



The Aryan Times

B.C.M. Arya Model Sr. Sec. School
Shastri Nagar, Ludhiana

Annual Sports Award Ceremony @ BCM Arya (A Celebration of Excellence)

BCM Arya reverberated with energy and pride as it hosted its much-anticipated Annual Sports Award Ceremony. The occasion was graced by **Dr. Monika Sharma**, school alumnus and renowned Behavioral Sleep Medicine Specialist, currently serving as Sleep Advisor to the Indian Contingent for Paris Olympics 2024.

The event began with the ceremonial lamp lighting, followed by a vibrant welcome song 'Welcome Beats', elegant classical dance performance 'Blended Rhythms', and the power-packed choreography 'Master Your Defence' emphasizing women's safety through self-defence.

The highlight of the event was the Prize Distribution Ceremony, where **129 students** were awarded for **state-level** achievements, **47 for national-level** accomplishments, and **4 for international** recognition.

Dr. Monika Sharma praised the school's balanced focus on academics and sports, encouraging students to adopt physical activity as a remedy to sedentary lifestyles. Principal **Dr. Anuja Kaushal** expressed pride in the school's rising sports graph, while **Capt. V.K. Syal**, School Manager, delivered a heartfelt vote of thanks.

The ceremony concluded with a spirited Bhangra performance – 'Spirit of Punjab' and the National Anthem, evoking unity and patriotic fervor.



Editorial

Ordinary or Legendary

Dear Readers,

Every new session arrives like a blank page - waiting for you to write your story. The question is: will it be just another story, or a story worth remembering? Every morning you wake up, you are faced with two choices - to live ordinarily or to live extraordinarily; to drift through your days or to drive them; to repeat what's easy or to chase what's meaningful. Ordinary is safe. It's comfortable. It's showing up just enough, doing the minimum. It's waiting for opportunities instead of creating them. It's fearing mistakes more than desiring greatness.

But legendary is waking up with purpose, even when no one is watching. It's pushing harder when giving up seems easier. It's choosing discipline over excuses. It's daring to lead, to innovate, to fail, and still rise again. History does not remember those who stayed in the crowd. It remembers those who stood up, who stood out, and who stood strong. Look around - the world outside is moving at a breathtaking pace. New inventions, revolutions, and transformations are being written each day - by people who once sat where you sit today, by dreamers who chose to be legendary.

The truth is simple: you don't stumble into greatness. You decide it. You earn it. You live it - every single day. So as you begin this new academic year, ask yourself: am I willing to be more than average? Am I ready to fight for the best version of myself? Am I prepared to turn my ordinary days into an extraordinary destiny? Because ordinary or legendary - you decide.

Mrs. Pooja Arora
Editor

Taking Indian culture to a global audience, our talented dance teacher, Sh Sandeep K. Kheeva, received a prestigious invitation extended by the **High Commission of India, Victoria, Seychelles**, under the esteemed sponsorship of the **Ministry of External Affairs, Government of India**. He was granted a golden opportunity to lead his nine-member Punjabi folk troupe-Punjabi Lok Rang Cultural Club Group for vibrant cultural performances at the **Republic Day Celebration 2025** in Seychelles.

PUNJAB'S PRIDE SHINES IN SEYCHELLES

An International Honour for BCM Arya



LSSC STORYTELLING COMPETITION – “CHRONICLES OF SCIENCE : A DIGITAL ODYSSEY”

Proud to host a unique blend of creativity and scientific exploration, Our School provided a vibrant platform for **young minds** through the **LSSC Storytelling Competition “Chronicles of Science: A Digital Odyssey”**.

The event featured **24 enthusiastic** teams from reputed CBSE schools of Ludhiana, each comprising a narrator and a visual collaborator who brought science to life through engaging storytelling and impactful digital presentations.

INTERNATIONAL STUDENT EXCHANGE PROGRAM UNDER YOUTH FOR UNDERSTANDING INTERCULTURAL EXCHANGE PROGRAM



Suri Naemi Homayounfar
from Germany to India



Rayna Khullar
from India to Japan

BCM ALUMNI MAKE THEIR MARK IN JUDICIARY



MS. ANCHAL DHIR, MS. KAYURI KATARIA, MS. RUPALI GUPTA



Graduates' Gala

Meet, Greet & Shine



The journey of early education is both inspiring and transformative. The tiny tots of Nursery enthusiastically gathered at BCM Arya for a special Meet 'n' Greet session, which commenced with a **Sacred Havan Ceremony** to invoke blessings for their academic path. Surrounded by the serenity of this ritual, the youngest BCM Aryans embraced divine guidance as they embarked on this new chapter of learning. The School Management, along with the Director of the Arya Samaj Group of Schools, the Principal, and teachers, joined in the prayers, wholeheartedly wishing the little learners joy, prosperity, and success in all their future pursuits.

With great enthusiasm, the students of U.K.G. and Class V gathered to celebrate their Graduation Ceremony, marking a significant milestone in their academic journey. Nearly **800 young graduates** took a proud step forward, **transitioning from kindergarten to primary school** and from **primary to the exciting world of middle school**. The event was graced by

the esteemed Principal, **Mrs. Anuja Kaushal**, as the Chief Guest, who extended heartfelt congratulations to the students and their proud parents. In an inspiring address, Headmistress **Mrs. Suchitra Mehta** encouraged the graduates to embrace the future with gratitude and confidence, reminding them of their boundless potential and the promising opportunities that await them.



Wisdom Windows 2025

WITH INDIA'S PREMIER SLEEP ADVISOR : WORLD SLEEP DAY

In a remarkable initiative to foster wellness and performance, BCM Arya marked a session of **World Sleep Day**, by **Dr. Monika Sharma** hosting, renowned **Behavioral Sleep Medicine Specialist** and **Sleep Advisor to Team India at Paris Olympics 2024**.

Addressing students of Classes X and XII, Dr. Sharma shared practical techniques to combat sleep deprivation and highlighted initiatives like *Teen Sleep* and *Sleep4Her*. Her insights linked quality sleep to enhanced focus, creativity, and academic success, reinforcing BCM Arya's vision of nurturing well-balanced achievers.



IGNITING MINDS, INSPIRING CHANGE : A TRANSFORMATIVE SESSION FOR EDUCATORS

In a stride towards professional growth, BCM Arya hosted an enriching workshop led by renowned **TEDx speaker** and transformational coach, **Dr. Shankar Goenka**, accompanied by Guest of Honour **Mr. Rajesh Gupta**.



EMPOWERING CHANGE: A GLOBAL LENS ON WOMEN'S RIGHTS

Demonstrating its deviation to **gender equity**, the school observed **International Women's Day 2025** through a thought-provoking panel discussion titled "*Empowering Change: A Global Perspective on Women's Rights*". Esteemed speakers from diverse domains emphasized the role of media, holistic health, financial independence, and education in driving women's empowerment. The discussion ignited awareness and inspired students to become advocates for equality and positive change.



Staff News

- Ms. Neeraj Sharma attended a Capacity Building Programme (CBP) on Adolescent Education.
- Ms. Madhvi Bhardwaj and Ms. Rashi Gautam participated in a two-day Capacity Building Programme on Business Studies.

INTER SCHOOL COMPETITIONS

7th RAMANUJAN FEST 2024

Our students delivered commendable performances and brought laurels to the institution.

THIRD PRIZE
Madhav Sharma (VIII-I), Pranav Chhuneja (VIII-C), Suveer (X-H), Diya Goyal (IX-H)
CONSOLATION PRIZE
Ridhaan Dutta (VIII-E)



VEDIC DECLAMATION

Competing against 20 school teams, **Advika Kaul** (X-F) secured **First Prize** in the Declaration Contest held at Bhartiya Vidya Mandir organised by Ved Prachar Mandal.



YOUTH AND TAX : BUILDING A HAPPIER FUTURE REEL MAKING COMPETITION BY NATIONAL ACADEMY OF DIRECT TAXES

With 1,530 Participants competing nationwide, our talented students, **Pranat Verma** (XII CFS) & **Prisha Jain** (XI CFS) have made us immensely proud with their creativity by winning **First Position**.



CBSE READING CHALLENGE 2024-25 CHANDIGARH REGION

Making BCM Arya beam with pride Namah (X-G) secured **First Position**.

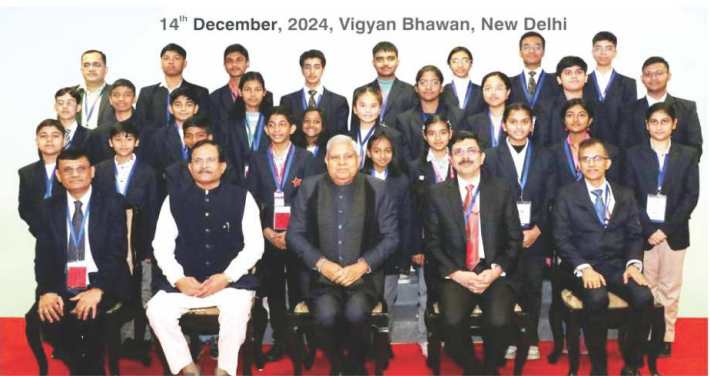
GEMS OF INDIA HAP

Aaliya Gupta (VII-G) won **Gold Medal** under Group D at GEMS of India HAP, the nation's largest children's exhibition and competition, conducted by Hina's Art Pavilion, Ahmedabad.



NATIONAL LEVEL ENERGY CONSERVATION COMPETITION, BY BBMB, GOVT. OF INDIA

Soaring to new heights of excellence, **Pranav Garg** (X-F) brought immense pride to BCM Arya by winning the prestigious **Appreciation Award**, receiving a cash prize of **₹15,000**, a tablet, and an exclusive trip to Assam, presented by Vice President **Shri Jagdeep Dhankhar** and Minister of Power **Shri Manohar Lal**.



A NATIONAL TRIUMPH !

All India School Contest on “**Benefits of Using Recycled Plastic Over Virgin Plastic**” Organized by Indian Center for Plastics in the Environment (ICPE) under the aegis of the **Ministry of Environment and Forests (MoEF)**.

- ➡ Our Trailblazers Secured the **4th Position Nationwide**:
- ➡ 2nd National Award (Junior Category) **Aliya Gupta**
- ➡ 1st North Zonal Award (Junior Category) **Tanzil Prabhakar**
- ➡ 3rd North Zonal Award (Junior Category) **Prabhleen Kaur**
- ➡ 3rd North Zonal Award (Senior Category) **Prabhmeet Singh**



YOUTH PARLIAMENT CI-YI GHAZIABAD

The exceptionally eloquent Shiffa Masood (XI Arts) clinched the **First Prize** and the prestigious **Best Debator** Award at the Youth Parliament CI-YI held in Ghaziabad.



PHYSICS OLYMPIAD

Demonstrating their scientific prowess, BCM Arya secured top positions at the **Inter-School Physics Olympiad** held at G.N.I. Public School, Model Town. Following are the results :

- **Harsimran Kaur** (XII NMB) clinched **First position** in category A, with a cash prize of ₹1100.
- In category B, **Manthan Arora** (XI NMB) secured **First position**, winning ₹1100 and **Kartik Salaria** (XI Medical) earned **Third position** with a cash prize of ₹600.

Displaying eloquence and confidence, **Suhana Bhatia** (IX-H) secured a consolation prize at the **Giani Harjit Singh Memorial Inter-School Declamation Contest** held at Gujranwala Guru Nanak Public School, Civil Lines.

ECO HACKATHON

Outshining over 600 teams nationwide, **Abhishek Dhanda** (XI-CFS) and **Prabhkirat Singh** (XI NM A) secured a spot in the Top 10 Finalists at the renowned Eco-Hackathon held at the Habitat Centre, New Delhi. Their exceptional performance earned them the **1st Runner-Up** title along with cash prize of ₹20,000, making BCM Arya proud.



DEEN DAYAL SPARSH YOJNA 2024-25

A proud moment for BCM Arya as five exceptional students secured the prestigious ₹76,000 scholarship under the Deen Dayal Sparsh Yojana (2024-25), placing them among the nation's brightest young philatelists in the Level-2 competition.

Priyansha (VI-G), **Arnav Daid** (VI-E), **Madhav Sharma** (VIII-I), **Pavneet Kaur** (IX-F), **Saanjh Kaur** (IX-F)

Out of 1,237 participants, only 40 were selected from the Punjab Circle — and BCM Arya proudly claims five of them!



HUMMING BIRD

We are elated to announce the phenomenal success of our young spelling wizards at the Humming Bird International Spell Bee Competition 2024-25 organized by Humming Bird Education Limited a BSE-listed company.

Medal Tally : 17 Gold, 32 Silver, Bronze 52

ZONAL / NATIONAL LEVEL WINNERS

GURNAAZ KAUR (2-C) : School Rank 1, Zonal Rank 18, National Rank 47 Gold Medal & 7500/- Cash Prize for Zonal Excellence.

PRIANSH ABROL (2-C) : School Rank 1, Zonal Rank 18, National Rank 47 Gold Medal & 2500/- Cash Prize for Zonal Excellence.

GURSEERAT (3-E) : School Rank 1, Zonal Rank 19, National Rank 44 Gold Medal & 7500/- Cash Prize for Zonal Excellence.



BABASAHEB BHIMRAO AMBEDKAR SCHOLARSHIP

Adding to the accolades of BCM Arya students **Ayaan Toor** and **Ravnoor Kaur** were awarded the Bharat Ratna Babasaheb Bhimrao Ambedkar Memorial Scholarship of ₹3000 each by Bank of Baroda, Regional Office, Ludhiana, for their stellar performance in Class X (2023–24).



BCM ARYA SHINES AT FLOWER SHOW & PHOTOGRAPHY COMPETITION

Students of BCM Arya showcased outstanding talent at the Flower Show & On-the-Spot Photography Competition held at Gurdwara Sri Guru Singh Sabha, Ludhiana, securing **17 prizes** in various categories.

Total Prizes Won : 17, First Prizes: 6, Second Prizes: 7, Third Prizes: 4

FLORAL EXCELLENCE :

- Flowers Grown in Pots : 8 Awards
- Foliage & Perennial Flowering Plants : 2 Awards
- Cacti & Succulents : 2 Awards
- Artistic Plant Arrangements : 1 Award

PHOTOGRAPHY ACHIEVEMENTS:

- Hiteshwar (II-F) : 1st Prize - Capturing moments like a pro
- Sachin Malhotra (12-MM) : 2nd Prize - A lens full of creativity
- Aadil (12-FP) : 3rd Prize - Framing Brilliance
- Jasleen Sandhu (12-MM) : 3rd Prize - A picture perfect winner



Olympiads 2025

Our students scripted a historic moment as they excelled in various olympiads by bringing echoed laurels and accolades to the school. They bagged Medals, Certificates of Excellence and Cash Prizes.



ANWITA GARG

CLASS - III

International Rank 1 in International Maths Olympiad (IMO) Level 1



RIYANSH PANCHI

CLASS - III

International Rank 2 in International Maths Olympiad (IMO) Level 1



RACHIT BAJAJ

CLASS - III

International Rank 13 in International Maths Olympiad (IMO) with Cash Prize of Rs 5000



YAMUNA GOYAL

CLASS - XII

Won Cash Prize of Rs 2500 in International English Olympiad with Zonal Rank 40



DEVANSHI JAIN

CLASS - XII

International Rank 12 in International Commerce Olympiad with a Cash Prize of Rs 1667



ADITYA (XI-COM-C)

YASHAM (XI-NM-A)

Third Position in WSR0 (STEAM Robot Olympiad) cash prize of ₹8000

INTERNATIONAL BOOK OF RECORDS



RIYANSH PANCHI

CLASS - III

Solved Pyraminx Cube While Chanting Mahamrityunjay Mantra In A Padmasana Yoga Pose



ANAHITA SOOD

CLASS - V-D

Fastest Recitation of Hanuman Chalisa

JEE MAINS 2025

Our young legends have CRUSHED JEE MAIN 2025 with dazzling scores and made us beam with pride!

Harshil Goyal

99.86 | AIR 2165

Harsimran Kaur

99.80 | AIR 3100

Daksh Mittal

99.37 | AIR 9819

Amogh Chhuneja

99.19 | AIR 12487

Ganga Kaur

99.17 | AIR 12843

Satyam Manocha

99.06 | AIR 14482

Mehak Purewal

98.34 | AIR 24871

Aastik Andoria

98.30 | AIR 26017

Kanav Jain

98.26 | AIR 26658

Yamya Nayyar

98.16 | AIR 28128

Pratham Gupta

98.15 | AIR 28500

Parmarth

97.41 | AIR 39421

Aanshi Bajaj

97.12 | AIR 43850

Harjus

97.03 | AIR 45095

Kanika Garg

96.92 | AIR 46920

Shreya Garg

96.55 | AIR 52370

Lakshya Jain

95.30 | AIR 62042

Alankrita Garg

95.80 | AIR 63000

Mahi Goyal

95.78 | AIR 63542

Sarthak Batta

95.23 | AIR 71930

Shaswat

94.75 | AIR 78982

Manya Jindal

94.33 | AIR 84905

Ishan Thakur

94.19 | AIR 86906

Kartikeya

93.66 | AIR 94000

Saksham

93.47 | AIR 97729



SCHOLAR'S ARENA

Academic Accolades (2024-2025)

NURSERY

Star	Name of the Student	Section
★	Mukul Soni	B
★	Jenisha Ahuja	G
★	Shahraan Singh	E

LKG

Star	Name of the Student	Section
★	Sanvi Bansal	I
★	Cheshtha Jain	E
★	Eiana Sharma	F

UKG

Star	Name of the Student	Section
★	Mishika Chawla	C
★	Driti Kaura	H
★	Maahir	B
★	Mira Saluja	I

I

Star	Name of the Student	Section
★	Kainaat	E
★	Krishika Aggarwal	D
★	Samya Gupta	B

II

Star	Name of the Student	Section
★	Gurnaaz Kaur	C
★	Ruhaan Khurana	G
★	Aadya Jindal	H

III

Star	Name of the Student	Section
★	Riyansh Panchi	F
★	Lizaina Khurana	F
★	Daksh Partap Singh	C

IV

Star	Name of the Student	Section
★	Kriday Singhanian	C
★	Reyansh Bansal	D
★	Nadya Bhatia	I
★	Mehul Khanna	I

V

Star	Name of the Student	Section
★	Jasmine Kaur Gill	I
★	Irleen Kaur	F
★	Upanya Soni	G
★	Alysha Rakheja	B

Student of the Year

★	Bandgi Kaur	F
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VI

Star	Name of the Student	Section
★	Priyansha Sadana	G
★	Hargundeep Kaur	A
★	Mehransh Singh	I

VII

Star	Name of the Student	Section
★	Anhad Uppal	G
★	Mahirnoor Singh	D
★	Tashiya Gupta	F

VIII

Star	Name of the Student	Section
★	Vrinda Dua	F
★	Japjot Singh Raipal	I
★	Keeratpreet Kaur	F

IX

Star	Name of the Student	Section
★	Aryan Sekhri	C
★	Himaksh Arora	F
★	Gursimrat Singh	C
★	Dhriti Aggarwal	F
★	Saanjh Kaur	F
★	Paavni Gambhir	F

XI

Star	Name of the Student	Section
★	Harshika Chawla	CFS
★	Bhavika Gupta	Food Prod.
★	Abhishek Dhanda	CFS

SPORTS



Our Outstanding Players
Sweep the Podium Across
Various Events !

Demonstrating exceptional skill and determination, **Arshdeep Singh (XII Arts)** clinched the **Silver Medal in Karate (U-19 Category)** at the **National School Games (SGFI)** held in Bhopal, MP and was honored by the the Government of Punjab and felicitated by Sh. Gulab Chand Kataria, the Hon'ble Governor of Punjab on 26 January. His outstanding performance has earned him a spot in the **World Combat Games**, a moment of immense pride for the school.

Nishu (XII Mass Media) secured the **Gold Medal in Handball (U-19 Girls)** at the **Punjab School National Tournament** held at PAU, Ludhiana, showcasing the school's sporting excellence.

HANDBALL

Event & Venue	Name	Class	Position/Medal
U-19 Girls LSSC Handball Tournament, Nankana Sahib Public School	Nishu	XII Mass Media	1st Position
	Mishti	XI Arts	
	Kriti	XI Com-C	
	Tanya	XII CFS	
	Rajasavi	X-H	
	Arshia	VIII-C	
	Shayana Bhatia	VIII-J	
	Suhaavi Singh	VIII-B	
	Sonali	VIII-B	
	Devanshi	VI-H	

CRICKET

Event & Venue	Name	Class	Position/Medal
U-19 Sahodaya Cricket Tournament, GGN Public School	Ishmeet Singh Gahir	XII-Arts	1st Position
	Manjosh Singh	XII-Arts	
	Harmon Jagdev	XII-M.M	
	Ravneet Singh	XII-Com-C	
	Hargun Khurana	XII-Com-A	
	Yuvraj Pal	XI-Com-A	
	Jashanjot Singh	XI-Medical	
	Harswarjeet Singh	X-A	
	Ansh Jindal	X-D	
	Harkirat Singh	IX-A	
	Mansimar Singh	IX-A	
	Mankirt Singh	IX-A	
	Arhan Jain	VIII-E	
	Jivesh Puri	IX-I	
	Harsimran Singh	XI-Com-C	
	Vardhan Narang	XI-Com-C	



LIBRARY CORNER

SENIOR LIBRARY

Total No. of Books : 20241
Name of the Book : Words Can change your Brain
Author : Andrew Newberg

In "Words Can Change Your Brain," Andrew Newberg and Mark Waldman explore the neuroscience of communication, highlighting how language impacts our brains and relationships. They introduce Compassionate Communication, a 12-step approach to fostering trust, resolving conflict and enhancing intimacy.

The book delves into how positive and mindful language can alter brain structure, promoting effective dialogue and stronger connections. Through brain scan analysis and practical examples, the authors illustrate how to cultivate productive conversations in various settings, from professional environments to personal relationships. It's a compelling guide for anyone seeking to improve their communication skills and build more meaningful interactions.

JUNIOR LIBRARY

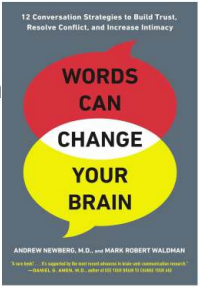
Total No. of Books: 11280
Name of the Book: Mind set
Author : Dr. Carols. Dweck

Book review : "Mindset: Changing The Way You Think To Fulfil Your Potential" by Dr. Carol S. Dweck is a highly acclaimed book that explores the concept of mindset and its impact on success. Dweck, a renowned Stanford University psychologist, argues that it's not our abilities or talent that determine success, but rather our mindset¹.

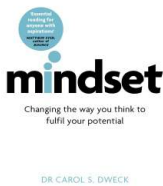
The book introduces the idea of two types of mindsets: Fixed Mindset and Growth Mindset. A fixed mindset believes that abilities and intelligence are fixed, while a growth mindset believes that they can be developed and improved through effort and learning².

Dweck explains that praising intelligence and ability can actually hinder success, as it creates a fixed mindset. Instead, she advocates for a growth mindset, which fosters a love of learning, resilience, and achievement

Overall, "Mindset" is a thought-provoking and inspiring book that offers a fresh perspective on success and achievement.



MILLION-COPY BESTSELLER





GREEN SCHOOL PROGRAMME

Our School participated in the **Save Wetlands Campaign 2025** under the **Wetland Division of the Ministry of Environment, Forest, and Climate Change**. A **Wetland Mitra Pledge** was taken by **6,400 students and 350 staff members**. Students from Classes VI to VIII expressed their creativity in a poster-making competition, while Classes IX and X engaged in a quiz on wetland preservation.



SHARING RESOURCES : SHARING JOY

BCM Arya donated old furniture to **Arya Sr. Sec. School, Nabha**, and **Santushti Vidya Niketan**, promoting sustainability and social responsibility.



WORLD HAPPINESS DAY

BCM Aryans visited **Manukhta Di Sewa** (NGO) in Hassanpur village, spreading joy through donations and heartfelt interactions with senior citizens. Inspired by founder Gurpreet Singh's vision, the visit reinforced compassion, kindness, and the true essence of happiness.



COMMUNITY OUTREACH PROGRAMME

DONATION DRIVE

Students distributed warm clothes to **construction laborers** and **D-class employees** in campus and visited **Santushti Vidya Niketan** to provide woollens to children and their families. Their generosity also reached **Jeet Convent School**, where sweaters, jackets, and blankets were distributed in **Civil Hospital**.



FLORAL HOLI AT NISHKAM SEWA ASHRAM

Our students used **flower petals instead of chemicals**, distributed **essentials**, and planted **trees** to promote sustainability. A **Radha-Krishna dance** and heartfelt interactions added joy to the celebration.



2025 Walkathon Champions

A Powerful Stride For A Greener Future

Fueled by an unstoppable spirit, the 2025 Walkathon blazed a trail for sustainability, uniting participants in an electrifying call to action. Organized in collaboration with the BCM Alumni Foundation, the event echoed the powerful theme “**Stride for Sustainability – Run Green! Live Green!**”, inspiring a collective commitment to environmental consciousness and healthier living. The presence of **Dr. Arvind Dhingra, President of the BCM Alumni Association**, further ignited the enthusiasm, reinforcing the mission to make every step count for the planet.



World Health Day

The spirit of World Health Day was beautifully captured through a creatively designed white display board, highlighting this year's theme – “**Healthy Beginnings, Hopeful Futures**”. The board served as a visual reminder of the importance of nurturing health from the start. Complementing this, Agambir Singh of Class IX-E delivered a thought-provoking speech, encouraging peers to adopt healthy habits and envision a brighter, healthier future.



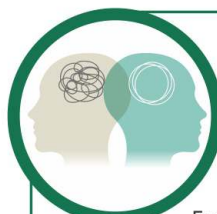
TRAFFIC CLUB

STEERING TOWARDS SAFETY : BCM ARYA CHAMPIONS ROAD AWARENESS

BCM Arya observed **National Road Safety Month** in January 2025 through a series of engaging activities under the theme “**Sadak Suraksha, Jeevan Raksha**”.

The observance began with a Road Safety Pledge, followed by an informative PowerPoint Presentation on traffic rules and their importance. Students participated enthusiastically in a Slogan Writing Competition and a Quiz on traffic signs and safety measures.

A special awareness session was conducted by **Mr. Deepak** and **Mr. Jasveer Singh, Head Constables** from the **Ludhiana Traffic Police**, who educated students on safe road practices through real-life examples.



THE POWER OF THE PAUSE

Psychology Corner

Dear Students

Every day, you face moments that test your patience - an argument with a friend, a poor grade, a harsh comment. Your natural reaction might be anger, frustration or silence. But in those very moments lies something powerful : “The Pause.”

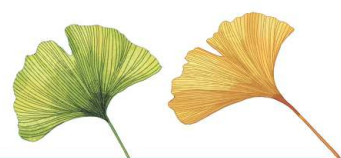
Taking just a few seconds before reacting gives you control. It helps you respond thoughtfully instead of emotionally. That small pause can prevent fights, clear misunderstandings and even bring peace.

Remember, pausing doesn't mean you're weak. It means you're wise. It means you're choosing your growth over your impulse.

Real power comes not from controlling others, but from mastering yourself. “The Pause is your Superpower - use it wisely and there's no challenge which you can't overcome.”

With faith in you always

Sukriti Sidana
PGT Psychology



Quote of Quarter



By :
Mrs. Henna Soni

Designed by :
Ms. Davinder Kaur



DEPARTMENT OF SKILL EDUCATION

DESIGN THINKING AND INNOVATION WORKSHOP

Design Thinking and Innovation workshop for the school staff by Mrs. Manju Dudeja, Mrs. Urvashi Bhardwaj, Mrs. Shelly Uppal, Mrs. Gagandeep Shukla, Mr. Nitin Gaur, Mrs. Maninder Kaur, Mr. Varun Anand, Mrs. Jyoti, Mrs. Manpreet, Dr. Chanda and Mrs. Anu Puri.



FINANCIAL LITERACY PROGRAM

The Financial Literacy program "Financial Skill is My Will" was conducted by Mr. Bhupinder Singh, a Skill Development Officer, for the fourth-class employees of the school.

Financial Skill.. is My Will
Session on Financial Literacy
For
School Employees
At
BCM ARYA MODEL SR. SEC. SCHOOL
SHASTRI NAGAR, LUDHIANA

MANAGEMENT DEVELOPMENT PROGRAM

Our School in collaboration with the Ludhiana Management Association, organized a Management Development Program (MDP) on enhancing productivity and efficiency. The session was led by **Mr. Rishab Sharma**, a life and leadership coach and **Deputy Director of HRDC at CT University**.



UDYAMOTSAV 2025

Representing BCM Arya, Rohan Arora (XII Com C), Deepanshu Jain (XII MM), and Keshav Goyal (XII Com C), under the mentorship of Mrs. Maninder Kaur, showcased their innovative idea at **UDYAMOTSAV 2025, AICTE-MIC's National Startup Week at CGC Landran**. Their idea, selected from over 10,000 entries, was presented before investors (sharks) for funding.



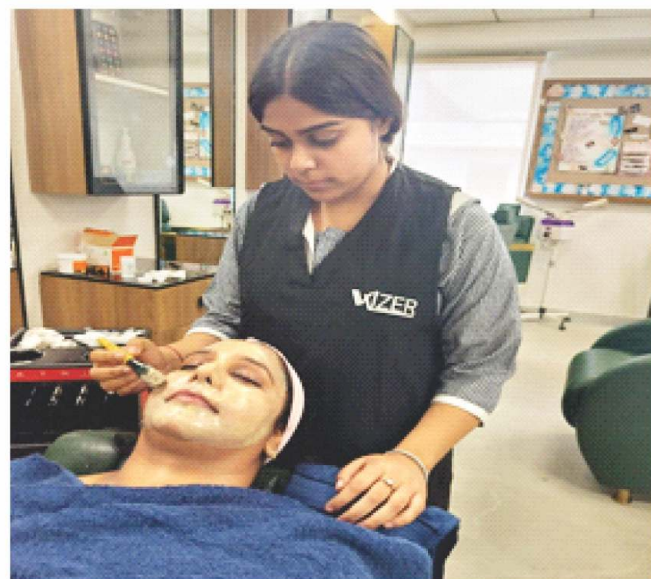
AWARENESS SESSION ON SKILL-BASED SUBJECTS

Class VIII parents attended an insightful awareness session on skill-based subjects. The session was led by Ms. Sandeep Kaur (Multimedia), Ms. Sonakshi (Science & Pharma), Ms. Urvashi (Design Thinking & Innovation), and Ms. Gagandeep Shukla (IT & AI).



WEEKLY SKILL ENHANCEMENT DAY

The Department of Skill Education has launched the weekly Skill Enhancement Day to foster entrepreneurship among students through **hands-on product creation** and **real-time sales experiences**. Students from the food and beauty domains have also begun offering their services to school staff.



Our Principal's Milestones of Merit



Dr. Anuja Kaushal
Principal

AWARDS & RECOGNITIONS:

- Asia's Best Educator Award by Humming Bird Education Ltd. for Excellence in Education and outstanding Olympiad results.
- Global Educator Award by the International Olympiad Foundation for promoting academic excellence (2024-25).
- Award for Front Runner in CBSE Results in Ludhiana at the 7th Annual Prerna Mahotsav 2024 by Prerna Peeth, Ludhiana.
- Award of Honour by Star Health Team, presented by Group Business Head Mr. Manmohan Singh, Dr. Arun, and Mr. Gaurav Sood.
- Appreciation Award by MBCIE at the 'Aarambh' Event* for fostering innovation & entrepreneurship among students.
- Certificate of Excellence for coordinating the Infinity Learn Math Olympiad.
- Appreciation Certificate by HCL Jigsaw 5.0 for supporting the creation of a community of young leaders with 21st-century skills.

ATTENDED:

- 30th National Annual Conference of Sahodaya School Complexes, Kolkata.
- LMA 46th Annual Awards Function at Park Plaza, Ludhiana.
- LSSC Meeting at BCM School, Basant City.
- CBSE Review Committee Meeting.
- CBSE Online Meeting on Pre-Examination Preparedness for Class X & XII (2025 Main Examination).
- Crossbanding Session (Season 6, Session 1) at PCTE Campus-2.
- LMA Session on "Economic Challenges in Achieving Viksit Bharat" at Radisson Blu Hotel.
- International Women's Day Event at Navchetna Waterfront.
- CBSE Online Meeting on the Lead Collaborator Initiative.

PARTICIPATED & CONDUCTED:

- CBSE Virtual Lab Training Programme.
- One-Day Capacity Building Programme on NEP 2020 as a CBSE Resource Person at Dr. Asa Nand Arya Model Sr. Sec. School, Nawanshahr.
- One-Day Capacity Building Programme in Environmental Studies (Elementary Classes) as a CBSE Resource Person.

Our Gallery of Glory



Kindergarten Activities

BCM School News

DRESSED AS THEIR FAVOURITE



Bringing Books to Life



MOMENTS OF GROWTH & LEARNING

anced they are the most important.



Road Safety In Action



SELLING WITH STYLE



BLOSSOMING WITH HAPPINESS



Toon Time with Tiny Tots



ONE MINUTE TO WIN



MOMS WHO INSPIRE



Primary Activities

Mindfest

Unleash the Genius within

Diving into the world of wonders, adventures and knowledge through books



Mun: Young Diplomats in Action



Annual Athletic Meet



The Annual Athletic Meet of Kindergarten & Primary was held amidst great enthusiasm and excitement.

The meet was a testament to the school's motto, **"BCM Aryans Never Stop,"** as students, teachers, and staff came together to make the event a grand success. The school auditorium was transformed into a mini-stadium, with a specially designed track and field events. The students showcased their athletic prowess in various events.

As the students proudly proclaimed, **"BCM Aryans Never Stop,"** the athletic meet will be remembered as a shining example of the school's spirit and resilience.



CELEBRATING THE SOULS BEHIND OUR SUCCESS

A Lifetime of Service, A Legacy Forever Etched

With immense respect, we honour the hearts and hands that helped shape countless futures.

**Saluting a Legacy of
Dedication and Distinction**

*Marking the End of an
Era and the Beginning of
Timeless Gratitude*



Mrs. Rachna Malhotra
33 years of Passion



Ms. Mita Biswas
27 years of Nurturing Excellence



Mrs. Rita Bhutani
29 Years of Inspiration



Mrs. Harjeet Kaur
17 Years of Dedication



Mrs. Mandeep Kaur
27 Years of Academic Brilliance



Mrs. Manjit Kaur
23 Years of Administrative Excellence



Mr. Swapan
18 Years of Unwavering Support



Mr. Raj Kumar
15 Years of Valuable Contribution



सलाह देने से पहले सोचें...

एक बार देवता, दानव और मनुष्य प्रकृति का संतुलन बिगड़ते देखकर ब्रह्मा जी के पास अपनी समस्या का हल जानने और उपदेश प्राप्त करने के लिए पहुँचे। सृष्टिकर्ता ब्रह्मा जी उस समय तपस्या में लीन थे, इसलिए तीनों अलग-अलग कतारें बनाकर उनके सामने खड़े हो गए। जब ब्रह्मा जी समाधि की अवस्था से जागे तो देवताओं, दानवों और मनुष्यों ने उनके सामने अपनी-अपनी समस्या रखी। देवताओं की समस्या यह थी कि लोग अब मुसीबत के समय उन्हें याद ना करके आपसी लड़ाई-झगड़े में लगे रहते थे। मनुष्यों की समस्या यह थी कि उन्हें देवताओं की ओर से प्रकृति के सभी साधनों का समान अभोग करने को नहीं मिल रहा था और वे आपस में ही लड़-मर रहे थे। इस प्रकार उनमें राक्षसी प्रवृत्तियाँ बढ़ रही थीं। इधर दानव भी अपनी जाति के मनुष्यों द्वारा अपनी शक्तियों के दुरुपयोग से अप्रसन्न थे।

ब्रह्मा जी ने बहुत ध्यानपूर्वक उनकी समस्याएँ सुनी और मुख से एक ही अक्षर 'द' का उच्चारण किया। देव, असुर और मनुष्य असमंजस में पड़ गए कि इस 'द' का अर्थ क्या हो सकता है? काफी सोच-विचार करने पर आखिर उन्होंने हाथ जोड़कर ब्रह्मा जी से प्रार्थना की कि इस 'द' का अर्थ स्पष्ट करें।

ब्रह्मा जी ने मुस्कुराते हुए कहा, "इस अक्षर का मतलब सब जातियों के लिए अलग-अलग है। देव जाति के लिए 'द' से आशय दमन है क्योंकि देवता मनुष्यों को कुछ देने की बजाय अपने इन्द्रिय-सुख में लगे हुए हैं, इसलिए वे अपने कर्तव्यपथ से विमुख हो गए हैं और मनुष्यों से सम्मान प्राप्त नहीं कर पा रहे हैं। यदि देवगण अपनी इन्द्रियों का दमन कर लेंगे तो पुनः अपना सम्मान वापस पा सकेंगे।

मनुष्यों के लिए 'द' का अर्थ दान है, क्योंकि मनुष्य दूसरों के कल्याण के लिए दान करने की अपेक्षा अपने लिए सब साधनों का संचय करने में लगा है। यदि मनुष्य उदारहृदय होकर दूसरों के कल्याण के लिए कुछ दान करेगा तो उसे मानसिक संतुष्टि मिलेगी और आपसी कलह भी नहीं होगी।

असुरों के लिए 'द' दया है क्योंकि असुरों का कार्य न केवल पापियों को दंड देने का है बल्कि निरीह, असहाय लोगों पर दया करना भी है।

प्यारे बच्चों, इस कहानी से हमें यह सीख मिलती है कि किसी व्यक्ति को सलाह देने से पहले उसकी अच्छी-बुरी बातें जान लेनी चाहिए, जब हम किसी व्यक्ति को अच्छी तरह समझकर सलाह देते हैं, तो वह सलाह उसका जीवन बदलने की क्षमता रखती है।



डॉ. अनु शर्मा
(हिन्दी विभाग)

Every story has the power to inspire.

BCM ARYA HEADING TOWARDS EXCELLENCE WITH CAREER SESSION 2025 & UNIVERSITY FAIR

BCM Arya, heading confidently towards educational excellence and a vibrant University Fair, hosted Career Session 2025, a two-day event acting as a supplier of guidance and global exposure for students and parents alike. The event showcased a lineup of visionary mentors and game-changing speakers - **Mr. Ayush Jain, Ms. Urvashi Kapila, Ms. Anju Jayraj and Ms. Nivedita Bhargava** - who offered impactful insights on global education, liberal arts, profile building, and unconventional career avenues. A compelling panel discussion on 'The Future of Education: Choosing the Right Major & Country' and a thought-provoking Q&A session further empowered students to make informed choices. The session commenced with a traditional lamp-lighting ceremony, graced by School Manager Capt. V.K. Sayal, Director Dr. Paramjit Kaur, Principal Dr. Anuja Kaushal, COO Dr. Kiran Saini, and other dignitaries. The experience culminated in a vibrant University Fair, flaunting the presence of 29+ prestigious national and international institutions including **Cardiff University ISC, Shorelight USA, University of Guelph, Ashoka University, Whistling Woods International, Krea University, Pearl Academy** and many more offering Classes X and XII students deep insights into academic excellence, scholarships, and global opportunities.



FEE PAYMENT SCHEDULE

Class	(Without Late Fee)	Timing of Accepting Fee
Nursery to I	1-3rd of April 2025	Monday to Friday
II to IV	4-5th of April 2025	10.00 a.m. to 1:00 p.m.
V to VIII	6-7th of April 2025	Saturday
IX to XII	8-10th of April 2025	10.00 a.m. to 11:30 a.m.

ACTIVITIES AHEAD

- May Evaluation 2025
- Summer Vacation
- Multifarious Summer Camps
- Domestic and International Educational Trips
- Vedic Camp

* ₹50/- as fine after 12th of the first month of the quarter.

Co-Editor : Mrs. Henna Soni