

Happy
Teachers'
Day

BCM SCHOOL NEWS

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



Editorial

One of the great ironies of our lives is that so many of us choose to stay busy, but then we complain that we don't have time for our passion projects and goals. We put things off until tomorrow, as if we have unlimited time to make our dreams happen. The book we promised to write; The new skill we put off another year to learn; The dream trip we promised ourselves and our family for the last five years.

When we view life through the lens of having a finite amount of time, we are more likely to make better use of that time. A finite amount of time in this world means we have to prioritize. We have to say no to some things so we can say yes to those things that matter most to us. Face up to the fact that we all have a temporary place.

This means :

We need to make time for the people that matter most to us.

We need to make time to dream out loud.

We need to make time for a long walk, some meditation and self care.

We need to make time to celebrate our successes and enjoy our journeys.

These are fleeting and precious moments in time. Let's make the most of them.

Anjali Kamboj
Editor-in-Chief

Students awarded for Excellence in Annual Prize Distribution Function

During a glittering ceremony, the young achievers were awarded their due at the Annual Prize Distribution Function. **Major Gen. Sanjiv Bajaj, GOC 91 Sub Area, Ludhiana**, the Chief Guest was accorded a warm floral and oral welcome. Around **80 students** and **22 teachers** were honoured for their dedication and diligent efforts.

The Annual School Report was presented by the Principal highlighting the achievements of the school in various fields during the session 2017-18.

The cultural extravaganza consisting of pump up motivational song '*Sathi Re Na Ghabrana*' colourful dance sequence "*Kuch Junoon Kuch Pagalpan*" swayed the audience. In a skit '*Swachhta Abhiyaan*', students through the characters of movie *Bahubali* emphasised on the need to change the mindset and habits to create a clean India. Flavour of Punjab '*Bhangra*' was the star attraction of the show.





Investiture Ceremony

To felicitate the formal investing of newly elected office-bearers of the School Proctorial Board, the Investiture Ceremony of Senior Wing was held amidst much enthusiasm.

A warm floral and oral welcome was accorded to the chief guest **Dr. Paramjit Kaur**. The programme began with kindling the ceremonial lamp by the Chief Guest followed by welcome Song.

Principal **Dr. Paramjit Kaur** congratulated the office bearers and encouraged them to be enterprising, optimistic, enthusiastic and committed to discharge their duties with full devotion.

The oath of office was administered to the captains and prefects. After dispensing over sashes and badges, flags of 5 houses along with the prestigious school flag were handed over to the respective captains.

Head Boy (Zayn Zahir), Head Girl (Kamaljyot Kaur) & School Captain (Mrigesh Dewan) also expressed their gratitude to the school authorities and redeemed their pledge to take their responsibility to work honestly for the welfare of the school.



WELCOME - STUDENT ON EXCHANGE PROGRAMME

We feel elated to extend warm welcome to **Daniel Adrian Marzik** from Germany who has joined Food Production stream. His stay here for one year would definitely make him learn the Indian culture, tradition and language to the fullest.



GUEST LECTURE ON Photography

A guest lecture was organised for the Mass Media students in the school Auditorium wherein **Mr. Janmeja Singh Johal** told students about various techniques of photography.

B.C.M. ARYANS VOTE For Global Child Heroes

With an aim to empower Young Future Voters and help them to become responsible global citizens, 'Global Vote – the election day' was held which witnessed enthusiastic turnout by class IX students who selected child rights hero for the World's Children's Prize. The students learnt about the World's Children's Prize 2018 nominees **Gabriel Mejia Montoya, Rachel Lloyd, Valeriu Nicolae** who have done outstanding work for children in accordance with the UN Convention on the Rights of the Child and have become role models for millions of children and people all over the world.



Movie 'Kande' Promotional Session

A promotional session of the Punjabi Movie 'Kande' directed by Kavi Raz was organized at school. The whole star cast of the film along with Producer, Co-Producer, Writer and Executive Producer **Jitendra Sharma alias Jeet Rudka**, Alumni of the school who was debuting with this movie was present on the occasion.



Seminar on Road Safety

To make the students aware of the hazards of the road and inspire them to develop an attitude of defensive road usage, Young Emerging Talent – a renowned group of theatre activists from Chandigarh organized a traffic awareness seminar on road safety. **Mr. Pankaj**, Director YET Group, Chandigarh was the Chief Guest.

Power Point Presentations covered an array of subjects such as rising numbers of road accidents, unsafe road habits, the resultant fatalities and emotional impact on relatives & friends.



CYBER AMBASSADOR CLUB

With an objective to make students responsible digital citizens, we have set up **Cyber Ambassador Club** with a motive to enhance the knowledge of students on how to use computer ethically and how to be safe online.



BCM ARYA TED-Ed CLUB

With a purpose to create empowered students who can voice their opinions in their communities and beyond in the form of short TED-style talks, we have launched **TED-Ed Club** which offers students a hands-on opportunity to work on communication skills that are vital, no matter what career path they end up strolling down.



Toppers' Day

It was an honour for toppers of Class X and XII to be felicitated by **Dr. Biswajit Saha, Director (Vocational & Training) CBSE**, in an Award ceremony. After the formal lamp lighting ceremony, the programme started with welcome Song '*Dhan Dhan Bhag Jage Maure*' followed by classical vibes '*Saraswati Aawahan*'.

More than 200 students and 40 teachers were honoured amidst thunderous applause in recognition of their accomplishments. Students who cleared Competitive Entrance Exams were also honoured.

Principal **Dr. Paramjit Kaur** highlighted the achievements of the school during the session and congratulated the students.

Musical synthesis - '*Hip Hop Dance*', thematic Nukkad Natak '*Hemein Bhi Samay Do*' & Gujarati Folk Dance '*It's Celebration Time*' added a lot of fun and fiesta.

The chief guest applauded the students and teachers for their outstanding academic accomplishment.

In the end, the young B.C.M. Aryans rocked the stage with the thunderous performance in Punjabi Flavour '*Malwai Gidha*'. The function ended with the singing of the National Anthem.



Music video 'Saajna' Released at BCM Arya

BCM Arya's outstanding Alumni **Sunayna Sharma's** music video '*Saajna*' was released by Principal **Dr. Paramjit Kaur** amidst thunderous applause. This acoustic song produced by **Sanjeev Sharma** is a premium example of soulful vocals and beats. She has emerged as a popular singer over the past few years with a range of songs.

Multitudinous Summer Camps

To churn out the artistry of the students, diverse activities were held during the summer camps wherein students showcased their talent in various activities.

Quote of the Quarter



Vedic Karmayoga Camp 2018

A week long residential **Vedic Karmayoga Camp** (Boys and Girls) was held to make students aware about the basic teaching and principles of the glorious Indian Culture and the Vedas as well as to inculcate good moral and spiritual values to lead a good and stress free life. The campers were involved in a wide array of activities viz. Meditation, Yoga, Folk Dances, Painting, Drawing, Morning Hawan, Religious Thoughts and Personality Grooming to give them the right direction to channelize their energy. An impressive colourful cultural show by the students marked the Closing Ceremony **Mrs. Harpreet Kang, Dean PCTE, Ludhiana** graced the occasion as the Chief Guest.



LABOUR DAY Celebrations

Labour Day was celebrated with great fervour and all the helper staff had a gala time attending the function specially dedicated to them.

School Principal, **Dr. Paramjit Kaur** congratulated them on the day and acknowledged and appreciated their contribution for the school and encouraged them in performing their duties in more efficient way.

On the whole, they were honoured for making the most menial work into an organized and systematic one.



Achievement Galore Science Fest - 2018

In Science Fest held at GNPS, Sarabha Nagar, Ludhiana, our students participated in various events and brought laurels. The result is as follows:

| Event | Name | | Prize |
|---------------------|-----------------|------------|-------------------------|
| Logo Designing | Gauri Verma | XII Arts | 1st |
| | Vrinda | XII Com -C | |
| Graffiti | Simran Vohra | XII Arts | 1st |
| | Deepali | XI Com -A | |
| Photography Display | Jasdeep Singh | XII Arts | 2nd |
| | Akshar Saluja | XII Com -C | |
| Choreography | Abhi Bhargar | XII FMM | Manmohan Sahil XII FP |
| | Sidak Narang | XII FP | Anubhav Arora XI FP |
| | Ritesh Arora | XII Com -A | Sukhleen XII Com -C |
| | Samridhi Sharma | XII Com -C | Janvi Jindal XII Com -A |
| | Sejal Sharma | XII MM | Aditi Kapil XII Com -A |
| | | | |

Overall Trophy + Cash Prize of ₹5100/-



Sangam Fest 2018

Sangam Fest 2018 – A Literary, Sports & Cultural Fiesta from 23rd to 25th Aug., 2018 was held at Sangam School of Excellence Bilwara (Rajasthan). Team of 12 students participated.

| Event | Name | | Prize |
|--|---------------------------|---------------------|-------|
| Word Virus | Ahshita | XI MM | 1st |
| Swimming Relay | Palak Gupta | XI FP | 2nd |
| | Akshar Saluja | XII Com -C | 3rd |
| 'Kahani' Indian Traditional Folk Drama | | | 1st |
| | Akshar Saluja (XII Com-C) | Bevan (IX-A) | |
| | Krish (VIII-E) | Palak Gupta (XI FP) | |
| | Muskan (IX-G) | Shubhi (IX A) | |
| | Navya Bindra (XII Arts) | Akshita (XI MM) | |
| | Samridhi (XII Com-C) | Sejal (XII MM) | |
| Janvi (XII Com-A) | Simran Vohra (XII Arts) | | |
| Puppet Dance | Same Team | | 3rd |
| Touch Doctor – A Show by Business Guru | | | 1st |
| | Navya (XII Arts) | Akshita (XIMM) | |
| | Sejal (XII MM) | Krish (VIII E) | |
| | Bevan (IX A) | Shubhi (IX A) | |



LSSC Competitions

- LSSC Quiz Competition was held at BVM School and out of 28 teams following students bagged 2nd position:
Rizul Malik VIII-H
Gurbir Singh IX-D
Shivam Verma X-B



- LSSC Painting Competition was held in Drishti Public School. Our students won prizes in various categories and got Overall Trophy.
Tamanpreet Kaur X-B 3rd (Category A)
Gauri Verma XII Arts 2nd (Category B)



Tamanpreet Kaur
X-B



Gauri Verma
XII Arts



Mahi Saluja of II-A got 1st prize in LSSC English Poem Recitation Competition held at BCM School, Basant Avenue Ludhiana.

- In LSSC English Declamation Contest our students Kamaljyot Kaur of XII FMM and Tamanpreet Kaur of X-B voiced out valuable facts and opinions on the topics, "Education is not learning of facts but training of mind" and "Youth and Politics as career option". The declamation witnessed a fierce competition with dexterous articulation by 54 participants in Shefali International School. After a tough competition, our student clinched the first position in both senior and junior categories.



Kamaljyot Kaur
XII FMM



Tamanpreet Kaur
X-B

- Wild Wisdom Quiz Competition was held at Amritsar. Our team bagged First Position. Following are team members-
Hardik Gupta V-I 1st Position
Manan Sharma V Cambridge 1st Position
Nimish Gupta VII-C 1st Position
Upasana Aneja VIII-D 1st Position



Hardik Gupta Manan Sharma Nimish Gupta Upasana Aneja

MTSE 2018

Integral Educare organised Maths Talent Search Exam 2018. Our students won following positions:

| Name | Marks | Position | Cash prize |
|---------------------|---------|-------------|------------|
| Kanav Singla (X) | 160/160 | City Topper | ₹7500/- |
| Khushang Singla (X) | 150/160 | Second | ₹5000/- |
| Keshav Rai (IX) | 155/160 | City Topper | ₹7500/- |
| Gurbir Singh (IX) | 130/160 | Second | ₹5000/- |

Inter School Competition

September, 2018



Shivam Sharma of IX-C got 1st prize in **Hindi Declamation** held at Nehru Sidhant Kender.

Adamyia Tyagi of X-I got consolation prize of ₹1000/- in **UPU Letter Writing Competition** held in Ludhiana.

Aryan Sharma (XI Com-A) and **Kartik** (XI FMM) participated in **Cryptic Cross Word Competition** at Delhi Public School, Ludhiana and won first Runner's up Trophy.

Miracles, an NGO organised a **Painting Competition** at Lodhi Club. Our students won prizes in following groups:

Group B

Shreya Garg VI-F 1st prize (Bicycle)
Jashanjot Singh V-B 2nd prize (Mike phone)



Jashanjot Singh
V-B



Shreya Garg
VI-F

Group C

Harkanwal Kaur VIII-E 1st prize (Bicycle)
Sneha Goel IX-H 2nd prize (School Bag)
Vidushi Arora VI-E 2nd prize (Study Table)



Harkanwal Kaur
VIII-E



Sneha Goel
IX-H



Vidushi Arora
VI-E

Art & Craft Competition was organised by DCM Presidency School. Our students got following prizes:

Photo Frame Shiffa Masood V-F 2nd prize
Pot Painting Rachita V-F 2nd prize
Tattoo Design Saumya Jain VII-H 2nd prize
 Tammana VII-I 2nd prize

Our students participated in **Painting Competition** conducted by **Saroj Khan Academy - 'Taare Zameen Par'**.

Group B

Jashanjot Singh V-B 1st (Gold)
Shreya Garg VI-H 2nd (Silver Medal)

Group C

Shitakshi Bhanot X-G 2nd
Mehakjot Kaur VI-E 3rd
Sneha Goyal IX-G Consolation

Simran Vohra of XII Arts got 2nd prize in **Painting Competition** organised by R.S. Model Sr. Sec. School on 3rd August, 2018.



Inter House Creative Writing Competition

With an objective to inspire the budding artists, the Literary Club conducted an **Essay Writing Competition** for classes IX-XII. Following are the winners:

| Name | Class | House | Position |
|----------------|------------|------------|-------------|
| Navya Bindra | XII Arts | Arya Bhatt | 1st |
| Mrigesh Dewan | XII Com -C | Bhaskar | 2nd |
| Gurleen Kaur | XII Arts | Bhaskar | 3rd |
| Drishti Dhanda | XII Med. | Arya Bhatt | Consolation |
| Asees Kaur | XII Arts | Rohini | Consolation |

ABACUS Competition

Gurbani Kaur of IV-J got Gold Medal in **8th Regional Level Abacus Competition 2018** held at Kitchlu Nagar.



Banaj Dhiman of IV-J won Champions Trophy in 11th Punjab & Chandigarh State Level **UCMAS Abacus & Mental Arithmetic Competition** organised by Holistic Brain Education Pvt. Ltd at Jalandhar City.

Sahaj Gupta of III-I emerged out victorious in **'Brain O Brain' Punjab State Level Regional Abacus Competition** at Chandigarh on 20th May, 2018.



In **National Level French Olympiad**, **Anshita** of class VII-D bagged 2nd position. She was awarded a laptop by Director of French Institute in India at French Embassy, New Delhi.

IGNITE MUN

Ishmeet Singh Music Academy conducted Ignite Model United Nation 2018. **Shamul** of VI-E got High Commendation and gift voucher of ₹5000/-.

Sat Paul Mittal MUN

UN Replica Punjab Edition 2018 was held at Sat Paul Mittal School Ludhiana wherein the following students won prizes.

| | | |
|----------------|---------|-------------------|
| Mahaan | XI MM | High Commendation |
| Janmeet Singh | XI NMC | Special Mention |
| Amardeep Singh | XI MM | Special Mention |
| Raghav Ralhan | XI FMM | Verbal Mention |
| Lakshita Mehta | XI Arts | Verbal Mention |
| Rohini Bembi | VIII-H | Verbal Mention |
| Harshit Goel | VIII-H | Verbal Mention |

Health Club



World Health Day



Deworming Day

- Earth Day was a great day to showcase environmental education, which highlighted efforts of students to go green and engage the whole community in making a difference.
- The students were sensitized through 'Street Plays' as to how earth can be saved from global warming. They made newspaper bags to stop the plastic use and the project 'Use of Recycled Pencils' was launched. The students took a pledge to stop using wood pencils.
- Awareness session was conducted by Mr. Puneet from WWF India for green school programme team members with a motive to make students close to nature
- To promote the values of cleanliness, discipline and respect for environment, cleanliness drive was conducted. Sanitation Kit was provided to the classes. The students carried dusters and masks gloves to clean the allotted venues.



Wipro Earthian Orientation Session

BCM Arya became the proud host for Wipro Earthian Orientation Session in collaboration with Wipro for 35 schools of Ludhiana. Nature Education power point presentation enabled the students to understand the Biodiversity of Forest and Riverine ecosystem.

Wipro Earthian associate Mr. Ashish Shah, highlighted the Earthian schools programme focusing on water and bio-diversity management at the school level as an ongoing effort.



Lecture on Health related issues among females by Dr. Zeeni Sharda



MR Vaccination Campaign



TRIPS AND EXCURSIONS

Exotic Excursion to Manali



Exhilarating visit to Goa





BCM Arya Cambridge International



LKG-Neophytes at their best



A Scrumptious Bash



Baisakhi Jamboree



Labour Day – An expression of Human Dignity and Creative Excellence.



Eco Buddy Day – Adding to nature's wealth



Leaders of tomorrow exercising their voting right



Budding Orators



Health enthusiasts performing Aasnas



Investiture Regalia

CAMBRIDGE Staff News

- Mrs. Jasneev Seth & Mrs. Hema Khanna attended a two day workshop on 'Introductory Training for Global Perspectives' at Apeejay School, New Delhi.
- Mrs. Jasneev Seth attended a one day workshop at The Shri Ram School, Gurugram.
- Mrs. Jasneev Seth & Mrs. Gurmeet attended 'Upper North Community Meet' at Harvest International School, Ludhiana.
- Mrs. Monika Sood attended a two day workshop 'Active Learning and Assessment for Learning (Science)' at DPS International New Delhi. She also attended a two day workshop on 'Chemistry Extended Training, IGCSE' at Shri Ram Millenium School, Noida.
- Mrs. Manisha Bali & Mrs. Neha Ralhan attended a two day workshop 'Active Learning and Assessment

- for learning (Primary)' at DPS International Saket, New Delhi.
- Mrs. Meghna Mago, Mrs. Neha Ralhan, Mrs. Himani Gulati attended a one day workshop 'Trinity Fest' at JW Marriot, Chandigarh.
- Mrs. Palika Soan attended a two day workshop in Maths on 'Extension Training Cambridge IGCSE, and Mrs. Manisha Bali on 'Environment Management' at HYB Global Academy, Mumbai.
- Mrs. Neeha Jethi attended a two day workshop on 'Cambridge First Language English IGCSE' at Shri Ram Millenium School, Noida.
- Mrs. Nagmeet attended a two day workshop 'Introductory Cambridge IGCSE Art & Design' at LMO International School, Chennai.



Talent Hunt Show – Competing to win

SPORTS



| S.No. | Event | Venue | Category | Position |
|-------|--|---|--|--|
| 1. | National Olympiad Yoga Competition | BVM School, Kitchlu Nagar | U-14 (Girls) U-16 (Girls) U-14 (Boys) U-16 (Boys) | 3rd 2nd 3rd 3rd |
| 2. | Boys Cricket Punjab School Zonal Tournament | Nankana Sahib Public School, Gill Road | U-14 (Boys) | 2nd |
| 3. | 10th Dr. R.K Rajan Memorial Cricket Tournament | USPC Jain Public School Jamalpur | | 1st |
| 4. | Open Baseball Sub Junior District Tournament | Guru Nanak Khalsa College for Women, Model Town | | 2nd Runners up |
| 5. | Punjab School Basket Ball Zonal Tournament | Guru Nanak Public School Sarabha Nagar | U-17 (Girls) | 1st 5 students got selected for District Level |
| 6. | Open Basket Ball Tournament | Guru Nanak Stadium | (U-19 Boys) | 3rd |
| 7. | Punjab Board Table Tennis Zonal Tournament. | Guru Nanak International School, BRS Nagar | U-14 (Boys) U-17 (Boys) U-19 (Boys) U-19 (Girls) | 2nd 2nd 3rd 3rd |
| 8. | Punjab School Games Zonal Badminton Tournament | BCM Arya Model Sr. Sec. School Shastri Nagar | U-19 (Boys) U-17 (Boys) U-14 (Boys) U-17 (Girls) U-14 (Girls) U-18 (Boys) | 1st 1st 2nd 2nd 1st 1st 14 students got selected for District Championship |



Raghav Bansal, X-B participated in Open International Chess Tournament under following categories in **Barcelona (Spain)** and brought laurels.

| | |
|-----------------|--------------------------|
| Sant Matri Open | 1st (U-18) |
| Sitges Open | 3rd Overall |
| Barbera Del | 1st, Cash Prize 75 Euros |
| Valles Open | 2nd, Cash Prize 65 Euros |

Ludhiana Sahodaya School Complex Swimming Championship

| Event | Venue | Name | Class | Medal |
|----------------------------|-------------------------------|-----------------------|---------|----------------------------|
| LSSC Swimming Championship | Delhi Public School, Ludhiana | Jaskiran Kaur | XIIFP | 3 Gold, 2 Silver |
| | | Diksha Gulati | XIINMA | 1 Gold, 1 Silver, 2 Bronze |
| | | Abha Goyal | XC | 1 Gold |
| | | Vibha Goyal | XC | 1 Gold |
| | | Sumedha | VIG | 2 Silver, 1 Bronze |
| | | Vikram Aditya K. Soni | XI Med. | 1 Bronze |
| | | Ravipartap Singh | XD | 1 Bronze |
| | | Aryan Miglani | VIB | 1 Bronze |



Nehal Wadhwa has been selected in U-19 cricket team in Forthcoming Asian World Cup Tournaments.



Kriti Chowhan, IX-C
1st position in IGU (Indian Golf Union) North Zone Tournament at Ambala Golf Course
2nd position in IJGA National Qualifier Junior Championship, India at Chandigarh Golf Course



Chinmay Jagga (VI-D)

- 2nd prize in Punjab Kesari Chess Championship (U-11) and Ludhiana District Chess Championship.
- 2nd prize in creating own Maths Puzzle (cash prize ₹1000/-)
- 3rd prize in innovative garden's pictures (cash prize ₹500/-)
- 3rd prize in (U-11) category, a trophy and cash prize ₹1111/- in Chess championship organised by HDFC Bank and Chandigarh Parents Shatranj Association.

BCM School in collaboration with Punjab Kesari Centre of Chess Excellence organised a Chess Tournament in the school premises.

| S.No. | Event | Venue | Name | Class | Achievements |
|-------|---|---|---|--|--|
| 1. | Open Junior Softball Tournament | Guru Nanak Stadium, Ludhiana | Asmi Sharma Swati Malhotra Tushar Malhotra | XII Arts XII FMM XII Com.-A | Gold Medal Gold Medal Silver Medal |
| 2. | AITA Lawn Tennis Championship 2018 (U-12 Girls) | Ace Tennis Academy | Partishtha | VI-A | 2nd |
| 3. | Open Tournament of Cricket (U-14 Boys) | Rajpura | Bhavash | VI-H | Gold Medal |
| 4. | Open Table Tennis Tournament (U-18) | Sanatan Vidya Mandir Sr. Sec. School, Civil Lines | Aniket Sharma Samarth Sareen | XI NM-B IX-D | 2nd Winner |
| 5. | Open Junior Baseball (Junior) | Govt. Girls Sr. Sec. School | Swati Malhotra | XII FMM | Gold Medal |
| 6. | Open Punjab Badminton Championship | GAMADA Sports Complex Mohali Phase-IX | Vishwas Suri | XII Arts | 1st in Singles 2nd in Doubles |
| 7. | Badminton Cash Prize Tournament | Patiala | Sannidhya Nautiyal Pramila | X-C XII Arts | Gold in Singles (U-17) Cash prize ₹5100/- Bronze in Singles (U-17) |
| 8. | Punjab State Badminton Ranking Tournament | Sangrur | Pramila Sehaj Sannidhya Nautiyal Manroop Vishwas Arunima | XII Arts XI Com.-C X-C XI Com.-C XII Arts VIII-I | 2nd in Girls Singles 2nd in Girls Doubles 3rd in Mix Doubles 3rd in Senior Mix Doubles 1st & 2nd in Boys Doubles 1st & 2nd in Boys Doubles 3rd in Boys Singles 3rd in Mix Doubles 3rd in Mix Doubles 1st in Girls Doubles 3rd in Girls Singles |
| 9. | Sub-Junior District Badminton Championship | Guru Nanak Stadium, Shastri Hall | Devansh Rana Krishav Kuplish Mnasha Sharma Dhriti Arora Saanvi Nautiyal RamandeepKaur Anupama Arunima Pal Akshat Maishani | VI-B V-J IV CJE V-E V-B VI-G V-H VIII-I VIII-E | 1st in Singles & Doubles 2nd in Doubles & 3rd in Singles 2nd in Doubles & 3rd in Singles 2nd in Doubles 1st in Doubles & 2nd in Singles 2nd in Doubles & 3rd in Singles 2nd in Doubles 1st in Doubles & 3rd in Singles 2nd in Doubles All Players selected for State Badminton Championship |

Staff News

Our Principal.....

-presided over the Annual Prize Distribution Function at **Budding Brains International School**.
-attended a **Cross-banding Season II, Session I**, an interactive moderated causerie with strategic leaders in Academics at **PCTE Group of Institutes, Campus II, Ludhiana**
-was a speaker during Panel Discussion on 'Reinventing Schools - Talk Series and Inspiring Educators Award' in Ludhiana.
- ...attended a brain storming session on 'Leadership through Discussion and Innovation in Pedagogy' at **BCM School, Dugri, Ludhiana**.
-attended a 'Felicitation Ceremony of Top Schools of India Ranking at 7th School Leadership summit 2018' at Chandigarh.



- Mrs. Anjali Kamboj (PGT English) attended a workshop on 'Capacity Building Programme' at Guru Nanak Public School, Sarabha Nagar, Ludhiana.
- Dr. Poonam and Dr. Sonia attended a workshop on controlling and eradicating chronic Hepatitis C and Hepatitis B (Liver Disorders).
- Ms. Himani, Ms. Meghna Mago, Ms. Harpreet Bhatti, Ms. Manpreet Sachdeva and Ms. Neha Ralhen attended workshops on Singing, Acting and Language Communication Skills at Trinity Fest 2018 in Chandigarh.
- Mrs. Kritika attended a Management Development Programme on 'Organizational Excellence through HR-Sharing of Experiences' at PCTE Group of Institutes Campus II, Badowal, Ludhiana.
- Mr. Shunty Kumar participated in '4th Edition of Harare International Festival of Arts (HIFA)' in Zimbabwe and thereafter gave performances in South Africa, Tanzania, Botswana, Uganda and Kenya. The programme was sponsored by Indian Council for cultural Relation (ICCR), Ministry of External Affairs, Govt. of India.
- Mrs. Kanchan Kapoor and Mrs. Monika Makkar attended a workshop on Accountancy (G.St. Pattern of class XI & XII syllabus)
- Ms. Manpreet Kaur got Certificate of Honour & Distinction at National Level Women's Art Competition – "Miss India Artist of the Year 2018" organised by People's Art Foundation.
- Mrs. Madhu Chopra attended a workshop on 'Effective Teaching of Punjabi Language' at BVM Sr. Sec. School, Kitchlu Nagar, Ludhiana.
- Mrs. Vipra Kale, Environment Manager has been awarded 'Best Environment Co-ordinator' by WWF India under "Give Up to Give Back" Campaign.

Mrs. Ashmita Dargan, P.G.T. Mathematics was nominated among 6 teachers from various states by CBSE for National ICT Award for the third time. For the ICT National Award, she presented a project on 'Making Math Fun to Learn'. Creation of 24x7 portal www.mathshub.in has been her greatest contribution towards teaching Math. Active user of open e-content from NROER, Ashmita also acted as CBSE UDAAN Facilitator for weekend virtual classes.



An Interactive Session for Principals

To build a bond ladder and give principals and academicians a framework to shape a vision of academic success for all students, an interactive session with Principals' was organized wherein **Dr. Biswajit Saha, Director, CBSE** provided a space for thoughtful, authentic, and robust conversations.

Dr. Saha dwelt upon the effects of schools maintaining positive and healthy relationships between principals and teachers, and to delineate those factors that facilitate and contribute to student academic success.



Workshop on 'Freedom From Stress' at BCM Arya

To discover a new mind that is spontaneously responsive, naturally creative, inherently sensitive, perfectly efficient and effortlessly patient, a highly motivational workshop on 'Freedom from Stress' was organized for teachers by **Mr. Dinesh K. Sindwani, Director Corporate Services** with Vardhman Group. The session involved interactive, moderated discussions on inspiring, empowering, powerful and life-changing solutions to eliminate stress permanently from life.



NCC



- Our school bagged the **Best Institution Award** in 19 BN NCC by **Major General R.S. Mann VSM, ADG Chandigarh**.
- 92 NCC cadets participated in the International Yoga Day held at BCM College, Sec-32 Ludhiana.



Meharpreet Kaur of XII Arts was selected as the best cadet and won gold medal in Marathon. She was also selected for unit shooting team competition at GNE College, Ludhiana.



Manav Gaba, XII Food Production also made his place in Unit Shooting Team at GNE College, Ludhiana.



- A rally was conducted in Model Town and surrounding areas wherein NCC Cadets carried road safety awareness message banners, placards emphasising the importance of driving safely.
- Enrollment of JD, JW, SD, SW was held in the school wherein 82 students got themselves enrolled.
- CATC-87, NCC Camp was held at NCC Academy wherein 29 students got Gold, 10 students got silver and 2 students got Bronze medals in various events.

Yesterday You Said Tomorrow.....

Procrastination is an age old habit with many of us. Many a time we tell ourselves – I will just do it later. As there is plenty of time. Before we know it, time has flown past and we are pretty much faced with the reality of our incomplete task. Here are some tips to beat Procrastination:

- ★ Keep a simple organised schedule. The more you complicate your tasks, the more you start avoiding them.
- ★ Making lists makes you realise what you need to accomplish.
- ★ Once you know what is to be done, put everything in perspective priority wise.
- ★ Do the easy things first.
- ★ Do not evaluate yourself constantly. Trying to meet your perfectionism standards is very draining. Try to find comfortable standards.

Follow these tips and walk on the joyous path of a stress free existence.

FMM Corner

CFS – Commerce with Financial Skills

- As per the CBSE Guidelines FMM stream is updated with new version **Commerce with Financial Skills** to build up the students for vertical mobility. The New Optional Subjects Taxation and Applied Mathematics is also introduced from the current Session.
- FMM stream is also introduced in Class IX as an additional subject to boost up the financial literacy to teach the importance of money saving and investment.
- Dr. Biswajit Saha (Director CBSE skills and Training)** visited FMM Lab and observed the practical Procedures.
- One day **Industry Internship Program** was conducted for 12th class and 4 teams visited various Broking Houses to attend live session of Stock Market Trading.



PSYCHOLOGY BUZZ.....



Mrs. Navpreet Bhathal
H.O.D. Psychology

Primary Section Activities

Investiture Ceremony



dairy product day



MR Vaccination Campaign



Today's Orators Tomorrow's Leaders - Declamation



Spreading Wings of Imagination Terrarium Revamp



Confident Rhetoric Bard



Boogie Woogie -

Fusion of National and International Dances



Drama De Opulence

The coteric of class V exhibited Drama-de-opulence wherein the audience witnessed the dramatic finesse of the students. The students not only spellbound the audience by delineating the tragic and comic plays of Shakespeare and other contemporary authors but also signified the importance of friendship, parental love, humour and compassion.



"Scared is what you're feeling. Brave is what you're doing." – Emma Donoghue

Activities of KINDERGARTEN



Awarded for Academic Excellence



Soaked in Baisakhi Fervour



Our Helpers, Our Support System



I am Ready for Selfie



A Meaningful Earth Day Celebration



Save Fuel, Save Mother Earth



Pedh Lagao Dhara Bachao



A message from Earth Saviour



Lending a Helping hand



Eat healthy, Stay Healthy - Kitchenette Activity



Guest Lecture- Parents Endeavour



Freshers' Party - A Splendid Celebration



Hands on Shoe Polishing



Red Colour blast



Mentors honing their skill of story telling



Strong mind, strong body



Blue is the colour today



Best day ever..... Toy Day



Doctor-Doctor....Best game ever



I'll become soldier one day



Little speakers

Summer Bonanza - Pool Party

Life is cool by the Pool



Excellence in imagination

मन के हारे हार है मन के जीते जीत

राजा ब्रूस पूरी तैयारी से शत्रु सेना पर दूट पड़ा। घमासान युद्ध हुआ। राजा और उसके सैनिक बहुत वीरता से लड़े, किंतु इस बार भी हार गए। राजा को अपने प्राणों के लाले पड़ गए। वह अपनी जान बचाकर भागा। भागते-भागते घने जंगल में पहुँच गया और एक स्थान पर बैठकर सोचने लगा कि सात बार हार चुकने के बाद अब तो शत्रु से अपना राज्य पुनः प्राप्त करने की कोई आशा ही नहीं रह गई है। अब मैं इसी जंगल में रहकर एकांत जीवन व्यतीत करूँगा। जीवन में शेष अब रह ही क्या गया है? इन्हीं विचारों में खोया वह सो गया। जब उठा तो उसने देखा कि उसकी तलवार पर एक मकड़ी जाला बना रही है। वह ध्यान से यह दृश्य देखने लगा। मकड़ी बार-बार नीचे गिरती और पुनः जाला बनाती हुई तलवार पर चढ़ती। इस तरह वह दस बार गिरी और दसों बार पुनः जाला बनाने में जुट गई। तभी वहाँ एक साधु महाराज आ पहुँचे और निराशा देखकर बोले—देखो राजन। मकड़ी जैसा तुच्छ जीव भी बार-बार हारकर निराश नहीं होता। युद्ध हारने को हार नहीं कहते, बल्कि हिम्मत हारने को हार कहते हैं। राजा ने कहा—बाबा! मैं तो सब कुछ हार चुका हूँ। मेरे पास कुछ भी शेष नहीं बचा है। तब साधु बोले—ऐसा मत कहो। साहस बटोर कर अपने सैनिकों को एकत्रित कर पुनः युद्ध करो। राजा ने वैसा ही किया और इस बार वह जीत गया।

प्रिय छात्रों,

यह सच है 'मन के हारे हार है मन के जीते जीत! असफलता पर निराश होकर निष्क्रिय हो जाने के स्थान पर और अधिक प्रयत्नशील हो जाना चाहिए। इससे सफलता एक दिन अवश्य मिलती है। निरन्तर प्रयास ही सफलता की कुंजी है।

वीना जुनेजा
हिन्दी विभागाध्यक्ष



GUIDELINES FOR GOOD HEALTH

The **General Dietary Guidelines** to good health that may be followed are:

1. Maintain regularity in your routine.
2. Eat as much natural food as you can.
3. Consume seasonal fruits as far as possible.
4. Eat well but do not 'Over eat'.
5. Avoid excessive salt and spices.
6. Avoid too much sweets, especially sugar.
7. Eat foods which contain carbohydrates, especially starch and fibre.
8. Avoid foods that contain large amounts of cholesterol and saturated fats.
9. Watch your weight and maintain ideal weight.
10. Avoid eating the same kind of food all the time. Eat a variety of foods.

Ashima Sharma
HOD Home Science



Monthly Quiz

Winners!

April 2018

| | |
|----------------|--------|
| Arshiya Arora | VIII-C |
| Tanmay Mann | IX-A |
| Saket Malhotra | X-F |
| Keshav Bansal | VI-E |
| Divyanshi | X-A |
| Mehak Purewal | VI-H |

July 2018

| | |
|-------------|------|
| Reva Shukla | VI-C |
|-------------|------|

August 2018

| | |
|-----------------|-----------|
| Kushal Aggarwal | XI Com.-C |
| Bhumi | VIII-H |
| Janavi | VIII-D |
| Bhargav | VI-H |

Ever Widening Horizons of Knowledge

Brain Gymnasium

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

| | | | | | | |
|----|----|----|----|---|---|--|
| 1 | 2 | 3 | | | | |
| | 4 | | | | | |
| 5 | | 6 | | 7 | 8 | |
| | 9 | | | | | |
| 10 | | | 11 | | | |
| | | 12 | | | | |
| | 13 | | | | | |
| 14 | | 15 | | | | |

Answers of Previous Brain Gymnasium

- | | |
|---------------|-----------------|
| Down : | Across : |
| 1. Repugnant | 1. Render |
| 2. Error | 4. Erode |
| 3. Noise | 5. Primer |
| 7. Relish | 6. Rime |
| 8. Dart | 12. Fort |
| 9. Raft | 13. Tube |
| 10. Garb | |
| 11. Lout | |

Congratulations!

Lucky Winners!! OF Previous BRAIN GYMNASIUM

- Shreya Garg VI-F
- Diksha VII-A
- Pushti VIII-A
- Shubhi Jain IX-A

Clues for Brain Gymnasium

- | | |
|--------------------------------------|---|
| Down: | Across: |
| 2. An unpleasant prolonged noise (3) | 1. Make suitable for use (5) |
| 6. Ripped (4) | 3. Suitable in circumstances (3) |
| 7. Sound created by an animal (4) | 4. An article in a list (4) |
| 8. Son/daughter of the soil (6) | 5. Lay to rest (5) |
| 11. Part of the face (4) | 9. A hot drink is made of this powder (5) |
| | 10. To move on or about its axis (4) |
| | 12. A standard or pattern (4) |
| | 13. To be fit for or worthy (6) |
| | 14. Inward part of a coastline (3) |
| | 15. To urge or desire (5) |

Please Note :

- ★ Deposit the answers with your name and class in Sr. Library by 29 Sept., 2018.
- ★ Look for answers in next issue.

Dr. Pallavi Sethi (PGT English)



Senior Library

Total No. of Books: 19515

Book of the Quarter: Positive Living Day by Day

Author: Norman Vincent Peale

About the book: A positive thought a day can change your life! Day after day through the use of these readings, you will be guided to the life you want. You can gain strength for your daily activities, discover more optimism and overcome negative ideas. Dr. Norman Vincent has changed countless lives with his uplifting and practical spiritual advice. By sincerely and persistently applying the principles illustrated in these daily devotionals, we can experience an amazing improvement within ourselves. We can enjoy peace of mind, improved health and never ceasing flow of energy. An emphasis is placed on the practical aspects of living life positively.

Junior Library

Total No. of Books: 10659

Book of the Quarter: Awaken The Genius in You.

Publisher: Shakuntala Devi

About the book: Using day-to-day experiences and examples, this book shows how, with parental guidance, and support with practical exercises and activities, a child can become an achiever. Written in a simple, lucid style, this book is almost an across the table conversation with a caring parent. Remember, geniuses are not born. They are nurtured.

Nurture your child. Accept the challenge!

Gaiety marks 'Jashan-e-Azadi'

The Independence Day was celebrated with ardent devotion and patriotism. The function started with the flag hoisting ceremony by **S. Ravneet Singh Bittu, MP, Ludhiana** followed by the March Past and Cultural Programme. The children presented a colourful P.T. Show- '**Movements in Unison**', various asanas in '**Way to Balance Life**' - Yoga and stretching and bending exercises in Gymnastics '**The Acrobatic Show**'. The synchronized performance of students in '**Rhythmic Steps of Patriotism**' regaled the spectators. The Choreography '**Azaadi ke Deewane**' depicted sacrifices of Indian freedom fighters who faced several tortures, hardships and exploitations to earn national freedom with their undying spirit and bravery. Taekwondo feats '**Self Defence Tips**' and Bhangra '**Mera Desh hove Punjab**' really stole the hearts of the audience.

Dr. Paramjit Kaur, Principal exhorted the audience to be patriotic in deeds by becoming disciplined, unselfish and broad-minded in their approach. **Sh. Rajinder Pal Sayal**, the school President reminded everyone about the sacrifices made by our ancestors and persuaded all to make sure that these sacrifices do not go in vain. **Capt. V.K. Sayal** the School Manager proposed a vote of thanks.



Fee Payment Schedule

(Without Late Fee)

Timing of Accepting fee

| | | |
|--------------|-------------------------|-----------------------|
| Nursery to I | 1-3rd of October, 2018 | Monday to Friday |
| II to IV | 4-5th of October, 2018 | 10 a.m. to 1.00 p.m. |
| V to VIII | 6-7th of October, 2018 | Saturday |
| IX to XII | 8-10th of October, 2018 | 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 – September 2018
- Annual Cultural Functions – Kindergarten
- International Youth Festival – Fusion 2018
- Rishi Nirvan Utsav
- Inter-class (House Activities) as mentioned in School Diary

Co-editor - Karanjit Kaur