



# BCM

## School News

September  
2016

**B.C.M. ARYA MODEL SENIOR SECONDARY SCHOOL**  
Shastri Nagar, Ludhiana

happy  
TEACHER'S DAY

### ANNUAL PRIZE DISTRIBUTION FUNCTION

The young achievers were awarded their due at the Annual Prize Distribution Function. Mrs. Amrit Kaur Gill, Additional Commissioner, Municipal Corporation, Ludhiana graced the occasion as Chief Guest and was escorted by N.C.C. pilots to the bedecked Hall and accorded a warm floral and oral welcome. The programme started with classical vibes *Saraswati Vandana* - '*Vandani Var De*' to seek the blessings of the Almighty.

Near about 67 students were honoured for their dedication and diligent efforts. 22 Teachers were also awarded trophies for carrying out their duties in an excellent manner.

The Annual School Report was presented by the Principal, Dr. Paramjit Kaur highlighting the achievements of the school in various fields during the session 2015-16.

To add zing to the function, a colourful programme was also presented which included Group song - '*Soch Ko Badlo*', English Melody- '*I have a dream*', a colourful '*Rajasthani Folk Dance*' and Choreography '*They want to say something*' wherein students mesmerized the audience. Flavour of Punjab '*Giddha*' was the star attraction of the show.

The school President Sh. Rajinder Syal, showered his blessings and concluded the function with a vote of thanks followed by National Anthem.



### EDITORIAL

Dear children,

It comes as no surprise, that each academic session at B.C.M. Arya is peppered with events; be it the special assemblies, scholar badge ceremonies, or the highly anticipated club fests – each day is anything but dull.

The hands of the clock move on, every living moment adds on to the richness of the part. Success comes before work only in the dictionary. It comes to those who work hard and stays with those, who don't rest on the laurels of the past. 'Always and Never' are two words you should always remember never to use. The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.

We all have the potential that is limitless when compared to the extent to which we have our talents. So, take the canvas of hope and the brush of a glorious vision to paint your own portrait of excellence!"

Dwelling in the past, we are full of hope for the future because chance favours the prepared mind. "Gaze Upward, Look Inward, Reach Outward, and Press Forward.

**'Grow old along with me,  
The best is yet to be.....'**

Happy Reading!

**Anjali Kamboj**  
(Editor-in-Chief)

# Toppers' Day Celebrated



The morning of 30th July, 2016 saw a glittering and beautiful ceremony where the young achievers were awarded their due at the **Toppers' Day Function**. **Mr. Dhruvan Nimbale (IPS) Deputy Commissioner of Police, Ludhiana**, was the **Chief Guest** on the occasion. He was given a warm oral and floral welcome by the school management. After the formal lamp lighting ceremony, the programme started with Saraswati Vandana.

More than 230 students and 30 teachers were honoured in recognition of their accomplishment. Students who cleared Competitive Entrance Exams were also honoured. While reading the school's Annual Report, Principal Dr. Paramjit Kaur highlighted the achievements of the school and urged the students to take the road to excellence in continuing the journey.

Musical synthesis 'Let's pay homage to our Gurus' and a musical Rhapsody '**Dream Catchers**' added a lot of fun and fiesta to the show. '**Aasman Ko Chhune Ki Chahat Hai**', an inspirational song really touched the hearts.



**Karanjit Kaur**  
Co-Editor

## WELCOME - STUDENT ON Exchange Programme



This session, we extended a warm welcome to **Nanook** from Germany pursuing medical and Food Production Streams simultaneously. Transcending social, cultural and language barriers, he feels very comfortable in the school environment and host family with whom he is living.



## Promises to Keep.... INVESTITURE CEREMONY

It was the occasion of Investiture Ceremony of the Senior Wing of school for the academic session 2016-17, where the effervescent leaders were handed over the responsibility by the school authorities. The occasion graced by **Col. Lokesh Wale, Commanding Officer, 127 Lt. AD Regt.** was a solemn occasion where the newly elected council members were all prepared to don the mantle of leadership. With the vigorous beats of drums, the new council marched on the stage. After dispensing over sashes and badges, flags of 5 houses along with the prestigious school flag were handed over to the respective captains. The Head Boy and Head Girl promised a definite change for a better tomorrow. This was followed by the entire council taking solemn oath to discharge their duties with sincerity and fulfil everyone's expectations. The Chief Guest in his speech, emphasized dignity of the individual and the school.

## PROCTORIAL BOARD (XII) 2015-2016

<i>School Captain</i>	Sonal Sharma	Com.-A
<i>Head Boy</i>	Mohak Thukral	Com.-B
<i>Head Girl</i>	Japieet Kaur	FMM
<i>Head Prefect</i>	Sarthak Arora	NM-B

<i>House Captains</i>		
<i>Apple</i>	Riya Jain	NM-B
<i>Aryabhata</i>	Kartik Joshua Sharma	Med.
<i>Bhaskar</i>	Jagtesh Singh	NM-B
<i>Kalpna</i>	Shailja Kaushik	Arts
<i>Rohini</i>	Raghav Bansal	NM-C

<i>Sports Captain</i>	Jaspreet Singh	Com.-C
<i>Literary Captain</i>	Arveen Sodhi	Arts
<i>Cultural Captain</i>	Yukta Kharbanda	Arts

<i>Chief Proctor</i>	Mrs. Surinder Kaur
<i>Proctor</i>	Mrs. Monika Makkar

# Talent Hunt CONTEST

A Talent Hunt Contest was organized for the newly admitted students of Class XI. As many as 40 students showcased their talent in a wide array of activities viz. dances, group and solo songs and skits. The programme was a truly fun packed Bonanza revealing the vigour and vitality of young performances wherein students set the tone with the crowd swaying to the hit numbers. A number of participants danced to the tunes of popular numbers. The judges had a tough time to select the winners. The results are as follow:

### Dance

1st	Jaskirat	XI Com.
	Aadarsh	XINM.
2nd	Samiksha	XI Med.
	Nitya	XI Arts
3rd	Tavcharan	XI Arts
	Pranav	XINM-B
Cons.	Neha	XIFMM
	Garusha	XI Arts
Duet	Shashvi	XI Com.
	Pranika	XI Com.



### Skit

Sameer Grover	XIFMM	Best Acting
Jatin	XI Arts	
Hardik	XI Com. C	



### Compering

1st	Vanshika	XI Arts
	Lakshit	XI Com. B
2nd	Chatanya	XINMB
	Parth	XINMB
3rd	Astha	XI Arts
	Pallavi	XINMB
Cons.	Amarpal Singh	XI Com. B
	Palak Thapar	XINMB



### Music

1st	Jasmine	XI Med.
2nd	Harshpreet	XI Arts
	Manav	XI Com. C
3rd	Dhiraj	XIFMM
	Vatsla	XI Com. B
Cons.	Jasmine	XI Com. A
	Pavneet	XINMA
	Divya	XI Com. B
Best Duet	Harshit	XI Med.
	Gaurav	XI Med.





# Vedic Karmayoga Camp 2016

With an objective to introduce the teachings and principles of the glorious Indian culture, Vedic Karmayoga Camp was organised for students of Classes VI to VIII. During the camp, the energy of the students was channelised by involving them in various activities such as Meditation, Yoga, Folk Dance, Painting, Drawing, Morning *Hawan* and Personal Grooming.

On the occasion of the Valedictory function, **Sh. Arun Thapar**, a leading industrialist and President Arya Samaj, Bhai Randhir Singh Nagar, Ludhiana graced the occasion as the **Chief Guest**. A wonderful cultural programme was a vivacious treat for all present. The chief guest appreciated the sincere efforts of the teachers and the Principal as mentors to the campers.



## MULTIFARIOUS SUMMER CAMPS

To bring out the high potential and skills of the students, various activities were held during the summer camps. Around 650 students exhibited their creative skills in Painting, Craft, Calligraphy, Sketching, Dance, Yoga and Sports etc.



# ACHIEVEMENTS GALORE

## Science Fest

Guru Nanak Public School, Sarabha Nagar, Ludhiana organised 'Science Fest 2016 and Art Exhibition' to celebrate 2016 as 'International Year of Pulses' as declared by the United Nations. B.C.M. Aryans proved their mettle in a wide range of events and activities. Following are the proud winners.

### Sand Art : 3rd prize

Gauri Verma X-E  
Japjeet Kaur XII-FMM

### Graffiti : 3rd prize

Simran Vohra X-C  
Sumedha XII-Med.

### Creative Art with fruits, vegetables and pulses

2nd Laima XII-FP  
Divya XII-FP

### Power Point Presentation

2nd Jagtesh XII NM-B  
Jaikirat XII FMM  
Arshdeep XII NM-B  
Arveen XII Arts

## Q-Biz quiz

University of Fraser Valley, Canada organised Q-Biz quiz Contest. Following are the winners.

1st Saurabh Jain XII Com. B  
2nd Pranshu Gupta XI Com. B  
3rd Muskan Kathpal XII Arts

## Model Making Competition

BCM Aryans did their bit for saving our wonderful planet by creating wonderful craft and objects in 'Best of E-Waste' Model Making Competition. The result is as follows:

### Category A

	Non-Working	Class	Working	Class
1st	Nukta Verma	VII-B	Anubhav	VIII-C
2nd	Rishab Jain	VIII-I	Satkeerat	VII-E
3rd	Hira Masood	VII-D	Gurkirpal	VI-A
Cons.	Nandini Chabra	VII-C	Gurbir Singh	VII-D

### Category B

1st	Reetika	IX-G	Toshant Punj	IX-F
2nd	Khushkaran	IX-F	Ajayveer	IX-D
	Arun	IX-A		
3rd	Deepti	IX-D	Pragati Bhardwaj	X-E
Cons.	Aru	X-D	Sejal	X-F
			Priyanshi	IX-D
			Vanshika	X-F

### Category C

1st	Vasu	XINM-G
	Rupali	XINM-A
2nd	Lokesh Goel	XINM-A
3rd	Prateek Bhatia	XI Com.-C
Cons.	Divakar	XINM-B
	Akshit	XINM-B



Tavneet

## Science Seminar

Tavneet of IX-A and Kushal of IX-E bagged First Prize in Science Seminar (Zonal Level) held at Govt. High School, Sarabha Nagar, Ludhiana.



Kushal



Aarzo Sharma

Aarzo Sharma of X-B bagged Second Prize and a Kindle Tablet in Inter School Hindi Declamation Contest organized by Hum Log- a civil society.



Krishnam Thapar

Krishnam Thapar of III-H was declared as 1st Runner up in Rising Star 2015 (Talent Hunt Program) held at Government Medical College Auditorium, Patiala. This programme was telecast on Raftaar News Channel and Doordarshan.



Shreya Gaur

## Poem Recitation Competition

In Ludhiana Sahodaya School Complex (LSSC) Inter School Poem Recitation Competition organised at Tagore Public School, Shreya Gaur of VI-B and Jashandeep Singh of X-A bagged first prize in Hindi and 3rd prize in English category respectively.



Jashandeep Singh

## Abacus and Mental Mathematics Competition

BCM Aryans excelled at All Punjab Preliminary Round Abacus Competition 2016 held in Amritsar on 1st May, 2016. Out of total 80 students who participated, 22 students of our school bagged top honours.



Winners of All Punjab Preliminary Round Abacus Competition 2016



Tanvi Chhabra

Tanvi Chhabra of VII-G got a Certificate of Appreciation in IX Punjab & Chandigarh State Level UCAMAS ABACUS & Mental Arithmetic Competition.



**PowerPoint Presentation**

To test students skill in Microsoft Office Word, Excel and PowerPoint, a Competition was held. The proud winners are –

Position	Juniors	Class	Seniors	Class
1st	Divanpreet Saransh	VII-CBSE-i	Jaikirat	XIFMM
		VII-CBSE-i	Rishab Nidhi	XI-Arts
2nd	Mehak Harbal	VIII-E	Ravlen	IX-H
		VIII-E		
3rd	Sukriti Gaurangi	VIII-A	Shaurya Tushan	IX-F
		VIII-A		IX-F
Cons.	Palak Vijeta	VII-D		
	Guneet Archita	VII-E		
		VII-E		
		VII-E		



**Pushti**

**Pushti (VI-A)**

- ◆ Scored State Rank 6 and International Rank 18 along with a gold medal and cash prize of ₹5000/- in Scholarship test for Excellence in English, organised by SOF in collaboration with British Council.
- ◆ Scored Rank 1 and cash prize of ₹1000/- in 6th SOF International English Olympiad.



**Nandini Batta**

**Nandini Batta ( VIII-A)**

- ◆ Conferred with the title 'Pride of Ludhiana'
- ◆ 'Best Confidence' title in Mr. & Miss Ludhiana 2016.
- ◆ Only girl selected from Punjab for National Camp 'UIDC' held in Gujarat.



**Sonal Sharma**

**Sonal Sharma ( XII Com. -B)**

- ◆ First prize in Inter School English Declamation Contest held at Nehru Sidhant Kender.
- ◆ First prize and a Laptop in Inter School English Declamation Contest organized by Hum Log- a civil society.
- ◆ First prize in Inter-School Declamation Contest organised by R.S. Model Sr. Sec. School.



**Aadvik Mongia**

**Dance Competition**

Aadvik Mongia of II-D bagged First Prize and Cash Prize of ₹5100/- in Dance Competition organized by World Class & Crazy Cosmos Dance Studio at Nehru Sidhant Kender, Ludhiana and enthralled the audience with graceful and poised performance.



**Japjeet Kaur**

Japjeet Kaur of XII FMM has been awarded by the Mayor of Ludhiana on the occasion of Independence Day Celebration for her Graffiti work and as a part of Ludhiana Smart City and Youth Empowerment Project.

Special appreciation to Arveen Sodhi (XII Arts) for preparing PPT on 'Save Every Drop of Water' for Inter-School Declamation Contest at R.S. Model Sr. Sec. School.

**Charismatic Delegates MUN Conferences**

Our team participated in various MUNs and exhibited their skills of critical analysis and operative dialogues.

**Canvas MUN 2016 (3rd-5th June, 2016) at Ivy World School**

Aryaman	XI FMM	Best Photographer
Rachit	XI Mass Media	High Commendation
Zayn	XB	
Ishan Singla	XI FMM	

**Our team got the Best Delegation Trophy.**

**Insolito MUN 2016** was held from 1st to 3rd July at PCTE. Various schools from India and abroad participated.

Sonal Sharma	XII Com. A	Best Delegate & cash prize ₹10,000/-
Rushil Behl	XII Com. B	Best Photographer & cash prize ₹15,000/-
Aryaman Singh	XI FMM	High Commendation
Rachit Kumar	XI Mass Media	Verbal Mention
Priyank Pandey	XI NMC	Best Delegate & cash prize ₹15,000/-
Jaison	X-C	Verbal Mention
Samridhi Sharma	X-C	Best Journalist & cash prize ₹7,500/-

**DAV MUN** was held from 13th August to 15th August, 2016. 250 students participated in the conference. Following are the results :

Best Delegate	Priyank Pandey	XI NMC
	Ishaan Singla	XI FMM
	Keshav	XI FMM
High Commendation	Vatsla	XI Com. B
	Amarpal	XI Com. B
	Astha	XI Arts
	Zayn Zahir	XB
	Deeksha Mehta	XI Arts
	Rachit	XI Mass Media



**Chinmay**

**Chinmay (IV-D)**

- ◆ Got 2nd position in Poem Recitation (Self Composed)
- ◆ First prize in Painting Competition.
- ◆ Participated in Cricket Coaching, bagged title of Player to watch in future.
- ◆ Got First prize in All India Open Chess Championship (U-9)

**Special Mention**

Bhumika	XI Arts
Vanshika	XI Arts
Janmeet	IX C
Raghav Ralhan	IX H
Seerat	XI Arts

**Special Mention**

Best Photographer	Aryaman	XI FMM
Special Mention in Photography	Mankirat	XII FP
Head of Photography	Rushil Behl	XII Com. B

**The school also lifted the overall 'Best Delegation Trophy'.**

**SPMMUN**

Our team went for the Sat Paul Mittal Model United Nations 2016 that was held from 6th-8th May 2016. The awards are as follows:

Best delegate	Mrigesh Dewan	X-B
Best delegate	Zayn Zahir	X-B
High Commendation	Keshav Shikarpuria	XI Fmm
	Vatsla	XI Comm. B
	Aarzoo	XB
	Astha Bamba	XI Arts
	Bhumika Aggarwal	XI Arts
	Janmeet Singh	IX C
	Kanav	XA
Special Mention	Priyank Pandey	XI NMC
Best Photographer	Rushil Behl	XII Comm. B

**We also won the Overall Best Delegation Trophy.**

### Teej Festival

Following students enthusiastically participated in various competitions to celebrate Teej Festival organised by Hero Cycles in Rakh Bagh on July 25, 2016 and won various positions and cash prize.

Gauri Verma	X-E	1st prize & ₹3100/- cash prize
Shatakshi	VIII-I	1st prize & ₹3100/- cash prize
Ramandeep	XI-MM	Teej Queen

**The school bagged Dr. BML Munjal Running Trophy and overall 'Best School Trophy'.**

#### 1. BCM Aryans set into action for Water Mission

As a part of Summer Break Activity, students were asked to keep a record of number of mugs of water used in routine activities like brushing, taking bath, washing vehicles & watering plants etc. CBSE-i students made beautiful hand made proforma.



#### 2. Earth Day

Earth day was observed by Green School Programme. 6000 BCM Aryans took the pledge to conserve Mother Earth. On this occasion GSP captains (Land, Air, Water, Energy, Waste Management, Bio-diversity) were also selected.



3. "Let us Celebrate Nature 2016" was observed from classes II to X std. The primary section students made paper bags with message inscribed on them and posters on clean surroundings. They also planted trees and collected photographs of their kitchen garden.

In Middle section, students made beautiful collages on 'Birds and their Nests' and 'Ancient methods of water conservation.'

### Vedic Declamation Contest

Vedic Declamation Contest was held for the students from class VI to X. The overall result was as follows:

#### IX-X

1st	Akansha Sharma	X-G
2nd	Kamaljot	X-F
3rd	Manmeet	X-F

#### VI-VIII

1st	Shubham	VIII-B
2nd	Samriti	VIII-E
3rd	Samridhi	VI-F

### Ludhiana Sahodaya School Complex Quiz Contest 2016

Exuberating, motivating, enlightening and engaging would describe the Quiz Competition of Sahodaya Schools hosted by our school wherein near about 20 teams participated.

After Ten rounds of intense battle, B.C.M. Aryans were crowned the champions.

As host school didn't compete for trophy, so the trophy was given to the second Best team i.e. D.A.V. Public School, B.R.S. Nagar. The students of Jesus Sacred Heart School, South City, were declared first runners-up while Bhartiya Vidya Mandir School, Udham Singh Nagar ended as second runners-up of the competition.

In IX and X, students had group discussions on 'Wildlife Protection Act and its Importance', 'Forest Fires' and 'Water Conservation Methods.' Display board was decorated on World Nature Conservation Day.



4. Cleanliness Drive was conducted in all classes under the aegis of 'Swacch Bharat, Swacch Vidyalaya.' The students cleaned their classrooms thoroughly.

#### 5. A Step Towards Clean & Green India :

NSS students along with teachers and Class VII CBSE-i students visited Lalto Kalan, the students carried placards, posters on 'Water Conservation' and 'Swacch Bharat'. They sensitized the villagers to keep surroundings clean and free from mosquitoes and drain the water logging areas. The students also conducted a plantation drive in the school premises.



6. BCM Aryans took up 'Each One Teach One' project with the mission to educate socially marginalised children during summer break.

## TRIPS AND EXCURSIONS

### A TRIP TO EUROPE



During summer vacation, our school team comprising of two teachers and 2 students went to Europe. They visited France, Switzerland, Austria, Vatican City and Italy. They had a thrilling experience of Ice flyer, Rotair cable car, soothing music of cowbells. The trip to St. Peter's Basilica was a virtual and spiritual experience. Fun ride of Gondola in Venice, Shopping in Milan, Photo-shoot in Pisa's leaning Tower and visit to Colosseum in Rome will remain ever fresh in their minds.

### EXOTIC EXCURSION TO MANALI



An adventurous trip to Manali was organised for students from 21st to 25th June. A group of 45 students and 5 teachers visited. They visited club house, Hidimba Temple, Gulaba, Solang Valley and Tibet Monastery. They also shopped to their heart's content at the Mall and the Tibetan Market.

### AN EDUCATIONAL TOUR TO U.K.



A team of 6 students along with the teacher incharge Dr. Kiran Saini attended an **International Summer School Program at Epsom College, UK**. The programme was based on Trinity College Examination focusing on working with students to improve and develop their English language skills. All the students cleared their Trinity GES Exam with 'A' grade at the end of the programme. A lot of evening activities viz. Crazy games, BBQ, Quiz, Sports, **Talent Hunt** and Cultural night made the programme much more interesting. In the Talent Hunt show, our school team presented a mime & dance item and bagged the title of **EPSOM TEAM OF THE YEAR-2016**.

## Labour Day Commemorated

May 1st was observed as the Labour Day with great fervour in the school. The Class IV employees of the school were invited for a cultural programme. **Dr. Paramjit Kaur**, the school Principal congratulated all of them. She appreciated and acknowledged their services for the school.



## NCC

- CACT-69 NCC Camp was held at Khanna from 22nd June to 1st July. Near about 40 NCC cadets bagged medals in Drill, Painting, Shooting, Typing, Weapon training in senior and junior category. All cadets got gold medals also for Swachh Bharat Abhiyan.
- NCC cadets organised an **Awareness Drive** in order to clean the surroundings as a part of Swachh Bharat Abhiyan. Cadets marched around with the posters and banners supporting the drive.
- Enrollment of **JD, JW, SD, SW** was held on 10th May, 2016 in the school. 88 students were enrolled in the supervision of commanding officer, **Col. A.S. Mehta**.
- 324 NCC Cadets celebrated **International Yoga Day** on 21st June, 2016 and grabbed the secrets of healthy life. Special sessions on *Asanas*, breathing exercises and meditation lectures were the part of this legendary day.



# FMM Corner...

- ◆ Workshop in National Stock Exchange, New Delhi was conducted by CBSE, Mr. Bhupinder Singh delivered a lecture regarding implementation of FMM stream for new schools.
- ◆ FMM students visit Income Tax Office



- ◆ A Guest Lecture was organized for the freshers of XI FMM on 10th May, 2016. Resource person was Mr. Gaurav Malhotra (Relationship Manager) LIC Noumra Company.
- ◆ FMM students have a reason to cheer as the Panjab University, Chandigarh has consented to grant 4% additional weightage to FMM students for Capital Market Operation and Derivative Market Operation in B. Com. admission. After deliberation with CBSE Officials, the issue of granting weightage was resolved.



Interaction with Vice Chancellor, Panjab University

- ◆ A Guest Lecture was organized for the students of FMM on 1st Aug, 2016. Mr. Harish Nagpal, Director, Prabhu Consultants (P) Ltd., SEBI faculty member was the resource person.



- ◆ XII FMM students visited DCM Presidency on 9th Aug, 2016 to attend a seminar on financial markets aspects and employability. It was conducted by Mr. Varun Aggarwal chartered Financial Analyst from USA and managing director, Profit Idea.
- ◆ A team of students of class XI and XII (Financial Market Management) organized a unique two-day camp on 10th and 11th Aug, 2016 to facilitate the school teachers and class IV employees who do not own a PAN CARD.



- ◆ Students of Financial Market Management classes XI and XII attended industry professional training program at various financial institutions and brokers houses to get first hand information of live stock market and mutual fund operations.

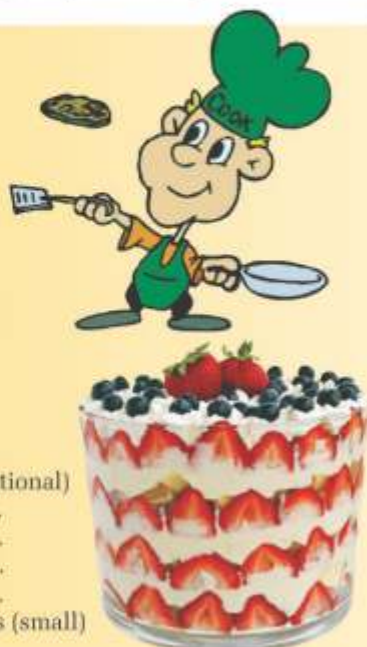


## Kids IN KITCHEN

### Truffle Pudding

**Ingredients:**

Strawberry	1 pack
Kiwi	3 to 4
Apple	2-3
Banana	2
Pomegranate	1
Mixed Fruit tin	1 tin
Almonds	6-7 (optional)
Low fat Whipped cream	150gm.
Custard Powder	2-3 tsp.
Milk	500 ml.
Sugar	3-4 tsp.
Fruit cake	2 packs (small)



**Method :**

1. Boil the milk. Add sugar to it. Then add custard powder already mixed with little milk. Stir well to avoid lumps. Keep it aside.
2. Make thin slices of strawberry and kiwi and also cut the apple, banana and almonds in small pieces.
3. Decorate the sides of a glass bowl with the slices of strawberry and kiwi.
4. At the bottom give a layer of crushed fruit cake.
5. Give a layer of custard, then fruit mix.
6. Give a layer of whipped cream.
7. Again repeat the layers.
8. On the top of last layer i.e. whipped cream, garnish it with pomegranate seeds, almonds, cherries etc.

**Ashima Sharma**  
HOD Home Science

# SPORTS

## Team Achievements

S.No.	Event	Venue	Position/Medal
1.	Open State CPL Cricket Tournament	G.N.E. College, Ludhiana	1st
2.	Junior District Softball Tournament	Guru Nanak Stadium, Ludhiana	3rd
3.	Sub-Junior District Softball Tournament (Girls)	Guru Nanak Stadium, Ludhiana	Gold Medal
4.	18th Sub-Junior State Softball Tournament(Girls)	Guru Nanak Stadium, Ludhiana	3rd
5.	Table Tennis Zonal Tournament	Lalton Kalan Govt. Sr. Sec. School, Ludhiana	3rd (U-19 Boys) 3rd (U-19 Girls) 2nd (U-14 Boys)
6.	Badminton Zonal Tournament	B.C.M.Arya Model Sr. Sec. School, Shastri Nagar, Ludhiana	1st (U-19 Boys) 1st (U-17 Boys) 1st (U-14Boys) 1st (U-17 Girls) 1st (U-14 Girls)

### Individual Achievements -



Anmol Jindal

#### Anmol Jindal (XI-NM-C)

- Best Swimmer of Punjab in U-19 Category
- 4 Gold in Open District Swimming Championship held at P.A.U.
- 4 Gold in Junior Punjab Championship held at Sangrur.



Sannidhaya Nautiyal

#### Sannidhaya Nautiyal (VIII-E)

- 3rd in North Zone Open Badminton Tournament and got cash prize of ₹1500/-
- Silver Medal & cash prize of ₹2000/- in North Zone Shivalik Cup held at Chandigarh.



Pramila

#### Pramila (X-F)

- First Prize in Doubles & cash prize of ₹2000/- in Bhagat Singh Atwal Open prize Money Tournament held at Nawanshehr.
- Second prize in Singles.



Khushfateh Singh

#### Khushfateh Singh (XII Arts)

- Third position & cash prize ₹1500/- in North Zone Open Badminton Tournament held at Jalandhar.
- Bronze medal in North Zone Shivalik Cup held at Chandigarh.
- Best Athlete in Annual Athletic Meet.



Jaspreet Singh Kalra

#### Jaspreet Singh Kalra (XII-Com. C)

- 5th most flexible person in the world
- 2nd most flexible man in the world
- World's Youngest & 1st Indian to enter 'The Strange List' (U.S.A.)
- He featured in the Super Popular 'OMG! Yeh Mera India' show on History TV18

## Tracking Excellence .....

### Cricket

Open State CPL Cricket Tournament at G.N.E. College, Ludhiana



Name	Class	Position/Medal
Pankit	XII-M.M.	Best Batsman
Siddharth	XII-M.M.	Best wicket Keeper & Cash Prize of ₹1200/-
Manav	X-I	Man of the Match

### Softball

#### Sub-Junior State Softball Tournament (Boys)

Tushar Malhotra	X-D	1st
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#### 21st State Softball Championship (Boys & Girls) at Guru Nanak Stadium, Ludhiana

Saloni Siag	X-A	2nd
Rhythm Takkar	XIIFMM	3rd

#### Open District Swimming Championship at Sangrur

Gurnoor Kaur	XI-D	2 Silver Medals
Jaskiran Kaur	X-D	1 Gold, 2 Silver Medals

## Badminton

Open Distt. Badminton Championship held at Guru Nanak Stadium Ludhiana from 16-20th August, 2016.

Saanvi Nautiyal	III-B	2nd in Singles 2nd in Doubles	} U-11 (Girls)
Anupama	III	2nd in Doubles	
Saanidhaya Nautiyal	VIII-E	1st in Doubles 3rd in Singles	} U-15 (Boys)
Chirag Sharma	VII-E	2nd in Singles 2nd in Doubles	
Rajveer Khurana	VIII-C	2nd in Doubles	} U-15 (Girls)
Pramila	X-F	3rd in Singles	

### North Zone tournament at Khanna

Kapil Puri	XII Arts	Silver in Doubles & Bronze in Singles	Cash prize ₹2100/-
Shivay Thapar	X-F	Silver in Doubles	

### Bhagat Singh Atwal Open Prize Money Tournament at Nawanshehr (U-17 Girls)

Manroop	IX-C	1st in Doubles & got cash prize ₹2000/-
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### Sports Carnival at Lodhi Club, Ludhiana

Udit Gupta	XII-Com.-B	Gold Medal in Singles & Doubles
Meharpreet	X-H	Gold in Singles Silver in Doubles
Gursanjam Singh	VIII-I	Silver in Singles

## Tennis

### GBP Tennis Tournament at New Senior Secondary School, Ldh

Chetan Veer Singh	VIII-B	1st	U-14
Sukriti Kaur	VIII-A	1st	U-14
Harveer Kaur	VIII-G	2nd	U-8
Pratistha	IV-A	1st	U-14
Harvinder Singh	VI-A	Cons. Prize	U-8
Hridhay	III-A	1st	U-12

### Lawn Tennis U-14 AITA Tournament Ts-7 at Karnal

Siddharth Nijhawar	VIII	1st
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## Shooting

### Open District Shooting (Air Pistol) Competition at Narangwal Shooting Range, Ludhiana

Puneet Kaur	X-D	Gold Medal
Arshnoor Kaur	X-D	Silver Medal
Harnoor Kaur	VII-C	Selected for State Level Competition
Arshpreet Singh	XI-Arts	Gold Medal (Air Rifle)

# PSYCHOLOGY BUZZ.....



### HOW TO NOT BE HARD ON YOURSELF

1. Your mistakes are part of your learning.
2. Don't compare yourself to others because you are not them.
3. There is no right way to do anything.
4. Stand up for what you believe, even if it's unpopular.
5. Learn from people who criticize you.
6. Accept your weaknesses as your 'features'.
7. Look at your past as an adventurous biography.
8. Don't underestimate your talent until you apply 100 times.
9. Every single problem you have, is not unique.
10. Intelligence is relative, self-esteem is not.
11. Express your anger in a creative way.
12. Surround yourself with people who want you to succeed.

Mrs. Navpreet Bhatthal  
HOD, Psychology

## Health Club Activities

### World Health Day

- Soft board Decoration with Health Charts and Posters was done to improve the aesthetic sense of the students.
- Speeches on Health and fitness were delivered on intercom to sensitize students on 'Health is wealth'.

### Nutrition Day

- Healthy Tiffin Competition.
- Competition and session for parents on Nutritious recipes.
- Healthy Baby Show was organized on 19th July.
- Debate on Hygiene and Sanitation was conducted for classes VI to XII.
- Red fruit and Vegetable Day was celebrated with an objective to create and educate children about the importance and consumption of fruits and vegetables in regular diet.
- Dairy Product Day was celebrated.

## Annual Athletic Meet 2016



### Best Athletes

Dilkaran	VI-G	Aryabhath
Herishita	VI-F	Aryabhath
Jitesh	VII-C	Bhaskar
Ruhani	VII-B	Bhaskar
Siddharth	VIII-B	Kalpna
Bhumika	VIII-D	Aryabhath
Shivam	IX-I	Bhaskar
Keshav	IX-I	Aryabhath
Manroop Kaur	IX-C	Aryabhath
Abijeet	X-E	Aryabhath
Saruchi	X-D	Kalpna
Aditya	XI-NM.-B	Kalpna
Jasmine	XI-Com.-A	Aryabhath

# STAFF NEWS

## Our Principal.....

- Conferred with **Best Principal Educational Excellence Award 2016** in NORTH INDIA during **Educomp India Today Educational Excellence Award Ceremony-2016**.



- Was invited to The Tribune Readers' Forum for an Interaction on various aspects of the newspaper for continuous improvement.
- Was invited as Guest of Honour at All India Radio, Ludhiana (AIR FM GOLD) and her talk was broadcast on 26th May, 2016.
- Attended a seminar on 'Best Teaching Practices in School Education' by OP Jindal Global University.
- Attended National Conference on Examination Reforms for Inclusive Education organised by CBSE at India Habitat Centre, New Delhi.
- Observer for NEET 2016 at Chandigarh and Shimla.
- Received 'Swaabhimaan Award' by Noble Foundation.



## A SUMMER COMEBACK WITH WORKSHOP FOR TEACHERS

With an endeavour to provide a boatload of potential opportunities to teachers to take learning beyond confines of classroom and make it an enjoyable experience for students, a wide array of workshops was organized wherein highly accomplished resource persons joined staff for four hour sessions at various venues, sharing their expertise on innovative modules.

- **Mrs. Gitanjali Kumar** from Delhi, in a session '**From Good Teacher to Great Teacher**' deliberated upon the role of metering which is far more crucial than explaining the course curriculum.
- **Mr. Varinder Dutta** conducted a session on '**Magical Classroom**'. He introduced participants to a comprehensive behaviour management system to facilitate an effective and positive learning environment.
- **Mr. Raman Nayyar**, a seasoned trainer, in a session on '**The Master Acrobat-Balancing work and life**' shared many strategies for managing work - life balance.
- **Mrs. Gulneet Chahal**, a Motivational speaker held a session on '**Refresh, Renew and Rejuvenate**' provided a road map to self-Management and the art of recharging and renewal.



## Workshops Attended

- **Mrs. Anuja Kaushal, Dr. Kiran Saini, Mrs. Anita Chaudhary, Mrs. Vandana Bhandari** attended the seminar on 'Best Teaching Practices in School Education' at Raddison Blu, Ludhiana.
- **Mrs. Rachna Malhotra** attended 'CBSE Awareness Workshop on Skill Education' at DPS, Sec. 40-C, Chandigarh.
- **Mrs. Anita Chaudhary** attended 4th International Youth Conference- 'Science and Environment' at Doon School, Dehradun.
- **Mrs. Jasneev Seth, Mrs. Neha Jethi** attended a seminar on 'The Battle of Chalk & Mouse' at Jalandhar.
- **Mr. Swarn Singh, A.N.O.** attended a seminar on 'Promotional Training' at NCC Officers Training Academy, Kamptee.
- **Mr. Bhupinder Singh** attended 'Financial Market Management' seminar at National Stock Exchange, New Delhi and Awareness Program on Employees' Provident Fund Issues at CICU Commercial Complex, Focal Point, Ludhiana.
- **Mrs. Navpreet Bhattal** attended a workshop on 'Regional Symposium on Higher Education' at KVM Sr. Sec. School, Civil Lines, Ludhiana.

## Workshops Conducted

- **Mrs. Amarpreet Kaur, Mrs. Reetoo Katyal, Mrs. Ranjana, Mrs. Jasleen** conducted a workshop on Sustainable Development at B.C.M. Arya Model Sr. Sec. School. Workshop which was attended by Principals and Science teachers of various Govt. Schools.
- **Mrs. Pallavi Sethi** conducted a Training Programme on ASL at DAV School, Pakhowal Road, Ludhiana which was attended by the Teachers of CBSE Schools from Punjab.



**Dr. Kiran Saini**  
Winner of BEST TEACHER AWARD in North India during Educomp India Today Educational Excellence Awards Ceremony-2016.

## Monthly Quiz

**Winners!**  
April 2016

Anshika Rawal VIII-A

July 2016

Karman IX-I

Shaurya IX-F

# CBSE-i



Performing to the Tunes of Melody



In the lap of nature



Inculcating interpersonal skills through Visits



The torch bearers of CBSE-i



Reciting The Legendary Compositions



Our multi-talented champions



A heart-to-heart talk about current issues



Innovation at its Best



The fun way to learn calculations



Students' visit to administrative block

# Activities of Kindergarten



Baisakhi - Celebrating the harvest Festival



Helping Hand Activity- Lending a Helping Hand



Plantation Drive



Nature lovers



The 'Go Green' appeal



Pedal for pollution free world



BCM Aryans twisted their toes



Freshers' Party - Enjoying Royal Ride



Title Holders



Relishing fruit salad-Fruit Party



Fancy Dress - Call to Save Earth



Labour Day-Our support system-We Love You



We love to party



Shoe Polishing-Getting self sufficient





Animal Protection Day-  
A ride in Jungle Safari



Showing unconditional love  
for their animal friends



Feeding her pet



Play Time - fun Time



Interactive Session - Acquainting parents  
with teaching strategies



LKG Poem Recitation - Lifting the harmful  
effects of junk food



Poetry in Voice



Guest Lecture - Parents's endeavour



Fit 'n' fine healthy baby show Winners ....



Clay Modelling - Showcasing  
art of sculpting clay



Pool Party

Get cool in the pool!

Hang out by the pool side

# PRIMARY SECTION

## Activities



Treat to eyes (mask making)



Imagination and Expressions are their Passion- Warp and Woof



To be healthy wealthy and wise have dairy products twice



Leaders in the making- Little Leaders Speak



Carrom Fever



Writing in Style - Calligraphy Competition



A smile is a medicine of life - Stand up comedian



Parents as Partners - Guest Lecture



Tapping the feet on the beat - BOOGIE-WOOGIE



Evoking concerns for global problems

## Investiture Ceremony



Where the 'Heads' are held high



Bestowed with the responsibility



Taking Oath of office



Visionaries and torch bearers of tomorrow

# विरासत असंभव को संभव कैसे बनाए?

एक ब्राह्मण छात्र जो लाहौर कॉलेज में स्नातक की डिग्री प्राप्त करने हेतु शिक्षा ग्रहण कर रहा था तभी उसके मन में फ़ारसी पढ़ने की इच्छा जागृत हुई। उसने अपनी यह बात अपने मित्र को बताई तो उसने उसे सलाह दी कि अगर वह ब्राह्मण संस्कृत पढ़कर उसका अधिष्ठाता विद्वान बने तो फ़ारसी पढ़ने से बेहतर होगा। मित्र की बात उसके भीतर तक चुभ गई। उसने उसी समय निश्चय किया कि वह संस्कृत अवश्य पढ़ेगा। अगले दिन वह संस्कृत शिक्षक के पास गया और संस्कृत सीखने की इच्छा व्यक्त की। शिक्षक ने उसकी बात सुनी और हँसकर कहा- बेटे, जब तुम्हें संस्कृत का रतिमात्र भी ज्ञान नहीं है तब तुम संस्कृत की स्नातक परीक्षा हेतु फार्म कैसे भर सकते हो? यह सुनने के बावजूद वह छात्र निराश नहीं हुआ बल्कि मन में ठान लिया कि संस्कृत तो वह सीखकर ही रहेगा। वह सीधा अपने पिता के पास गया जो कि संस्कृत के प्रतिष्ठित विद्वान थे। उसने अपने पिता से संस्कृत सीखने की प्रार्थना की तो पिता ने उसके आग्रह को स्वीकार कर लिया।

इस प्रकार वह छात्र अपने पिता तथा विद्यार्थी साथियों के संपर्क में रहकर अध्ययन में रत हो गया। तीन-चार मास बाद वह पुनः संस्कृत के शिक्षक के पास पहुँचा और परीक्षा देने की प्रार्थना की। शिक्षक ने उसकी परीक्षा ली और वह सफल रहा। प्रण का पक्का वह छात्र आगे चलकर स्वामी रामतीर्थ के नाम से प्रसिद्ध हुआ। इतना ही नहीं उन्होंने स्नातक की परीक्षा में विश्वविद्यालय में शीर्ष स्थान प्राप्त किया।

यह घटना इंगित करती है कि यदि मन में कुछ कर गुज़रने की लगन हो तो असंभव दिखने वाले कार्य भी संभव हो जाते हैं अगर आप भी जीवन में कुछ कर गुज़रना चाहते हो तो अपने भीतर दृढ़ इच्छा शक्ति जगाओ क्योंकि दृढ़ इच्छा शक्ति से सारी विपरीतताएँ हवस्त हो जाती है और मार्ग के शूल भी फल बन जाते हैं और असंभव दिखने वाले कार्य स्वयमेव संभव हो जाते हैं।

वीना जुनेजा  
हिंदी-विभागाध्यक्ष



Paintings by Miss Davinder Kaur



## EVER WIDENING HORIZONS OF KNOWLEDGE

### Brain Gymnasium No. 41

Dear Students,  
Test your knowledge & talent in solving this Crossword.

			<sup>1</sup> R	<sup>2</sup> A	<sup>3</sup> E			
	<sup>4</sup> S							
		<sup>5</sup> I			<sup>6</sup> O		7	8
		<sup>9</sup> V					G	L
	10							

### Answers of Brain Gymnasium No. 40

#### Across :

- Lithosphere
- Fade
- Arch
- Reef
- Arch
- Doom

#### Down :

- Torrid
- Opera
- Hoard
- Recto

### Clues for Brain Gymnasium No. 41

#### Across :

- Responsibility
- In a standing position
- An expression of human creative skill

#### Down :

- To turn back
- Severe self denial
- Very attractive or of foreign origin
- To undermine or corrupt
- Inactive or sluggish
- A slab at the foot of the window or door

## Congratulations!

Lucky Winners!!  
OF BRAIN GYMNASIUM NO : 40

The list of winners has been displayed in the Senior Library.

### Please Note :

- Last date to deposit answers in Sr. Library up to 30th September, 2016.
- Write your answers on a plain sheet with name and class mentioned.
- Look out for the answers in the next issue.

Dr. Pallavi Sethi (PGT English)

# Independence Day Celebration

## Gaiety marks Jashan-e-Azadi

The Independence Day was celebrated with ardent devotion and patriotism. Rich tributes were paid to freedom fighters and the school campus echoed with melodious patriotic songs such as 'Assa Nu Maan Watna Da'.

The function started with the flag hoisting ceremony by **Brig. Anil Gautam, Stn & Brigade Comdr. (715-Indp. AD Brigade)** the Chief Guest on the occasion followed by the March Past and cultural programmes by students. The children presented a colourful P.T. Show 'Movements in Unison', Yoga 'Connect to the Universe' and Gymnastics Bend, Stretch and Balance' wherein synchronized steps regaled the spectators. Taekwondo feats 'Survival Tips' really stole the hearts of audience. The Choreography "I am Hindustani" conveyed the message of reunification of India & Pakistan.

The Principal **Dr. Paramjit Kaur** exhorted the students to be patriotic in all their deeds by becoming disciplined, unselfish and broad-minded in their approach towards life.

The Chief Guest inspired the audience to maintain peace, security and public order to serve the Motherland.

**Capt. V.K. Sayal**, School Manager proposed a vote of thanks. The programme ended with the National Anthem.



## LIBRARY CORNER

### Senior Library

**Total No. of Books** : 19044  
**Book of the Quarter** : Gratitude : A Way of Life  
**Author** : Louise L. Hay

**Book Review** : This is a wonderful book full of different tales on gratitude and how to bring it into our life during 'good' and 'bad' times. The book is laced with fabulous content and insights of some of the most wonderful teachers and writers who have demonstrated the 'Power of gratitude' in their own lives.

Pick this book up. Heighten the quality of your life by all means. It will certainly give you much to be grateful for in life!

### Junior Library

**Total No. of Books** : 10266  
**Book of the Quarter** : Enhance your child's Talents  
**Author** : Varinder Viren

**Book Review** : The chief objective of the book is to help the parents as well as the teachers in bringing up and nourishing their children in an effective manner, encourage their talents and motivate them to pursue these skills to make it big in their future lives.

*A modest life well lived.....*

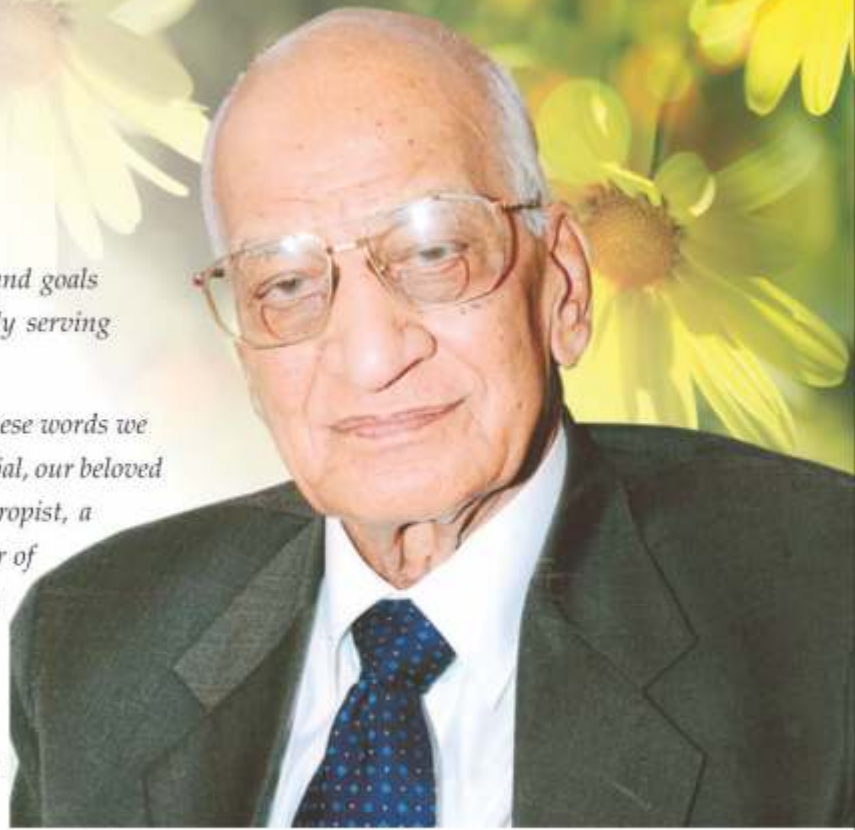
## Late Mahatma Satyanandji Munjal

(President, School Management Committee)

*"Rare, very rare such men are seen with mission, vision and goals aiming to nurture talent, building character and selflessly serving mankind."*

*"To live in hearts we leave behind is not to die." In these words we pay tribute to the iconic leader Mahatma Satyanandji Munjal, our beloved Bauji who was an eminent educationist, a great philanthropist, a promoter of Vedic culture, the pillar of strength and pioneer of progressive thinking. His life streaked across the sky like a beautiful comet and touched everyone of us.*

*Although no words can really ease the loss we bear,  
Yet he is very close to us in every thought and prayer.*



### Display of Military Band of Indian Army in School Campus



### Fee Payment Schedule

(Without Late Fee)

Timing of Accepting fee

Nursery to I	1-3rd of Oct. 2016	Monday to Friday
II to IV	4-5th of Oct. 2016	10 a.m. to 1.00 p.m.
V to VIII	6-7th of Oct. 2016	Saturday
IX to XII	8-10th of Oct. 2016	10 a.m. to 11.30 a.m.

\* ₹50/- as fine upto 12 of the first month of the quarter

### Activities Ahead

- Half yearly Exams/Term Evaluation - Sep. 2016
- Annual Cultural Function – KG and Primary
- Rishi Nirvan Utsav
- Inter-class (House Activities) as mentioned in School Diary.
- Annual Exhibition 26 Nov., 2016