

www.dugri.bcmschools.org

April 1, 2023 to April 30, 2023

Things work out best for those who make the best of how things work out.

Baisakhi Celebration



Aiming to imbibe the values and ethos of the very culture and community among the students, BCM School celebrated Baisakhi with full gusto.



Alumnus Session for Young Learners



Mr Parvit Behl took a Session on 'Importance of Discipline and Mentors in Life'. Valuable insights were shared by him which helped the students to stay focused and disciplined.

Colour-O-Mania



Creating a playful and vibrant environment to make learning joyful for the little learners.



World Health Day Celebration



Sensitising the students about the importance of balanced diet

WORLD EARTH DAY

Bcmites joined hands to preserve Mother Earth to make it a better place for everyone to live.



World Heritage Day



The energetic Bcmities extended their support towards propagating the message of honouring traditional and cultural values of the heritage.



Fruit Mania.



Tiny tots of Kg Wing beating the heat with fruitucious parade



Bharat Darshan



Middle wing students exuded an aura of royalty, culture and tradition. It was an amalgamation of different hues on a common theme of Incredible India.



Endeavour

Session on 'Career Guidance in AI' at BCM Dugri

A career guidance session was organized for the students of class XII to introduce them to the experience of studying at BML University that aims to transform them into next gen professionals by imparting new age skills. The resource person Mr. K J George (Associate Prof. And Head strategic Initiatives BML University) and Mr Ajay Mahajan was accorded a warm welcome by the school counselor, Ms. Charanjeet kalra. Giving perspective of change and need to meet the demands of time, he geared his session on Artificial Intelligence & Machine learning. Briefing them on Artificial intelligence (AI), he told them how AI has entered into our lives from learning to problem-solving and is being used today across different industries from finance to healthcare. He also talked of a subset of artificial intelligence i.e. machine learning (ML). Giving real life examples, he clarified to the students how many jobs would go redundant in near future. The students were able to comprehend how 'learning to create' is epitome of learning and AI provides the prospect 'to create'. Acknowledging the BML faculty for providing the acquaintance to the mounting industry, the school principal, Dr. Vandna Shahi recommended her students to revamp their future plans and accept the evolution in career openings.



ORIENTATION SESSION AT BCM SCHOOL, DUGRI

An introductory session with Principal Dr. Vandna Shahi was conducted in BCM School, Dugri for the students who had just kick started their journey to grade IX. She shared her pearls of wisdom with students. The idea around which whole session was conducted was:

"A parent is a teacher at home and a teacher is a parent in school and the child is the centre of our universe." The major objective of this plenary was to make the students aware of the academic aspects of the new curriculum, the rules and regulations of the school and ensuring active participation in monitoring the performance and progress of students in academics.

Worthy principal shared nuggets of learning using story telling method and students had a very interactive session with her. They got to know about the importance of adaptability, hardwork, persistence and perseverance. The session passed positive energies among students which motivated the young learners to perform better in future. It was followed by Questions and answers where students gave brilliant replies and promised to bring change with the passage of time. The Principal welcomed questions which chanelized the thinking ability of young learners.

Overall the session was informative, interactive and a knowledgeable journey.



Parents' Corner

Importance of Mannerism in School

How a person behaves towards the other can be termed 'manner'. Manners play an important part in everyone's life.

The learning of manners starts from the home since parents are the first teacher of the child, the parents also become the first to teach manners to the child. But one thing to understand here is that the mind of a human is receptive, and hence we, the human, receive or rather learn and grasp so many things that happen in our surroundings. And this surrounding also up to an extent plays a role in the cultivation of manners in the child. School manners consist of some different patterns of ethics that need to be followed by the child. So here I am giving you some basic tips for the same:

1. Be Positive

It's normal to feel a little lethargic on the first day of school. To perk yourself up, try looking forward to the end of the day and the weekends, or the next public holiday! It's important to be positive, so that you can spread the good vibes to people around you! Look interested and excited, so others can tell how sincere you are in making friends!

2. Be Prepared

Being prepared and ready for school is the best gift for your teachers completing holiday assignments and projects and getting them ready for submission will give you an image of a responsible student. Having the lesson materials ready would earn you some brownie points too! So, start doing your homework now so you don't have to rush to finish it.

3. Be Punctual

It is hard to adjust your body clock to the lifestyle you led before school vacation, but sleeping a little earlier and setting more alarms may be useful in helping you wake up in time! Stepping into class late is not the best move if you want to impress cultivating this sense of punctuality will be beneficial to you in the future too! Adjust your body clock by sleeping early a few nights before the big day.

4. Be Proper

Being tidy is not about wearing branded school shoes or carrying designer bags. Rather, it is a form of showing respect to your peers, teachers and yourself! Make sure that you iron your clothes, trim your nails and cut your hair to the appropriate length.

5. Be Proactive

It is your responsibility as students to attend school. School is where you gain knowledge and make friends who will be with you when you need them! Think ahead, speak up, take initiative and be the agent of change in class! Don't just sit around, be the person that makes things happen!

Mother of
Kiyaan Verma
III AStar



Teachers' Corner

Students Vs Online Education

'Education not only glorifies one's personality but also plays a major role for bringing a change in society' .

Online education is a growing industry in a country like India where internet is accessible.

In the times of Covid , thousands of lives have been affected especially of the students. With schools closed , it was very difficult to carry out the teaching learning process but online studies were like a ray of hope for all the students who were interested to learn and flourish. But it has been observed that children are becoming lethargic and dull day by day because of online education. There is no interaction between students and teachers in online classes and in the Indian society where the bond of student and teacher is considered sacred is now a bond of 'customer' and 'service seller'.

The important factor which has adversely affected the dynamics of education is easy accessibility. Students do not value the knowledge provided by their teachers as they get it on one click and do not realise how beautiful the bond of student and teacher is. Besides the effect on the bond of teacher and student , it has also been observed that screentime of children has increased tremendously. The average screen time of a student is nine hours which is more than one-third of the time in a day which is a serious concern. Eyes of children are highly sensitive and get affected easily , so that's why the students of this generation are suffering from hypermetropia at such an early age. High screentime not only affects eyes but also increases anxiety , stress and mental pressure which is not at all good in tender age as body of a child already undergoes through alot of changes.

The best solution to balance online education and health is by restricting the number of screen hours and to have proper intervals after every 2 hours.

Besides this, a student should also try to establish a good bond with teachers. Having interaction not only helps to establish a good bond with teacher but they can also learn alot of things from experience of their teachers.

So a balance must be maintained between online education and students' health. Education is an important aspect of one's life which should be taken care of but not at the cost of sacrificing a bond between a student and a teacher.

Amrita Arora
PRT



Students' Corner

This Land

This land is your land
This land is my land,
Let's work together
To make it better
From tall green forests
To clear blue waters
This land depends
On you and me!

Kimaya Khanna
Class III

Students' Achievement



Inter House Quiz

Inter House quiz on Cyber Safety was conducted where all the teams were befitted with contemporary technical knowledge of the cyber world. Winners of the competition were as follow:

- 1st -Pukhraj and Kohinoor
- 2nd -Gulmohar
- 3rd- Shalimar



Students' Achievement



Inter House Display Board Competition



To give wings to the imagination of the students, an Inter House Display Board Competition was organised in the school on the themes of 'Baisakhi' and 'Ambedkar Jayanti'.

Gulmohar, Shalimar and Pukhraj House stood first, second and third respectively in the board decoration on the theme 'Ambedkar Jayanti'. For the 'Baisakhi' theme, Pukhraj and Shalimar shared a spot in the first position. However the second and third ranks were bagged by Kohinoor and Gulmohar House respectively.



Jasjot Singh(VI Daisy) participated in Kavi Darbar organised by Gurumukhi de Waris. He got trophy and certificate for the same.



Ishan Grover(II Aster) won Brown belt in Karate Championship.





Career Column

Career in Fashion Communication

Fashion Communication is a specialization sprouting from the domain of Fashion Designing and essentially focuses on imparting to budding designers the imperative communication competencies and knowledge of brand communication, strategizing advertising, and marketing.

Eligibility- 12 th in any stream and entrance exam

Top Indian Institutes For Fashion Communication are:

- *National Institute of Fashion Technology, Mumbai
- *National Institute of Fashion Technology, Delhi
- *National Institute of Fashion Technology, Bangalore
- *National Institute of Fashion Technology, Chennai

ਹੈਰਾਨੀਜਨਕ ਤੱਥ

1. ਤੁਹਾਡਾ ਖੂਨ ਤੁਹਾਡੇ ਸਰੀਰ ਦੇ ਭਾਰ ਦਾ ਲਗਭਗ 8 ਪ੍ਰਤੀਸ਼ਤ ਬਣਦਾ ਹੈ।
2. ਖਾਰੇ ਪਾਣੀ ਨਾਲੋਂ ਤਾਜ਼ੇ ਪਾਣੀ ਵਿੱਚ ਜ਼ਿਆਦਾ ਲੋਕ ਡੁੱਬਦੇ ਹਨ।
3. ਜਦੋਂ ਇੱਕ ਦੇਹਰੀ ਸਤਰੰਗੀ ਪੀਂਘ ਹੁੰਦੀ ਹੈ, ਤਾਂ ਦੂਜੀ ਸਤਰੰਗੀ ਪੀਂਘ ਮੁੱਢਲੀ ਸਤਰੰਗੀ ਨੂੰ ਦਰਸਾਉਂਦੀ ਹੈ।
4. ਟਾਇਲਟ ਪੇਪਰ ਬਣਾਉਣ ਲਈ ਹਰ ਰੋਜ਼ ਲਗਭਗ 27,000 ਦਰੱਖਤ ਕੱਟੇ ਜਾਂਦੇ ਹਨ।
5. ਧਰਤੀ ਲਗਭਗ 1000 ਮੀਲ ਪ੍ਰਤੀ ਘੰਟੇ ਦੀ ਰਫਤਾਰ ਨਾਲ ਘੁੰਮਦੀ ਹੈ।



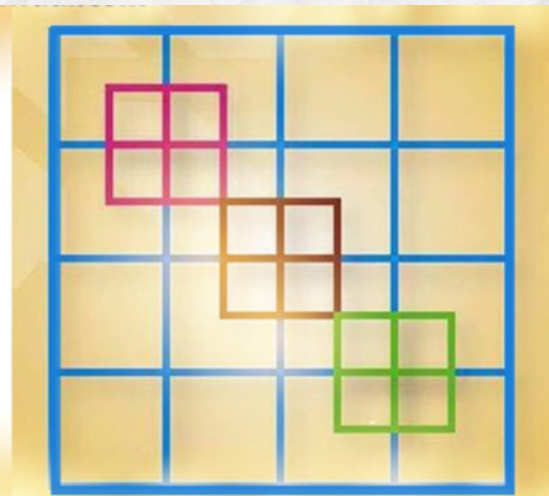
Exploration



औषधीय पौधा एलोवेरा

घृत कुमारी या अलोवेरा/एलोवेरा, जिसे क्वारगंदल या ग्वारपाठा के नाम से भी जाना जाता है, एक औषधीय पौधे के रूप में विख्यात है। इसकी उत्पत्ति संभवतः उत्तरी अफ्रीका में हुई है। इसे सभी सभ्यताओं ने एक औषधीय पौधे के रूप में मान्यता दी है और इस प्रजाति के पौधों का इस्तेमाल पहली शताब्दी ईसवी से औषधि के रूप में किया जा रहा है। इसका उल्लेख आयुर्वेद के प्राचीन ग्रंथों में मिलता है। यह एक सदाबहार और बारहमासी (लंबे समय तक चलने वाला) पौधा है। इसमें सूजन-रोधी गुण होते हैं जो जलने को ठीक करने में मदद करते हैं। एलोवेरा 96% पानी से बना होता है। यह अत्यंत शुष्क जलवायु में भी जीवित रह सकता है। इसका उपयोग मॉइस्चराइजर के रूप में भी किया जाता है क्योंकि इसमें त्वचा के रूखेपन को ठीक करने की क्षमता होती है। घृत कुमारी के अर्क का प्रयोग बड़े स्तर पर सौंदर्य प्रसाधनों के लिए किया जाता है। घृत कुमारी मधुमेह के इलाज में काफी उपयोगी होता है साथ ही यह मानव रक्त में लिपिड का स्तर काफी घटा देता है। यह रक्त शुद्धि भी करता है। एलोवेरा भले ही एक छोटा-सा पौधा है, लेकिन इसके गुण जगजाहिर हैं। इसके अनगिनत फायदों के कारण ही इसे लगभग हर घर में इस्तेमाल किया जाता है। एलोवेरा के फायदे अनेक हैं, चाहे वो स्वास्थ्य के लिए हों, त्वचा के लिए हों या बालों के लिए। एलोवेरा में एंटीसेप्टिक, एंटी-बैक्टीरियल, एंटी-इंफ्लेमेटरी और ऐसे ही कई अन्य गुण मौजूद हैं। इसके साथ ही इसमें विटामिन ए और फोलिक एसिड जैसे जरूरी पोषक तत्व भी पाए जाते हैं। यह एक हेल्थ टॉनिक की तरह स्वास्थ्य के लिए लाभकारी हो सकता है। यह एकमात्र पौधा पाचन क्रिया में सुधार से लेकर, रोग-प्रतिरोधक क्षमता को बूस्ट करने के साथ-साथ डायबिटीज जैसी बीमारी में भी लाभकारी परिणाम दिखा सकता है। आयुर्वेद में एलोवेरा के कई सारे फायदे होने के कारण इसे बहुत ही चमत्कारी पौधे के रूप में जाना जाता है।

MIND BOGGLER



How Many Squares are there in this figure.

Ans. key of Vol. 32

1. Darkness
2. Echo
3. Finger
4. Nose
5. A river
6. Time
7. Zebra

