by 2023. Its mission is to bring STEM education opportunities to anyone interested in learning.



The selected team of four students of the school, Sukhman Singh, Anurav Saini, Manleen Singh of XII Science and Ankit Pandey of Class X, will be mentored by GLEE program staff. The participants will be provided guidance throughout the process of designing, building, testing, launching and data gathering. They will receive a LunaSat kit and have access to the modules containing base version of the LunaSat. It will have an area for them to add more sensors from an approved list provided by the GLEE Science Team. They will also be able to add code to the LunaSats for these sensors allowing them to carry out their own lunar science mission.



TEACHERS' CORNER

SELF-DISCIPLINE

Self-discipline for most of us, is a work in progress wrapped in good intentions, procrastination and feelings of failure but it should not be that way. Like everything else, it's a practice. Not every day will be perfect, but each day -- with its failures and small wins -- is progress, and that's what self-discipline is all about.

Being self disciplined does not mean to be harsh on yourself or living a limited, restrictive lifestyle as is the common belief.

On the contrary, self discipline means self control, inner strength and control on yourself and your reactions. Building this skill requires common sense, making priorities and thinking before acting.

Self discipline gives you the power to stick to your decisions and follow them through, without distracting your mind. That's why, it is one of the important requirements for achieving goals and carrying out tasks.

ਸਾਡੇ ਵਿੱਚੋਂ ਜ਼ਿਆਦਾਤਰ ਲੋਕਾਂ ਦੇ ਲਈ ਸਵੈ -ਅਨੁਸ਼ਾਸਨ , ਚੰਗੇ ਇਰਾਦੇ, ਸਥਿਰਤਾ ਅਤੇ ਆਪਣੀ ਅਸਫਲਤਾ ਨੂੰ ਸਫਲਤਾ ਵਿੱਚ ਬਦਲਣ ਦੇ ਲਈ ਕੰਮ ਕਰਨਾ ਹੈ । ਪਰ ਜ਼ਰੂਰੀ ਨਹੀਂ ਕਿ ਏਦਾਂ ਹੀ ਹੋਵੇ। ਬਾਕੀ ਸਭ ਦੀ ਤਰ੍ਹਾਂ ਇਹ ਇਕ ਅਭਿਆਸ ਹੈ, ਹਰ ਦਿਨ ਸਹੀ ਨਹੀਂ ਹੋਵੇਗਾ, ਪਰ ਹਰ ਦਿਨ ਆਪਣੀ ਅਸਫਲਤਾਵਾਂ ਅਤੇ ਛੋਟੀਆਂ ਜਿੱਤਾਂ ਦੇ ਨਾਲ ਅੱਗੇ ਵਧਣਾ ਹੈ ਅਤੇ ਇਹੀ ਸਵੈ- ਅਨੁਸ਼ਾਸਨ ਹੈ।

ਸਵੈ -ਅਨੁਸ਼ਾਸਿਤ ਹੋਣ ਦਾ ਮਤਲਬ ਆਪਣੇ ਆਪ ਕਠੋਰ ਹੋਣਾ ਜਾਂ ਇਕ ਸੀਮਿਤ ਪ੍ਰਤੀਬੱਧਿਤ ਜੀਵਨਸ਼ੈਲੀ ਜੀਣਾ ਨਹੀਂ ਹੈ, ਬਲਕਿ ਇਹ ਇਸ ਦੇ ਉਲਟ ਹੈ । ਸਵੈ -ਅਨੁਸ਼ਾਸਨ ਦਾ ਅਰਥ ਸਵੈ- ਨਿਯੰਤਰਣ ਅੰਦਰੂਨੀ ਸ਼ਕਤੀ ਅਤੇ ਖੁਦ ਉਪਰ ਅਤੇ ਆਪਣੀਆਂ ਪ੍ਰਤੀਕਿਰਿਆਵਾਂ ਉੱਪਰ ਨਿਯੰਤਰਣ ਕਰਨਾ ਹੈ । ਇਸ ਹੁਨਰ ਦੇ ਨਿਰਮਾਣ ਲਈ ਗਿਆਨ ਦੀ ਜ਼ਰੂਰਤ ਹੁੰਦੀ ਹੈ ਅਤੇ ਕੰਮ ਕਰਨ ਤੋਂ ਪਹਿਲਾਂ ਸੋਚਣ ਦੀ ਲੋੜ ਹੁੰਦੀ ਹੈ । ਸਵੈ- ਅਨੁਸ਼ਾਸਨ ਤੁਹਾਨੂੰ ਆਪਣੇ ਮਨ ਨੂੰ ਭਟਕਾਏ ਬਿਨਾਂ ਆਪਣੇ ਫ਼ੈਸਲੇ ਤੇ ਕਾਇਮ ਰਹਿਣ ਅਤੇ ਉਨ੍ਹਾਂ ਦੀ ਪਾਲਣਾ ਕਰਨ ਦੀ ਸ਼ਕਤੀ ਦਿੰਦਾ ਹੈ। ਇਸ ਲਈ ਇਹ ਟੀਚਿਆਂ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨ ਅਤੇ ਕਾਰਜਾਂ ਨੂੰ ਪੂਰਾ ਕਰਨ ਲਈ ਮਹੱਤਵਪੂਰਨ ਲੋੜਾਂ ਵਿੱਚੋਂ ਇੱਕ ਹੈ ।

हम में से अधिकांश लोगों के लिए आत्म-अनुशासन- अच्छे इरादों, शिथिलता और अपनी असफलता को सफलता में बदलने के लिए कार्य करना है। लेकिन जरूरी नहीं कि ऐसा ही हो। बाकी सब की तरह, यह एक अभ्यास है। हर दिन सही नहीं होगा, लेकिन अपनी असफलताओं और छोटी-छोटी जीत के साथ हर दिन आगे बढ़ना ही आत्म-अनुशासन है। आत्म-अनुशासित होने का मतलब अपने आप पर कठोर होना या एक सीमित, प्रतिबंधात्मक जीवन शैली जीना नहीं है, बल्कि यह इसके विपरीत है। आत्म-अनुशासन का अर्थ आत्म-नियंत्रण, आंतरिक शक्ति और स्वयं पर और अपनी प्रतिक्रियाओं पर नियंत्रण करना है। इस कौशल के निर्माण के लिए सामान्य ज्ञान की आवश्यकता होती है, कोई भी कार्य करने से पहले प्राथमिकताओं और सोच की आवश्यकता होती है। आत्म अनुशासन आपको अपने मन को विचलित किए बिना अपने निर्णयों पर टिके रहने और उनका पालन करने की शक्ति देता है। इसलिए यह लक्ष्यों को प्राप्त करने और कार्यों को पूरा करने के लिए महत्वपूर्ण आवश्यकताओं में से एक है।

Anju Gupta
PRT



PARENTS' CORNER

Health is Wealth

'It is well said that 'Health is Wealth' and this proverb basically emphasize on the importance of good health. The health of body is very much essential for success in life. An unhealthy man is always weak, sad and gloomy . No matter how much we work or how much we earn if we lose health, we lose everything. So we should always adopt healthy habits. Healthy habits should be inculcated in a child, right from the early childhood because a healthy child develops into a healthy adult and only a healthy citizen can take the nation ahead in the race of development. So for the economic development and spiritual upliftment of nation, health is the most important asset.

We can maintain good health by exercising and eating healthy food. Healthy eating is not only important for our diet, it's also an important part of our personal well being. Eating healthy food can improve our physical fitness, allow us to feel better and do wonders for our health. Healthy eating doesn't mean that we have to follow a strict diet or give up our favourite food. We just need to balance our diet to get all the necessary nutrients.

We should avoid unhygienic fast food as it can lead to many health disorders. So, to stay fit and healthy, we shouldn't follow sedentary lifestyle; instead we should eat balanced diet and remain physically active to increase the efficiency of our body as well as that of our mind.

M/o Vivaan

I-Aster

Amazing facts

- Chenab is the highest rail bridge in the world.
- India has over 300,00 mosques and over 2 million Hindu temples.
- Rajasthan has a temple of rats.
- India is the second largest market of newspaper in the world over 100,000 publications and with 1300 million readers.
- 'Khari Baoli' in Delhi is Asia's largest wholesale spice market.



STUDENTS' CORNER

माँ

कभी मेरा कान पकड़कर मुझे डाँट खिलाती है,
तो कभी मुझे अपने पास बिठाकर मुझे सहलाती है,
खुशी में मुझे देखकर वह खुद बच्ची बन जाती है
तो दुःख में मुझे देखकर वह आँसू बहाती है,
मैं नहीं जानती उन्हें खुद की प्रवाह क्यों नहीं है,
मेरे लिए तो मेरा भगवान भी वही है।

हाँ होगी किसी के लिए खाना बनाने वाली
पर मेरे लिए तो है मेरी ज़िंदगी चलाने वाली,
सुबह उठकर अगर उनका चेहरा न देखूँ
लगता मुझे सूना सब कुछ तब है,
और जब ही उनके दर्शन हो जाएँ
तो लगता प्रभात सुंदर हुई अब है,
मेरी माँ है तो मेरे लिए इस दुनिया में सब है।

धन्यवाद

Dhritika

VIII Marigold

STUDENTS' ACHIEVEMENT

"Education and wisdom will define your destination in life... not wealth"

Sukhman Singh of XII Science made a mark in an Open Innovation Challenge organised by IM Punjab and PCTE. Around 25 schools and colleges throughout Punjab participated in the competition where he bagged first prize by presenting his idea on Sign Language Translator. He also got a monetary award of Rs 10,000 along with a certificate.



IM ਪੰਜਾਬ ਅਤੇ PCTE ਦੁਆਰਾ ਇਕ ਓਪਨ ਇਨੋਵੇਸ਼ਨ ਚੈਲੇਂਜ ਪ੍ਰਤੀਯੋਗਿਤਾ ਆਯੋਜਿਤ ਕੀਤੀ ਗਈ। ਜਿਸ ਵਿੱਚ ਪੂਰੇ ਪੰਜਾਬ ਦੇ ਲਗਭਗ 25 ਸਕੂਲਾਂ ਅਤੇ ਕਾਲਜਾਂ ਨੇ ਭਾਗ ਲਿਆ। ਜਿੱਥੇ ਸੁਖਮਨ ਸਿੰਘ (XII Sci) ਨੇ Signs Language Translator ਉੱਤੇ ਆਪਣੇ ਵਿਚਾਰ ਪੇਸ਼ ਕਰ ਕੇ ਪਹਿਲਾ ਇਨਾਮ ਹਾਸਲ ਕੀਤਾ। ਉਸ ਨੂੰ ਸਰਟੀਫਿਕੇਟ ਦੇ ਨਾਲ -ਨਾਲ 10,000 ਰੁਪਏ ਦਾ ਮੁਦਰਾ ਇਨਾਮ ਵੀ ਮਿਲਿਆ।

IM ਪੰਜਾਬ ਆਰ PCTE ਦੁਆਰਾ ਏਕ ਓਪਨ ਇਨੋਵੇਸ਼ਨ ਚੈਲੇਂਜ ਪ੍ਰਤੀਯੋਗਿਤਾ ਕਾ ਆਯੋਜਨ ਕਿਆ ਗਯਾ ਜਿਸਮੇਂ ਪੂਰੇ ਪੰਜਾਬ ਕੇ ਲਗਭਗ 25 ਸਕੂਲੋਂ ਆਰ ਕਾਲੇਜੋਂ ਨੇ ਭਾਗ ਲਿਆ, ਜਹਾँ XII ਸਾਇੰਸ ਕੇ ਸੁਖਮਨ ਸਿੰਘ ਨੇ Signs Language Translator ਪਰ ਅਪਨੇ ਵਿਚਾਰ ਪ੍ਰਸਤੁਤ ਕਰਕੇ ਪ੍ਰਥਮ ਪੁਰਸਕਾਰ ਹਾਸਿਲ ਕਿਆ। ਉਸੇ ਏਕ ਪ੍ਰਮਾਣ ਪਤਰ ਕੇ ਸਾਥ 10,000 ਰੁਪਏ ਕਾ ਮੌਦ੍ਰਿਕ ਪੁਰਸਕਾਰ ਭੀ ਮਿਲਾ।



Happy Birthday!



Nursery-Rose- Marigold- Tulip-	Agamjot Anayea Abeerjot Nitish	IV-Rose- Jasmine-	Akshay Arjandeep Japleen Sukhmani	X -Jasmine	Navjot Parth
UKG-Jasmine-	Prizleen Pulkit	Marigold- Tulip-	Darshit Samaira Gurnoor	Marigold- Tulip-	Karmandeep Jiya Kiran Sanyu
Marigold- Tulip- Aster- Daisy-	Dhevansh Karuna Naavya Amaira Mehtab		Harasees Devanshi Kavish	Aster- Daisy	Satpreet Taranjot Dilnawazpreet Mandeep
Lily-	Sukhmanjot Namish	Daisy-	Vaishnavi Abhinav	Lily-	Gautam Jashan Kashishpreet
I-Rose- Marigold- Tulip- Aster-	Ekamjot Vaanya Harleenjot Aarav Vidansh Aargad	V-Daisy- Jasmine- Marigold- Tulip- Aster- Daisy-	Pritika Jannat Yashsvi Prabhleen Faris Keshav Aradhya	Daffodil-	Rajveer Saiyam Ujjwal Palak
Daisy- Lily-	Charanpreet Darsh Vanisha Prabhjot Vani	VI -Jasmine-	Kartik Kulwant Rishab Manroop Harshant Priya	XII-Sci- Com.A-	Kritika Deepanshu Tamanna
II-Rose- Jasmine-	Avleen Manjot	Tulip- Aster- Lily-	Udit Sanchit Shivay Manraj Aarnav Vridhi	Com. B- Com.C-	Harman Krish Nandini Sidrah Rajbir
Marigold- Tulip- Aster- Lily-	Adeshpratap Shiven Riddhi Mankirat	VII-Rose-	Akriti Tinna Krish Dharamveer Aarush Amanjot Ashish Prabhnoor Manseerat Khushnoor	Arts A- Arts B-	
III-Rose-	Ishaan Navpreet Avika Ameet Harshpreet Divanshi Manraj	Marigold- Tulip- Daisy- Lily-	Marigold- Tulip- Daisy- Lily-		
Jasmine-		VIII-Rose-	Reetiner Pratham Mehtar Panshul Samridhi Ashmeet Dhruv Ranvir Pallavi Pramneet		
Marigold- Tulip- Daisy- Aster-		Marigold- Tulip- Daisy- Lily-			



Career Column

Archaeology

Each and every ancient civilization had their own history which were not recorded in those days. With the passage of time, evidences has been uncovered now and again through archeological studies. Archeology is the main method available for learning about the history of such civilizations. It can unveil a rich store of information about the beliefs, social structure, economic organization and environmental effects of past societies.

Archaeology is a multidisciplinary science which draws help from geography, history, anthropology, chemistry, geology, art and literature. It is also regarded as one of the four branches of Anthropology, which is the study of the physical and social characteristics of humanity. The cultural and social events of the past have been relived through archeological studies.

ELIGIBILITY

The basic eligibility criteria for Bachelor course in History/ Archaeology (i.e B.A level) of three-year duration, is 10+2 or equivalent. After graduation one can opt for a Post graduate Diploma or Degree course in Archaeology. Archaeology has a large number of sub- disciplines and specializations. Historical Archaeology, Ethno archaeology, Experimental archaeology , Archaeometry, Computational Archaeology, Isotope analysis, Geoarchaeology, Bioarchaeology are some of the specializations. After doing the basics of the Archaeological course, one can specialize in any of these fields.

Various certificate courses in archeology after graduation or 10+2 are

Certificate Course in Archives Management

Certificate Course in Care and Conservation of Books, Manuscripts and Archives

Certificate Course in Conservation of Cultural Property

Certificate Course in Records Management

Certificate in Reprography

Certificate in Servicing and Repair of Records Post Graduate Certificate Course in

Archives

INSTITUTES

*MS (Maharaja Sayajirao) University of Baroda : Faculty of Arts, Vadodar

*Banaras Hindu University, Varanasi

*St. Thomas College, Palai



EXPLORATION



Pulitzer Prize 2022

The Pulitzer Prize is an award for achievements in newspaper, magazine, journalism, literature and musical composition within the United States.

Danish Siddiqui, an Indian photographer, has been awarded the Pulitzer Prize for feature photography for his work on the Covid problem in India. The New York Times have won the award for best international reporting for their work disclosing a civilian's account of an airstrike led by the United States.

Natalie Wolchover was also awarded this prize for her article about the operation of the Webb Space Telescope.

Adnan Abidi, Sana Irshad Mattoo, and Amit Dave, three Indian journalists have also been recognised with this distinguished prize.



What number comes next in the above sequence?

Ans. Key Vol. 17

- 1.The letter B. It is surrounded by A C.
- 2.A bank.
- 3.A comb.
- 4.Plates and cutlery .
- 5.Smoke.
- 6.An egg.
- 7.A book.

